

# OutLook

Spring 2020

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

www.OutLookbytheBay.com

**WASHING AWAY:  
THE VANISHING ISLANDS  
OF THE CHESAPEAKE**

**ENDINGS ARE BEGINNINGS:  
ADDING EXCITEMENT  
TO YOUR RETIREMENT**

**WHAT WAS OLD  
IS BEING MADE NEW**

**TELLING  
YOUR  
Story**

**MAKE YOUR  
SPRING CLEANING  
'GREEN' THIS YEAR**

**DON'T DANCE BAREFOOT  
UNDER A SWEET GUM TREE**

fitness • entertainment • gardening • nutrition

# Letters to the editor

## THE WESTMINSTER DOG SHOW

Hi, I just read your article in *OutLook by the Bay*. We have Sadie Anne, a very smart and talkative Norwich terrier. She knows everyone in Eastport where we live. First-time Nori owner. This is an amazing breed. Unfortunately, we can't watch the Westminster show because Sadie will stand in front of the TV and bark at every dog. Best in show.

*N. Rice, Annapolis*

## SALT, NUTS, SOCIAL OPPTS

Every issue of *OutLook* reinforces what a gem this magazine is. The articles are always informative, and I learn something from each issue. I enjoyed the article on salt by Chase and the one on nuts as they are a staple in my diet. Since I moved to North Carolina a year ago, my

desire for social interaction led me to the Wellness Center where I engage in Tabata classes. I loved some of the suggestions given in Campbell's article "Seeking Social Opportunities" and will try a few of them to broaden my social interactions. Great issue!

*Nancy M., North Carolina*

## DEAR VICKI

Loved Dear Vicki in the Winter *OutLook!* Always do! What a wonderful magazine this is for everyone! I read it cover to cover as soon as I get it! Thank you.

*Susan A., by email*

## BOOK REVIEWS

Your book reviews always peak my interest. Your last issue listed one

that I've read and one that I put on my list. I read *The Good House: A Novel* awhile back and with your review I'm suggesting it to my book club.

*Maryann G., Crownsville*

## Bay Bytes

To determine if a charity is legit – log onto **CharityNavigator.org** or **Give.org** where you'll get all the pertinent information on a specific charity's expenses and how the donated funds are actually used.

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

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

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## FROM THE DESK

Here's a good thought for the emerging days of Spring. Plant a tree! It's not difficult, anyone can do it and possibly you'll be leaving a lasting memory. Over the years, we've enjoyed giving trees to family and friends for one reason or another -- birthdays, anniversaries, graduations or in memory of a particular event or person. We've also found great satisfaction in planting greenery throughout our own yard. Now we've found yet another motivation for more planting. Read on:

Interesting statistic: *OutLook* prints 18,000 copies of each issue six times per year. How many trees had to be downed to print those editions? Well, the math involved wasn't quite as easy as we imagined. It was beyond my paygrade; Google and Siri weren't forthcoming. So we brought in our favorite whiz kid Juliet (she's 17). We asked her to work it out. It didn't take her long and according to her calculations, it could take something short of one tree per printing. That would equal about five trees for six issues as we print something in excess of 5 million pages. Amazing! So here at the desk, we've made a decision to cover the loss of the green space that we're cutting into. With luck, maybe we'll even be able to exceed that amount. No doubt they'll often be saplings or the more shrubby type than the sort that they harvest and send off to the sawmills, but we'll do our best to get something in the ground as often as possible.

And there's more. As the author of nine young adult books, with number 10 in the works, I asked Juliet to come up with a rough figure as to how many trees would be felled to print these books. How many books she asked? Well that's not so easy to calculate. If I were Robert Ludlum instead of Tecla Emerson, my nom de plume, perhaps we could come up with a more accurate figure, but as a lesser-known author, it's not so easy to gauge. If we do a rough estimate of 100 books of each title, which is optimistic for a fledgling writer, our source Juliet says that probably wouldn't involve more than two trees. Books, she pointed out, take a lesser grade of paper than magazines, which makes less of an impact on our forests.

So, moving forward and to quit pestering Juliet, who's busy with college decisions, we were able to do the math involved in adding the books to the magazines (that would be  $A+B = C$ , thanks Juliet) we came up with seven trees that potentially could be brought down in one year to keep these publications in print.

And not to discount or dismiss the option of ebooks or audiobooks and other online versions of most everything in print, my thought is that iPad, iPod, etc., will never replace lying on a beach or crawling into bed at night with a much-anticipated hard copy or paperback book or magazine.

This really is multifaceted. As mentioned, these fledgling plants not only make an impact on our environment, but can be used to commemorate an event. We hope our small contribution will help to clean the air, keep our world free of toxins and beautify neighborhoods and properties while replacing what we've used.

Some have estimated it could take about 3 billion trees planted worldwide to offset the damage that we're causing. So, here at the desk, we're now feeling just a bit better about doing our part. We will continue on any occasion to improve the environment through the giving or by donating trees. And not to overlook the peace and comfort that comes from walking through a forest of trees, don't miss Dr. David's article on page 14 for a more in-depth study of that phenomena. There's also Ginny's article on page 7 where we learn about the history and uses of the sweet gum tree.

It's all good. And this year might be the year to give special thought to the foundation that celebrates Arbor Day on April 24. Its goal is to plant 100 million trees worldwide. Joining this group costs only \$10 and it entitles a new member to 10 free trees of your choice! And from where I sit that's not such a bad deal; it well may be a contribution, no matter how small, to the health and future of our planet.



*Tecla*

# WASHING AWAY: THE VANISHING ISLANDS OF THE CHESAPEAKE

By Robert Beringer

If you ever want to visit Tangier Island, the first thing you need to know is that you won't see it until you're very close. Approaching from the west I'm nonplussed as we sail along on Ukiyo, our Catalina 34 sailboat. I double-check the chart plotter and GPS; I know it's out there, but I don't see anything.

Finally, a solitary water tower pokes its stalwart blue head out of the Chesapeake. Soon after, a row of small homes and trees materialize. Other structures appear, mirage-like, but the land you'd expect to see under all this remains hidden.

It's not until we're about to turn into the dredged channel that bisects the island, officially listed at 2.95 feet above sea level, that one sees the presence of a town balanced atop marsh and mud that is melting away before our eyes, vanishing into the Bay.

Tangier is an isolated, tight-knit, religious community of 450 that traces its origins directly back to 17th century England and still speaks a distinct English dialect. The watermen eke out a living by harvesting blue crabs and oysters; their stilted wood shanties line the main thoroughfare.

The island has been in the news recently because residents are attempting to convince the federal government to build a wall of rip rap that would protect their northern and eastern shores from further erosion. It wouldn't come cheap. The low end of the estimate is \$30 million. In 2017 Mayor James Eskridge received a phone call from President Trump, who is sympathetic to their cause. "You talk about a wall?" the mayor said on CNN, "We'll take a wall. We'd like to have a wall all the way around Tangier!"

There is precedent in the Bay for what they are asking: Hart-Miller and Poplar Islands were both in the process of vanishing when the Army Corp of Engineers rebuilt them with repurposed channel dredge and rocks. They are now both stable and used as a park and wildlife refuge.

Since 1850 Tangier has lost a staggering 66% of its landmass and averages nine acres of shoreline loss per year. Along with nearby Smith Island, it is the last of the occupied islands that once dotted the eastern Bay. Dave Schulte, a marine biologist with the Corp of Engineers who built the wall that protects the airport along the island's western edge has studied the changing island for much of his career. He attributes the losses to a combination of wave-induced erosion and sea level rise and estimates that at the present rate of these factors' effect, the island will have to be abandoned in perhaps 25 years. "They don't have a lot of time," he said.

On a recent visit, the sun was shining, streets and yards were dry. On a bad day here, a foot of brackish water on the narrow streets makes them unpassable except by foot or truck.

A cheery sign greets visitors with "Welcome to Tangier Island, Farmers of the Chesapeake Bay." Kids on golf carts and bicycles can be seen zooming to and fro as feral cats dart between old wooden buildings. Not to be missed, Lorraine's Seafood Restaurant is where crab, in every form imaginable, dominates the menu.

Graves of prior generations can be seen buried in the yards of the homes they once occupied. And the only combined K-12 school in the state is one of the few island structures built for the harsh realities to come. It rests on thick wooden piles eight feet off the ground. Across from the playground, the water tower is labeled with the two things these islanders hold most dear: the cross and the crab.

Most businesses are closed by dark, and even if they were open, there are no bars or movie theaters. There's not much to do but stargaze and listen to a myriad of squawking birds in the marsh. This makes sense since most of the watermen are up at 3 a.m. preparing for their long days on the Bay pulling crab traps.

Though it's unlikely that the full wall project will ever be approved, the island has received a reprieve in the form of a \$2.6 million jetty that will protect the navigation channel and harbor from wave action. Of course, this merely buys time for the island,

## VISITING TANGIER

Daily ferry service to Tangier is available May through September from Onancock, Reedville or Crisfield when weather permits.

Vehicles are not allowed, but bikes and golf carts are available for rent.

For tickets: [www.tangierisland-va.com/transportation/](http://www.tangierisland-va.com/transportation/)

Year-round transportation available from Crisfield on the Mary Kay III.

For reservations: [share@tangiercharters.com](mailto:share@tangiercharters.com)

Overnight accommodations are available at [www.tangierisland-va.com/](http://www.tangierisland-va.com/)

perhaps another decade. Sooner or later the rising sea will force remaining residents to make an orderly retreat to the mainland and move on with their lives, something that growing numbers of the young adults are already doing.

"It's ironic," Eskridge said as he looked at the town from the helm of his deadrise workboat, "that the Chesapeake Bay over the years has provided a living for the folks here and now it's the Chesapeake Bay that's threatening to take it away."

*Robert, a marine journalist and photographer, and author of "Water Power!" can be contacted at [robertbinger@yahoo.com](mailto:robertbinger@yahoo.com)*

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

# SENIORS IN THE PARK

By Sharon Schultz

Living in the Bay area, we are privy to all the wonders of nature found in our wetlands and along our miles of shore land and beaches. Anne Arundel County has four regional parks, three of which, Fort Smallwood, Quiet Waters and Downs Parks, are located on the water. Only one, Kinder Farm Park, is landlocked.

All of the county's regional parks charge an entry fee, along with other fees for amenities. However, the Anne Arundel Recreation and Parks Department has a program that will set aside those entry fees for county residents who are age 60 and above. The program allows county seniors greater access to nature's beauty, for a one-time fee of \$40.

The Lifetime Senior Citizen Pass allows your vehicle and all occupants, to enter county parks free of charge. The senior must be present and must show the pass at the gatehouse.

Seniors may purchase the pass at any park gatehouse. Bring a valid ID to show proof of age and residency. Park fees must be paid with cash or by check. The parks don't accept debit or credit cards.

Senior passes are also available at the Park Information Center. For more information, contact the park office at 410.222.6230 or visit [www.aacounty.org](http://www.aacounty.org)

The Maryland Park Service offers a similar program for Maryland's senior citizens who are age 62 and up. The Golden Age Pass waives the entry fees to almost 50 Maryland state parks, as well as numerous wildlife sanctuaries, trails and battlefields.

The Golden Age Pass entitles state seniors free day-use entry to all Maryland state parks that charge entrance fees, but only the cardholder is given free entry. The lifetime pass entitles the bearer access to state park boat ramps without fee as well. Also, on Sunday through Thursday, camping is half-price at state park campgrounds for cardholders.

Seniors interested in purchasing a Golden Age Pass from the Maryland Park Service may do so online at [www.shopdnr.com/GoldenAgePass.aspx](http://www.shopdnr.com/GoldenAgePass.aspx) If ordering online, a valid U.S. passport, birth certificate, driver's license or state-issued ID must be uploaded to demonstrate proof of age. If the proof of age

document cannot be uploaded, the applicant can mail a copy of the required document along with a printout of the online receipt showing that the Golden Age Pass has been purchased. Mail your paperwork with a check for \$10 payable to the Maryland Park Service, 580 Taylor Avenue, E-3, Annapolis, MD 21401, Attn: Golden Age Pass Application.

For questions and/or more information, call Golden Age Pass Customer Service at 410.260.8186.

## PARK PASSES ALLOW SENIORS FREE ENTRY INTO COUNTY, STATE AND FEDERAL RECREATIONAL LANDS FOR A ONE-TIME FEE.

The National Park Service's **America the Beautiful – National Parks and Federal Recreational Lands Lifetime Senior Pass** gives all U.S. citizens, age 62 and older access to approximately 2,000 Federal recreation sites across the country, including national parks, wildlife refuges and forests. The National Parks Lifetime Senior Pass permits the senior card holder and three guests free admittance. If the pass

holder arrives by car, then all occupants of the vehicle are given free entry at the gate.

The cost of the National Parks and Federal Recreational Lands Lifetime Senior Pass is \$80, plus a \$10 handling fee. As an alternative, there is an annual pass available to seniors for \$20 per year.

To order a pass online or by mail, you must apply and provide valid proof of both age and residency. The required application is available online at [www.store.usgs.gov](http://www.store.usgs.gov) There is also the option of applying in person at a national park recreation site. If applying in person, an application is not required, but a valid photo ID must be shown.

Besides free entry to federal facilities, the National Park Service's Lifetime Senior Pass also offers a 50% discount on some recreation fees to include camping, swimming, boating and specialized interpretive services. Not included are special recreation fees or concession items.

For questions about the pass, call the National Park Service, 888.275.8747 and select option three.

*Sharon is a writer-photographer and a proud "Bay" boomer from Anne Arundel County. Contact Sharon via email at [spes924@hotmail.com](mailto:spes924@hotmail.com)*

# DON'T DANCE BAREFOOT UNDER A SWEET GUM TREE

By Ginny Vroblesky

“They are weed trees,” a friend proclaimed. She was talking about sweet gums, the tree with star-shaped leaves and hard, spikey seed balls that are common in our area. In Autumn, they are ablaze with color—red, orange, yellow and purple on the same tree. Last Spring, for the first time, I noticed that they also have flowers. Not showy ones like the locust, cherries and dogwoods that grace our region, but more reserved, male and female flowers on different branches. That set me exploring the world of sweetgums to discover what they could tell us about themselves and where we live. It was like discovering your next-door neighbor had won the Nobel Prize.

Sweet gums are pioneer or early successional trees, displaying all this group’s strengths and weaknesses. In their own world, they fill a vital niche, moving into bare areas and starting the process of reproducing a forest. They yearn for the sun and thrive in warm, slightly moist soils, so they connect us to the southern U.S. rather than the north. They produce multitudes of windblown seeds and, if cut down, can even grow new plants by sprouting from their roots. If your job is to regrow barren areas, it is an advantage if your sprouts grow fast (5 feet in a year). You do not have to wait for the slower growing seedlings, even if your seeds can germinate in less than two weeks. Sweet gums live life quickly, surviving longer than humans (maybe 200 years), but less than the 700-plus years of oaks. Since they dislike shade they can eventually be displaced by the slower growing, taller oaks—another example that slow but steady wins. We often see thickets of young sweet gums along the edges of fields, but few, if any, in the center of the forest. A small clue to their age—they wait 20 years before bearing seed balls.

Sweet gums have a glorious scientific name – *Liquidamber*. More specifically *Liquidamber styraciflua* L. The L. signifies that they were named by Carl Linnaeus, the great Swedish botanist when he was in the process in the 1700s of classifying and giving scientific names to all living things. Sweet gums are unique in that there are only four species throughout the world. Ours is more closely related to those found in western Asia and Europe as opposed to those of China, suggesting that there was a land bridge across the Atlantic Ocean earlier than the one archaeologists think existed across the North Pacific.

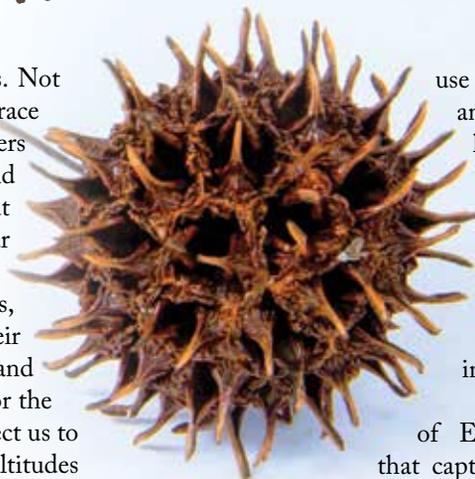
Touch a sweet gum and you connect with history, adventure and danger. Native Americans knew and used the tree as part of their natural pharmacy. The

Aztecs processed the ooze that seeped from damaged bark to treat skin infections. The Cherokee, Choctaw and Houma tribes used the bark, leaves, resin or roots for stomach ailments, treating wounds or as a sedative. Southern Civil War doctors wrote manuals on how to use this tree in treating diarrhea and dysentery. One wonders how healers discovered the right way to tap into the tree’s potential. Probably the same way modern scientists found that parts of the tree contain shikimic acid, a precursor to oseltamivir phosphate, a key ingredient of Tamiflu.

It is the first encounters of Europeans with sweet gums that captures the imagination. Picture yourself in 1519, with a member of Cortez’ expedition to Mexico. He describes how the Emperor Montezuma relaxed, taking a bit of smoke from a tube filled with *Liquidamber* and an unknown herb called tobacco. The smell reminded him of the incense burned in churches back home, incense derived from a sap sold in the markets in Constantinople.

Of course, being a pioneer tree, sweet gums are exceptional competitors. They outcompete pines for soil moisture in southern pine plantations, making them a potential weed. Sweet gums were once a major hardwood tree, but with the loss of large, old-growth trees, that value has declined. Removing them from pine plantations is expensive so foresters have sought other uses for sweet gums. In some oak plantations, the sweet gums challenge the longer-lived oaks to grow stronger, straighter and more valuable. Because they grow so fast, scientists are investigating their potential for use as biofuel. And there are signs that there may be other medical treatments hidden in the bark, leaves or sap of these trees.

Knowing the value of these trees, it might be wise to heed the advice of Peter Kalm, who was sent to the New World by Carl Linnaeus in 1747 to collect plant samples. Diana Wells, in her fun book, *The Lives of Trees: An Uncommon History*, quotes Kalm’s comments on sweet gum seed balls: “The seeds are contained in round, dentated cones, which drop in Autumn. It is therefore not particularly pleasant to dance barefoot under these trees.”



## Bay Bytes

If phone calls are no longer coming through clearly, log onto [www.ClearSounds.com](http://www.ClearSounds.com) for an assortment of different devices that will amplify your calls.



# FUN AND MYSTERIOUS FACTS SURROUNDING EASTER

By Leah Lanciaone

Easter, which occurs on April 12 this year, is a holiday that carries the utmost significance to people of the Christian faith as a time of reflection, remembrance and celebration—usually

observed by attending church followed by a ceremonial meal with family. Along with the religious traditions of Easter, the holiday also holds a less spiritual connotation that includes the Easter bunny who fills baskets with goodies for kids and the Easter egg hunts. Nothing new here, but there are Easter origins you may have never heard about. Here are a few:

**Easter Eggs:** Though some associate the dyeing of eggs simply as a tradition carried down from one generation to the next, some consider the symbolic nature of an egg as representative of the resurrection. Others remind us that eggs were used elsewhere throughout the world and held a different cultural significance. According to *Good Housekeeping* magazine, “there’s evidence showing that Easter eggs originated from Medieval Europe and Christians may not have actually been the ones to start the tradition of giving eggs—a symbol of new life, fertility and rebirth in many cultures.” **History.com** backs this up, reporting that eggs were associated with pagan festivals that paid homage to Spring. Similarly, the act of decorating eggs for Easter dates back to the 13<sup>th</sup> century when they were “formerly a forbidden food during the Lenten season, so people would paint and decorate them to mark the end of the period of penance and fasting, and then eat them on Easter.”

**Egg Hunt:** In addition to eggs being dyed and given out during Easter, the practice of the hunt may have been started by Martin Luther. The custom may have started in Germany in the late 16th century when Luther coordinated egg hunts for his congregation. It is believed that the men of his congregation hid the Easter eggs for the women and children to find as a way of portraying Christ’s resurrection from the grave since, according to the Bible, it was several women who first discovered the empty tomb.

