

Complimentary

Winter 2019

OutLook by the Bay

for the Bay Boomer and beyond...



CROSSWORDS:
IF YOU CAN DO THEM,
YOU CAN MAKE THEM

MISSION NOT IMPOSSIBLE:
BRINGING THE WORLD
TO OUR DOORSTEP

GETTING THROUGH
WINTER:
6 TIPS
FOR STAYING
HEART-HEALTHY

INSTITUTIONALIZED
AND LOVING IT

REAL-LIFE ANSWERS
TO THE FOUNTAIN OF YOUTH

PORTION CONTROL
MAY BE THE BEST WAY
TO A HEALTHY,
BALANCED DIET

fitness • entertainment • gardening • nutrition

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Letters to the editor

FRUITCAKE

Please stick with the bottle of wine. I either have all those other things or don't want them.

M. Welsh, Davidsonville

COVER

Loved the family scene even better than the Norman Rockwell painting because it was so real and authentic. Also liked the various people in the picture. We really enjoy reading your publication cover to cover. Also, a shout out to the Dear Vicki column -- fabulous.

Huzzah!

R & L Clausen, Annapolis

SUBSTANCE

Your *Outlook* has such substance and always has something to take away! Bravo, Zulu!

Linda F., by email

FOUND A COPY

Wanted to let you know how much we've enjoyed the holiday issue of *OutLook*. My husband brought home a copy from the Grasonville Senior Center and we both enjoyed going through it. We can't always find a copy.

A. Simmons, Centerville

DDT

Interesting article on Rachel Carlson who I remember so well. I read *Silent Spring* back in the '60s. Enjoyed the visit back to that time, which was the beginning of the questioning of what we were doing to our environment. Sorry she's no longer with us.

J. Jackson, by email

Bay Bytes

If you'd like a visual demonstration of how to do something that you're not familiar with, log onto YouTube for a visual on how to do just about anything: prune a hedge, learn to knit, peel a papaya, change the oil in your lawnmower or any of thousands of other tasks.

OutLook
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by the Bay

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On the Cover:

Cover photo courtesy of our art director,
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FROM THE DESK

Well isn't this wonderful? We're here to greet another year! Really, at the age that many of us have attained, that's quite an accomplishment. And hopefully if it's to be like any of the other years we've gone through this is going to be a year that will be filled with lots more nice surprises.

There'll be adventures, new jobs, births, trips we didn't know we'd be taking and, yes, perhaps a few unwelcome surprises. But there's much to look forward to. There are the simple things like laughing grandchildren, or an evening walk in the snow or dinner out with friends. And why do you suppose that is? Could it be because we've learned to live in the moment, as in savoring the here and now? Perhaps we know that this is about as good as it's gonna get. Or maybe it's because we've finally learned to not get too emotionally charged over daily events, enjoying the here and now and sensing that somehow most things work out and most times are for the good. It could be because we've learned that much of what we worry about never comes to pass and we now know that no matter what, there will always be tomorrow – so far anyway! I've also noticed that at this advanced age most of us seem to be more confident in our abilities. Not that we want to go out and do two sets of tennis, but it's nice to know it would be great fun to make the effort. We're fully aware that our personal bests are behind us, but we're still up for the challenge.

It seems too that we now know the answers to so many things, even though not everyone is interested in our vast store of knowledge. And isn't it pleasant to have the time to sit back and enjoy the moment and not have to rush off to meet a school bus or answer to some self-imposed deadline? And you've probably noticed that we've gotten accustomed to mistakes. We've made lots of them, but with any luck the worst are behind us.

We've been through a number of disappointments too, but somehow we lived through it and maybe as the saying goes, we've become stronger because of it. We've also had our fair share of embarrassing moments, but now when we find we have spinach stuck in our teeth while we're busy trying to make a good first impression, we just move on. We have also gotten comfortable in our own skin, which at this age may be wrinkled, a different hue or has been carved up by some well-meaning dermatologist. We realize it's the only skin we've got and we've come to accept that, like it or not, it's not going to get any better. At this age we're also ready to take on new challenges. If our fingers don't slide easily over an unfamiliar keyboard, we're OK with it and know that we don't have to be perfect. We can just enjoy the newness and diversion of something different.

And have you noticed we're much more careful with relationships? We're enjoying our friends more than ever and taking the time to nurture those that are important and then being willing to give up on the dead-end relationships that aren't going anywhere anyway. We've also gotten good at accepting our families just the way they are because we can look around and say it could be a lot worse.

Wouldn't it be fun to go off on a new adventure, such as hiking in the Southwest? Or taking an unscheduled trip to enjoy the Wintry calm at a nearby ski lodge? Or maybe a fun get-together with old friends, or a day spent with grandchildren ending with a big mid-Winter pizza fest. It's the time of life to celebrate each day as the miracle unfolds. There's still so much to do. There are mountains still to climb, people to meet, books to read, classes to take, places to discover. By my calculation, it's time to keep going and make every moment count. For all of us who are still here there's a good chance that we haven't accomplished our purpose. So hang in there and enjoy the brand new year. It, too, will be over before we know it.




Frostbite and icy sidewalks aren't the only dangers of Winter weather, says Dr. Nicole Mihalopoulos, an internist who is a member of the Utah division board of directors of the American Heart Association. "Winter is a time when you should take care to protect your heart, especially if you have heart disease," she says. Dr. Mihalopoulos offers the following suggestions to stay heart-healthy throughout this cold season:

1. There's still time to get your flu shot. While flu shots are initially administered in the Fall, "People can still get the flu shot in February to be protected for the rest of flu season, which can last as long as April," Mihalopoulos says. She explains that a senior's ability to fight an infection is lower than that of a younger person. "Although a flu nasal spray is now available for people from 2 to 49 years of age, seniors and heart disease patients should only get the shot," she says.

She adds that it is not possible to contract the flu from a flu shot, because it contains no live virus. "Sometimes people will have soreness or a little swelling where the shot was administered, because it goes into a muscle," she explains. "There may be a low fever, and the body may feel achy for one or two days. If that happens, people will think 'Oh, I got the flu.' But that is not the flu. It's a reminder of why you got the shot – because the flu is so much worse."

She says that people who contract the actual flu within days after receiving the shot probably came in contact with someone who had the flu, because it takes two weeks after the shot for the body to create enough antibodies to prevent the flu.

2. Consider the risks of decongestants and high blood pressure. Heart patients who catch the flu or a cold should

consider the medications they take to alleviate their symptoms, Mihalopoulos says. "Most over-the-counter cold and flu products contain decongestants which may raise high blood pressure. If you have high blood pressure, talk to your doctor before choosing an over-the-counter cold or flu medication," Mihalopoulos says.

GETTING THROUGH WINTER: 6 TIPS FOR STAYING HEART-HEALTHY

By Carolyn Campbell

"Activities like shoveling snow, when done by those who don't get regular physical activity, can trigger cardiovascular emergencies," she explains. "Unless you are a senior who goes to the gym every day, hire someone else to shovel your snow, or use the snow blower," she advises.

5. Stay safe indoors with a carbon monoxide detector. To assure safety during Winter, when people tend to stay indoors, use a carbon monoxide detector to be sure that gas appliances are burning properly, Mihalopoulos says.

6. Don't forget to exercise. Physical activity remains important during the Winter to promote health, she says. "Go for a walk, get on a stationary bike, use a treadmill or swim," she suggests. "Weight lifting is also super-important for older people. Remember to keep the physical goals you made in your New Year's resolutions."

Portion Control May Be the Best Way To a Healthy, Balanced Diet (and Happy Self!)

By Leah Lancione

You may have heard the phrase “everything in moderation” from folks who employ portion control to their eating and drinking habits. This is an old adage that harks back to Biblical times: *Philippians 4:5* states, “Let your moderation be known unto all men.” Self-control is the virtue, whether in the Bible or in any moral code, that enables one to achieve balance and restraint when necessary. *Psychology Today* defines self-control as “our ability to subdue our impulses, emotions and behaviors in order to achieve longer-term goals.” In terms of diet, lack of self-control keeps some people from limiting the portions they eat. Nutritionists say that part of the problem is that people don’t know the difference between serving size and portion size and how much they should have on their plate.

The National Institute of Diabetes and Digestive Kidney Diseases (NIDDK) (www.niddk.nih.gov/) holds that, “To reach or stay at a healthy weight, how much you eat is just as important as what you eat.” The NIDDK defines a portion as “how much you choose to eat at one time, whether in a restaurant, from a package, or at home.” On the other hand, a serving (or serving size) is “the amount of food listed on a product’s nutrition facts or food label.” Serving sizes can be listed in cups, ounces, pieces, numbers, slices or grams, tablespoons, teaspoons, etc. If a product contains more than one serving, take that into account when you eat or drink. For example, if a food item has three servings, with

each serving containing 300 calories, if you consume two servings, you’re taking in 600 calories.

Knowing the proper portion size for each item on your plate, and therefore their caloric content, can help you maintain a mealtime that is appropriate for your height, weight, gender and activity level, whether it be sedentary, moderately active or active. To find out your daily calorie needs, check out the Dietary Guidelines for Americans at: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-2/> Also, if you simply go by a product’s serving size, that just means the quantity normally consumed by people in one sitting—not necessarily the amount *you* should eat.

**“For many years, my formula has been to love yourself, move your body, and watch portion size.”
Richard Simmons**

Instead of trying a weight-loss program that restricts one type of food, many nutritionists recommend adopting a healthier approach, more of a lifestyle change than a temporary fad diet in which you manage how much you can ingest. The website Very Well Fit, says that “identifying the correct portion size allows you to know exactly how many calories, carbs, sodium or fats you are consuming. It is the cornerstone to building good eating habits, increasing your chances of not only losing weight but keeping it off.” The site suggests people eat more than they should when they see something good, saying “only a teensy bit more,” thinking it doesn’t matter. These little cheats can add up and sabotage a healthy, balanced eating regime.

If you want to understand patience and strength, consider the oak tree.

The 2015-2020 Dietary Guidelines for Americans proclaims, "All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease." By making sure the items on your plate are in the right proportions per food group, you can sustain a healthy balanced diet. Being mindful of everything—from the amount you drink to how much dressing or condiments you use, is essential too in portion control. You don't want all your calories in a day to come from desserts or snacks that contain added sugars, unhealthy fats or refined grains.

WebMD offers a few tricks for helping you control your portions:

- Use smaller (salad or luncheon) plates and cups.
- Learn and serve the right portions.
- Don't go back for seconds.
- Store leftovers in single-serving containers for quick meals.
- If eating out, share a dish or ask for half to be boxed up right away.
- Try ordering from the kids or healthy fare menu.

Also learn some of the quick references to help eyeball the

correct portion sizes. For example, a potato should be the size of a computer mouse (equal to a cup of vegetables), a serving of pasta should be the size of half a baseball (equal to one-half cup or 1 ounce of grains), a muffin should be small like the size of a tennis ball and half of a medium-sized bagel should be no bigger than a hockey puck (also equaling a 1-ounce a serving of grains). For cheese, the serving is limited to four cubes the size of dice and a serving of meat or fish should be the size of a deck of cards (which equals 3 ounces). For more helpful serving size clues and other information, visit www.webmd.com/diet/ss/slideshow-serving-sizes

Managing your portion sizes for every meal and snacks is a method of staying nourished, not stuffed. It is inclusive, not exclusive, because you can even eat ice cream or some other dessert if you know the right portion size and haven't already consumed beyond what you should in terms of other foods with unhealthy fats and added sugars.

Just remember, if you downsize or keep your portions in check, you won't gain unnecessary weight and might even lose some if you are eating more than necessary of the wrong items.

Visit https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf for more information.

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REAL-LIFE ANSWERS TO THE FOUNTAIN OF YOUTH

By Leah Lancione

You may have been watching when the History Channel explained, "Ponce de León decided to follow rumors about an island known as Bimini, home to a magical spring or fountain whose waters would rejuvenate those who drank from it. In search of this "fountain of youth," as well as new lands and gold, the explorer set sail from Puerto Rico in March 1513. The following month, the expedition landed on the coast of what is now Florida, near the site of modern-day St. Augustine.

Although Ponce de León did not find the mythical waters that would cure all maladies, he was the first European to land in Florida. We are told that he was likely in search of a cure for impotence and also to increase his height and strength.

St. Augustine was established before the pilgrims landed at Plymouth Rock and prior to the Jamestown settlement. The site of the Fountain of Youth remained active and a well was built in 1875. Then, in the early 1900s, landowner Dr. Luella Day MacConnell turned the site into a "roadside attraction" by selling "magical water" for 10 cents a glass. After her death in 1927, Walter Fraser took possession of the property. His family still runs the popular tourist attraction today.

Regardless of whether the water contains any rejuvenating or restorative properties, there are ways you can slow down aging or, at least age gracefully. Common sense dictates that a healthy diet, daily exercise and not smoking, are vital for longevity. Beyond that, there are numerous books about the aging process and how to feel healthier, even younger. A book called *Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day* by Miranda Esmond-White sets out to explain how our bodies age at a cellular level. She describes how our body is made up of trillions of cells that work together and how any cell loss is detrimental. "Among your body's brilliantly and



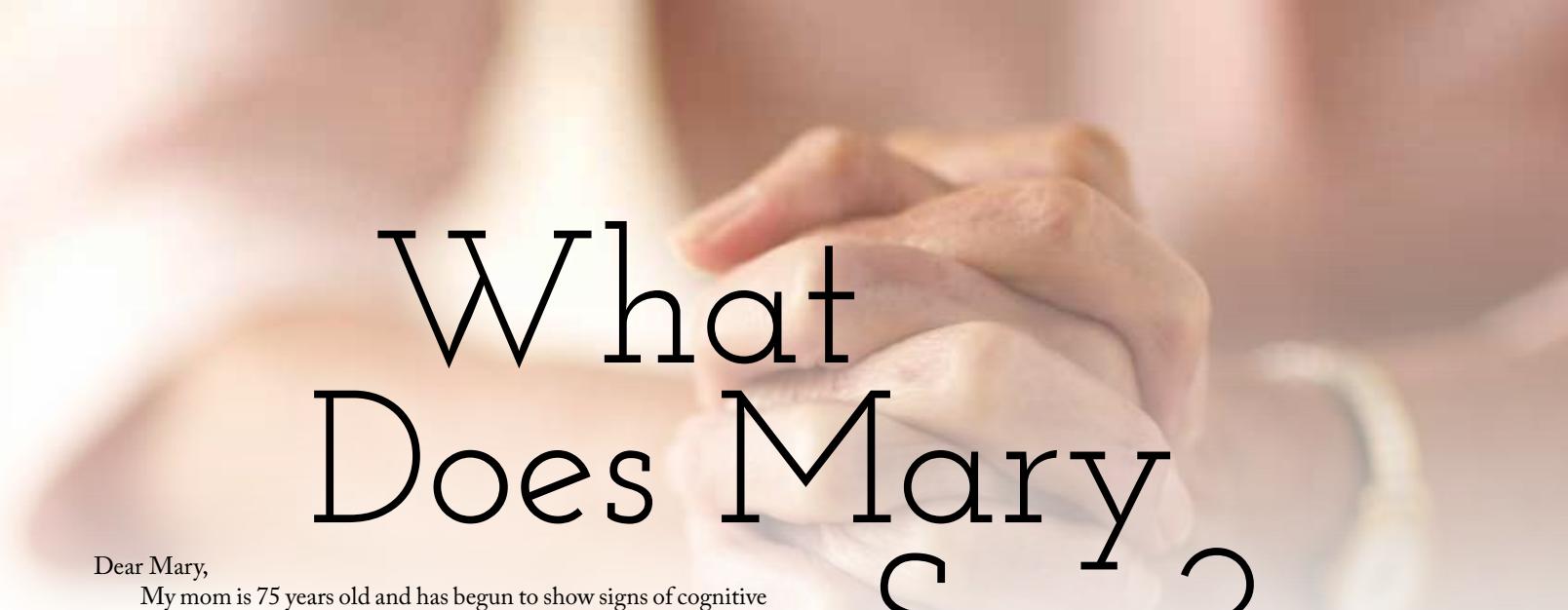
**By the time
you reach 50,
your lifestyle
dictates 80
percent of
how you age.**

intricately arranged cells, there are various types: brain cells, nerve cells, hair cells, egg cells, sperm cells—more than 200 major types of cells in total, she writes. "All of these cells work in unison to keep one another and your entire system alive, healthy, and functioning—and there are many ways you can help them do just that." The 30-minute exercises Esmond-White offers in her book are intended to build core strength, lengthen and tone muscles, increase flexibility, and help weight loss. Many are aimed at improving posture, soothing joints, relieving pain, and improving mobility—all conditions that tend to challenge us as we age.

Another best-selling, aging-related book called *You: The Owner's Manual* by Michael F. Roizen, M.D., and Mehmet C. Oz, M.D., says, "You control more than 70 percent of how well and how long you live. By the time you reach 50, your lifestyle dictates 80 percent of how you age; the rest is controlled by inherited genetics." The fountain of youth aside, we can't restore ourselves to our younger versions, and we can't completely stop aging. But Dr. Roizen and Dr. Oz explain how we can control the three main factors in age-related disease—and thereby slow the aging process. They assert that three main factors controlling age-related disease are the condition of:

- your heart and blood vessels
- your immune system
- environmental or social issues surrounding you.

The doctors also detail how eating healthy, limiting stress and exercising can "change which of your genes are on or off." Jam-packed with helpful information and advice, health myths, quizzes to test your knowledge of the human system, detailed drawings and figures, as well as recipes, this book is a must-read if you're interested in looking and feeling healthier and younger.



What Does Mary Say?

Dear Mary,

My mom is 75 years old and has begun to show signs of cognitive decline. Her primary care doctor has referred her to a neurologist since he thinks she has some form of dementia. I will be taking her to that appointment and want to be prepared. What kinds of questions should I ask the doctor?

Dear Reader,

It's good that your mother's primary care doctor understands the importance of a visit to a neurologist for further evaluation. With the more than 100 different types of known dementias, it is helpful to understand the particular type of dementia you are dealing with so that you can better manage the symptoms, know what is "normal" for that particular dementia, and cope with it physically and emotionally.

Before the visit, ask your mother to sign the HIPPA release at the neurologist's office so that the doctor is aware that you are part of the "care team" and so that the doctor will be able to share information regarding your mother's health with you. And find out from your mom what questions she might have; this may allow her to feel more in control once you are in the doctor's office. As the primary caregiver, you will want to know:

- What do I need to know about my mother's diagnosis?
- What should I know about her medications, i.e., side effects, interactions?
- How often should she be reevaluated?
- Who else should we add to my mother's care team?
- Are there any safety issues I should be aware of?
- How can I help my mother be as independent as possible?
- What are the signs that a higher level of care may be necessary?
- What legal documents should be in place?

