

Fall 2020

OutLook

for the Bay Boomer and beyond...

by the Bay

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STAY YOUNG LONGER

fitness • entertainment • gardening • nutrition

Letters to the editor

Downsizing

The Spring issue is great. I wish the downsizing series was further along. May have saved some agonizing. The author is on the right track.

So many decisions. Am waiting to see if we will have a garage sale run by an estate salesperson. Not sure if it will be worth it. May just give it all away!

Thanks for a much-needed article.
Joan C., Annapolis

Spring Issue

Just finished reading your latest issue, and I want to tell you how much I admire your work.

The format of one- or two-page stories is very digestible and comfortable. The

diverse topics were nearly all compelling for this Maryland boomer. And while I suspect you wish there were more ads, I count myself fortunate to enjoy story after story with few distractions.

Thanks to you and your team for your enjoyable magazine!
Tom B., Millersville
Sent from iPhone

From the Desk

Thank you for such a wonderful take on your use of trees! What an interesting idea – replacing what’s used. Trees have a lot to do with our clean drinking water and breathable air, i.e., our health. In other words, trees make a difference for us in many ways. Over the last decade our

nation has lost millions of acres of trees, and not just to fires! Think of it! Applause for your effort! Keep on keeping on.

Jane M., Severna Park
Sent from iPhone

Luray Caverns

Suzi and I enjoyed “Luray Caverns: Worth the Trip.” It delivered a lot of information in an appealing way. It offered enough information to get us to finally take the time to visit them. Thought it was another tourist trap. It’s not and it’s not that far away. Nice writing!

Cheers,
Doug N., Annapolis



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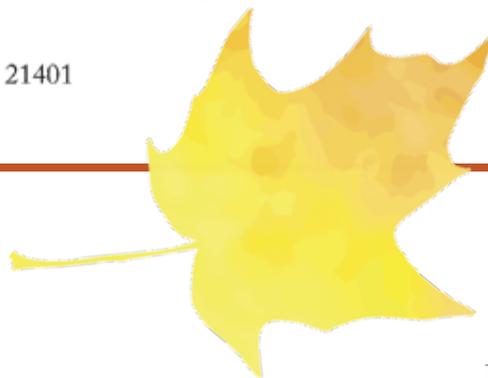
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Bay Bytes

Looking for a local apple orchard where you can pick your own? Log onto www.PickYourOwn.org/MD.htm for an extensive list. Included will be location, availability and even a few recipes.

OutLook

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FROM THE DESK

Here we are – already. The beginning days of Autumn. A fabulous time of year. Time to bring in the sheaves and start hunkering down for the longer and maybe more confining days of Winter. There's still time to put up a few freezer bags filled with our Summer bounty of tomatoes or peaches or plums before the Fall harvest begins with lots of squash and very fresh apples. We've all had more than our fair share of unending days over the past few months, but here we are about to enter a whole different season, maybe with a more upbeat mindset.

Things are a bit different this year than the previous years we've been through, but this too will pass as we slip into another season. For many it's been a struggle, but with luck we've learned something more than just keeping a good supply of toilet paper stashed at the back of the linen closet.

Some of us have mastered the art of working from home and others have perfected techniques for successful home schooling, something more than a few of us had decided we'd never get involved with! Some of us are now more connected with grandbabes than we ever thought possible. Many of us are back to cooking our meals from scratch. We're eating out a lot less, maybe even losing a couple of extra pounds? We're also learning more ways of being amused and entertained, such as discovering the many hiking and biking trails in the greater Maryland area, or actually taking the time to chat with the fellow next door. We've also found it's nearly as much fun to head out to a beach vacation during the beginning days of Fall, as it was in the Summer. Prices are lower, and crowds are way down.

We've all had to hunker down and most have tried to come up with new and different ways to stay connected to our good friends, who not so long ago we visited with often. Many of us have become proficient at Zoom and have been enjoying get-togethers, while many others have been meeting for lunch or dinner in the park – bring yer own, of course. How about those of us who have taken up a totally new interest. My friend Natalie, an accomplished writer of textbooks, has discovered the art of writing poetry. She's positively smitten and is wondering why it's taken all these years to discover this newfound way of communicating. And then a local family, to include both the young ones and grandfolks, have discovered the fun and challenge of a fast-moving game of pickle ball. Undiscovered up to this point, their not-over-spacious driveway was able to accommodate boundary lines carefully painted with highway paint (we didn't ask the source). And then with the addition of paddles and a portable net, purchased online, they have their very own pickleball court! Another young friend is now pursuing a second degree in teaching as there's such a need. Employed previously as a substitute, she's finding it to be a rewarding challenge to keep her students focused and moving forward, albeit electronically.

And then there were more than a few creative parties set up in an effort to not lose touch with those near and dear. One such gathering took place on a back deck. Thick brown paper covered the distance of two very long fold-up tables so proper distancing could be observed. Spread down the length were perfectly prepared steamed crabs, decoratively spread, some entwined with the required wood mallets, with a stunning bouquet of sunflowers in the center. What a wonderful opportunity to catch up with good friends, the kind you don't want to lose touch with, while enjoying one of the Bay's favorite meals and observing all the necessary precautions.

Is life ideal as it unfolds now? No, but it wasn't before either. Now it's a whole new learning experience. It's something we'll all carry with us forever. There're good and bad days, some that seem to drag on endlessly, but with luck we'll all learn from it and go forward to take on life's next challenges.

And what exactly have we learned? Anything? Or are we spending our time with the fallback of coulda, shoulda, woulda? Well, from where I sit, I've observed lots of interesting and often undiscovered creativity as well as a slowing down with perhaps more of an appreciation for what is, rather than what could be.

This too will end. Dare I say, enjoy what's at hand! Who knows what tomorrow will bring.





The Eagle

By Ellen Moyer

The eagle, our national icon and symbol of freedom, was nearing extinction in 1963. From approximately 100,000 nesting birds in 1800, only 487 nesting pairs were alive and well in 1963. Despite multiple national protective laws and international partnerships with Canada, Mexico, Japan and Russia on migratory birds, by 1936 our national icon was fast disappearing.

It took six years and three committees for America's Continental Congress to agree on the eagle as our national symbol in 1782. Finally, in desperation to create the great seal of the new United States, Congress directed its secretary, Charles Thomon, to "do something we can agree on." Charles chose the best elements of all recommendations and focused on the eagle, which had been introduced by the artistically inclined Pennsylvania lawyer William Barton.

Though Benjamin Franklin described the future icon as "a bird of bad moral character," the eagle had for thousands of years stood as a symbol of strength. Roman legionnaires used that majestic bird as its standard symbol. Strength or not, the eagle was on its way to oblivion until 1962 when the book *Silent Spring* by Rachel Carson was published. She described the impact of pesticides (largely DDT) on the environment, energizing the public to protect its birds. It seems that the revolutionary discovery of the "insect bomb" also weakened the shells of eggs killing birds before they were



hatched. Despite personal attacks on Carson, who was described by the secretary of agriculture as no doubt "a Communist" since she was an unmarried woman, *Silent Spring* was the catalyst that led to the formation of the Environmental Protection Agency. This led to the banning of DDT in 1972, and the Endangered Species Act in 1973.

What followed was an American success story: the most remarkable recovery of our national bird. In 2017, approximately 45 years after the proposed bald eagle recovery plans, 5,800 nesting pairs were recorded around the nation.

The American Eagle Foundation carries on the work of education and rehabilitation of our revered bird. Founded by Al Cecere, AEF has a major center in Pigeon Forge, Tenn., which was dedicated by Dolly Parton and Bob Hope in April 1991.

By now, AEF is recognized internationally as the premier eagle conservation organization.

Today, the recovery of the bald eagle continues to be nourished by individual volunteers and corporations who are intent on preserving our national symbol. Our eagle is a year-round resident in the Chesapeake Bay area, which is also an important seasonal stop for bald eagles migrating from other parts of North America.

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

Haven't you always wanted to ____? Well why not start now?



PROS AND CONS OF THAT

CUPPA JOE

By Louise Whiteside

If you're anything like me (and millions of others worldwide), your day doesn't start until you've had a cup of coffee. Not surprisingly, some of us even compare ourselves to an engine that needs that jump-start first thing in the morning.

Century-old myths surround coffee drinking: it has been blamed for causing impotence and madness, as well as praised as a cure for laziness. But for now, let's examine some of the actual, scientifically proven pros and cons of coffee drinking known today.

HEALTH BENEFITS OF DRINKING COFFEE

1. Coffee boosts your physical performance. A cup of java an hour before a workout can improve your performance by 11 to 12 per cent. The caffeine contained in coffee increases your adrenalin, known as your "fight-or-flight" hormone, which prepares you for exercise.
2. Coffee can improve your memory. A study conducted by researchers in Lisbon, Portugal, revealed that elderly people who drank three to four cups of coffee a day were less likely to experience memory loss than people who drank one cup a day or less.

3. Coffee increases mental alertness. Moderate intake (one to six cups a day) helps you to stay focused and attentive.
4. Coffee can help you to lose weight. Coffee contains magnesium and potassium, both of which help the body to use insulin and regulate blood sugar. This results in a reduced craving for sugar and sweet foods.
5. Coffee helps you burn fat. Caffeine helps fat cells break down body fat and use it for fuel.
6. Coffee lowers risk of death. Studies show that coffee drinkers' overall risk of premature death is 25% lower than that of people who don't drink coffee.
7. Coffee reduces risk of stroke. Reasonable consumption (two to four cups daily) is associated with lower risk of a stroke.
8. Coffee reduces risk of cancer. One study indicated that coffee may decrease risk of prostate cancer in men by 20% and endometrial cancer in women by 25%. Caffeine may also prevent the development of basal cell carcinoma, a common type of skin cancer.
9. Coffee reduces risk of Parkinson's disease. Studies show that regular coffee drinking decreases risk of Parkinson's disease by 25%. There is some evidence that coffee causes activity in the part of the brain affected by Parkinson's.
10. Coffee generally protects your body. It contains antioxidants, which guard against free radicals in the body.
11. Coffee may lower the risk of Type II diabetes. Caffeine decreases insulin sensitivity and impairs glucose intolerance, reducing your risk of Type II diabetes.
12. Coffee protects your brain. High caffeine levels in your blood reduce the risk of Alzheimer's disease and dementia.
13. Coffee lifts your mood, helps fight depression and lowers the risk of suicide. The caffeine in coffee stimulates the central nervous system and boosts the production of neurotransmitters such as serotonin, dopamine and noradrenaline, which elevate your mood. Two cups of coffee a day could reduce the risk of suicide by 50%.
14. Coffee lowers the risk of liver disease. Some research suggests that the more coffee people drink, the lower their incidence of cirrhosis and other liver diseases. One study found that each two-cup increase in daily coffee intake was associated with a 43% lower risk of liver cancer.