**Easter Candy:** Along with the fun Easter egg hunt, on Easter mornings children look forward to a basket full of chocolate

bunnies, marshmallow Peeps, jellybeans, Cadbury Cream Eggs and other popular candy favorites delivered by a big, fluffy Easter bunny. So, when did this tradition start and why? Well, to find out about the candy, and why Americans spend \$1.9 billion on it, we must first find out about the bunny who delivers it, right? Especially since Easter is the second biggest candy holiday after Halloween.

**Easter Bunny:** So, where did the concept of the Easter bunny come from? And, why does he visit homes the night before Easter and place candy, chocolate and other goodies in kids’ baskets?

**Time.com** says the original conception of an “Easter bunny” is “shrouded in mystery” and may

stem from pagan traditions associated with the festival of Eostre, the goddess of fertility whose symbol was a bunny.

But, how did these pagan festivities evolve into a story and tradition that involves a bunny who gives candy? Well, some sources say the concept of an Easter bunny first arrived in America in the 1700s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called “Osterhase” or “Oschter Haws.” Back then, children would make nests so the bunny could lay its colored eggs. Historians believe the first story of a rabbit who hid eggs in the garden for children was published in 1680. “The tradition of chocolate eggs began in 19<sup>th</sup> century France and Germany and soon spread to the rest of Europe and eventually the U.S.,” says Katherine Tegen, the author of *The Story of the Easter Bunny*.

**Candy & Chocolate:** Now, we can get to the crazy statistics about the candy and chocolate (and to the ridiculous amount of money we spend on it in the U.S.) for Easter, as provided by *Elite Daily*:

- Americans buy more than 700 million marshmallow Peeps every year.
- Americans consume more than 16 million jellybeans annually.
- The tallest Easter egg chocolate was made in Italy in 2011. It stood at 34 feet and weighed 15,000+ pounds.
- It’s said that 76% of people eat the ears on the chocolate bunny first, 5% go for the feet and 4% for the tail.
- More than 90 million chocolate bunnies are produced in the U.S. alone annually.

There you have it, just a few answers to the imponderables regarding fun Easter traditions. And whether you consider Easter a deeply spiritual and meaningful event or simply another over-commercialized holiday, enjoy it as best you can.

# OVERCOMING THE FEAR OF AGING

By Kater Leatherman

Uncertainty. Mortality. Living in a society that is youth-obsessed. Feeling unlovable. Not having enough savings. These are all things that make aging so fearsome. One way to pacify fear is to pin down what is causing it. This forces us to decide what is real, create appropriate responses and develop courage.

Here are 10 ways to ease that fear of aging:

**1. Stay invested in people.** We don't need a slew of friends, but it's crucial that we matter to at least one person. Someone who loves and accepts us unconditionally. Someone who relates to our inner beauty and less to our outward appearance which is going to change. In turn, we support that person through ups and downs in life which keeps the connection strong.

**2. Change your mindset.** If you think about it, living in the future is really just energy and intention. The past is already done, even though it is still important to make peace with it. But living in the present? That's where change happens and the one thing you can change is your attitude about aging.

**3. Service.** Fear of aging has less power over us when we are making a difference in the lives of others. To do meaningful things through service offers inspiration, help and love. Not having this in life can be a death knell.

**4. Practice preventive health.** Aging does not automatically mean lousy health, using a walker or being confined to a wheelchair. Even if the body is less able to do what it once did, continue to move it in an age-appropriate way. Eating well will also make you feel better. Knowing you are doing your best will help to reduce the fear of becoming sick.

**5. Strive to look your best.** Many baby boomers really aren't as content with their aging bodies as they expected to be. We can't stop the clock, but we can slow it down with the many anti-aging procedures and products available today. When deciding on what and how much you want to do, consider this: There's a difference

between wanting to look young and wanting to look good for your age.

**6. Connect to your higher self.** It's enormously valuable to develop a positive inner relationship between your current self and your resilient older self. Whether you choose meditation, prayer or something else, it's important to have an inner refuge to go to for solace and strength.

**7. Keep your wits about you.** In our more vulnerable years, we have to be more attentive. We don't trust our memory as much. Our recall isn't what it used to be. However, some mental decline is the result of bad mental habits. To offset the fear of dementia, learn new things because the brain is a muscle that needs to be exercised. Doing so will keep your mind stronger and more flexible.

**8. Remember the perks.** Things we have now that we didn't have in our youth: wisdom, empathy and grandchildren. Most of us have a broader perspective and more experiences. We are also less foolish. With age comes the gift of more time to enjoy life, making it possible for seniors to be known as being among the happiest of all groups. Aging is a trade-off, but so is everything in life.

**9. Record your legacy.** What if you could debunk the aging myth by remembering that the journey in life is not what you take with you but what you leave behind? Create a box of memorabilia or album with things you are most proud of to pass down to your children, grandchildren, great-grandchildren and beyond. A project such as this will take your mind off of your aches and pains. In the process, you may become less afraid of growing old because you will see all that you accomplished.

**10. Adopt a different perspective.** Those who are on the edge of death seem relatively positive, accepting and more focused on what's important because they know their time here is limited. East Asians' yin and yang philosophy reminds us that life cannot exist without death. They encourage individuals to use death as a reminder to enjoy life.

Maybe if we reached in and got out of our mind a little more, we would notice that aging isn't that bad. This is your life ... there is no sequel! And that might be a good thing. Besides who wants to live forever?

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*A calm sea does not make a skilled sailor.*

# LET ME TAKE YOU DOWN TO STRAWBERRY FIELDS: ANNE ARUNDEL COUNTY'S HISTORIC STRAWBERRY EMPIRE

By Joyce M. White

Imagine when making the approach at Marshall BWI Airport that you see below numerous truck farms growing a variety of fruits and vegetables, rather than the industrial buildings and runways you see now. Though you would never know it from the current landscape, the area was a farming empire producing world-class crops from the mid-19<sup>th</sup> century until the early 20<sup>th</sup> century. One crop in particular flourished there due to adequate sunshine and ideal soil: Maryland had more strawberries under cultivation than any other state in 1910. And Anne Arundel County boasted 4,000 acres of strawberry fields – the most in the state.

Northern Anne Arundel County's commercial strawberry production venture began as early as 1815 when farmers started growing the crop for the Baltimore market. By the 1850s, this farming enterprise reached new heights. While climate played a big part in the success of the region's strawberry crop, Anne Arundel County's location, positioned near commercial ports, expedited the shipment of these fragile berries to markets in Baltimore, Philadelphia, New York and eventually even to Denver in the West and Montreal to the north. According to historian Willard R. Mumford, in 1852 50,000 quarts of strawberries were shipped to Philadelphia alone each day during the season. By 1854, of the 1,400 acres of strawberries grown in the United States and Canada, one-third of them were in Anne Arundel County. Moreover, by 1857, 441,000 quarts were sent to markets in Philadelphia and an additional 150,000 quarts went to Baltimore.

Of course, this vast strawberry empire required lots of labor. Workers were needed to grow, pick, sort and transport the berries to market. In 1857, 1,200 people per season were employed, and in the later post-Civil War years migrant workers from Poland were hired and allowed to live in spartan shacks on the farms where they worked during the picking season. Usually, it was just women and children who worked as pickers because the men stayed back in Baltimore to work their regular jobs. On weekends, if possible, the men often joined their families on the farms. Through necessity, a system was devised to bridge the language barrier between the non-English-speaking immigrant laborers and the English-speaking farm owners in the form of brass coin tokens called *picker checks*. Picker checks were issued to workers to symbolize the amounts of berries each person picked per day. The coins were round, octagonal, or scalloped-shaped and were usually imprinted with the initials of

the farm owner and a number denoting the number of quarts or bushels that were officially *checked in* to be counted. Picker checks were traded for actual cash money either at the end of the week or at the end of the picking season, depending on each farm's system.

The varied and numerous recipes for strawberries found in historic 19<sup>th</sup> and early 20<sup>th</sup> century Maryland recipe collections reflects their popularity in the region. Strawberries were used to make sherbet, water ice, ice cream, jam, tapioca pudding, wine, gelatins, sauce, soufflés, floats, charlotte, sponge cake and strawberry acid (a refreshing drink), among many others. In addition, to promote Anne Arundel County's strawberry heritage, strawberry festivals started as early as 1858. To commemorate this historic agricultural past, the Anne Arundel County Historical Society holds an annual strawberry festival at their headquarters at the Benson-Hammond House in Linthicum in early June.



Image: Scalloped picker check from the farm of William Shipley Hammond (1866-1924), located in the Glen Burnie/Brooklyn area. Scalloped checks were usually issued to workers for strawberry crops they picked.

## Historic Maryland Strawberry Recipes

**Strawberry Syrup** from *The Queen of the Kitchen: A Collection of Old Maryland Recipes for Cooking* by Mary Lloyd Tyson, 1870: 1 pound of sugar to 1 pint of strawberry juice. Strain the juice from the berries through a muslin bag. Let it come to a boil. Take off the scum. When it is cold add brandy to taste and bottle it.

**Strawberry Cream a La Maryland** from *My Favorite Maryland Recipes*, Helen Avalynne Tawes, 1964:

Serves 8

2 quarts fresh strawberries

4 Tbs. sugar

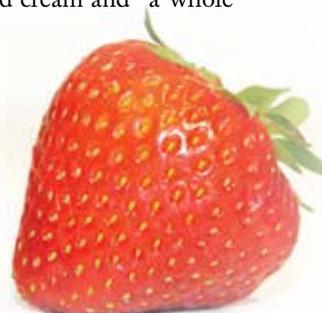
1 pint whipping cream

3/4 cup plain cream

4 Tbs. port wine



Wash strawberries and remove caps. Place 1 1/2 quarts of the strawberries in equal portions, in eight glass dessert dishes. Mash the remainder of the berries in a large wire strainer and add the sugar to the juice obtained from the berries. Whip a pint of whipping cream until stiff. Fold sweetened juice into the whipped cream, and then add the plain cream. Fold in the port wine. Pour whipped cream mixture over whole strawberries in dessert glasses. Chill. If desired, decorate top with whipped cream and a whole strawberry before serving.



# RADIATION HESITATION: THE TRUTH ABOUT DIGITAL DENTAL X-RAYS

By Dr. Joe Passaro, D.D.S.

You arrive at your dental appointment and your hygienist suggests taking X-rays. For some, thoughts of radiation exposure cross their mind. If you are one of the worriers, research may put your mind at ease. Radiation exposure associated with dentistry is nominal in comparison to total exposure from all sources.

In today's world, we are surrounded by countless devices that give off radiation. Cell phones, portable music players, computers, television -- the list goes on. Let's put it into perspective:

- Measured in millisieverts (mSv), the average radiation dose in the United States is estimated at 3.6 mSv per year.
- 3 mSv of our total radiation dosage per year comes from natural sources (the sun, etc).
- The other .6 mSv comes from man-made sources. Most man-made radiation is medical-related.
- Radiation from dental X-rays is minimal -- only about .2% of the total exposure from all sources, a very small amount.

Of course, safety measures are taken to prevent unnecessary radiation exposure while you're sitting in the dental chair. Lead aprons that cover your throat and chest protect your thyroid and lymph nodes. Meanwhile, equipment and facilities are inspected and tested to ensure they meet high standards set by the Maryland Department of Health and Mental Hygiene's Radiological Health Program.

You may wonder why your dentist or hygienist steps out of the room when you're stuck with that lead apron and an X-ray machine pointed at your mouth. The answer is simple: They take X-rays all day long. Prolonged exposure to radiation could be harmful to the staff member. X-ray machine operators are required to maintain current licensure and certification. Dental assistants in Maryland must pass the Dental Assistant National Board (DANB) Radiation Health and Safety (RHS) exam. The state's Radiological Health Program regularly monitors machine operators to make sure they are following proper safety procedures.

At the end of the day, the benefits far outweigh the costs when it comes to X-rays in dentistry. Without the use of X-rays, dentists can only see a portion of the outer surface of your teeth. X-rays allow for dentists to see the whole tooth, from the inside out. This detailed picture of your teeth can be used to evaluate and diagnose oral conditions, long before they become much larger problems. The benefits of digital dental X-rays range from detecting decay to identifying periodontal disease -- and almost every time give dentists a better chance to restore your smile and bring you to optimal dental health. Proper tooth position can also be determined using the high-quality imaging that digital dental X-rays produce.

After a digital X-ray machine snaps a picture, the image is uploaded onto a computer and readable immediately. That means you'll be out of the office sooner, and more quickly on your way to a brighter smile. Gone are the days of conventional film X-rays, where only one original copy was produced. Digital dental X-rays can be electronically shared between providers without losing the quality of the image. As an added bonus, there is even less radiation exposure with digital X-rays than film. In fact, some reports suggest that radiation exposure is up to 90% less with digital X-rays. Many high-quality offices now offer digital CT dental scans. Their images allow a three-dimensional view of a section of the mouth -- a perspective never before possible.

This enables dentists to have much more refined information for diagnostics, which is particularly useful in implant dentistry.

So, the next time you find yourself ready to run from the dental chair, remember the facts. Digital dental X-rays are a safe and integral part of giving you the healthy smile that you deserve.

*Dr. Joe Passaro and his partner, Dr. Woody Wooddell, located in Davidsonville, offer general dentistry services and provide expert restorative and esthetic dental solutions. Visit their website at [www.wp dentalgroup.com](http://www.wp dentalgroup.com) or call 410.956.5555 for more information.*

## Bay Bytes

Here's a fun site to check where you are intellectually as compared to others. Log onto **TestMyBrain.org** to understand more about your brain through different tests. Personalized feedback will be provided specific to you. Not only will it help you to learn more about your own mind and brain, but it will also help with research.

# Musical Memories: HEALING, HAPPY AND HEARTWARMING

By Carolyn Campbell

Late in the afternoon, social worker Jean Weinberger asked a co-worker, "Has it been a long day?" The co-worker replied, "I'm tired. Just show me the way to go home." With those few words, the lyrics of "Show Me the Way to Go Home" instantly sprang to Jean's mind and brought back a memory from the past. "My father used to sing that song," she recalls. "He was entertainment chairman at the Moose Club, and he loved to sing and tap dance. The song took me back to that time."

Recreational therapist Jennifer Bradshaw has had similar experiences. "You'll be singing in a group and it connects people to stories from their life and they end up reminiscing. If I sing a song like, "Don't Sit Under the Apple Tree," someone will say, "We used to have apple trees," or "My Mom used to make the best apple pies."

Dr. A. Dean Byrd PhD of the University of Utah School of Medicine and Department of Psychiatry faculties, agrees. "I think music is tied to memorable experiences—a first date, a marriage, a first child. My wife and I share music memories of our courtship and marriage, of our family life with our house full of children." When Byrd hears "Nearer My God to Thee," memories of his parents' funerals come rushing back in vivid detail. He adds, "I think we have this thing that I call the 'storehouse of memories' where important events are stored. Music helps me to access those memories."

"Hearing a song that we like is a lot like having a pleasant sensory experience -- eating chocolate, smelling flowers, seeing a work of art or glimpsing the peaceful face of someone we love who is sleeping," says Daniel Levitin, author of the book, *This Is Your Brain on Music*. He adds that identification memory—the ability that most of us have to identify pieces of music that we've heard before—is similar to memory for faces, photos and even tastes and smells. He explains that when we hear a piece of music we like, we take pleasure in the sensory experience, and find comfort in its familiarity and the safety that familiarity brings. "Safety plays a role for us in choosing music," Levitin continues. "To a certain extent, we surrender to music when we listen to it—we allow ourselves to trust the composers and musicians with a part

of our hearts and our spirits; we let the music take us somewhere outside of ourselves."

Bradshaw, the therapist, adds that, "Music is medicine for the soul. It enhances the quality of life. If you are in a bad mood, you can turn on a little music and it can brighten your whole day. It modifies people's moods, can relieve tension and has the power of diversion." She feels that music can lift spirits and get people's minds off their "day to day busy things." She relates that a patient with whom she works is "often kind of ornery. But any time I sing a song to her, it's like night and day. She does a 360 turnaround and is happy and smiling. She's dancing and tapping her toes in her wheelchair."

Music heals, soothes, refreshes, relieves stress and inspires, Byrd says. He worked with a man who was battling prostate cancer. "As part of his care, he would listen to music that seemed to help with his pain." Byrd turned this case study into a novel,

*Waking in Winter*. He later spoke at the man's funeral. 'Amazing Grace' was sung at his funeral, Byrd recalls. "When I occasionally read my novel, it is always with the musical accompaniment of 'Amazing Grace' in my mind." In Weinberger's first job, she helped with music activities at a care center. "We would play the first chords of a song to see if the

residents could name the tune, and someone almost always could."

Levitin points out that historically, music has been involved with social activities. "This may explain why the most common form of musical expression, from the songs of David to contemporary music, is the love song, and why, for most of us, love songs seem to be among our favorite things. As a tool for the activation of specific thoughts," he says, "music is not as good as language. As a tool for arousing feelings and emotions, music is better than language. The combination of the two—as best exemplified in a love song, is the best courtship display of all."

Levitin adds that music is there whenever people gather together—at weddings, graduations, sporting events, a romantic dinner or when a mother rocks her child to sleep. Just as music is often interwoven into our lives, it is also interwoven into our memories of living.

*... we find comfort in its familiarity and the safety that familiarity brings*

Never lose. Either win or learn.



# NEW RULES FOR SURVIVING SPOUSE'S ELECTIVE SHARE

*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

This October, a new set of rules take effect that could impact your estate plan. Under Maryland law, surviving spouses have the right to make a statutory election against their deceased spouse's estate rather than accept what is left to them in the deceased spouse's last will and testament. Currently, this statutory election applies only to those assets passing through probate. Assets subject to probate are those owned solely by a decedent that do not have a beneficiary designation or some other transfer on death designation and that are not held in trust for the benefit of another. In other words, joint accounts, life insurance policies, individual retirement accounts (IRAs), assets titled in the name of a trust, bank accounts with a pay on death designation, and investment accounts with a transfer on death designation generally will bypass probate and be distributed directly to the named beneficiary upon the owner's death.

However, beginning Oct. 1, 2020, a surviving spouse will have the statutory right to elect a share of virtually all the decedent's assets as of the date of their death. The surviving spouse's statutory elective share will no longer be limited to the decedent's probate estate, but instead will apply to the decedent's "augmented estate." The "augmented estate" includes (1) all assets passing through probate, (2) all assets in a revocable trust, (3) all assets over which the decedent had a qualifying power of disposition immediately prior to death, (4) all qualifying joint assets owned by the decedent and (5) all qualifying lifetime transfers of the decedent.

Moreover, the value of the surviving spouse's elective share will be dependent on whether the decedent had any surviving issue and the value of assets, if any, received by the surviving spouse upon the decedent's death. If the decedent had surviving issue, the surviving spouse will be entitled to one-third of the value of the portion of the augmented estate that is subject to election, reduced by the value of their spousal benefits and if not, the surviving spouse will be entitled to one-half of the value of the portion of the augmented estate subject to election, reduced by the value of their spousal benefits.

The surviving spouse must make an election within the later of nine months from the date of the decedent's death, or six months after the first appointment of a personal representative. The right of election may only be made by the surviving spouse, a guardian of the surviving spouse with court-ordered authorization or the surviving spouse's power of attorney, provided the power of attorney specifically authorizes the agent to make the election. Additionally, if a guardian or power of attorney is making the election on behalf of the surviving spouse, he or she must first comply with the notice requirements to all interested persons, each of whom have the right to object and request a hearing to determine whether such election is in the best interests of the surviving spouse.

For couples in a second marriage and/or with blended families, this new law may have a significant impact on their estate plan. Often, spouses with children from prior marriages, who want to make sure their children receive an inheritance, will designate their children as beneficiaries on an account, life insurance policy or IRA, or they may provide for them in a will or trust, leaving only a portion, if any, of their estate to their new spouse. Unfortunately, under the new law, those assets would be

**... in a second marriage and/or with blended families, this new law may have a significant impact on their estate plan.**

subject to the surviving spouse's right to his or her elective share. And, although your surviving spouse may honor your agreement to divide your assets a certain way, there is no guarantee their power of attorney or guardian would do so if the surviving spouse is incapacitated.

Similarly, for couples where one spouse is a Medicaid beneficiary in a nursing home and the community spouse predeceases, the state of Maryland requires the Medicaid beneficiary, or his or her legal representative, to elect their statutory share so the state can recover monies it paid out on behalf of the Medicaid beneficiary. Thus, any asset protection plan that may have been established could be jeopardized under the new law.