I also encourage you to attend the Anne Arundel County Winter/Spring 2019 Caregivers' Educational Workshops. You will find many of the topics quite useful as you begin this caregiving journey. To subscribe to the Family Caregiver event updates, email caregiver_support@aacounty.org or call 410.222.4375.

Bay Bytes

Before your next adventure, log onto www.sleepinginairports.net where you'll get all the inside info on where to stay, available transportation and distances.

Dear Mary,

Friends of mine recently attended one of your *Communicating through Behaviors with Dementia Live* workshops and told me I should attend. I took care of my uncle who had Alzheimer's disease for several years before he passed away and have been caring for my mother for the past five years. I feel like I could write a book on this disease. Why would this program benefit me?

Dear Reader,

I can't say this enough: Family caregiving is a tough, tough job. The physical demands are exhausting, emotions are raw, and it is easy for caregivers to take the care recipient's behaviors and words personally. Caregivers are at a high risk of depression and burnout; and unfortunately, most cases of elder abuse are committed at the hands of family members who may be at their wits' end.

That is why the *Communicating through Behaviors with Dementia Live* is a valuable tool for family caregivers. There are numerous books and other reading materials that describe dementia-related behaviors. However, this workshop -- a high-impact, dementia simulation experience -- immerses participants into life with dementia, resulting in a deeper understanding of what it is like to live with cognitive impairment and sensory change. The debriefing section of the workshop helps family caregivers understand that their loved one's behavior is caused by changes in the brain and that behavior is often the only way they can communicate. The training also provides families with tips on preventing the disturbing behaviors, which will in turn, reduce caregiver stress.

The Department of Aging and Disabilities Family Caregiver Support Program has scheduled three *Communicating through Behaviors with Dementia Live* sessions throughout the Winter and Spring. A schedule of all of the department's caregiver workshops can be found in this edition of *Outlook by the Bay*. If you would like to be on the mail list to receive updates of all department events, email caregiver_support@aacounty.org or call 410.222.4375.

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

PLANTING CLEANER AIR IN YOUR HOME

By Leah Lancione

If the idea of formaldehyde, excessive carbon monoxide, xylene, toluene, benzene and other contaminants wafting through the air in your home repulses you, there are certain houseplants that can help remove them. Did you know that carpets, ovens, chemical cleaners and plastics and other synthetic materials can emit chemicals? Often dangerous chemicals. The National Institutes of Health (NIH) *Healthline* newsletter reports that lack of airflow in a home can result in air pollution that, in turn, can lead to asthma and other conditions.

A long-cited 1989 NASA study of houseplants revealed that many plants can "absorb harmful toxins from the air, especially in enclosed spaces with little air flow." Though an air purifier may be more effective, houseplants are an all-natural, less expensive method to cleaning the air in your home.

There are a few precautions before you fill every room in your house with plants: certain plants work better at purifying the air, but some are harmful, even poisonous to cats and dogs. Visit www.humanesociety.org/resources/plants-may-poison-your-pets for a list of plants that are poisonous to your pets.

Healthline also warns homeowners to use a pan or tray underneath plants so water can drain and be disposed of regularly to deter mold growth. Mold is another no-no for your home.

The NASA study also specified that two or three plants in 8-to 10-inch pots will be most efficient. The plants recommended include:

1. Spider plants (*Chlorophytum comosum*)
2. Dracaenas
3. Golden pothos (*Epipremnum aureum*) or "Devil's Ivy"
4. Areca palms (*Chrysalidocarpus lutescens*)
5. Chrysanthemums (*Chrysanthemum morifolium*) "mums"
6. Bamboo palms (*Chamaedorea seifrizii*)
7. English ivy (*Hedera helix*)
8. Rubber plants (*Ficus elastic*)
9. Chinese evergreen (*Aglaonema*)
10. Peace lilies (*Spathiphyllum*)

HGTV (www.hgtv.com/remodel/interior-remodel/10-best-plants-for-cleaning-indoor-air-pictures) confirms the list provided by the NASA study, but also adds the Gerbera Daisy (*Gerbera jamesonii*) saying, "this popular annual is useful in removing benzene and providing mood-enhancing beauty to the home."

Another honorable mention: the pineapple plant. A 2018 *New York Post* article reported that NASA also gave a huge thumbs-up to the pineapple plant for pumping out so much oxygen as, "they store any carbon dioxide they breathe in, removing it from the air, and release pure, filtered oxygen back into the room for us to breathe." A bonus: They are noted for helping people who snore, while adding a mood-enhancing, tropical ambiance to any room.

Whether you visit your local garden center or nursery to stock up on air-purifying plants or order online, you can start 2019 with a greener, cleaner home. **Amazon.com** offers collections of the NASA-approved, clean-air plants that you can purchase for around \$60.



Sugar-Free Doesn't Mean Cavity-Free

By Dr. Joe Passaro, DDS & Dr. Woody Wooddell, DDS

Dry mouth, or xerostomia, refers to a condition in which the salivary glands in your mouth don't make enough saliva to keep your mouth wet. Dry mouth often results from side effects of certain medications, aging or cancer radiation therapy. Many people who suffer from dry mouth rely on chewing gum, candies or cough drops to help relieve their symptoms. Since most people are aware that sugar has a role in tooth decay, dry mouth sufferers often choose "sugar-free" or "sugar-less" products. However, sugar does not cause cavities, acid does. Natural bacteria in the mouth consumes sugar that is eaten and the waste product is acid. Acid decalcifies or demineralizes tooth enamel by taking away its structure, creating decay. The acid eats into teeth and forms cavities.

The point is that artificial sweeteners don't protect your teeth from the damage caused by acid. Artificial sweeteners fuel the bacteria in your mouth to produce acids similar to the way real sugar does. Also, sugar substitutes are often found in beverages and candies that contain potentially harmful acidic ingredients. Sugar-free candy usually contains citric acid. Researchers have

found that citric acid and phosphoric acid play big roles in tooth erosion.

One artificial sweetener that actually boosts dental health is Xylitol. There is scientific evidence that Xylitol prevents tooth decay by killing harmful oral bacteria and, therefore, reducing the amount of acid in the mouth. Other sugar substitutes have not been shown to do this. Many dental health agencies promote the use of Xylitol due to its anti-cariogenic (anti-cavity) effect.

It's important to read food labels carefully. To prevent tooth decay, always be aware of what kind of acidic ingredients are in candies and drinks. If you rely on gum and candies to help with dry mouth, try to choose products that contain Xylitol. Regular dental cleanings and exams are necessary to maintain your dental health and identify early signs of tooth decay.

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

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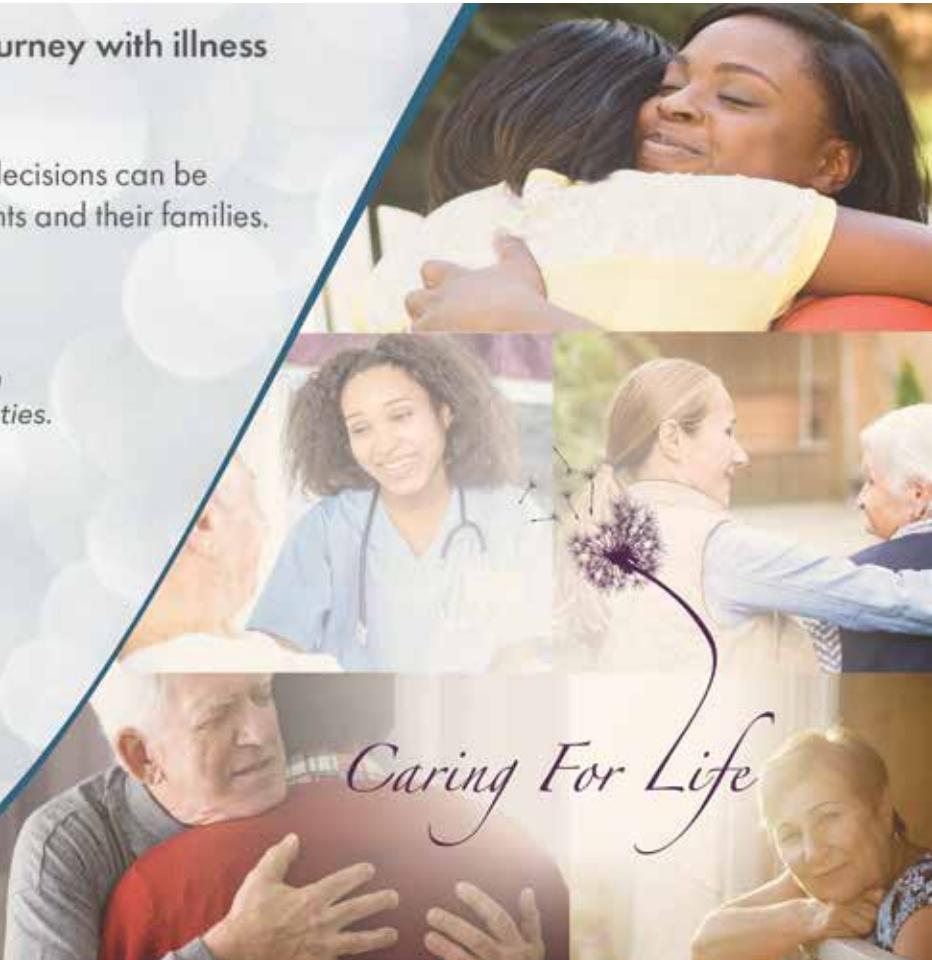
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183 VETERANS IN TWO COUNTIES AND 10 CENTERS PERSONALLY THANKED

By Elyzabeth Marcussen

For several years, Hospice of the Chesapeake has invited the community to attend Veterans Day events designed to recognize the dedication and sacrifice of men and women who have served in the military. With veterans making up more than one-fourth of its patients, the nonprofit considers it a duty to help the community understand how important it is to thank them for their service while they are living.

One of the dilemmas of having an event in one place is that veterans who live in assisted- and senior-living centers are often unable to attend. This year, the organization's We Honor Veterans Committee decided to not only honor veterans while they are living, but also where they are living. Beginning on Oct. 14 with the veterans of Morningside House of Friendship in Hanover and finishing Nov. 19 with Heartlands Assisted Living in Severna Park, the committee coordinated group honor salutes at 10 assisted- and senior-living centers in Anne Arundel and Prince George's counties. Young men and women in dress uniform also visited Brightview Senior Living centers in Annapolis, Edgewater and Severna Park; Doctors Community Rehabilitation in Lanham, FutureCare Capital Region in Landover; Genesis Healthcare Hammonds Lane in Brooklyn Park; Somerford Place in Annapolis and Sunrise Senior Living in Severna Park.

In total, 183 veterans were honored by active duty and retired personnel as well as U.S. Naval Academy midshipmen. Each received a certificate of appreciation from Hospice of the Chesapeake, an American flag pin and a thank-you note written by Anne Arundel County Public Schools elementary-age children. Each ceremony ended with the military visitors standing in formation and performing a silent salute.

In some communities, the salute was quiet and small, especially in assisted-living centers like FutureCare Capital Region, where veterans were visited and saluted in each of their rooms. Air Force Tech Sgt. Akesha Lowry of Crofton has taken it upon herself to learn the anthems of each of the branches of the armed forces and includes it whenever she performs an honor salute. When she began the first verse with her alto voice in a patient's room, the honoree would smile and tap their toes.

Other communities ran with the opportunity to celebrate

their veterans by adding more to the program. A luncheon was served at Sunrise Senior Living and musical performances were offered up in the programs coordinated by the Brightview communities in Severna Park and Annapolis. Barbara Sigler, the vibrant living director at Brightview in Severna Park, said having the organization and its military volunteers there to honor their veterans was appreciated in many ways. The residents especially enjoyed meeting the younger generation currently serving and sharing stories, insights and laughter. "Getting cards from local children that say, 'Thank you! You're my hero,' was icing on the cake," Sigler said. "The actual honor salute was so powerful that I don't think there was a dry eye in the house."

That sentiment was echoed by Jenelle Schrader, the vibrant living director at Brightview in Edgewater, who said her community's veterans were deeply moved by the Veterans Day weekend visit. "Residents displayed tears of joy and appreciation," she said.



Bill Durand, a resident of Brightview Senior Living in Severna Park, shares a thank-you note given to him by a member of the military and written by an Anne Arundel County elementary school child.

The month-long caravan of honor salutes is part of Hospice of the Chesapeake's We Honor Veterans Program, a partnership with the National Hospice and Palliative Care Organization and the Department of Veterans Affairs. It is focused on providing the best care for veterans and their families through respectful inquiry, compassionate listening and grateful acknowledgment.

Director of Volunteer Services Mary Jermann, whose department oversees the program, said this grateful acknowledgement can be witnessed in these broader community events, as well as experienced in smaller groups. "The smaller, intimate ceremonies

are much more common for those in our hospice care, where we honor our veteran patients at the end of life," Jermann said. Volunteers have shared dozens of poignant experiences when nonresponsive patients have not only acknowledged the ceremony, but even participated in their own honor salute by moving their lips to the anthem or lifting their hand to return the salute.

"It warms our hearts to hear these stories and to know that we have had a hand in bringing peace to our veterans," Jermann said.

For more information contact Elyzabeth at EMarcussen@HospiceChesapeake.org or 443.837.1559.



Winter-Spring 2019 Family Caregiver Educational Workshop Series

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM



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

~Victor Frankle

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	Location	Presenter	Topic
1/9/19 1:30-3:00pm	North County Office	Dept. of Aging & Disabilities Staff	Discover the Programs
1/16/19 1:30-3:30pm	North County Office	Dept. of Aging & Disabilities Staff	Communicating through Behaviors with Dementia Live®
3/6/19 1:30-3:00pm	North County Office	Chesapeake Life Center Staff	What the Sacred Sorrow of Grief Can Teach Us
3/14/19 6:30-8:30pm	Annapolis Senior Center	Ben Ogundipe, PT	The Mechanics of Caregiving
3/28/19 6:30-8:30pm	North County Office	Dept. of Aging & Disabilities Staff	Communicating through Behaviors with Dementia Live®
4/4/19 6:30-8:30pm	Pascal Senior Center	Elena S. Sallitto J.D.	Legal and Financial Advance Planning
5/9/19 6:30-8:30pm	Annapolis Senior Center	Mikki Firor, M.S., Gerontologist	Successful Transitions
5/15/19 1:30-3:00pm	North County Office	Mary Chaput, M.S., CDP	Accepting a New Reality: Joining Them on Their Journey
5/23/19 6:30-8:30pm	North County Office	Dept. of Aging & Disabilities Staff	Communicating through Behaviors with Dementia Live®
6/6/19 1:30-3:30pm	North County Office	Mary Chaput, M.S., CDP	Communicating through Behaviors II
6/13/19 6:30-8:30pm	Pascal Senior Center	Hospice of the Chesapeake Staff	Safe Passages

For more information on the Winter/Spring workshop sessions, call 410-222-4375 or go on-line to
www.aacounty.org/aging.

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

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

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LET THERE BE LIGHT

By Victoria Duncan

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

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

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

The first line of attack must be to obtain a correct diagnosis. If you think you are suffering from SAD, check with your medical doctor to rule out other physical problems or another form of depression. A correct diagnosis is essential to finding the right treatment, which may include dietary adjustments, exercise,

medication or counseling. Treatment also could be as simple as turning on a light!

Light therapy, the primary treatment for SAD, is prescribed in one of two ways. In dawn simulation, a special type of light comes on when you are still asleep and gradually becomes brighter. Traditional light box therapy, proven to be more effective than dawn simulation, involves sitting in front of a light for a specific amount of time, usually 30 minutes daily. Light boxes on sale usually provide 10,000 lux (a measurement of light intensity), and must be used for effective treatment and may be covered by insurance plans.

Based upon your individual symptoms, your physician will recommend the best time of day and amount of time for treatment. This treatment, which must be daily during the darker months, is easily accomplished while eating breakfast or reading the newspaper. Because light therapy works by stimulating your brain to produce more serotonin, most people will experience increased feelings of well-being in a short time, somewhere between a couple of days and two weeks.

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

Cautions:

- Consult your doctor for an accurate diagnosis and effective treatment plan.
- Light therapy may be inappropriate for those with certain eye problems or in those taking medications that heighten light sensitivity.
- While light therapy is generally safe, side effects may include headache, eyestrain and nausea.
- Avoid full-spectrum, ultraviolet or tanning lights.

Are You A Compassionate Listener?

Who among us isn't guilty of listening with the intent to reply rather than understand? Often, the root cause of poor, or passive, listening habits can be traced to childhood. If you were raised by authoritarian parents, for example, you learned to cope by tuning out. You were conditioned to believe that there was little advantage to hear what other people had to say, so why listen to them?

So, what is compassionate listening? It is listening without the presence of the ego's incessant need to do something. Women, in particular, are notorious for thinking they are being helpful by trying to fix the other person's problem. But no one wants to be told what to do -- at any age.

If you can make the effort to really listen, there is a win-

By Kater Leatherman

win. By focusing and giving value based on your full attention so the other person feels heard, you will feel good about giving them a gift of the highest nature.

Other benefits of compassionate listening include raising the

collective consciousness. Imagine for a moment how the world might be different if more people took the high road and made listening a daily practice. It doesn't mean that you have to agree with what the other person is saying. It means that you give them the respect they deserve for their viewpoint, as you would want the same from them.

Kater can be reached at katerleatherman@gmail.com



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MISSION NOT IMPOSSIBLE: BRINGING THE WORLD TO OUR DOORSTEP

By Natalie Canavor

Fifteen years ago, Betty McGinnis had a dream: to bring the world to Annapolis. For years she had organized international youth conferences, managed overseas tours for church groups and brought in speakers and performers from abroad for the U.N. and Washington embassies. "I felt that we needed to understand each other better, and I knew how much there was to learn by experiencing the world on a personal level," she says. "But very little was being done. At that time only 15 percent of the U.S. population owned passports! The idea was, let's give people in the communities and schools the opportunity to be with people of the world."

How to accomplish such a big mission? The answer was obvious to McGinnis: "Art. It's the universal language, the spirit of the people. So the arts are a perfect way to bring people together and bridge cultures to help us care, listen and develop mutual understanding."

She drew on her international connections "on the ground" and enlisted a raft of enthusiastic area volunteers, including her husband John. And the nonprofit World Artist Experiences (WAE) was born. Over the past 15 years WAE has brought hundreds of performers, visual artists, craftspeople and scholars from 126 countries to the Bay area and beyond.