DISADVANTAGES OF COFFEE DRINKING

1. If you are sensitive to caffeine, coffee can cause nervousness and jitteriness in high doses. Caffeine is similar to adenosine, a brain chemical associated with sleep and relaxation of blood vessels. Caffeine binds to adenosine receptors on nerve cells, leaving no room for adenosine to get in, so nerve cell activity speeds up, blood vessels constrict and you experience a caffeine “buzz.”
2. Coffee can be a sleep stealer. If you are having trouble sleeping, it may be helpful to cut down on caffeinated coffee, drink it early in the day or to switch to decaf. It takes approximately six hours for caffeine to clear your system. Sleep-robbing effects may worsen as we age.
3. Boiled or unfiltered coffee (such as espresso or Turkish) may increase blood levels of LDL (bad) cholesterol. If your cholesterol tends to be high, it's best to choose filtered methods, such as the drip process.
4. Excessive coffee consumption can be a risk for pregnant women or nursing moms. It is not yet clear whether high coffee intake can increase the risk of miscarriage. However, caffeine can pass into breast milk, so nursing

mothers should cut down on coffee if babies are restless or irritable.

5. Excessive intake of coffee can be lethal. For example, drinking 80 to 100 cups in a short time (amounting to 10 to 13 grams of caffeine in the body) can be fatal.

BOTTOM LINE: IS COFFEE GOOD OR BAD FOR YOU?

If you have high cholesterol, are caffeine sensitive or are an expectant mother or nursing mom (or the parent or grandparent of one), please pay attention to coffee drinking risks and share this information with anyone you know who is at risk. For others, reasonable amounts (one to six cups a day) can be good for you. It can prevent serious disease, boost your mind and muscles, and even help you lose weight.

For more information and to see sources of information used in this article, check out: www.eatingwell.com/article/42679/health-reasons-to-drink-coffee-and-cons-to-consider/ or check out this blog: <https://blog.warriorcoffee.com/blog/12-health-benefits-and-6-disadvantages-of-coffee--smashing-it>



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ROUTINE DENTAL CARE DURING A PANDEMIC

By Dr. Woody Wooddell, D.D.S.

In March of 2020, as the novel coronavirus that causes COVID-19 spread around the world, dental offices across our nation closed their doors in response to a global pandemic. In the early days of the crisis, the Centers for Disease Control and the American Dental Association issued guidance that dental offices should only provide emergency care to patients in order to help reduce community spread of the virus and many states issued executive orders that closed businesses, including dental offices.

By early May, many states began relaxing stay-at-home orders and dental offices were among some of the first businesses approved to reopen. Routine and preventive dental care is critical and must be provided even during a pandemic. "Oral health is integral to overall health. Dentistry is essential health care," ADA President Chad P. Gehani said in August 2020. "Dentistry is essential health care because of its role in evaluating, diagnosing, preventing or treating oral diseases, which can affect systemic health." He went on to say, "Millions of patients have safely visited their dentists in the past few months for the full range of dental services. With appropriate PPE, dental care should continue to be delivered during global pandemics or other disaster situations."

The reopening of dental practices surprised many patients as the dental office may seem like an environment where a virus could easily spread. Even under normal circumstances with basic infection control and sterilization procedures, dental offices are very safe in terms of the spread of germs. However, the ADA and the CDC

provided clear guidance for the safe delivery of oral health care during this time. Some of the interim CDC guidelines include:

- Wearing of additional personal protection equipment (PPE) by staff members.
- Screening all patients and staff for symptoms consistent with COVID-19.
- Physical distancing in the waiting area as well as in the treatment areas.
- Wearing of masks by patients unless they are seated in the treatment room.
- Having patients use an oral rinse prior to procedures to reduce the level of microorganisms in their mouths.

Many dental offices have gone above and beyond the guidelines provided by the CDC and ADA to provide further protection for their patients and staff. You might see plexiglass shields at the front desk and touchless payment processing systems. They may also be taking other precautions you don't see like installing UV filters on their HVAC systems to destroy airborne microbes and spraying treatment rooms between patients with hypochlorous acid, an inexpensive, available, nontoxic and practical disinfectant that is effective in sanitizing against COVID-19.

As we continue to learn more about the novel coronavirus and how it spreads, patients may see more changes at their dental office. While some patients may choose to postpone their routine care due to a specific health condition, most patients are encouraged to stay on their regular dental care schedule.

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

Bay Bytes

It is possible to volunteer from home. Log onto **CreateTheGood.org** or **VolunteerMatch.org** And if you would enjoy writing letters for seniors log onto **LoveForTheElderly.org**

People today are chronically bored.

With the advent of technology, and particularly since our phones got smart, we have an effective way to combat the problem of boredom. No longer are we separated from our screens long enough to feel bored. But with that comes a growing sense of desperation to entertain ourselves all the time.

Defined as “a deeply unpleasant state of unmet arousal” or the “inability to fulfill the desire for more satisfying activities,” boredom moods for most people fall into one of three groups. Some tend to bore easily, but are able to muster up enough interests to keep from going stir crazy. Others will never live long enough to do all the things they want to do. And then there’s the third group who have difficulty not knowing what to do beyond their work, screen-tapping and the daily chores of living.

In the hit series *Mad Men*, when Betty Draper’s son tells her that he’s bored, she tells him to go outside and play, that bored people are boring. As harsh as that may sound, she was teaching him an important life skill: finding a way to amuse himself by flexing his imagination.

Boredom is not something we choose. It may be caused by a lack of self-awareness, motivation or the inability to articulate what it is that we want. While we may have lost our appetite for “doing nothing,” it would be foolish to assume that introspective, stargazing, daydreaming people are bored, or even boring to be around.

Those most prone to boredom suffer from ADHD and depression. Also, at risk are people who have a strong need for excitement and variety. Screen time is like a drug. We know that the more external stimuli we pursue, the more we need. Every waking hour can be easily accounted for but lurking beneath the surface is a

Is Being BORED Good for You?

By Kater Leatherman

very real fear: panic. What if the internet shuts down or power is lost?

External causes of boredom include the absence of opportunities or environmental stimuli. If you feel chronically under stimulated by the world, whatever is happening is never enough and, that in itself, can lead to feeling bored. Too much stimulation leads to the same thing because there’s the constant feeling that you’ve seen it all.

Some of us may be born with a propensity to be bored. As adults, we tend to pursue things with fervor, then burn out just as quickly. Of course, there are people who have a higher threshold for boredom than others. One person told me that he was looking forward to retirement so he could experience boredom for a change.

Being bored can be painful, even destructive, but it is also a force for good. It can enrich our lives by driving us to change, explore something new and awaken the creativity within. It’s also a chance to rethink our relationship with the world. University of Toronto psychologist John Eastwood claims that people who are bored want to be stimulated, but are unable, for whatever reason, to connect with their environment.

Solutions can fall in our lap but more often, we have to flush them out. Putting forth any effort is challenging because when we’re bored, it’s hard to venture out of our comfort zone. Having an activity that meets our needs really helps, like learning something new, socializing more and volunteering. But the energy to pursue these activities is often lacking.

You could always ask the universe for a sign or message that will provide a solution (some of those who have tried this have found success). Some believe that whatever is missing in life is what you aren’t giving. Then again, perhaps the best way to combat boredom is to understand why you are bored in the first place.

Kater can be reached at katerleatherman@gmail.com

... an activity that meets our needs really helps, like learning something new, socializing more and volunteering



BLUE CRAB:

CULINARY ICON OF THE CHESAPEAKE BAY

"Wading for crabs was the greatest. But in the late summer, when crabs started swimming on top of the water, can you imagine what it was like having a six-hundred-foot dock? I could walk up and down that dock at flood tide and catch a bushel of crabs in no time."

Peter K. Bailey, *Poplar Island, My Memories as a Boy* (1996)

By Joyce White

Peter Bailey's joyful childhood memories of catching Chesapeake Bay blue crabs (*Callinectes sapidus*) is a sentiment shared by many people lucky enough to grow up along the Bay's 11,684 miles of shoreline. While blue crabs are a huge part of the Chesapeake's current social and culinary fabric, devotion to feasting on them reaches far back in time and recipes for them date back centuries revealing the many ways in which this regional icon has been enjoyed across generations.

Archaeological evidence shows that crabs were consumed in the Chesapeake Bay region as early as prehistoric times, while some early Chesapeake historic documents prove that they were enjoyed during the Colonial days. Phillip Vickers Fithian (1747-1776), a tutor who worked at Nomini Hall in Virginia in the 1770s, wrote about crabs in his journal. On Aug. 17, 1774, he wrote that in the Summer there was "always plenty of Rock, Perch, & Crabs" at dinner. While this is helpful, recipes for crab of Chesapeake origin are generally scarce up through the end of the 18th century. Instead, imported British cookbooks need to be consulted, particularly *The Compleat Housewife* by Eliza Smith, an English cookbook reprinted in 1742 in Williamsburg, Virginia, by William Parks. Smith's recipe, *To Butter Crabs or Lobster*, is a variation of a popular British method of dressing crab by sautéing it with wine, vinegar, nutmeg, butter, anchovies and gravy, bound together with egg yolks; it was then spooned into empty crab shells and served with toast.

Luckily, recipes of Chesapeake origin with crab appear with regularity and frequency in the 19th century and thus illuminate the many ways in which it was enjoyed. For instance, one of the earliest known extant Maryland recipe collections, the c. 1824 manuscript recipe book attributed to Ann Maria Morris of Baltimore, contains recipes for crab omelet, crab soup and steamed crabs. Other contemporary recipes show that crab was

stewed, fried, pickled, deviled and made into salad, gumbo and croquettes, among many other preparations. Here is a recipe for *Devilled Crab* from the 1870 cookbook *The Queen of the Kitchen: A Collection of Old Maryland Receipts for Cooking* by Mary Lloyd Tyson:

"Put 12 crabs in a pot with 1 tea cup [sic] of vinegar and a handful of salt, and 2 quarts of water, cover them up and steam them for 10 minutes, or until they are red. Let them cook, then carefully pick them, taking out the dead men, then season them with pepper, salt, and butter, and put them lightly in their shells to bake, cover the tops with cracker dust, and bake them a light brown."

Surprisingly, early recipes specifically named *crab cakes* do not appear until the very end of the 19th century. One of the earliest known recipes is called *Crab Cakes for Breakfast*, published in 1894 in Mrs. C.H. Gibson's *Maryland and Virginia Cook Book - Containing Numerous Receipts for Aid in Housekeeping*; it reads:

Take the crab after it is picked and season it high with red pepper and salt. Then add butter, and make them in round cakes, using a little flour to hold them together. Then dip them in egg and cracker beaten fine. Fry in hot butter or lard.

Unquestionably, recipes for crab cakes started to appear regularly in Chesapeake cookbooks printed after the turn of the 20th century, showing their growing preeminence within the local cuisine.

Similarly, throughout the 20th century, the number of recipes available for all types of crab dishes boomed. The following books are great resources to find creative crab recipes: *Eat, Drink & Be Merry in Maryland* by Frederick Philip Stieff (1928), *Maryland's Way, The Hammond-Harwood House Cookbook* (1963), *My Favorite Maryland Recipes* by Helen Avalynne Tawes (1964), *Mrs. Kitching's Smith Island Cookbook* by Frances Kitching and Susan Stiles Dowell (1981) and *300 Years of Black Cooking in St. Mary's County, Maryland* by the St. Mary's County Community Affairs Committee (1983), among many others.