Of course, anyone can waive their right to their statutory elective share, provided they are competent. If incompetent, their legal guardian or power of attorney must be specifically authorized to waive it on their behalf. So, it is always best to review your estate plan regularly, and if necessary, update your documents to maintain the plan you have set up.

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# FOREST BATHING

By Dr. Jim David

Eventually this will address forest bathing, but first I would like to share a self-discovery with you. Have you ever heard of earworms? (See Harriet Brown's article in *Scientific American Mind*, Nov. 1, 2015.) An earworm is defined in this context as a generally benign form of rumination, i.e., repetitive, intrusive thoughts, poems or songs associated with anxiety and depression.

I resisted thinking that I have some level of anxiety or depression. I rationalized that 92% of people have earworms at least once a week and 99% have them occasionally. So many of us frail, fragile human beings could not possibly have some mild level of anxiety and depression, could we? Do we use earworms to cope?

After careful self-examination, I reluctantly had to admit to myself that I do suffer from some mild form of depression or anxiety. What a startling, humbling awareness! This could also account for emotional eating when I am not really hungry!

The earworm that brought me to forest bathing is Joyce Kilmer's iconic poem, "Trees." I kept repeating, "I think I shall never see a poem as lovely as a tree." I love trees. I am mesmerized as soon as I enter the woods. I go into a trance. The trees -- oak, pine, birch, holly, beach, tulip -- all speak to me.

This took me to Dr. Qing Li's book, *Forest Bathing: How Trees Can Help You Find Health and Happiness*. The concept of forest bathing originated in Japan, but is now a world-wide phenomenon. You can go to the web and sign up with a local DC forest bathing guide and nature expert. I guess most of us need reminding that being in nature is good for us. It speaks to our souls, renews our spirits, while refreshing our too-often stressed bodies. It is life without a cellphone.

The next revelation that rocked my brain was Peter Whohlleben's personal journey and resultant book, *The Hidden Life of Trees: What They Feel, How They Communicate – Discoveries from a Secret World*. Whohlleben is a German waldmeister, or forest master. His life in the woods and his scientific training brought him the startling awareness he explicates poetically in his soothing book. It brought to mind Albert Einstein's amazing discoveries resulting from integrating both hemispheres of his brain. His corpus callusom was three times the size of an average person's.

Fortunately, most of us live in Maryland where we have an abundance of woods and nature trails. None of us are ever very far from a memorable, life-changing, transformative forest bathing experience. Go online to visit Maryland Hiking Trails

and Trail Maps, Anne Arundel County Trails, Patapsco Valley State Park, or any county you wish to explore. I enjoy hiking in the woods of Wheaton Regional Park in Montgomery County and Fairland Regional Park in Prince Georges County.

What will enable us to transition from having an enjoyable walk in the woods to an experience of forest bathing? The answer is living in mindfulness. Jon Kabat-Zinn, the author of *Wherever You Go There You Are*, defines mindfulness as "arising through paying attention, on purpose, in the present moment, non-judgmentally." Sometimes I describe it as "observing without judging; experiencing without thinking." Some people describe this as a peak experience, where you are totally in the here and now, giving your full attention to what is.

It is like a balancing awareness. First holding awareness of your internal experiencing by staying with your breathing and balancing that awareness with what is happening outside of you. You might be able to live mindfully without daily meditation, but it is not likely to happen that way. Meditation will effortlessly make you more mindful and mindfulness will enrich your meditation practice.

Forest bathing requires mindful immersion in nature. Mindfulness is available for us at any time throughout our day, wherever we may be or whatever we are doing. We are wise to eat mindfully, walk mindfully, live mindfully.

Well, you might be wondering how to rid yourself of earworms. The most obvious strategy is to stop and think and identify the underlying issue that is barely perceptible that may be creating your mild anxiety or depression. Another method is to chew gum! Our unwelcome thoughts, songs or poems will subside. But who wants to quit singing "Maria" from "West Side Story"? I would not worry too much about your earworms if they are pleasant or not too insistent. Or you could go into forest bathing or practice the Zeigarnik Effect. This requires completing the repetitive fragment, i.e., to read the entire "Trees" poem or all of "Maria" in order to drive the song or poem from your conscious memory. Good Luck!

*Dr. Jim David is a practicing psychotherapist in Silver Spring. Visit his website at [www.askdrdavidnow.com](http://www.askdrdavidnow.com) or email at [jimsue63.com](mailto:jimsue63.com)*

# MARTHA'S FORMULA FOR SUCCESS: TUTOR<sup>4</sup> + PARTICIPANT<sup>6</sup> = JOY<sup>10</sup>

By Marimargaret Reichert

Finding a formula for joy in volunteering is not always possible. Martha Fox, recently retired from her teaching career, was looking for an opportunity to use her knowledge, experience and skill set to make a difference. While she loved singing with the Baltimore Choral Arts Society and performing at the Summer Garden Theater, she still had not found the right setting to teach children in small groups. This was something she had always wanted to do in her retirement.

But after reading an article about GiGi's Playhouse Annapolis, one of 35 Down Syndrome Achievement Centers nationally, Martha registered for the volunteer orientation program. She listened with excitement as the moderator spoke about the newest program, a one-on-one literacy course open to all participants. Martha found great joy in working with just one student to enhance his reading and comprehension skills.

When planning began for a one-on-one math tutoring program, Martha was thrilled since she had dearly loved teaching mathematics to her elementary school students. It was a good match, so much so that she became the volunteer math program

coordinator. She spent last Summer training with GiGi's, Inc., gathering supplies and preparing teaching materials for new math tutors. The pilot program was successfully launched this past Fall and Martha found the formula for success: a caring tutor + an engaged participant really does = joy.

GiGi's Playhouse volunteers, ranging in age from 6 to 86, make up a group with diversified talents that provide the necessary support for the many programs the center has to offer. In addition to the one-on-one literacy and math programs, the center offers programs on speech and language, gross and fine motor development, computer training, cooking, fitness and yoga and music and art. With the support from donors and volunteers, all GiGi's programs and activities are provided free to participants with Down syndrome and their families. If you would like more information about GiGi's Playhouse Annapolis, you can call 410.517.7474 or email [gigisplayhouse.org/Annapolis](mailto:gigisplayhouse.org/Annapolis)

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Read our article "Radiation Hesitation: The Truth about Digital Dental X-rays" in this edition of *OutLook!*

# MAKE YOUR SPRING CLEANING 'GREEN' THIS YEAR

By Leah Lancione

The arrival of Spring means the temperature is gradually climbing, flowers are starting to bloom again, and nature in general, seems to awaken from its Winter hiatus. For many, this season represents new life, rejuvenation, renewal, and yes, Spring cleaning. This year why not consider cleaning and decluttering in a way that benefits the environment. Here are some tips and suggestions for the 3Rs -- reducing, reusing and recycling.

Before you get to the three Rs, Martha Stewart offers a printable checklist that can simplify cleaning your home that's available at: [www.marthastewart.com/267295/spring-cleaning-checklist](http://www.marthastewart.com/267295/spring-cleaning-checklist) This checklist includes cleaning tasks by room as well as instructions for chores within each area, information on techniques and processes for tackling responsibilities one at a time. It's advised that you tailor the list to your home and schedule enough time to get projects done properly.

The Environmental Protection Agency (EPA) suggests making Spring cleaning green (or eco-friendly) by reducing as much as possible. "Give unwanted clothes a new life by donating them to your local thrift shop or charity. By reusing clothing and other goods, we can cut down on waste entering landfills." By donating gently used clothing, bedding, books, furniture, appliances and other household items to charities like Salvation Army, Goodwill, AMVETS or Samaritan House, etc., you may be providing someone less fortunate with something they need while also cutting waste. Not to mention, the EPA says there are also nonprofit organizations that will accept old vehicles (Purple Heart) and building materials (Habitat for Humanity).

In Anne Arundel County, the Department of Public Works (DPW) encourages residents to avoid buying single-use items whenever possible and to recycle any of the items on the list of accepted paper, plastic, metal and glass items, which is found at [www.AACounty.org](http://www.AACounty.org) "Be creative. Find new uses for usable household items. Avoid single-use items and choose durable and reusable goods." When you're doing your Spring cleaning or decluttering, if you come upon a large item like a still-usable refrigerator, lawn mower or swing set that you no longer need, call the DPW's customer service line at 410.222.6100 to arrange a pickup

There are also many household items you can repurpose. For instance, glass jars can have a new life as storage for dried beans, rice, whole coffee beans or even buttons for sewing. Cut up old clothing or towels to be used as cleaning cloths. Check out Pinterest for more ways to upcycle clothing, towels, bedding and other fabric goods. Save old toothbrushes for pesky duties like cleaning grout and other troublesome spots. If you're super crafty, there are even DIY instructions for turning plastic bags into baskets, sandwich wrappers and even pillow stuffing and more.

The Anne Arundel County DPW also suggests donating items like old computers, electronics and appliances still in working condition to local charity organizations or schools. If that's not an option, visit one of the three area recycling centers

in Severn (389 Burns Crossing Rd.), Glen Burn (100 Dover Rd.) or Deale (5400 Nutwell Sudley Rd.) that are open Monday-Saturday, 8 a.m.-4 p.m. Anne Arundel County DPW reminds folks that though there's no limit to how much can be recycled, it's advisable to do so on a weekly basis so the containers aren't too heavy for you or those collecting.

In Ellen Sandbeck's informative book *Green Housekeeping*, she says that "cleaning professionals estimate that getting rid of clutter would eliminate 40% of housework in the average American home." So, just think about how much more time you'll have after this deep clean and decluttering!

As you go through each room of your house cleaning surfaces, washing bedding, towels and clothing, and organizing closets and cabinets, **WasteManagement.com** (WM) says to consider adding two bins in each room where there's a trash can—not just the kitchen. For example, add a recycle bin next to the trash cans in the bathroom, bedroom and office. You may realize after just a week how much recyclable content builds up in these rooms. Then, on trash and recycling day, empty those smaller bins into the large county-issued recyclable bin.

The WM website offers a tool kit, like printable labels for your two bins and instructions for what can or can't (plastic bags or Styrofoam) be recycled. WM says, "25% of the items placed in recycle bins is trash" that makes its way to recycling centers where tons and tons of waste is sorted." Things like hoses, yard waste, wires, liquids, foods and plastic bags are often found mixed in with recyclables and cannot only damage equipment, but contaminate items that would have been reusable. As a result, these items have to be added to trash that ends up in landfills. Visit Recycle Often, Recycle Right ([www.rorr.com](http://www.rorr.com)), for more "do's and don'ts" of recycling.

Use the internet to search for organizations that will recycle some of the unwanted items in your home. For example, Green Floors in Fairfax, Virginia, is "dedicated to keeping as much carpet out of landfills as possible." The company, that serves the D.C. Metro area, can recycle carpet and its padding after a swatch has been analyzed. Green Floors also offers environmentally friendly flooring options for homes and businesses.

Also important while you're on your green Spring cleaning mission is to examine the cleaning products you have or want to use. For a quick guide to eco-friendly, nontoxic cleaners for every room of the house, visit the Environmental Working Group's (EWG) database for the top "Green Cleaning Products" at [www.ewg.org/guides/cleaners/content/top\\_products](http://www.ewg.org/guides/cleaners/content/top_products) From Dr. Bronner's pure Castile Soap to baking soda, white vinegar, lemon juice and essential oils, you may find a lot of nontoxic, eco-friendly products that are already in your cabinets or pantry. And for tips on making your own natural cleaning products, visit <https://greenerideal.com/guides/make-your-own-natural-household-cleaners/>

# WALKING IS MAN'S BEST MEDICINE

By Leah Lancione

It's probably not news to you that walking is considered a great way to improve health and overall vitality, particularly for seniors. The National Institutes of Health (NIH), advises that "as you get older, reduced mobility can raise the risk for disease, disability and even death." To prevent future mobility issues as well as to lower blood pressure and reduce risk for developing diabetes, doctors recommend seniors should lace up their sneakers and get walking. The American Medical Association (AMA) reports that studies published in the *JAMA Internal Medicine* journal show walking is also linked to lower mortality rates.

The NIH study of 1,600 adults, ages 70-89, concludes that engaging in an exercise regime of moderate-intensity physical activity—like daily walking—reduces the risk of major mobility disabilities. To achieve this, participants in the study worked up to 150 minutes of brisk walking, stretching and flexibility exercise and strength and balance training.

To make things even easier for seniors who can't or don't want to do high-intensity exercise, the AMA suggests folks shoot for walking just over 4,000 steps a day at a moderate pace to experience health benefits. What? You don't have to hit the 10,000-steps-a-day mark everyone talks

about? The answer is no. According to the study published in *JAMA Intern Med*, "among older women, as few as approximately 4,400 steps daily was significantly related to lower mortality rates compared with approximately 2,700 steps per day. With more steps per day, mortality rates progressively decreased before leveling at approximately 7,500 steps per day. Stepping up intensity was not clearly related to lower mortality rates after accounting for total steps per day." These results are heartening for beginning walkers and those who just want to become more active for their health.

For seniors wanting to get 4,400 steps in by walking, it equates to approximately two-plus miles, depending on individual stride and pace, according to the online steps-to-miles conversion calculator.

If starting a walking routine sounds daunting to you despite the countless reports that say it also reduces the risk of obesity, heart disease and stroke, there are ways you can ease into it.

Ask a friend or your spouse to take a stroll around the neighborhood once or twice, park your car farther away from a store entrance, go window shopping and walk the mall, hop onto a treadmill while listening to a podcast or watching a show on your phone or tablet, or ask your kids or grandkids to take you on an age-appropriate hike around one of the area's park hiking trails. There are many parks to choose from in Anne Arundel County from Quiet Waters Park in Annapolis to Kinder Farm Park in Severna Park and Downs Park in

Pasadena. There are also walking groups to join like the American Volkssport Association (AVA), America's Walking Club or the local Free State Happy Wanderers club that offer group walking activities and events for all ages.

Before you start any new exercise regimen, be sure to consult with your physician. Once you are given your "marching orders," check out the Wellness Coalition's tips and techniques, as well as stretches to compliment your walking routine, at [www.thewellnesscoalition.org/wp-content/uploads/2016/02/Walking-Tips-and-Stretches.pdf](http://www.thewellnesscoalition.org/wp-content/uploads/2016/02/Walking-Tips-and-Stretches.pdf)



## Bay Bytes

Would you like to know how sugar is being added to your foods without your knowledge? Log onto [www.virtahealth.com/blog/names-for-sugar](http://www.virtahealth.com/blog/names-for-sugar) for the 56 different names that are used, often in products labeled "sugar-free."

## Bay Bytes

Looking for an easy currency converter while traveling? Log onto <https://freecurrencyrates.com/> or [www.ofx.com/en-us/currency-converter/](http://www.ofx.com/en-us/currency-converter/) which will instantly convert currencies of the world.

# GO VEGETARIAN OR VEGAN — IMPROVE YOUR HEALTH AND SAVE THE PLANET!

By Leah Lancione

One caveat: I have been a vegan for more than 20 years. I'll try not to be preachy because I believe everyone has the right to the diet that is right for them. However, I will present my case for why a vegetarian or vegan lifestyle is a healthy choice for the human body and for the planet.

Though there are countless books, websites and cookbooks for people wanting to consider a vegetarian or vegan meal, I only have room to highlight a few. Just visit your local library or surf the web and you'll discover a host of how-to manuals for adopting a plant-based lifestyle. Though a 2018 Gallup Poll says only 5% of U.S. adults consider themselves to be vegetarian, many observers believe the number of vegetarians and vegans is on the rise. In fact, *The Economist* actually declared 2019 "The Year of the Vegan," citing the many restaurants (even fast food) and stores that now offer plant-based cuisine and meat alternatives.

So, what is vegetarianism? The *Oxford English Dictionary* defines vegetarianism as "the practice of not eating meat or fish, especially for moral, religious or health reasons." Within vegetarianism are levels: lacto-ovo, which includes those who don't eat meat but consume eggs and dairy, lacto-vegetarian for those who consume dairy products but not eggs or animal meat, and vegan (pronounced vee-gan) for people who do not eat, use or wear anything derived from an animal. Donald Watson, one of the founding members of the Vegan Society, formed in England in the 1940s, explains, "Veganism is a philosophy and way of life which seeks to exclude, as far as possible and practical, all forms of exploitation of and cruelty to animals for food, clothing or any other purpose."

First things first. For the meat-lovers who like to discredit a plant-based diet, the American Dietetic Association, and many other health organizations, recognize the value of plant-centered diets. "It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases."

In the book, *Never too Late to Go Vegan*, authors Carol J. Adams, Patti Breitman and Virginia Messina propose that many

of the diseases and conditions people face are often a result of years of poor food choices. "The diet that most of us grew up on, sometimes referred to as SAD (Standard American Diet), is one that promotes a long list of health problems, such as clogged arteries, diabetes, digestive disorders, gout, constipation, cancer and obesity." The authors make the case that some of these ailments are far less common in cultures where diets are plant-based.

People, no matter their age, often report their blood pressure and cholesterol return to natural, healthier levels, energy increases and weight loss occurs, when they build their meals around plants rather than animal products. So, it's not too late to get control of your health and wellness by cutting meat and all animal products from your diet. In *Today's Dietitian* magazine, Sharon Palmer explains that a plant-based diet can even offer optimal health benefits specifically for aging women. She says that even though women's dietary requirements change as they age, a plant-based diet is a good idea. "It's true that older women have important nutrition concerns, such as maintaining a healthy weight, protecting bones and warding off heart disease. But that doesn't mean a plant-based diet is off limits for these women." It is important to consult with a doctor, dietitian or nutritionist, before making a big diet change to ensure your diet is nutritionally adequate. Optimal nutrition can be achieved with a plant-based diet!

Plant-based nutrition expert Virginia Messina, co-author of *Never too Late to Go Vegan* as well as *Vegan for Her*, asserts that some nutrient needs change with age, but those needs can be met by plant foods. On her website the Vegan RD, Messina shares tips for transitioning to a vegan lifestyle. She confesses that "for most people, going vegan is a process, not an overnight transformation. Staying focused on that process, making one choice at a time, can make the endeavor seem way less daunting." For example, start by eliminating meat from your meals, then move on to cutting out eggs and dairy.

If you want to go vegan for compassionate reasons in addition to improving your health, there are many online resources that list cruelty-free products (cosmetics, household

cleaners and personal care products), like PETA's (People For the Ethical Treatment of Animals) webpage **PETA.org** Not only can your kitchen table be free of animal products, your makeup bag, garden, wardrobe and pantry can be cruelty-free as well.

If going completely vegan seems too intimidating or difficult, and you just want to make strides toward improving your physical health and wellness, maybe a vegetarian lifestyle is more attainable. Most restaurants offer vegetarian menu selections and every grocery store has plenty of plant-based ingredients available. Just remember that just because something is labeled vegetarian or vegan doesn't automatically make it healthy. Plenty of meat alternatives are full of unwanted food additives and products like cookies, potato chips, pretzels and crackers, contain no meat but shouldn't be the new basis of your diet. Your doctor or a registered dietician can educate you about what items to form your meals around. Likely, he or she will recommend eating whole, not processed, foods like fresh vegetables and fruits, beans, legumes, whole grains, nuts and healthy fats. Variety is key to making sure you get all the essential vitamins and nutrients your body needs.

To explore a food pyramid that offers a guideline for healthy vegetarian diets, visit [www.vegetriannutrition.org/6icvn/food-pyramid.pdf](http://www.vegetriannutrition.org/6icvn/food-pyramid.pdf) This website also highlights how certain plant-based foods can meet the dietary needs for calcium, iron, protein and more. For more information or examples of foods within the vegetarian pyramid and sources for vitamins and other nutrients, visit the National Institutes of Health's (NIH), *Medline Plus* website at <https://medlineplus.gov/ency/article/002465.htm> For a vegan food pyramid, visit [www.peta.org/living/personal-care-fashion/usda-recognizes-value-vegan-foods/](http://www.peta.org/living/personal-care-fashion/usda-recognizes-value-vegan-foods/) The website One Green Planet ([www.onegreenplanet.org/vegan-food/snacks-with-complete-protein/](http://www.onegreenplanet.org/vegan-food/snacks-with-complete-protein/)) lists snacks, like hummus and chocolate chip chia granola bars, that are considered complete proteins since new vegetarians and vegans often worry about getting enough protein.