"Ambassador Series" events have included music, dance, puppetry, visual arts, crafts and lectures. "Cultural Immersion Experiences" may include all of these facets. "It's like going to the country for a day," McGinnis says. This past season, for example, featured a Masai warrior experience that included dancers, jumpers, musicians and storytellers from Kenya, as well as a craft show.

WAE also organizes an annual film festival showcasing work from other countries, runs a writing project program for students in 3rd to 12th grades. It also works with a growing number of colleges and school systems to encourage educators to become cultural ambassadors to their institutions and give young people cross-cultural opportunities.

Nearly all of WAE's cultural

and performance events are free to the public so there are no barriers to participating. This is possible because WAE continues to operate without paid staff. Close to 800 dedicated volunteers from all over the region work in teams to plan, organize, publicize, fundraise and find sponsorships, partnerships and grants. They transport, usher, handle technology and manage stagecraft.

And they host visiting artists, introducing them to "real" American life.

"It's not just about the show, it's what happens behind the scene," McGinnis says. "The mission is to build understanding and friendships, to foster an appreciation of diversity based on really knowing people." From the outset, the intent was for the visitors to stay in homes and gain direct experiences in the communities. "We look especially for people who have simple homes to show them life in the U.S."

All the artists WAE engages are professional, but the group particularly enjoys helping young artists to make connections in the U.S., build their resumes, and broaden their perspective.

WAE receives heartfelt thank-you's from both local families and visitors, people who attend performances, some of whom thank WAE for experiences they could not otherwise afford, and others who are excited to see performers from their own countries appear in local venues. As hoped, friendships develop, and are sustained.

She recounts that one invited troupe was openly skeptical about the U.S. and not happy about coming. But they did, and performed in Maryland, Pennsylvania, New Jersey and more. Along the way they met people who shared their lives with them. "When they left, they told me they loved the people here and would tell everyone at home. So that's a small step toward peace. We create ambassadors."

Betty McGinnis is still dreaming: "Maybe WAE could happen in every state ... maybe we could bring all those groups from abroad together at once!"

Natalie, an author and instructor in better communications, can be reached at [nnataliecanavor@gmail.com](mailto:nataliecanavor@gmail.com)

WAE presents...

Many shows and cultural opportunities are staged in Annapolis, some are presented in Washington and other Maryland locations, and some travel to other states. A sampling of programs and activities planned for 2019:

- Jan. 19: Sivan Arbel Jazz Ensemble from Israel at St. Johns College.
- Feb. 4-March 8: 11th Annual Bridges to the World Film Festival including films from Lithuania, Mongolia, Chile, Mozambique and Israel.
- Feb. 5: Chinese New Year Celebration at Maryland Hall.
- March 26-27: Russian Chamber Orchestra at St. Johns College, and Salisbury.
- March 7-21: Chinese Puppet Artist Workshops at area schools.
- April 9, 11, 12: Andre Mehrin, Brazilian pianist at various locations.
- April 26: Bridges to the World Student Writing Project Celebration.

More Ambassador and Cultural Immersion Experiences are being planned, and June will see the WAE 15th Season Anniversary Celebration—a dinner with international music, dance and poetry. For more event details—and to see the numerous opportunities for volunteers—check out www.worldartists.org

Amazing GRANOLA

By Maureen Smith

Not too long ago, a friend brought some granola as a hostess gift and ever since that day it has become a staple in our kitchen. After I finally decided to break down and ask for the recipe, I learned that I could actually make it myself without burning all the ingredients. It's easy to freeze the granola in one-quart baggies and bring it out one bag at a time. And to stretch the supply, I now only use a handful over one of my favorite cereals.

Hopefully, you won't be as intimidated as I was in trying this super-healthy concoction. Here goes:

Give this a try; you may well find it's the best granola you've ever had.



Amazing Granola

6 cups old-fashioned oats (Quaker)
2 1/4 cups sliced almonds
2 1/4 cups walnuts (whole or pieces)
2 1/4 cups pecans (whole or pieces)

Toss together in very large bowl.

Whisk together until well blended.
3/4 cup canola oil
1/2 cup honey

Spread on a large (15x18) cookie sheet with sides, or use two smaller pans. Mixture must be spread out well.

Bake at 350 degrees for 35 minutes. Stir after 15 minutes and again after 10 more minutes, giving it an additional 10 more minutes to bake.

Warning: Watch carefully at the end as it can burn.

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THE FORTS OF ANNAPOLIS

By *Ellen Moyer*

In 1990 Larry S. Mickel wrote a monograph for the Eastport Historical Committee on the fort at Horn Point. The Historical Committee at that time made its home in the Barge House Museum that eventually became part of the Annapolis Maritime Museum.

The following is based on the research Mickel did on the protection of Maryland's capital city in its early years. As a Colonial city of some significance and strategically placed in the wars of 1776, 1812 and 1862, Annapolis and its harbor were never threatened by the enemy. Mother nature gave it a helping hand.

In 1776 the Council of Safety responsible for the defense of Maryland's capital, which was chaired by Daniel of St. Thomas Jennifer, observed that Greenbury Point and Horn Point were protective peninsulas that narrowed the Severn River to 1,500 feet. Strategically these points offered defense by cannons as opposed to chain booms popular in less protected harbors such as Baltimore.

Accordingly cannons were ordered and placed at Windmill Point (where the Naval Academy is today), Biemans Point (home of the present-day David Taylor Research Center) and Horn Point (in Eastport). Money was appropriated for the construction of forts at each site. Materials from St. Anne's Church that had been demolished for a new church and from the State House dome undergoing reconstruction were recycled in building Fort Horn.

With its 15 guns Fort Horn, where the Courts of Horn Point and Eastern Ave. in Eastport are today, became the sentinel of the Severn. The site discouraged

raids on Annapolis and also prevented illicit trade from within the harbor by opponents of the war.

Lafayette's encampment in 1781, at the site of the Annapolis Yacht Club on the knoll adjacent to Burnside Street, helped in the construction of Fort Horn, giving it a French fort appearance. Entrenchments from Ben Ogle's farm where Lafayette's troops encamped were dug in Fort Horn, providing cover for troops moving to the water's edge where boats offloaded supplies. Windmill Point had fewer cannon, but galley ships made in Stephen Stewart's West River Shipyard equipped with swivel cannon augmented the fire power. Across the river the cannon at Bieman's Point provided further protection.

Bieman's Point was vacated soon after the war of 1776. Windmill Point was enlarged in 1808 and disappeared under the southeast corner of the world's largest dormitory, Bancroft Hall.

Fort Horn was modernized for the war of 1812 and resurrected in the Civil War as a hospital for contagious diseases. Richard Swann owned orchards and gardens surrounding the site and supplied patients with fresh vegetables and fruits.

On April 23, 1866, the government sold the fort to Swann for \$20, ending its 90 years as a military facility. Torn down by the new owner, it also ended any trace of the forts protecting Maryland's capital city.

Bay Bytes

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Bay Bytes

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Do-It-Yourself Estate Planning Documents

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

Now that the holidays are behind you and things have settled down, it's time to conquer those new year's resolutions. As I have said in the past, having a proper estate plan in place is one of the most important things you can do for your family. So, I hope you have at least considered, if not made, creating or updating your estate planning documents one of your resolutions. If you have, great! But, be careful. If you are considering the do-it-yourself route, please don't.

Have you ever heard the concept of fast, cheap and good and that you can only pick two? Well, it's true. Hiring an attorney to draft an effective estate plan will be one of two things: (1) fast and good, but not cheap; or (2) good and cheap(er), but not fast. And, if you draft the documents yourself, or you complete a fill-in template online, it will be fast and cheap, but I guarantee those documents will not be good. In fact, going it alone will likely be costlier in the long run than had you just hired an attorney from the beginning.

Even if you get documents through an online site that has attorneys who are licensed to practice in Maryland, it does not mean those attorneys keep up with the laws, as there is no continuing legal education requirement for attorneys in Maryland. Similarly, it will not guarantee that their primary practice area is estate planning, since these sites offer many other services as well.

Still, cost is a priority for most people. So, why pay a lawyer when you can get your estate documents online for free, or at a substantially reduced rate? There are three main reasons to use an attorney: knowledge of the law, knowledge of your goals and family situation and expertise to draft documents that accomplish your goals.

First, and foremost, an estate-planning lawyer is licensed to practice law in the state and focuses on estate planning specifically. As such, an estate planning attorney knows the law and can

educate and advise you what documents best fit your goals and circumstances.

Second, an estate-planning attorney will meet with you for an initial consultation usually lasting at least an hour. The attorney will discuss your estate planning goals and obtain personal, financial, health and family information. They will get to know what is important to you and will then use this information to recommend a plan that accomplishes your goals and that is tailored to your specific situation. You can ask questions and receive answers directly related to your unique circumstances. Online sites cannot accommodate this.

Third, an estate-planning attorney will draft customized documents addressing your current situation as well as any concern or possibility that may arise in the future. For example, if you have a blended family, have a disabled beneficiary or have an individual retirement account, you should provide for these situations in your documents. Unfortunately, online sites have little, if any, room for customization. Rather, online sites provide basic documents that are generic and virtually the same for everyone.

Moreover, do-it-yourself estate planning documents are just not a good idea. At best, they are poorly written and probably do not say what you think they say. At worst, they could be invalid because they do not comply with Maryland law. In Maryland, all durable powers of attorney dated on or after Oct. 1, 2010, must have two witnesses and a notary. Recently, a client handed me a durable general power of attorney for her now-incompetent father that she obtained in 2015 from an online site claiming to have a licensed Maryland attorney on staff. The power of attorney was not notarized and thus, invalid. Because her father was incompetent and not able to sign a new power of attorney, we had to petition for guardianship, which cost far more than if an attorney-drafted durable power of attorney had been obtained in the first place.

Estate planning can be a very complicated area of the law and so much estate litigation arises from poorly drafted documents. Do not attempt this on your own; do yourself a favor and get help from an attorney.

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

Institutionalized and Loving It Vacationing at Chautauqua

By Victoria A. Duncan

Tell someone you're going to be institutionalized for your Summer vacation and you're apt to get some strange looks. But if you say that to a veteran of the Chautauqua Institution program in western New York state, you will probably be met with a dreamy look, a long sigh, a soft smile and the sight of some uptight shoulders descending to their rightful place on the body.

At least, that was what I encountered along with some vague murmurings of words such as "idyllic," "peaceful" and "magical" whenever I asked Chautauqua aficionados for a trip review. The vagueness kept me from planning a trip to Chautauqua for years; I just couldn't get a sense of what all the appreciation was about.

Some years ago, after suffering a severe case of what I have come to call the "Re's," as in relocating, restoring, remodeling, refinancing and recovering from it all and in sore need of relaxation, my husband and I decided to give Chautauqua a try. We spontaneously took two weeks to travel to western New York to stay at Chautauqua for a week and then travel on up into Canada, just a short drive away. How bad could this be? We could always leave for Canada early, if necessary.

At the end of one week, we were so in love with Chautauqua that we decided to stay for a second week. And at the end of that week, we contemplated buying a Summer house on the 750-acre gated property that comprises the institute and national historic landmark. So, yes, we fell hard and now belong to that dreamy-eyed group of Chautauqua veterans.

Let me try to describe it as preparing a fine meal. Fold in the quaint Victorian homes and streets of Cape May, with the recreational amenities of a Summer camp on a mountain lake. Add the intellectual stimulation of a college campus and toss in the cultural amenities of music, dance and art offered in a metropolitan city. Stir in the humanistic and spiritual underpinnings of an ecumenical faith community. Top with peace and quiet, since Chautauqua is primarily a pedestrian community. Instead of noise, you will likely hear classical music wafting through the towering trees from performers practicing their art. Shake thoroughly and present on a Norman Rockwell-type backdrop. Serve up as a nine-week season stretching from mid-June to mid-August to the almost 200,000 people who attend some part of the program each year.

This oasis began in 1874 as a Summer meeting camp for Sunday school teachers. Since then, generations of families have made the annual pilgrimage to the banks of this emerald lake for rest and renewal. Now, Chautauqua has grown exponentially to evolve into a unique blend of what is best in our culture. You

will find that it is not unusual to sit at an event beside a retired U.S. Supreme Court justice, a fifth-generation descendant of the earliest Chautauquans, or a newcomer who keeps asking, "Where has this been all of my life?" In the nine-week season, each week is loosely organized around a theme in which timely and significant issues of today's life are considered. For example, this year's themes include "Moments that Changed the World," "A Planet in Balance," "Longevity in America," "Grace: a Celebration of Ordinary Gifts" and "Exploring Race and Culture in America." The week's events, such as informative lectures and discussions, are presented by a host of well-known leaders, authors and speakers drawn from a number of disciplines that evoke some aspect of the week's theme.

In addition, there are more than 400 special studies classes offered each season. These enrichment classes range from games and recreational activities, such as sailing or golf, to hobby and craft classes, such as pottery or weaving taught by experts in their fields, to personal and professional development courses, such as investing or health and wellness. The selections are extensive and your most difficult task will be deciding among them.

Evening entertainment includes a couple of recent releases at an old-fashioned cinema, an opera production, outstanding dramatic plays and some type of musical performance in the 5,000-seat, open-air amphitheater. While all the performances are world-class, Friday night is reserved for particularly big-name performers with this year's offerings including comedian, Brian Regan, and Ira Glass, host and creator of the popular NPR radio program, "This American Life."

What is difficult to describe about this unique wonder is the magic, the sense that you have walked back into time. The peaceful tranquility is juxtaposed beside the vibration of energy from a community of people fully engaged in what they love doing. But be forewarned: It takes about two to three days to ratchet down your usual pace to the Chautauqua way of being. Once that happens, you "get it." On one of my remaining Chautauqua afternoons, after I walked down the hillside to a park bench for a quiet read in the shelter of mammoth oaks, I placed my book aside. I felt awash with well-being and gratitude for this source of replenishment and renewal. I would be returning often in the years ahead. As they say on the T-shirts sold in the gift shop, I was now a Chautauquan, truly "Institutionalized and Loving It."

Vicki, a frequent visitor to Chautauqua, can be contacted at VAHD@aol.com

The strength is there. Have you ever tried to tap into it?

Getting There:	Located in the southwestern corner of New York State, Chautauqua is approximately a seven-hour drive from Annapolis. Air service is available into nearby Buffalo, N.Y. or by commuter plane from Pittsburgh to Jamestown, N.Y.
Where to Stay:	<ul style="list-style-type: none"> On-the-grounds accommodations (highly recommended) include hotels, inns, guesthouses and condominiums. A pricey option is the historic Athenaeum Hotel (800.821.1881) offering a modified American plan. The Spencer Hotel (800.398.1306) offers lovely, whimsical rooms decorated in literary themes and is a recommended option that offers daily breakfasts. A convenient link to web reservations for inns and guest- houses is available online.
When to Go:	The 2019 season extends from June 22 to Aug. 25. The schedule of weekly themes is available online
Cost:	<ul style="list-style-type: none"> There is a daily, weekly or seasonal mandatory gate pass that permits entrance onto the grounds and to most events and lectures. Tickets go on sale in January 2019. The weekly rate for 2018 was \$475 per person. There are additional, reasonable fees for a few events, such as the opera or plays. Additional fees are also charged for special studies classes as posted on the website. Accommodation prices vary widely. Making reservations early is advised. A parking fee is charged in the lots outside of the campus. Cars are generally not allowed.
Children:	Chautauqua is an excellent family vacation with many children's activities available. Further information is available at the website
Getting Around:	Most people walk or bike. Bicycle rental is available. Automobile traffic is very restricted. Complementary shuttle and tram service is frequent and convenient throughout the grounds. Wheel chair and electrical scooters may be rented, as available and facilities are accessible.
Meals:	Dining options are limited on the grounds. However, there are nearby restaurants outside of the gates and many accommodations include a kitchen. It is wise to stock up before arriving, though. Several grocery stores are within a short drive.
For Further Information:	www.ciweb.org 716.357.6250



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Winter can put a damper on all that holiday fun in the form of a cold or flu. While there's no perfect blueprint for achieving and maintaining good health through these freezing months, a few small, common-sense steps can greatly improve our odds. Here are some simple precautions:

1. Have you gotten your yearly flu shot? The immunization is especially recommended for people with heart, lung or kidney disease and for people over age 65. Even though it does take six to eight weeks to build up full immunity, it's still not too late to be protected against the flu.
2. Plenty of Rest. Most people get colds and flu when they're run down. Research shows that even when you're marginally sleep-deprived, your resistance to viruses can decline dramatically.
3. Ability to De-Stress. While most of us have a certain amount of stress in our lives, not all of us have mastered the art of de-stressing. A 10-minute break from routine, some calming music, a short walk, a cup of tea, even a few minutes of daydreaming, can do wonders.
4. Time Out. We all need some time to collect our thoughts and process the day's events. These should be peaceful times in which we can ponder the world without distractions. A good book, or just thinking about the positive things in our lives can be helpful.

5. A Wider Circle of Friends. In a study of more than 200 men and women, people who had strong social ties were found to get fewer colds than those who had few social relationships.

6. A Farewell to Unhealthy Relationships. Making permanent changes to our well-being might mean changing social associations. Unhealthy relationships can drain our energy and put a strain on our lives.

7. More Activity. Physical movement is critical to good health. If lifting weights at a health club doesn't captivate you, why not try some simple walking? A short walk with a friend to chat with is a good start.