This Fall, when seeking ways to indulge your appetite for the mighty crab, take a moment to reflect on the history of this supreme and luscious local treat. Remember, don't hesitate to hunt for obscure historic Chesapeake cookbooks filled with glorious old recipes that can inspire a passion for discovering new ways (to you) to enjoy the culinary icon of the Chesapeake Bay.

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

THE LIBRARY IS HERE FOR YOU

By Christine Feldmann

Since March 13, your Anne Arundel County Public Library has been working hard to continue to serve the public. We know how much our customers depend on our services and so staff has ordered many more eBooks, introduced virtual programs for the first time and beefed up access to resources like **Ancestry.com**

As our customers have different needs in this changing environment, we are working to serve people both in person and remotely. Options include:

Curbside pickup

The library offers no-contact curbside pickup at all branches. Customers can pick up materials Monday-Thursday from 10 a.m. to noon and 3-6 p.m.; Friday and Saturday from 10 a.m. to noon and 2-4 p.m. and Sunday from 1-5 p.m. at some branches.

It's easy. Simply visit us online or call a branch to put items on hold. You will receive an email when your items are ready for pickup. Come to the library and text us when you arrive. Text numbers are listed on signs at each branch. Library staff will bring your items out to the pickup table. You can even pick up 10 free black-and-white pages a day with our print pickup service. To learn more about this service log onto **www.aacpl.net/curbside**

Appointments

Appointments for in-person service are now available. You can come in and browse the stacks for new books, use library computers and get in-person help from a librarian. Call the

branch you wish to visit to make an appointment. You can find a list of all library addresses and phone numbers at **www.aacpl.net/location**

Library by mail

For homebound adults, we continue to offer Library by Mail. This free service allows books, movies and music to be mailed to a qualified customer's home. Librarians can select books based on a customer's tastes or send specific titles that have been requested. To learn more about this service, call 410.222.6273 or visit **www.aacpl.net/library-by-mail**

Digital library

There are now more copies than ever of the latest best-sellers via eBook and eAudiobook formats. Simply go to the library's catalog at **catalog.aacpl.net** and select the format you wish to try. You can download to a laptop, phone or eReader. Learn more about this service at **www.aacpl.net/ebooks**

More new services are being offered every day and some exciting resources are coming in the future, including Zoom appointments with library staff, laptop checkouts and more. Visit our website at **www.aacpl.net** for the latest information.

Christine Feldman, marketing and communications manager of the Anne Arundel County Public Libraries, can be contacted at cfeldmann@aacpl.net

What if I never _____? Fill in the blank and then go after it!



CHOOSING SENIOR CARE: ASSISTED LIVING FACILITIES

By Carolyn Campbell

Amy held cherished memories of watching her mom care for her grandmother in the older woman's own home. As her grandmother's health declined, she was surrounded by the rooms she knew so well and the possessions that she loved. Amy was there the night before her grandmother died. She would always remember her mom's gentle voice speaking to her grandmother just hours before she passed away in her own bed.

Amy set a goal to follow in her mother's footsteps, to care for her mom at her own house until the end. For years, she was a regular caregiver. But then, at a time when Amy herself faced surgery, her mom fell down. Hospice workers told Amy her mom could no longer live alone. She now needed constant care. Because of her own impending operation, Amy realized she faced two choices—to place her mother in a care facility or hire caregivers who could be there around the clock. Hoping to make the best choice, she decided to investigate both possibilities.

Bettyanne Bruin, director of marketing at The Coventry, explains that families typically consider outside care when they feel that a loved one is no longer safe at home, is depressed, is struggling with incontinence issues or needs help in taking medicines regularly. Care options often include living with an adult child, moving to assisted or retirement living facilities or home care with the help of professional caregivers.

ASSISTED LIVING

Amy visited several assisted living facilities and discovered that they were different from those she remembered from her grandparents' time. The décor was homier and cheerier than she expected and the residents seemed to enjoy socializing together. Bruin explains that assisted living facilities have changed in recent years. Today, such communities vary from tall apartment buildings to broad suburban complexes to single homes catering to a small resident population.

Most living communities are licensed to care for at least 20 people, but a large community could house hundreds of residents. Smaller communities usually feature a homelike atmosphere, while the larger facilities offer many interest and recreational opportunities. "Looking for assisted living is like looking for a pair of shoes," Bruin says. "You shop around until you find the right one. The first consideration is usually financial, the second is location and the third is feel. Visit several until you find the one that fits."

Assisted living facilities are licensed medical facilities

run under state regulations, and often include a staff of 50-60 people. Bruin explains that running an assisted living facility is an orchestrated event. "Everything is regulated now and nothing can fall through the cracks. The goal is to produce quality of life."

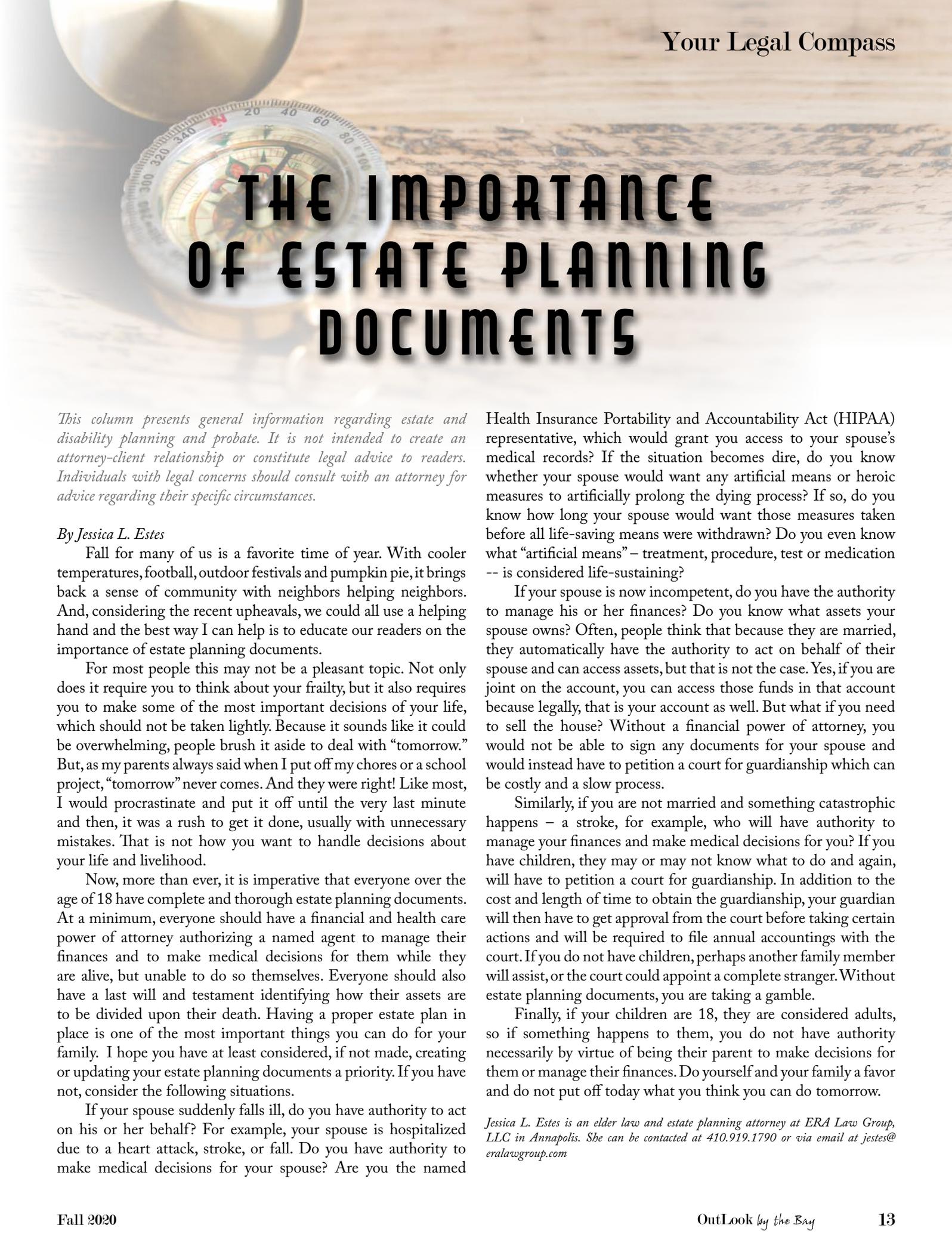
Every assisted living community has a different personality. It's possible to visit two communities down the street from one another that look similar and offer the same care and services, but still feel very different. The previous stereotype of a "nursing home" was a place where sick and dying people went, "Now they are more like cruise ships—people go there to live. In the past, people went there to decline—now they go there to improve," Bruin says. She adds that the medical focus of such facilities is now more camouflaged, while the visible focus today is more on socialization and food.

Socialization is vital for seniors. A study conducted at BYU stated that loneliness is as harmful to seniors as alcoholism. Safety is also a top priority with today's assisted living facilities. As you visit, ask what level of care each facility expects to assign your loved one. At a Level 1 assisted living facility, residents are able to walk without any extra help. Residents who need some stabilizing help in activities such as walking, being able to get out of bed, or transferring from a bed to a wheelchair would be appropriate for a Level 2 assisted living facility. Those who are unable to walk would be assigned to a nursing facility. If your loved one requires more care than their designation offers, some facilities may deny entrance. For example, some assisted living facilities will not admit patients who require wheelchairs!

Bruin suggests envisioning the assisted living facility as a village where everyone is working hard to care for the residents. "Spread as much love around as you can," she says. She adds that almost everybody who works in the assisted living industry does so because they want to be there.

After six weeks, a bond should have developed between the resident and the assisted living facility. If a bond doesn't seem set, it might not be the right match. If you feel that the placement truly isn't right for your loved one, consider asking the administrator, "Can you help me find another place?"

Of course, if you do feel that there is an important problem with care, you could consider contacting the state, each of which has a survey agency that is tasked with conducting inspections to certify nursing homes and home health care agencies are compliant with Medicare and Medicaid regulations. They also investigate and validate complaints.



THE IMPORTANCE OF ESTATE PLANNING DOCUMENTS

This column presents general information regarding estate and disability planning and probate. It is not intended to create an attorney-client relationship or constitute legal advice to readers. Individuals with legal concerns should consult with an attorney for advice regarding their specific circumstances.

By Jessica L. Estes

Fall for many of us is a favorite time of year. With cooler temperatures, football, outdoor festivals and pumpkin pie, it brings back a sense of community with neighbors helping neighbors. And, considering the recent upheavals, we could all use a helping hand and the best way I can help is to educate our readers on the importance of estate planning documents.

For most people this may not be a pleasant topic. Not only does it require you to think about your frailty, but it also requires you to make some of the most important decisions of your life, which should not be taken lightly. Because it sounds like it could be overwhelming, people brush it aside to deal with “tomorrow.” But, as my parents always said when I put off my chores or a school project, “tomorrow” never comes. And they were right! Like most, I would procrastinate and put it off until the very last minute and then, it was a rush to get it done, usually with unnecessary mistakes. That is not how you want to handle decisions about your life and livelihood.

