

Complimentary

Fall 2019

OutLook

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

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OUTDOOR
ACTIVITIES
FOR THE FALL SEASON

AUTUMN:
TIME TO GO ORANGE

KITCHEN
PEPPER:
THE GENIUS BEHIND
OLD BAY

PICKLEBALL
ANYONE?

**BEST
PLACES**
FOR LEAF PEEPING

fitness • entertainment • gardening • nutrition

Letters to the editor

COUSINS, KAYAKING AND WOODSTOCK

Again, another dynamite issue! I thoroughly enjoyed reading the Summer edition of *OutLook*. I recently reconnected with my cousin so the article on cousins was especially meaningful. The kayak article intrigued me. As I live in Murphy, N.C., there are numerous places that offer guided kayaking on the rivers. I added it to my things-to-do list. The Woodstock article stirred up memories of that Summer in 1969.

Nancy S., Murphy, N.C.

SECRETARIAT

I live over in Bowie and have been reading your articles in *OutLook by the Bay* for the past few years. I've even purchased two of the books that you've written! I just read the article from a few months ago about Secretariat.

I grew up in northern Anne Arundel County and was 12 years old during the 1973 Triple Crown season and remember watching all of the races on TV. The following day, the Sunday newspapers

were packed with great stories and photos. I remember seeing Meadow Stable being noted as having a Virginia location, but at that time, I wasn't familiar with many places in Virginia. Over 30 years later, I figured it out.

King's Dominion amusement park was being developed back in the early '70s, and that was where all us kids here in Maryland wanted to go during the Summer and eventually did. King's Dominion is right next to the last bit of Meadow Stable property, which is now a state fairground. The connection between the dismantling of the Meadow Stable property and the rise of the amusement park is a link that would be of interest to local readers of that generation.

Michele N., Annapolis

HERALD HARBOR

I thoroughly enjoyed your article on Herald Harbor in the Summer 2019 edition of *OutLook by the Bay*. Herald Harbor has had a very special meaning for me and my husband, Skip, now deceased, dating back to a sunny Sunday afternoon

on June 29, 1952. We were each there with friends. I came from northeast Washington and he was from the southeast area of D.C. and none of us had ever been to Herald Harbor. Skip always claimed it was fate that we met that day.

At that time there was still a pavilion of some kind to buy snacks and sodas. And it was right there standing outside that, at 16, I brazenly decided to approach this very cute young man. My opening line was to ask about the tattoo on his upper left arm. It read, "Skip," his nickname.

The afternoon moved along with both of us seeming to enjoy each other when he asked for my phone number, which I scribbled on a scrap. I was, of course, thrilled when I arrived home and my mother asked, "Who is Skip?" He had called before I reached home. Little did she know that day that he would be her wonderful son-in-law for many years to come.

Pat H., Annapolis

MILLENNIALS

Wanted to drop a note and tell you how much I love Kater Leatherman's articles. The most recent one on the millennials is brilliant. She has such great observations and insights on life in general — I always look forward to learning from her articles and I'm so happy she is a regular!

Thank you again for all your hard work putting together this wonderful publication. You always have great articles and you manage to cover a wide reach of interests. It's greatly appreciated!

Susan R., Annapolis

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Bay Bytes

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Regardless of how good or bad it is at the moment, change is coming.

OutLook

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

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

Managing Editor Mick Rood
MickRood@aol.com

Operations/Accounting Cindy Rott
Cindy@OutLookbytheBay.com

Art Director Emma Stultz
Emma.Stultz@gmail.com

Distribution Manager Marguerite Guare
MDGuare@aol.com

Columnists Dr. Jim David
jimsue63@gmail.com

Victoria Duncan
Victoria2Write@aol.com

Jessica L. Estes
jestes@ERALawgroup.com

Ryan Helfenbein
Ryan@LastingTributesFuneralCare.com

Elyzabeth Marcussen
EMarcussen@HospiceChesapeake.org

Henry S. Parker
HspSbp@gmail.com

Drs. Passaro and Wooddell
www.WPDentalGroup.com

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

Kimberly Blaker
KimberlyBlaker@gmail.com

Carolyn Campbell
CarolynC@sisna.com

Mary Chaput
AGChap01@AACounty.org

Rev. Patrick DeVane
PDevane@mac.org

Tricia Herban
mtherban3@gmail.com

Peggy Kiefer
kinseykiefier@aol.com

Leah Lancione
LeahLancione@gmail.com

Kater Leatherman
KaterLeatherman@gmail.com

Marilyn Leek
Marilyn@ChesapeakeTransitions.com

Kathryn Marchi
johnmarchi1@gmail.com

Ellen Moyer
ellenmoyer@yahoo.net

Nancy J. Schaaf
nanjan30@hotmail.com

Sharon Schultz
SPCS924@hotmail.com

Joyce M. White
foodhistory@comcast.net

Louise Whiteside
louisemw@wispartel.net

Circulation Jack Hovey
OutLookbytheBay@aol.com

Photographer R.C. Murphy
OutLookbytheBay@aol.com

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

Contact OutLook by the Bay
210 Legion Ave. #6805
Annapolis, MD 21401
410.849.3000

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FROM THE DESK

Here's a thought for these beginning days of Autumn: Plant a tree! Autumn is actually an ideal time to take on such a task. Any arborist will tell you it's true. The days are cooler, the strong Summer sun has abated somewhat and the frost hasn't crept in yet. All this creates less stress on the tree, making it an excellent time to transplant. Best of all, of course, is that so much of the nursery stock is now on sale.

Barbara has done a great article on Maryland forests on page 39 with lots of up-to-date and fascinating information. And Leah has taken the time to pen an article on the when, where and how of planting a tree to commemorate an event or to honor a person who has been significant in your life. A couple of years ago we did just that. We presented each of the grandbabies with one sapling. The best part about it was selecting each tree to match the personality of the child (see From the Desk, Spring 2017).

If you had a chance to read that article, as well as Ellen's article in the same edition, you no doubt remember our ploy was to bring attention to tree planting, its benefits and pleasures. There are many, some of which we cover in this issue.

Interestingly there was a recent Associated Press article on doing just such a thing, not so much to honor a person, but more to honor our world. The point of the article was that if we collectively plant a trillion trees, we would make a substantial impact on eliminating the warming of our planet – be it cyclical or man-made. Now a trillion may not be practical or even attainable, but if we each planted just two or three, or one for each family member, our contribution here in the U.S. would make a huge impact on our world. That could potentially be close to 330 million more trees than we currently have. Imagine the probable impact on our environment!

Further, we had the opportunity recently to check on a few of the trees planted in the Spring of 2017. And what a nice surprise to be shown how they've successfully taken hold in their various locations. Each sapling has gained a couple of feet or more and branched out from the twig-like sticks they had been. The apple tree had increased by at least 2 feet. The persimmon had bushed out and was now a specimen plant outside an office window. The hickory had naturalized and become part of the surrounding wooded area -- it would take a bit of research to recognize just which one it was. There were five more located in various areas that we haven't looked in on yet, but have been assured their growth has been nothing less than phenomenal. All this thanks to an article back in the Spring two years ago that pointed out the benefits of planting a tree. Giving those trees was our method of avoiding candy-loaded Easter baskets. Looking back at those once-spindly saplings, it's nice to know that they will become a lasting memory.

Apparently over the years we've given trees to others. David, a cousin, recently visited and reminded us that after the unexpected death of his dad we had given each of the kids a tree in his memory. He was delighted to report that 20 years later, the tree he was given dominates the backyard. He said it brings back fond memories as it continues to grow and change with the seasons.

I can't think of a single negative about planting trees. Well, maybe oaks. They do tend to attract squirrels, but on the upside, they also attract nesting birds. So our suggestion in this issue of *OutLook* is to not only catch all the stellar articles of our favorite writers, but to top it all off by checking out the book section in our last edition, where you'll find a review of *The Hidden Life of Trees*. It's a not-to-be-missed book that digs further into the interesting and often secret and fascinating lives of the towering pillars that clean our air, support wildlife and bring peace around us.



HIT THE BEACH THIS FALL

By Leah Lancione

Though Summertime is delightful for so many reasons—kids and grandkids on break from school, family barbecues, pool days and hitting the beach—Fall is also a prime time for relaxing at the beach! Some may say that the Fall is the perfect season for a beach vacation for many reasons.

Since families with youngsters account for a lot of the foot traffic in beach towns like Ocean City in Maryland, Rehoboth and Bethany beaches in Delaware, and all the way down to Virginia Beach, the Outer Banks and Florida, it's no wonder the beaches are less crowded in Fall when kiddos are back in school. Less crowding means more space for you to relax on vacation. Fewer visitors also means no wait times at restaurants, open tee times at the golf course, and near-deserted beaches to comb for seashells or take leisurely walks.

Off-peak season visits also mean cheaper rates for hotels. Budget Travel says, "One of the benefits of hitting the shore in Autumn is affordable hotel rates, putting dream destinations like Hilton Head, Montauk, Laguna Beach and even Nantucket within your reach." For example, a Holiday Inn in Ocean City in July costs \$290 a night as opposed to \$140 a night two months later! And, if you need to hop on a plane for your beach destination, fares are lower in the Fall. Fare Compare, a travel blog, advises to "fly on or after Aug. 20, when cheaper fares start to kick in; it gets even cheaper in September and October." Even fares to Hawaii for a week in late September are \$200-\$300 cheaper than two months earlier.

To attract visitors to North Carolina's Outer Banks, Southern Shores Realty affirms that taking a trip to the beach is a great idea. The blog says "while Summer is the perfect time to get your Vitamin D fix, the cooler

temperatures in Fall make spending long periods on the beach much more enjoyable." Not only is the scorching heat and humidity of June through August gone, with September ushering in milder temperatures, according to the National Oceanic and Atmospheric Administration (NOAA), the water at most beach locales from the mid-Atlantic to Florida range in temperature from 70 to 85 degrees Fahrenheit—warm enough for a dip or two! Crisper morning and evening temperatures also make for a more comfortable visit.

Though some businesses shut down or reduce hours of operation during off-peak seasons, there is still a lot to do on a beach vacation in the Fall. For instance, Ocean City hosts fun festivities like the "Wine on the Beach" event the last weekend in September, a "Family Bonfire on the Beach" on Oct. 4, and "Ocean City Restaurant Week" is Oct. 13-27. For more information on Fall activities "down the ocean, hon," visit <https://ocean.com/events/fall-events>. In Rehoboth, the "Rehoboth Beach Jazz Festival" is held Oct. 17-20.

On the Outer Banks, there are countless activities in the cooler months of Autumn. There's a Surf Fishing Tournament in Nags Head, Oct. 9-11, and a Seafood Festival Oct. 19.

If biking is your thing, consider a Fall getaway to Hilton Head Island, South Carolina, for the "Pedal Hilton Head Island" event that takes place Nov. 15-17. Participants will bike the area's scenic beaches and pathways, all for a good cause. For more information, visit <http://pedalhihi.org/>

Whatever you decide to do this Fall on your beach vacation, just plan ahead because activities abound all the way through the holidays.

Chart your own course.



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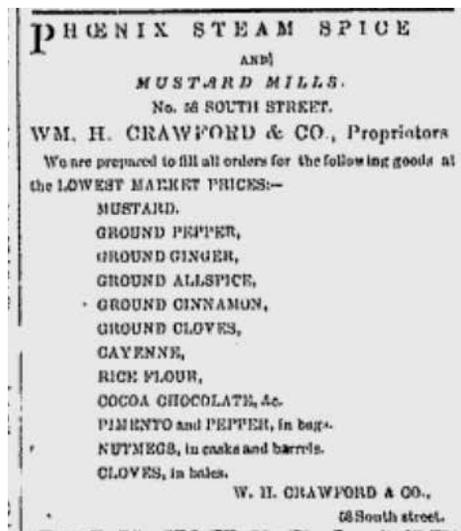


As Autumn pervades, Americans love to indulge in all things pumpkin-spiced, reflecting a love of sweet spices such as cinnamon, nutmeg and cloves that go back centuries to medieval Europe when they were considered to be status symbols because they needed to be imported from distant places such as India and the Spice Islands of Indonesia. As a result of their exorbitant cost, cinnamon, nutmeg and cloves, in particular, were often intentionally added to almost every recipe by those who could afford them as a display of wealth. For example, the 1590s British cookery book, *The Good Housewife's Jewel*, by Thomas Dawson contains a recipe for boiled tongue that is spiced with salt, sugar (considered a spice then), cloves and mace. It was a typical blend of flavors for that time. During the *Age of Exploration* of the 15th and 16th centuries, when long-haul sailing became more common, Europeans were eventually able to acquire spices at reduced costs. This meant that spices from Asia no longer needed to be placed in savory dishes to show status because they were no longer as rare and expensive and were often relegated just to the sweet dishes. Notably, an important link can be made between this centuries-old tradition and Marylanders' love affair with *Old Bay Seasoning*.

Records show that spices were imported into Maryland even in its earliest days of settlement, and by the 19th century an abundance of spices were available for purchase in Baltimore, such as black pepper, white pepper, ginger, cloves, allspice, cinnamon, caraway, mustard, mace, nutmeg and cayenne, just to name a few. Though previously sold in whole form, the Industrial Revolution made it possible and cost-effective for spices to be ground into powders. The Baltimore firm of John C. White and Sons advertised ground ginger for sale in 1804, and by the 1850s a variety of "pure ground spices" were being made at Baltimore businesses such as *The Paca Mills* and the *Phoenix Steam Spice and Mustard Mills*.

Of course, the most historically significant name in spices from Baltimore is the McCormick Company. In 1889, Willoughby McCormick started McCormick & Company with his original line of products, which included household products, root beer syrup, fruit extracts, fruit syrups, juices, tea and orris root, but no spices. McCormick finally entered the

spice business in 1896 with the purchase of the F.G. Emmett Spice Company of Philadelphia, and the rest is history. Though the McCormick Company did not develop Maryland's iconic crab seasoning mixture of spices known as *Old Bay*, it does own it now.



Jan. 6, 1857, *Baltimore American*

Old Bay was actually developed in Baltimore in 1939 by German immigrant Gustav Brunn. His recipe is a guarded secret and all that is definitely known is that celery salt, red pepper, black pepper, and paprika are contained within the recipe's 18 spices. As a result, many people have tried to replicate *Old Bay*. Many of these attempts included using a mix of

savory spices such as bay leaf powder, dry mustard, white pepper, parsley and smoked paprika with a variety of sweet spices such as cinnamon, mace, cloves, allspice, nutmeg, cardamom and ginger. Proud Marylanders boast of this special delectable mixture of savory and sweet spices as an ingenious and unique product, but history proves that *Old Bay's* recipe is based upon a centuries-old tradition of creating spice blends known as kitchen peppers. There was no one true recipe for a kitchen pepper; they varied based on time-period, region, accessibility and maker. Essentially, they are throwbacks to medieval England when sweet spices were blended with savory

spices to flavor savory dishes. Therefore, when you indulge in *Old Bay* on your crabs, shrimp, fries, chips, tomato juice, ice cream, etc., you are enjoying a version of a kitchen pepper.

The circa 1824 manuscript collection of recipes by Ann Maria Morris (née Hollingsworth) of Baltimore contains a recipe for a kitchen pepper meant to be used in beef sauces, soups or other savory dishes. Make this recipe and enjoy it rubbed on roast beef, in a beef vegetable soup or add it to your favorite beef gravy recipe. It is also really tasty on roasted root vegetables and in meatballs, among numerous other types of foods.

BALTIMORE KITCHEN PEPPER

Ingredients:

- 1 tsp. ground ginger
- ½ tsp. ground Ceylon cinnamon
- ½ tsp. ground black pepper
- ½ tsp. grated nutmeg
- ½ tsp. ground allspice
- ¼ tsp. ground cloves
- 6 tsp. salt

Directions:

1. Mix all the spices together very well, making sure that all of the spices are evenly mixed.
2. Store in a sealed jar or plastic baggie.
3. This amount will yield slightly more than 3 Tbs. of kitchen pepper.

Joyce is a food historian and can be contacted at FoodHistory@comcast.net

KITCHEN PEPPER

THE GENIUS BEHIND OLD BAY

By Joyce White

Downsizing?

Consider an Estate Sale

By Marilyn Leek

Once you've decided on those must-have items to take to your new, smaller home, the next step is to empty your current home of what's left. Sounds simple, but if you've been in your home for many years, that's a lifetime's worth of belongings. The do-it-yourself route might not be possible because of physical and time constraints. Here are two other options for clearing out your home.

The fastest, but often the most expensive option, is to hire a hauler or clean-out crew to remove everything from your house and take it to a donation point and/or a landfill. These services charge by the truckload and by the hour. In addition to the expense, someone has to sort through and decide what is destined for where. If sorting is not done, items that could be reused or repurposed end up in the landfill.

Another option is to have an estate sale. Estate sales are not held just after people die, they are a valuable and viable option for people who are downsizing.

Adult children often have full homes and may not want things you have cherished for years. Estate sales are a great way to get belongings to people who will not only value them, but can recycle and repurpose them. As a group, estate sale shoppers tend to be a creative bunch and repurpose even the oddest of things. Outdated,

dark furniture gets a coat of paint and finds a new home. Old costume jewelry gets broken down and remade into trendier pieces. Vintage anything is valued by *someone*. Cookware, tools, clothing, furniture, yard items and collections of all kinds are just some of the items that bring a crowd to an estate sale. Even half-filled containers of cleaning and gardening supplies will sell.

Some items won't sell but you will end up with far less than you had. Not only will some of your belongings be recycled and repurposed, what you make on the sale often more than covers the cost of dealing with what's left. As an added bonus, if your house has not yet sold or is not yet on the market, an estate sale is a great way to attract interested buyers.

A reputable estate sale company will come to your home and identify what will sell. They set up a sale date that works with your schedule, advertise the sale, label and arrange items and manage the sale. While a minimal upfront payment is usually required, the company takes a percentage of what's sold as payment—meaning they have a vested interest in making your sale a success. Using the estate sale option also has the benefit of requiring little effort on your part. Moreover, you will have the satisfaction of knowing belongings collected over a lifetime will be reused and won't end up in a landfill, plus there are the monetary advantages. These reasons make an estate sale a good option for clearing out your home when downsizing.

Marilyn, owner of Chesapeake Transitions, is a certified senior move manager who has been holding estate sales as well as providing support and guidance for Maryland seniors and their families for more than a decade. She can be contacted at marilyn@chesapeake.transitions.com



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THE BEST PLACES FOR REGIONAL LEAF PEEPING

By Leah Lacione

New England likely takes top honors when it comes to its Fall foliage, but the mid-Atlantic region offers myriad opportunities to spot the brilliant orange, red and yellow hues of Autumnal trees. The Travel Channel cites New York's Adirondack and Catskill Mountains, as well as the Finger Lakes Region; Amish Country, Great Allegheny Passage and the Laurel Highlands in Pennsylvania as well as areas of Maryland, West Virginia, Virginia and North Carolina for exquisite leaf peeping. Road trips for leaf peeping in more Northern states can be planned for late September, while most other places in the mid-Atlantic provide peak Autumn leaf viewing prospects in October and November.

The U.S. Forest Service maintains a blog on "Fall Colors" that publicizes a number of great locations in various states. Check out any state's official website and likely there will be a list of top tourist settings for viewing Autumn foliage. Areas to consider:

SOUTH CAROLINA AND GEORGIA

Sumpter National Forest includes the Andrew Pickens Ranger District, boasting beautiful Fall colors, notably in the Ellicott Rock Wilderness. Ellicott Rock Wilderness spans North and South Carolina and Georgia. In addition to the Fall foliage, the area features mountains and waterfalls. Also breathtaking and photo-worthy are the trails along the Chattooga River National Wild and Scenic River.