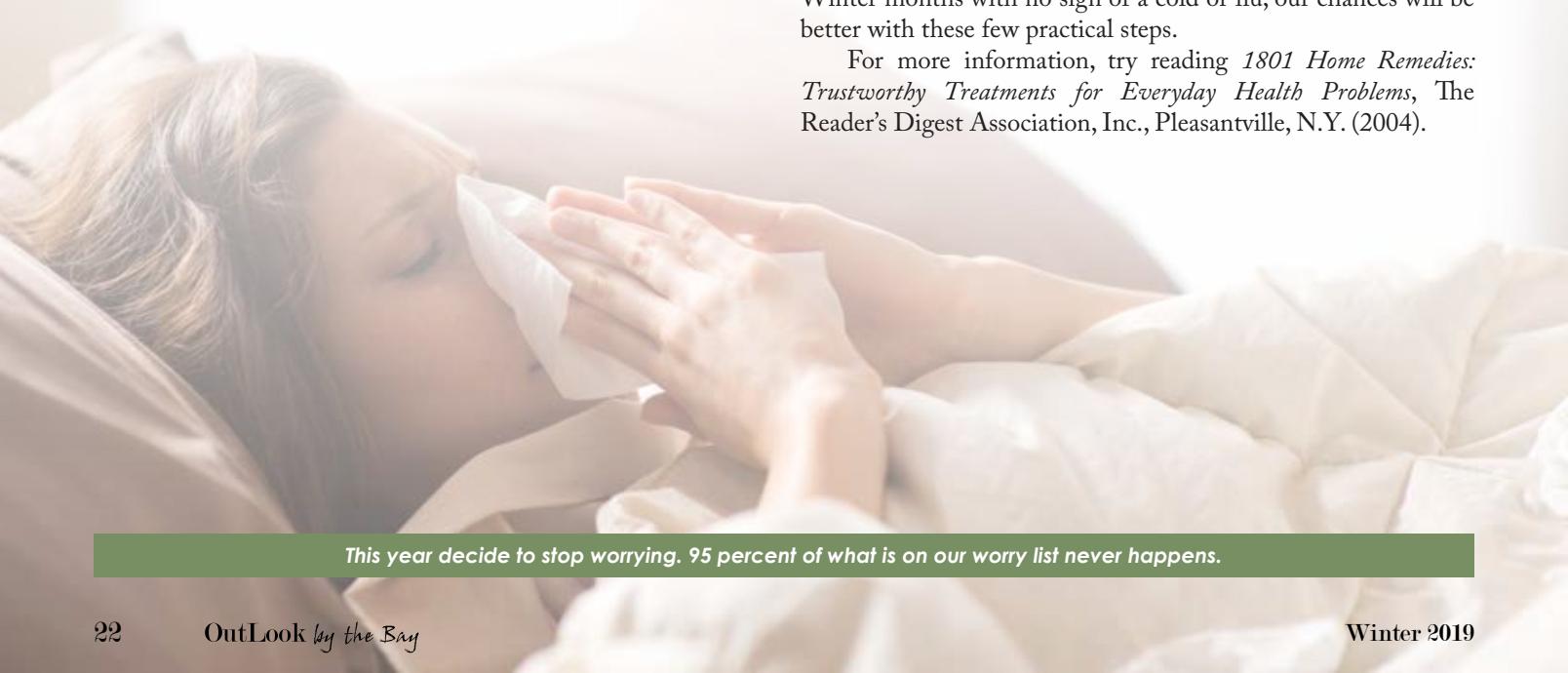
8. Wash Hands Often. Use soap and warm water, especially after using a public restroom or public transportation, or being around people who are sick. Avoid touching your face with unwashed hands.

9. Use a Humidifier or Cool-Mist Vaporizer. Room-size models are moderately priced and worth the investment during the Winter months to keep the indoor air moist.

10. Consider Getting a Nutritional Health Workup. A nutritionally oriented doctor or health practitioner can do a dietary assessment, including a measurement of blood levels of vitamins and minerals. The results will show which nutrients you do or do not need. Such workups often yield unexpected results. Nutritionists and dietitians can also help you develop a plan for better eating habits.

Although there's no guarantee that we can weather the Winter months with no sign of a cold or flu, our chances will be better with these few practical steps.

For more information, try reading *1801 Home Remedies: Trustworthy Treatments for Everyday Health Problems*, The Reader's Digest Association, Inc., Pleasantville, N.Y. (2004).



This year decide to stop worrying. 95 percent of what is on our worry list never happens.

HAPPY VALENTINE'S DAY WITH A FUN-TO-DO FONDUE

By Barbara Aiken

Can you conjure in your mind a Winter vision of sitting around a beautifully worn wooden table next to a roaring log fire with friends and family sharing a communal bubbling pot of cheesy fondue goodness? Maybe your table is glass-topped and you have no fireplace, but you might have just returned home from a snowy walk or a woodland hike. Nothing hits the proverbial spot after a stint in the frigid air like a warm, comforting meal. Now is the perfect season to settle in and try your hand at the Scandinavian favorite fondue and experience the Danish feeling of "hygge" (hoo-guh), or contented coziness, and well-being.

Fondue originates from the French "fonder," which means to melt. From its inception in the 18th century, fondue was steeped in the history of hard times and is thought to have originated in order to finish up bits of cheese from the larder. These morsels were melted together with a splash of wine and a bit of garlic to form a silky, rich sauce in which to dip stale bread. Many of us in this throw-away culture could learn a lesson from this frugality.

Besides cubes of sturdy bread, brown and white, there are many other options for dipping. An array of warm dippers can be arranged on a platter alongside the bubbling cauldron of decadent cheese. Try precooked cubes of filet of beef, cooked shrimp, or slices of cooked sausage for protein-rich dipping. Sautéed mushroom caps, tiny boiled onions and potatoes, and blanched and shocked broccoli florets make for scrumptious dippers. Cubed Granny Smith apples are delicious dipped in molten cheese, as are red or green grapes.

There are stories suggesting penalties for losing your bread or other dipper in the fondue pot. For fun, you may want to come up with your own or bypass this old tradition. How many of us want to run naked in the snow?

There are many variations of the classic cheese fondue and there are broth-based ones and dessert versions such as chocolate, caramel and fruit fondue. Here's a simple cheese fondue recipe to start you on your way to becoming a fondue connoisseur. It's easy to prepare and well worth the effort.

Sweet Cheese Fondue

Serves about 6

1 clove garlic

1 cup dry white wine such as sauvignon blanc or chenin blanc

1 Tbs. fresh lemon juice

1/2 lb. grated Gruyere cheese

1/2 lb. grated Emmental cheese

3-1/2 tsp. cornstarch

1 Tbs. kirsch or other cherry-flavored brandy, optional

Pepper and nutmeg to taste

Rub the inside of a medium saucepan with the peeled garlic clove. Discard the garlic. Add the wine and lemon juice and bring to a simmer over medium heat.

In a medium bowl, mix the Gruyere and Emmental cheeses and toss with the cornstarch. The cornstarch helps prevent the cheese from separating while heating. Gradually stir the cheese mixture into the saucepan by cupfuls. Using a wooden spoon, stir the mixture with the classic figure 8 motion and be sure the cheese is completely melted before adding more. The fondue can bubble slightly, but don't allow it to boil or it may separate and you'll have to begin again. Season the fondue with nutmeg and pepper to taste. Stir in kirsch if using. Transfer to a fondue pot and keep warm.

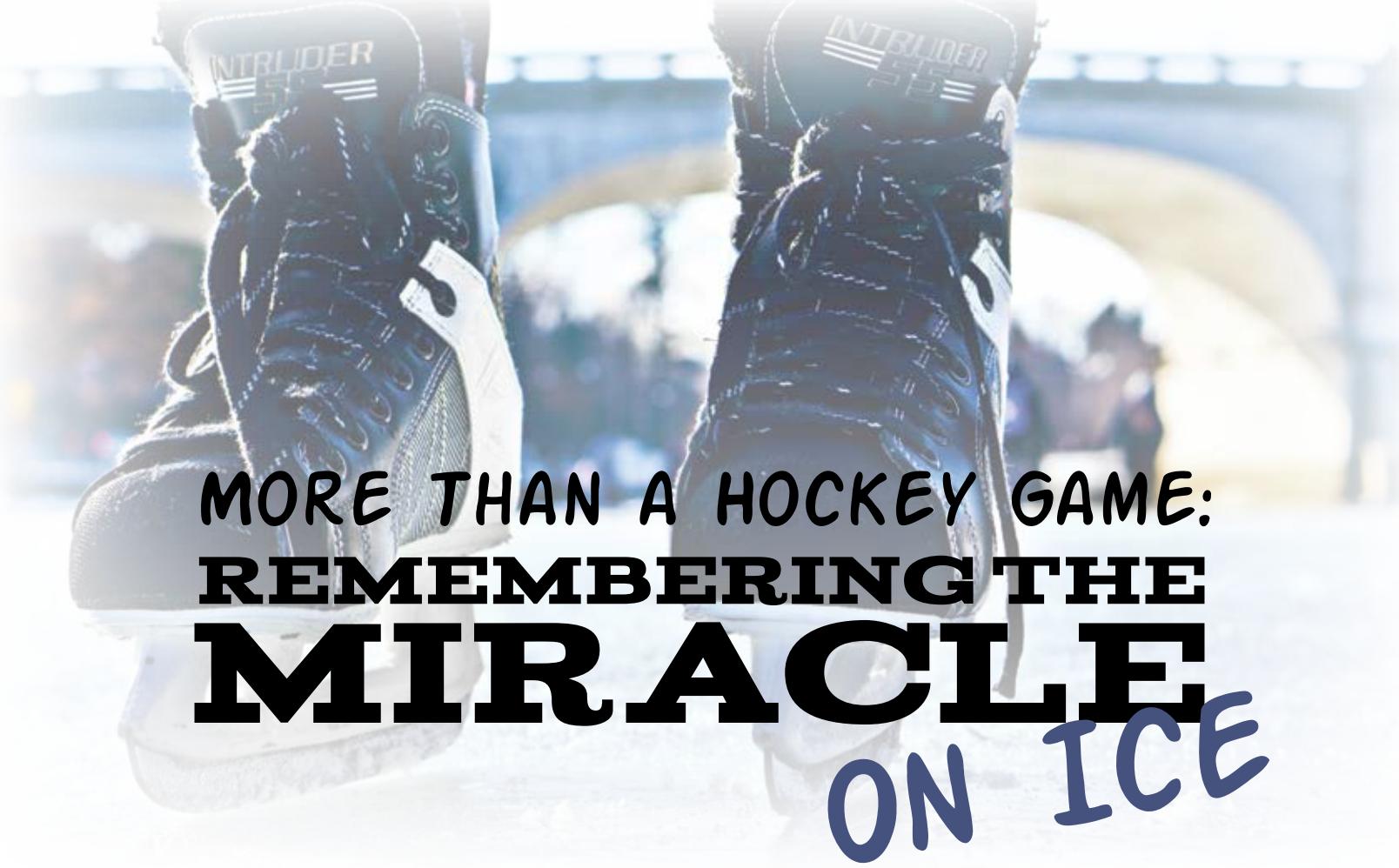
Alternatively, purchase a premade package of cheese fondue at your local grocer. This is quite good, practically foolproof and you can add your desired flavorings to it.

Do you recall back in the 1960s and 1970s when fondue made a comeback? Folks were buying up fondue pots complete with a set of color-coded, long-handle forks to identify the forks' companion throughout the festive meal. Abounding parties gave this fascinating serving idea a try during the "fab" '60s and "far out" '70s. And today, there are all sorts of fondue vessels on the market from enameled cast iron to stainless steel. Or, you may have a fondue pot stashed away from bygone times. If you don't have a fondue pot, no worries. A heavy saucepan will do to prepare the fondue and then you can transfer it to a chafing dish with tea candle or keep it warm on a hot plate. A slow cooker is an excellent substitute for the traditional fondue pot.

For a perfect pairing, present a dry riesling, steel-aged chardonnay, chenin blanc or sauvignon blanc with your meal. Tea is also a classic pairing for cheese fondue.

Our cold, brisk nights call out for fondue! Give it a try; it's sure to bring you fun and spark fond memories. This may become a Winter tradition for you and yours.

Barbara has been cooking and baking for over 40 years. Preparing delicious meals and pairing them with the perfect wine or other beverage is one of her passions. Contact her at barbara.s.aiken@gmail.com



MORE THAN A HOCKEY GAME: REMEMBERING THE **MIRACLE** ON ICE

By Kater Leatherman

Few can argue that the gold metal win for the U.S. hockey team in 1980 remains one of the greatest moments in sports history. It came at a time when our country was down in the dumps - long lines at the gas pumps, rising inflation while the standard of living declined, the hostage crisis in Iran, the invasion of the Russians in Afghanistan. We desperately needed something to bring this country back to life again. Turns out it would be a team of 20 amateur hockey players.

At the helm was Herb Brooks. Considered at the time to be the best college hockey coach in America, Brooks had something to prove. In 1960, three weeks before the Olympics in Squaw Valley, he was cut from the U.S. hockey team. He watched the game at home with his father where the team he almost made won a gold medal.

"It looks like Coach Jack Riley cut the right guy," his father said to him.

Undeterred, Brooks went on to set a record by playing on a total of eight U.S. national teams including the 1964 and 1968 Olympics squads, all in a span of 10 years, from 1960 - 1970.

When he was hired to coach the U.S. hockey team in 1979, many thought his goal to beat the Soviets was a lofty one. At the time, they were the best team in the world, having won four straight gold medals at the Olympics. But Brooks studied their strategy and came to understand that in order to beat the Soviets,

his team would have to throw their game right back at them, i.e., attack rather than defend.

At the tryouts in Colorado Springs, just seven months before the opening ceremony at Lake Placid, Brooks picked 26 players (six would eventually be cut). To build team chemistry, he was more interested in choosing the right ones rather than the best ones.

"I looked for people first, athletes second," Brooks said.

No team, Brooks believed, had ever worked hard enough to skate with the Soviet team for an entire game, observing that their opponents tired in the third quarter. His training would emphasize speed, creativity and conditioning, promising his team that while they may not be the best, they would be the most conditioned by the time they got to Lake Placid in February of 1980.

"The legs feed the wolf," Brooks told his team, "so be prepared to grow through pain. You're going to skate harder than you've ever skated in your lives every minute of every day that you're on the ice with me. You don't have enough talent to win on talent alone."

However, Brooks' biggest hurdle would be to turn them from an "I" team to a "we" team. Rivalries were fierce among some of the players, especially those from the University of Minnesota and Boston University.

IT WAS US AGAINST
THE SOVIETS, A COLD
WAR RIVALRY PLAYED
OUT ON A SLAB OF ICE.

"The name on the front of the jersey is a hell of a lot more important than the one on the back," Brooks reminded them.

Three days before the opening of the Olympics, the U.S. team played an exhibition game at Madison Square Gardens, losing to the Soviets 12 - 3.

However, once at Lake Placid in their Olympic opener, they tied Sweden 2-2 and then went on to beat the Czechs, 7-3, a major upset. Norway, Romania and Germany all lost to the U.S. team before the much-anticipated game against the Soviets.

On Friday, Feb. 22, as depicted in the 2004 movie, "Miracle," Herb Brooks (played by Kurt Russell), walked into the locker room before the game and gave the following motivational speech:

"Great moments are born from great opportunity, and that's what you have here tonight, boys. That's what you've earned here tonight. One game; if we played them 10 times, they might win nine. But not this game, not tonight. Tonight, we skate with them. Tonight we stay with them, and we shut them down because we can. Tonight, we are the greatest hockey team in the world. You were born to be hockey players—every one of you, and you were meant to be here tonight. This is your time. Their time is done. It's over. I'm sick and tired of hearing about what a great hockey team the Soviets have. Screw 'em. This is your time. Now go out there and take it!"

The game was taped at 5 p.m. and broadcast at 8 p.m. By the time it was watched on television across the country, most already knew the U.S. team had won. The stunned Russians found out the next morning.

It was a nail-biter. The Russians took the early lead until Buzz Schneider tied it, 1-1. Three minutes later, the Russians again took the lead before Mark Johnson tied it up, 2-2, on a fluke goal with one second left in the game's first period.

This mistake led the Soviet coach to replace his respected goalie, Vladislav Tretiak, with the relatively unknown Vladimir Myshkin, for the final two periods.

"Boys," Brooks told his team, "they just put the best goaltender in the world on the bench."

Coming into the third period with a 3-2 lead, the Russians assumed they would win until once again, Mark Johnson scored to tie the game, 3-3. With 10 minutes left to play in the fourth quarter, Captain Mike Eruzione scored on a 20-foot wrist shot, also known as the goal that was heard around the hockey world, to win 4-3. But it was goalie Jim Craig, who stopped 36 of the 39 Soviet shots, that was mobbed on the ice after the win.

After defeating Finland for the gold medal, the U.S. team went down in history as the youngest to win the tournament and in U.S. national history. Their gold medal win became much more than a hockey game. It was us against the Soviets, a Cold War rivalry played out on a slab of ice, and our country reveled in it.

Herb Brooks went on to become a coach in the NHL. He also coached the French team at the Nagano Olympics in 1998, as well as the United States team who went on to win a silver medal at the Salt Lake City Olympics in 2002.

The following year, at age 66, Brooks was the director of player development for the Pittsburgh Penguins when he was killed in a car accident. Three years later, in 2006, he was inducted into the Hockey Hall of Fame. In spite of an occasional reunion, the U.S. hockey team was never together in one place after the Olympic games.

Kater can be reached at katerleatherman@gmail.com

Bay Bytes

If you've already lost those instruction booklets to one of your holiday gifts, log onto www.manualslib.com for instruction manuals on just about anything, from washing machine, bread-maker, chain saw or carpet cleaners.

Bay Bytes

Looking for a discount on your next airline jaunt? Check out www.AirlineConsolidator.com for possible substantial savings.

The Acorn And the Oak Tree

By Caroline Oakes

Ah, the tyranny of the ego, driving us to always be in control, look our best, say the right thing, fit in and be “successful,” according to societal norms.

But both modern psychologists, as well as ancient spiritual traditions, tell us that our ego creates this shined-up outer “shell” of ourselves as a kind of protective mask, a false self we project so we can be seen in the way we want others to see us.

Of course, when we are young, this outer shell or false self can in some ways work to our benefit, helping us to navigate (and sometimes to survive) the uncharted waters of childhood and adolescence. But over time, if we continue living through this false self and remain overly focused on appeasing others’ fears and expectations in our adulthood, we become disconnected from ourselves, from our own abilities, and from what brings real meaning and purpose in our lives.

In her book, *The Wisdom Way of Knowing*, author Cynthia Bourgeault shares a classic parable to illustrate the necessary transition from false self to an authentic self in order to grow into who we are called to be:

Once upon a time, there was a kingdom of acorns nestled at the foot of a grand old oak tree. The acorn citizens of this little Boukingdom went about their daily business with purposeful energy — oiling and polishing their outer shells, improving their longevity and general well-being.

One day there appeared a knotty little stranger, apparently having been dropped “out of the blue” by a passing bird. He was cap-less and dirty, making an immediate negative impression on his fellow acorns.

One day, he stammered out a wild tale, pointing upward at the magnificent oak tree, saying, “We ... are ... THAT!”

The other acorns were incredulous, disbelieving, but one of them asked the stranger, “So tell us, how would we become that tree?” “Well,” said he, pointing downward, “it has something to do with going into the dark earth and cracking open our shells.

“Just as with the acorn,” Bourgeault says, “coiled within each one of us is a vastly more majestic destiny, and a true self who lives it. But this oak tree of ourselves can come into being only if it lets go of its acorn.”

If we are to live an authentic life, we must “crack open our shells” and “let die” the pretensions, our defenses and our hidden agendas of our false self. Poets and philosophers call this transformation “dying before you die.”

Nature models this transformation for us — the acorn cracks open to become an oak tree. The grain of wheat falls to the ground and dies in order to produce much fruit. The cocoon needs to be split in order for the butterfly to emerge. The candle’s flaming wick melts the wax so that light and heat happen.