Now, more than ever, it is imperative that everyone over the age of 18 have complete and thorough estate planning documents. At a minimum, everyone should have a financial and health care power of attorney authorizing a named agent to manage their finances and to make medical decisions for them while they are alive, but unable to do so themselves. Everyone should also have a last will and testament identifying how their assets are to be divided upon their death. Having a proper estate plan in place is one of the most important things you can do for your family. I hope you have at least considered, if not made, creating or updating your estate planning documents a priority. If you have not, consider the following situations.

If your spouse suddenly falls ill, do you have authority to act on his or her behalf? For example, your spouse is hospitalized due to a heart attack, stroke, or fall. Do you have authority to make medical decisions for your spouse? Are you the named

Health Insurance Portability and Accountability Act (HIPAA) representative, which would grant you access to your spouse’s medical records? If the situation becomes dire, do you know whether your spouse would want any artificial means or heroic measures to artificially prolong the dying process? If so, do you know how long your spouse would want those measures taken before all life-saving means were withdrawn? Do you even know what “artificial means” – treatment, procedure, test or medication -- is considered life-sustaining?

If your spouse is now incompetent, do you have the authority to manage his or her finances? Do you know what assets your spouse owns? Often, people think that because they are married, they automatically have the authority to act on behalf of their spouse and can access assets, but that is not the case. Yes, if you are joint on the account, you can access those funds in that account because legally, that is your account as well. But what if you need to sell the house? Without a financial power of attorney, you would not be able to sign any documents for your spouse and would instead have to petition a court for guardianship which can be costly and a slow process.

Similarly, if you are not married and something catastrophic happens – a stroke, for example, who will have authority to manage your finances and make medical decisions for you? If you have children, they may or may not know what to do and again, will have to petition a court for guardianship. In addition to the cost and length of time to obtain the guardianship, your guardian will then have to get approval from the court before taking certain actions and will be required to file annual accountings with the court. If you do not have children, perhaps another family member will assist, or the court could appoint a complete stranger. Without estate planning documents, you are taking a gamble.

Finally, if your children are 18, they are considered adults, so if something happens to them, you do not have authority necessarily by virtue of being their parent to make decisions for them or manage their finances. Do yourself and your family a favor and do not put off today what you think you can do tomorrow.

Jessica L. Estes is an elder law and estate planning attorney at ERA Law Group, LLC in Annapolis. She can be contacted at 410.919.1790 or via email at jestes@eralawgroup.com



ADOPTING BRAIN-HEALTHY HABITS

By Dr. Jim David

My friend Joe is 100% committed to refusing almost all of my suggestions to adopt a healthier lifestyle. I might suggest taking a 15- or 30-minute walk early each morning or after dinner in the evening when the weather is a bit cooler. He replies, “I don’t have time!” If I suggest eating more vegetables, he says, “I hate vegetables!”

Many of us may have friends or acquaintances similar to my friend Joe, or we may be “Joe.” How many times have we read self-help books or articles, but then set them aside and completely forgot about a healthy behavior or suggestion that really seemed positive and doable for a moment or two? How do we move into being more open to new life skills, more open to change? Move from passive reader to active participant?

There are countless strategies or avenues to achieve change. The focus here is on steps to preserve and promote brain health and lower the risk of brain disease. The premise is that clear thinking is required for real change.

Much of this information is based upon testimony given to the U.S. Senate Special Committee on Aging by Dr. Rudolph Tanzi on Sept. 25, 2019. Dr. Tanzi is the Joseph P and Rose F. Kennedy Professor of Neurology at Harvard Medical School and co-director of the McCance Center for Brain Health at the Massachusetts General Hospital. It turns out that the stronger our thinking skills, the more likely we will choose positive paths for ourselves.

Most of us tend to think that our biologically inherited genes are fixed and unchangeable. Amazingly, the latest research in epigenetics reveals that our genes are responsive to everything we do and think. Every choice we make for healthy habits or unhealthy ones modifies our genes. With repetition, healthy habits like eating fruits and vegetables will change gene expression programs that promote health. Visit Dr. Tanzi’s books, *Super Genes* and *The Healing Self*.

He unequivocally states: “By altering our gene expression programs through our daily conscious choices, we have the power to slow the aging process, improve mood, stave off anxiety and depression, reduce persistent aches and pains, improve quality

of sleep and even reduce risk of age-related chronic diseases including cancer and neurodegenerative diseases.” That is a huge impact! No more blaming our genes for our woes!

Epigenetic research also emphatically establishes that healthy lifestyles will make a difference in over 95% of those at risk for Alzheimer’s disease. This also applies to other age-related complex genetic disorders such as heart disease and diabetes in that only 3-5% involve genetic mutations that guarantee disease; 95-97% involve genetic factors that can be altered by consistent, repetitive healthy habits.

Many, if not most of us, have become saturated with countless articles about healthy lifestyles. Dr. Tanzi created the acronym SHIELD to communicate his research-based approach for brain health and gene-altering, healthy aging.

SHIELD is an acronym for sleep, handle stress, interaction, exercise, learn new things and diet. Here’s how it works:

- **SLEEP** The major new research discovery about sleep is that our brains actually receive a cleansing wash that clears out amyloid plaque associated with Alzheimer’s disease. Adequate amount of sleep varies with individuals, but 7-8 hours is the norm.

Many guidelines exist for improving our quality of sleep such as staying on the same sleep schedule seven days a week. As always, be aware of any negative self-talk such as “I can’t ___” or “I always ___,” which serves to cement the unfulfilling behavior in place. A long-term goal is to be at peace with everyone and everything in the world. This requires forgiveness and letting go of issues or people who may have hurt us or irritated us in some way. Sleep entails abandonment of control.

- **HANDLING STRESS** Each of the SHIELD components merits a separate article. For the sake of brevity, do a self-evaluation to identify measures to

Put the pill makers out of business – eat right and get some exercise.

reduce or eliminate unhealthy levels of stress. A healthy level of stress or eustress is essential to activate ourselves. Daily meditation is strongly recommended to increase self-awareness and to transition from *human doing* to *human being*. We are OK just in *being*.

- **INTERACTION** We need one another. Our brains are enriched by connecting with other human beings in person or electronically through Skype or Zoom. We may have to push ourselves to overcome social isolation and do the connecting that our brains require for cognitive stimulation and mood regulation.
- **EXERCISE** Make it enjoyable. Do it with a friend. Set up a schedule and stick to it no matter what arises to deter you. Physical exercise is the most efficacious part of SHIELD. It stimulates brain health by bringing more oxygen and blood to the brain resulting in neurogenesis, the stimulation of new brain cells or neurons.
- **LEARNING NEW THINGS** To be effective, the new learning must be sufficiently challenging to test your brain, but not so difficult as to spark discouragement. Learning new information or acquiring new skills may promote new brain cell production and increase the

number of existing neural connections or synapses. This alone should motivate you.

- **DIET** Our brain's favorite diet is the Mediterranean diet as it minimizes red meat and is strong in fiber from fruits and vegetables, which energize the healthy bacteria in your stomach. A high level of gut microbiome reduces brain neuro-inflammation, the largest killer of neurons.

NOW, YOUR HOMEWORK ASSIGNMENTS FROM READING THIS ARTICLE ARE:

1. Do not be like my friend Joe!
2. Realize that healthy habits create clear thinking and the opposite creates brain fog.
3. Make at least one decision or commitment to start at least one, new healthy habit
4. Memorize SHIELD and share with friends and family.

We now know what we need to do to reduce the likelihood of contracting age-related disease, including neurological diseases such as Parkinson's and Alzheimer's.

Now, will we do it?

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



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Getting Your Loved One To Help Tidy Up

By Leah Lancione

We live in a time when people like world-renowned organizing guru and author, Marie Kondo, exist to show the rest of us how our lives can be made simpler by being tidy and eliminating clutter. Kondo's KonMari method involves going from room to room and painstakingly deciding one by one which items spark joy (and can be kept) and those which should be tossed. If you want to see Kondo's method play out for families and couples, check out her show "Tidying Up" on Netflix. It's a series worth binge-watching on a rainy day or weekend. Ask your messy mate to join you. Then maybe, just maybe, your spouse won't be as reluctant to clean up according to your specifications, that is in comparison to Marie Kondo's meticulous purge of anything unnecessary and careful folding techniques!

Since you're not out to be that extreme as Kondo, you probably don't have to worry about a full-on revolt when you ask your spouse to discuss tidying up. However, even before you begin the conversation, it would behoove you to get rid of any clutter *you* are responsible for before shedding light on your partner's foibles. Lead by example. If you've been putting off cleaning out your closet, now's the time to do it.

The method for tidying may not, however, be as important since it depends on your preferences, but *how* you deliver the motivational speech to get your loved one into the mood to tidy up is vital for success! Experts at *The Spruce* (www.TheSpruce.com) suggest a good way to start the conversation is to describe your ideal home. If together you can envision and agree on what each area of the house *should* look like, the next step is to decide on daily, weekly and monthly chores you both can do to maintain order. Instead of continually nagging about what and how you want something cleaned and organized, be willing to negotiate duties and compromise on areas that may be less important to you. For example, the upstairs den, game room or "man cave" may be allowed looser neatness rules.

The Spruce also recommends using a cleaning checklist. "Cleaning checklists can be a useful tool once a routine has been agreed upon. It helps others to know and remember what is expected." If spouses are allowed some choice in chores and

in which areas of the house are most important to them, it could lead to developing a set routine for when and how these areas should be maintained.