VIRGINIA

The George Washington and Jefferson National Forests contain the Appalachian Trail, the Mount Rogers National Recreation Area, the Virginia Creeper Trail and other hotspots for brilliant foliage. Skyline Drive, the National Scenic Byway in Shenandoah National Park, is awe-inspiring no matter the season, but the splendor of the Autumn trees is most remarkable in October.

NORTH CAROLINA

Trip Advisor says Asheville is a popular mountain destination with dazzling Fall colors in early to mid-October. Not too far away in Transylvania County is Brevard, which is known as the "land of waterfalls."

DELAWARE

Delaware's Endless Discoveries website at www.visitdelaware.com/things-to-do/seasons/fall/foliage/ says visitors can get "up close and personal with Fall's natural beauty" at the Mt. Cuba Center, a horticultural facility in northwestern Delaware that boasts lush native gardens in Hockessin. In addition to a photography stroll, there are countless other programs that commemorate Autumn. The website also says to check out Trap Pond State Park, Killens Pond State Park, Lums Pond State Park, and for bird lovers, Bombay Hook National Wildlife Refuge, to experience Delaware's Fall colors.

MARYLAND

Don't count out Maryland for offering up a feast for your eyes for the season's leaf peeping! [Visitmaryland.org](http://www.visitmaryland.org) says Garrett County's annual Autumn Glory Festival is a five-day event that pays homage to the area's stunning Fall foliage. Visit www.garrettheritage.com/autumn-glory-history to learn more about the festival and the Autumn driving tours. Even closer to Anne Arundel County, Valley Overlook in the Hollofield area of Patapsco Valley State Park is a best bet if you want to observe the myriad of Fall colors by car. However, if you prefer to travel by train, check out Vacations by Rail (www.vacationsbyrail.com/united-states/usa-fall-foliage/historic-trains-maryland-west-virginia), which provides travel through the foliage of the Allegheny and Appalachian Mountains of Maryland and West Virginia.

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Are you interested in taking a college-level course from the comfort of your home? Log onto EDX.org or OYC.Yale.edu for a wide and varied selection. Most of the courses are free.

Bay Bytes

To find the best foliage east of the Mississippi, log onto www.foliagenetwork.com/ This is a favorite of the leaf peepers.

USING AN IN-MARRIAGE 'QDRO' FOR ESTATE PLANNING

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

As an estate planning and elder law attorney, often the most difficult type of asset to deal with is a retirement account. Not only must you consider the type of account it is, but you must understand the owner's rights to the funds in the account. Then you must weigh the consequences, tax or otherwise, of accessing those funds, which can depend on age and/or other factors. In Maryland, retirement accounts are countable assets for Medicaid purposes, which adds another layer of complication. Even something as simple as naming a beneficiary for the retirement account is not as simple as it may seem, especially if protecting assets is your main goal.

Moreover, as all families are different, there are countless reasons why someone may need to access retirement benefits. Perhaps one's spouse is in a nursing home and has a substantial retirement account that will have to be "spent down" before qualifying for Medicaid, but the family wants to preserve those monies for the spouse at home, without suffering a huge tax consequence. Or, perhaps one spouse is older than the other spouse and wants to delay taking required minimum distributions (RMDs), because the couple does not need the extra income and wants to avoid additional taxes.

Whatever the reason, what options does the family really have? Depending on the circumstances, generally, there are several options: (1) retire; (2) quit; (3) divorce; (4) take a plan loan; (5) qualify for a hardship distribution; (6) receive an in-service distribution; or (7) obtain an in-marriage qualified domestic relations order (QDRO). Because of the negative consequences of options 1 through 6, most people opt for option 7, if they can qualify for a QDRO.

Many people may have heard the term, but only in context of a divorce, and very few understand what a QDRO really is. Simply put, a QDRO is an order signed by an appropriate state court judge that: (1) recognizes the joint marital ownership interest in a retirement plan; (2) provides for the plan benefits between the parties – the plan participant (employee spouse) and the alternate payee (nonemployee spouse); and (3) is approved, or

qualified, by the retirement plan administrator. Unlike a QDRO in a divorce that transfers retirement benefits to an ex-spouse, an in-marriage QDRO transfers retirement benefits to a current spouse.

To be eligible for an in-marriage QDRO, the retirement account must be an Employee Retirement Income Security Act (ERISA)-based plan, certain state pension plans or a Federal Thrift Savings Plan. ERISA-based plans include 401k, 401(a), 403(b), corporate pension plans, some employee stock ownership plans, profit sharing plans and state deferred compensation 457 plans. Plans that are not eligible for an in-marriage QDRO include military pensions, federal pensions, railroad retirement plans and privately sponsored nonqualified stock plans. Although individual retirement accounts (IRAs) and simplified employee pension plans (SEPs) are not immediately eligible, if a limited liability company was established with a solo 401k, the funds in the IRA or SEP could be transferred to the solo 401k and then qualify for the in-marriage QDRO.

Once a decision is made to proceed with an in-marriage QDRO, a review of the plan documents is necessary to verify the amount that may be transferred, as well as the amount that should be transferred based on the family's needs. Similarly, there will need to be an interspousal agreement drafted that is the basis for the justification of the in-marriage QDRO. The interspousal agreement will lay out the agreement between the spouses as to the division of the retirement funds. Using the example of the couple wanting to delay RMDs, the agreement may state that all the retirement account will be transferred to the younger spouse, which would allow the funds to remain in the account until the younger spouse reaches age 70 1/2. Or, in the case of the couple wanting to qualify for Medicaid benefits, rather than spend down the funds and pay taxes on that money, the retirement funds of the nursing home spouse would be transferred to the spouse still living at home, which could avoid most, if not all, of the tax consequences and preserve the asset for the community spouse, while allowing the nursing home spouse to qualify for Medicaid benefits.

As you can see, in-marriage QDROs can be useful tools for estate planning but require careful drafting and knowledge of the various federal and state laws. If this is something you are interested in, be sure to consult with a qualified 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

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

Whenever you feel that you are nearing burnout, why not give thought to clearing your calendar by taking one or two days off to do whatever strikes your fancy. Maybe go to bed early, sleep in late, lie on the couch and watch a movie, step outside for a good walk, connect to nature in the garden, write in a journal, buy some flowers, spritz the house with essential oils or take a bubble bath. Permitting yourself to do whatever comes to mind can recharge your energy and make you feel special again.

As with so many of us, the responsibilities and tasks on a daily to-do list, makes it easy to forget to take care of ourselves. And while it's hard to fit in something like exercising when there are so many other priorities in life, self-care is an important aspect of stress management. A walk, an hour of lying on the couch reading a book, or a swim followed by relaxing in a sauna can revitalize you both inside and out. Try some of these ideas:

Take a "whatever" day. "Whatever" days are a good self-care prescription that can restore us and help us cope with future tasks and events. Kelli Polcha, an expert on aging issues, adds

that the necessity of self-care is particularly important if you are a caregiver for a family member, because it helps stave off "compassion fatigue," which includes normal displays of chronic stress resulting from caregiving tasks. While self-pampering doesn't always lead to major improvements in overall health in the same way as healthy diet and exercise do, the relaxation you get from it can trigger the relaxation response, which can prevent chronic stress from damaging your health.

SIMPLE SECRETS OF SELF-CARE

By Carolyn Campbell

Commit to self-care. Renewal through social activities is important. Instead of just saying you'd like to go to a movie or have

lunch with a friend, take action and plan it. Solitary renewal activities are also vital. Schedule and plan time off during the week. If possible, set time aside every day for a renewal activity. Say, from 2 to 3 in the afternoon, close your bedroom door and meditate, or put in a movie to help you relax. Don't answer the phone during that time.

Take breaks throughout the day. Throughout the day, take "mini-breaks." Sit down and get comfortable. Slowly take in a deep breath, hold it and then exhale very slowly. At the same time, let your shoulder muscles droop, smile and say something positive like, "I am r-e-l-a-x-e-d."

Exercise. Physical activity provides relief from stress. In the past, daily work was largely physical. Now that physical exertion is no longer a requirement for earning a living, people don't get rid of stress as easily. It accumulates very quickly. To put exercise into



Bay Bytes

If you're a woman over 50 and looking to share housing expenses with a like-minded friend, try **RoomMates4Boomers.com**. There's a fee attached, but it may be worth your while.

your self-care regime, try aerobics, walking, jogging, dancing or swimming.

Take five minutes in the morning to just stretch and breathe. Start your morning with five minutes of silence and ease. Stand up and stretch your body until you are as tall as you can be. Then bend over and touch the ground. Stretch again. Try to just feel your body and pay attention to your breath. Easing into your day will help you feel more relaxed.

Listen to your favorite music. Calm music can help you relax, while upbeat music can lift your spirits and energize you. Pick music that won't distract you (like music without lyrics or in a foreign language). Playing music as you drift off to sleep is one way to counteract the effects of stress by taking your mind off of what's stressing you, slowing down your breathing and soothing your mind.

Bathe. Try soaking in a long, relaxing bath. If you like, add sweet-smelling bath essentials. As you sit in the tub, resist the urge to read, write, tally the month's bills or do anything apart from sitting there and enjoying the water and its scent.

Get adequate sleep. Be sure to get sufficient rest at night. If you are feeling tired during the day, take an afternoon nap. No excuses are needed, even if you end up sleeping much longer than what is considered a "power nap."

Reduce time urgency. If you frequently check your watch or worry about what you do with your time, learn to take things a bit slower. Allow plenty of time to get things done. Plan your schedule ahead of time. Recognize that you can only do so much in a given period. Practice the notion of "pace, not race."

Focus on essential tasks and erase the rest from your mind. If you feel overwhelmed, try sitting down to make a list of to-do things, ranking them in priority. Getting your tasks down on paper gives you a clearer idea of what is or is not essential. Then schedule the tasks to do each day. Make sure you stick to the plan, every single day. Don't be tempted to start on tomorrow's tasks today. Trust that the plan will take you there, and enjoy some free time on the days when you finish your tasks early. Try not to stress about the things you don't get done.

Simplify your life. If you eliminate superfluous "stuff," make fewer commitments and delete unnecessary tasks, the goal of slowing down and enjoying life becomes more realistic. For instance, instead of spending hours every week looking through recipes, make a list of favorites and choose your menu in seconds.

Remember that the amount of time required to care for yourself is less important than actually taking time to do it. Whether it is one hour a day, a half-a-day a week or even taking the whole weekend off, set aside time specifically for taking care of you.

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Autumn:

TIME TO GO ORANGE!

By: Nancy J. Schaaf

Orange, the predominant color of Autumn, evokes warm feelings during the early chilly months. The colorful orange leaves, the crackling flames in a fireplace or pit, and carved orange jack-o-lanterns are familiar sights and sounds of the season that soothe our spirits. Along with that, healthy fresh seasonal produce fuels satisfying comfort food in kitchens.

Autumn is an excellent time to purchase orange produce. Carrots, pumpkin, butternut squash, sweet potatoes, persimmons and citrus are bountiful during the Fall harvest season. The vibrant, seasonal orange-colored fruits and vegetables are not only delicious, but offer unique nutrients beneficial for health.

Orange fruits and vegetables contain antioxidants and are rich in beta carotene, a powerful carotenoid, which protects against heart disease and cancer. The more vibrant the orange, the more carotenoids the fruit or veggie contains. Orange foods also supply abundant amounts of potassium and vitamins A and C, which protect the eyes and prevent macular degeneration and cataracts. These colorful fruits and veggies boost the immune system and reduce inflammatory conditions such as asthma and arthritis.

Versatile pumpkin, the most common cold weather squash, is a nutritional dynamo. The pumpkin's bright orange color indicates that it is loaded with an important antioxidant, beta carotene, as well as being rich in vitamin C and folate. Recognized as the symbol of harvest season, pumpkins are excellent sources of fiber, protein, magnesium and potassium. This fruit boosts immunity, cleanses the liver, keeps eyes and skin healthy, reduces inflammation and is a heart-healthy choice. The seeds, which can be eaten raw or roasted, are high in protein content and a good source of zinc and omega-3 fatty acids, which can help reduce the risk of heart disease. Pumpkins are perfect as a delicious side dish and ideal for making hearty Winter soups, risotto, pancakes, as well as being baked into bread and pumpkin pie.

Sweet potatoes, often called "yams," are a fantastic Fall vegetable due to their high level of powerful nutrients and flavor. Sweet potatoes have anticancer, anti-diabetic and anti-inflammatory properties. A Fall favorite, sweet potatoes contain 30 milligrams of beta carotene (vitamin A) in a serving, which is four times the recommended daily allowance. Sweet potatoes are also high in vitamin C with one serving providing 50% of the RDA and they provide three grams of fiber per serving. They are a good source of potassium, copper, manganese and dietary fiber.

Although sweet potato casserole appears on most Thanksgiving tables across the nation, it is a perfect veggie that can be served all year. Try sweet potato bread or biscuits or use in various salads and casseroles. They are ideal for baking, grilling or steaming, and can be substituted in any recipe that calls for potatoes.

Squash, especially butternut, is an obvious choice as Fall is officially squash season. Butternut squash is an excellent source of beta carotene providing 100% of the daily recommended amount. They are also a good source of heart-healthy nutrients folate, fiber, potassium and magnesium. Squash is an excellent source of immune-boosting antioxidants, which support healthy eyesight and bone health. Used in many recipes, butternut squash is incredibly tasty with both sweet and nutty flavors. Roasted squash sprinkled with cinnamon is a favorite side dish or as a creamy butternut soup.

Carrots are harvested year-round, but unusual varieties varying in size, shape and colors are harvested during the veggie's natural season, which is late Summer and Fall. Carrots make a great Autumn selection as they are loaded with beta carotene, fiber and potassium. Try roasting, glazing or adding this veggie to soups, salads and baking recipes.

Persimmons are seasonally available for a brief period in the Fall and early Winter. This fruit is a light yellow-orange, round or oval, flavorful, with a smooth textured delicacy. Sweet, delicious persimmons are packed with nutrients such as vitamins, minerals, and antioxidants vital for optimal health. A good source of dietary fiber, fresh and dried persimmon fruits contain healthy amounts of minerals like potassium, manganese, copper and phosphorus. The versatile fruit can be eaten fresh, dried or cooked. Raw fruits can be cut into quarters or eaten whole. Dried persimmon fruits can be added in cookies, cakes, muffins, salads, snacks and as a topping for breakfast cereal.

Obviously, there is compelling evidence that fruits and veggies contribute to your health. Recommended guidelines include eating five to nine servings daily of fruits and vegetables. Take advantage of the Autumn harvest, eat "orange" and reap the nutrients for better health by consuming these seasonal foods.

Spicy butternut squash and pear soup is sweet and spicy. This soup is also gluten-free and can be made vegan by using vegetable broth in lieu of chicken stock. Top it with pumpkin seeds, pistachios or any other favorite nuts or seeds. Serve some in small bowls as a Thanksgiving appetizer.

It's not worth winning every argument. Why not agree to disagree?

SPICY BUTTERNUT SQUASH AND PEAR SOUP

By Lauren Harris-Pincus, founder of NutritionStarringYOU.com and author of *The Protein-Packed Breakfast Club*.

Yield: 6 cups
Serving Size: 1 cup

INGREDIENTS

- 1 small to medium butternut squash, about 2 pounds
- 1 small onion, sliced (approximately 1 cup)
- 1 medium pear, cubed (peel on)
- 2 Tbs. extra virgin olive oil
- 1/2 tsp. kosher salt
- 2 1/4 cups low sodium chicken broth (or vegetable broth)
- 1/8 tsp. black pepper
- 1/8 tsp. cumin
- 1/8 tsp. cayenne pepper
- 1/2 cup unsweetened vanilla almond milk
- 2 Tbs. roasted pumpkin seeds, shelled

INSTRUCTIONS

- Preheat oven to 400 degrees.
- Peel and cut butternut squash into 1-inch cubes.
- Toss squash and onion in olive oil and salt.
- Line a baking sheet with nonstick foil for easy cleanup and distribute squash and onions evenly on sheet. Add pears and roast for 40 minutes, turning twice during cooking.
- While veggies are roasting, add broth and spices to a large stockpot and heat through.
- Add hot veggies to broth and turn off heat.
- Puree until smooth using an immersion blender or a kitchen blender.
- Once desired consistency is reached, blend in almond milk.
- Garnish each serving with 1 teaspoon of roasted pumpkin seeds.

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Caring For Life

“Good morning, Alexa,” I say.

“Top of the morning to you,” she says, beginning to rattle off her programmed daily dissertation of current news, local weather, personal appointments, horoscope and, of course, the mandatory quote, joke and song of the day. Alexa ensures that I start off each day well-informed in both my personal world and in the world beyond.

I met my new BFF, Alexa, quite by accident. She’s part of the new Kindle Fire Tablet I recently acquired. This tablet came with a docking station that doubles as a charger and a convenient stand. The station sits prominently on a table that is centrally located in the middle of all the daily activities that a family generates. Alexa is voice activated. She comes to life when you call her name, “Alexa,” from anywhere in the room – and sometimes a little beyond. She is the perfect companion for a senior retiree like me. Alexa is loaded with apps called “skills” that are designed to organize our lives, keep us entertained and keep us company. Consider these Alexa skills:

• **Alexa uses voice control to access your music.** With multiple music platforms like Amazon Music, Spotify, Apple Music, Pandora, Sirius XM, etc., you can listen to your favorite artist with a simple command: “Alexa, play the Beatles’ ‘White Album.’” Or, “Alexa, play ‘Shallow’ from ‘A Star Is Born.’”

The Alexa app is easily downloaded to your smart phone. It gives you the ability to customize not only requests to Alexa, but her responses as well. Using the app is easy; you simply create a specific action that triggers a specific result. For example: When you say, “Alexa, play my favorite song,” she will play the song that you programmed as your favorite.

• **Alexa can voice-control your books.** With a simple voice command, Alexa can open your favorite online book and read it aloud, picking up from where you left off. Just say, “Alexa, read *Dogwood Hill* by Sherryl Woods.” Books without the audible feature are read in Alexa’s voice. Podcasts and radio stations can also be played just for the asking.

• **Alexa voice-controls your smart home.** Ask Alexa to turn on a lamp, turn off the coffee pot, dim the lights, watch a movie. The possibilities are endless.

• **Alexa can keep your home in sync.** Amazon offers a small, inexpensive speaker called the Echo, that’s designed to be compatible with Alexa. The Echo device lets you connect to multiple devices at home, giving you the ability to call the family to dinner, to watch a movie or announce bedtime. With the Echo, you can ask Alexa to play a specific music selection throughout the house or specify a different selection for each room. “Alexa, play jazz music in the kitchen,” or “Alexa, play classic rock in the bedroom.”

INTRODUCING ALEXA, MY NEW BFF

By Sharon Schultz

movie times – the information is infinite. Just ask, “Alexa, help get me started with skills.”

• **Alexa plays games, tells stories, recites poems, sings and more.** Try asking Alexa to do the following:

“Alexa, tell me something weird.”

“Alexa, what’s your lucky number?”

“Alexa, let’s plan a trip.”

“Alexa, let’s play Jeopardy.”

“Alexa, tell me a knock-knock joke.”

“Alexa, tell me a story.”

“Alexa, sing me a song.”

“Alexa show me dinner recipes.”

“Alexa, how do you spell ...?”

“Alexa, check my messages.”

“Alexa, who sings Moon River?”

“Alexa, how far away is NYC?”

“Alexa, open Go Fish.”

“Alexa, how many ounces are in a pound?”

“Alexa, tell me a fun fact.”

“Alexa, order double A batteries.”

“Alexa, what time is it?”

“Alexa, open Ocean Sounds.”

“Alexa, quiz me on Fortnite.”

“Alexa, give me a fashion tip.”