“The thrust of the ‘dying before you die’ teaching is this,” says John Shea, author of *Spiritual Wisdom of the Gospels*. “When we practice letting go of the schemer and surrendering into the receiver, the scheming and conniving self who manipulates the world to get its desires will fall away. The deeper self who in its very being is receiving love from God and passing it on to others will emerge.”

“*The mystery of ‘die before you die’ is this: The gifts come after the ‘dying’ and not before.*” -- Jalaluddin Rumi, Sufi poet

Caroline is a writer and graduate of The General Theological Seminary of the Episcopal Church. You can read more of her writing at www.carolineoakes.com.

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

CROSSWORDS: IF YOU CAN DO THEM, YOU CAN MAKE THEM

By Mick Rood

About 20 years ago I started doing crosswords regularly. I thought it would keep my mind alert. The jury is out on whether it worked for me and others who want to stay sharp. Studies are leaning in favor of crosswords, at least in terms of it helping to stave off dementia, but findings are by no means conclusive. So we'll just keep that warm and fuzzy feeling about the confounding grids in front of us, just as Marc Romano did. His book, by the way, is an engaging, quick read about the world of those who make highly competitive careers out of crossword contests and publishing (*Crossworld*, Broadway Books, New York (2005)).

But if doing these puzzles preserves or improves the mind, what about creating them? That certainly would tighten up the old synapses. I have completed several Sunday newspaper-size puzzles, finding them daunting to be sure, but achievable. They also get a bit easier as you go along. Should you decide to try it, here are some suggestions as you embark on the art of crossword construction:

1. Don't use this exercise to dazzle everyone with your obscure vocabulary or even more obscure mastering of facts that no one has ever heard of. We know you probably looked up those tough ones just to show off. The idea, whether the puzzle is of professional caliber or easy, is to give the crossworder a fighting chance to complete the puzzle.
2. On the other hand, it's OK to ask for the author of a remote quotation from time to time. Before they panic at the sight of an obscure quote, crossword players know that there are only so many famous writers to be found in puzzles. Example: You may not know who wrote, "Abandon all hope, ye who enter here!" Answer: Dante, who like a few dozen others, has a last name that's short, with two or more vowels and useful consonants. (The nature of the quotation in question is a hellish good clue as well.) If it's a hockey player question with a three-letter answer, try Orr right away. If it's a baseball family question with four letters, try Alou first. They show up all too often.
3. Perhaps most importantly, try to keep the difficulty level of the puzzle consistent. Most of us seniors would know "Arte" is the answer to, comedian Johnson on "Laugh-In." Most of us probably don't know what nyctophobia is, however. (Fear of the dark, dummy.) Nothing ticks off a puzzler more than running into lack of consistency in puzzles. This is one of the strengths of puzzle guru Will

But if doing
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Shortz, whose editing of *New York Times* puzzles is often considered the standard. Even when the puzzles get more difficult as the week advances, he seems to make them internally consistent in terms of toughness. On Monday morning, you're a genius; by weekend, you're a moron, but at least you know where you stand as the puzzles get harder during the week.

4. It's hard to make answers fit in the space allotted in your grid. But the questions you use are often the key to the difficulty of constructing a good puzzle. If the question is vague, the answer will be harder to come by. If the question can elicit a double or triple meaning, it will keep your solver guessing. If your clue is "short cut" with a four-letter answer, the player can first rule out such a short word meaning the quickest way to get somewhere. But the player now has to figure out whether you are referring to a hairstyle (say, "crew") or a manner of cutting something (say, "snip").
5. Once you get started, if you are finding it difficult, don't give up. As with many other things, the internet has made it a much easier task. You can Google synonyms and antonyms in a flash. Sites provide you words starting with three letters you can select to fit in that impossible hole in your grid. Readymade grids are provided. Fact-checking is a breeze with the computer. Cyberspace help abounds.

With that in mind, here are a few out of the dozens of sites out there that may fit your crossword software needs. Crossword Compiler claims to be the site the pros use and Crossword Man helps you crack tough puzzles, a surefire way to learn the wily ways of puzzle makers. You have to pay at those sites, but Eclipse Crossword and other websites provide free software to build simple puzzles. For those just starting out, however, it might be best to go to www.printabledirect.com/blank-crossword-template.htm for blank grids that allow you to build a puzzle from scratch with old-fashioned pencil, eraser and paper. Then you can plunge into the business of translating your rough draft into a publishable cross.

And, the timing is good. The annual American Crossword Puzzle Tournament is coming up March 22-24. I say that not to suggest you enter the event in Stamford, Conn., unless you're the real deal, but because you can play from home to learn how you would score against the best. Registration for the event and playing at home begins early in January.

This is an updated version of a story first published by Outlook in 2012. Mick Rood is managing editor of this publication. He humbly admits that he cannot complete a New York Times Sunday crossword in 30 minutes as some of the professionals do. Sometimes it takes him hours; other times, he does not finish.

SASSAFRAS RIVER

By Ellen Moyer

The Sassafras River winds its way for 22 miles toward the Chesapeake Bay from Middletown, Delaware, forming the boundary between Maryland's Cecil and Kent counties. In 1608 Captain John Smith also found his way up this scenic river and state water trail. His 1612 map calls it the Tockwogh River after a Native American tribe that he spent a week with near Turners Creek, which is located off the main Sassafras.

Captured or confronted (John Smith had an unusual number of kidnappings and near-death experiences) by the Massawomakes tribe of the Iroquois nation, who were deadly enemies of the Algonquins, he was informed of a new tribe in the area, the Tockwogh, so off he went searching for them.

Capt. Smith indeed found a Tockwogh village where he spent part of August feasting with them on the corn, squash and beans they grew in surrounding fields. The Tockwoghs, whose name derives from Tuckahoe, which is an edible water plant, are now listed as an extinct tribe. The land of the Tockwogh was prosperous and rich in oysters and fish. By 1753 another village was growing on Turners Creek as an export and import site for local agricultural products and merchandise. Henry Knock was the first merchant to build a log dwelling near the creek. His successful operation of a granary and pub attracted Donald Yeates who purchased his seven-acre farm and proceeded to build a three-story brick home.

Today, that brick home called Knocks Folly is owned by the Maryland Park Service. Knocks Folly is a national registered historic place in the tiny town of Kennedyville located on Route 213, which also lists two other historic sites, Shrewsbury Church and Woodland Hall.

Knocks Folly is a Summertime visitor's center. Congressman Wayne Gilchrist leads an outdoor education program for youth and adults on the thousands of preserved acres surrounding it.

Joining the state Department of Natural Resources property is a county park property that wraps around the long-ago port village with its ancient granary still intact.

Today, 1,200 acres of the rich agriculture areas, noted for grain and dairy, have been preserved by four families who were recently honored by the Eastern Shore Land Conservancy and the Chesapeake Bay String of Pearls. Wildlife abounds in the watershed of the Sassafras in a landscape not too different from that inhabited by the Woodland Indians, the Tockwogh and explored by Capt. Smith.

Today visitors to Kent County and the Sassafras may be more familiar with the sandy beaches of Betterton at the mouth of the river and the Bay. Once a thriving Victorian resort, visitors flocked to guesthouses and the Rigbie Hotel built in 1880 from excursions on the Ericcson boats from Baltimore. Not too long ago, the Bay Belle shuttled day-trippers as well as overnight guests to the Rigbie Hotel with its wide porch located on the highest hill. Unfortunately it was demolished in 1986.

However, the ancient guesthouses of Betterton are protected in the historic district of the village, population 345. Betterton was first patented in 1664 and in 1715 it was noted as a fishing village named Crews Landing. Later Quaker Richard Turner, who built the Rigbie, renamed the town Betterton after his wife's family.

The Sassafras River State Water Trail, popular with kayakers, has stories to tell of the cultural forces that shaped us and Kent County, our state's largest county.

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

Bay Bytes

Looking for a less expensive way to ski? Check out EpicPass.com or MountainCollective.com or IkonPass.com. Many offer senior discounts as well as lodging discounts.

Sharing Memories

By Ryan Helfenbein

During the first week of December, many took time out of their schedules to see these images: President H.W. Bush's casket escorted onto Special Air Mission 41 (aka Air Force One), his casket positioned in the Capitol, and "Sully" the dog lying in front of his flag-draped casket. Many even took time away from work to stand in the long line at the U.S. Capitol in the 30-degree temperatures, to pay their respects to the 41st president lying in state.

Could you imagine, if following his death, a news announcement stated that due to it being "too much on the family" there would be no service, no gathering of remembrance and no scheduled time or place to share memories with family and friends? Quite simply, he is gone, and we should honor him on our own. Or, how about the death of Princess Diana in 1997? In her case, if there was to be nothing after her passing, what would the 33 million viewers have done at 6 a.m. on Sept. 6, 1997? Her funeral service was estimated to be the most-watched funeral service in history. With both situations we must ask ourselves, if so many of us took time out of our schedules to witness a final tribute to individuals we never personally knew, why would we not provide that same opportunity for the people we do?

Today we are finding more people tending to lean toward "doing less and less" when recognizing a death. We are even seeing businesses promote the fact that they can have your loved one returned to you in the form of ashes in a box well within 24 hours. Sad, right? Others wish to simply get through the services as quickly as possible, perhaps even going directly to the cemetery shortly after a passing occurs. Now perhaps we would want this quick turnaround for having our dry cleaning done, or getting rid of bats in the attic or mice in the basement, but not for a family member, friend, and most definitely not a princess or U.S. president.

When no scheduled remembrance is planned, there's no telling where the visitation will take place. You might be thinking "but we're not going to have a visitation." Well, you're not planning a visitation, but it's going to happen. No, not in the traditional fashion, with a casket or a gathering with photos and an urn. This visitation will be held at the local grocery store, mall or other public venue when a friend of the deceased approaches

with the question, "How's your father been, it's been so long since I've seen him?" Unfortunately, right then and there we are now explaining that he passed, ultimately turning a quick trip to pick up bread and milk into a visitation with dad's friend, sharing how much he meant to them - all the while juggling the chaos of frantic shoppers reaching for items on a shelf behind you. This ill-fated visitation also inadvertently leaves that friend wondering why they were not contacted, why they weren't a part of a final farewell, and worst of all, left with an overall feeling of perhaps dad didn't feel as closely connected to them as they did to him.

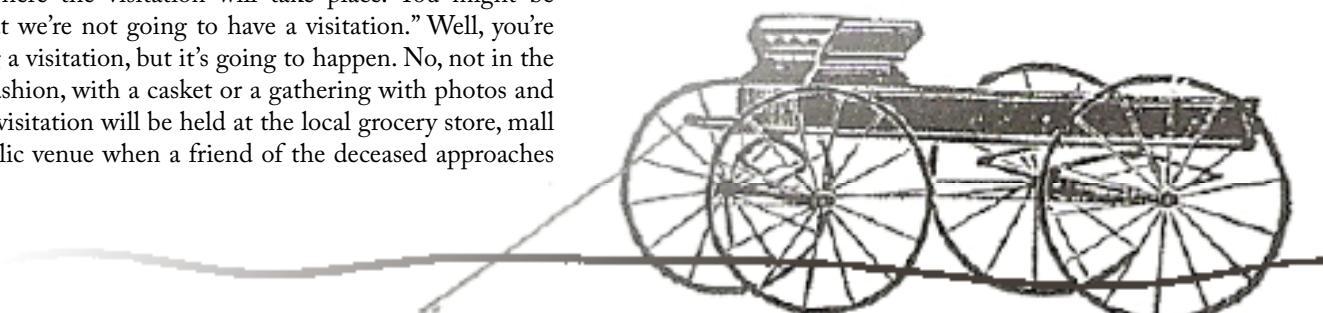
What we realize when a person of inspiration passes away is that we all were touched in our own unique way by what they may have done and what we witnessed. This person by far was not

an immediate relative, neighbor or even a distant acquaintance. Instead, they were someone who impacted our life in a way they will never know, and we feel the need to pay tribute to them for doing so. Hence, we turn our attention to the TV for the funeral ceremony, take a day off work to wait in a long line outside in the cold to witness them lying in state, and DVR the tributes and continued media coverage rather than watching our favorite sitcoms. Providing a time and place for others to share memories and tell their stories is an imperative part of the grief process for everyone who has been impacted by loss.

Some surviving families might think that dad outlived his friends, and it's just us who are left behind. Therefore, we may tend to feel as if no one will give much thought about his passing. Perhaps it wasn't us that need this time of reflection, but the next-door neighbor who brought the newspaper to the door every morning, the teller at the bank he shared a laugh with every Friday or even the kids at the senior center who came to visit him for their church outing one Sunday a month. After all, if we take time out of our lives to pay tribute to a complete stranger, why wouldn't we offer others the chance to pay the same respect to the ones we love?

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

**There are those
who impacted our
lives in ways they
will never know**



Silver Linings For Air Travel This Year

Airline passengers, are you waiting for an eternal takeoff on the runway, huddling in shrinking seats, shivering under a blanket you had to pay for, praying not to answer a call to the bathroom or edgy about another outburst from a crabby fellow flyer? Or maybe you avoided all that by getting bumped off the flight you booked three months ago.

Never fear, air travel watchers tell us that there are silver linings in the troubled skies, improvements some airlines are planning to make this year. All you have to do is pay close attention to internet alerts, your travel agent, travel publications and travel columns in newspapers to know what you have to look forward to.

News of these enhancements, largely technological, started surfacing at an aircraft interiors exposition in Germany last year and were noticed by KNect365, a life sciences innovation website. It has become clear, the group says, that airlines have "myriad opportunities to enhance customer experiences." KNect365 and others have outlined these coming attractions:

Even before you get on the aircraft, one of the most interesting and far-reaching innovations is spreading quickly – **biometric identification**. Airports in Orlando, Denver and Atlanta are using face-scanning devices on a limited basis. The process, purely elective at this point, promises to make air travel quicker and safer for passengers. Among other things, KNect365 says this feature will eventually do away with boarding passes since the facial scan has already plugged other needed data into the system.

AAA sums up: "To create a seamless experience, airports using biometric technology to scan travelers' faces

and match the scans to passenger details, moving everyone along (hopefully) more smoothly."

Also before you board, a few airlines will be offering – for a fee, of course – **porters** who will store your carry-ons in specially reserved overhead bins above economy seats. Yes, airlines who try this feature assure that porters will be background-checked.

All the focus for onboard amenities has been in the first-class seats, but this year more airlines will adopt **artificial intelligence** (AI) technology to make your trip more comfy in the economy section. AI will assist in adjusting armrest heights in so-called self-learning seats. Want to nap more easily? Some airliners will be offering sleep-enhancing technology with pressure and comfort devices such as leg message sleeves and pneumatic-powered hand and wrist massagers, KNect365 says.

The frills may be never-ending, starting with **beverage service**. Some airlines can be expected to offer "new beverage delivery methods, such as enhanced carts, automated mix technologies and sommelier-style wine introductions" that they believe will increase the quality of your trip.



Last but hardly least, carriers are planning to make your bathroom visits more tolerable, even though the sizes of some facilities have shrunk along with the seats in the cabin. KNect365 says the airlines may offer better lighting, new air circulation techniques, hand sanitation units and ultraviolet seat sterilization – a process, developed in the last two years, that can take a few seconds after you leave the loo.

There will no doubt be more changes in the coming months as more passengers become disgruntled with the lack of comfort, convenience and increases in costs.

BECOME A MASTER ANTICIPATOR

By Kater Leatherman

In the game of life, there are three things we can't escape. One is that we will experience pain. Two, we will have to file a yearly tax return (unless our income is below a certain threshold). And three, we are going to die.

Anticipation is the ability to manage certainty and the foreseen challenges that come with them. We will all know pain in one form or another, but moving through it will be better handled by planning ahead, i.e., building a strong inner life and a network of supportive people.

Financial health depends on keeping a safety net of savings. In this way, we are acting before the difficulties occur rather than waiting until something happens, and then having yet another problem to solve. Live within your means so you have enough to pay your bills on time. Do the math to determine how much you're going to need for retirement.

Ways to get in front of aging are knowing when it's time to downsize your living space, having a will drawn up, maintaining

positive connections and practicing preventive health. Being a master anticipator is wisely choosing to prepare now for what you know is coming in the future, and doing it while you still can.

Norman Cousins wrote that wisdom consists of anticipating the consequences of procrastination. This includes a negative impact on your health that stems from added stress and higher levels of anxiety due to something that is being ignored. All too often, and quite unfortunately, this puts a burden on those around us.

Beyond the givens of pain, taxes and death, you can practice being a master anticipator by sensing everyday difficulties in order to more efficiently manage them in advance. Anticipating a clash with someone might warrant that you play it out in your mind first.

Knowing the limitations of your memory will remind you to write something down. A desire to arrive at the airport in a calm and relaxed manner will encourage you to leave home in plenty of time. These examples are small ways to practice prevention and avoid stress in your life.

Kater Leatherman can be reached at katerleatherman@gmail.com

"Great leaders do not simply know how to solve problems. They can also sense disorder on the horizon, and then act on it."

CRIME: NINETEEN SIXTY-FIVE
A. Cossatot Bay Treaty L. Edwin Newmark
B. Beliefs M. Mir
C. Ill-defined N. Showers
D. Disseminate O. In fact
E. Disperse Skies Back P. Anticipate
F. Ignite Q. Turnabout
G. Internal Memory R. Yankee Doodle Dandy
H. NASA S. Feds' Measles
I. Elusive T. Merge
J. Twit U. Vegetables
K. Ethicess V. Ethin

At the time of the assassinations of U.S. Presidents Abraham Lincoln, James Garfield, William McKinley, and John F. Kennedy, killing was fixed by Congress in what year?
The President of Vice President was not a federal officer. This loophole in federal law was closed by Congress in what year?
William McKinley and John F. Kennedy, killing the President of Vice President was not a federal offense. This loophole in federal law was closed by Congress in what year?

Winter Quiz-Across

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

By Penelope Folsom

Here we are in the thick of Winter with overcast days, early darkness and icy weather that keeps us indoors; the sudden halt to the fun get-togethers and hoopla that we enjoyed during the holiday season adds to the pall. 'Tis the season when many of us unintentionally slip into the Winter blahs. Not an unusual occurrence, but here are just a few suggestions to help get through what can be the longest days of the year.

Take a Walk. This should be number one on the how-to list of doldrum preventatives. Every health magazine in existence proclaims the benefits of walking. You know it's true and it's probably on your resolution list. Well, make this the year that you do it consistently. It's not difficult. In fact, it is perhaps the easiest form of exercise. It doesn't take much time either to start deriving the benefits. If you need a reminder, the benefits can be found at www.mnn.com/health/fitness-well-being/stories/benefits-walking.