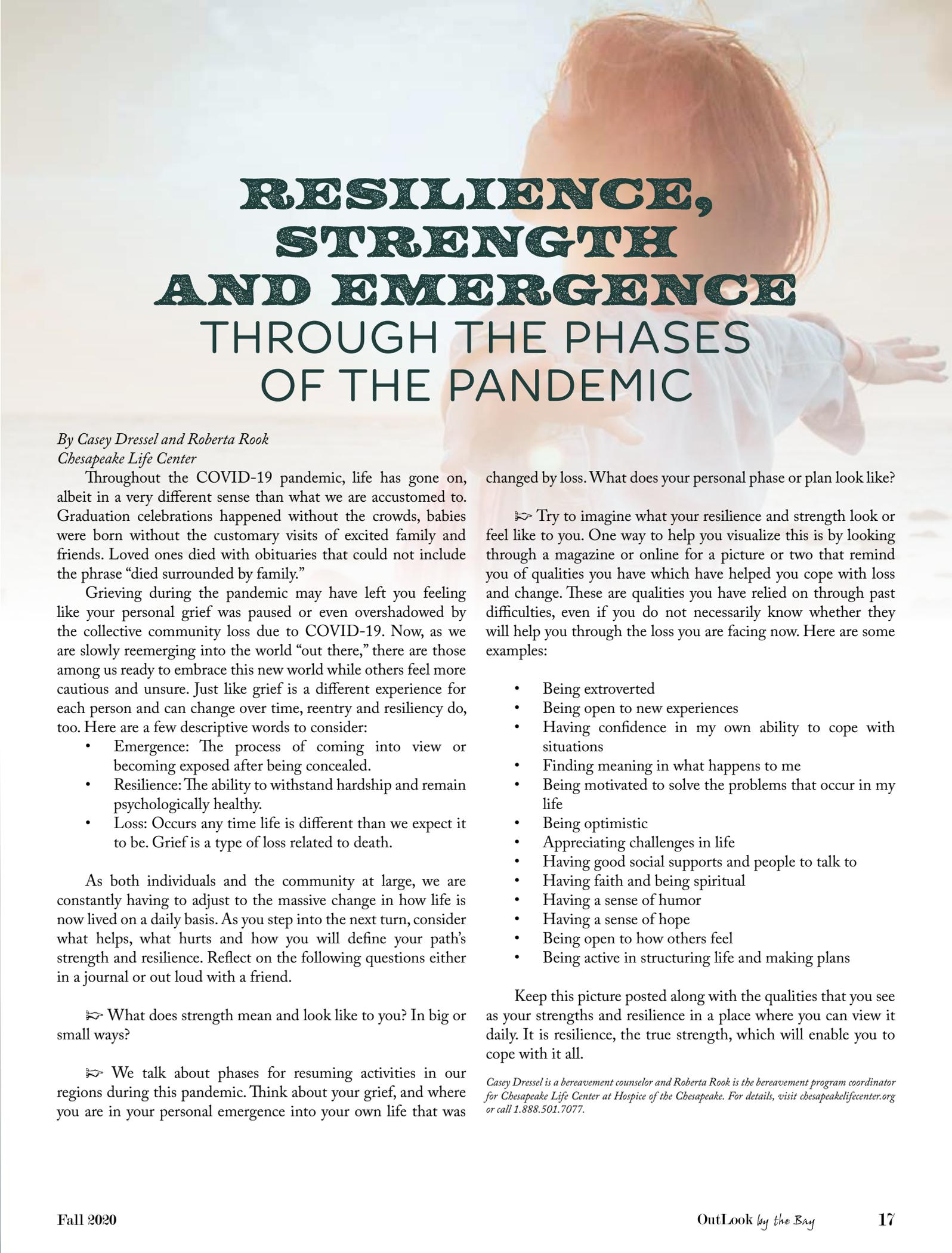
In *Organize for a Fresh Start*, Susan Fay West says it's important to set organizing goals before you start the "journey." If you both share the same vision of the result that benefits both of you, it may feel more like a joint venture than a set of chores you ordered as the drill sergeant. West maintains that as you begin the process of implementing a system, "you must realize that for your new system to truly support you, you need to evaluate your goals and needs for this next chapter in your life." For example, maybe it's time to let go of old exercise equipment since you've traded in pumping iron for daily walks together. Or perhaps, you've picked up tennis, pickleball or golf in retirement and need a proper storage unit for gear. Who knows, maybe it's time to sell or donate the pool or ping-pong table your grandkids never use.

Discuss with your mate what items need to go, stay or are needed for each room of the house to fulfill its function. If you make it a joint effort, you may well avoid resistance when the actual tidying and organizing is done. And once you do start cleaning, purging and tidying, try to make it fun. Watch a show while you fold laundry or play your favorite music while you're busy. Maybe even decide that each week or month, whichever you decide upon, to reward yourselves with dinner out or takeout from your favorite restaurant.

However, if the thought of approaching your spouse about chipping in with tidying and organizing your house gives you

hives, consider hiring a certified personal organizer (CPO) to do the heavy lifting and get you on the right track. There are also organizing "coaches" who will come into your home and work alongside you, or you could consider paying for a regular maid service. You never know, maybe when you tell your spouse you're thinking about hiring a maid or a professional organizer, you'll get a more positive response.

...it's important to set organizing goals before you start the "journey."



RESILIENCE, STRENGTH AND EMERGENCE THROUGH THE PHASES OF THE PANDEMIC

By Casey Dressel and Roberta Rook
Chesapeake Life Center

Throughout the COVID-19 pandemic, life has gone on, albeit in a very different sense than what we are accustomed to. Graduation celebrations happened without the crowds, babies were born without the customary visits of excited family and friends. Loved ones died with obituaries that could not include the phrase “died surrounded by family.”

Grieving during the pandemic may have left you feeling like your personal grief was paused or even overshadowed by the collective community loss due to COVID-19. Now, as we are slowly reemerging into the world “out there,” there are those among us ready to embrace this new world while others feel more cautious and unsure. Just like grief is a different experience for each person and can change over time, reentry and resiliency do, too. Here are a few descriptive words to consider:

- **Emergence:** The process of coming into view or becoming exposed after being concealed.
- **Resilience:** The ability to withstand hardship and remain psychologically healthy.
- **Loss:** Occurs any time life is different than we expect it to be. Grief is a type of loss related to death.

As both individuals and the community at large, we are constantly having to adjust to the massive change in how life is now lived on a daily basis. As you step into the next turn, consider what helps, what hurts and how you will define your path’s strength and resilience. Reflect on the following questions either in a journal or out loud with a friend.

➤ What does strength mean and look like to you? In big or small ways?

➤ We talk about phases for resuming activities in our regions during this pandemic. Think about your grief, and where you are in your personal emergence into your own life that was

changed by loss. What does your personal phase or plan look like?

➤ Try to imagine what your resilience and strength look or feel like to you. One way to help you visualize this is by looking through a magazine or online for a picture or two that remind you of qualities you have which have helped you cope with loss and change. These are qualities you have relied on through past difficulties, even if you do not necessarily know whether they will help you through the loss you are facing now. Here are some examples:

- Being extroverted
- Being open to new experiences
- Having confidence in my own ability to cope with situations
- Finding meaning in what happens to me
- Being motivated to solve the problems that occur in my life
- Being optimistic
- Appreciating challenges in life
- Having good social supports and people to talk to
- Having faith and being spiritual
- Having a sense of humor
- Having a sense of hope
- Being open to how others feel
- Being active in structuring life and making plans

Keep this picture posted along with the qualities that you see as your strengths and resilience in a place where you can view it daily. It is resilience, the true strength, which will enable you to cope with it all.

Casey Dressel is a bereavement counselor and Roberta Rook is the bereavement program coordinator for Chesapeake Life Center at Hospice of the Chesapeake. For details, visit chesapeakelifecenter.org or call 1.888.501.7077.

DO YOU NEED A WEIGHTED BLANKET?

By Leah Lancione

According to an old Irish proverb: “A good laugh and a long sleep are the two best cures for anything.” While science experts agree that good sleep habits affect both physical and mental health, many people have difficulty establishing regular, uninterrupted, sleep patterns or reaping the full benefits. Along with many other changes people incorporate to improve their sleep routine or environment, weighted blankets have gained popularity in the realm of “sleep hygiene.”

So, what exactly is a weighted blanket? Well, according to the Cleveland Clinic’s health webzine *Health Essentials* <https://health.clevelandclinic.org/> “Weighted blankets are filled with plastic or glass pellets that make them heavy—imagine the lead vest you wear during dental X-rays on a bed-sized scale. They range from 5 to 30 pounds, and devotees say they can ease anxiety and help you get a good night’s sleep.” These weighted blankets reportedly help people sleep better because they provide a comforting, relaxing sensation—some say, like a hug.

According to the Sleep Doctor at thesleepdoctor.com weighted blankets have been used as a sleep aid for people dealing with certain anxiety or sensory processing disorders, but are also popular with those without such diagnosed conditions. “Weighted blankets apply light, even pressure over the entire body. That can help keep you more still when you’re in bed, and provides the soothing sensation of being gently held, which creates for many people a deep sense of relaxation and calm that makes it easier to fall asleep.” The idea is that a person who’s less restless and feels comforted will sleep better.

The Sleep Doctor website observes that the weight of the blanket, and the even distribution of its weight, creates “deep pressure stimulation” much like what’s experienced during a massage. In addition to the comforting, calming response by the body to a weighted blanket, experts at Sleep.org say the deep pressure generated may also increase

sleep neurotransmitters in your brain. “This type of pressure has been shown to increase serotonin, a neurotransmitter involved in the regulation of sleep that has a calming effect.”

If you have trouble sleeping due to anxiety or restlessness, a weighted blanket may help diminish nervous system activity, increase serotonin and provide soothing “deep pressure stimulation” or “deep touch pressure” which all could lead to a night of less interruptions and sounder sleep.

WebMD goes even further to stress that a weighted blanket can provide a sense of security, like a toddler with a blankie, to an adult who may be suffering from anxiety, depression and/or insomnia.

Raj Dasgupta MD, assistant professor of clinical medicine at the University of Southern California and a spokesman for the American Academy of Sleep Medicine, concurs that weighted blankets could help people having trouble sleeping. “It’s like having the best hug for a long period of time,” he says. “It may be a good alternative to life-long sedative hypnotic medications (sleeping pills) at night.”

If you wake up not feeling rested or have trouble falling or staying asleep, maybe purchasing a weighted blanket is worth a shot. Weighted blankets for sale on Amazon go for anywhere from \$40 to \$150, depending on the size, material, thread count, color and brand.

Bay Bytes

Would you like to find a pal or even a few pals from around the world who share an interest? Log onto www.compatipal.com/index/ Of course, as with all online sites, always be very cautious about sharing information.

Bay Bytes

An excellent source of online games to play with others can be found at <https://SeniorPlanet.org/best-websites-for-playing-online-games/> It offers good advice on staying secure while involved with internet games.

RECONFIGURING YOUR LIVING SPACE

By Marilyn Leek

Your home not only meets basic needs but also is your unique space and refuge from the ever-changing world. There are points in life, however, when your changing needs require a new look, a new functionality. Priorities shift. Families expand and contract. Resources change. Health and aging issues come to the fore. Our current situation, with its major disruption of the rhythms and routines of daily living, has been one of those times when changes have had to be made in living space. Homes have become workplaces. Kitchens have become classrooms. Backyards, driveways and sidewalks have become sports centers, if they weren't before. Regardless of the reason, everyone enters a season when reconfiguring their living space is needed. There is no one-size-fits-all solution to reconfiguring your home. But there are common concepts which can lead to the best solution for you and your unique situation.

EVALUATE: Ask the question: What is my most pressing need? Accessibility? Efficiency? Privacy? Safety? Additional Space? Your answer to this question will serve as an overall guide to the process.

ENVISION: What would it look or feel like and how would it function if I added a room divider? Reoriented the furniture in the family room? Moved the master bedroom downstairs? Made the master bath handicapped-accessible?

REALISTICALLY REVIEW YOUR RESOURCES: What is your budget? How much money, time and energy can you spend on the project? Are you open to seeking help from a professional organizer or transition specialist?

REDUCE, REUSE, RECYCLE: When it comes to living efficiently and safely, less is always more. Rooms crowded with possessions means less room for

flexibility and you. Little-used but much-loved items can be stored, but much of what you no longer use can be given, donated or sold through estate sales and consignment shops.