If the many health benefits of becoming a vegetarian or vegan aren't enough to convince you to ditch your carnivore ways, it might help to take a look at why it helps the planet. If you're concerned with improving the environment, take heed of what the United Nations (UN) has to say about veganism and how it could be vital to combatting climate change. The *BBC* noted that "a UN report on land use and climate change says the West's high consumption of meat and dairy is fueling global warming." The article explained that more people, and the population is only growing, could be fed using less land if more people stopped eating meat. Scientists from the UN's Intergovernmental Panel on

Climate Change (IPCC) also maintain that "if land is used more effectively, it can store more of the carbon emitted by humans."

According to *Global Citizen*, much of the food grown around the world isn't even consumed by people. "In fact, 70% of the grain grown in the U.S. feeds livestock, and globally, 83% of farmland is set aside to raise animals."

If you're not convinced, do an internet search and the evidence is there in black and white. Study after study shows that going vegetarian can cut your "carbon footprint" in half and even more if you choose a vegan lifestyle. Even Albert Einstein was a vegetarian and famously declared, "Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet."

With that said, condemning people who eat meat is not the answer. There are many ways humankind can improve the environment, from recycling regularly, buying less, driving and flying less, avoiding single-use products and plastic, buying energy-efficient cars and appliances, conserving water, using renewable energy, planting trees, buying local and organic produce or growing your own food. We can all do our part, and if going vegetarian or vegan sounds sensible to you, great! You won't regret it.

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## Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.



# Dance

## Ballroom

### Changes Your Outlook

### On Life

By Nancy J. Schaaf

Do you dance around your kitchen while preparing dinner? Perhaps you are the first one on the dance floor at a wedding when the band begins to play. Love of music and moving to its beat should be encouraged; the latest research is finding that dancing is one of the best ways to stay healthy in old age.

Specifically, ballroom dance benefits our health because it lowers the risks for heart and blood vessel diseases, improves posture and weight, reduces stress and tension, improves brain function and social relationships. According to Debbie DeAngelo, a registered nurse and a holistic health coach and ballroom dancer, "Everyone, but especially older adults, can benefit from the improvement in posture, stamina, balance and muscle strength that develops through ballroom dancing."

Ballroom dancing began in the 16th century and peaked during the 19th and 20th centuries after the introduction of the two-step, tango and waltz. This style of dancing waned in popularity, but television shows such as "Dancing With The Stars," which highlights tangos, sambas and fox trots as well as the elegant waltz, have increased enthusiasm for ballroom dancing. Once again, ballroom dancing is found at social gatherings, competitions and especially at weddings. "Stepping onto the ballroom dance floor is fun, energizing and healthy. As a registered nurse, I'm impressed by its ability to increase mental acuity. Dance stimulates both the creative and analytical sides of the brain," DeAngelo says.

The latest research indicates that dancing can slow the aging process and is excellent for maintaining flexibility and balance. DeAngelo observes that, "Everyone, but especially older adults, can benefit from the improvement in posture, stamina, balance and muscle strength that develops through ballroom dancing."

Dancing is a wonderful activity that benefits the mind, body and soul. Physical benefits that promote a fit lifestyle are numerous. Dance is well-known as a cardiovascular workout, especially the fast-paced styles of tangos and rumbas that elevate the heart rate. Studies by the National Heart, Lung, and Blood Institute show that dancing also prevents heart disease.

Regular low-impact dance protects bone density, prevents osteoporosis and reduces joint pain and improves flexibility. The fast turns, spinning and two-stepping contribute to building stronger core muscles which improves balance and coordination, helping to prevent falls. Flexibility is a major benefit of ballroom

dancing as these dance styles contain plenty of stretching and bending.

Ballroom dancing also keeps the brain healthy and is associated with a lower risk of Alzheimer's and dementia. Japanese researchers studied the types of exercise done by participants and discovered that those who danced, as opposed to jogging, golf, yoga and tai chi, were 73% less likely to be classified as impaired in any activity of daily living such as walking, cooking, dressing and bathing. The skills learned in ballroom dancing improve balance, muscle strength and endurance. The mental aspect necessitates one to remember the specific choreography. "Dancing requires not only balance, strength and endurance ability, but also cognitive ability, including adaptability and concentration to move according to the music and partner, artistry for graceful and fluid motion and memory for choreography," writes lead author Yosuke Osuka, of the Tokyo Metropolitan Institute of Gerontology.

Research has also proven that dancing reduces stress and tension for the mind and body. It is a healthy way of relieving stress while learning a new hobby at the same time. After a salsa, swing, or rumba dance lesson, the release of endorphins reduces feelings of tension, stress and even loneliness. Couples dancing is wonderful for connecting with your special someone to enhance your relationship as it brings together the mind, body and the spirit. For singles, it is a terrific way to meet new people who share the same interests. One can engage in uplifting conversations and strengthen social connections by trying this partnered activity. Studies prove that being more social helps improve self-esteem, lowers stress levels, increases sense of purpose and promotes a positive outlook on life.

As Emily Sandow, supervisor of dance physical therapy at NYU Langone's Harkness Center for Dance Injuries says, "We know that movement is good for everyone. A healthy lifestyle is integrating the mind, body and soul relationship, and dance has all of those characteristics."

Many dance schools have classes for adults in all kinds of genres, so peruse the offerings and select one that seems the most appealing. Remember that dance begins with one step. So, put on your dancing shoes and enjoy!

# THE HOSPICE AMBASSADOR

By Elyzabeth Marcussen

Tony Toskov believes that if everyone knew the work the Hospice of the Chesapeake does, everyone would love it as he does. "If someone does not know about Hospice of the Chesapeake before they talk to Tony, I am confident that by the end of their conversation, they too, will be saying, 'Everybody loves hospice,'" Chris Wilson, director of advancement and volunteer services, says.

Toskov sees himself as a Hospice of the Chesapeake ambassador and his enthusiasm is contagious. His "hospice story" started when his father died about 15 years ago. The Hospice of the Chesapeake team was there, caring for him in the Toskov's home. "My family would have struggled very hard without them," he said. "That experience was amazing."

Not too long after that, he met John Warner and Tom Howell, two men who have a long history of volunteerism and philanthropy with the Pasadena-based nonprofit. As he is prone to do, he started talking about his hospice experience and they suggested he get involved with the organization. Since then, he has been a key player in the planning and orchestration of their popular golf tournaments. Events coordinator Meg Lawton said Toskov is an ideal volunteer who doesn't look to the philanthropy

team to take on tasks that he knows he can accomplish on his own. "Sometimes in the middle of a committee meeting, he'll suddenly pick up his phone and call people to ask them for their support for a particular need," she said.

To volunteer with Hospice of the Chesapeake, visit [hospicechesapeake.org/volunteer](http://hospicechesapeake.org/volunteer) or email [joinus@hospicechesapeake](mailto:joinus@hospicechesapeake) or call 443.837.1508.

Toskov has added more roles as a volunteer in the organization, serving on the Foundation Board of Directors and on the Chesapeake Kids Committee. As a man who runs Green Point Wellness, Two

Rivers Steakhouse and Twain's Tavern, he said planning a successful fundraiser comes naturally to him. "I have always been in the business of retail, and it is very similar to putting events together," he said. "I have a lot of creative ideas." A bonus for the philanthropy team is his experience hosting the wildly successful Burn Rides, which raised hundreds of thousands of dollars for the Anne Arundel County Burn Foundation.

Besides knowing that he's making a difference in peoples' lives, he also genuinely enjoys the company of the people he's working with. "The golf committee is a fun group of people. Outside of our work with the committee, we also are good friends," he said. That camaraderie extends to the other groups for which he volunteers. "We are like-minded, wanting to make a difference."

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# Endings Are Beginnings:

## ADDING EXCITEMENT TO YOUR RETIREMENT

By Carolyn Campbell

Leslie always looked forward to retirement. She imagined sleeping late, working in her garden and going on trips. But when her retirement date arrived, she was surprised to feel uncertainty and even a little sadness. Many accomplishments and dear friends came from her experiences at work. She was used to her regular schedule, which included completing assignments and feeling a sense of fulfillment. A well-earned rest was usually followed by the anticipation of starting a new project. What will happen now? she wondered as she cleaned out her desk and prepared to walk away from her office for the last time.

Just as it is reassuring to plan a financial future following retirement, it's also comforting to plan some activities, and to remember earlier hopes and dreams for this unique time of life. Now that the usual meetings, deadlines and projects have dropped away, it's time to recall wishes and goals and make plans for them. It's a good time to set a course for the future in a relaxing and fun way, rather than being under pressure. Keep in mind that when you retire, you will have eight more hours a day to do whatever you wish. It might be a good time to do those things you've always thought about, but haven't had a chance to try. You can start having fun without having to worry about being productive all the time. As one retiree once said, "I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read and all the friends I want to see."

Here are some activities you might enjoy during retirement:

### *Meet new people.*

Consider replacing your work contacts with other people who you meet through clubs that may appeal to your interests or hobbies, such as a knitting group, a senior recreational club, a golf club or a church group. Check the club listings online in your

area or the postings on the community board in your local library or grocery store. Friendships are energizing and sustaining, and now that you are retired, a friendship could include a leisurely late lunch, a relaxed telephone conversation or even a weekend getaway.

### *Learn something new.*

One retired librarian took accordion lessons. It was her lifelong dream that she had never shared with anyone until she retired. Another retiree began his dream of studying and collecting antique cars. A group of retirees who lived in the same large city created an improv comedy group. Another senior woman made a sky diving jump after her granddaughter dared her to try it. Feel free to think outside the box and choose an activity you have always wanted to try. Learning carries its own satisfaction.

### *Take a road trip.*

A road trip can be a day trip over to see the museum in the next county, or a relaxing, leisurely journey that includes many days and several states. You never know what some out-of-the-way neighborhood may have to offer until you walk its streets. Feel free to set your own pace as you see new sights, meet new people and cherish experiences that you've never had before.

### *Travel to another country.*

Have you always wanted to see the Eiffel Tower or visit the town where your ancestors lived? There are many flights available online at lower-than-usual rates, particularly if you are now free to travel off-season or at a less popular time. You can also search online for package trips that include air fare, accommodations and guided tours and activities.



You can't just maintain - you have to continue the challenge of moving forward.

### *Cook your way through a cookbook.*

If you are a food lover and would like to expand your culinary expertise, consider choosing a cookbook and preparing each recipe in turn. For inspiration, you might want to watch the movie, "Julie and Julia" about Julie Powell, a woman who set a goal of one year to try cooking every recipe in Julia Child's "food bible," "*Mastering the Art of French Cooking*." You could choose an all-encompassing, "general" cookbook that covers many types of dishes or a specialty cookbook that includes only Italian dishes or low-carb specialties. Or, rather than choosing an entire cookbook, consider researching a recipe for a dish you remember from childhood, or something you have enjoyed eating at a restaurant. Take a leisurely afternoon and enjoy each step in the cooking process.

### *Hang out with people who are meaningful in your life.*

Hanging out with a cherished person in your life is precious. It could be your grandchildren who you see regularly, a classmate you still remember or a cousin you haven't visited for years. Hanging out is just being together doing nothing in particular. Just the closeness, even if the conversation is minimal, unimportant, or nonexistent, it can be nourishing

### *Exercise.*

A health study in England showed that retirees who continued to exercise were more than three times more likely to

stay healthier than those who did not. Along with providing relief from stress, physical activity is its own kind of adventure. 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 work exercise into your newly-free schedule, try aerobics, walking, jogging, dancing or swimming. Or if you are feeling more adventurous, consider zip lining, paddle boarding or scuba diving.

### *Become a blogger.*

If you don't actually buy your own Caribbean island or sky dive for the first time, writing about your interests is the next best thing. There is an amazing array of personalities in the blogosphere with interests spanning everything from reading to river rafting. As you write and read other blogs, you will meet folks with similar interests and passions. You can share your thoughts in your posts as well as interact with others via their blog and websites. It is easy and rewarding, and who knows where it may lead?

### *Nothing!*

Feel free to do nothing if that is really what you want to do. Or take a while between activities to decide which one you really want to do next. For the first time in your life, it is your choice to make.

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# TEN LESSONS WE CAN LEARN FROM THE DONNER PARTY

By Kater Leatherman

Their story was about hardships we can barely imagine, one that requires courage, perseverance, tragedy and survival. Among the pioneers lured by the promise of free land in California was the Donner Party, comprised of approximately 90 members -- 12 families and assorted individuals -- who set out on May 12, 1846, from Independence, Missouri. Their six-month, 2,000-mile, ill-fated journey would take them across prairies, mountain ranges and deserts.

Uprooting their lives meant selling their possessions and leaving people behind. With only a handful of trading posts along the way, everyone had to bring as much food and provisions as their wagon could carry. Each person, for example, required 200 pounds of flour, but the long list of necessities also included one small keg of vinegar to prevent scurvy and cholera, the number one cause of death in the overland emigration. What can we learn from this courageous group of pioneers? Number 1 - Be prepared.

Initially, the move across the plains from Independence brought oppressive heat, rain, "troublesome" Indians, mud and deep ruts "with wet bottoms soft as featherbeds and gooey as molasses."

Just two weeks after leaving Independence on May 26, the Donner Party reached the Big Blue River where they camped in nearby Alcove Spring, Kansas. It was one of the most celebrated spots along the California/Oregon Trail with its clear, cold water, tall green grass and beautiful flowers. There, they rested, did laundry, and waited for the swollen Big Blue to level off for a safe crossing. (Drownings from river crossings were the third highest cause of death along the trail.) Number 2 - Easy times always follow hard times.

The terrain became more difficult when their wagon train encountered the steep downhill grade of Windlass Hill, Nebraska, leading to the fertile meadow at Ash Hollow. In areas where the trail was rough, children had to walk ahead of the wagon and throw stones out of the way, clear brush, and cover muddy spots with tree limbs so the wheels of the wagons wouldn't sink in. Young children making the trip to California with their parents were expected to help out in other ways, too: fetching water, milking the cows, packing and unpacking the wagon and gathering firewood. Number 3 - Getting children involved gives them a lasting set of life skills.

Passing Chimney Rock in western Nebraska on June 23 meant that the Donner Party was one-third of the way to their

destination. Of all the landmarks along the California/Oregon Trail, Chimney Rock was mentioned the most in the diaries of the emigrants.

Travelers found the site to be breathtaking, encouraging and fearful. Breathtaking because of its odd shape with a 450- to 500-foot spire; encouraging because they were making progress; fearful because it signaled the end of the prairies and the threat of the challenging terrain ahead.

It was during the last week in June that the Donner Party traveled through Scotts Bluff where they could see Laramie Peak in Wyoming, 120 miles to the west. With a two-mile-an-hour walking pace, the pioneers averaged 15 miles a day. Progress was slow. Number 4 - Keep your eye on the bigger picture.

Dust was one of many hardships along the trail. One emigrant described it as "fine as the finest flour, and yet it envelops the traveler in a cloud; so light that the least wind can raise it and yet so dense that you cannot see through it to a wagon 10 feet ahead of you; so chemically charged that it blotches and blisters the lips of nearly everyone as though they had touched poison ivy."

Once they made it to Ft. Laramie, then known as Ft. Kearny, the emigrants were in it for the long haul. Turning back now would be unthinkable. Ft. Laramie was, until 1849, the first outpost along the trail and a place where everyone stopped to rest their animals, repair wagons, replenish their supplies and swap stories. Number 5 - Take time to recharge yourself.

Approaching Guinard Bridge in Casper, Wyoming, was a welcome sight. Built in 1859 by Louis Guinard at a cost of \$40,000, it was 810 feet long and 17 feet wide. However, the toll for crossing the bridge over the North Platte River was expensive - \$1 to \$6 (\$2,000 today), determined by the height of the river. An additional fee was added for animals.

Probably one of the most contentious issues for the California-bound emigrants was whether to pull their wagons with oxen, mules or horses -- each with its own advantages and disadvantages. Horses and mules were expensive. Oxen were slower, but cheap; they were also the strongest. Mules were temperamental. Oxen were least desirable for Indians. While mules and horses had to be fed grain, oxen ate native vegetation.

On July 12, the Donner Party reached Independence Rock, so named because arriving around the 4th of July meant the pioneers were on track to get across the Sierra Nevada and into California before the heavy snowfalls. Number 6 - Stay on course.

*Are you satisfied with the person you're with when you're all alone?*

The Donner Party was 920 miles from Independence, Missouri, when it reached South Pass at 7,550 feet. Also known as the Continental Divide, every wagon train heading west passed through there.

Progress remained slow, causing some members of the party to grow impatient. To save time and miles, they were tempted to consider Lansford Hastings' "shorter, faster" route. By going south of Salt Lake and then rejoining the California Trail on the other side, the shortcut promised to shave 350 miles off their journey. In his book, *Emigrants Guide to Oregon and California*, Hastings mentions the shortcut in one sentence.

On July 19, the day after they arrived at South Pass, the Donner Party made the fatal decision to take what became known as the "Hasting's Cut-off", even though some members of the party felt that Lansford Hastings was nothing more than a selfish adventurer. No. 7 - Be careful who you trust.

From July 26-31, after the Donner Party stayed at the last outpost, Fort Bridger, they headed down the path to the shortcut. Even though Hastings personally assured them that the route "was perfectly practicable for wagons," within days the Donner Party had lost their way. For one stretch of the tortuous route, they spent six days hacking their way through scrub oak, boulders, willow trees and sage bushes to advance just one mile. Twenty days later, they spilled out into the Salt Lake Valley from the Wasatch Mountains, shaken.

Before crossing the 75-mile-long Great Salt Lake, they made a hasty retreat for Pilot Springs to stock up on water and grass for the animals. It is at the springs that they found a tattered note left by Lansford Hastings that read, "Two days, two nights" (to cross the desert).

The caravan of 22 wagons started out. Midway through the deadly salt flats, one emigrant noted that it "was like walking through deep oatmeal mixed with glue. The midday sun is a hammer. The night air is cold tongs reaching through blankets. Children cry. Cattle moan. The oxen go mad from thirst and become lost. Wagons are abandoned."

Six days later, on Sept. 5, they finally made the crossing. Number 8 - Never give up.

As they began their trek across Nevada on Sept. 8, Summer is waning with snow crowning nearby peaks. Provisions are low. With hundreds of miles of desert in front of them, they worry that they won't have the food, or the time needed to cross the Sierra Nevada before Winter. By now, the group is splintering.

Tempers flare. Women especially, are "mad with anger."

Throughout the journey, meetings were held, but decisions had not been made in consideration of all members. One leader, James Reed, is headstrong and bombastic. Number 9 - A common mission is crucial for keeping a group united.

On Sept. 27, they reached the trail along Humbolt River and rejoin the California Trail. The "shortcut" turned out to be 125 miles longer.

Nevada brought even more hardship. Some of their horses and cattle were stolen by the Paiutes. More wagons were abandoned in the Forty-mile Desert. At Brady Hot Springs, although it saved their lives, the water was so hot that it had to be cooled before it was drinkable. The pioneers were weak and malnourished; the remaining oxen are gaunt and stumbling over rocks. Their leader, James Reed, killed a member of his party in an argument (the number two cause of death in the overland migration was guns).

On Oct. 16, they finally reached the winding Truckee River where they could see the Sierra Nevada. The Donner Party was now alone on the California Trail east of the Sierra Divide. Every emigrant from the 1846 migration had made it through to Sutter's Fort.

They got to Truckee Meadows on Oct. 26, a highly fertile valley with grass, water and game. They rested there

for five days as they only had about 60 miles to the other side and safety. On the summit, there was snow.

In the Gulf of Alaska, a great storm was building that will go south and move east. On Nov. 3, it began to snow. When they reached Donner Lake, the snow was already three feet deep. In a panic, wagons were abandoned; oxen were difficult to pack and became unruly beneath unfamiliar loads.

After making several failed attempts to cross the summit, the 83 emigrants retreated to the lake where they built their shelters and prepared for the long Winter ahead. After almost 2,000 miles and more than five months, they missed their chance to

reach the summit by one day.

The story of the cannibalism that occurred during the Donner Party migration and its entrapment in the Sierra Nevada during one of the worst Winters on record (1846) is too well known to retell. Six months later, on April 25, 1847, the last of the 45 survivors were finally rescued. The tragedy cast a pall on westward migration until gold was discovered the following year, sending a sea of humanity surging once again over the California Trail. Number 10 - Taking shortcuts in life can be very costly.