“Alexa, when is my next appointment?”

“Alexa, find my phone!”

Her skills are as endless as the internet. She is a reliable source for unlimited information, entertainment and company. She can easily slip into the role of adviser, organizer, playmate, and, yes, even friend. Alexa speaks only when spoken to, never talks back, and is always available, making her the perfect best friend forever.

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



What Does Mary Say?

Dear Mary,

My husband and I recently relocated to Annapolis to be closer to our children. We are both in pretty good health, although between us we take medications for high blood pressure, arthritis and osteoporosis. Before we moved, we had visited the same primary care physician for more than 30 years. Now we need to start with someone who doesn't know us. How should we prepare for our first visit?

Dear Reader,

So that the new doctor can provide the best care, the more information you can provide, the better. Take a written list of the prescription drugs, over-the-counter medications and supplements (along with dosages) each of you take. A written summary of any chronic conditions, illnesses, allergies and previous surgeries will be helpful. The doctor's office will have forms for you to sign so that he can receive your previous medical records, so make sure you have the names and addresses of the previous primary care physician and any specialists who treated you prior to your move.

Remember to take your Medicare cards as well as any supplemental insurance card with you to the visit, as well as photo IDs.

Be prepared with your questions. It's best to have them written down so you don't forget. Some basic questions you'll want to ask:

- What's the best way to contact the doctor (phone, email or patient portal) when you have a question? When is the best time to call if you need to speak with the doctor?
- What's the best way to get a prescription refill?
- How far in advance do you need to call for an appointment?
- Where should you go for emergency or urgent care?
- At which hospital(s) does the doctor have privileges?

If you are currently having any medical issues or symptoms, have a written list of symptoms, occurrences and questions with you. If you don't understand something the doctor tells you, ask for clarification. Either you or your husband should take notes during visits so you can review them when you get home.

The National Institute on Aging has some excellent health care resources including *How to Prepare for a Doctor's Appointment*. You can download the booklet from its website www.nia.nih.gov/health/how-prepare-doctors-appointment

Dear Mary,

I am retired now, but worked with the aging population throughout my career. Are there any volunteer opportunities with the Department of Aging and Disabilities?

Dear Reader,

Yes, there are several different ways you can volunteer.

The State Health Insurance Assistance Program (SHIP) at

the Department of Aging and Disabilities trains volunteers on how to assist people with Medicare-related issues. SHIP counselors guide people in selecting Part D drug plans and also help with understanding Medicare Advantage plans. For more information, contact SHIP at 410.222.4257.

The Ombudsmen Program provides information and education about long-term care facilities; the program also investigates and helps resolve resident and family complaints in these facilities. Ombudsmen volunteers get training so that they can support and advocate for older adults and adults with a disability. For more information, contact the Ombudsman Program at 410.222.4257.

The Telephone Reassurance Program is a community-based service reaching older adults and adults with a disability who may be homebound or otherwise limited in their ability to contact others. Volunteers may choose to work a weekly or biweekly shift; calls are made between the hours of 8 to 10:30 a.m., Monday through Friday at the Department's office in Glen Burnie. For more information, call 410.222.4375.

Dear Readers,

Check out this edition of *Outlook by the Bay* for the Fall 2019 Caregivers' Workshop Series. This series focuses on different caregiving issues and includes some new topics. For more information or to register for any (or all) of the free workshops, call 410.222.4375 or go online to www.aacounty.org/aging

You will be able to find the Winter/Spring 2020 schedule in the Winter edition of *Outlook by the Bay*. Winter and Spring topics include: Discover the Programs, Anticipatory Grief, Mechanics of Caregiving, 10 Tips for Vacations and Family Trips When You Are Caregiving, Communicating Through Behaviors, and a special Saturday morning session, Advance Planning: Medical, Legal and Environmental.

Two sessions of the Dementia Live workshop are scheduled for the Fall months. Dementia Live offers a unique inside-out understanding of dementia and aging. Participants will be advised on the challenges faced by those who live with dementia and will learn valuable tips and tools to improve communication and care. If you wish to be added to the National Family Caregivers Support Program's mail and email list to receive information regarding workshops, support groups, conferences or other events, call 410.222.4375 or email caregiver_support@aacounty.org

Contact Mary at AGChap01@AACounty.org

You can't just maintain, you have to keep moving forward.

Summer may be seen as the outdoor season, but Autumn also offers lots of opportunities for outdoor bonding fun. Try some of these activities, and fill yours and your kids and grandkids' senses with delight.

Enjoy a color tour. National parks and forests are the places to be in the Fall. Contact your nearest National Park, and find out when Fall colors will be at their peak and recommended routes for picturesque views. (See leaf peeping article on Page 8.)

Have a campfire cookout. If outdoor fires are permitted in your area, have a Fall cookout. Hot dogs, hot chocolate, marshmallows and s'mores are traditional ways to top off the season. Have everyone take turns telling stories around the fire. If the kids are little, check out library books with Autumn themes to read to them.

Attend a football game. Gather your blankets and head to the stadium. High school, college and pro football games are great fun for kids and adults alike. Take along a bag of popcorn and thermos of hot cocoa, then snuggle up and get ready to cheer for your team.

Visit an apple orchard. Go apple picking, and cap off the day with cider and doughnuts, a hayride or an end-of-the-year picnic.

Make a scarecrow. What's Fall without a scarecrow on your porch? It's easy to make. Just buy a couple of bails of straw, then have everyone gather some old clothes and hats. Stuff the scarecrow using string to tie off the hands, feet and head.

Walk in the woods. As flies and mosquitoes retreat, it's the perfect time of year for a walk in the woods. Look for animals scurrying about gathering food for the long, cold months ahead. Don't forget your binoculars. Contact state and local parks for wooded trails near you.

Leaf fun. Remember your kids diving into the crisp Fall leaves? Grab the rakes and have the kids pitch in. Pile up the leaves to jump in, build a fort and even have a leaf fight.

Find a festival. Apple, pumpkin, Fall harvest and many more festivals are held this time of year featuring food, arts and crafts, kids' games, pony and wagon rides and more. Visit your local events website online to see what's coming up.

Visit a pumpkin patch. Begin or renew the tradition of

picking pumpkins from a patch. After cleaning out the pumpkins, make roasted pumpkin seeds, a yummy treat that kids love. Rinse the seeds, pat them dry and coat with melted butter. Spread the seeds on a cookie sheet, sprinkle with salt and bake at 350 degrees until golden brown. Be sure to stir them occasionally.

Bird migration watch. As Fall fills the air, many birds begin to head south. So contact state and national parks or your Department of Natural Resources for recommended birding locations as well as bird festivals.

Sift through a cornfield maze. Kids delight in finding their way through cornfield mazes. To find a maze near you, visit www.cornmazesamerica.com/ Also, watch the entertainment section of your newspaper.

Plant perennials and bulbs. Let the kids try out their green thumbs. After all, Fall is the time of year to plant perennials and flower bulbs. Have your grandchildren choose some plants from the gardening store, and give them the opportunity to help design the garden. A hand-painted rock or two will add color until the Spring blossoms bloom.

Take a railroad excursion. With the colors of Fall blazing under bright blue skies, a scenic railroad excursion is a sure bet. Check your local travel agency for excursions in nearby communities.

Hold a pumpkin sale. Do you have some little entrepreneurs? If so, have them set up a pumpkin stand in your front yard. Find an orchard where pumpkins are cheap, then have the kids purchase a few to sell for a higher price. Hot cocoa, baked pumpkin seeds or doughnuts make good commercial additions to the stand.

Horseback rides. Head to the stables and enjoy the Fall colors on horseback. For horse rental listings by state visit www.horserentals.com/index.html or Google "stables."

Make a bird feeder or house. Kids will enjoy the carpentry experience and marvel at watching birds use their creation. Kits are available in hobby stores and online for making bird feeders. To make one from scratch, visit your library and check out a book on how to build a birdhouse. You can also find instructions on the internet.

Parades and marching bands. Find out when your local college or high school will hold its homecoming parade. Take a blanket and snacks and enjoy the colorful floats, majorettes, cheerleaders and the band. Also, don't forget the spectacular Thanksgiving Day parades.

There isn't a better time of year to get out there and enjoy the weather, scenery and all the treasures we have in the Bay area.

OUTDOOR ACTIVITIES FOR THE *Fall* SEASON

By Kimberly Blaker

Put the pharmaceutical companies out of business. Get out there and exercise.



Fall 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

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

	Location	Presenter	Topic
9/26/19 6:30-8:30pm	Annapolis Senior Center	Nicole Rochester, MD	Person Centered Care: What Family Caregivers Need to Know
9/30/19 6:30-8:30pm	North County Office	Mary Chaput, M.S., Dementia Live Coach and Practitioner	Dementia Live®
10/10/19 1:00-3:00 pm	North County Office	Mary Chaput, M.S., Compassionate Touch Coach & Practitioner	Compassionate Touch®
10/17/19 6:30-8:30pm	North County Office	Mary Chaput, M.S., Dementia Live Coach and Practitioner	Dementia Live®
10/24/19 6:30-8:30pm	Pascal Senior Center	Mikki Firor, MS, Gerontologist	The Different Types of Dementia
11/14/19 6:30-8:30 pm	North County Office	Kim Burton, Director, Older Adult Programs, Maryland Coalition on Mental Health & Aging	Caregiver Mindfulness
12/12/19 6:30-8:30 pm	Annapolis Senior Center	Jennifer FitzPatrick, MSW, LCSW-C, CSP	Stop Asking How Their Day Was: Connecting More Meaningfully with People Who Have Dementia

For the entire 2019-2020 Caregiver Educational Workshop Schedule, call 410-222-4375 or go on-line to www.aacounty.org/aging.

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

To register for Dementia Live®, call 410-222-4375/4339.

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

The Department of Aging & Disabilities is grateful to our sponsors. However, the Department does not endorse any particular vendor or business. Anne Arundel County reserves the right to approve and/or refuse potential sponsors.

THE BEAUTY AND INEVITABILITY OF AGING

By Kater Leatherman

There comes a time, usually just past the midcentury mark, when we wake up and realize that the past consists of more years than our future. While today is the youngest we'll ever be again, we still feel the beat of the drum. Aging is both a privilege and a challenge.

Growing older comes with a sense that we're being left behind. We open a magazine and few people seem recognizable. A talk show host has the voice of youth. Television talking heads were born two generations ago. But we no longer need to climb the mountain. With age, we get better at just living and listening to life more.

Thankfully, the American dream that we grew up with no longer applies. We don't need to define ourselves by what we own. Things that sit, stand or hang don't hold the same appeal as they once did. So, we simplify by refusing to live a cluttered life, refusing to spend time with toxic people, refusing to worry about things we cannot change. We thrive more with less, all the way around.

It's interesting how history has a way of reflecting things back to us. When the baby boomers were swept up by the "youthquake" of the '60s, we couldn't trust anyone over 30. Now, we're hard-pressed to trust anyone under 30. We've been replaced by the millennials, also called the "echo boomers" because of the significant increase in birth rates, just like our generation of 76 million who were born between 1946 and 1964.

Eventually, most of us got married and raised a family. Then, in a flash, our children grew up and we found ourselves in the fourth or fifth decade of life. Often, that's when the body lets us know if it's been neglected. Health, our greatest asset, isn't always valued until we get sick. Unless we are willing to break our old

habits, change won't be so easily forthcoming, especially in our later years when we are more set in our ways.

One of the privileges of getting older is that with life experience comes personal freedom. We understand what's important. We choose to stop arguing with people and let them be right. We know to take on difficulties before they grow complicated. Hopefully, we make smarter choices.

It can take a long time to finally make the connection that our attachments cause unnecessary pain and suffering. We can't embrace our 70s without giving up our 60s. At times, we may struggle with wanting what we don't have, even when those things aren't always good for us. When life gets hard, it's easy to get fixated on the good old days. But one day in the future, you will look back on current times and they, too, will seem like the good old days. So you might as well enjoy them now.

At this age and stage, we understand that the quality of our life comes from how well we manage our mind. We try to avoid polarized thinking so that no matter what is happening around us, we remember to say, "*It is what it is.*" There are no standards to follow when we do this and that is a welcome relief.

We can neutralize the caseload of distractions by taking time each day to turn our attention inward. It might mean stopping throughout the day to feel yourself and your place in the world. It could be as simple as taking a few deep breaths or reading something that nourishes your soul.

By striving to be the best version of ourselves, we can in our own way move the world a little bit. Everything we do for our well-being serves the conscious collective. One of the most profound ways to make our mark is to live our life's purpose and serve others. Both will work wonders for the soul and allow us to light up the world.

Kater can be reached at katerleatherman@gmail.com

One day in the future, you will look back on current times and they, too, will seem like the good old days.

Bay Bytes

There's a reason why they use grams instead of teaspoons on the ingredient list of packaged food. Who wants to know that 30 grams of sugar found in the morning yogurt is over 6 teaspoons! Do the math: 4.7 grams = 1 teaspoon.

THE IMPACT OF DENTAL IMPLANTS

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

Do you often find yourself covering your smile because of a missing tooth or teeth? Dental implants can restore your dental health and improve your confidence. Dental implants are made with strong and durable titanium for long-lasting permanent results. But why is it important to fill in the gap left by missing teeth? Dental implants act like tooth roots for missing teeth. They fill the gap left by a tooth and keep medical conditions that often arise from missing teeth at bay. If a missing tooth is not replaced, dental problems can develop, such as:

- Tooth crowding
- Difficulty chewing
- Irregular bite
- Bone loss

Nondental issues like speech problems may also develop as a result of a missing tooth or teeth. Dental implants look and act like natural teeth and offer many benefits such as improved speech, a more comfortable bite, easier biting and chewing and better oral health. If you have a missing tooth or teeth and have

noticed problems chewing or an irregular bite, you may be a good candidate for dental implants.

The dental implant procedure involves several steps. First, CBCT scanning is used to determine implant placement. Factors like jaw structure, bone density and the position of existing teeth are taken into account before the implant procedure. This diagnostic imagery allows for more accurate and successful implant placement, minimizing impact to natural teeth or to the function of the bite for a better outcome and more stable implant.

Next, a titanium post is inserted into the jawbone and covered with a temporary crown. After a three- to six-month waiting period to ensure that soft tissues are allowed time to heal and bone is allowed to integrate with the titanium post, an abutment is placed for added support and impressions are taken to create the final restoration, a custom permanent crown. Lastly, the permanent crown is secured and the process is complete.

Dr. Woody Wooddell and Dr. Joe Passaro offer general dentistry services, and provide expert restorative and esthetic dental solutions. Visit their website at www.wp dentalgroup.com or call 410.956.5555 for more information.



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TREE PLANTINGS

Get Personal

By Leah Lancione

Many people plant trees on Earth Day (April 22) or Arbor Day (the last Friday in April). There's a new trend, however, in which a loved one or a special occasion is commemorated by planting and dedicating a tree. This sort of planting a tree carries a deeper, personal meaning, making it a living tribute. Not that there is anything wrong with traditional reasons to plant trees – to expand forests, land reclamation or landscaping. As Savatree, a tree and lawncare business notes, in addition to the personal significance tree dedications, “trees contribute to their environment by providing oxygen, improving air quality, climate amelioration, conserving water, preserving soil and supporting wildlife (www.saveatree.com/whytrees.html).”

The Arbor Day Foundation says that planting a memorial tree can “inspire energy, faith, devotion and courage and carry forward the name of those memorialized in a living, vital way that grows grander with the years.” Similarly, these trees that serve as “silent sentiments” can include a plaque with the text you desire.

There are organizations like A Living Tribute found at www.alivingtribute.org that enables folks to have a tree, or even an entire grove, planted in an honoree's name in a designated U.S. National Forest, starting at \$9.99 for one tree.

Seeds of Life found at www.seedsoflife.com

also sells a sympathy gift tree that pays tribute to a loved one who's passed away. The site offers “trees for remembrance,” including oaks, roses, magnolias, dogwoods and more. The trees sent are from a 100-acre,

family-owned farm. In addition to memorial trees for pets or humans, there are trees available to commemorate a celebration, person,

housewarming, new baby or another momentous occasion.

Not sure which tree to choose? Though any tree is a symbol of life, some grief experts say an oak tree is a good choice because it symbolizes strength and courage. Another good choice is the dogwood, which has been associated with Easter and new beginnings and renewal thanks to the flower petals that form a cross. According to the website the Universe of Symbolism, the Japanese maple represents great blessings and peaceful retreat. The palm tree symbolizes “peace, bending not breaking, and an opportunity to enrich the soul.” Others with interesting symbolism are the wisterias, which symbolize romance, the cherry tree good fortune, birch new beginnings and the maple often associated with balance and promise. For more, check out www.housebeautiful.com/lifestyle/gardening/g2373/secret-meaning-behind-common-trees/ where you simply pick a tree that symbolically communicates the message you want to convey with your tree planting. To view a wider selection of ready to plant trees and shrubs visit your local nursery or contact Schott Nursery at www.schottnurseries.com

After making your selection, decide where you want the tree to be planted. Take time to select the perfect location. For example, do you want the tree to be seen from your deck or kitchen window? Or, do you want it to be seen by other people? The entire process—from planting the seedling to caring for the growing tree—will likely be cathartic if you're grieving the loss of a loved one, or feel celebratory and special if the tree tribute is for a more festive reason.”

Bay Bytes

Anne Arundel County Public Schools offer a pass for seniors (over 55) that allows free admission to most school “admission charged” events such as sports events. Call 410.222.5000 and request the Senior Citizen Event Card. It will be mailed to you at no charge.

Explore the Season With Maestro Novo

By Dr. Mary C. McKiel

The Annapolis Symphony Orchestra's upcoming season, "Beethoven Discovers America," celebrates the 250th anniversary of the birth of the great German composer. Beethoven is, of course, a staple in the symphonic repertoire of many orchestras, but the Symphony's 2019-2020 Masterworks series goes beyond just celebration. Under the direction of Music Director José-Luis Novo, the new season highlights Beethoven's considerable influence on American music. "Beethoven is such a central figure in classical music that it is motivation enough to include his music this season, but I wanted to also show how he influenced the development and growth of classical music, and specifically in the United States. The idea of 'discovers' is a kind of imagining of Beethoven observing how things developed after his death, how his legacy inspired music in the States," Novo says.

As an immigrant himself, Beethoven shares that distinction with many important American composers. He left his native Germany to study and live in Vienna, Austria, where he spent the greater part of his life. Béla Bartók and Sergei Rachmaninov – featured in the season along with Beethoven – immigrated to America in order to further their careers at a time when the European scene was in turmoil.

Maestro Novo describes the season this way: "The most important thing is how the season is filled out, and then the pieces themselves." He intentionally structured the programs to pair works of Beethoven in each of the five concerts with pieces from both familiar and lesser-known American composers. Gershwin, Barber and Copland are already well-referenced in American symphonic music. Others, such as George Chadwick, Adam Schoenberg and female composer Stacey Garrop, are not as well-known.

Novo gathered an impressive group of solo artists for the season, starting with Canadian concert pianist Stewart Goodyear, who will play the Gershwin Piano Concerto in F major. Why not the "Rhapsody in Blue?" According to Novo, "... we initially asked Stewart to do the "Rhapsody in Blue," but it became quickly appealing when Goodyear was available that we thought we should do something bigger ... and he was delighted."

Awadagin Pratt is the second of this season's well-established pianists. Novo quips: "He's been on my radar for a long time." Pratt and Novo are recurring faculty members at the Eastern Music Festival held in Greensboro each Summer. Pratt performs Beethoven's Piano Concerto No. 1 in C major in the final concert

of the season. This concert culminates with Peter Boyer's "Ellis Island: The Dream of America." Boyer has a flair for the big orchestral sound, and the planned piece should not disappoint. Boyer is a great example of how classical musicians from all over have expanded the American classical music horizon since its earliest germination.