REORGANIZE: This is a key concept, especially if your goals include efficiency, safety and accessibility. Having what you need when and where you need it is a huge timesaver, especially these days when new protocols have been added. For example, a set place for keys, purse, sanitizers, masks and gloves can make coming and going less stressful. Organization is also key when setting up a home office or an area for children to do schoolwork. Ideally, there should be a designated space set apart for these activities with supplies and power sources close at hand.

Times of transition can be stressful and challenging. But they can also be wonderful opportunities to reorient and move forward in new and exciting ways. And you need not face reconfiguring your living space alone. Senior move managers can help and offer a wide variety of services whether you're trying to establish a home office, age in place or downsize and move into a new home.

Marilyn Leek is a certified senior move manager and the owner of Chesapeake Transitions. She can be contacted at Marilyn@ChesapeakeTransitions.com or 410.897.0050.



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TEACHING KIDS ABOUT KINDNESS: MAKING OTHERS SMILE

By Kimberly Blaker

Amid our busy lives, it's easy to lose sight of the little things we can do to make the world a kinder, gentler place. As a result, kids miss out on golden opportunities to emulate kindness and experience its rewards. So, why not set a goal with your kids or grandkids, and see how many acts of kindness your family can rack up in a single day or week? Here are some ideas to get them started.

Call grandparents. This is a big one because often, grandparents are the ones to initiate calls. So, make your grandparents' day by giving them a call.

Visit an elderly neighbor. Many seniors are shut in because they can no longer drive. Even those who do drive often don't get the social interaction they need. It's likely someone in your neighborhood could use some company.

Offer a compliment. It doesn't get any easier than this. But don't offer praise you don't mean. Otherwise, it'll come off as disingenuous. Notice what someone is wearing or doing. Think about their personality or something they've done. Then offer a compliment you mean.

Make a donation. It can be a small monetary donation to a good cause. Or you can donate items you no longer need to a homeless shelter, animal rescue or toys-for-tots collection.

Help someone with their homework. Do you know a classmate who struggles in a particular subject? Offer to help them study for a test or to understand a concept for a homework assignment.

Stand up for someone. Do you know a student who's bullied or always left out? Look for an opportunity to tell those who are being judgmental to be a little nicer or that they're being unfair.

Offer your support. Do you know someone going through a hard time, such as a serious illness? Maybe a friend's parents are going through a divorce? Lend them your shoulder, and offer to listen.

Make friends with someone who's left out. Is there a classmate who's always standing alone on the playground or who sits alone at lunch? Offer to join that person.

Bake cookies for your teacher or boss. Show your appreciation by baking them their favorite cookies or some brownies.

Buy a homeless person a meal. If you see someone wandering who clearly looks homeless or is standing on a street corner with a sign, pick up a meal, and take it over to them.

Hold the door for someone. This is another super-easy gesture that's sure to be appreciated by someone who's elderly, disabled or really, just anyone.

Write an apology to someone you've hurt. We've all said and done things on occasion that hurt someone's feelings. So, take ownership of it, and write a heartfelt apology.

Help someone carry something. When you see someone juggling multiple items or carrying a heavy object, offer to help.

Post something nice on the social media page of someone who needs a friend. Do you know someone who no one ever pays attention to? Make that person's day with a positive comment on their page.

Take a neighbor's dog for a walk. Is there a dog in your neighborhood that never gets to go for walks? Be sure to ask about the dog's energy level, so you're able to handle it. Also, find out how far it can walk and run to ensure you don't overexercise the dog, which can be dangerous to dogs.

Do a chore for your brother or sister. What a great way to get back in the good graces of your brother or sister. And although you shouldn't expect it, who knows, maybe they'll return the favor sometime.

Buy a friend a candy bar. This is a simple way to show your friend you're thinking of them.

Volunteer for a good cause. There are many opportunities right in your community. You could volunteer at a soup kitchen, pick up trash at a park or help with a canned food drive.

Help someone with yardwork. Do you know a handicapped or elderly person? Offer to mow, rake, pull weeds or shovel their snow.



If you never leave your comfort zone, how will you know what else you can do?

ARE YOU CHRONICALLY LATE?

By Kater Leatherman

Does this sound like you?

"Sorry, I'm late."

Before we look at what makes people chronically late, let's mention those who suffer from another time-related predicament - PTSD-induced punctuality. One can only imagine the amount of stress and energy that goes into having to get to their destination exactly on time. Given that the first two options aren't ideal, perhaps a better-case scenario is to arrive early.

For people who are chronically late, the simple truth is that they don't like to be early. Other reasons include thinking it's a waste of time. Being early can also send a signal that they have too much time on their hands. Or, it might require walking into a social situation and that makes some people uneasy.

Clearly, we can't control external circumstances such as traffic or family emergencies, but we can choose to live more consciously. We will leave earlier if it's rush hour, if we know that parking is an issue, if we know there will be a crowd.

Everyone runs late from time to time, but habitual lateness is an issue that is worth rooting out, especially when it affects others. Take a moment to consider the consequences of being late for the first appointment at your doctor's office. Everyone who

comes after you is inconvenienced with an even longer wait time. The truth is that no one likes to wait any more than they have to. Besides, it gives off the hidden message that your time is more important than theirs.

Here are five good reasons to arrive a few minutes early:

1. It gives you the sense of having more time.
2. You avoid disrupting others.
3. Your mind and body will have time to adjust.
4. Sometimes, you get the best seat.
5. In group meetings, you will have greater focus and creativity.

It never hurts to go within and find a place of peace in the midst of everyday chaos. Arriving a little earlier is one way to do that. Making it a spiritual practice implies that while you may not be naturally good at it, you can become better over time. It will help to promote more calm in your life, and those around you will appreciate the effort.

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PUMPKINS!

ANCIENT ROOTS OF AN AUTUMNAL ICON

By Joyce M. White

In America, pumpkin and pumpkin-spiced goodies represent the ubiquitous taste of Autumn. American pumpkins are part of the *Cucurbita* genus of gourd that originated in Central America around 5500 BC. Long before the advent of pumpkin-spiced lattes, Natives Americans were cooking with pumpkins and using them for medicinal purposes. Importantly, though gourds come in numerous edible varieties, including all the ornamental varieties sold at Halloween time, *Cucurbita moschata* is the most common variety used in cooking today, and *Cucurbita pepo* is the most common variety used to carve jack o' lanterns.

Long before contact with New World varieties of gourds in the *Cucurbita* genus, Africans and Europeans established an ancient tradition of cooking with other gourds in the same family such as the tropical African *bottle gourd* or *calabash* (*Lagenaria siceraria*). Because this variety spread from Africa to other warm climates, recipes containing bottle gourds are found in the famous ancient Roman cookbook by Apicius, *De Re Coquinaria* (*On the Subject of Cooking*), which dates to about 400 AD. In this cookbook, gourds are stewed, boiled, fried, stuffed with brains, cooked with chicken and roast crane, and even arguably made into a sort of pie-filling with the dish called *Pumpkin, Alexandrine Style*, which indicates ancient Egyptian origins, as well.

In addition, cooking with gourds remained part of the European culinary palette because *Curcubita* recipes appear more than a thousand years later in Bartolomeo Scappi's c.1570 Italian cookbook *Opera dell'arte del cucinare*. Significantly, Scappi was most likely using American varieties of pumpkin because they were introduced to Europe almost 35 years earlier, in about 1536. While Scappi's recipes include ingredients no American would dare put in a pumpkin pie today, such as ricotta, Parmesan and other cheeses, onions, black pepper, and saffron, they do include eggs, sugar, butter and even cinnamon, items Americans would deem essential for making a pumpkin pie.

Scappi's recipes, as well as some other European ones, predate the first documented North American pumpkin recipe, which wasn't recorded until 1672 by John Josselyn in *New England Rarities Discovered*. Josselyn's recipe, *The Ancient New-England Standing Dish*, was meant to be served as a side dish to fish or meat and was made with stewed pumpkin seasoned with butter, vinegar and ginger. Despite the late date in which an American pumpkin recipe was first recorded, pumpkin was an important food used by early American settlers for survival and certainly impacted the development of American cuisine. The inclusion of pumpkin recipes in Amelia Simmons' *American Cookery*, the first cookbook published in America by an American in 1796, is testament to the fact that over the years, Americans developed a love for pumpkin. One of Simmons' pumpkin recipes calls for either crookneck, winter squash, pumpkins or yams and potatoes to be made into a baked pudding, e.g., a pie without a

crust. The other two recipes are for pumpkin puddings baked in pastry, i.e., pumpkin pies. One of these pie recipes is made with both a top and a bottom pastry crust and filled with a pudding made of stewed pumpkin, milk, eggs, sugar, mace, nutmeg and ginger. The pudding's top pastry is designed in what Simmons called a "cross and chequer" pattern. Simmons' second pie recipe is for a modern-day-style pumpkin pie with just a bottom crust. Historically this type of pie was referred to as a tart, tourte or pudding in a paste. This recipe's pudding filling contains stewed pumpkin, milk, eggs, molasses, allspice and ginger.

For a slightly different take on pumpkin pie this season, try Simmons' No.1 double-crust recipe using this modern recipe adaptation:

AMELIA SIMMONS' DOUBLE-CRUST PUMPKIN PIE NO. 1

Yield: 1 deep-dish pie

INGREDIENTS:

- Pastry dough, enough for one double-crust pie, homemade or store-bought
- 1 15 oz. can pumpkin, or equivalent freshly stewed and strained pumpkin
- 3 large eggs
- 3/4 cup granulated sugar
- 1 tsp. ground ginger
- 1/2 tsp. grated nutmeg
- 1/4 tsp. ground mace
- 1 1/2 cups milk

DIRECTIONS:

1. Heat oven to 350° F.
2. Line the bottom of a deep-dish pie dish with pastry. On a piece of parchment paper, roll out the dough into a circle large enough to cover the dish. Place both in the refrigerator to keep cold.
3. In a large mixing bowl, combine all ingredients.
4. Pour into the chilled pie dish and then moisten the outer edge of the pastry with milk (will help the two layers of pastry to stick together). Design the top pastry in a checkered, latticed or other design of your choosing. Place on top and pinch the edges to seal.
5. Place the pie dish on a baking sheet lined with parchment paper.
6. Bake for about 50-60 minutes, or until the center does not jiggle when gently shaken.
7. Allow to cool for at least 30-45 minutes to set.

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

WORKING WITH TODAY'S CONCERNS

For much of this year businesses have been challenged to think differently. Our new normal has become takeout meals at restaurants, virtual doctor appointments and “essential” trips to the liquor store. In the world of an undertaker we’ve even witnessed creative methods to carry out a traditional final farewell. While many funeral homes have denied services, there are still a few performing services and thinking creatively in order to provide closure for family and community.

With the restrictions currently put on all businesses, even the essential ones, we find funeral homes continuing to evolve in order to provide ways to help the community cope with a loss. One example of this is funeral homes transforming their covered car ports into a drive-through viewing area. Funeral homes are taking chapters out of the fast food industry and starting to offer visitations from the safety of your own car. While we see funeral homes changing the viewing area from inside to out, we also see funeral homes reconfiguring their facility to offer a true drive-through window. Rather than having everything outside, the family and casket are all together in a large room visible through a window from the parking area. Guests are invited to drive up to the window, remain in their cars to then view the deceased and also visit with a few members of the family who are present in the room. We are now finding this drive-through visitation, both indoor and out, being offered at many funeral homes in order to provide an alternative to not having a time for proper closure.