*In 1998, Kater took a bus trip from St. Louis to Reno, Nevada, that paralleled the Donner Party's trek across the country. She can be contacted at [katerleatherman@gmail.com](mailto:katerleatherman@gmail.com)*

**"Never take no  
cutofs and hurry along  
as fast as you can."**

**- Virginia Donner (writing to her cousin).**



# Charity: Ways to Donate Stuff and Outright Give

By Carolyn Campbell

After Amy's mother died, she knew that as an only child, she would have to deal with her mother's possessions. Cardboard boxes of assorted items soon filled Amy's dining room table. At first, it was hard to sort through her mom's things while she was grieving. Yet she discovered that holding her mom's possessions in her hands and remembering special times was part of her healing process.

She found the bag her mom carried their towels in when they went swimming together, greeting cards signed by Amy's children, photo albums and lots of loose photos. At first, Amy wanted to keep everything. But, as days passed, she reviewed the boxes more carefully. She came to understand that there wasn't room in her home for everything. Eventually she would need to clear the boxes from her dining room table in preparation for the family Thanksgiving dinner. Because her mom had taken good care of her things, many items were still in usable condition. She chose as many special treasures as she had room to keep and donated the rest to charity.

There are many reasons why people decide to contribute used items to charities. Some decide they need more room in their closets. Others are downsizing to move to a smaller home or retirement community. After setting aside items to pass down to children or grandchildren, they choose to donate used items, such as coats or books, they have acquired over the years.

**Start with Your Closet.** Many organizations such as Nationwide and Vietnam Veterans of America accept all kinds of clothing in good condition. There are also churches, local hospitals, shelters and agencies that work with the homeless that have clothing-donation programs.

As for choosing donations, organizational guru Pam Young says, "If it's something you haven't hooked up, turned on, eaten off of, covered up in, sat in or on, looked out of, at, or over, mailed, watered or read in the last year ... dare to donate it or dump it!"

**Donate Winter Coats.** Glancing through your closets, you may find coats you didn't even recall. Because Winter is usually the hardest time for people who don't have adequate warm clothes or shelter, coats are always a welcome

donation at organizations such as The

Salvation Army, Goodwill or Deseret Industries. There are even charities dedicated specifically to provide

coats to help people stay warm. One Warm Coat began with a coat drive over Thanksgiving weekend in 1992 and is now a national organization hosting over 3,000 drives annually, collecting 4 million donated coats. Their goal is to provide anyone in need, free of charge.

**Give Away Household Appliances.** If you have a can opener or toaster that still works and you've just replaced it with a new one that matches your remodeled kitchen, you may want to consider donating your small appliance to a charity that accepts them. There may be policies for donating larger ones.

**Consider Donating to Animal Shelters.** Towels and bedding are often welcome donations at animal shelters, where they are used to help keep animals clean and warm. If you have water or food bowls left over from a past pet, these are also often much appreciated donations.

**Donate in Unexpected Ways.** There are nontraditional ways to be charitable too. For instance, many credit card companies will allow you to donate your unused points or miles to charity. The internet also offers ways to donate money, time or talents.

**Free Rice.** This is a fun way to learn and donate to charity at the same time. Free Rice is an online quiz that donates 10 grains of rice for each right answer to questions about word definitions. The rice is donated to the World Food Programme, the food assistance branch of the United Nations and the world's largest humanitarian organization that addresses hunger. Participating is free, because it is funded by sponsors who advertise on the site.

At **The Greater Good** ([www.thegreatergood.com](http://www.thegreatergood.com)), you can click to benefit a cause close to your heart. Choose a tab at the top of the page and then choose "Click here—it's FREE." Your click may buy a book for a child or health care for women. On most days, around 50,000 mammograms are donated for women in need, free of charge, when people click on the "Click to Give—it's free" under the Breast Cancer link.

**Amazon Smile** is an automatic way for you to support your favorite charitable organization. On your first visit, choose a charitable organization to receive donations from eligible purchases before you begin shopping. After that, eligible purchase

will result in a donation of 0.5% of the purchase price from your eligible purchases.

So whether you donate used goods, volunteer your time or donate money to

charity, your giving can be much more than just a chore. It may help you build stronger social connections and maybe even jumpstart a cascade of generosity through your community. Besides, giving to others generates pleasure and can maximize your own happiness.

# Telling Your Story

By Ryan Helfenbein

“Will you remember me in a week, in a month or in a year?”

“Why of course,”

“Knock Knock?”

“Who’s there?”

That might be the one concern many of us have regarding generations to come. Will they remember me? Or better yet, how will they remember me?

How do I write an obituary? First, let’s change the word obituary to what I’d refer to as a life history. Leaving a legacy is important for us all, but leaving an explanation of that legacy is much more beneficial to those left behind and generations to come. We often find the write-ups in the newspaper answering a series of questions: Born on, died on, went to school at and married on. And the list just keeps going. But do these questions really explain the life of someone? Better yet, does the personality come through in simply answering questions or should we look at this differently? Perhaps we need to eliminate the idea of listing facts of an individual, and instead look at writing about the highlights of a life lived with the personality of that individual shining through.

The best life history is autobiographical, written by the person who lived the life being remembered, and well in advance. Second, and most commonly, is a collective effort from close family and friends collaborating over the ways they were touched through the life journey of the individual being remembered. There should be no limit on how long or short, what should or should not be included, who is mentioned or not and most importantly not limited to the answering of a few questions. The recording of a life has no limitations and should shine with personality of that individual versus a list of facts that simply is no different from another person other than a few dates. Technology today allows modern undertakers to showcase the individual’s full life history for all to find with no limitations on words or lines like a newspaper would. In addition, photos and background images can be attached to what a modern undertaker can provide to enhance the personality of the life history created.

A great example of what I mean was recently published in March of 2019. See if you can pick out the personality of this individual in the first two lines alone: “*Tim Schrandt (Lynyrd) made his last inappropriate comment on March 29, 2019. If you are wondering if you may have ever met him, you didn’t – because you WOULD remember.*” With just those first two lines, and there

was much more to follow, future generations will know that their friend and relative was quite a character and full of personality! Now if a typical mortician would have written that opening line, it would most likely have been written like so: “*Schrandt, Tim (Spillville) passed away on March 29 of cancer. He was 63.*” Major difference between the two, right? The first sentence alone explained the personality behind the individual and focused on a life lived versus the reality of his passing.

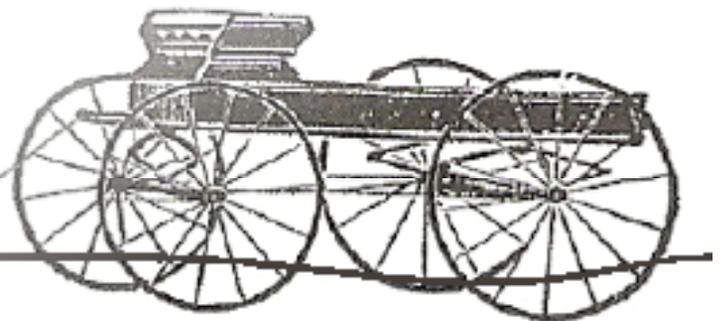
Everyone that read that life history of Mr. Schrandt knew his personality, what he must have been like and that he truly lived life to the fullest. The entire write-up read just like that too! How he will be remembered for “*always wearing his shirts unbuttoned three quarters down*” and my personal favorite, that “*...he did not lose his battle to cancer, that cancer departed when he did, so technically it was a tie.*” What truly hits home is the fact that out of this life history alone his family will receive the strongest therapy available – an opening for friends, family and acquaintances to freely share memories of his glowing personality.

What if the personality is a bit softer? Not a problem. That in itself is the message to portray in a life history. “*At the age of 63, Sally left this world peacefully, at her home, overlooking her garden, surrounded by family, to be with her savior.*” This tells us that Sally was a peaceful person, with strong faith and a love for gardening and family. You can almost picture the person being in front of you.

Take the time now to simply list the highs and lows in life, stories that showcase your personality and list the memories that stood out. Each of us has a story to tell, and all of us have affected someone else at some point in our lifetimes, whether we knew it or not. Life histories are created to allow an avenue of therapy for all to be a part of and most importantly provide a record of a personality so that one is never forgotten.

*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 contacted at 410.897.4852 or Ryan@LastingTributesFuneralCare.com*

## We each have a story to tell...



Persistence is so often the key to success!

# A ROOM OF ONE'S OWN FOR BETTER SLEEP

By Leah Lancione

Everyone knows the essay “A Room of One’s Own” by Virginia Woolf is hailed as a major work of feminist thought. That, I might add, is still relevant today. For my purposes, however, I want to refer to “a room of one’s own” in a more literal, not literary, sense for retired couples. Having a room of one’s own for sleeping may be the answer to many couples’ sleep troubles. Not only is it becoming more common, many studies suggest it may be a healthy choice for couples to sleep in separate rooms.

As it’s well-known that physical and mental health and well-being are closely connected to proper sleep habits, it’s no wonder that sleeping in a different room from your spouse may be a good choice if he or she snores, suffers from sleep apnea, restless leg syndrome, insomnia or any other sleep-related disturbances. *Psychology Today* cites a recent study by Ohio State University’s Institute for Behavioral Research Medicine that suggests getting a full night sleep “may be the single-best thing you can do for your relationship.” Calling it a “sleep divorce” may sound harsh, but statistics show that more and more couples are sleeping apart because it benefits them in the long run. Some decided to sleep apart due to cover pulling, differing sleep and awake hours and disagreements over room temperature, in addition to excessive snoring or noisemaking.

One of the main disadvantages of sleeping apart, however, is the loss of that time alone together at night, which really doesn’t matter to retired couples who no longer have children in the home. And, just because you are not actually sleeping in the bed together doesn’t rule out reading and/or cuddling before you move on to separate quarters.

Even the *New York Times* recently weighed in on the issue of couples engaging in a “sleep divorce” and having a room of

one’s own for proper rest! The July 2019 article suggested that maybe Lucy and Ricky (from the show “I Love Lucy”) had it right by sleeping in separate beds. The *Times* cited a 2016 study from Paracelsus Private Medical University in Nuremberg, Germany, that revealed sleep issues and relationship woes tend to occur in tandem. More evidence from a 2013 UC Berkeley study demonstrated that “one partner’s sleepless night caused by disturbances from the other partner can result in conflicts in the relationship the next day.” There are many online sources to review if you are considering a “sleep divorce. The article mentions the book *Sleeping Apart Not Falling Apart* by Jennifer Adams. According to Amazon.com, the book offers solutions and strategies for maintaining a healthy relationship while sleeping in a separate bed or room.

If you wake up each morning feeling like you got cheated out of a full night of sleep, maybe it is time to join the other couples who have opted to sleep apart. Believe me, you are not alone. A survey from the National Sleep Foundation reveals that almost one in four married couples sleep in separate beds or separate rooms.

To initiate a sleep divorce, popular TV host and health expert Dr. Oz offers the following tips to start the conversation with your spouse:

- Use “we” to avoid blame. For example, imply that you both have not been getting the best sleep.
- Be honest to prevent resentment.
- Try creative solutions. Try starting out with separate beds if your partner is resistant to different rooms.
- Ease into it. Start out with a few nights a week apart to see how it goes.
- Plan intimacy ahead of time.

If your spouse is hesitant to giving you a bedroom of your own to sleep, read the WebMd “5 Reasons a Sleep Divorce Might Be Right for You” at <https://blogs.webmd.com/mental-health/20190531/5-signs-a-sleep-divorce-might-be-right-for-you> Decide together if it is time to give each other space at bedtime so you can be happier, healthier and more rested for your daytime activities together.

**Bay Bytes**

Teachers of English as a foreign language can log onto [www.tefl.net](http://www.tefl.net) to find all the details for employment in a country of your choice. Other options for overseas employment can be found at [www.transitionsAbroad.com](http://www.transitionsAbroad.com)

**EARLY SPRING QUIZ-ACROSTIC**

With German forces advancing on Paris, six thousand reinforcements for the French Sixth Army were dispatched to fight the Battle of the Marne. What unique mode of transportation was used to ferry the troops to the front?

**WORLD WAR ONE: TAXICABS**

A. Warth  
 B. Over the top  
 C. Rotterdam  
 D. League of Nations  
 E. Doctor  
 F. Whiffs  
 G. Armistice Day  
 H. Raipport  
 I. On the Western Front  
 J. Nurses  
 K. Ernest Hemingway  
 L. Thirst  
 M. Affect  
 N. Xiphodon  
 O. In the hands of  
 P. Commander in Chief  
 Q. Asquith  
 R. Boxer shorts  
 S. Suffragette

Are you 70? If so, you're in a seven-year cycle.

Every seven years there is a natural release of energy that inspires us to make changes and move forward. For the baby boomers and beyond, we're talking about the ages of 56, 63, 70, 77, 84, 91 and 98.

The concept of cyclical renewal has its roots in religious, philosophical and pagan thought. It could be a couple of years, seven years or 10 years. The idea is if you stumble, you can pick yourself up and revive your life.

Think transition. Metamorphosis. The dark night of the soul. A seven year can be a journey of unexpected challenges, uncertainty and confusion. You will be exposed to aspects of yourself and your life that aren't working, which will require releasing, reflecting and rediscovering in order to create the life you truly want.

This is the human version of a snake shedding its skin. When the skin becomes stretched and worn, the snake is unable to accommodate further growth. We, too, outgrow people, places, situations, interests and beliefs. If we don't periodically stretch beyond what no longer serves our highest ideals, then we will feel stuck, stagnant and left searching for something outside of ourselves.

What to expect if you are in a seven year: You may feel sad and/or depressed without knowing why. Things that you used to enjoy will hold little or no interest. The career that brought fulfillment is now boring. You feel disconnected from the people you love the most. Old ways of thinking or behaviors are sabotaging your happiness. You don't know what you want.

To help you navigate this year of growth and opportunity, here are seven tips:

1. Spend some time in solitude.
2. Keep distractions to a minimum.
3. Be patient. Answers, core wishes and desires will emerge, but you may have to wait. (Some people call a seven year "the waiting year.")
4. Face your reality head-on; this is not the time to deny or avoid anything.
5. Don't force, but rather allow opportunities to present themselves to you.
6. Go with the flow; fighting discomfort creates more discomfort.
7. Do not be afraid. Have faith that you are being guided toward your full potential.

Look back on your life and notice what happened during your years of seven. Did they leave you feeling less attached? Were you able to gain a deeper acceptance, appreciation and understanding of something? Which one was a real game-changer?

Laying down new tracks in whatever seven year you are in offers such an abundance of gifts. You will feel more confident, less encumbered and content in your own skin. Your life will make more sense. The mental and emotional experience that you endured will generate greater achievements. And, above all, you will know what you want and where you're going in the next phase of your life.

By Kater Leatherman

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# TRIVIA QUIZ FOR EARTH DAY

By Kater Leatherman

Remember Earth Day in 1970?

Actually, the birth of the modern environmental movement began in 1962 with the publication of Rachel Carson's controversial bestseller, *Silent Spring*. In it, she wrote about the collateral damage to our environment and to wildlife from the use of pesticides -- in particular, DDT. She was driven, not only by their danger to the environment but to human health, specifically that they could potentially cause cancer.

For the next eight years, the public's awareness expanded to include the growing number of oil spills, loss of natural wilderness, excessive litter, polluting factories and gas-guzzling automobiles affecting our air and water quality. As a result of the first Earth Day in 1970, the Clean Air Act Extension, the Clean Water Act, the creation of the EPA and the Endangered Species Act were created, all by the end of the year.

In honor of the 50th anniversary of Earth Day on April 22, take the following quiz to see how far we've come in supporting environment protection:

- 1. What disaster led to the founding of Earth Day?**
  - A. An oil spill off the coast of California
  - B. Smog in Los Angeles and New York City
  - C. Cuyahoga River fire
- 2. Who founded Earth Day?**
  - A. The Hog Farm Commune in New Mexico
  - B. Gaylord Nelson, senator from Wisconsin
  - C. Selma Ruben and Marc McGinnes
- 3. How many people showed up around the country on the first Earth Day?**
  - A. 20 million
  - B. 5 million
  - C. 1 million
- 4. Why was April 22 chosen as Earth Day?**
  - A. Spring is a sign of renewal
  - B. It coincided with the founder(s) schedule
  - C. It was between Spring break and final exams
- 5. What year did Earth Day go global to include 141 countries?**
  - A. 1980
  - B. 1987
  - C. 1990
- 6. Internationally, what is Earth Day known as?**
  - A. International Mother Earth Day
  - B. Global Earth Day
  - C. Universal Earth Mother Day
- 7. What was the theme for Earth Day in 2019?**
  - A. Trees
  - B. Protect our species
  - C. Environmental and climate literacy
- 8. What global agreement to reduce greenhouse gases did the U.S. fail to ratify in 1997?**
  - A. Kyoto Protocol
  - B. Millennial Summit
  - C. Oslo Accords
- 9. The disastrous oil spill on March 23, 1989, occurred in which state:**
  - A. Maine
  - B. Washington
  - C. Alaska
- 10. After the Clean Air Act of 1970, what pollution control technology was introduced in automobiles?**
  - A. Secondary air injection
  - B. Catalytic converters
  - C. EGR (exhaust gas recirculation)
- 11. The threat of greenhouse gases was declared by the EPA in what year?**
  - A. 2009
  - B. 1999
  - C. 1989
- 12. What is widely considered to be the most destructive dam project of all time?**
  - A. The Hoover Dam
  - B. The Gorges Dam
  - C. Grand Coulee Dam
- 13. In what common household material did HUD and the EPA require renters and homeowners to be informed of there was lead present?**
  - A. Paint
  - B. Drywall
  - C. Asbestos
- 14. After near extinction, which bird was removed from the endangered species list in 2007?**
  - A. Snowy Owl
  - B. Atlantic Puffin
  - C. Bald Eagle
- 15. What percentage of our air pollution comes from cars and trucks?**
  - A. 75%
  - B. 50%
  - C. 40%
- 16. How much water does the average American family use every day?**
  - A. 100 gallons
  - B. 200 gallons
  - C. More than 300 gallons
- 17. Which of the following uses the most water?**
  - A. Taking a 10-minute shower
  - B. Flushing the toilet
  - C. One dishwasher cycle
- 18. For best results, which direction will you point your solar panels if you live in the northern hemisphere?**
  - A. East
  - B. North
  - C. South
- 19. How many pounds of paper products does the average American use every year?**
  - A. 500 pounds
  - B. 650 pounds
  - C. 300 pounds
- 20. Which of the following is an effect of deforestation?**
  - A. Smog
  - B. Acid rain
  - C. Global warming

Everyone can do something to protect the environment. If you don't believe this, consider the condition of our planet if no one recycled, bought local, picked up litter, conserved water, combined errands, drove a fuel-efficient car, or used reusable water bottles?

Kater can be reached at [katerleatherman@gmail.com](mailto:katerleatherman@gmail.com)

Answers: 1. A; 2. B; 3. A; 4. C; 5. C; 6. A; 7. B; 8. A; 9. C; 10. B; 11. A; 12. B; 13. A; 14. C; 15. A; 16. C; 17. A; 18. C; 19. B; 20. C

This time of year, I'm just tired of the gray, cold, gloomy days and my least favorite weather: 35 degrees and raining. Although we haven't had more than half an inch of snow this year (I apologize now should we be getting a blizzard) I remain ever hopeful for the brighter days ahead -- anything other than gloomy gray.

This time of year is also when we start to see new life beginning to happen in the natural world around us. Soon it will be time for crocuses to bloom and daffodils to send skyward their sap-green slender stalks that cause little patches to become awash with yellows, whites and orange-colored trumpets and petals. The branches of the trees that appear dead and gray-brown will soon be filled with the light, bright green of leaf buds. Yes, Spring is one of my favorite times of the year because it reminds me that even those things that may seem to be dead, barren or even downright useless may yet contain new life waiting inside of them.

Several years ago I became a subscriber to a website's daily emails that feature do-it-yourself projects of all kinds, most having something to do with the theme, "Once trash, now useful again." The best part is each of the projects comes complete with photos, video clips, a parts list and step-by-step instructions. The titles range across the DIY spectrum: "Alternate Uses for Old Drill Bits," and "Knit a Woolly Warm Hat," to "Human Heart-Shaped Cake," and even, "Stool Made from Inner Tubes and Other Basement Treasures." Most of the projects are fairly simple to complete. Every time I undertake one of these, I learn something valuable or at the very least, I marvel that someone created this new item. Mostly I am grateful to the author of the "Instructable" for giving me a new skill set or a way of looking at what was old and reimagining the item into something new and useful.