The pluses include strengthening bones, improving balance, maintaining a healthy weight and that all-important improving your mood. It can be done in only 30 minutes a day. Equipment is minimal: a comfortable pair of shoes and something warm to keep out the chill. Be careful of the ice and off you go. Meet with friends in an area that you've never been to before such as a park, a town or a museum. And to top it off, stop for coffee or lunch before returning home.

Take a Class. Have you always wanted to learn to play guitar, make pottery or learn to knit? There isn't a better time than now. Classes are available at any of the Anne Arundel County senior centers or local colleges such as Anne Arundel Community College (www.aacc.edu/) any of these would be a great places to learn something new.

Find a Group. Finding a group of like-minded people who share your passion for a particular skill would be good. Writing, ballroom dance, ice-skating, hiking, woodworking, and you name it, a group can be found. Try the local paper or go online. And if there isn't one close, create one that shares your interest. Or for a fun challenge, offer to teach a class in your particular field of interest at one of the senior centers or a continuing education class at a local college.

Watch Your Diet. Careful. It's tempting to have big heavy meals when it's freezing outside, but there are lots of light, nutritious meals that can be created such as a delicious homemade, broth-based soup. It's a great time to experiment with different ways of preparing the same-old, same-old as well as foods you've not tried before.

Go on an Adventure. Go to that place you've always wanted to visit. With a bit of investigation you could find one that fits your lifestyle, time available and pocketbook.

Start Spring Cleaning Early. Clear out a closet or go through that endless accumulation of books. Play your favorite music with the volume turned up for some motivation. Not fun when doing it, but a delight when completed.

Let There be Light. It's been proven that the lack of sunlight can bring our mood down, so if you can't bundle up for that daytime walk, use a lamp that recreates the outside light. For more information on this phenomenon, as well as guidelines on selecting an appropriate lamp, go to www.MayoClinic.com

Start an Autobiography. Write your life story to pass down to your family. Create a family tree or do the research necessary to discover your ancestors. A great place to get started is www.FamilySearch.com Combine what you've learned with your collection of family pictures.

Paint that Room. Start with the bedroom. Or when you're done cleaning that closet, paint the interior a bright white or a bright yellow. If you're feeling really creative, design and paint a mural on an otherwise boring wall.

Get Together with Friends. Call or email friends and acquaintances for an impromptu game night or to meet at a movie matinee. They'll probably be glad that you took the initiative to get out there and do something.

And then, for a great site that gives a more in-depth understanding and handling of the Winter "blues," try www.healthline.com/health/seasonal-affective-disorder or Google SAD for lots of different sites that offer even more information.

How much time do you spend on things that don't really matter?



WELCOME TO 2019. CARS AND VENDING MACHINES

By Sharon Schultz

When Horn & Hardart opened the first food automat in Philadelphia in 1888, it was considered a great technological advancement. By 1939, it was a trendy meeting place for office workers with limited lunch hours. So imagine an automatic vending machine that displays and dispenses ready-to-eat meals in an instant, just by dropping a few coins into the proper slot!

Now, fast-forward to the present when technology has exploded with mega advances in automation and convenience, far beyond the Horn & Hardart Automat. For instance, the next car you purchase could come out of a vending machine. Far-fetched, you say?

Introducing Carvana! You've seen Carvana's commercials on TV, but have you seen the gigantic vending machines that display and deliver their cars from behind glass doors? Move over, Horn & Hardart!

The Carvana Car Vending Machine is described in advertisements as "Vending Fresh Cars Daily." At last count, there are 11 Carvana Car Vending Machines located throughout the country. One of Carvana's newest vehicle delivery points opened this year -- the Washington, D.C., Car Vending Machine. Like its predecessors, it is fully-automated and coin-operated. The mighty, all-glass tower stands an impressive eight stories high and can hold 30 cars.

The Carvana vending machines capture the product behind glass doors just like the familiar vending machines do, but on a much larger scale. When the customer arrives to pick up the newly purchased vehicle, a commemorative Carvana "coin" is dropped into the appointed slot to activate the vending machine. Customers are captivated as they watch their new vehicle slowly and systematically work its way

down, level by level to the ground, ready to drive away.

Purchasing a vehicle from Carvana is done completely online. There is no showroom and no salespeople. Vehicles offered for sale by Carvana have been thoroughly inspected, then digitally photographed from every angle. Customers

choose from an online digital photo gallery featuring more than 10,000 vehicles for sale in all makes and models. Once the order is completed and the sale is approved, the customer may choose to pick up the purchase at a Carvana Car Vending Machine, or have it delivered directly to their residence or place of business.

When you buy a vehicle through Carvana, generally the first time you see the car, let alone test-drive it, isn't until you accept delivery. For that reason, Carvana offers a seven-day, no-questions-asked return policy. And next-day, free delivery is available to buyers living within 100 miles of a Carvana market.

For those customers who wish to indulge in the Carvana Car Vending Machine experience, but live outside the immediate service area, all is not lost. Carvana customers can book a one-way flight to a Carvana's vending machine location and the company will reimburse them up to \$200 for their airfare. For those residing nearby, Carvana arranges free transportation to the vending machine so the customer can conveniently pick up the vehicle and then drive it home.

In today's current high-tech climate, many exhausting tasks of the past, like an all-day excursion to wheel and deal at the local dealership, have been relegated as mere options available on the internet. Carvana's giant glass towers are not only a glimpse into our technological future, they are also testaments to the past, and to the good old American ingenuity that got them here.

For more information about Carvana and the Carvana Car Vending Machines or if you have more questions about the purchasing process, visit www.carvana.com

Bay Bytes

Check out AmazonWarehouse.com where slightly used merchandise is featured with deep discounts.

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

Visiting the Presidential Libraries

By Kathryn Marchi

Robert Frost's poem, "The Road Not Taken," implies that sometimes going off the beaten path can make a positive difference in your journey, whether personal or physical. Sometimes unexpected detours can bring all sorts of interesting places and pleasant surprises along the way.

Recently, on one our many road trips, we took a detour off the main highway in Iowa to a little-known presidential library, that of Herbert Hoover. Not only was it fascinating and informative, but it prompted our quest to visit presidential libraries and I'm happy to report that since then, we have managed to see 12 out of 16.

To start, presidential libraries are not what we think of as a "library." They contain archives and are a kind of museum, depicting the life and times of a president. These "libraries" preserve artifacts and documents that chronicle the accomplishments, positive and negative, of each president's term of office. Each library allows us to explore our own unique heritage. President Ronald Reagan called them "classrooms of democracy."

To make visits even more enjoyable and educational, each museum has appropriate special events and changing galleries and exhibits for visitors to explore. Also it is important to note that every library and museum is user friendly with convenient parking and easy access.

Here is a list of presidential libraries of the National Archives and Records Administration, which are scattered across the United States. Included are the locations and some interesting information that might lure you to visit: It is important to note that the earlier "libraries" of Andrew Jackson and Abraham Lincoln were, and continue to be, privately endowed and are not a part of the Federal Presidential Library System, established by law in 1955. Under this law, the subsequent presidents have set up nonprofit foundations, which offer memberships, special events and entrance fees to help sustain their individual libraries.

Andrew Jackson: Hermitage, the home of the "people's president," is located in Nashville, Tenn. Touring the preserved and updated mansion, as well as the grounds, slave quarters and Jackson's tomb, allows visitors to gain insight into Jackson's

personal life and his military and political leadership at a critical time in our nation's history.

Abraham Lincoln: His library is located in Springfield Illinois. Historically correct and well done technically, the facility lets visitors follow our 16th president's journey from a log cabin to the troubled times of his presidency. Off site, visit Lincoln's home and his tomb.

Rutherford B. Hayes: Fremont, Ohio, hosts this presidential library and museum, which was the first and was the forerunner of the federal president library system. Basically, the museum is a guided tour through his 31-room mansion, giving visitors a glimpse into the life of first lady Lucy Hayes as well as the political career of the president. Visitors can also walk through Spiegel Grove, a 25-acre wooded estate, and then visit the president and first lady's tomb.

Herbert Hoover: Located in West Branch, Iowa, this library not only chronicles Hoover's controversial presidency during the start of the Great Depression, but also his early profession and little-known philanthropical side, when he helped provide food relief to many nations at their time of need. Also worth a visit is Hoover's fishing camp nearby.

Franklin D. Roosevelt: At Hyde Park in New York, it is located on the grounds of the Roosevelt estate. It opened in 1941. He designed the library. The plan included a museum to house his many collections of stamps, rare books and ship models among other things. Roosevelt was the first president to donate his personal papers to the American people and they form the nucleus of his library. Many state-of-the-art exhibits take visitors through the personal life, political career and accomplishments of both the president and his first lady, Eleanor.

Harry S. Truman: This museum in Independence, Missouri, is in a lovely park like-setting that also features the burial site of Mr. Truman, his wife Bess and their daughter and her husband. The museum has an excellent chronology of Truman's service in World War I, his vice presidency and subsequent presidency starting in World War II through the Berlin Airlift and the beginning of the Cold War. The small town of Independence is

If life is boring - why not revisit the dreams you once had?

also well worth a walk-through, ending in a tour of the Victorian home where Harry and Bess lived for more than 50 years. Noteworthy is the hat and raincoat that Mr. Truman wore on his daily walks and still hang on a hook in the home.

Dwight D. Eisenhower: This library located in Abilene, Kansas, has the daunting task of showcasing Eisenhower's extraordinary life from his stellar military career to his role as president and leader of the Free World. It gives an excellent glimpse into 1950s America featuring the Cold War, civil rights movement and technological advances. Visitors can also tour the Eisenhower family home and the Place of Meditation where Dwight and Mamie Eisenhower and their first-born son are interred.

John F. Kennedy: Located at Columbia Point outside of Boston, this library is in a beautiful setting where visitors can either view Boston Harbor through a 115-foot glass pavilion, or walk there to see Kennedy's sailboat, the *Victura*. Inside, of course, visitors can view the details of President Kennedy's life up to the White House as well as a chronicle of the assassination. First Lady Jacqueline Kennedy is also featured, especially her role in redecorating the White House and her elegant persona known throughout the world.

Lyndon Baines Johnson: On the campus of the University of Texas in Austin, this library is a 10-story building dedicated to President Johnson's rich political history -- from the state of Texas to the presidency and his "Great Society." Of special interest is Johnson's path to the White House, with images and artifacts of the assassination of John F Kennedy. Tapes of the historic conversation about the transition of power that day are available to listeners.

Richard M. Nixon: His library located in Yorba Linda, California, on the grounds of the Nixon family's small citrus farm. This museum is one of the prettiest sites, set among lovely gardens and fountains. On the 8.4-acre campus, visitors can also tour Nixon's birthplace and childhood home, and the final resting place of the president and first lady, Pat Nixon. The museum does not shy away from describing the tumultuous nature of his presidency. Of interest and surprise are the remaining Nixon tapes that can be heard by visitors along with other Watergate details and Nixon's resignation.

Gerald R. Ford: His is unusual because it is located in two areas: Ford's library is located on the campus of the University of Michigan in Ann Arbor, and his museum sits in Grand Rapids. His library contains his congressional papers and the Warren Commission files. The museum follows Ford's early life and political years, culminating with his presidency and the resulting pardon of Richard Nixon. Both buildings are designed as an educational experience for students and scholars alike. State-of-the-art learning centers, research rooms and a website along with archivists provide help planning classroom projects with educators from around the world.

Jimmy Carter: Located in Atlanta, Georgia, this museum and library contains the usual documents, photos and film/audiotapes/videotapes. Of special interest, however, is the display of President Carter's 2002 Nobel Peace Prize medallion and the chronicles of his extensive post-presidency initiatives.

Ronald Reagan: His museum sits on a mountaintop overlooking Simi Valley, California, and the Pacific Ocean. It is located just 45 minutes from downtown Los Angeles. The view is spectacular and the placement of Reagan's Air Force One on the building's glassed-in lower level, appears as if it is actually in flight. On the tour it is fun to locate a portrait of Reagan made of his favorite jellybeans. A replica of the White House Rose Garden and a major piece of the Berlin Wall can be found in the well-manicured grounds. Both Reagans are interred there.

George H.W. Bush: The recently deceased president located his library in College Station, Texas, on the campus of Texas A & M University. It is a fine testament to the public service of the 41st president. He enlisted in the Navy at 18 and later became a World War II war hero. A replica of his Gruman TBF Avenger he piloted stands at the library. To commemorate his part in ending the Cold War, a 12-foot section of the Berlin Wall is displayed in a special section. Outside of the building is a bronze statue of five horses galloping to freedom, over a replica of that piece of the Berlin Wall.

William Jefferson Clinton: Sitting on 13 acres of restored wetlands in Little Rock, Arkansas, Clinton's museum overlooks the Arkansas River and the Clinton Presidential Park Bridge that lights up at night and highlights Little Rock's skyline. Featured in the main gallery of the museum on the second floor is a 110-foot timeline representing Clinton's two terms of office. Underneath each month are metal notebooks containing Clinton's daily schedule. Visitors can access these notebooks for study. Also located in the building are the offices of the Clinton Foundation. Be aware that visitors must go through a metal detector before entering the main part of the building.

George W. Bush: Located on the grounds of Southern Methodist University in Dallas, Texas, this library is one of the best-designed galleries for visitors. It is quite easy to follow Bush's early life through his political career. Of special note are the displays and timeline of the 9/11 attack on our country. A huge piece of steel from the World Trade Center stands as a monument within the library. Also, of note are the many samples of condolences from citizens of the United States and more than 75 nations from all over the world.

This information is just a smattering of what is available in these presidential libraries and museums. Not only will you learn from each one, your older grandchildren will benefit from the most accurate and best United States history lesson they could have. In any case, be sure to purchase the Presidential Libraries Passport at your first library visit. It's fun to collect a stamp for each one you visit ... a memento of your tours.

Kathryn, a lifelong traveller, can be reached at johnmarchi1@gmail.com



TAKE TIME TO

By Dr. Jim David

Inspiration can arrive at any time. For about 20 years I had this Old English prayer, author unknown, hanging on a wall in my office. I read it occasionally and I always delighted in it, but it never fully registered in my preoccupied brain. Somewhat similar to that old saying, "He catches onto Friday night's jokes on Sunday morning."

We recently moved to a new home and we hung this Old English prayer on a wall where I now read it each morning while doing some stretching and isometric exercises. The timeless wisdom of "Take Time to ___" has now penetrated into my inmost being. I hope the same for you. Of course, since we are only built for one day at a time, we do need to read it daily in a thoughtful manner. Here is an assessment taking each couplet at a time from the poem:

Take Time to Think. It is the source of power. How often do we slow down enough to think deeply about any issue of concern to us? Our frantic pace allows little or no time for reflective thinking. We would have to schedule it on our daily calendar.

Take Time to Play. It is the secret of perpetual youth. Play renews us. Playing catch with a ball is renewing. Without some sort of daily play we become crusty and dry. For some, it is work first, and then play. For others, it is the opposite.

Take Time to Read. It is the fountain of wisdom. Are we reading in-depth, fiction or nonfiction, or is it brief, cursory

and superficial? Do we finish reading refreshed and enriched or empty and flat? Again, how do we allocate our time?

TAKE TIME TO

Take time to think.

It is the source of power.

Take time to play.

It is the secret of perpetual youth.

Take time to read.

It is the fountain of wisdom.

Take time to pray.

It is the greatest power on earth.

Take time to love and be loved.

It is a God given privilege.

Take time to be friendly.

It is the road to happiness.

Take time to laugh.

It is the music of the soul.

Take time to give.

It is too short a day to be selfish.

Take time to work.

It is the price of success.

Take time to do charity.

It is the key to Heaven.

***Old English prayer,
author unknown***

Take Time to Pray. It is the greatest power on earth. For the believer, this is solid. For the skeptic, substitute goal-setting, visualization and positive thinking. Positivity is miraculous, whether you are a believer or a skeptic.

Take Time to Love and Be Loved. It is a God-given privilege. Erich Fromm's classic book, *The Art of Loving*, explores love in depth. Remember Whitney Houston's hit song, "The Greatest Love of All." The first challenge is loving ourselves and then accepting love from others.

Take Time to be Friendly. It is the road to happiness. My loving mother repeatedly instructed me to say hello to people. Recent research underlines this truth in that even brief, pleasant contact with other people is extremely therapeutic. We feel better! Amazing! Wonderful!

computer brains believe whatever software we install. We need all the laughter we can muster.

Take Time to Give. It is too short a day to be selfish.

As we age, are we becoming more selfish or more selfless? Maybe we need a healthy balance of giving and receiving. Erik Erikson theorizes that in life's final stage we achieve "Ego Integrity" (fulfillment) or "Despair" (unacceptance).

Take Time to Work. It is the price of success. We Americans work more and vacation less than people in other Western industrialized nations. We are experts at overworking! We need to find ways to make our work more meaningful. We would be wise to develop and disseminate a positive philosophy or theology of work.

Take Time to do Charity. It is the key to heaven. As we age we probably have more available time to volunteer and give back to our society, which has given so much to us. Most of us know in our hearts the wisdom and truth contained in the Prayer of St. Francis of Assisi (1182-1226), "For it is in giving that we receive."

ONE ADDITIONAL THOUGHT

Take Time to Meditate. It is the pathway to our deepest self, our true self. In psychology we say that meditation opens the door into our unconscious mind, which is powerful and wants to heal us. We strengthen our observational self and connect with our intrinsic goodness, just in being. In theology, we say that meditation consists of experiencing God present within us. Psalm 46 says, "Be still and know that I am God."

ONE FINAL THOUGHT

Take time to thoughtfully read this Old English prayer, author unknown, daily. It is a certain route to doing the 10 pleasures specified. What a wonderful, effortless way to enrich our lives! This self-programing will enlarge our repertoire of skills. Start today!

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



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BARGAIN MONTHS IN THE NEW YEAR

By Louise Whiteside

It's January. Time to go shopping for new sheets, pillows, towels and blankets. Ever since John Wanamaker started the first "white sale" in 1878, January has been the best month to buy bedding and linens on sale.

But not everyone knows that each month of the year brings opportunities to buy almost anything at bargain prices. The trick is keeping informed about which things are cheaper at which times. When are stores trying to rid themselves of old stock? When are they dropping prices for upcoming holidays? When are they just having sales for no good reason? Of course, your local newspaper and radio stations can inform you about prime times to shop and there are many websites that advertise upcoming sale days, but here is a partial list of the optimal times to buy what you need:

JANUARY

- Bedding and linens. Are usually marked down in January.
- Winter coats and clothing. Most people already have the Winter wear that they need. The later in the Winter, the better your chance of finding real bargains on coats, sweaters, hats and gloves.
- Wrapping paper. The holidays are over. Gift-wrapping, ribbon and cards are likely to be half-price in January.
- Computers. Companies often offer discounts on older models to prepare for the release of the newest systems.
- Broadway tickets. Broadway's slower months are in the Fall and Winter. January is a great time to find discounts on live theater.