A visitation and gathering of friends and family is equally as important as the ceremony itself. Due to the restrictions for gatherings, we are seeing modifications to the traditional chapel setup. The funeral profession witnessed its first drive-through funeral in San Antonio, Texas. In the same fashion as it was in the 1950s, cars were instructed to park in particular areas so they could face a giant screen outside. Using a state-of-the-art sound system, the services were carried out in a way everyone could witness. Although they could not be in the same room as the family, guests were able to be involved with the ceremony and be comforted by the words being shared. It was an incredible way to offer closure to a large number of guests and showcase the love from everyone present for the immediate family.

One of the most important opportunities in the grief process is coming together to share memories. With the restrictions

set forth with social distancing we are, at the moment, unable to share a traditional embrace. Out of all the limitations the funeral profession is facing, this would be the most challenging. Unfortunately, there is no legal way to gain the physical touch that many feel is so important during this time, but through technology we are finding funeral homes offering creative alternatives. The platform Zoom has revolutionized the traditional

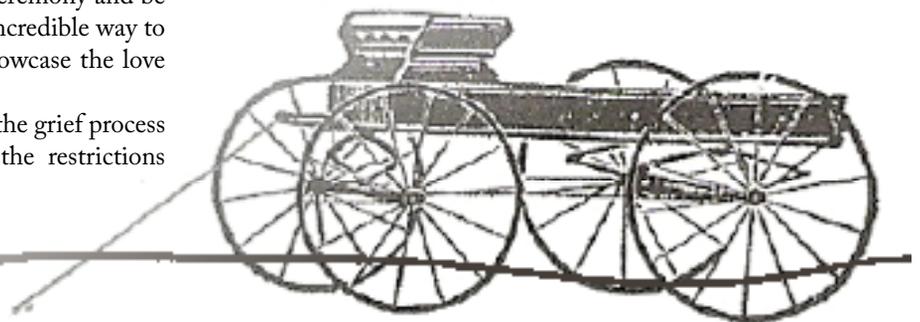
visitation/ceremony for funeral homes. Guests log onto Zoom within a designated time. As they log on, they are greeted by a representative from the funeral home who will ask for the guest’s name, relationship and a favorite memory. This is then relayed to the family as they are invited into the virtual gathering. This continues until it is time for the officiant to lead a ceremony. The funeral home staff then mutes all until the minister concludes. Each guest is then individually invited to share one last farewell message. In addition to this

alternative to a gathering in person, we are finding funeral homes offering webcasting of the ceremony and even a platform on their websites where guests can share a memory, purchase flowers to be delivered and even order a meal for a family member. Different for sure, but ultimately still offering a means of sharing in the love of someone’s life.

There are more than a few undertakers out there who pride themselves on the commitment to their communities in order to help families heal. These select few will make themselves available to provide what you need. Through technology and creative thinking, know that progressive undertakers stand committed to giving family the service and ceremony necessary to gain proper closure and a memorable final farewell during this unprecedented time. Before committing to a funeral home today, be sure to ask what options are available.

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

... offering proper closure for the final farewell



LIFE AT A STANDSTILL? *Try Something New* at **Home**



By Leah Lancione

As the longer, warmer hours of Summer daylight transition to shorter, cooler days of Autumn, it helps to explore the endless possibilities of human contact indoors—even virtually. Though circumstances or living situations may prevent daily face-to-face interactions, modern technology can keep you in touch. It's not the real deal, but sites like FaceTime and Skype enable interfacing opportunities. From Zoom meetings, Google Hangouts, to Facebook Watch Parties, there are many prospects for meeting up with a pal or a group of buddies virtually. There are also ways to stimulate your brain and stave off boredom. Here's a sample:

GOOGLE HANGOUT

So what is a Google Hangout (<https://hangouts.google.com/>)? It is a platform created by Google to support instant messaging, SMS (short message service, like texting) video chatting and VoIP (voice-over internet protocol), voice calls over a broadband internet connection. Users can chat with just one friend or up to 100 people. For video calls, up to 10 people can participate—no matter whether you have an Android, iOS or the web. Though you must have a Google account like Gmail, non-account owners can be invited and join in on the action. The Hangouts app can also be downloaded to your phone from Google Play if you want to use your phone instead of a computer.

ZOOM

No doubt you've heard of Zoom, with folks clamoring to host or unite with colleagues in virtual meetings from their

home offices. The Zoom app facilitates audio and video conferences between two or more people online. These meetings can be initiated free of charge through the app once it's installed or through the Zoom website. Visit www.zoom.us/ to sign up for the free personal account that allows up to 100 participants. Users are offered an unlimited number of one-on-one meetings, but group meetings are capped at 40 minutes. This video conferencing can also be done across any device—desktop or mobile.

Zoom is a great option if you want to start up or continue a book club virtually. If you use Facebook, Instagram or another social media platform to communicate with friends and/or family faraway, you can send out an invite or an announcement about the book club meeting date, time and Zoom link.

YOUTUBE

If you have kids or grandkids, you probably know about YouTube. Despite the gazillion videos kids watch for hours on end on anything from makeup tutorials to Minecraft or Epic Fails, the internet television service also holds a lot of educational content. For example, Artist Network offers subscribers art tips and artists' lessons in painting with watercolors, oils or acrylics as well as drawing with pastels or pencil. Viewers can also select to watch video interviews with professional artists. If you subscribe, you'll be alerted to when videos are live so you can interact with other viewers or even ask questions of the artist hosting the video lesson.

If the weather isn't great or you're not able to meet up with your workout buddy for whatever reason, YouTube also offers plenty of fitness videos for seniors that can be done indoors.

Some are with a chair while others require no equipment at all. FaceTime your workout buddy and you can work up a sweat together -- virtually!

NEXTDOOR

Nextdoor (<https://nextdoor.com/>) is a “local hub to connect and share with the neighborhood.” It’s free to sign up and only requires your name, street address, and email address to unite you with folks in your neighborhood and surrounding communities. This is a great resource for asking neighbors for recommendations if you’re in need of a handyman, plumber or contractor. Neighbors share everything from tips for cutting the cable, public safety information, finding the boat for you, local deals, traffic updates, lost or found pets, and alerts about local crimes and more. Nextdoor is a great tool for setting up or joining a local book club, finding a walking buddy, or simply connecting with a neighbor you haven’t met in person. Who knows...someone two streets over might just share your love of traveling! Within Nextdoor you can sign up to be a part of groups and get specific alerts when members post information of interest to you.

MEETUP.COM

MeetUp.com (www.meetup.com) is a free social media platform that organizes groups of similar interest for online and/or in-person events. Considering there are millions of members across the globe, there’s surely a group or two that will appeal to your hobbies and curiosities. After becoming a member through Facebook, Google, Apple or email, you will be asked to create a password and provide some personal information. You can sign up for an account on your desktop or mobile web browser on either an android or iOS device.

Users can meet new people in their local community for social reasons or choose to venture out based on a particular interest or to learn something new—whether it’s taking a virtual painting class, practicing a language, discussing philosophy, finding travel companions, joining outdoor/adventure groups, exploring with fellow history buffs, engaging in mindful meditation, or joining the local bridge or poker group.

FREE ONLINE COURSES

Another way to keep your mind sharp and connect with others is to take a college course online. The University of Maryland System (www.usmd.edu/regents/bylaws/SectionVIII/VIII230.html) offers retired senior citizens (over 60) a waiver of tuition for up to three classes a semester or term. The University of Maryland System includes Bowie State University, Frostburg University, Salisbury University, University of Maryland (all campuses) and Towson. This is not to mention Anne Arundel Community College’s Lifelong Learning and the Department of Aging and Disabilities’ array of free ROVER

(remote, online, education resources) that bring senior center classes right into your living room. Type www.aacounty.org/departments/aging-and-disabilities/videos/index.html into your internet browser or watch the broadcasts on your TV. Topics range from calligraphy, yoga, Pilates, conservation, Hubble Space Telescope, health, cooking, avoiding scams, history and more. AACC also offers senior adult courses this Fall (and online) at a reduced price. Go to www.aacc.edu/course-search and select “Senior Adult Courses” under the “Special Courses” menu and browse the many course offerings.

FREE ONLINE GAMES

In your spare time, check out AARP’s (www.aarp.org/ws/save-games/) free online games that you can register for and play on your own or challenge your friends to a friendly game of solitaire, mahjongg, bridge or spider.

If you haven’t stumbled upon the app Words with Friends, check it out. Like Scrabble, this multiplayer crossword-style game is available through Facebook (find and install it through your app center) or on your phone via the app store. You can also install it on your computer through Google Play at <https://play.google.com/store/apps/> The great thing about it is games can be completed immediately or last for hours or even days, depending what you want. You can pause or resume play at your leisure.

VOLUNTEER

Did you know that you can volunteer right from your home? The Library of Congress (<https://crowd.loc.gov/>) is seeking volunteers to transcribe historical documents so they can be digitized. The By the People campaign’s goal is “to make documents word-searchable in the Library of Congress catalog.” Volunteers can help by transcribing original items—letters, documents, or papers—for current campaigns. Volunteers can choose what tasks interest them most. Current campaigns (<https://crowd.loc.gov/campaigns/>) include: Organizing for Women’s Suffrage: The NAWSA (National American Woman Suffrage Association) Records, Letters to Lincoln, Susan B. Anthony Papers, Walt Whitman at 200 and Rosa Parks: In Her Own Words.

The Smithsonian Transcription Center also offers opportunities for folks to become digital volunteers to help make “historical documents and biodiversity data more accessible.” For more information, visit <https://transcription.si.edu/> “Volunpeers” can help add to the pages of manuscripts, field notes, diaries, ledgers, photo albums and biodiversity specimen labels.

No matter what you choose to fill your time with between virtual visits with family and friends, just remember what Dr. Seuss said, “You’ll never be bored when you try something new. There’s really no limit to what you can do!”

Activity doesn't necessarily lead to achievement!

PATIENCE COULD KEEP YOU FROM BURNING YOUR MOUTH

The Rev. Matthew Hanisian

Like most, as a younger person I was impatient for everything to happen immediately on my time schedule and without delay. The cookies that just came out of the oven were supposed to be ready to eat right now, my mind reasoned. To heck with this whole waiting for them to cool down enough to eat. Recently I was reminded about my attitude toward the desire for the immediacy of life in a conversation with my grandmother. We both laughed as she recalled how I twisted the words of the old proverb about patience being a virtue. I was convinced the proverb was: “patience hurts you.”

Admittedly, at moments I’m still impatient for things to happen. Why does one have to wait for what seems to be a full-fledged eternity to actually speak to a live person when calling customer service? And why can’t they have better on-hold music? (That’s another topic for a different article.)

Why can’t our dog figure out that she needs to do her business when we are on our walk, not once we’ve returned home? Why does it sometimes take so long to feel like my prayers are answered?