This time last year I travelled to Winston-Salem, North Carolina, to attend a workshop that, in part, focused on finding what we truly love, where we find deep joy and satisfaction. The leader of the conference opened with a question that was as simple as it was provocative: "Aside from spending time with your immediate family and friends, what do you truly love doing?" The conference participants and I spent the next four days exploring and answering that question. This is a good question for us to ask right now in this time of year when the Earth transitions from dormancy into new life. How might we also transition into new life, into new ways of being that focus on our being more fully present to the things we truly love and that will ultimately give us abundant and new life?

By the conclusion of the conference I learned something about myself that was interesting: I thoroughly love taking items that are broken or seem to have outlived their usefulness (in my case that is antique shaving razors, axes and garden tractors) and working with them to bring them to new usefulness, new luster, repairing them to be useful again. Not only that, I learned that I tend to see the broken or dull and rusty and envision the item in its restored, renewed glory.

Looking through that same lens, I wonder what parts of our lives could use some rust remover, some polishing, or even wholesale rewiring, maybe even with some new parts added to coax us into new life? What relationships that once were blossoming and now seem to be lying fallow could be restored into new life with a little time, energy and love on our part to give them new life?

This past Winter we have experienced several deaths of beloved parishioners at our church. We also seem to have an increased number of parishioners who are either having surgery or are in the hospital. This has brought into focus the fragility of our lives and how important it is for us to connect and reconnect with those we hold dear. Each time we take a moment to reach out to someone we love, or to swallow whatever bitterness exists between us and a former friend or relative, we are doing that work of either giving a new coat of polish to, or knocking off the rust of a cherished relationship. This is truly holy and necessary work and helps to either add to the luster or bring back the shine of love in our lives.

*The Rev. Matthew Hanisian is the rector at St. Martins in the Field, Severna Park, and can be reached at [mhanisian@stmartinsintheheld.org](mailto:mhanisian@stmartinsintheheld.org)*

## WHAT WAS ONCE OLD IS BEING MADE NEW

*By The Rev. Matthew Hanisian*

**"Aside from spending time with your immediate family and friends, what do you truly love doing?"**

### Bay Bytes

Both AARP and USAA offer travel insurance policies worth considering for your next grand adventure. For other sites featuring travel insurance check out [www.consumersadvocate.org/travel-insurance/a/best-travel-insurance](http://www.consumersadvocate.org/travel-insurance/a/best-travel-insurance)

## ELEVEN IDEAS FOR CONTRIBUTING FINANCIALLY TO YOUR ADULT CHILD

By Carolyn Campbell

As a wealthy Hawaiian landowner in the recent movie, “The Descendants,” George Clooney says that he wants to give his children “enough money to do something, but not enough to do nothing.” Many parents have similar feelings in that they want to help their adult children financially to encourage and assist them, but not to indulge them to be idle. With a little thought and clear communication, you can protect your family relations from the kind of damage only money can do. Here are suggestions to make the most of the delicate balance of assisting adult children financially.

**When your adult child asks for money, discuss the request until you feel that you completely understand the situation.** This will allow you to make an informed decision about whether you want and/or can help him or her through a rough spot.

**Consider your own financial situation and needs.** If helping your child means you won't be saving as much as you had hoped for your retirement or another important financial goal, you might reconsider. There is the possibility of enabling adult children—or anyone else, such as a neighbor or family member—and establishing them as someone who always needs help. One parent asks, “If we keep bailing them out instead of saying, ‘It's time you figured this out,’ how is that helping?” Always granting such a request could be teaching them that, over the long term, you approve their irresponsible spending.

**Create a plan to follow.** The more seriously you take the situation, the more likely your child will. Draw up a written contract, and if you have a financial planner, find out what he or she would charge to work with your son or daughter. Consider reaching an agreement by asking your spouse, “What do we want to do to show a united front if our kids ask for money?” In this way, parents can circumvent a tactic children use—to get one parent alone and get that parent to commit to a request—separating that parent from the judgment of the other.

Save everyone the drama of miscommunication and hurt feelings and write down every nuance of your agreement. No expectation is too small. Sign it, have your child sign it, and make copies for both of you. If you are expecting the loan to be repaid, you might want to consider filling out a promissory note (you can find a template online) that serves as a legally binding agreement. If a parent sets boundaries in little things, it gives you the courage to say no when a child's request is a major imposition.

**If you decide to lend money, consider charging a small interest rate.** This will encourage your child to repay the money in a timely manner and avoid borrowing as much as possible in the future.

**Establish a goal or time limit for the arrangement.** Before giving your child a

loan or allowing him or her to move back into your house, work together to decide exactly how long the situation will last. If you are giving him or her a stipend each month, choose a date by which he or she will be financially independent again. If you are loaning money, establish how much time your child has to repay the loan.

**If you agree to pay off your child's credit card debt, consider making this a one-time offer.** Help your child learn the risks and rewards associated with credit by explaining that you cannot bail him out every time.

**Request that an adult child who lives at home provide help with household responsibilities—financial and otherwise.** If you are giving money to your adult children, be as clear as humanly possible about what you expect in return. If you want to be paid back, talk about a timeline and possible interest. If you think helping pay for a car means you get to use it now and then, work out an arrangement that everyone can agree to. If you hope for more visits or phone calls or meals together, say so. Lay out all the expectations on the front end and avoid the strife that comes with poor financial communication. You could charge a small amount of rent to help pay for household expenses. This tactic will encourage your child to save and remind him or her that the situation is temporary.

**Offer alternative ways to help.** Particularly if you can't afford to contribute financially, offer alternative ways of helping. For example, if your adult daughter is getting married, offer to shop with her and/or let her know about deals or coupons that you are familiar with. Consider providing a used family car that you no longer need. Draw on your professional connections to help a son or daughter secure a higher-paying job. Consider baby-sitting grandchildren or pets so that your child can actively apply for or interview for a new job and/or work extra shifts

**Maintain the contract.** Stick to the financial agreement and guidelines you and your child have established. This way, neither party can claim that the other isn't holding up its end of the deal.

**Set an example.** One of the best ways to help your adult child live a healthy financial lifestyle is by demonstrating the behavior you would like him or her to emulate.

**Afterward, celebrate the successful joint endeavor.** Once your son or daughter has met his or her financial goal—whether it's repaying a debt, finding a job or saving enough to be independent—celebrate this accomplishment. Engage in an open and honest discussion about the lessons you both have learned from the experience. Encourage your child to take the necessary steps to prevent a repeat of his or her financial situation by creating a spending plan.

“enough money to do some thing, but not enough to do nothing.”



# TRUXTUN PARK, A COLORFUL LEGACY

By Ellen Moyer

Truxtun Park, Annapolis' centerpiece sports center, is named for Truxtun Beale, who gave the land where it sits to the city in 1936. Beale, an ambassador and sometimes "badass," hailed from San Francisco where his family had made their political mark in the Navy and politics.

Thomas Truxtun, who Beale was named after, was one of the first members of the new U.S. Navy inaugurated by President George Washington. He was the first commodore of the 38-gun ship, the frigate *Constellation*, nicknamed "the Yankee racehorse" for her many victories. He oversaw her construction in Fells Pt., Baltimore, her home port.

Truxtun Beale's father, Edward Fitzgerald Beale, was a pioneer who traveled throughout the West with Kit Carson. He was an empire builder and aviator as well. TB inherited the family ranch in California and the historic Decatur house in D.C. from him in 1893. Decatur house eventually brought him east to fill several ambassadorial appointments and to escape scandal, which tagged him as a "badass" in San Francisco.

Incensed by an article written in 1902 by Frederick Marriott, publisher of *The Newsletter* that maligned Mary Oge for "playing tag in her nightgown with a party of Friends," Beale and his millionaire buddy Thomas Williams, Jr, president of the California Jockey Club, sought to protect the honor of Mary, (she would become Beale's second wife in 1903). "The only remedy" for this character assault in the minds of the two men "was physical punishment and we administered it."

Arriving at Marriott's home, Beale proceeded to beat him with his fists while Williams shot him three times as he ran to escape the furor of the men. Remarkably, the two were acquitted of any crime. Protecting the honor of "your woman" was of paramount importance at the turn of the century. It had no impact if you were a millionaire and well respected in society.

The trial drew national attention and did not escape the notice of Harry Thaw, also a millionaire, who was shunned in social circles in New York City. Thaw had been in a love triangle with Stanford White, America's number one architect, over the affections of the "most beautiful girl in the world," the most photographed face in America, chorus girl Evelyn Nesbit.

Nesbit claimed White had drugged and raped her and confessed this to Thaw when he proposed marriage. They eventually did marry, but Harry brooded over redeeming the honor of his bride.

On June 25, 1906, he and Evelyn had dinner with Truxtun Beale before heading to a musical production on the Madison Square Rooftop Garden, designed by Stanny White. Above rose the Madison Square Tower, a tenderloin dwelling, where White held gatherings swinging girls in his velvet swings and where Evelyn was violated.

White was at the outdoor theater. Thaw and company left the stage show early, but as the chorus was singing "I Could Love a Million Girls," Thaw approached White, the man he hated and shot him three times, killing him.

Leaving the area, he said "He deserved it. He ruined my wife and then deserted the girl." Paraphrasing Beale, Thaw said, "I have no regrets."

Thaw believed he, too, would be acquitted, but he was found guilty for reason of insanity and sentenced to an asylum for the criminally insane.

Truxtun Beale continued being active as an ambassador and eventually bought 225 acres of land near Annapolis bordering Church Creek. At the time the Annapolis area was a turn-of-the-century gentleman's country paradise. He died at his Annapolis country home in 1936. Truxtun Park is his legacy.

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## Bay Bytes

For a list of the different concerts taking place in some of the 176 embassies in Washington, D.C., log onto [www.embassyseries.org](http://www.embassyseries.org). Tickets are pricey, but the performance is followed by a reception, which is included in the cost of the ticket. The performing artists and members of the diplomatic community most often attend.

# THOMAS JEFFERSON: AMERICA'S FIRST FOODIE

By Nancy J. Schaaf

America's first foodie was Thomas Jefferson, the third president of the United States, who embraced a vast array of cuisines that he served at his table. We can thank Jefferson for the introduction of popular foods such as macaroni and cheese, ice cream and French fries into American cuisine.

Contrary to a long-time myth, Jefferson did not invent ice cream, but he popularized this delicious treat. His first encounter with ice cream occurred when he was minister to France. He returned home with a handwritten French vanilla ice cream recipe that is America's oldest known recipe and is on display at the Library of Congress. He also brought his own ice cream making equipment and then built a freezer at Monticello, so he could enjoy this frozen concoction all year long. He was so enamored with this treat that it was served at many presidential formal dinners as well as to guests at Monticello.

Also while in France, Jefferson discovered macaroni and cheese and once home, he served this gooey dish at a state dinner. It immediately became popular. Jefferson loved Parmesan cheese sprinkled on his mac and cheese and had wheels of this cheese imported.

He also returned with a handwritten French recipe for "pommes de terre frites à cru en petites tranches (potatoes deep-fried while raw, in small cuttings)." These potatoes did not become a hit until the 1900s. However, French champagne was sampled, and he insisted on serving this beverage at most formal dinners he hosted.

An inventor anyway, Jefferson was probably the first kitchen gadget enthusiast in America, inventing an ice cream freezer, a macaroni machine that produced various shaped pasta, and a steam-powered cheese grater. He also refined existing inventions outside the kitchen. For example, dumbwaiters were developed to bring wine bottles up from his cellar at Monticello. Other inventions include a folding ladder, a seven-day clock, a rotating bookstand, and the Moldboard Plough, which was a sharp double-edged blade that cut deeper into the soil. Used on hillsides, this improved plough is still found today with additional upgrades.

Monticello, Jefferson's plantation, located in Virginia, is a botanic showpiece, a source of food, and an experimental laboratory just as it was in Jefferson's day. Thomas Jefferson championed vegetable cuisine, plant experimentation and sustainable agriculture.

Jefferson's way of eating was centuries ahead of his time. Jefferson ate in moderation and preferred vegetables served with small amounts of meat. "I have lived temperately, eating little animal food, and that, not as an aliment (nourishment) so much as a condiment for the vegetables, which constitute my principal diet." Today's focus on eating local food in season is deeply Jeffersonian.

Renowned for being a gourmet cook and a noted naturalist celebrating sustainable living, Jefferson designed Monticello for many years. It represented the best of the European heritage combined with a distinctive New World energy and personality.

Linking the garden with the kitchen to a cuisine defined as "half French, half Virginian" was a pioneering concept in American food history.

His devotion to fresh produce was central to Jefferson's gardening: an eight-acre orchard of 300 trees, a vineyard and Monticello's squares which are ground plots planted with figs, currants, gooseberries and raspberries. In the two-acre veggie garden, Jefferson planted lettuce, cabbage, beets, carrots, asparagus and tomatoes. His favorite veggie was the English pea. A contest was held annually to determine which neighbor brought the first English pea to the table. Whoever won would host a dinner serving the winning peas. Jefferson only won once. Jefferson kept meticulous records of the various vegetables and fruits planted at Monticello, making them exceptionally helpful to food historians. His love of good fresh food and the art of preparing it would become part of America's diverse food culture that combined Old and New World food traditions. There are only 10 recipes recorded in Thomas Jefferson's own hand, all of them located at the Library of Congress.

When minister to France, Jefferson learned much about French cuisine. For several decades after Jefferson, Americans considered French food the ultimate in sophistication. Today, the fondness for French cuisine remains popular.

This marinated asparagus recipe can be found in *The City Tavern Cookbook: Recipes from the Birthplace of American Cuisine* by Chef Walter Staib.

## Ingredients

1 1/2 lbs. asparagus, stems peeled and trimmed  
2 Tbs. red wine vinegar  
1/2 cup olive oil  
Pinch of fresh thyme  
Pinch of chopped fresh parsley  
1 egg hard cooked and chopped  
1/2 small red onion, finely chopped  
1 Tbs. fine capers, drained  
Salt and freshly ground white pepper

## Directions

Wash the asparagus and trim the tough ends of the stalks. In a large saucepan, bring two quarts of lightly salted water to a boil over high heat. Place the asparagus in the water and cook until just tender, 2-3 minutes. Drain asparagus. Add enough cold water to cover the asparagus. Let stand about 5 minutes, until the asparagus is cool. Drain again and pat the asparagus dry with paper towels. In a medium-size mixing bowl, whisk together the vinegar, oil, thyme, parsley, egg, onion and capers. Then salt and pepper to taste. Place the asparagus on a serving platter. Pour the vinaigrette evenly over the asparagus. Let the asparagus marinate in the dressing for a few minutes (optional). Garnish with additional chopped egg and parsley, if desired. Serve at room temperature.

# LAUGHTER IS THE BEST MEDICINE

By Louise Whiteside

Can you remember the last time you had a good, rip-roaring belly laugh? You know, the kind that made your sides shake until they hurt. And do you recall how you felt physically after that? More than likely you felt relieved, relaxed and good all over.

We know that a good laugh is fun. We've seen it ease a tense social situation or quickly turn a joyless atmosphere into a lighthearted one. Laughter makes us feel good.

You may be unaware that a good, deep-rooted guffaw can be beneficial to your health in many ways. Consider these positive things laughter can do for you.

1. Laughter is contagious. When you're feeling down, finding friends to laugh with can help your brain trigger its own laughter response, foster closeness and a feeling of well-being. Bringing more laughter into your life can help you to help others laugh more.
2. Laughter reduces the stress response. When you laugh, there is a contraction of muscles, increasing blood flow and oxygenation. This stimulates the heart and lungs, triggering the release of endorphins that allow you to feel relaxed, both physically and emotionally. A good laugh can also help reduce blood pressure.
3. Laughter boosts immunity. According to one study, laughter may increase natural killer cell levels, a type of white blood cell that attacks cancer cells.
4. Laughter increases resilience. Resilience is the ability to see failure as a progression to success rather than as a road to a negative outcome. Laughing at your own mistakes can lead you to find lessons in them. You can see your shortcomings simply as a part of being human.
5. Laughter combats depression. Being unhappy or "down-

Laughter  
is always  
within reach

in-the-dumps" can become a pervasive mindset if you allow it. Laughter can help you to step outside of yourself and witness a negative situation with humor.

6. Laughter can relieve pain or, at least allow you to perceive pain levels more tolerably.
7. Laughter can give you an internal workout. A good belly laugh exercises the diaphragm, contracts the abdomen and works out the shoulders, leaving muscles relaxed afterward. A hearty laugh also provides a good workout for the heart.
8. Laughter can be a good distraction. A laugh can turn the focus away from negative feelings, such as anger, guilt and stress, and replace such thoughts with a happier frame of mind.

It's one thing to understand how laughter can help you; it's another to let it be a part of your life. Make these efforts:

1. Laugh with friends. Going to a movie or a comedy club can help you to enjoy shared laughter. Inviting friends over for a party or game night is a great setup for laughter and fun.
2. Find humor in your life. Instead of complaining about life's frustrations, try laughing about them. Think of how you can make a frustrating experience into a funny story to tell your friends later.
3. Fake it until you make it! Studies show that the positive effects of smiling or laughing occur whether the smile or laugh is false or real. Your body cannot distinguish between imaginary and genuine laughter. So, smile and laugh more, even if it is forced, and your imitation may lead to the real thing.
4. Spend time with people who are fun to be with. Negative people don't laugh much!
5. Entertainment is everywhere. Sources of laughter are available wherever you look. Movies, theater and your own TV can provide countless opportunities to laugh.
6. Keep funny things in view. Find a few simple items, such as photos, greeting cards or comic strips that make you chuckle, and tape them to your refrigerator. Keep some funny videos on hand to watch when you need a lift. Browse through your local library or bookstore for books on humor and find jokes to share with friends.

Laughter is always within reach, so find out how a heartfelt laugh can brighten your day.

# LURAY CAVERNS: WORTH THE TRIP

By Susan R. Chase

Located in the Blue Ridge Mountains of Virginia, I was quite young when I had my first experience with an underground cavern. At that time, I was awed by the size and the configurations of nature's artwork, and fascinated by the various names of the formations that the people who managed the caverns had attached to them.

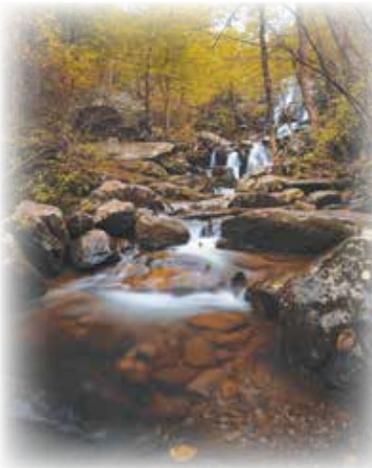
My most recent visit was as a senior citizen. This time, I was more interested in the history, the formation specifications and how they were formed. Realizing the two different perspectives showed that this geological phenomenon holds something for all ages.

**A little background:** The Luray Caverns were discovered in the Shenandoah Valley just west of the Blue Ridge Parkway that straddles the Appalachian Mountains. According to Deborah R. Huso, a noted travel author, five men, including Andrew J. Campbell and his 13-year-old nephew, Quint, and photographer, Benton Stebbens, entered one of the sinkholes (aka karsts) in 1878. They had discovered cool air coming out of one of them. Eventually they purchased the land, began to explore it, and ultimately developed it into a tourist site, providing tours underground. Historical records indicate that in 1906, the number of visitors reached 18,000.

That number has skyrocketed to approximately 500,000 guests who visit each year. In 1974, Luray Caverns made the National Landmark list.

The entrance lies 927 feet above sea level. It is one of the

larger caverns in the eastern U.S., with rooms as high as 10 stories. Monmouth Caves, located in central Kentucky, is the largest cave system in the East. Carlsbad Cavern in New Mexico is the largest cavern in the U.S.



Luray Caverns is a great place to visit on a chilly Winter day as well as a hot Summer day as the temperature inside the cavern is a consistent 54 degrees. However, it feels like a comfortable 65, due to the relatively high humidity in the cavern.

The fascinating and information-loaded guided tour involves a 1.5-mile trek on fairly even, paved, walkways taking the average visitor about 45 minutes to one hour to finish. Access to the caverns has recently been improved with well-lit, gently sloping, finished walkways, allowing most people access to the caverns. Yet the caverns are not listed as handicapped-accessible, though one need not be a spelunker to visit this cavern.