FEBRUARY

- Washers and dryers. New models arrive during the Winter; you'll find deals on last year's appliances.
- Televisions and home theaters. You can find good bargains during the pre-Super Bowl sales. Older TV models will be at reduced prices before the newer ones come out in the Spring.
- Chocolates. After Valentine's Day, nearly all chocolates are marked down to half-price!

MARCH

- Frozen foods. March is National Frozen Foods Month, a large-scale marketing campaign that encourages grocers to offer price cuts and coupons on frozen foods.
- Luggage. Before the heavy travel season, you're likely to find good discounts on

luggage in preparation for your Spring or Summer vacation.

APRIL

- Vacuum cleaners. Since new models come out in June, you can purchase an old one at a discounted price, just in time for your Spring cleaning.
- Cruises. Shop in April, ahead of your cruise date, for the best prices.
- Sneakers. With people getting into the swing of working out, you can take advantage of Spring sales at your favorite footwear store.
- Winter clothing. Stores are bringing in Spring apparel, and cold-weather clothes are marked down for clearance.
- Thrift stores. With people clearing out their closets, you'll find a new selection at your thrift store.

MAY

- Mattresses. These are generally on sale year-round, but Spring brings quite a few reduced prices.
- Cookware and dishes. Kitchen items make popular gift choices during graduation and wedding season, prompting stores to run sales on these products.
- Refrigerators. Last year's appliances will be on sale to make room for the new models.

JUNE

- Laptops. Back-to-school laptop sales start as early as June.
- Caribbean vacation tickets. With the beginning of the Caribbean hurricane season, you'll find deep discounts on vacation packages and cruises.
- Gym memberships. Everyone has forgotten their New Year's resolutions by now, and gyms are a bit more eager to enlist new members.

JULY

- Furniture. Since new items are coming out in August, July is a big clearance month.
- Home decor. Table settings and dinnerware will be on sale for the middle of wedding season.
- Jewelry. With no major holidays in July or August, jewelers offer lower prices to increase their sales.

AUGUST

- Linens. Besides January, August is the biggest linen and bedding sale month.
- School supplies. Back-to-school means

excellent deals on office supplies.

- Swimsuits. The best deals on swimsuits can be found at the end of Summer, when swimming season is nearly over.

SEPTEMBER

- Bicycles. Look for bargains on last year's models. It's the end of riding season and new models are coming out.
- Cars. New cars come out at the end of Summer, so car dealers will be clearing out their last year's models. Buy at the end of the month for extra savings.

OCTOBER

- Gas grills. As we drift into the cooler off-season, stores will be pushing their out-of-season goods, including gas grills and air conditioners.
- Jeans. Jeans are a common leftover item after the back-to-school rush.
- Patio furniture. Now that Summer is over, you'll find the best prices on patio furniture, while it lasts.

NOVEMBER

- Televisions and electronics. Black Friday and Cyber Monday are good days to buy TVs and all sorts of electronics on sale.
- Candy. Grocery stores offer Halloween candy at half-price the day after Halloween.
- Tools. Holiday sales are perfect for buying reduced-price tools, which are ideal for Winter-related home repairs.

DECEMBER

- Golf clubs. Golf clubs are cheaper during this off-season period.
- Pools. Buy one now and get an excellent discount on next Summer's fun!
- Holiday decorations. Shop the day after Christmas for great buys on Christmas decorations, gift-wrap, cards and calendars.

As a rule, if you see an item you like, monitor it regularly. Things go on sale for just about any reason, whether it's a going-out-of-business sale, an end-of-season sale, or just a regular day!

For more information on best shopping times, log onto the following websites:

- <https://lifehacker.com/5973864/the-best-time-to-buy-anything-during-the-year>
- www.rd.com/advice/saving-money/the-best-time-to-buy-cheap-finds/
- www.moneyunder30.com/the-best-months-to-buy-things

CUTE BUT DESTRUCTIVE, DISCOURAGING THE HUNGRY SQUIRREL

By Penelope Folsom

Now in the throes of Winter, many of us enjoy feeding our birds, but what can be done about the chronic problem of squirrels? If they'd limit their meals to what's dropped on the ground it would be a nonissue, but in their hungry quest they also eat the bird feeder, whether it be wood or plastic. These pound and one-half creatures are even capable of gnawing through the "squirrel-proof" wire protective cage. Hopelessly destructive, these critters like a challenge and whether they're hanging upside down from the wire holding the feeder or reaching in with one paw to secure a tempting morsel of sunflower seeds, they are part of your life if you have birdfeeders.

There are ways to fight back, one of which is buying squirrel-proof feeders, however, that's no guarantee they're going to go away. They'll just consider it a challenge to outsmart the engineer who designed the devices. Quite frankly, I've never found a squirrel-proof feeder and suspect there is no such creation. But most bird lovers have a few tricks up their sleeves that seem to be somewhat effective. Here's a sampling:

1. Use safflower seed. It's slightly more expensive and not sold in every store, but it does discourage squirrels, although a hungry squirrel doesn't really care and will eat it regardless.
2. Hot Pepper. Squirrels do not like this in their food. Birds ignore it for the most part. Sprinkle some into the birdseed in the feeder and it just might cut down the rodent threat.
3. Feeders with weight limits. These are sold at various specialty shops and they do discourage squirrels, even though given enough time they'll often figure it out.
4. Relocation. Moving the feeder to an area that the squirrels would find difficult to negotiate such as on a pole at least 10 feet high, preferably more, away from trees, decks or wires that they can jump from.
5. Baffles. These can work if their usual route is up a pole to the feeder. Sold at most farm supply stores, they're worth the investment, but the feeder will still need

to be placed away from launch points.

6. Food. It is possible to divert them, temporarily at least, with their own food, such as corn sold at farm supply stores.
7. Pets. A bit drastic perhaps, but those furry little rodents will often give the scent of Fido a wide berth.
8. Milorganite. This is a byproduct that is used as fertilizer. It will deter deer and sprinkling it below a feeder has been known to at least slow down the influx of hungry squirrels.

Squirrels cause millions of dollars in damage every year and have been known to chew through wires, causing power outages requiring expensive repairs. Be careful that they don't get into your house through attic vents. As anyone who has ever had this problem can attest, they can do serious damage -- damage that's been compared to what rats can do, which includes gnawing through doors and chewing on wires and ripping through insulation.

Regardless of the chosen deterrent, there are no ironclad assurances. The solution may be to just resolve to sit back and enjoy the show before trying the next "solution."





An Homage to the City's Maritime Industry

By Ellen Moyer

The Annapolis maritime industry helps the visitor industry thrive. No doubt about it. In any discussion on the importance of the industry, the talk is about the visitor coming and going, the day-trippers who arrive by car to take a cruise or enjoy the Jolly Roger. And that is good as far as it goes, but it would be nice to know the industry's revenue impact, the number of people employed and the challenges threatening the vitality of the industry.

It wasn't too long ago when recreational sailing and power boating wasn't visible in the city. When Arnie Gay, the father of today's industry, came to town after World War II with \$1.27 in his pocket, workboats crowded the creeks at dilapidated piers harboring waterfront rats, the four-legged kind, and maybe a few two-legged ones. Arnie was convinced Annapolis had a future place in the sun in the recreational boating industry. He had a vision that was greater than midshipmen rowing the creeks with their weekend dates. So he set about building a sailing empire. Today Annapolis is called America's Sailing Capital thanks to the initiatives of Arnie Gay.

Newport, R.I., fights Annapolis for the title. Thirty years ago Newport gave up much of its downtown waterfront for shops to satisfy American spending sprees. In the 1980s Annapolis city fathers passed tough maritime zoning laws to protect its waterfront from a ring of tall condominiums. Maritime businesses squeezed out by the shopping malls in Newport moved to Annapolis, now home to more than 200 maritime businesses that employ more than 2,000 people.

If the mall in Parole closed, you would notice it. And if the maritime industry disappeared, you would notice it -- and feel it. Boats define the city's character. What would Annapolis be if our boats disappeared? The Annapolis Boat Show, the first in-the-water show in the country, opened 50 years ago and the city was introduced to the international community. Twenty years later the Whitbread Round the World Race that followed the old clipper ship routes came to town. Enthusiastic residents lined Spa Creek when the ocean racers, including Maryland's challenger "Chessie," came to town. In an amazing display, hundreds of spectator boats lined the Bay shipping channel for miles when the racers set out for the finish in England.

The city, through its Maritime Advisory Board, was the first municipality to promote Annapolis as a sailing destination. Residents attended indoor boat shows promoting the city and the industry. It paid off. When tough times hit America in the early '90s, Annapolis survived as the sailing capital. Recognizing the pillars of the local industry, the city created a local hall of fame and saved the Thomas Point Light, an icon to sailors. Today Annapolis professional sailors bring home awards. Terry Hutchinson will be vying to bring home the honors in the next Americas Cup competition. We have had many hometown heroes in international sailing competition. The city hosts international and national regattas every year that bring hundreds of visitors that spend their money here. Gary Jobson, who brought sailing into our living rooms on ESPN, was aboard Courageous captained by Ted Turner when the US won the Americas Cup in 1977.



Bay Bytes

Too many gift cards over the holidays? To trade them for something else, or even sell them, log onto: www.CardPool.com

So well-known were Eastport's skilled wooden boat builders that in 1939, President Roosevelt sent the grand and famous schooner America here to be restored. WW II slowed things down as the boatyard on Spa Creek busied itself making PT boats for the Navy. Interestingly, a city resident and veteran in the war found himself afloat in the English Channel. When rescued, he discovered the name of his neighbor, Joe Alton, carved in the side of the rescue boat made in Eastport.

After the war to end all wars, boating changed. Owens Cruisers began business on Spa Creek. Trumpy luxury yachts set up shop where the America was housed and where the Chart House is today. Little by little, the workboats bringing oysters to Annapolis Harbor and McMasbys (now the maritime museum) to be shoveled into buy boats, disappeared. Boats for recreation and competition took their place. Old watermen pubs were taken over by avid sailors and became destinations that were well-known among sailors around the world.

As the industry grew at a feverish pace, concerns over sustaining it also grew. Zoning protected the limited space, but tensions grew between property owners and small business over property taxes. Issues developed over deep water slips for bigger boats, repair facilities, boat building, and slip taxes were raised. The Marine Trades Association founded in 1972 fought legislative battles to address threats from other states that could entice our industry to move.

In some discussions about the industry, little of the reasons for keeping it afloat are mentioned. Issues like Colonial Port, with

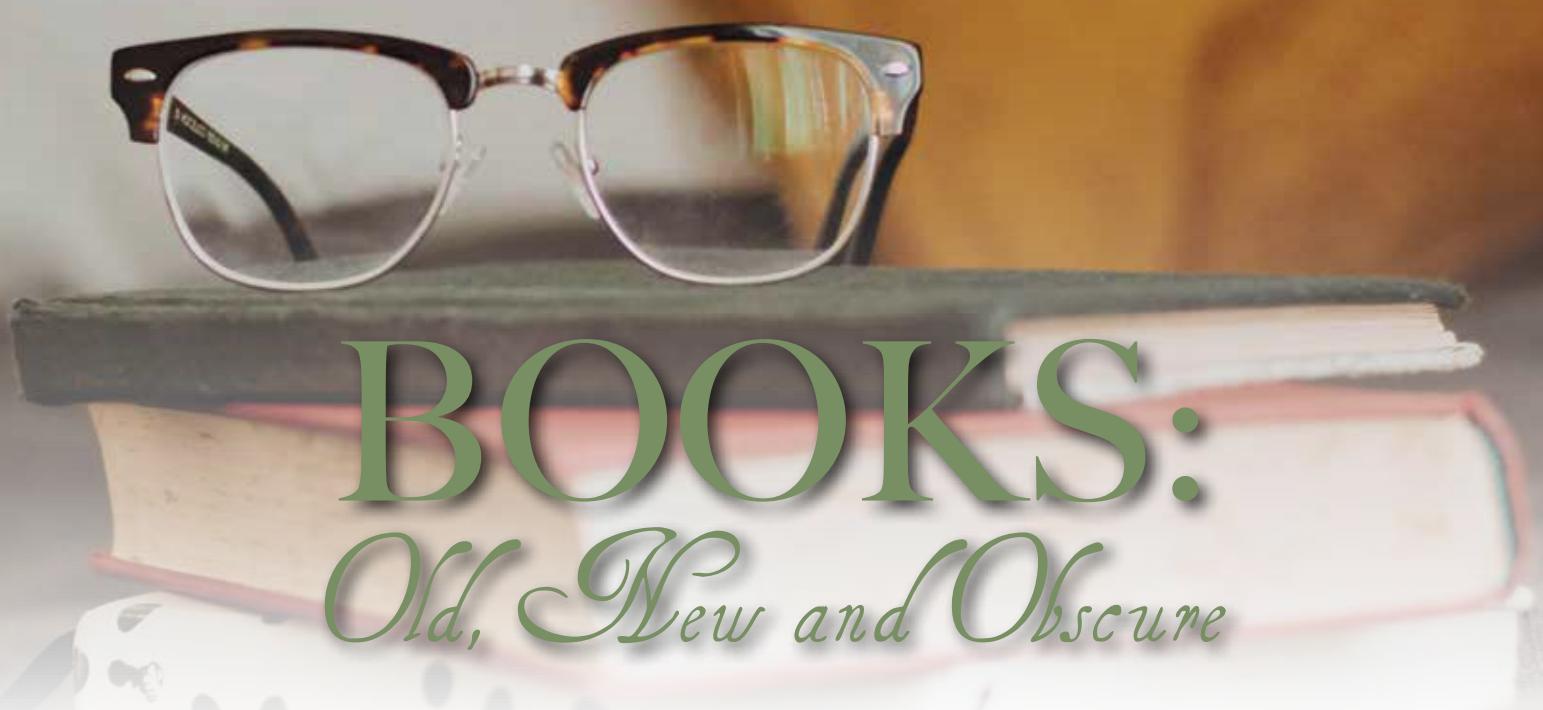
its shallow water and limited space, or the money it generates, or the people it employs, or the world recognition the Annapolis Maritime Industry receives. Every city comprehensive plan for decades has stressed the industry's value to the city's image. Bonding agencies refer to the industry's underpinning of the economy -- government, hospitality and maritime being the city's top three industries.

Perhaps it is taken for granted that the industry will always be here, or perhaps there is genuine lack of community understanding on how the maritime industry nourishes the whole town. Over the last eight years the industry has lost some ground. The Volvo Round the World race doesn't come here anymore. It now goes to Newport. The National Sailing Hall of Fame also is leaving Annapolis and heading to Newport. For an industry that contributed more than \$250 million to the state's coffers during the Whitbread, there was hardly any hue and cry or advocacy for this important Annapolis industry, one that began on Spa Creek with the Colonies' first boat building business, Todd's boatyard, in 1650.

To bring attention to this industry so important to the city's economic vitality, the city will be celebrating our maritime industry this Spring from April 26 to May 5 when the boat show and the NOOD races share our waterfront and the waters of the Chesapeake. Mark your calendar and join the celebration.

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

Why do you settle for good enough? Don't you want to be the best?



BOOKS: *Old, New and Obscure*

LITTLE FIRES EVERYWHERE

By Celeste Ng

Penguin Press, New York (2017)

An almost instant *New York Times* best-seller and winner of many coveted awards, *Little Fires Everywhere* has resonated with millions of readers. The setting is Shaker Heights, Ohio, a planned progressive suburb of Cleveland. Everything is laid out, from the streets, to the colors of the houses and even the lives of its citizens. It is also the hometown of the author, Celeste Ng, who knows only too well the charms and problems of the community.

Elena Richardson, one of the main characters, embodies the ideal Shaker Heights citizen, a woman who does everything by the rules. Into this perfect life comes Mia Warren and her daughter Pearl. Mia is a single mother and a creative photographer who is also the complete opposite of Elena. Mia and Pearl have never put down roots and have lived hand to mouth in several locations. Elena Richardson rents the upstairs portion of her rental home to Mia and Pearl, and there begins the story.

Pearl meets Moody, the youngest of the Richardsons' four children and a member of her class in high school. He introduces her to his siblings, Trip, Lexie and Izzy, and she spends most of her days hanging around the Richardson house where she develops a crush on Trip and comes to idolize Lexie.

As Mia is becoming concerned with Pearl's fixation on the Richardson family, she takes a job that Elena condescendingly offers her doing light housekeeping and cooking for the Richardson family so that she can keep an eye on her daughter. Mia ends up befriending Izzy, the black sheep of the family.

Into this mix enters the McCullough family, friends of the Richardsons. They have adopted a Chinese baby who was abandoned at a fire station and who they have named Mirabelle. Mia suspects the baby is the daughter of Bebe Chow, an employee at the local Chinese restaurant, and tells her where her daughter is. Well, all sorts of problems arise.

Are you confused yet? There are more problems developing as Pearl begins an affair with Trip and Lexie becomes pregnant. Mia decides it is time for her and Pearl to move on and they quietly leave town without any announcement.

Can you see where the name of the book originated? This is only half of the reason for the title. The novel ends with Izzy, who has always rebelled against the controlled life of her mother's, setting little fires everywhere in the family home and burning it down.

Celeste Ng is a talented writer who manages to keep all these little fires well under control. She maneuvers well between the different points of view and problems of the characters.

A television miniseries is being planned, produced by and starring Reese Witherspoon and Kerry Washington.

~ Peggy Kiefer

MAD ENCHANTMENT: CLAUDE MONET AND THE PAINTING OF THE WATER LILIES

By Ross King

Bloomsbury, New York (2016)

Claude Monet was a man of his time and a man for the future. This book reviews Monet's life from the perspective of the years when he painted the renowned water lily series, now safely displayed on the customized walls of two curved rooms in the Orangerie, a major national museum in Paris.

Based upon more than 45 pages of notes, this carefully researched book presents the intimate facts of Monet's experiences as a painter. We learn of his apprehension about showing his works to his successful contemporary, Matisse. His fear of cataract surgery plays large in his later years. The friendship with Clemenceau flows throughout the book as discussions of the gardens at Giverny. The information is derived from correspondence with friends, dealers and representatives of the French government engaged in trying to purchase and

You'll never get anywhere unless you start somewhere.

commission Monet's efforts, ranging from a proposed series of works documenting the German destruction of Reims cathedral to the water lilies.