Lisa Pegher, percussionist, and Anne Akiko Meyers, violinist, have unique places in the 2019-2020 offerings. Not only are they performing pieces from living American composers, they commissioned them. "It's as good as it gets," Novo says, "it's their pieces! They are the best ambassadors for that music." Pegher performs Richard Danielpour's Percussion Concerto in the second of the Masterworks concerts, and Meyers performs Adam Schoenberg's work "Orchard in Fog" in the third concert.

Meyers is a returning guest artist at the Annapolis Symphony. Novo recalls: "She played with us about eight years ago and did the Barber violin concerto. For this season we explored ideas and she suggested the piece she commissioned from California artist Schoenberg."

Annapolis Symphony's own clarinet artist, Robert DiLutis, rounds out the season's guest soloists. He performs Copland's Clarinet Concerto in the fourth concert. "The style of this work," DiLutis says, "comes from many areas of Copland's life – Cuban, African and jazz are just a few of the influences that can be heard. The work is fun and not always serious. Copland is clearly writing with Goodman in mind, even using the bass at times to create a combo feel. I play the work like a classical concerto for the clarinet. I believe the jazz influence is in the writing, and I try to stay out of the way of Copland's excellent skill."

To that, Novo adds: "Robert is a terrific clarinetist – and one of the newest appointed members. He is going to be great!"

"The States are an incredible magnet for talent from other places and we are celebrating that ... musicians who came to America and became citizens. I tried to integrate some of that with our Beethoven celebration." While the American music scene at the time of Beethoven was not yet developed, Beethoven was very aware of the ideals inherent in the French Revolution and all that had inspired it, such as demands for democracy and individual freedom, and he was drawn to those ideals," Novo says.

"Events can change drastically, but it's not always entirely bad in the sense that America took advantage of artists coming to this country and enabling the music scene here to grow. That is how music schools in this country flourished, because artists coming from Europe and other places contributed so much to the culture of this country," he says.

*The States are an
incredible magnet
for talent from other
places and we are
celebrating that*

If you have thought about becoming an organ donor, you may not have thought about this: Some organs or tissue can be donated while you are alive and almost half of these donations are done that way. For more information on this from the U.S. Human Resources and Service Administration (HRSA) visit organdonor.gov The agency notes “most organ and tissue donations occur after the donor has died, (but) some organs (including a kidney or part of a liver or lung) and tissues can be donated while the donor is alive.”

Of particular note is that there are almost as many live donors as there are donors who have died. And, though transplantation saves thousands of lives a year, the need for more donors is immense. There were 113,000 on the Organ Transplant Waiting List as of January 2019. Unfortunately, HRSA statistics show that as many as 20 people on the list die each day waiting for a transplant.

So, what does it take to be an organ donor and what does the process entail? Though it's easy and straightforward to sign up online anytime or at your local department of motor vehicles, there's more to the process.

First, when someone signs up on the registry, depending on the state, a potential donor can choose which organs and/or tissues they want to donate upon their death. Maryland's Donor Registry “Donate Life Maryland” found at <https://register.donatelifemaryland.org> provides a quick and secure way to sign up to be an organ, tissue or eye donor. The online form requires some personal information, a driver's license number and address. A username and password will be given so donors can update their status.

It may seem impressive that 58 percent of American adults have signed up to give the gift of life as an organ donor. The problem is that only three in 1,000 prospective

donors die in such a way as to permit a successful transplant, according to HRSA.

For those who decide to make the commitment, there is a national computer system that considers blood type, time on the list, geographic location, as well as other vital medical information to match donors and recipients. Donors who are alive can donate a

kidney, a lung or a portion of a liver, pancreas or intestine, blood stem cells, cord blood, platelets and bone marrow. Deceased donors can dedicate kidneys, lungs, a liver, heart, pancreas, intestines, hands, faces, corneas and tissues.

Though most donors choose to donate after they die, some save a friend or relative's life by electing to be a living donor. **Organdonor.gov** says “nearly 6,000 living donations take place each year.” It is important to note that there are potential short- or long-term health side effects that can occur after donating, for example, a kidney or other vital organ. The National Institutes of Health (NIH) is currently studying the

aftereffects of living donors and national health organizations like the Department of Health and Human Services, the Division of Transplantation and the Health Resources and Services Administration, which also have ongoing research projects.

The National Living Donor Assistance Center (NLDAC) also “operates a nationwide system that provides reimbursement of travel and subsistence expenses to people being evaluated for and/or undergoing living organ donation.” The NLDAC was founded to support potential living donors who may have reduced financial means to undergo the process of donating an organ to a loved one.

The decision to be a living donor or to donate after you die is a personal one. It's essential to learn all the facts and myths associated with transplantation. More information is available at the United Network for Organ Sharing (UNOS) at <https://unos.org/transplant/frequently-asked-questions/>

GIVING THE Gift OF Life

By Leah Lancione



YOU WILL BE HAPPY AGAIN

By Elyzabeth Marcussen

We always hear about the light at the end of the tunnel from people who have had near-death experiences. It is reassuring, giving us a hopeful glimpse of our loved one's crossing over to a better world.

Terri Hussman sees that light among the living. She knows from experience there is a darkness that first falls around those who have lost someone dear: She lost her father in 1990, her first husband in 2000, her brother in 2009 and just last year, her mother died in Hospice of the Chesapeake's Rebecca Fortney Inpatient Care Center. Yet, she confidently reports that after these and many other losses, there is light at the end of the tunnel of grief.

Hospice of the Chesapeake is fortunate to have her share that perspective with its patients, families and team members on several levels. She is facilitator for its Chesapeake Life Center's Loss of Life Partner or Spouse and Parenting While Grieving groups. She has worked with the Belcher Institute as it planted the seeds for hospice, palliative and bereavement care community education through "Courageous Conversations" presentations. She has provided valuable insight as a member of the Prince George's County Advisory Board and the Hospice of the Chesapeake Foundation Board of Directors. And she and her husband, John Hussman, are the underwriters of the Hussman Palliative Care



To find out more about volunteering with Hospice of the Chesapeake, visit www.hospicechesapeake.org/volunteer or email joinus@hospicechesapeake.org or call 443.837.1508.

Center, which opened last Fall on the John & Cathy Belcher Campus in Pasadena. Terri offers the nonprofit 27 years as a systems analyst for the Goddard Space Flight Center that is tempered with a loving spirit. She earnestly feels the loss of others, understands their fears and can help them find a way through it.

The nonprofit's mission to educate the community is something she fully supports. Like the organization, she hopes that one day, preparing for the "best ending ever" becomes everyday discussion. She said the outreach efforts are working because she benefited from them. Courageous Conversations gave her the language she needed to talk with her mother about palliative care. "I was able to ask my mom, 'What are your goals?' I was able to say to her, 'You have choices.'"

Chesapeake Life Center Director Susan Coale said that having navigated the grief process as a young parent, Hussman is both compassionate and passionate about her work. "She offers us ideas and suggestions around what is helpful for grieving adults and children and is right on target with her responses to griever in our support groups," Coale said. "Her thoughtfulness and her bright energy are a real gift to both staff and griever."

It brings Hussman great joy to be able to tell others that there will be a day they think of their loved one and laugh from good memories. They will be happy again. "It's not going to be the same, but you will be happy," she said. And most importantly, "You will like the person you are on the other side of the strength you gain."



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THE LIFE & TIMES OF BEETHOVEN

OUR ENVIRONMENTAL FIRST LADY:

Lady Bird Johnson

1912 - 2007

By Kater Leatherman

In 1964, when Lyndon Johnson became our 36th president, not much was known about his wife, Lady Bird. Pictures of her standing next to her larger-than-life husband show a woman who appears demure, poised and compliant. But beneath the surface, Lady Bird had a mission. She wanted to make America beautiful again.

Born Claudia Alta Taylor in 1912, she was given the nickname "Lady Bird" by her nursemaid who said, "She's as purty as a ladybird." She grew up on the outskirts of Karnack, Texas, in "The Brick House," an antebellum plantation home. Her father, Thomas Jefferson Taylor, was a wealthy businessman who owned two general stores and 15,000 acres of cotton. Her mother, Minnie, scandalized the family by entertaining blacks in their home, a stark contrast to her father's feudal attitude that people of color were "hewers of wood and drawers of water."

At the age of five, after her mother fell down a flight of stairs and died from complications of a miscarriage, Lady Bird was largely raised by her Aunt Effie. While she found solace in the wildflowers, plants, meadows and bayous of East Texas, it was Effie who inspired her lifelong love of the outdoors.

"She opened my spirit to beauty," Lady Bird later recalled.

Shortly after she graduated from the University of Texas in the Summer of 1934 with a history and journalism degree, Lady Bird met LBJ. The next day, they had their first date and by nightfall, he proposed to her.

"I felt like a moth drawn to a flame," she told biographer Jan Jarboe Russell.

LBJ was unlike anyone she had ever met before. But she wasn't ready to get married. At the time, she thought about teach-

ing in Alaska or Hawaii. To win her over, LBJ gave her what came to be known in political circles as "the Johnson treatment," a tactic that he would use to get the necessary votes to pass the Civil Rights Act in 1964.

He was relentless and, for the next 10 weeks, bombarded her with phone calls and letters. On Nov. 16, 1934, LBJ showed up at her door with an ultimatum. The next day, they were married in a rushed ceremony in San Antonio, Texas, where he placed a \$2.50 ring from Sears, Roebuck on her finger.

The pair were a match made in heaven, especially on environmental issues. One year after he was sworn in as president, LBJ conveyed his "green legacy for tomorrow" in the first televised evening State of the Union Address on Jan. 4, 1965.

"For over three centuries the beauty of America has sustained our spirit and has enlarged our vision. We must act now to protect this heritage," he said.

He told the American people that he wanted to seek legal power to prevent pollution of our air and water, step up efforts to control harmful wastes, clean up our contaminated rivers, and create more parks and open spaces than any other period in our history.

But it was his visionary wife who was the driving force behind LBJ's environmental legislation. The first lady was not only the inspiration, but the

instigator and advocate. More than 200 conservation measures to protect the nation's land, water and air were enacted during the Johnson administration.

To showcase her vision for the country, Lady Bird set her sights on Washington, D. C. She formed a coalition of people whose efforts inspired its citizens to take action. Groups gathered to clean up the shorelines of the nearby creeks. She established

"... even more important is the individual who plants a tree or cleans a corner of neglect. For it is the individual who himself benefits and also protects a heritage of beauty for his children and future generations."

- Lady Bird

Public Pride to reduce litter and control the rat population in the slums. Rather than being torn down, historic buildings were renovated and turned into recreational and community facilities.

Influenced by Winston Churchill's statement that "first we shape our buildings, and then they shape us," Lady Bird said, "The same is true of our highways, our parks, our public buildings, and the environment we create. They shape us."

She worked with the National Park Service to beautify the nation's capital with large beds containing a variety of flowers in different colors. Mass plantings could be seen along select avenues and parkways. Most notable were the floral displays, particularly the Floral Library near the Washington Monument. Thousands of trees were installed to provide shade and beauty, including cherry trees along the basin to fill out the areas where some had died. Two documentaries were made to highlight her successes.

But it was the Highway Beautification Act (nicknamed "Lady Bird's Bill") signed into law on Oct. 22, 1965, for which she is most remembered. This pet project included restrictions on billboards, a feat unto itself given that she was up against the Outdoor Advertising Association of America, which repeatedly tried to block the bill. Unsightly junkyards were removed and screened, wildflowers planted and native grasses were restored along Interstate and major highways. Mounting accomplishments included the Wilderness Act of 1964, the Wild & Scenic Rivers Program, the Endangered Species Act and the Land & Water Conservation Fund. Because of her, our redwoods are protected and the Grand Canyon was blocked from being dammed.

In 1968, at the end of his presidency, LBJ gave his wife a plaque representing 50 major initiatives that were passed because of her. It read: "To Lady Bird, who has inspired me and millions of Americans to try to preserve our land and beautify our nation. With love from Lyndon."

After she left the White House, Lady Bird continued her public service for almost 40 years. In her beloved hill country of Texas, Lady Bird focused on enhancing the scenery along the highways, awarding prizes to those who implemented the best use of native plants. She led the making of a 10-mile trail around Town Lake in Austin, later named Lady Bird Lake. In 1982, on her 70th birthday, she founded the National Wildflower Research Center, which is now part of the University of Texas.

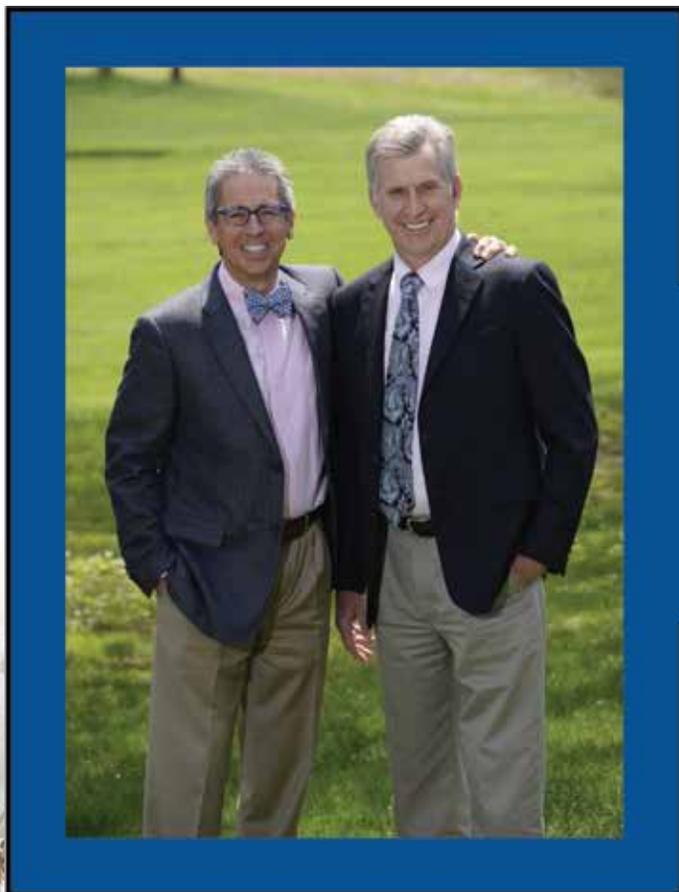
"She recognized that this was about something far bigger than one political party or one political philosophy," recalled her daughter, Luci Baines Johnson. "It was about this gorgeous land that unites us and maybe we better figure out how we're going to preserve it."

But perhaps Interior Secretary Stewart Udall said it best.

"Not only did she plant wildflowers, she planted environmental values in the hearts of citizens and decision makers, and that is really her legacy."

Incidentally, all of the granite trash receptacles at the Naval Academy are called Lady Birds.

Kater can be reached at katerleatherman@gmail.com



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Read our article "The Impact of Dental Implants" in this edition of Outlook!

We all know about what is arguably America's worst health problem: obesity. Concerns range from it's just unattractive, no matter what the plus-sizers are now trying to make acceptable, to the more serious truth that obesity contributes to a list of diseases.

Especially for seniors, however, what about that other condition? The one where you are losing weight without intending to. You could feign ignorance about that, but you would be lying to yourself. We've all had parents, other relatives or friends who began inexplicably losing pounds. Some were worrying about it, but others just flat didn't want to eat much anymore.

What about *that* condition? There are ways to address unintended weight loss, but first let's try to define when it becomes a problem and understand its potential causes. The rule of thumb among medical experts seems to be that if you lose 5% of your body weight in six months, there likely is a problem. Although one major study has found that in fully one-fourth of excessive weight loss cases, doctors were unable to find the precise cause. It can be difficult to diagnose.

But when causes are found, a seminal *Canadian Medical Journal* article is often cited, naming these as prevalent roots of the problem:

- Dementia, depression and other psychiatric conditions.
- Cancer of certain kinds were found to be "highly predictive" in patients with significant weight loss in a British doctors' team review last year of 25 studies. The review also concluded, among other things, that nonspecialist doctors might well miss weight loss as a cancer symptom.
- Gastrointestinal diseases, including ulcers, Crohn's disease and pancreatitis.
- Endocrine diseases such as thyroid imbalance or diabetes.

Particularly with older people, there are many other contributing factors to sudden weight loss, including difficulty in buying and preparing food, being paranoid about the

quality of available food, dental problems leading to pain in chewing food, diarrhea and constipation. It may not be some exotic disease you recognize in yourself, a loved one or friend, it may mean poor diet or even malnourishment. A recent study found that 39 percent of older adults (over 65) admitted to the hospital were malnourished, notes Dr. Leslie Kernisan at

<https://betterhealthwhileaging.net/qa-unintentional-weight-loss-in-aging/>

And here's a surprise culprit. Maybe because you associate it only with pain and lack of physical dexterity, the Mayo Clinic reminds us that prominent symptoms from rheumatoid arthritis are fever, fatigue and weight loss.

Whatever the potential cause, if you reach that 5% threshold in weight loss, it's time to see the doctor. Blood tests and imaging will no doubt get involved, but you can help the process by mentioning to the doctor any new factors in your life – new diets, new medications, any recent, intense physical exercise or mentally stressful situations.

As Dr. Lynne Eldridge, a well-known patient advocate, at www.verywellhealth.com/unexplained-weight-loss-definition-and-causes-2249307?

By Mick Rood

puts it: "If you are losing weight without trying, it is important to make an appointment to see your doctor, even if you think there is an explanation for your weight loss. It's important to be your own advocate and continue to ask the question why if you don't feel you have an adequate explanation. Ask for a second opinion if needed."

If your doctor's evaluation is inconclusive, the Mayo Clinic also says that a period of "watchful waiting" for one to six months may be in order. You should keep monitoring your weight. And

maybe, the clinic says, on the advice of your doctor or a nutritionist, take up a special diet to keep from losing more pounds or to replace the lost weight.

Mick Rood, who is managing editor of OutLook, recently lost some not-so-extra weight, and may soon be following some of his own advice. He can be contacted at mickrood@aol.com

WHEN WEIGHT LOSS ISN'T WANTED



INFORMED CHOICES

By Ryan Helfenbein

Out of all the mysteries of the art of undertaking, the one that seems to get the most attention is embalming. It wasn't until the Civil War that embalming was perfected as a method of preservation and since then it has become a standard way to allow relatives, friends and community to witness the reality of a loss. But for some reason there has been a recent push in media reports suggesting that consumers not allow undertakers to perform this sometimes necessary task. There seems to be a false belief that it's "over the top" expensive, not required and the real biggie – not necessary when cremation is selected. With more and more inquiries on this very question, let's explore the topic of embalming and learn why it is still performed today.

First, embalming is nothing like what our Egyptian ancestors performed many moons ago. Today it is a minimally invasive procedure that allows an undertaker to introduce a chemical solution to slow down the natural process that all living organisms undergo when they die. More importantly it is a cleansing process that disinfects the human remains so that anyone can witness in person the reality of the loss. In addition, it is a method to make any cosmetic repairs that might be required to return an individual to a more natural appearance. Embalming is not something that undertakers look forward to doing, rather it is an option available to them in order to provide the best means for close relatives and friends to see a lost loved one a final time in the most natural state possible. Scientifically, it provides a safe memory of the individual because natural bacteria that expedites the biological process is now under

Bay Bytes

www.VOLUNTEER.gov offers many opportunities year round in the national parks such as a trail volunteer, historical society docent, office worker, interpreter and hundreds of other positions for adults of all ages in all states.

control and the deceased has been cleansed to provide a safe environment for all who come in contact with them.