No ropes, headlamps or carabiners needed!

The limestone formations found in the cavern make for a mesmerizing tour for all ages. Through eons of time, water has carried limestone, composed of calcium carbonate, in solution. When that compound loses some of its carbon dioxide, it leaves behind lime and calcite precipitates. The dripping of the solution forms the stalactites and stalagmites. The general geologic term for both tites and mites is speleothems. And further, a stalagmite, derived from the Greek word meaning dropping or trickling, is the type of rock that rises from

the floor of a cave due to accumulation of material deposited by ceiling drippings.

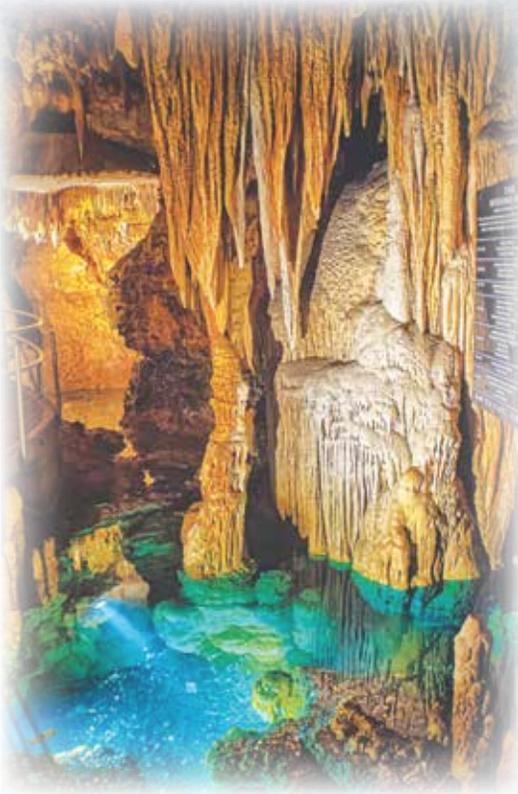
The corresponding formations hang down from the cave ceiling and are called stalactites. Here's help in remembering



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

the difference. Stalactite has a “c” and so does “ceiling.” Conversely, stalagmite has a “g” and so does “ground,” so those are formed from the ground up.

Calcium carbonate is white, while the impurities in the dissolved solution impart the various colors found in the formations. Iron salts cause the red and yellow colors in the formations, blacks come from manganese oxide, and copper salts cause the blue and green tints. With the aid of strategically placed lighting, the mirrored pools, the speleothems, flowstone and mudflows take on phenomenally beautiful and otherworldly visual effects. Perhaps the only drawback has been someone’s need to name them after familiar objects, like “two fried eggs,” or the “stalacpipe organ!” But how is that different from deciding what to name clouds



in the sky or stars in constellations?

The formations in Luray Cavern are constantly changing, but very slowly, at a rate of approximately one cubic inch every 120 years. The quantity of water inside the cavern varies with the seasons. There is a spring called, “Dream Lake,” which has a mirror-like surface. The lake appears to be very deep, however, its depth is only around 20 inches.

And, not to be missed after emerging from the caverns, there are three other attractions included in the admission charge: the Car & Carriage Caravan Museum, Toy Town Junction (featuring antique toys) and the Luray Valley Museum.

For hours and other information, check out the Luray website at [www.luraycaverns.com](http://www.luraycaverns.com) or [www.visitshenandoah.org](http://www.visitshenandoah.org)

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# "AHA"

By Kathryn Marchi

A flash of clarity, or what is sometimes referred to as an epiphany, sometimes hits us at the oddest times. It can be sudden, out of the blue, or simply a quiet realization. It can help us connect the dots for solving a problem or assist us in remembering details that do not come readily to mind. Many call them "aha moments." Whether they involve finally making a decision that will affect our lives or clarifying a situation that has plagued us for a time, they can bring relief and satisfaction.

We are always being told to listen to our bodies, take note of our inner feelings or that important decisions should not be made in haste. This advice is so true. The world is a busy place, but if you listen and wait, it's more likely that your "aha moment" will occur and you will see things in a clearer light. It is said that this kind of realization is backed by scientific research which tells us that aha moments are marked by a surge of electrical activity in the brain. That may also explain why we are able to recall these moments easily.

The concept has spilled out into the public arena, such as when Mutual of Omaha, which had been using "aha moments" in commercials, sued to get Oprah Winfrey from using the phrase – a longtime signature of her show. The two parties settled out of court in a very unclear manner, but the insurance giant kept using aha's as they applied to insurance as Oprah did in regard to entertainment.

It is more interesting to hear stories of clarity or affirmation from just plain people. The more you hear, the more you may recognize your own aha moments: One man was wrestling with the decision of putting his beloved older dog to sleep. He called the vet's office and made an euthanasia appointment for the next day. In the middle of the night, he woke suddenly and the words, "cancel the appointment" came

into his head. Next morning, he did just that. Sometime later he took the dog for an appointment and the diagnosis was that she was "just old."

That old dog lived happily another two years. Aha!

An older woman debated for a while about whether or not she should continue to ski. It was a very important part of her life and she kept delaying the decision. After suffering a mild fall in her home, it took her over a month for the pain and stiffness to abate. One day, out of the blue, it came to her that the risk was simply too great to continue skiing; She said it was a relief to finally make the decision. Aha!

Another example concerned someone whose history with a friend had challenged her self-esteem. It was clearly a toxic relationship. One particular visit was especially difficult, and it became clear that this friend's negative energy was damaging. That realization led to self-examination. A mindset change and limited contact was the answer, rather than severing the relationship.

Many folks refer to the moment they fell in love with someone as their biggest aha moment.

Aha moments can also be as simple as realizing that last year's capri pants no longer fit or that consuming certain foods can cause stomach problems.

Personally, I've had many epiphanies, but this one stands out. As a ladies' afternoon bridge player, learning to play duplicate bridge was my goal. The first time playing with a duplicate bridge group, I suddenly thought, "I am in way over my head." Back to the bridge books I went. Aha.

You have recognized some of your own aha moments here, and in the future, you will no doubt notice other "epiphanies" that might come your way. Don't rush things, just bide your time or simply listen for, aha!

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## Bay Bytes

The free app **Flyover Country** will give you a good description of what you are seeing below on your flight, as in naming mountains, rivers and cities. It will also identify the cloud formations around you.

# AV CHANGE IS A COMIN'

By Ellen Moyer

Another huge change in our lifestyles is coming at a time when some of us are still adjusting to changes driven by computers and iPhones. This new change is about autonomous vehicles or AVs, otherwise known as driverless cars. Imagine that. No steering wheel. Automatic, all the way. Why is it happening? Every automobile corporation is invested in AVs. They are the driver. Why? It saves them money. There will be fewer truck and bus drivers, which saves money on personnel costs. Research suggests driverless cars are safer. Human error causes 93% of auto accidents. Sounds like a big savings on insurance. So you can bet that if the change is corporate-driven for profits, it will happen.

As the corporations get richer loss of jobs for millions now gainfully employed or about to be employed will bring different problems for individuals and governments.

It is unknown how the effects will play out, but it is not likely there are other jobs available for a good number of people. Andrew Yang, the tech guy who was running for president, predicts 20 million jobs will be lost over the next 20 years because of the AV revolution. He has suggested some solutions to address joblessness.

Autos are already programmed to be autonomous. Cruise control, back-up and switching lane signals are pretty standard features in our current cars. Smaller AVs may impact land use and road design that towns and cities are not ready to address.

According to testimony by urban planners, pedestrian and bike lanes are likely to be enhanced. There may be more scooters. Trail connectivity to communities sounds like a good

thing. Previous planning prevents poor performance, but who knew what was being planned for us? Government is not prepared for how planning for the future will be affected,

preparation which should be underway now. It appears that 99% of local governments haven't given it a thought.

Professor Tim Chapin in a recent speech at Maryland Hall shared what is on the horizon for AV. He predicted that 60% of the cars will be driverless by 2050. Audience members suggested a faster timeline and acknowledged few are aware or prepared in any case. In the new AV revolution fewer people will own a car. In the new shared economy you and I would contract with an auto dealer to provide transportation when needed. This sounds like a lease arrangement to me. But maybe not. Uber and Lyft provide call service now. In the near future autonomous vehicles will pick you up and take you to your destination, then drive away to another call or a parking spot and return to pick you up. That eliminates the frustration of looking for a parking space. Parking lots and garages will change as all-day vehicle parking will no longer be needed.

There may be some features of this new wave in the future that are appealing. But I am one of those people who enjoys driving, even long-distance driving. It gives one a sense of freedom and independence to have a car to move about in when I spontaneously want to go somewhere. Being forced to be dependent and waiting around for a car to arrive is not an attractive lifestyle for many of us. Makes no difference. Change is coming with AV, like it or not. Like the Boy Scout marching song suggests, "be prepared" for the Tesla in your life.

Ellen, a former mayor of Annapolis, can be contacted at [ellenmoyer@yahoo.com](mailto:ellenmoyer@yahoo.com)

## Bay Bytes

It might be fun while traveling this year to pick up a part-time job for not only extra cash but becoming immersed in another culture. For information log onto **WorkAway.info** or **BackDoorJobs.com**

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There was a story in the news recently about a woman who fell victim to a Social Security scam. The mother of three school-age children gave away her family's \$20,000 in savings after a terrifying phone call. The caller identified himself as an agent for the Social Security Administration and said that he was calling to inform her that her Social Security card was being suspended for suspected fraudulent use. The agent told her that her Social Security number appeared on 25 bank accounts that were used to channel money from illegal drug sales. He told her that he had a warrant for her arrest and that if convicted, she would spend years in federal prison.

The woman said that at this point in the conversation, she was terrified that she was going to jail. She said that the man on the phone was that intimidating, that convincing, and she feared for her husband and children. On the edge of hysteria, she denied any wrongdoing to her accuser. He told her it could be fixed, if she acted quickly. There was no time for discussion with her spouse, he could be compromised. All she had to do was verify her claim that she only had two bank accounts – not 25 – by emptying them.

The man stayed on the phone with her as she followed his instructions to the letter, still fearful of going to jail. With her 13-year-old daughter in tow, the victim visited her bank. The man told her the only way to protect herself was to withdraw all her money from the bank and give it to the Social Security Administration to be put in an escrow account until the matter was resolved. She emptied her bank accounts.

Her nemesis, still connected on her cell, sent her to several area Target stores to buy \$20,000 worth of gift cards. You can't send cash through the mail. After each purchase, the woman read the numbers of the gift cards she bought to the man on the phone.

Sadly, we know how this story ends. By the time the woman realized she'd been the victim of a financially crippling hoax, it was too late. By the time the police intervened, the balances on all those gift cards were the same – zero. They'd all been redeemed. The \$20,000 was gone. Just like that.

This story caught my attention. Not more than two weeks before this my cell phone rang. I was too busy at the time to answer it. Later when I checked my voice mail messages there was one from a man who said he was from Social Security and was investigating a report concerning the fraudulent use of my Social Security number. The message left a number to call immediately, to avoid possible arrest. Oh yes, and have your Social Security number ready, the recording said. I hung up. I didn't call back. The Social Security Administration will not call your cell phone,

unless you've given them your cell phone number for a call back, and that's hit or miss.

People have been scamming one another since the dawn of time, trying to get ahead at the expense of others. The only difference today is that would-be scammers have been handed the perfect tool to access more victims, more often -- the internet.

Scams no longer occur by phone alone. Email was, and still is, a breeding ground for scammers of every type, amateurs and professionals alike. All it takes is a computer hacker who gains access to your email account and your contacts data base. I found out the first time my email account had been compromised when I began receiving emails from family and friends asking

if I was all right. Apparently, I'd been stranded in Paris due to a series of unfortunate circumstances and was desperately in need of money to return home. Please send money to ...

Paris? Really? Luckily, no one sent money, although I hope that wasn't an indication of my popularity within my own circle. Because it was a company email account that

had been hacked, the IT techs investigated the breach. They found that the email was sent from an obscure island off the coast of Africa.

It's great that there are family members and friends willing to rescue a loved one in a jam no matter the cost. However, check first. Reach out to that loved one to confirm their situation before sending hard-earned money to a disreputable con-artist.

Recently, my cell phone got a barrage of phone calls from my "warranty center." What warranty center, I asked? They wouldn't say. However, they were quite insistent that I buy an extended warranty for a nine-year-old vehicle that I no longer had. They called numerous times, each call more aggressive and demanding than the last. Sales bullies? The cell phone feature that allows unwanted phone numbers to be blocked was a godsend. Eventually they stopped calling. Maybe they ran out of phone numbers.

There was an incident in an office I managed that involved the blatant harassment of an employee while on the job. A supposed creditor called the office worker about a \$400 balance owed on a loan, demanding full payment over the phone with a credit card. The employee didn't recall owing anyone \$400 and never could get the exact name of the company that was calling, other than Credit Services. The phone calls at work became more frequent and more demanding until police detectives stepped in and had a conversation with the caller. The employee didn't receive any more calls after that. Not all scams teeter on the edge of harassment.

Most scams are simple enough to detect. Those would be the amateurs. I receive two or three emails per month that are

# YOU'VE BEEN SCAMMED!

*By Sharon Schultz*

**Senior citizens account for \$3 billion of the \$36 billion swindled by scam artists across the country each year.**

obviously scams of one kind or another. Most are easy to spot like this one:

MicroMail<manjdahs9lh2yilHqk9b8KwK3r@fernardoole.com>  
New important message  
We inform you that you have a new important message (1).  
We invit you to sign-in to your Microsoft account:  
To opt out or change where you receive security notifications, contact-us.  
Sign-in  
Thanks,  
The Microsoft account team

Look at the sentence structure, spelling and capitalization errors. Microsoft would never send a letter so poorly written. But then, this doesn't specifically say that it is from Microsoft, does it? Where's the logo, although some scammers will use the company logo. There wasn't a previous letter, and as soon as you click on the link to sign in as requested, they have your password. But the real clue is the email address where the message originated.

This recent email doesn't even try to hide behind a company, shoddy punctuation and all:

NichoEdem<Dtvbe2107@btconnect.com>  
Dear Friend, I wish you a Prosperous New Year 2020? Did you receive the letter I sent you concerning your Relative? Write back to me??  
Urgent?  
Best Regard,  
Mr. Edem. N

The National Council on Aging (NCOA) recently ranked the top 10 scams (and, yes, we're talking about people) that target senior citizens:

1. Medicare/health insurance scams
2. Counterfeit prescription drugs
3. Funeral and cemetery scams
4. Fraudulent anti-aging products
5. Telemarketing/phone scams
6. Internet fraud
7. Investment schemes
8. Homeowner/reverse mortgage scams
9. Sweepstakes and lottery scams
10. The grandparent scam

Never give your Social Security number, driver's license number, bank number, credit card numbers, pin numbers or any important number to anyone over the phone unless you are 100% positive that you know who you are speaking with. If something doesn't feel right, it's probably not right. Trust your instincts! When in doubt, don't respond. If it's real, if it's important, they'll try again.

For tips on scam prevention, and resources for victims, visit the NCOA website at [www.ncoa.org](http://www.ncoa.org) To report a scam or to ask questions, call the Social Security Administration's new fraud hotline, 800.269.0271 from 10 a.m. to 4 p.m. Eastern Standard Time, or visit the SSA website, [www.oig.ssa.gov](http://www.oig.ssa.gov)

Sharon is a writer and photographer and a proud "Bay" boomer from Anne Arundel County. Contact Sharon via email at [spcs924@hotmail.com](mailto:spcs924@hotmail.com)

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# BOOKS:

## *Old, New and Obscure*

### **NATURE'S CALENDAR: A YEAR IN THE LIFE OF A WILDLIFE SANCTUARY**

By Colin Rees

Johns Hopkins University Press (2019)

Written in exquisite prose, *Nature's Calendar: A Year in the Life of a Wildlife Sanctuary* is a year-long ramble through southern Arundel County's Jug Bay Wetlands Sanctuary. Colin Rees entwines the delight of an explorer, the awareness of a lifelong naturalist, the scope of an historian and the insight of a professional conservationist.

Nearly every page offers readable, fresh and surprising science on adaptations -- why great horned owls nest in Winter, and how particular bark morphology protects individual tree species. Rees's curiosity isn't left outdoors. His narrative is liberally seasoned with gems from deep dives into science writing, regional research and literature.

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Any nature enthusiast will appreciate the care and breadth of this book, its celebration of Jug Bay's exceptional wildlife, the esteem of its custodians and students, and an unflinching look at threats to its integrity, including climate change, invasive species and human activity.

*Nature's Calendar* will surprise, educate and inspire. It's a book to be savored, studied and reread.

~ Barbara Johnson

### **THE PIONEERS: THE HEROIC STORY OF THE SETTLERS WHO BROUGHT THE AMERICAN IDEAL WEST**

By David McCullough

Simon & Schuster (2019)

David McCullough is a Pulitzer Prize-winning historian, author of 11 books, many massive and all extensively footnoted. As this book proves, he is also a joyful researcher, delighting in uncovering new material and in seeing the intersections between his subjects' lives. Focusing more narrowly than many of his other works, this book uncovers the people and politics involved in settling Marietta, a river outpost on the banks of the Ohio and Muskingum rivers in the Northwest Territory, land that became the state of Ohio in 1803.

*The Pioneers* contains many interesting details such as Ephraim Cutler's valiant fight to bring Ohio into the national union as a free state. More amazing, Aaron Burr appears after his duel with Hamilton. His efforts to create a separate nation were centered on a rich man who owned Blennerhasset Island where he enjoyed

a bucolic life with his young bride and niece. Burr was a dreamer and his unfortunate involvement with the Blennerhassets led to an abortive attempt to conquer Mexico, which was ultimately put down by militia and resulted in both men being tried for treason. Though acquitted for lack of evidence, Blennerhasset was ruined and, years later, his wife died in a home for destitute women in New York.

If you are interested in Native Americans and how they were treated, how farming tamed the wilderness, the politics of this new nation and the gifted men who developed laws, libraries and educational institutions in a new land, you will value this book. However, one caveat is in order because the style is strictly factual. People rarely come to life as citations from documents and letters are sparse. In addition, because the book develops chronologically, it is a challenge to keep people in mind as they come and go throughout the years. As you read, you might want to take notes so you can track exactly who is who.

~ Tricia Herban

### **THE ALICE NETWORK**

By Kate Quinn

Harper Collins (2017)

If you enjoy a dual timeline historical fiction novel, *The Alice Network* is a book for you. Set in two eras, 1915 and 1947, it touches on two world wars. The main theme of this intriguing novel is a real-life network of women spies known as the Alice Network. But much is added to the story, making it historical fiction.

In 1947, after World War II, an American college girl, Charlie St. Clair, who is from a wealthy, socially important family, is unmarried and pregnant. She was probably going to be thrown out of her disapproving family. She gets sent on "vacation" to Europe with her mother to take care of her "little problem." Since she is desperate to find her long-lost and beloved cousin, Rose, who disappeared in Nazi-occupied France during the war, she takes off from her mother to search for Rose in London. All she has is a name, Eve Gardiner, to start her on her search.

In 1915, a year into the Great War, as World War I was called, Eve Gardiner wants to join the fight against the Germans. She is an unlikely spy as she stammers and is quite shy, but gets her opportunity when she is recruited to work as a spy in what was known as the Alice Network. Eve is trained by the intriguing "Lilli," who we learn was known as the "Queen of Spies" and is the manager of this network that operates right under the nose

of the enemy. A large portion of the plot involves Eve's work as a spy as she waitresses in an elite restaurant run by a French collaborator who welcomes German officers. They are the source of much of Eve's information due to the fact they do not know she speaks German. Eve also, much to her surprise and dismay, becomes the mistress of Rene, the proprietor of the restaurant, and another source for her spying information. He is also the reason for her eventual disfigurement, discovery and downfall.

Back to 1947, Eve is drunk and secluded in her dilapidated London house where Charlie finds her. Charlie utters a name that Eve hasn't heard in years and this launches Eve, Charlie and an ex-convict named Finn Kilgore and his beloved Lagonda car on a mission to find both Rose and the restaurateur, Rene, who they both are determined to kill.

You will find out why when you read the book, a real plot twister.