Facts and figures pile up in revelatory detail. Monet's immense income, his fleet of automobiles, his passion for fine food, the sizes of his canvases, his wartime struggles to secure both paint and coal to heat his home, all help create a portrait of an outsized personality. He was gifted, remunerated, yet never satisfied with his production. Aside from the main subject, one learns about the state of medicine during World War I and about the fears and uncertainties of life on the home front during a war that did not discriminate, killing painters, poets and writers alike.

Ross is an engaging author and a sensitive historian, focusing on playwright Henri Gheon's words that Degas and Cezanne "paint in space—he (Monet), if I may say—paints in time."

~ Tricia Herban

GLORY IN THEIR SPIRIT: HOW FOUR BLACK WOMEN TOOK ON THE ARMY DURING WORLD WAR II

By Sandra M. Bolzenius
University Illinois Press (2018)

This extensively documented book is especially relevant today for its examination of the nature of white racism in this country. Though the events at Fort Devens, Massachusetts, took place more than 70 years ago, their story provides an important perspective on individual sensitivity and organizational power and indifference.

As has been said many times, until you walk in people's shoes, you cannot share their experiences. This book shows that white people in authority, even those wishing to understand, were utterly unable to grasp the effect of the slights, lies and disrespect that their black Army recruits experienced. Systemic indifference, a fragmented chain of command at Devens and preconceived ideas about black people as lazy, disrespectful and intellectually challenged, exacerbated the situation.

To get an interesting view of implicit bias, white privilege and the unintended impact of subconscious prejudice, read this book. Not only does its concluding chapter make a variety of compelling points, not the least of which was that not integrating the Army during the war caused a much higher loss of white lives because blacks were primarily relegated to service behind the front lines.

The following lines provide an equally significant perspective. "Though the Army launched the experiment (enlisting African American WACS) it had not prepared for it and did not have an adequate template, military or civilian, to guide it in its dealings ... The same could not be said for black WACS, who had a long history of uniting and fighting for their (civilian) rights. In a fair contest, the Army would have been the underdog. This was not a contest of military equals, however, but one of marginalized citizens challenging privileged elites."

~ Tricia Herban

Bay Bytes

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YELLOW DOG PROJECT IS A GLOBAL EFFORT

By Sharon Schultz

Most people are familiar with service animals, those specifically trained to assist owners with special needs. They're seen walking on the streets, in malls and on public transportation. Predominately dogs of various breeds, the most commonly seen service animals are those assisting visually challenged humans.

For the typical animal lover, the first instinct when encountering a person with a dog, any dog, may be to approach the animal to pet it. Normally, this friendly gesture is welcomed by the average dog owner and is perceived as a compliment to their pet. The Yellow Dog Project was established to help dog owners and the public understand that when encountering service dogs, the basic rule has always been not to approach the animal and distract it from the task at hand.

The not-for-profit doesn't limit its message to service dogs. There are many reasons why a leashed animal may not be approachable. Some of those reasons may not be immediately obvious to a bystander.

The project called yellow dog urges owners to tie a ribbon of that color on their leash. A yellow dog may need space because of health issues or rehabilitation. The dog may be in pain from an injury or recovering from a recent surgery. The animal could be in training for a variety of services, or perhaps it is a young pup in need of obedience training. Some dogs are naturally timid and fear strangers and new situations. Some may just react negatively around other animals. Shelter pets and those who have suffered abuse may just be afraid and skittish in general.

The yellow ribbon has become a global symbol. In addition to America, the Yellow Dog Project is used in Africa, Australia, Europe and Asia.

The Yellow Dog Project makes a special point that it does not excuse the need for proper training and care from the pet owner. Overly aggressive dogs should receive training from a professional.

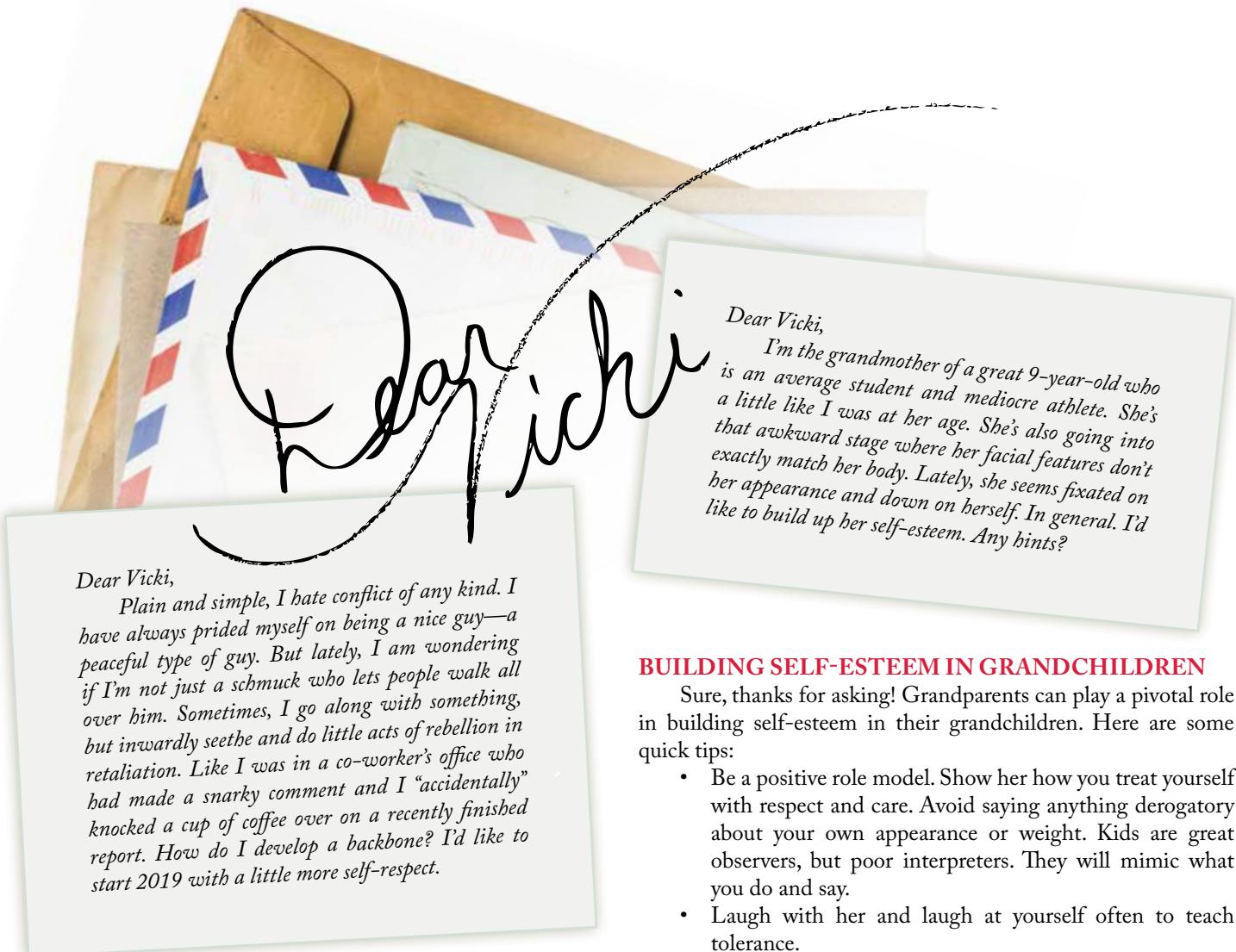
Getting the word out to dog owners is one thing, but how to get the message out to the public at large is a bit more challenging. To accomplish this, the Yellow Dog Project needs volunteers of the two-legged variety. The nonprofit organization relies heavily on the generosity of volunteers who give their time as well as monetary support.

Volunteers must be at least 21 years of age and willing to commit to a minimum amount of time on a regular basis. The amount of time required depends on the program. The primary duty is to promote the project in the community by visiting area shelters, veterinarians, groomers and trainers with educational materials. Some programs use speakers to spread the message, while other programs need writers to create presentations. If you have communication skills, be sure to mention it when you apply to be a volunteer.

For more information, go to www.theyellowdogproject.com. Volunteer applications and a policy manual are available online. For questions, email info@theyellowdogproject.com

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





Dear Vicki,

Plain and simple, I hate conflict of any kind. I have always prided myself on being a nice guy—a peaceful type of guy. But lately, I am wondering if I'm not just a schmuck who lets people walk all over him. Sometimes, I go along with something, but inwardly seethe and do little acts of rebellion in retaliation. Like I was in a co-worker's office who had made a snarky comment and I "accidentally" knocked a cup of coffee over on a recently finished report. How do I develop a backbone? I'd like to start 2019 with a little more self-respect.

Dear Vicki,

I'm the grandmother of a great 9-year-old who is an average student and mediocre athlete. She's a little like I was at her age. She's also going into that awkward stage where her facial features don't exactly match her body. Lately, she seems fixated on her appearance and down on herself. In general, I'd like to build up her self-esteem. Any hints?

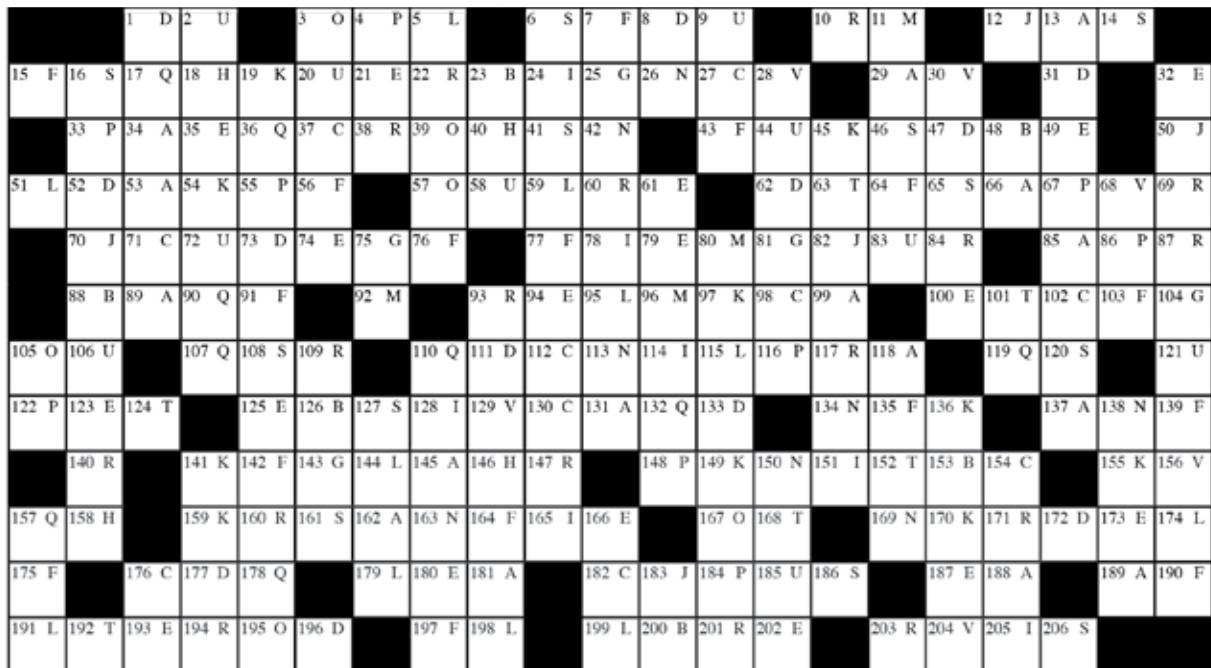
BUILDING SELF-ESTEEM IN GRANDCHILDREN

Sure, thanks for asking! Grandparents can play a pivotal role in building self-esteem in their grandchildren. Here are some quick tips:

- Be a positive role model. Show her how you treat yourself with respect and care. Avoid saying anything derogatory about your own appearance or weight. Kids are great observers, but poor interpreters. They will mimic what you do and say.
- Laugh with her and laugh at yourself often to teach tolerance.
- Spend one-on-one time encouraging her to develop her own interests. If you don't know what her interests are, find out. If she doesn't seem to have many interests or hobbies, share your own in an age-appropriate manner. Consider starting a granddaughter-grandmother book club together. Take her to a library and pick out a book you can both read and discuss. This can even be done from a distance!
- Do use *realistic* praise for those personality traits, actions and efforts that warrant positive recognition. Does she share well with a younger sibling? Make sure you reinforce that behavior. Does she do her homework without parental nagging? Affirm that. Become an expert noticing.
- Don't overuse and cheapen praise by lavishing shallow words on meaningless or expected behavior.
- Be affectionate. Hugs, pats on the back, high fives -- kids eat 'em up!
- Encourage exploration and those attempts she makes at trying something new. Praise her efforts and encourage persistence.
- Share your stories of growing up and the challenges that you've overcome. If you were a late bloomer, share some of those experiences with her. You'll be teaching and passing down priceless family memories at the same time.

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

WINTER QUIZ-ACROSTIC



Directions

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

NEW!
Quiz-Acrostics Book 2, published by Puzzleworm is now available at amazon.com

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

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- A. 1997 Mel Gibson film (2 wds.) **189 89 137 181 162 66 145 85 53 99 118 13 131 29 34 188**
- B. Indian princes **126 23 88 48 200 153**
- C. Vague (hyph.) **71 102 176 98 112 182 37 27 154 130**
- D. Killing without malice aforethought **8 177 52 196 73 1 31 62 47 133 172 111**
- E. Star Wars sequel: *The ___* (3 wds.) **166 49 125 21 173 35 32 202 193 74 79 94 61 187 180 123 100**
- F. Mount Rushmore, e.g. (2 wds.) **56 15 139 7 164 91 43 103 76 142 77 190 64 197 135 175**
- G. Most populous democracy **25 81 143 104 75**
- H. U. S. agency established in response to the "Sputnik Crisis" **40 18 158 146**
- I. Adaptable **151 165 205 128 24 114 78**
- J. Denim or gabardine **12 70 183 50 82**
- K. Easy **170 141 149 54 45 155 159 97 19 136**
- L. Acclaimed newscaster and grammarian (2 wds.) **5 115 199 51 191 95 144 179 59 174 198**
- M. Unpleasant odor **96 80 11 92**
- N. Braggarts **113 163 26 134 138 150 169 42**
- O. Jokingly (2 wds.) **167 105 57 39 195 3**
- P. One who loves foreign people and cultures **184 116 86 148 33 4 122 55 67**
- Q. Subdivisions of some counties **107 119 178 132 17 90 157 110 36**
- R. 1942 musical film about George M Cohan (3 wds.) **84 201 22 93 194 109 38 10 160 171 147 60 69 140 117 87 203**
- S. Venue for Our American Cousin (2 wds.) **65 161 206 186 16 6 108 127 46 41 120 14**
- T. A measure of liquid in a tank **101 152 168 63 192 124**
- U. Salad ingredients **121 185 106 83 2 58 44 72 9 20**
- V. Small and mischievous **204 68 30 129 28 156**

Do it now! Don't risk leaving this world with your song unsung.

One of the most productive environments on Earth is, at first glance, one of the most forbidding. In pitch-black, oxygen-starved sea floor sediments, including at the bottom of Chesapeake Bay, life thrives, mostly unseen and largely unappreciated. Consider that the next time your feet get stuck in shallow-water muck or when you wash a stubborn clump of mud from a slimy boat anchor.

Chesapeake Bay is a formidable seafood factory, yielding about 500 million pounds a year. More than 3,600 species of plants and animals reside in the Bay, and many of the mid-Atlantic's most iconic species spawn there—including most of the region's striped bass. This remarkable productivity would not be possible without the biologically active sediments at the bottom of the Bay.

The floor of the sea comprises the *benthic environment*, and the bottom dwellers are known as the *benthos*. More than 90 percent of all marine animal species live in benthic environments. Those that live *on* the bottom, like oysters, crabs, barnacles and starfish, are called *epifauna*. Those that live *in* the sediments, like clams and marine worms, are termed *infauna*. In shallow waters, where light penetrates to the bottom, the benthos also includes seaweeds, microalgae and sea grasses.

Benthic plants and animals closely interact with the overlying waters, filtering out plankton and sediments, exchanging oxygen and nutrients, and storing and recycling wastes. In shallow, well-mixed coastal environments like Chesapeake Bay, life in the water column is particularly dependent on the benthos—and vice versa. For example, the feeding and burrowing activities of clams and worms help to decompose and redistribute organic matter and oxygenate sediments.

Epifauna, infauna and benthic plants are easily seen, and in many cases, commercially valuable. Far less known, but far more important ecologically, are microscopic organisms that live in the sea floor sediments. These include single-celled microalgae, bacteria, fungi and protozoa. Thinking about that boat anchor? No worries, these microbes won't hurt you unless you happen to ingest them.

Benthic microbes make up a significant portion of the Earth's total biomass and in shallow coastal waters produce at least as

much organic matter as the better-known phytoplankton in the overlying water column. This organic matter, in the form of living cells and partially decomposed or excreted material, provides substantial nutrition for larger marine fauna. Nutrients released

by the decomposition processes help to support the phytoplankton blooms in the waters above.

Hopefully, you are now convinced of the ecological value of the stinking mud—make that *benthic environment*—that lies at the bottom of Chesapeake Bay. In fact, some scientists consider the benthos as the leading indicator for the quality of the bottom environment and the overall health of the Bay. Close monitoring of this environment can help them understand the effectiveness of management actions.

Chesapeake Bay's benthos is under threat. The primary hazard is *hypoxia*—oxygen deficiency. Even though the biological activities of benthic organisms can replenish oxygen in the sediments, this renewal capacity is not unlimited. Terrestrial

sediments that wash into the Bay can smother bottom-dwelling organisms. Massive algal blooms fueled by nutrient runoff from land can strip oxygen from the water. Contaminants from human activities in and around the Bay also threaten the benthos. In addition to pollutants of terrestrial origin, these include toxic boat-bottom paint, fuel spills and other waste products from commercial shipping, recreational boating and marinas.

The threat is not being ignored. Since 1984, the Maryland Department of Natural Resources has maintained a Chesapeake Bay Water Quality Monitoring program that includes benthic environments. In recent years, the program has been closely coordinated with a similar ongoing assessment in Virginia. The latest report, issued in December 2017, showed a significant decline in benthic community health, primarily due to hypoxia caused by high Summer water temperatures.

It is critically important that we closely monitor and evaluate the status of Chesapeake Bay's benthic environments, and that the monitoring programs represent close coordination among all the states, government entities and private environmental organizations that are involved with protecting the Bay. These programs should be continued—even expanded—but they are expensive. You can help by becoming an educated advocate.

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THE DARK SIDE OF THE BAY: WHAT LIES BENEATH

By Henry S. Parker

TERRESTRIAL SEDIMENTS THAT WASH INTO THE BAY CAN SMOOTHER BOTTOM- DWELLING ORGANISMS.



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