Often, families come to the funeral home with questions about why embalming might be necessary, especially those working on a budget. Under Maryland law, a funeral home must use refrigeration or embalming immediately when a decedent comes into their care. The decision of whether or not embalming

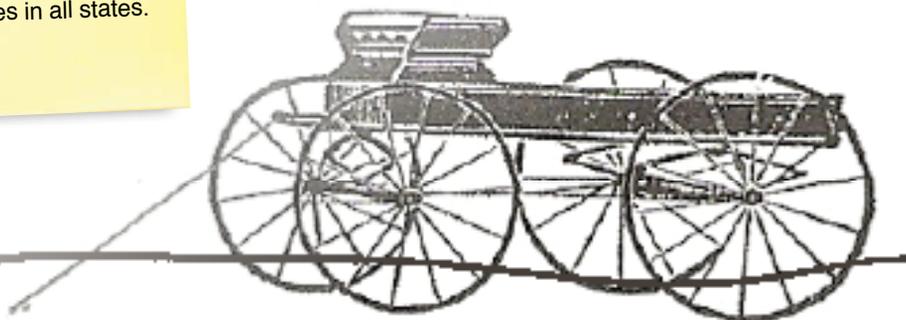
should be performed is based on what sorts of services the family plans. For example, if there is not going to be a public viewing, travel over long distances or state lines or if a *green burial* is planned, embalming would not be necessary. However, if there is going to be a viewing, followed by either burial or cremation, embalming is

recommended. So, based on state law alone, if there are to be multiple viewings of the body for the public, the deceased is going to either need to be embalmed or that funeral home is going to need to turn the air conditioning down mighty low.

The question of embalming is a very personal decision and one that should be discussed with an undertaker, in advance when possible. If this decision is being considered, it is best to allow your undertaker to perform the task sooner rather than later, since a much better result can be obtained the more quickly embalming is carried out. If permitted, there is no doubt that embalming will appear as an expense on the statement for funeral services. But by seeking the advice of a professional undertaker, and gaining a clear understanding of why this might be necessary, you can make the best decision about embalming based on what will provide you and your family with the most comforting goodbye.

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

Embalming is nothing like what our Egyptian ancestors performed.



Amy's new dog, Sam, had more energy than her middle-aged owner expected. Amy fell in love with the tiny Maltese mix on an animal rescue website. After clicking on the link to the dog's photo several times, she brought the little pooch home. Within a few days, Sam began regularly demanding Amy's attention. It seemed that whenever she sat down to read or type on her computer, after 20 minutes passed, Sam came and barked at her to get up. The dog usually wanted to go outside, have a treat, or just receive some extra attention. Whatever her reason, she wanted Amy to stand up. Once she was standing, Amy usually found herself completing a household task—taking out the garbage or emptying the dishwasher—before she sat down once again.

After a couple of weeks of being annoyed at this canine behavior, Amy experienced an epiphany. "Sam is doing something important for me—she is preventing me from becoming a couch potato!" This prompted her to learn more about avoiding couch potato behavior. She learned that after a person has been sitting for a while, any movement is good for the body and can help promote fitness. The following are some suggestions to help you keep moving:

- Set a timer for when you'd like to stand up and move around -- after 20 minutes, 30 minutes, however long you'd like.
- Add some extra movement to everyday tasks. Squat while you brush your teeth. Add calf and hamstring stretches to your to-do list. Feel free to dance down the hall or grab those kids and bust a move together. Put on your—or their—favorite music and make that family room rock.
- Music is everywhere. So move to it at every opportunity, even if it's just taking a spin after you've pulled up a sheet on the bed or breaking into a shimmy between rinsing the dishes and the silverware.

HOW TO AVOID BECOMING A COUCH POTATO

By Carolyn Campbell

- If you have a lunch hour, you'll probably finish eating in just 10 minutes. Budget the rest for walking, rather than sitting.
- Pick up the pace while walking. Whether it's down a grocery aisle or down your basement hallway, you'll burn more calories if you walk faster. Faster walking also strengthens leg muscles and is good for your lungs, heart and happiness quotient.
- Clean a little every day. The movement required to vacuum, dust, wash windows or do laundry burns calories and can even get your blood pumping. Exaggerate your moves, burn even more calories and get a spotless house in the process.
- Use the most movement you can out of your kitchen tasks. Choose cast iron pans and pots because they are heavier. A cleaver is heavier than a kitchen knife when it comes to chopping, which can provide a bit more of a workout for your wrists, fingers and arm muscles.
- Refrigerate your drinking water in a jug—it gives your wrists and arms eight pounds to lift.
- Park close to the exit rather than the entrance. If you park at the far end of the lot, it you could take 200 steps before reaching the store. This could add 40,000 steps to your daily activities in one year.
- Set a quota of 60 stairs—or six flights—per day. Walking just two flights a day melts enough calories to let you drop six pounds in a year. Swear off elevators and add more stairs to your day.
- Set a goal to stand more than you sit for all your waking hours.
- Take an "outdoor break" and walk around. Pick up stray shoes or trash. Walk the dog. Pull weeds. Practice your

Bay Bytes

Interested in your life expectancy? Log onto www.Livingto100.com for an interesting and enlightening questionnaire that will give you not only an approximate expectation of age, but a few suggestions of how to improve the years ahead.

golf swing. Use a rake rather than a leaf blower.

- Buy and use a pull-up bar. If they're not too heavy, lift those grocery bags rather than using a cart.
- When watching TV, stand and leave the room to complete a task whenever a commercial comes on. Or just stand or stretch or move around for part of the show.
- Listen to music or books on tape while walking or standing.
- Get a headset for your phone so you can stand and move while you talk. Remember to talk while standing. Walk or pace and don't stop to sit and chat. If you need to talk with a business associate, schedule a "walking meeting." Use the voice recorder on your smart phone or bring a small pad and pen to take notes.
- Take short "activity breaks" where you walk up a couple of flights of stairs or around the block.
- Stand up while using the computer. Feel free to bend, stretch and wiggle while you do.
- You'll walk more if you ride the bus or take the train into the city.

The Centers For Disease Control and Prevention and the American College of Sports Medicine issued a joint recommendation that people need 30 minutes or more of

moderate-intensity activity on most if not all days of the week. Five days defines the threshold of "most" days, but one day is better than none. Such physical activity should increase breathing ,but not be so difficult that you can't carry on a conversation while doing it.

Consider using a pedometer to track the number of steps you take during the day to see if you are meeting the recommended amount of activity. Aim for 6,000 to 10,000 steps per day. Some pedometers also measure energy expenditures to help monitor the amount of activity. And for fun there's the "Fit Bit," found at www.fitbit.com/home -- an interesting wrist gadget that measures not only your activity, but your sleep, weight and exercise.

People who don't have time to be active or play sports during the week can become "weekend warriors" and accomplish enough physical activity on the weekends to burn as many calories as the weekly recommendation. While this does not equal daily activity, it is still better than someone who does not exercise at all.

After Amy learned more about movement and health, she made sure that she moved more each day. Best of all, she and Sam reached a comfortable truce. Amy discovered that Sam loved to languish within a warm quilt. Now the two of them regularly relax on a couch—Amy with her book and Sam wrapped up in a quilt. Sam is still ready for Amy to stand up after about 40 minutes, and now that's just fine with Amy.

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We are all aware of the connection between exercise and well-being. Now there is ample evidence that connects socializing to mental and physical health as well as longevity. Many studies have concluded that an active social life can boost the immune system, lower blood pressure and reduce physical pain that is reinforced by depression. People who socialize regularly are much less likely to suffer cognitive decline as seniors. Plus, people in large groups are more likely to encourage healthy habits among themselves, including exercise.

A study appearing in the *Annals of Family Medicine* concluded that social contact may be as effective as physical activity in improving mood and quality of life. Researchers at the University of Michigan tested people between the ages of 24 and 96. They discovered that even 10 minutes of social interaction improved cognitive performance. Getting out, talking to others and sharing experiences can both engage the brain and provide life enrichment. Social activities help ward off loneliness. They promote a sense of enjoyment, belonging and safety that helps people to feel secure.

What are some ways to seek social opportunities as a senior?

VOLUNTEERING:

It's possible to move past your own insularity by helping others with their problems. You can volunteer for a cause you believe in. Consider getting involved with a local service club such as Kiwanis, Rotary, Lions or the Chamber of Commerce. Many nonprofit organizations and charities need all kinds of help. Local hospitals, libraries and senior centers often need volunteers. A friend who volunteers at the local hospital has become friends with both the other volunteers and some employees. She also joined an auxiliary committee and they started having lunch meetings.

VISIT A SENIOR CENTER:

With all of the programs and activities, senior centers are absolutely great for socialization. There is a wide selection of activities to enjoy with others.

TAKE AN ACTIVE ROLE IN FRIENDSHIP:

Make in-person contacts a priority. Meet friends for lunch or ice cream, go shopping together, take a walk or invite a group of friends for a Saturday lunch at your home. Just like the saying, "a change is as good as a rest," a get-together with a friend can provide you with a fresh outlook and a new perspective. Consider picking up the phone at least once a week to speak to a friend. If you are working, set a goal to have lunch with a friend at least twice a week. Some people don't allocate time for something like this because they consider friendships to be secondary in comparison with responsibilities to families, volunteer work or careers. But, really, having friends can make a person happier and more content in family, work and volunteer relationships.

CHECK OUT CLUBS, SUPPORT GROUPS OR HOBBY GROUPS:

Whatever interest you already have or want to pursue, there is usually a local group of people who have a passion for the same interest, whether it's playing bridge or ballroom dancing. You will instantly have something in common with other members of the group. Even if your favorite way to relax is to read a book alone on your couch, consider joining a book club to share thoughts and socialize. Along with your interests, consider your needs that may be fed by socializing with others. Support groups offer the unique camaraderie for people who truly understand each other's situations. They are a place to share ideas and feelings. Meeting in a group is efficient, because you see a lot of people at once and it also means you're creating a social network, not just a one-on-one friendship. It's a lot easier to maintain friendships with people if you have several friends in common. No one is more attractive to others than someone who is engaged in life.

SEEKING Social OPPORTUNITIES AS A SENIOR

By Carolyn Campbell



Why are you winding down? There's so much more that you could do.

Whether you take a writing course, join a fitness center, sign up for painting classes or volunteer at your local soup kitchen, find an interest that stirs your passions and puts you in contact with the same people on a regular basis.

ENROLL IN A GROUP EXERCISE CLASS:

Consider water aerobics, dance or walking with your neighbors. It's easier and more fun to seek your regular exercise if you combine it with socializing.

PLAY ON A TEAM:

Join a bowling league, Frisbee golf team, volleyball team, golf team or walking club. There are even groups that play Wii-games together.

CHURCH ATTENDANCE:

Churches can be a main source of socializing throughout one's life. Many churches have senior and single group activities such as dinners, game nights and outings, along with the socialization that takes place during regular worship.

SHARE A MEAL:

Eating a healthy diet is important, yet, possibly the greatest digestive aid is the company of others. Consider forming a monthly lunch group to try different restaurants—or homemade lunches at each other's homes. One group of writers who met for lunch would simply ask, "Has anyone written this month?" After everyone said yes or no, the consensus was simply, "Let's eat." Some senior groups host breakfast meeting at local restaurants or senior centers.

USE SOCIAL MEDIA:

If it's difficult to get out because you live in a rural area, have health problems or are caring for a loved one, the virtual world can open endless new opportunities. Although it's not the same as in-person time, connecting online can help you keep in touch with other people. Using Facebook or Twitter or emailing or texting is a way to say hello and I'm thinking of you. An 84-year-old woman said, "Contrary to the idea that the internet destroys our capacity for personal interaction,

I feel as though I have expanded my circle of friends on social media and have had the chance to meet some in person. If you can keyboard quickly, you can interact with people you would never otherwise meet by sharing similar interests.

MOVE TO A RETIREMENT COMMUNITY:

New friendships can easily be made at retirement communities, which have programs and activities to encourage socializing.

CONSIDER A PART-TIME JOB:

Work has always been the number one provider of friendships. Part-time work can help fill the need to socialize while not requiring a full-time commitment.

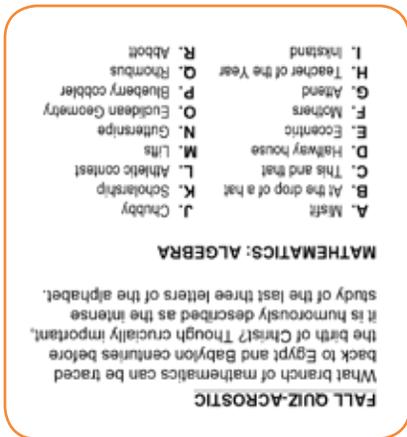
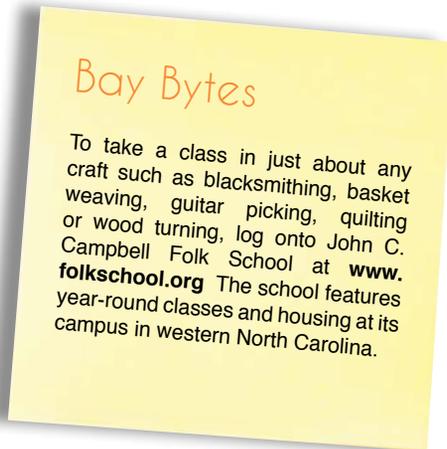
PURSUE LIFELONG LEARNING:

Classes of any type stimulate your mind as well offering interaction with fellow students and teachers. Consider taking—or teaching—continuing-ed classes at your local college. Many high schools and senior centers also offer community education classes.

PUT MULTIPLE MINDS TOGETHER FOR GAMES OR BRAIN AEROBICS:

Doing crossword puzzles or Sudoku is generally a solitary effort, but lots of brain-building activities can be done with others. Board games like Scrabble, Upwords, Trivial Pursuit and Smart Mouth, for example, are fun precisely because they involve combining the power of multiple minds.

While it does require some effort to seek out social opportunities, time spent socializing can help build your confidence, strengthen your sense that life has meaning and purpose, raise your spirits and confidence and help protect you against the effects of stress and loss.



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AT 50:

THE MAKING OF BUTCH CASSIDY AND THE SUNDANCE KID

By Kater Leatherman

Fifty years ago, on Oct. 23, 1969, *Butch Cassidy and the Sundance Kid* was released. Directed by George Roy Hill, it starred Paul Newman as Butch Cassidy, Robert Redford as the Sundance Kid and his lover, Etta Place, played by the Katherine Ross. The true story of two infamous outlaws who robbed trains and banks before fleeing to South America was hailed as a groundbreaking western. It would win three of six Academy Award nominations and gross more than \$102 million (\$725 million today).

At the time, the movie hit a nerve. America was deeply involved in the Vietnam War. Protests were drawing thousands into the streets to oppose the war machine that they believed was supporting a misguided adventure. A film depicting two anti-heroes fighting back against authority effectively captured the spirit of the 1960s. And, much like the Old West before the shrinking of the frontier, our country was changing in unprecedented ways.

The movie, originally titled *The Sundance Kid and Butch Cassidy*, was written by William Goldman and bought by Richard Zanuck for \$400,000, the highest amount ever paid for an original screenplay. Goldman, who won an Academy Award, wrote the story with Paul Newman and Jack Lemmon in mind. But Lemmon wasn't interested because he didn't like riding horses. Brando was going to do it, but thought it was too much like *Bonnie and Clyde*. Steve McQueen was favored but backed out when he couldn't get top billing.

It was Paul Newman's wife, Joanne Woodward, who suggested the lesser-known stage actor, Robert Redford, for the role of Sundance. Both Newman and screenwriter Goldman thought it was a great choice, as did director Hill, who went to the mat for Redford by pestering 20th Century Fox until they agreed to give him the role.

The first day of shooting, Sept. 16, 1968, took place between Silverton and Durango in Colorado on the Narrow Gauge Railway with the only existing period train in operation at the time. In the story, E. H. Harriman -- the Bill Gates of his day -- ran

the Union Pacific Railway. After Butch Cassidy's Hole in the Wall Gang robbed his train a few times, Harriman retaliated by forming a super posse and outfitting a train car to transport the detectives and their horses. In the script, the fierce but unsuccessful chase to catch Butch and Sundance was portrayed in a 27-minute sequence that included stunning views through Zion National Park, Sun Canyon and St. George, Utah. Conrad Hall won the Academy Award for cinematography.

During the making of the film, Katharine Ross was dating Conrad Hall, whom she would later marry. Because she had an interest in photography, Hall allowed her to operate one of the less important cameras for a scene where it wouldn't have mattered if she was an amateur. Some of the crewmembers took offense to this, including director Hill, who was so furious that he banned her from the set except when she was needed for a scene.

"It was very devastating and, in a way, that haunted me for the rest of the film," Ross said in a 1994 interview. It would take her a long time before she even wanted to see the finished film, admitting that any day away from George Roy Hill was a good one.

Newman and Redford thought otherwise, praising Hill for his great eye for detail and performance. As an actor, Newman said it didn't get any better than working with Hill, a director who was not only perverse enough to make it lively, but always knew exactly what he wanted from a scene.

For Newman's romantic bicycle ride with Katharine Ross, the studio sent a stunt double who practiced for days. But when it came time to shoot it, he thought it was too dangerous. Other accounts say he wasn't able to do them. So Newman stepped in and did everything except for the backwards crash through the fence, which was done by cinematographer Hall.

In the bike scene, the first of three musical interludes in the film, Burt Bacharach had to talk Hill into a pop song with lyrics (at the time an inconceivable idea for a western movie).

“Raindrops Keep Fallin’ on My Head” would go on to become Burt Bacharach’s biggest hit and B. J. Thomas’ signature song. Released in October 1969 to coincide with the opening of the movie, “Raindrops” climbed to No. 1 on Jan. 3, 1970, and stayed there for four weeks straight. For best original score, Bacharach won the Academy Award.

In the famous jump into Durango’s Animus River to escape the unrelenting posse -- the scene where Sundance admits that he can’t swim and Butch laughingly tells him that the fall would probably kill him -- a platform was built six feet off the edge of the cliff for them to land on. Because the water wasn’t deep enough, the actual jump was done by two stuntmen at the Fox Ranch in Malibu, California, where they set up a 70-foot crane above the water. The jump was then shot through a sheet of glass that was painted to look like the cliffs around Durango, Colorado.

To re-create the trip to New York before Butch, Sundance and Etta sailed for South America, Hill wanted to shoot it at Fox Studio where they had built a magnificent turn-of-the-century set for *Hello Dolly!* But Zanuck didn’t want them showing the street to the public before the *Dolly!* release. So instead, Hill decided to take stills of the three actors and make a montage of period photographs with them pasted in. Add Edith Head’s well-crafted costumes and Burt Bacharach’s multilayered score, and you have a movie that is also charming.

While working on location in Mexico, Paul Newman began an 18-month affair with Nancy Bacon, a divorced Hollywood journalist on assignment to do a story about him. According to Shawn Levy’s biography, *Paul Newman: A Life*, Redford helped him hide the affair. Eventually, Bacon broke it off because of Newman’s heavy drinking, claiming that “he wore a bottle opener on a chain around his neck and drank up to a case of beer a day, followed by scotch.”

Buddies both on and off the set, Robert Redford and Paul Newman agreed that they had more fun making this movie than any other in their careers. While the pair had great chemistry on screen, they didn’t always agree. Redford was notoriously

late. Newman wanted rehearsals; Redford didn’t feel the need for them, saying they affected his ability to be spontaneous. After Redford jumped onto the moving train and made his way to the engine car for the first holdup, Newman angrily said to him, “I don’t want any heroics around here. I don’t want to lose a co-star!”