~ Peggy Kiefer

### SARGENT'S WOMEN: FOUR LIVES BEHIND THE CANVAS

By Donna M. Lucey  
W.W. Norton & Co., New York (2017)

If you have ever looked carefully at the painting, *Mona Lisa*, and wondered what she was thinking or the challenges or circumstances of her life behind the canvas, this book is for you. Author Donna Lucey takes you behind the scenes of four portraits painted by John Singer Sargent during the gilded Victorian Era.

Lucey chose four women whose portraits Sargent painted out of 900 choices. She chose them because they were eccentric and unconventional for ladies of that time. Lucey also had to "love the painting."

- Elizabeth Chandler "The Madonna": Sargent described Elizabeth as having the "face of a Madonna and eyes of a child." He painted her when she was 27 years old. Her portrait graces the front cover of this book and now hangs in the Smithsonian.
- Elsie Palmer "The Pilgrim": Sargent painted Elsie, circa 1890, in the chapel of her home in England, using white and other muted colors. She was 17 years old at the time.
- Sally Fairchild "The Lady With a Blue Veil": Sargent was enchanted by Sally and painted her dressed in stark white, using a turquoise blue veil to cover her face with splashes of magenta, his favorite color. Sally's unattractive sister, Lucia, was the more talented and worthy of being recognized. Sargent may have chosen the wrong sister to paint.
- Isabella "Belle" Stewart Gardner "The Collector": Belle was 47 years old when Sargent painted her. His painting emphasized her hourglass figure in a black dress with pearls, rubies and a pendant on her daring low-cut neckline.

On the surface, each portrait hides events and circumstances that readers will find interesting to compare to the faces shown there. Was the environment as restrained and serene as each scene seems at first glance?

Lucey spent eight years of travel and intense research to write this fascinating and "gossipy" book. She was honored for *Sargent's*

*Women* with a 2019 Victorian Society in America Book Award and a *New York Times* Book Review Editors' Choice Selection.

~ Kathryn Marchi

### AT THE WOLF'S TABLE

By Rosella Postorino (translated by Leah Janeczko)  
Flat Iron Books (2018, translation 2019)

When she was a child, Rosa Sauer's mother told her that "eating was a way of battling death." During the final years of World War II, this became an ironic truth for Rosa. *At the Wolf's Table* is a haunting novel by Rosella Postorino about a little-known aspect of the war. Twenty-five-year-old Rosa has moved outside of Berlin to live with her husband's parents while he is fighting on the front. Rosa is "recruited" to be one of the food tasters at Hitler's hidden headquarters, known as the Wolfsschanze, the Wolf's Lair.

Each morning a bus picked up 10 women who would spend the day waiting to eat three meals, to ensure that Hitler's food was safe to eat. Imagine the irony of having lived during many lean years of war, where food of any quality was scarce, now being forced to eat the rich, butter-laden food Hitler preferred, knowing that it may have been poisoned. As the days pass the group divides into factions -- those who are loyal to Hitler and those like Rosa who question the regime. She believes that her late father would have told her, "You're responsible for any regime you tolerate." Each day not only brings the tension of possible poisoning, but also secrets and resentments about stolen food for the women's families, escapes, friction with her in-laws and an affair with an officer after Rosa's husband is reported missing.

Days before the war ends, Rosa escapes to Berlin where a year later her debilitated husband returns from a prison camp. The final part is set in 1990 and provides a satisfactory ending to this novel that makes us think about duty, survival, love and remorse. Postorino is a best-selling Italian author, but this is her first book translated into English. I hope for many more.

~ Mary Barbera



# Bay Family

Many grandparents are fortunate enough to live near and visit with their grandchildren regularly. Some, however, have to cope with long-distance visits that are few and far between. Whichever is the case, the age-old idea that quality time is more important than quantity for forming positive relationships has recently been proven erroneous. The truth is experts say both quantity and quality time are vital, but that debating about which is more important is irrelevant.

Dr. Brazelton and Dr. Greenspan, America's recognized experts on child development, suggest the real question should be: "What does my child need to preserve an emotional connection with me?" Though the primary role of ensuring a child has many emotionally nurturing experiences belongs to parents, child development experts agree



grandparents can be an extension of parents who love and care for them. As such, having a close relationship with a grandparent provides tremendous benefits to a child. So, for grandparents struggling with ways to make meaningful connections with their grandchild, here are suggested fun activities that may forge positive attachments:

**Turn Off the TV.** *Focus on the Family* says, "one of the easiest ways to make more time for loved ones is to turn off the television. In the average American home, the television is on 49 hours a week. Instead of watching TV, read together, play board games (or cards like Uno or Go Fish) together, take a walk to a local park (to appreciate nature or bird watch), or just sit and talk.

**Host a Grandkid-Grandparent Sleepover.** *Parents* magazine suggests picking a theme for the night and going with it. For example, "Favorite Things" could be the theme, and, while in your pjs, start a back-and-forth chat about your beloved hobby, color, subject in school or best friend. For an added touch, share your favorite late-night snack before bedtime!

**Teach Each Other Something New.** Depending on the age

of your grandchild, *Parents* says teaching each other a new skill, hobby or recipe, is a great way to create memories. "Perhaps it's a hobby like woodworking or knitting, a life skill like learning to ride a bike or cooking a family recipe or something technological like working those face filters on Instagram." Whatever you

choose to teach your grandchild will be meaningful if they know it's special to you. On the other hand, when it's your grandbaby's turn to teach something to you, they'll love being in charge and showing off their talents!

**Dance.** If your grandchildren are younger, consider adding a Kids Bop 2019 (or whatever year you choose) CD to your collection because they will love "cutting a rug" to the current songs. If you have an Amazon Alexa, ask "her" to play disco, big band music, pop or hip hop and "she'll" select and shuffle songs from the requested genre. Not only will you both laugh and have fun while you boogie-woogie, but you'll get some good exercise in the process!

**Have a Tea Party.** You may think only little ones will enjoy having a tea party, but teens, when given the proper incentives like finger sandwiches on artisan bread, scones, mini muffins, cookies or biscuits and fancy plates and silverware, will become interested in participating. Here's another hint, your teen grandchild may be more interested if they know the tea is from Starbucks. If your grandchild is younger, water or juice can replace real hot tea, and they'll be quite pleased with simpler food like Animal Crackers.

**Do Arts and Crafts.** *Familyeducation.com* asserts "most kids love to do crafts" so head to your local Michael's for supplies or a packaged craft that's ready to go or do a Google search of "easy kids crafts" and browse the list. Examples include making homemade playdough, DIY sidewalk chalk or slime.

**Enjoy Lunch Together.** Plan a picnic at the park, beach or somewhere special like the docks of Annapolis. If you live far away, make a date to Skype or Facetime with them and have lunch together. These high-tech lunch dates can become scheduled events that keep the two of you close despite being separated by miles.

**Try Educational Apps Together.** Though it's good for youngsters to take a brain break from electronics, there are many educational apps you can upload to your phone, tablet or computer to try out with your grandchild. A few examples include: Funbrain Jr., Phonics Ninja, NASA Visualization Explorer or Toca Kitchen Monsters. The list is endless, so just browse your app store for what piques your interest.

Whatever you decide to do with your grandchild, just remember that you won't regret the time spent preparing for their visit or missing your favorite show while they're there. It's said that, "Simple moments with your grandchildren often become priceless memories."

## TURN OFF THE TV To Spend Quality Time With Your GRANDKIDS

By Leah Lancione



Vicki

Dear Vicki,

*I usually dislike self-help articles because they always make their advice sound so easy—when it usually is anything but easy! But this time, I'm desperate. I babysit for my only grandson 10 hours a day for five days a week while my daughter works. They need her money and I initially was happy to help out. Before I knew it, I was a full-time granny-nanny. Although I dearly love my grandson, he's a 2-year-old handful. I've given up all of my own activities and feel a bit resentful. My daughter just told me she's pregnant again and I'm horrified. I don't think I have the energy to keep up with two little ones, but don't know how to bow out.*

## GRANNY-NANNY WOES

Let me first tell you about a paradox that took me a while to learn. It's a pretty simple, but profound bit of wisdom. *When you choose the easy path, life often becomes harder. But when you choose the harder path, life usually becomes easier.* This applies to so many things in our lives. For example, if you choose the effortless path of being a couch potato and eating junk food, you often develop health problems. But when you choose the more challenging option of exercising and eating nutritious meals, your health improves, and life becomes more enjoyable. Be attentive and take note of how many instances where this axiom proves to be true.

In your situation, imagine that you had discussed some boundaries with your daughter about baby-sitting expectations before your first grandson was born. You may have found that conversation difficult, but it certainly would have been easier than finding yourself overtaxed and resentful as you are now. But please don't beat yourself up! You meant well and it's not too late to change your course.

Babysitting for our grandchildren can be a joyful experience that fosters an important bond between us and the little ones. It is also a generous gift of our time and resources to our grown children. Like any gift, it should be given freely with an open heart, free of resentment and obligation. When grandparents become full-time babysitters, the arrangement may provide significant financial assistance, but it robs parents of the opportunity and responsibility of standing on their own. Doing so is an important developmental milestone. Furthermore, as you've discovered, it leads to feelings of resentment and inflicts serious damage upon family relationships.

So what's a devoted, concerned and frustrated grandparent to do? Strike a balance between being supportive and maintaining some healthy boundaries that allow you to have a life of your own. You deserve it! With a new baby on the way, it is imperative to discuss your needs and boundaries with your daughter now. We can't expect our adult children to read our minds. If they are assuming that we will provide more assistance than we like, it is our own responsibility to speak up.

Deciding upon boundaries and communicating them can be one of those "hard" tasks that, when accomplished, paradoxically make our lives easier and more manageable. Whether the question is about full-time sitting or just an occasional night out, saying no is never easy, but it is necessary if we are to be loving and respectful of ourselves. Use the strategies below to help start making changes. If you still feel stuck, please consult a counselor. One or two sessions may provide all the support you need to move in a direction that is healthier for everyone. Try to:

- Believe that your needs count.
- Let go of any guilt and decide how much time you are willing to sit.
- Be honest and direct. Explain your limitations and availability.
- Acknowledge your adult child's disappointment if you reduce your availability or say no to a specific request. For example: "I understand that this change will be difficult for you." Remain kind but firm about your own boundaries and needs.
- Keep a calendar by your phone and use it. If you're asked to sit when you have plans, simply say so. It's unnecessary to explain those plans unless you wish to do so. If you just were looking forward to a quiet day alone, those are plans too.
- Be flexible. If there is an emergency, try to pick up the slack.
- Enjoy your time with your grandchildren. As we know, they grow up too fast!

*Vicki Duncan is a licensed professional counselor and welcomes your questions. She can be reached at [Victoria2write@aol.com](mailto:Victoria2write@aol.com)*

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

# EARLY SPRING QUIZ-ACROSTIC

	1	2	3	4	R		5	D	6	S	7	G	8	P	9	Q	10	I		11	F	12	I	13	H	14	G	15	K	16	R		17	C										
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37	F	38	I	39	Q	40	J	41	A	42	K	43	E		44	L	45	C	46	K	47	D	48	S	49	B	50	E	51	P	52	M	53	K	54	I	55	O	56	A	57	G		
58	S	59	N	60	R		61	L	62	I	63	O		64	I	65	A	66	G	67	J	68	E	69	B		70	K	71	P	72	R	73	I	74	Q		75	G	76	S			
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171	I	172	C	173	E	174	R	175	B	176	F		177	D	178	R		179	I	180	O	181	B		182	F	183	J	184	C	185	P	186	B										

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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.

**Quiz-Acrostics and Quiz-Acrostics Book 2**, published by Puzzleworm, are available at [amazon.com](http://amazon.com)

Sheila can be reached at [acrostics@aol.com](mailto:acrostics@aol.com) or visit her web site: [www.quiz-acrostics.com](http://www.quiz-acrostics.com)

- |   |  |
|---|--|
| A. Fierce anger   | <u>124</u> <u>65</u> <u>41</u> <u>56</u> <u>90</u>   |
| B. Too much! (3 wds.)   | <u>49</u> <u>19</u> <u>181</u> <u>105</u> <u>140</u> <u>69</u> <u>91</u> <u>186</u> <u>135</u> <u>175</u>  |
| C. Netherlands port city  | <u>172</u> <u>184</u> <u>3</u> <u>116</u> <u>45</u> <u>147</u> <u>160</u> <u>17</u> <u>119</u>   |
| D. International organization proposed by Woodrow Wilson (3 wds.) | <u>112</u> <u>133</u> <u>29</u> <u>5</u> <u>157</u> <u>137</u> <u>26</u> <u>163</u> <u>21</u> <u>87</u> <u>177</u> <u>96</u> <u>152</u> <u>47</u> <u>33</u>  |
| E. Watson, Who, or Doolittle, e.g.                                | <u>43</u> <u>146</u> <u>68</u> <u>100</u> <u>173</u> <u>50</u>   |
| F. Puffs of wind  | <u>154</u> <u>37</u> <u>84</u> <u>182</u> <u>11</u> <u>176</u>   |
| G. November 11 (2 wds.)   | <u>75</u> <u>7</u> <u>134</u> <u>23</u> <u>57</u> <u>168</u> <u>151</u> <u>14</u> <u>66</u> <u>83</u> <u>149</u> <u>167</u>                                  |
| H. Harmonious relation  | <u>165</u> <u>109</u> <u>145</u> <u>28</u> <u>94</u> <u>13</u> <u>107</u>  |
| I. Erich Maria Remarque's <i>All Quiet</i> ____ (4 wds)           | <u>12</u> <u>143</u> <u>171</u> <u>62</u> <u>102</u> <u>1</u> <u>80</u> <u>32</u> <u>73</u> <u>54</u> <u>121</u> <u>10</u> <u>64</u> <u>166</u> <u>38</u>    |
| J. Fruitcakes   | <u>129</u> <u>179</u>  |
| K. "Papa" (2 wds.)  | <u>67</u> <u>128</u> <u>111</u> <u>127</u> <u>118</u> <u>183</u> <u>40</u>   |
| L. Strong desire  | <u>159</u> <u>141</u> <u>42</u> <u>164</u> <u>70</u> <u>110</u> <u>117</u> <u>15</u> <u>53</u> <u>46</u> <u>122</u> <u>25</u> <u>79</u> <u>126</u> <u>78</u> |
| M. Feeling or emotion   | <u>61</u> <u>101</u> <u>34</u> <u>44</u> <u>144</u> <u>99</u>  |
| N. Extinct mammal   | <u>120</u> <u>103</u> <u>139</u> <u>52</u> <u>89</u> <u>93</u>   |
| O. Held and controlled by (4 wds.)                                | <u>35</u> <u>31</u> <u>86</u> <u>98</u> <u>59</u> <u>136</u> <u>114</u> <u>24</u>  |
| P. POTUS (3 wds.)   | <u>104</u> <u>27</u> <u>36</u> <u>169</u> <u>63</u> <u>180</u> <u>142</u> <u>55</u> <u>18</u> <u>156</u> <u>138</u> <u>115</u>                               |
| Q. Prime Minister of the United Kingdom, 1908–1916                | <u>22</u> <u>162</u> <u>77</u> <u>8</u> <u>155</u> <u>153</u> <u>92</u> <u>82</u> <u>30</u> <u>71</u> <u>185</u> <u>51</u> <u>125</u> <u>130</u>             |
| R. Men's undergarments (2 wds.)                                   | <u>170</u> <u>95</u>   |
| S. Susan B. Anthony, e.g.   | <u>9</u> <u>106</u> <u>131</u> <u>39</u> <u>2</u> <u>161</u> <u>74</u>   |
|   | <u>108</u> <u>178</u> <u>72</u> <u>123</u> <u>60</u> <u>158</u> <u>4</u> <u>174</u> <u>81</u> <u>150</u> <u>16</u>   |
|   | <u>85</u> <u>132</u> <u>48</u> <u>58</u> <u>76</u> <u>20</u> <u>97</u> <u>6</u> <u>148</u> <u>88</u> <u>113</u>  |

# The Most Important Animals in the Bay?

By Henry S. Parker

Chances are, you've never seen them.

For one thing, they're tiny—about the size of a grain of rice. For another, they hang out below the water's surface, usually in opaque aquatic environments teeming with a cloudy smorgasbord of life. But they could be the world's most numerous animals—by some accounts even more abundant than all the insects on Earth, combined. Without them Chesapeake Bay might be a wasteland. Largely because of them, the Bay is a cornucopia.

The creatures are copepods, tiny hard-shelled crustaceans that look like little shrimp. They're free-floating animals (*zooplankton*). They can propel themselves through short distances with sweeping, oar-like appendages (in fact, copepod means “oar-feet”). However, their tiny bodies are at the mercy of winds and currents. They subsist on life forms even smaller than themselves, especially microscopic plant-like cells known as *phytoplankton*. But the phytoplankton are not defenseless. Recent studies have revealed that they can detect copepods' unique chemical cues; once these are sensed, the phytoplankton may release their own toxic compounds to avoid being eaten. Chemical warfare on the high seas.

Copepods also eat bits of decomposing organic matter, bacteria, smaller zooplankton and even insect larvae. In turn they're preyed on by larger marine life—all the way up to whales. With their mass and energy passing up and through aquatic food chains and webs, they're essential components of ocean ecosystems. They're found almost everywhere there is water, fresh or salt, from the deepest ocean depths to the highest mountain lakes. Aquatic life could grind to a halt without them.

Chesapeake Bay is a copepod soup. A single cup of Bay water might contain 30,000 zooplankton, most of which are copepods. They're especially abundant in the early Spring. Around the beginning of March, the Bay emerges from its Winter torpor and explodes with life. Increasing light intensity, abundant nutrients and warming waters fuel a large “bloom” of phytoplankton, especially *diatoms*, encased in glassy silica shells, and *dinoflagellates*, characterized by whip-like appendages used for propulsion. Then the grazing copepods move in. As they gorge on the rich phytoplankton banquet, their swelling numbers feed

They may, someday, protect us from the most dangerous creatures on earth—mosquitoes.

larger predators, particularly small fish like the Bay anchovy. And so on, up the food chain, to the most voracious predator of all. (No, we're not talking about sharks; yes, we're talking about people.)

By mid-Summer all this grazing and preying has reduced plankton populations to a fraction of their Spring levels. Warming surface waters create a *thermocline*, trapping nutrients in the colder waters below. In early Fall, cooling temperatures break down the thermocline, nutrients are again mixed through the water column, and another, briefer, plankton bloom ensues.

In the Bay's seasonal plankton symphony, the Spring bloom might be the exuberant opening *allegro*; the Summer slowdown the second movement's *andante*; and the quick Fall outburst the *scherzo* of the symphony's third movement.

Most of us know almost nothing about copepods, but scientists may devote whole careers to studying them, often specializing in arcane aspects of their biology and ecology. Some even focus their research on copepod scat—yes, fecal pellets. It turns out that these are a rich source of nutrition for other ocean denizens. *Bon appetit*. Even the carcasses and shed shells of copepods (they molt frequently, like all crustaceans) are a potential food source. In the seas, it seems, nothing is wasted.

So perhaps we can agree that copepods are crucial components of aquatic ecosystems—and the most important animals in Chesapeake Bay, from both an ecological and human perspective. But copepods' value to Bay area residents may extend beyond food webs and fisheries. They may, someday, protect us from the most dangerous creatures on Earth—mosquitoes. Scientists, including those at the University of Maryland, have learned that copepods seem to have a liking for mosquito larvae. Much more study is needed, but if early indications pan out, copepods may play a future role in reducing human exposure to debilitating, mosquito-vectored diseases such as malaria, dengue fever and West Nile virus.

So, thank a copepod today. And make it a goal to learn more about these fascinating and important Bay denizens. Here are a couple of links to get you started:

- [www.chesapeakeseasons.com/2014/02/17/champion-chesapeake-copepods/](http://www.chesapeakeseasons.com/2014/02/17/champion-chesapeake-copepods/)
- [www.todayifoundout.com/index.php/2010/05/the-worlds-strongest-animal-is-the-copepod/](http://www.todayifoundout.com/index.php/2010/05/the-worlds-strongest-animal-is-the-copepod/)

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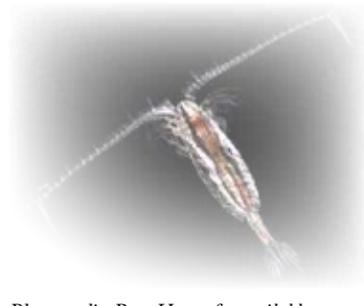


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