As far as westerns go, there is nothing conventional about this movie, including the freeze-frame ending. The disclaimer at the beginning of the film “most of what follows is true,” requires sorting fact from fiction throughout the film. Although Etta Place did leave for South America -- then disappear without a trace -- no one really knows how Butch and Sundance died. Butch’s youngest sister, Lula Parker Betenson, claims that he came to visit her in 1925, 16 years after he and Sundance supposedly died in San Vicente Canton, Bolivia.

When the film was test-screened for audiences, it was sent back for editing because the studio thought the viewers laughed too much (western comedies didn’t do well at the box office). When it was finally released, the reviews were lousy. Roger Ebert thought it was “slow and disappointing,” and gave it two and one-half stars. In the *Chicago Tribune*, Gene Siskel claimed it was “too cute to be believed ... not memorable.” But audiences loved it and, within a few weeks, the movie rose above any negative criticism to become the top grossing film of 1969 and one of the most popular westerns ever made.

In 1976, for a story in *National Geographic*, Robert Redford followed the Outlaw Trail. He wrote: “As technology thrusts us relentlessly into the future, I find myself more interested in the past. We seem to have lost something -- something vital, something of individuality and passion. That may be why we tend to view the western outlaw, rightly or not, as a romantic figure.”

With its mix of humor, romance, tragedy and surprise, the success of *Butch Cassidy and the Sundance Kid* was an ingenious blend of Hollywood and history that straddled the mainstream and the counterculture. In the end, it opened a door that allowed historians and family members to reach back through time and rediscover an important story that had almost been lost.

**"MOST OF WHAT
FOLLOWS IS TRUE,"
A DISCLAIMER AT
THE BEGINNING OF
THE FILM REQUIRED
SORTING FACT
FROM FICTION ...**

Kater can be reached at katerleatherman@gmail.com

POSITIVE AND NEGATIVE

VELCRO AND TEFLON

By Dr. Jim David

Fall is upon us. We pray it will cool our tiny blue dot in the universe, our earthly home. We trust it will serve to energize the 86 billion neurons each of us has in our brains.

Many of us have experienced the “Velcro-Teflon” phenomenon. We latch onto negative news and overlook positive events right in front of us. Although some fortunate folks stay so positive that the opposite phenomenon occurs. They notice all the delight and minimize the horrible.

Take a moment now to think about your Velcro attachment to negative news and events while completely missing the positives surrounding you. I noticed while working in a large clinical department in a large medical center that we fixated and ruminated on unwelcome policy changes while ignoring the countless positives of our employment. We failed to appreciate our generous salaries and benefits, our supportive environment, our fulfilling work with patients, our kindness with one another. The list of positives was endless.

A particularly virulent form of “Velcroitis” is family hurt. That’s when someone emotionally close to us injures us and our emotional skin becomes even thinner.

In my personal life I have only recently noticed that my gigantic unease (ego injury) with some aspects of our retirement community has greatly blocked enjoying our new home for two years. I have been saturated with Velcroitis while unaware of what I was doing to myself. Amazing! Terrible!

BRAIN STUDIES: Multiple brain research studies confirm that we are hardwired by evolution to dwell on problems, while being endlessly oblivious to our omnipresent good fortune. We not only fixate on bad experiences long after their expiration, we also ruin our enjoyment of the present by energetically anticipating what might go wrong in the future. We say to ourselves and others, “No one will be home. They are too busy. They would not be interested. That room is too small.” We have negative thoughts without any factual basis.

The essential tragedy of our eagerness to identify problems rather than see bright-side solutions is that we miss the simple happiness, fulfillment and peace that accompany positivity and gratitude. How do we acquire a life of being constantly positive and thankful for anything and everything?

Brain research by noted neuroscientist and psychotherapist Rick Hanson discovered the Velcro-Teflon tendency and an antidote for it. To cement a positive thought or feeling in our brains we must consciously hold onto it for at least 15 seconds. Is

that not amazing? Our neurons need a few seconds to create a new, viable neuronal cluster that endures. See Hanson’s *Hardwiring Happiness*.

Of course, the longer we stay in a state of positivity and gratitude the more enduring is our reward. I tell my patients, “We are only built for one day at a time.” In other words, we frail and fragile human beings need restorative friends, inspirational enrichment, invigorating exercise, etc., every day or we atrophy. We need to intentionally practice the liberating enjoyment of positive responses to events and gratitude at all times. It requires daily practice.

ORIGINAL CHOICE: Maybe our Velcro-Teflon brains are also shaped by our cultures. Many of us who were raised as Christians grew up with incessant reminding that we are sinners. This teaching originated with Augustine in the 5th century when he coined the term “original sin,” based upon his reading of Adam and Eve offending God in Genesis 3. Augustine overlooked Genesis 1 where God called all creation good and even very good.

We might be wiser and more spiritually correct by replacing original sin with our “original goodness” as explained by Richard Rohr in *The Universal Christ* and Owen Barfield in *Saving the Appearances*. This could refocus our attention from woes to wonderfulness.

Instead of subscribing to either original sin or original goodness, I propose “original choice.” As homo sapiens we have differentiated ourselves on our evolutionary journey, with a distinguishing feature, which is our ability to evaluate and choose. Every day we encounter “forks in the road.” Which path will we take? The path of our first impulse or natural tendency, or will we pinch ourselves, wake up and choose a path that is positive and rewarding for us?

We strengthen our ability to make wise choices by consciously opting to make more and more wise choices. But how do we position ourselves to get on the path of healthy, wise choices? Focus on positivity in all things rather than negativity and live in mindfulness.

MINDFULNESS: What underpinning is needed to move from Velcro to embracing and enjoying what is in the present moment? In earlier times we called it *awareness*. See *Awareness*, an iconic book by Anthony DeMello. Nowadays we call it *mindfulness*. When you Google mindfulness you will read that mindfulness flows out of or is created by meditation. Living in

You do know that procrastination is no longer an option?

awareness or mindfulness requires some form of meditative or contemplative practice; there are many choices available for us, but silence, solitude and simplicity are required.

HABITS RULE: Another consideration in moving from an unhealthy Velcro to a healthy Velcro is to recognize that we all get attached or addicted to something. We all need some form of respite from our normal cognitive or conscious state. In his classic book, *Positive Addictions*, William Glasser urges us to evaluate our habits, attachments or addictions to determine if they are healthy

or unhealthy, somewhat suboptimal or only partly beneficial. The attractive aspect of acquiring healthy habits is that they become self-sustaining as they are intrinsically rewarding. The old adage that so-called sinful or negative behaviors are more delightful than virtuous behaviors is an enduring fallacy. Goodbye unhealthy Velcro! Hello healthy Velcro! We Velcro positivity and Teflon negativity!

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

APPRECIATING CHESAPEAKE WOODEN BOAT RACES

By Ellen Moyer

It was 1984. For two days in October, 30,000 residents gathered at Sandy Point State Park to celebrate the bounty and heritage of the Chesapeake Bay. In its 20th year, the featured attraction on Chesapeake Appreciation Days was the sailboat races of the modern fleet Alberg 30 and the historic wooden skipjacks, the last of the commercial fishing fleet under sail in North America. Many of us remember watching in awe as the captains hoisted their mainsails on the single mast to challenge peers and demonstrate the agility of these boats, some 100 years old.

But times change. Skipjacks were first built at the height of the state's oyster trade in the 1890s. At one time there were 2,000 of them on the Chesapeake. The oyster population was almost gone. Harvests of 15 million bushels vanished. Skipjacks were abandoned and fell apart. Today, maybe 30 skipjacks survive. Chesapeake Appreciation Days at Sandy Point are no more.

At one time from Havre de Gras to Solomon's Island, 80 skipjacks, informally challenged each other in dozens of races as they prepared their boats and crews for the Fall and Winter oyster season. Two races remain.

As Chesapeake Appreciation Days faded, the Dorchester Skipjack Committee formed to open up opportunities for tourism and celebration of the skipjack. They began in 1991 by building the newest of the Bay's skipjacks -- *Nathan*.

Today Cambridge is the center of the Choptank Heritage Skipjack Race, which takes place on the third Saturday in September. *Nathan* of Dorchester, now a passenger and charter boat, leads the parade of skipjacks before the race begins, which is visible from Long's Wharf at 10 a.m. *Nathan* won the race and a year of bragging rights in 1998.

Two years later *Nathan* won the Deal Island, Somerset County Skipjack Race in Deal Harbor, an event sponsored by the Chance Lions Club, now in its 60th year. Appreciation of our Chesapeake heritage boats is alive. It provides major fundraising for the Lions Club, which supports a variety of community

programs for needy families, youth and education.

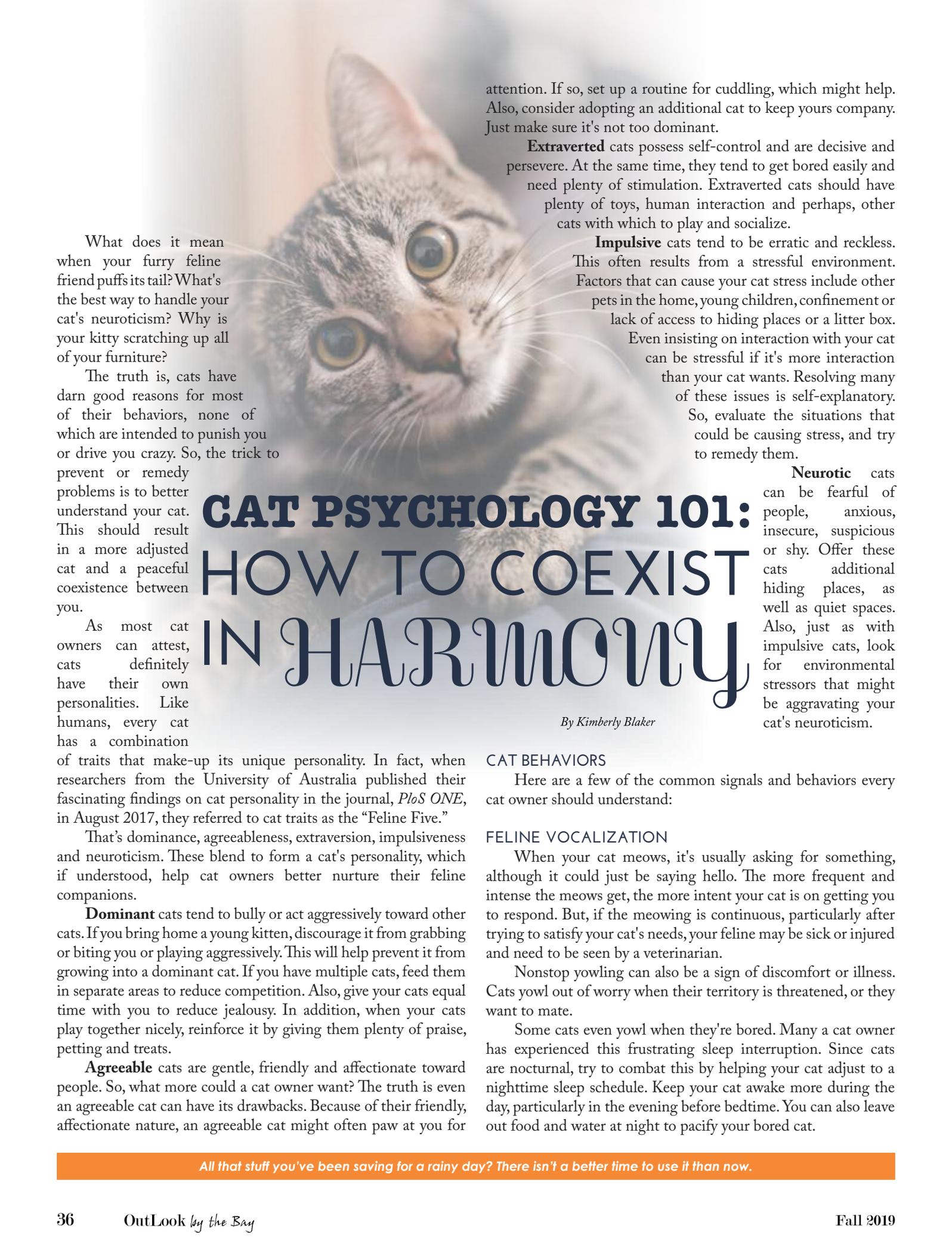
The skipjack is the official state boat. It was named in 2000 by the Maryland legislature to spur action to preserve and restore the Chesapeake skipjack fleet, a symbol of a Maryland lifestyle that is fast disappearing. The Maryland Historic Trust and the National Trust for Historic Preservation provided funding to restore the few sailing work boats that still dredge for oysters in a once-flourishing international industry.

Ten years ago, Annapolis inaugurated another wooden boat race featuring old classic leisure sailboats that often competed against each other. Now hosted in Annapolis Harbor and the Severn by the National Sailing Hall of Fame, this year the Classic Wooden Sailboat Rendezvous and Race will feature leisure class boats 6 to 100 feet. It is supported by the Eastport Yacht Club that just happens to have the best viewing site. Two years ago the Australia Classics joined the Annapolis event to race *The Bull and Bear*, anchored near City Dock. *Bull and Bear* was no match for the 100-year-old "Sydney Flying Squadron" that won two of three challenges. Though this was serious business according to wooden boat owner Tom Gahs, who owns the 95-year-old *Star*, the first one on the Bay, "we don't take the races that seriously. This is good times, with classic beautiful elegant boats with stories to tell."

This year the Sailboat and Rendezvous and Race is set for Sept. 21 and 22. If you are interested in participating, contact Eastport Yacht Club or the cohost Chesapeake Traditional Sailing Association.

September is a great month to watch the sailing icons of the Bay as their captains strut their stuff with great pride. Wooden classics and skipjacks showcase our leisure and working historic sailboats. Chesapeake Appreciation Days, formally initiated in 1964, carries on in Annapolis, Cambridge and Deal Island.

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



attention. If so, set up a routine for cuddling, which might help. Also, consider adopting an additional cat to keep yours company. Just make sure it's not too dominant.

Extraverted cats possess self-control and are decisive and persevere. At the same time, they tend to get bored easily and need plenty of stimulation. Extraverted cats should have plenty of toys, human interaction and perhaps, other cats with which to play and socialize.

Impulsive cats tend to be erratic and reckless. This often results from a stressful environment. Factors that can cause your cat stress include other pets in the home, young children, confinement or lack of access to hiding places or a litter box.

Even insisting on interaction with your cat can be stressful if it's more interaction than your cat wants. Resolving many of these issues is self-explanatory. So, evaluate the situations that could be causing stress, and try to remedy them.

Neurotic cats can be fearful of people, anxious, insecure, suspicious or shy. Offer these cats additional hiding places, as well as quiet spaces. Also, just as with impulsive cats, look for environmental stressors that might be aggravating your cat's neuroticism.

What does it mean when your furry feline friend puffs its tail? What's the best way to handle your cat's neuroticism? Why is your kitty scratching up all of your furniture?

The truth is, cats have darn good reasons for most of their behaviors, none of which are intended to punish you or drive you crazy. So, the trick to prevent or remedy problems is to better understand your cat. This should result in a more adjusted cat and a peaceful coexistence between you.

As most cat owners can attest, cats definitely have their own personalities. Like humans, every cat has a combination of traits that make-up its unique personality. In fact, when researchers from the University of Australia published their fascinating findings on cat personality in the journal, *PloS ONE*, in August 2017, they referred to cat traits as the "Feline Five."

That's dominance, agreeableness, extraversion, impulsiveness and neuroticism. These blend to form a cat's personality, which if understood, help cat owners better nurture their feline companions.

Dominant cats tend to bully or act aggressively toward other cats. If you bring home a young kitten, discourage it from grabbing or biting you or playing aggressively. This will help prevent it from growing into a dominant cat. If you have multiple cats, feed them in separate areas to reduce competition. Also, give your cats equal time with you to reduce jealousy. In addition, when your cats play together nicely, reinforce it by giving them plenty of praise, petting and treats.

Agreeable cats are gentle, friendly and affectionate toward people. So, what more could a cat owner want? The truth is even an agreeable cat can have its drawbacks. Because of their friendly, affectionate nature, an agreeable cat might often paw at you for

CAT PSYCHOLOGY 101: HOW TO COEXIST IN HARMONY

By Kimberly Blaker

CAT BEHAVIORS

Here are a few of the common signals and behaviors every cat owner should understand:

FELINE VOCALIZATION

When your cat meows, it's usually asking for something, although it could just be saying hello. The more frequent and intense the meows get, the more intent your cat is on getting you to respond. But, if the meowing is continuous, particularly after trying to satisfy your cat's needs, your feline may be sick or injured and need to be seen by a veterinarian.

Nonstop yowling can also be a sign of discomfort or illness. Cats yowl out of worry when their territory is threatened, or they want to mate.

Some cats even yowl when they're bored. Many a cat owner has experienced this frustrating sleep interruption. Since cats are nocturnal, try to combat this by helping your cat adjust to a nighttime sleep schedule. Keep your cat awake more during the day, particularly in the evening before bedtime. You can also leave out food and water at night to pacify your bored cat.

All that stuff you've been saving for a rainy day? There isn't a better time to use it than now.

Purring usually signifies contentment, although cats sometimes purr when they're worried. You can decipher the meaning by looking at your cat's body language. A tense posture and ears laid back most likely indicate worry.

Hissing, snarling, or growling is a clear warning to back off, or else. When a cat feels threatened, it might scratch or bite. Remove the threat, such as your playful puppy or toddler, immediately.

TAILS TELL A TALE

A cat's tail movement says a lot about what it's thinking or feeling. When a cat sweeps its tail widely, it's annoyed or wants to be left alone. If a cat becomes very agitated or frightened, its tail movement is intensified and sweeps back and forth rapidly. Either cue indicates the cat wants to be left alone. The latter cue also indicates it's ready to flee or attack.

Cats can puff up their tails, too, which can be for several reasons. If your cat has its ears erect and whiskers pointed forward when its tail is puffed up, the cat's usually happy or having fun. But, when a bristled tail points straight up or down, possibly coinciding with an arched back and flattened ears, the cat is fearful. When the fur on a cat's whole body puffs up, the cat's very

angry and might even hiss. Cats sometimes do this to intimidate. But it can also mean an attack is imminent.

THOSE DESTRUCTIVE CLAWS

If your cat still has its claws, you've probably dealt with the frustration of snagged upholstery, carpet or drapes. This is instinctive behavior cats do for several reasons. First, it's kind of like a kitty manicure. Cats do this to shed the dead frayed layers and sharpen their claws. It's also one of the ways cats mark their territory. Finally, it's a natural part of feline play and stretching.

To combat the problem, give your cat a scratching post. Cats have their own preferences though. So you might need to try a variety of shapes, upholsteries and other characteristics. Also, keep your cat's claws trimmed. When your cat does scratch on other objects, clap loudly so the cat stops.

Some cat owners opt for declawing. The American Association of Feline Practitioners recommends against this. The procedure is much more invasive than most people realize and can result in infection and extended pain during recovery.

Even insisting on interaction with your cat can be stressful if it's more interaction than your cat wants.



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BREAKFAST: YOUR MOST IMPORTANT MEAL

By Louise Whiteside

In a small breakfast cafe my husband and I frequent, a colorful sign on the wall advises us, “Your mother always told you to eat a good breakfast!” This message is both amusing and profound. Your mom knew best. The reason she coached you from the time you were a tot to eat a substantial breakfast was that she knew what you needed to start your day right.

As you matured, there was a chance that you forgot or dismissed your mother’s admonishments. Perhaps, while dashing off to school or work, you fell into the rut of grabbing a jelly doughnut and a coffee on the run.

If this scenario describes you, I ask you to take a minute or two to reflect on your mother’s sound advice. Unquestionably, a daily nutritious breakfast, high in protein and fiber, is critical to your physical and mental well-being. Here are a few reasons.

- 1. Start your body’s machinery working.** The word “breakfast” literally means “breaking the fast.” When you wake up in the morning, you’ve been deprived of food for at least eight hours. The blood sugar your body needs to make your muscles and brain work their best is low. Eating breakfast kick-starts your metabolism and gives the green light to your body’s vital organs. Breakfast, indeed, wakes your body up.
- 2. Breakfast helps you feel full until lunchtime.** In fact, a hearty, high-protein breakfast can keep you satiated for the remainder of the day.
- 3. Control your weight.** Medical research has shown that those who eat breakfast tend to weigh less than those who skip morning meals. A good reason: When you skip a meal, you’re more likely to binge on sugary and fatty foods at lunchtime and afterward.
- 4. Get in a Positive mood.** Eating breakfast lifts your spirits. With your body working in full swing, you’re more likely to connect harmoniously with others.
- 5. Improve mental performance.** Carbohydrates are essential for healthy brain functioning. By consuming a high quality breakfast early in the day, you can improve your memory and concentration levels. Studies of children have shown that kids who skip breakfast are more apathetic, disinterested and irritable at school than those who eat breakfast.
- 6. Improve energy level.** Eating a nutritious, high-protein breakfast will keep you fueled and alert throughout the day.
- 7. Prevent type two diabetes.** Studies have

shown that you may be able to prevent Type 2 diabetes by regularly eating a healthy breakfast. In a 10-year investigation, researchers found that people who regularly ate breakfast reduced their risk of diabetes by nearly 30 per cent.

- 8. Improve cholesterol levels.** Researchers from the *American Journal of Clinical Nutrition* linked healthy breakfasts with improved cholesterol levels and insulin sensitivity.

So, before you rush out the door with a Danish in one hand and a cup of coffee in the other, consider these two nutritious and quick breakfasts to start your day.

TWO BREAKFASTS IN 10 MINUTES OR LESS

Breakfast Smoothie

- 1 banana, sliced
- 1 cup fresh or frozen strawberries
- 1/2 cup low-fat or skim milk
- 6- to 8-ounce carton low-fat vanilla or strawberry yogurt
- Honey to taste
- 2 or 3 ice cubes

Place all ingredients in blender, cover and blend on high speed for 30 seconds.
(Vary fruit and yogurt flavors as desired.)

Quick Egg Scramble for One

Spray with nonstick spray a microwave-safe large coffee mug or small bowl.

Break two eggs into container with 2 tbsp. water.

Tear up and add one slice of cheese (any type).

Add 1 or 2 Tbs. diced, cooked meat, such as ham or sausage.
(Optional) Stir.

Cover and microwave on high for 1 minute.

Stir. Microwave approximately 1 minute longer, or until eggs are set.

Season with salt and pepper.

Bonus: Eat with a toasted slice of whole grain bread.



MARYLAND FOREST BASICS

By Barbara Aiken

What do you know about Maryland's forests? Do you know the many types of trees that grow in Maryland? Do you know how forests serve you? Do you know how harvested wood is used? There is so much to learn about the forests of Maryland in order to get an understanding of this precious resource within the state's 12,400-plus square miles or 6.282 million acres.

Maryland was primarily forested until settlers arrived and cleared much of it for building homes, heating those homes, and for cooking and boiling water. Land was cleared to plant crops and raise livestock for food. Later timber was felled for railroad ties, pound net poles, pulp for making paper, building lumber, furniture grade lumber, sawdust and other products.

Most of Maryland's forests are deciduous, including oaks, maples, hickory and tulip poplars. There are also areas of coniferous forests containing pines, fir and spruce. Most often, both deciduous and evergreen species make up a forest area. The United States Department of Agriculture reported in 2016 that forests in the Old-Line State cover about 2.5 million acres, or 40% of its surface area.

A forest's composition is determined by the canopy trees, the ones that grow strong and tall and overshadow other trees as they stretch to the sun. The success of canopy trees is further determined by soils, drainage, disease, fire, wildlife, climate, the introduction of invasive species and harvesting to name a few. During your travels in Maryland you may have noticed that there is a plethora of loblolly pine on the Eastern Shore and in southern Maryland where the land is flat and the climate humid. There are more deciduous hardwoods in the higher elevations and cooler temperatures of western Maryland such as maple and beech, which provide vibrant color to the Fall landscape.

A forest is a complex ecosystem; changes to the ecosystem are known as "succession." Succession is determined by development of plants and trees and the "success" they have in surviving and thriving. Sunlight is a main determinant of succession in the

forest. As the plants and trees grow, the amount of sunlight each is exposed to will change over time. Eventually, various levels of succession will be realized for the many plants and trees growing in any particular forest. You can readily see this by looking closely at the canopy trees, the understory trees, brambles, shrubs, weeds and grasses on the forest floor.

Forests do so much for us. On the surface, they provide beauty, shade from the sun's rays and an opportunity for recreation.

Forests also help secure our soils with tenacious roots that prevent erosion, they clean and filter our air and water, determine the wildlife that call it home, block wind and create jobs.

Aldo Leopold (1887-1948), a professor at the University of Wisconsin, was a leader of forest stewardship. Among other things, he was an environmentalist and author. Pick up a copy of his revered book *A Sand County Almanac*. Leopold's vision spurred interest in caring for our forests and partially because of him there are stewards of our forests throughout the nation and the world. Even if you have a small yard, you too can be a steward of nature and our plants, helping them to thrive and fill the landscape with beauty. If you're lucky enough to own a large tract

of forestland—five acres or more—consider a Maryland forest plan prepared by the Department of Natural Resources (DNR). A forestry plan can guide you in the best use of your forest land, help lower your property taxes and provide ideas for generating income from your forest.

There is more to learn about the forests of Maryland. We've only touched the tip of the pine needle here. If you want to learn more, contact the agencies listed here. You, too, could be a forest steward.

Barbara completed the general forestry correspondence course in 2015 from the Maryland Cooperative Extension, University of Maryland, College Park. She has maintained more than 80 acres of forestland in Maryland since 2000. She can be contacted at barbara.s.aiken@gmail.com

University of Maryland Extension Woodland Stewardship Education

helps connect woodland property owners to their land. There are links to upcoming events, webinar recordings and publications. You can find a forester link, Maryland Woodland Stewards, Woods in your Backyard, a forestry correspondence course, YouTube channel and don't forget the free quarterly stewardship newsletter, Branching Out. <https://extension.umd.edu/woodland>

Maryland Department of Natural Resources Forest Service

is the primary agency that restores, manages and protects Maryland's trees, forests and forested ecosystems. They have a number of available resources and connections to county Forest Conservancy Boards. <http://dnr.maryland.gov>

Forests for the Bay has a number of resource tools for woodland owners and hosts some educational events. www.forestsforthebay.org

PICKLEBALL ANYONE?

By Kater Leatherman

What happens when you combine badminton, pingpong and tennis? You end up with a paddle game that is fun, challenging and can be played by people of all ages and skill levels. It's called pickleball, the brainchild of the late Washington state congressman Joel Pritchard and businessman Bill Bell.

The story goes that one rainy Summer day in 1965 on Bainbridge Island, Washington, the two came home to find their kids with nothing to do. Pritchard had an old badminton court, some pingpong paddles and a perforated ball. They lowered the net from 60 to 35 inches and pickleball was born. The following weekend, their friend Barney McCallum joined in and together, the three laid out a set of rules.

Pickleball is the fastest growing sport you've never heard of. According to the U.S. Pickleball Association (USAPA), game players have increased by 650 percent in the last six years alone. For seniors, it has become the darling of racquet sports.

This fast-paced game not only improves balance, but sharpens reflexes and hand-eye coordination. Most of the moves are lateral, making it easier on the shoulder joints -- even the serve is underhanded. Whereas tennis requires hours of lessons and lots of practice to become proficient, pickleball has a very short learning curve.

Another advantage for seniors is the size of the court. It is the same as a badminton court; therefore, less area to cover than a tennis court. The net is about 2 inches shorter than a tennis net. The ball, made of resilient plastic in different colors, is similar to a Wiffle ball. Pickleball is also highly social. The average game, played either as singles or doubles, lasts approximately 20 minutes. Between games, participants socialize while others take their turn on the court.

The hardest part in the game is learning the scoring system. For example, players on each side must let the ball bounce once before volleys are allowed. Only on the serve can points be made. Each time a point is scored, players on the serving side continue to move from the

right to left or left to right. There's a proper sequence when calling the score before each serve -- server score, receiver score, server number (1 or 2). All of this works the brain and keeps the mind focused. The game goes beyond just getting the ball in the court; there are winning strategies and techniques, too.

If this game grabs you right away, something it is known to do, you will want to invest in a paddle. There are three things to consider.

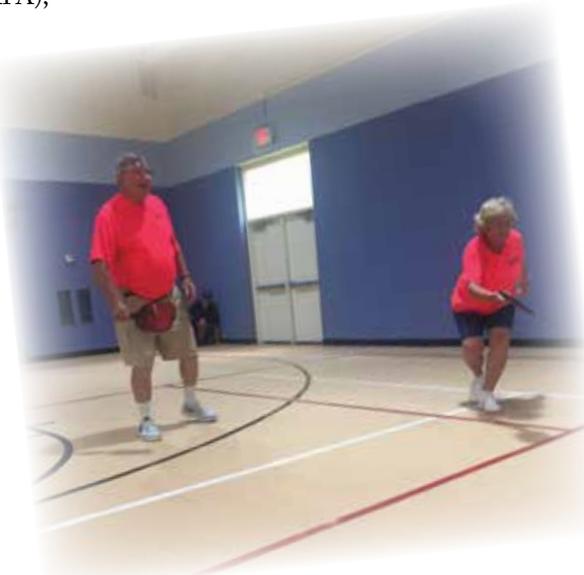
First, the weight is very important, so make sure you choose one that matches your fitness level. Heavier paddles mean less effort to hit the ball harder while lighter paddles are less stressful on your elbows and shoulders. Second, the paddle should have a grip that fits the size of your hand. And third, consider the material, size and shape of the paddle. If you have trouble bending down, a paddle that is oblong might be better. The core construction also makes a difference, so it's best to do your research to find the right one for you.

Want to give it a try? If you live in the Annapolis area, go to **AnnapolisPickleballClub.WildApricot.org** There you will find places to play, schedules and contact information. Pickleball paddles can be ordered in the Annapolis area by going to www.eastportpickleball.com Travel a lot? There's an app on your phone -- **placestoplay** -- that not only lists all the locations in the country that offer pickleball, but includes days, times and, if you have questions, a phone number.

If you are left wondering how pickleball got its name, it turns out that Congressman Prichard's cocker spaniel loved to chase balls around the court. His name? Pickles.

Kater is having lots of fun playing pickleball and can be reached at katerleatherman@gmail.com

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CAREFUL USE OF THE INSTANT POT

By Rev. Patrick Devine

Like many of us, I have always been a sucker for infomercials. My favorites have always been the kitchen gadgets. Even as a child, I remember thinking that a food dehydrator was what separated the DeVanes from familial bliss. It will come as no surprise then that I still love kitchen tools. Our latest purchase is one of my favorites, an "Instant Pot." Maybe you have heard of these devices or count yourself among their devoted adherents. They are pressure cookers with better marketing. The appeal of pressure-cooking is that through intense buildup of pressure and steam, food cooks more quickly than through other methods. In our culture's constant rush for easy efficiency, time saved trumps all. A whole chicken cooked in eight minutes? The Instant Pot delivers. How about corn on the cob in three? Of course!

With the intense pressure, however, comes danger. Dire warnings are plastered all over the machine about releasing the steam carelessly. The pressure builds and has to release somewhere. You don't want anything in its way once it does escape.

I've been thinking a lot lately about this idea of pressure and how it builds. It's there when I read the news, scroll through social media or eavesdrop on casual conversations in public places. There seems to be a constant undercurrent of anger no matter the topic.

Obviously anger is nothing new. We see it played out constantly in media. We see it throughout the classic stories that shape our culture. We even see it in ancient texts like the Bible. When we read the Bible, we see that even Jesus got angry. The stories of his life in the Bible point to an account where he became so angry with those taking advantage of the poor that he disrupted the whole process, turned over their sales tables and drove them out of the temple. I have heard people cite this example to excuse and validate all types of outbursts, attitudes and actions. We all get angry. That's part of the gift and curse of humanity. I think this is different, though. It seems as if we are now celebrating continual and constant anger as the proper mindset and attitude for daily life. A healthy emotion used sparingly has become an unhealthy continuous practice. That's not how Jesus used anger and not what we should do either.

I see so many people who have nursed and fed their anger so carefully that they are constantly at the point of boiling over. They have become Instant Pots of anger. This corrodes our character and calling. Each of us has been granted a gift and placed in our unique circumstances to work for the good of the world. Intense, pressurized anger never leads us to healthy, sustainable places. It wears us down and robs us of our own joy and the joy we can give to others. It turns our capacity for care into cruelty. It turns us inward until we can only experience and live out of the anger before it eventually consumes us.

This type of anger also breaks down communities and cultures. We start to believe and expect the worst from each other. We take our perceived wrongs out on everyone else, creating a chain reaction of pain. It is said that hurt people hurt people. I would imagine we all know that to be true. We take the intense pressure that has built up in us and whether intentionally or unintentionally, we blast it at others in damaging and painful ways.

So what can we do? How can we be people of care and compassion instead of anger and hatred? How can we work to carefully release the steam in ourselves and others? We must pay attention to what we take into ourselves. Just like the food you eat directly affects your physical health, your entertainment and information consumption affects your perspective. Turn off the cable news and put down the social media that is designed to get you angry. Find ways that you can grow in your care for others. Seek the good in others and find ways to build them up instead of tearing them down. We are more than what divides and angers us. We were never meant to simply boil over constantly. We are called to use the passion we feel to improve the world. Let your anger lead you to love, growth, connection and community.

... entertainment and information consumption affects your perspective

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

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My lunch, a grilled cheddar cheese sandwich with tomato and mayo with sliced dill pickles on the side, was delicious. However, I was shocked after checking the sodium content. My total intake was 1,150 mg. The current federal guideline is 2,300 mg or less daily while the American Heart Association (AHA) recommends 1,500 mg, which is less than 1 teaspoon. Wow! Add dinner and breakfast sodium content, and my total for the day was well over recommended limits.

People love table salt, which is a key ingredient in food because it intensifies aromas, balances flavors, makes meat taste juicier and preserves food for months. The average adult consumes 3,400 mg of sodium daily, but the major contributor to our sodium consumption is not the saltshaker. Research shows that most sodium consumed in the United States comes from salt added during commercial food processing and preparation. Processed foods such as soups, baked goods, tacos, pizza and frozen dinners account for almost half of the sodium consumed in the United States.

Sodium is an essential nutrient required by the body. Small amounts of sodium keep the kidneys and muscles functioning properly and regulate the amount of fluids in the body. When too much sodium accumulates, the body retains fluids increasing the volume of the blood, which leads to high blood pressure, a major factor in heart disease. High blood pressure, or hypertension, is a condition in which blood pressure stays elevated over time. This makes the heart work harder, causing damage to the vessels and increasing our risk of stroke and heart attack.

Heart disease, including coronary heart disease, hypertension and stroke, remains the number one cause of death in the US, causing more than 836,000 deaths annually. An estimated 45.6 percent of US adults have hypertension. According to new guidelines from the AHA, a blood pressure reading of 130/80 is considered high.

Some causes for high blood pressure can be managed. The National Institutes of Health says eating a diet of nutrient-rich, low-sodium foods can lower blood pressure naturally. Evidence has shown that reducing sodium intake reduces blood pressure and the risks of cardiovascular disease and stroke. In one key study, participants who got their systolic pressures below 120 saw their incidence of heart failure, heart attack and stroke fall by one-third, and the risk of death fell by nearly one-fourth.

How to reduce salt intake? Because sodium is found in so many foods, you have to make careful choices in all food groups to reduce intake. It

begins with avoiding known high-sodium products like pizza and salty snacks. Key strategies to lower sodium intake include reading the nutrition facts label to compare sodium content of foods and choosing the product with less sodium or no-salt-added versions of products when available. Sodium should be 140 mg or less per serving.

SNEAKY SODIUM

By: Nancy J. Schaaf

servings while biscuits and pancake mixes have 800 mg of sodium. Making our own mixes using low-sodium baking powder and soda is preferable.

Vegetable juices sound healthy, but often are loaded with sodium. For example, tomato juice has 700 mg in an 8-ounce serving. Squeezing our own fresh tomato juice will have only 11 mg of sodium.

Canned goods are extremely high in sodium content. Some soups contain 1,300 mg and canned veggies (1/2 cup of peas 310 mg) have a high salt level. The remedy is to buy fresh veggies and pep up your choices with herbs and spices. And rinse canned foods containing sodium such as beans, tuna and vegetables.

Some condiments such as ketchup (150 mg per tablespoon) and soy sauce (1,000 mg per tablespoon) should be used sparingly. Many condiments are available in reduced-sodium versions.

Most people don't realize that breads, bagels (400 mg) and tortillas contain sodium. A 6-inch flour tortilla has 200 mg of sodium while an equal-sized corn tortilla has only 11 mg. Rather than use a hamburger bun, try a lettuce wrap or portobello mushroom for additional nutrients and no sodium. It is better to select whole grain breads.

Dairy is a good source of calcium and vitamin D, but some dairy foods like cottage cheese (1/2 cup 350 mg) and processed cheeses (1-ounce American cheese 377 mg) can be high in sodium.

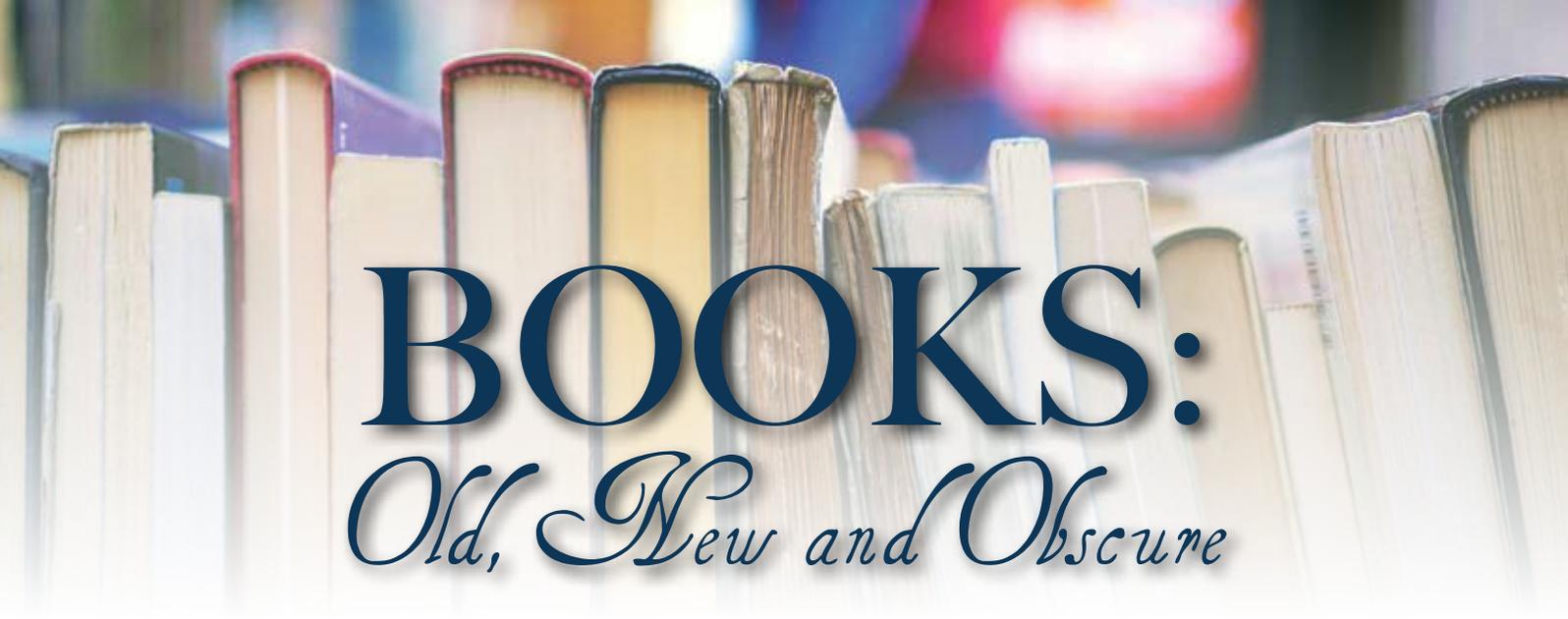
This year on World Heart Day, Sept. 28, become a heart hero by promising to cook and eat healthier. Heart disease is largely preventable, and our diet plays a significant role. To lower blood pressure, we need to reduce salt intake. Monitoring intake begins with avoiding packaged and processed foods. And most importantly, read the nutrition facts label. As noted earlier, sodium should be 140 mg or less per serving.

Sneaky salt is hidden in many foods that might surprise you. For example, a 1 oz. serving of bacon nets 233 mg, a hot dog contains 700 mg of sodium and one slice of deli ham has more than 300 mg. The solution is to select fresh meats or fish.

Cereals, biscuits and pancakes account for much of our sodium intake. One cup of cornflakes has more than 200 mg of sodium per

Heart disease is largely preventable, and our diet plays a significant role.





BOOKS:

Old, New and Obscure

WHEN DEATH BECOMES LIFE: NOTES FROM A TRANSPLANT SURGEON

By Joshua D. Mezrich, MD, Harper Collins (2019)

This volume, written by a successful and accomplished transplant surgeon, is remarkable for the humility and wonder that grace its pages. Dr. Mezrich talks about his failures as well as his successes, and he devotes at least half his pages to a study of the history of his profession. In the process, he honors those whose accomplishments led to his lifesaving work.

Mezrich admires the doctors who had the courage to persevere despite repeated failures, learning as they went and continuing to believe that one day — the day that immunosuppressants became available -- transplants would become viable. From our privileged, 21st century vantage point, when dialysis has become routine and not only livers and kidneys can be replaced, but even hearts and lungs, it is illuminating to be reminded that a mere century ago doctors were puzzling over the causes of organ rejection.

Descriptions of computer-assisted microsurgery are juxtaposed with Christian Barnard's first heart transplant and earlier primitive efforts to successfully transplant organs from one dog to another. By the last chapter, Mezrich is hypothesizing about the future, imagining that pig organs could be developed for human implantation or that organs could be reproduced by 3-D printers. Such organs might be able to completely avoid rejection without condemning their recipients to a life of immunotherapy.

One theme echoes throughout this engrossing book -- the need for more organ donors. Mezrich is concerned about the risks to live donors of making their gifts and equally troubled by the fact that recipients have to be near death to qualify for organs because the need vastly outstrips the supply. If recipients could get organs when they were less ill, their chances of survival would be better and their recovery time briefer. As it is now, once death makes a donor available, as many as four teams fly from around the country to procure the organs and take them to waiting transplant teams. Prospective recipients are readied as the planes fly to them. This is a high-stakes and inefficient lifesaving process.

Dr. Mezrich's book is fascinating. In his words, the real heroes are both the donors and the patients. And he quotes one of the great transplant surgeons, Joe Murray: "In our patients,

we witness human nature in the raw—fear, despair, courage, understanding, hope, resignation, heroism. Our patients teach us about life. In particular, they teach us how to deal with adversity."

~ Tricia Herban

THE JERSEY BROTHERS

By Sally Mott Freeman, Simon & Schuster (2017)

If you are looking for a nonfiction book to read this Fall or to start the new year, you won't make a better selection than this one. Ms. Freeman is the daughter of one of the three Jersey brothers and she spent 10 years of deep research trying to discover the fate of the younger half brother who was injured and captured by the Japanese in WWII. Her book reads like a novel (think Laura Hildebrand's *Unbroken*). All three brothers attended the Naval Academy, although the third brother only made it through two years.

Each chapter jumps from one brother to the other. The oldest brother was an antiaircraft and gunnery officer on the carrier USS Enterprise; the middle brother (Ms. Freeman's father) was a Naval Intelligence officer in Washington involved with top secret work putting him in contact with senior brass including FDR himself.

But for years the fate of the younger brother, a Navy ensign, was a mystery to the family. It was this mystery that Ms. Freeman set out to unravel.

This book was named one of Ten Best History Books of 2017 by *Smithsonian Magazine*; was on Amazon's top 100 Books List of 2017; selected Best Book of 2017 by the *Military Times*, *Marine Corps Times* and *Navy Times*.

After reading the book, John McCain said: "*The Jersey Brothers* captures the real-life story of three brothers whose bond to family and love for country take them to extraordinary lengths at one of the most pivotal points in American history. From the decks of the USS Enterprise to the depths of the Japanese prison camps, Sally Mott Freeman takes readers on an epic journey in this remarkable tribute to the Greatest Generation."

You will not regret putting this moving epic on your reading list.

~ Maureen Smith

It's not how busy you are. It's what are you busy with.



Dear Vicki,

My daughter-in-law, Karen, is a self-proclaimed perfectionist and is a well-paid professional with a stellar reputation. While Karen and I get along fine, I can see that she is very hard on herself and on my son and grandchildren. I don't understand why she can't relax at home a little and lower her expectations. I think that my granddaughters are becoming nerve-ends and when they don't win or perform well, they are a mess. Is there something I can do to help this situation or should I stay out of it?

carry a very high stress load that can impact their personal relationships and their health. Some of the costs include a tendency to get sick more often, fatigue and an increased need for sleep, irritability when others fail to meet their standards, anxiety about possible failure, the disappointment of comparison to others and depression over never being good enough. Perfectionism is a beast that always needs to be fed and the impossibly high bar perfectionists set for themselves can lead to an absence of joy, at best, and dark depression, at worst.

When I work with perfectionists, I help them look at the real-world consequences of their behavior. What payoff do they get out of trying to meet their own impossibly high standards? What is the cost to them and to those around them? There may be areas where their perfectionism works well, for example in their careers, but there may be other areas when it is detrimental, such as in their relationships. Often, this insight creates an "Aha" moment and helps move people forward to making changes, and sometimes, it takes a major negative consequence to evoke that change.

But you should not pose these questions to your daughter-in-law. Depending upon the age of your granddaughters, however, a curious, friendly and casual conversation might be possible. For example, if your granddaughter seems down because she didn't get an "A," you could try this: "Gee, it seems that you expect yourself to be perfect. When you get a perfect score, how does that make you feel? And now, with this "B," how do you feel? Hmm. I wonder if how sad and upset you are feeling is helpful? Maybe if you make a real effort, 'good enough' could be OK?" Try to open up a conversation and plant some positive seeds of self-acceptance. Your positive regard toward your granddaughters, no matter what their performance is, will be invaluable. Avoid giving cheap praise, but always find something worth a positive comment.

Finally, the very best way you can help your granddaughters is by example. Allow them to see you making mistakes—and being OK about it. Teach them to laugh at themselves. Make a pie together and show them that patching the crust when it tears is just fine—and that it gets the job done. Explain that you could make yourself crazy by rolling out the dough over and over again to try and get it perfect, but that would only result in a tough crust that didn't taste as good. Being perfect and all that jazz isn't worth it. Sometimes, the best results come from our mistakes!

BEING PERFECT AND ALL THAT JAZZ

To be blunt, if you wish to continue your positive relationship with Karen, stay out of this. Repeat this phrase three times: This is not my show! Any confrontation about the effects of Karen's perfectionism on her family must come from her husband without any provocation from you. And by that, I also mean without any encouragement or without even any observations from you. Back away! This is a minefield that could erupt into an argument or alienation with even the most well-meaning interventions.

However, let's talk a bit about perfectionism and then look at what you can appropriately offer to your granddaughters. Perfectionism is a difficult paradox in that the practice is both rewarded in our society while it also extracts a high toll from those who pursue it. Consider this: The drive to be perfect leads to high competence, a strong work ethic and accomplishment. All of these qualities are rewarded with good jobs, admiration and respect, but this drive, when run amuck, claims a great price.

When someone receives such payoffs, and is enjoying a sense of control that has been missing in their lives in other arenas, they often don't see the downside to their behavior. Perfectionists

Dear Vicki,

I'm over 60, single and searching. Recently, I met a gentleman who I'd connected with online at a coffee shop in Severna Park. While he was pleasant, reasonably fit and not unattractive, I felt no sparks. No romantic interest. Should I see him again or is this a waste of time?

SPARK-LESS IN SEVERNA PARK

No matter what the age of the speaker, I cringe when I hear this complaint. “No chemistry” is how it is usually worded. This pronouncement speaks to an immature misconception about romantic love and it prevents people from forming relationships that very well may become close and rewarding and that may, indeed, develop sparks given some time and attention.

Before you shut the door on *Nice Guy*, delve a bit beneath the surface of your quick judgment. What is it exactly about him that is giving you pause? If it's just a vague “no chemistry,” think again. The mature truth is that true love and attachment grow as you come to know someone. Sparks, when they occur, are best trusted when they develop in the safety of a solid relationship. If you think back on your relationship history, I bet you will find more than one time when sparks flew, but you realized that a long-term relationship would have proved to be disastrous. Our gut-level attraction cannot always be trusted—and sparks can grow where there once were none.

Unless you feel a visceral turn-off about something, say he has bad breath or has forgotten his false teeth, you might want to take a second look at *Nice Guy*. He may be a bit shy, may have not been his most exciting self at an awkward first meeting. Unless there are nonnegotiables or specific red flags that warn you off, smarten up and give him a chance. At our age, sparks are overrated—especially at a first meeting. A quiet, slow-growing smolder can keep you just as warm on those cold nights and may prove to have more staying power than an intense inferno!

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

HAS ANYONE SEEN THE MARLBORO MAN?

By Kathryn Marchi

Believe it or not, as early as 1604, King James I of England was an anti-smoking advocate. Along with other European rulers, he considered tobacco smoking a major health and social problem.

Indeed, King James encouraged his subjects to quit that “noxious weed” and “vile habit.” In one of the earliest anti-smoking publications, he wrote that, among other things, tobacco was loathsome to the eye, hateful to the nose, dangerous to the lungs and harmful to the brain. How many times have we modern day folks heard those words?

Not too long ago, smokers were bombarded daily with ads and glamorous pictures of smokers enjoying life. Who can forget the Marlboro man and Virginia Slims' ads? In today's world, smokers are not allowed to smoke in many homes and other buildings and are chastised and criticized about their smoking habits. Friends and loved ones remind them often of the dangers of smoking. And we all know what they are, as did King James I.

We all know the benefits of quitting, but if you're still one of the 34.3 million Americans who would “... walk a mile for a Camel,” listen up. There's some good news. According to The American Lung Association, the following timeline outlines how the human body reacts when a smoker stops:

- In 20 minutes, temperature of hands and feet warm up and heart rate and blood pressure drop to safer levels.
- In eight hours carbon dioxide in the blood drops and oxygen increases.
- In 4 hours, there is less risk of a sudden heart attack.
- In 48 hours, smell and taste begin returning to normal as nerve endings regrow.

- In two weeks to three months, walking is easier and wounds heal more quickly.
- In one to nine months, less coughing, shortness of breath, fewer colds and asthma attacks.
- In one year, the risk of heart disease is half that of a smoker.

Thankfully the human body is a wonderfully constructed machine; research has shown that the lungs can rejuvenate, depending upon degree and frequency of tobacco smoking. After 10 years, your risk of stroke and cancer is the same as someone who has never smoked. Other benefits of not smoking include: fingers and nails are less yellow, breath, hair and clothes smell better, and your gums, teeth and skin are healthier.

Call it “reverse psychology,” if you will, but these reasons just might speak to you or one of your loved ones. If so, there are many ways to help you quit smoking; the first might be to educate yourself on available programs for quitting. Go to www.quit.com for information. Next, contact your doctor and discuss what programs and/or medications would be best for you.

To be sure, habits are hard to break. Leaving a nicotine addiction behind can be quite difficult, but as you well know, your overall health and life expectancy will be positively affected, not to mention your pocketbook! Remember back in the day when a pack was 28 cents?

And as for the Marlboro man? There were a few of them over the years peddling smokes. And where are they now? To date, four have died of smoking-related causes.

FALL QUIZ-ACROSTIC

1	D		F	K	B		5	J	6	N	7	G	8	I	9	H	10	K		11	P	12	M		13	Q	14	I	15	G	16	B	17	H	18	O	19	D			
20	A	21	M	22	L	23	N		24	E	25	B	26	G		27	P	28	H		29	B	30	H	31	L	32	K	33	O	34	G		35	Q	36	R	37	E		
38	I			39	C	40	Q		41	P	42	O	43	D	44	B	45	L		46	C	47	E	48	B		49	P	50	B	51	R	52	J	53	O	54	R	55	I	
		56	J	57	L	58	N	59	I	60	O	61	P	62	C	63	D	64	Q		65	J	66	G	67	A	68	H	69	P	70	O		71	C	72	H	73	P		
74	P	75	O	76	Q	77	L	78	H		79	F	80	D		81	P	82	L	83	B	84	I	85	A	86	N		87	H	88	D	89	B	90	J	91	N	92	C	
		93	O	94	K	95	D	96	E	97	L	98	H	99	M	100	P	101	H		102	A	103	F	104	N	105	K	106	O	107	E	108	D	109	C	110	L		111	E
112	F			113	A	114	M		115	J	116	Q	117	A	118	L	119	F	120	B	121	P	122	I	123	D	124	O		125	I	126	B	127	F	128	L	129	E	130	K
131	P	132	N	133	O			134	H	135	K		136	H	137	B	138	O		139	N	140	O	141	B	142	P	143	L	144	C	145	H		146	K	147	R	148	N	
149	C	150	P			151	O	152	H		153	R	154	K	155	L		156	P	157	O	158	L	159	C		160	G	161	Q	162	P	163	H	164	O		165	K		
166	N	167	M	168	L	169	E	170	H	171	D		172	D	173	B		174	N	175	C	176	F		177	B	178	L	179	K	180	D	181	C	182	R	183	E	184	O	

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Directions

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

A. Outsider

117 102 85 67 113 20

B. With the slightest urging (6 wds.)

25 141 29 137 126 48 83 120 44 89 173 50

16 177 4

C. Miscellany (3 wds.)

159 175 62 144 46 109 149 71 92 181 39

D. Transitional living place (2 wds.)

180 19 123 80 1 108 43 88 172 95 171 63

E. Odd

169 96 37 183 47 107 129 111 24

F. Coddles

103 79 112 2 176 119 127

G. Make an appearance

7 15 160 66 26 34

H. Top educator (4 wds.)

136 28 98 9 78 163 170 68 152 87 72 17

101 145 134 30

I. Desk accessory

84 55 38 122 59 14 8 125

J. Plump

56 115 90 65 5 52

K. Learning

135 32 154 105 165 3 94 146 10 130 179

L. Sports competition (2 wds.)

31 110 82 178 57 77 97 22 128 118 143 45

155 158 168

M. Elevators in Buckingham Palace

99 21 12 167 114

N. Street urchin

91 148 86 174 132 6 23 58 139 104 166

O. Study of plane figures (2 wds.)

70 60 93 53 75 133 138 157 140 42 164 151

18 33 184 106 124

P. Favorite dessert at church socials (2 wds.)

49 100 121 41 27 142 61 162 150 81 11 74

131 156 73 69

Q. Diamond

76 161 40 13 35 116 64

R. Costello's sidekick

36 51 182 54 147 153

Quiz-Acrostics and Quiz-Acrostics Book 2, published by Puzzleworm, are available at amazon.com

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

In retirement it doesn't matter who you were, it matters who are you now.

A little over a year ago, onlookers sighted fins slicing through the waters of Annapolis Harbor. *Sharks?* Fortunately, not. The fins did not have the triangular, straight-edged form associated with those toothy predators, but rather the curved, swept-back shape characteristic of the dorsal fins of dolphins. A short time later, other observers saw dozens of dolphins frolicking at the mouth of the nearby Severn River.

Groups of cavorting dolphins (known as *pods*) are an exciting sight anywhere in the world, but to see them in Chesapeake Bay is a special treat. Recently, bottlenose dolphins have shown up all over the area. There were more than 900 reports in 2017, suggesting that the Bay may harbor thousands during the Summer months. Dolphins are actually toothed whales.

Their primary diet is fish. They're not new visitors to these waters—published sightings go back to the 1800s—but their numbers seem to be increasing today as fish populations expand in the Bay. Want to get involved in monitoring dolphins? The University of Maryland's Center for Environmental Science has a mobile app where any careful observer can report sightings and help track dolphins locally. See www.umces.edu/dolphinwatch

Dolphins are not the only marine mammals to venture into the Bay. Seals, whales and even manatees visit the region, and like dolphins, they're increasingly evident, perhaps because of improving water quality.

But more marine mammals mean more human-animal encounters, often with deadly consequences. Dolphins are stressed by pollution in some waterways and may succumb to parasites and viral diseases. Whales, seals, manatees and dolphins may become entangled in fishing gear. They've also suffered strandings in local waters. The Virginia Aquarium & Marine Science Center Stranding Response Program keeps track of and responds to marine mammal strandings. Maryland's counterpart is the Marine Mammal and Sea Turtle

Stranding Program. Citizens who witness strandings are urged to immediately call a 24/7 hotline (800.628.9944 in Maryland; 757.385.7575 in Virginia), or the U.S. Coast Guard.

Collisions between humpback whales and commercial vessels occur frequently, especially in the deep shipping channel at the mouth of the Bay, where humpbacks tend to hang out. To reduce whale-ship collisions, the National Oceanic and Atmospheric Administration (NOAA) sometimes establishes speed restrictions for vessels at the Bay's entrance.

Despite federal regulations requiring that people keep their distance, curious onlookers

sometimes approach marine mammals too closely and, regrettably, even harass them. And carelessly discarded debris can have devastating results. In 2014 biologists received a report of a disoriented, endangered sei whale swimming far up a Chesapeake tributary. The whale soon died. A necropsy revealed that not only had the 45-foot female whale been struck by a ship, fracturing a vertebra, but she had also swallowed a broken piece of a hard-plastic DVD case which lacerated her stomach.

Federal regulations rigorously protect marine mammals.

The Marine Mammal Protection Act makes it a crime to "harass, hunt, capture, kill, or feed any marine mammal." Perpetrators could receive fines, have property seized, or even face imprisonment. Florida manatees, sei whales, and the rare North Atlantic right whale, which may occasionally venture into the mouth of the Bay, are also

protected by The Endangered Species Act.

Whatever the regulations and federal status, we can all help protect marine mammals by following a few simple rules.

- Enjoy them from a distance (at least 100 yards away) and never chase or follow them;
- Slow boat speeds while in their vicinity. If animals pass closely, put the engine in neutral;
- Don't fish near them (fishing gear can harm them);
- Never feed them;
- Don't discard garbage or trash.

In upcoming issues we'll discuss these magnificent creatures in more detail. Next up: bottlenose dolphins!

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

MARINE MAMMALS IN THE BAY

By Henry S. Parker



Source: <https://www.nps.gov/chis/learn/nature/bottlenose-dolphin.htm>
Photo credit: Tim Hauf, timhaufphotography.com

Seals, whales and even manatees visit the Bay, and like dolphins, they're increasingly evident, perhaps because of improving water quality.



Source: <https://www.fisheries.noaa.gov/species/common-bottlenose-dolphin>

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