However much a virtue patience truly is or isn’t, patience is something that we all have to exercise from time to time and are better off when we do. We all could stand to do some work on deploying patience, for things both small and great. By “work on,” I mean practice. Practicing one’s craft in patience tends to make you more proficient, much like swinging a golf club, speaking a foreign language or making art. The more you practice being patient, the better at it you will become, eventually.

Patience, it seems, is rather countercultural. Our society pushes the “quick-fix” of temporary and immediate solutions for practically everything. However, when we are patient and truly work toward a more measured response, we almost always find the eventual solution was worth the work, worth the wait, worth the patience. Now, to be sure, there are moments when being patient does not always seem like the most prudent course of action. And, there are situations that demand immediate action, not patience. Witness things like injustice or abuse. That said, there are moments when I am patient and do not rush to decisions, conclusions or actions and I’m rewarded richly for my waiting,

for my deliberations. Most often, this involves an interaction with a family member or with another person. Relationships provide ample beds of fertile soil for us to cultivate patience.

In Scripture the book of Proverbs has this to say about patience: “Those who are hot-tempered stir up strife, but those who are patient calm contention.” (Proverbs 15:18). When we exhibit patience, especially when interacting with others in tense situations, we allow ourselves the space to think through our actions, to choose our words more carefully, to sort out how we feel about the situation in which we find ourselves -- all before responding or taking action. The result is almost always a better outcome than if we simply charge ahead or react immediately. Patience is the pause that allows us time to choose the best way forward. It can take as little as a millisecond; other times our patience takes weeks or even years.

Over the past several months I’ve found that a great deal of frustration has come from my not being patient with myself. Almost all of us have had to adjust our lives to a degree in recent months, and at moments I’ve found myself frustrated that I’ve not done so as easily or gracefully as I’d imagined I would be able to. In almost every one of those situations, I’d forgotten about one of the most important points about being patient: Whatever we are needing to be patient about will eventually come to pass. There will be an end to the waiting, and an end to our momentary frustration. As it turns out, patience can help us to be more tender with ourselves and provide us with opportunities that build us up and allow us to see ourselves as creative problem solvers.

Although I still want to eat the cookies as soon as they emerge from the oven, it’s possible to now wait with some degree of patience for the cookies to cool, no matter how badly I want to eat them immediately. And, while patience doesn’t hurt you, it will allow you space to creatively solve problems, choose your words and actions more wisely, and even keep you from burning your mouth.

The Rev. Matthew Hanisian is the rector at St. Martins in the Field, Severna Park, and can be reached at mhanisian@stmartinsinthefield.org

THE MORE
YOU PRACTICE,
THE BETTER
AT IT YOU
WILL BECOME,
EVENTUALLY.

If it didn't work out today, why not try again tomorrow?

POPCORN A BETTER SNACK

By Leah Lancione

If you've ever prayed for a scientific breakthrough that would declare decadent snacks or even junk food healthy, there's some recent news that comes pretty close. Popcorn, everybody's favorite movie night mate, has recently joined the fruit and veggie "clique" of healthy snacks.

According to NBC nutrition expert Joy Bauer, "When prepared with just the right ingredients, popcorn is low in calories, heart-smart and surprisingly chock-full of healthy nutrients." In a "Today Show" report, she discussed a study by the University of Scranton in Pennsylvania that claims, "Popcorn has more polyphenols (antioxidant substances) than fruits and vegetables."

The study findings were presented at the 243rd National Meeting & Exposition of the American Chemical Society (ACS). Study leader Joe Vinson, PhD., explained that polyphenols are more concentrated in popcorn because it "averages only about 4% water, while polyphenols are diluted in the 90% water that makes up many fruits and vegetables." In addition, he called the hulls (that tend to get lodged in between teeth) of popcorn "nutritional gold nuggets" since they contain the highest concentration of polyphenols and fiber.

Vinson even suggested popcorn is "the perfect snack food" since it is 100% whole grain. He does not, however, recommend replacing fruits and vegetables with popcorn as it doesn't have all the "vitamins and other nutrients that are critical for good health."

The study revealed that the amount of polyphenols in popcorn was up to 300 mg a serving compared to 114 mg for a serving of sweet corn and 160 mg for all fruits per serving. In addition, one serving of popcorn provides 13% of an average intake of polyphenols a day per person in the United States. Fruits provide 255 mg per day of polyphenols and vegetables provide 218 mg per day to the average U.S. diet.

Before you run to the grocery store to stock your pantry with popcorn, it's important to note that how popcorn is prepared makes a big difference. The study findings refer to air-popped popcorn, not the version that's drenched in butter or oil and showered in salt, like the prepackaged kind sold in stores or the

caloric and high-saturated, fat-laden variety found at movie theaters.

Fortunately, ditching microwave popcorn for homemade air-popped popcorn is simple and relatively inexpensive, too. Both a stove-top air popper and an air popper machine can cost just \$19-\$30, depending on the size and brand at large retailers like Target or Walmart. For a few dollars more, Amazon features a few movie theater-size machines that will feed a crowd. If you don't want to buy an air popper, you can simply do the job yourself with a microwave, a bag of kernels and brown paper lunch bags. If you choose to buy online, there are many choices, from organic popcorn as well as mushroom (larger flakes) and butterfly kernels as well as yellow, white and even blue corn.

According to tipbusters.com the tried-and-true way to make your own air-popped popcorn without an air popper is to add a 1/4 cup of kernels into a brown paper lunch bag, fold it over twice, place it in the microwave and press start. Then, make sure to stop the microwave once the popping slows to a couple of pops per second to avoid burning.

If you don't want to eat it plain—the purest and healthiest way—try adding a pinch of sea salt, olive oil or even Old Bay. There are countless recipes for spicing up plain popcorn without adding all the saturated fat, calories and sodium found in prepackaged or movie theater popcorn. *Shape* magazine recommends adding flavor with paprika, chili powder, vinegar and pepper or cinnamon. Other recipes call for lemon pepper and Parmesan cheese or even Italian or Cajun seasonings and more.

Shape has also jumped on the bandwagon of declaring popcorn as a healthy snack. In an article, the magazine shared, that since popcorn is "mostly air, you can eat a lot for minimal calories" -- 1/2 cup is only 100 calories. The magazine also praises its 4 grams of fiber.

The next time you're craving an in-between-meal snack or want something to nibble on during your at home movie night, pop into the kitchen to make some homemade and healthy popcorn!



GET OUT AND RIDE!

By Kathryn Marchi

Who doesn't love Autumn? The heat may still be around in September and early October, but the humidity is greatly diminished and the evenings are definitely cooler. Many folks enjoy walking, running and playing tennis to maintain their physical fitness. However, another good way to accomplish that is to ride a bike. Not only can you stay in shape, but you can also take in the lovely Fall colors and enjoy more great weather!

Bikes today are so much lighter and more aerodynamic than what we started with. Many models available today also sport extra features for specialized bike riding. Since most of us are not going to join Lance Armstrong in a race, it helps to concentrate on bikes for recreational riders who simply enjoy bike riding around the neighborhood or on the various bike paths that are popular today. Taking that approach might also help some folks who aspire to ride longer distances outside of their community.

For starters, it has been suggested that all bikers should start with a bicycle that fits them and is in good repair. Later you can look around for a more suitable one should cycling become a more serious hobby. Since bikes come in all price ranges from \$50 to \$1,000 or more, this might be the best course to take. Of course, many accessories are there for the taking and can add more expense to the total package.

Here are the types of bicycles for semi-serious riders:

Road Bikes have light, strong frames, thin tires for less friction and an easier but faster ride on paved roads. They have gears and hand brakes.

Utility Bikes have rear internal hub brakes, a chain case and mud guards, a kickstand for parking and upswept handlebars for a comfortable grip and easier steering at low speeds.

"Hybrid" or "Comfort" Bikes are a hybrid of road and utility bikes, featuring a more "relaxed" upright positioning that is easier on the neck and lower back, flat handlebars with integral twist gears and somewhat wider tires that ride better over a variety of surfaces.



Three-wheel, Adult Tricycles have been around for several years, but more recently, have become very popular with seniors who have balance problems and other handicaps that preclude them from riding a two-wheel bike safely. The "trike" can be purchased through most bike shops, comes with one, three and seven speeds, and has a wider, more comfortable seat. Front and rear brakes are available, as are upright handlebars. It is easy to operate because it has a step-through mount and the rider can rest both feet on the ground when stopped. No matter how slowly the trike moves, the rider will not lose balance. Seniors have praised this trike because it is safe to ride and still gives them a workout.

Electric-Assisted Bicycles are for those who want to travel farther and sightsee a little more. This bike offers more pedaling power that is smooth, easily controllable and has a removable, long-lasting battery that can be recharged from any

It doesn't really matter who you were. Who are you now?

household outlet. The style of this bike is not all that different from a traditional design. There are a number of models of this bike to suit all riders' needs. Google "Electric Bicycles" to view descriptions.

No matter whether you choose a bike or a trike, safety is foremost. Bike shops or catalogues offer all sorts of equipment for cyclists but for now, these basics should keep you safe and comfortable as you ride: helmet, portable pump and spare tire, water bottle, lights, side mirror, foam-padded seat and sturdy shoes with rigid soles.

With the equipment out of the way, you should turn to safety rules of the road, which both bikers and motorists are tasked to obey. But bikers must be especially alert since they are most exposed. Riders should always hand-signal turns and avoid riding to close to parked cars. On trails and paths, bikers should always keep to the right, give an "on your left" warning when passing on the left, limit speed to 15 m.p.h., yield to others on the trail and respect the rights and privacy of adjoining property owners.

These are your basic rules, but if you are a serious biker it might behoove you to take a bike safety course. Your local bicycle shop or a cycling group such as The Baltimore Bicycle Club offer such courses.

If you do decide to take cycling more seriously, it's time to visit your local bike shop to see what's available in your correct frame size. You'll find that there is a correlation between the bike seat height and your height as well as your arm length to the

handlebars, so adjustments might have to be made to suit you. A salesperson can also provide instructions on how to use the hand brakes and gears so that you can take a test ride before signing on the dotted line. Of course, the shop is happy to provide you with every available accessory.

Casual rides around your neighborhood with a few friends are the best way to start. Some riders on two-wheeled bikes may work up to joining an organized biking club for longer jaunts on the many bike paths and trails that are available in your area.

Besides the fresh air and camaraderie, regular cycling is one of the best exercises for your body. It's easy on the joints, increases muscle strength and circulation, helps with weight loss or maintenance and relieves stress. So, get on your bike, stay healthy and enjoy the ride!

Check out these websites:

- www.bikewashington.org for a link to Cross Island trail on Kent Island and Balto/Annapolis trail in Severna Park
- www.baltobikeclub.org has links to bike safety, group rides special events and calendar of events
- www.dnr.state.md.us compiles bike trails
- www.seniorcycling.com specific provides help for older riders.

Kathryn lives on the Eastern Shore with her husband Dennis. They have recently purchased adult three-wheel tricycles. She can be contacted at johnmarchi1@gmail.com



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FALL GARDENING

By Neil Moran

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

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

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

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

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

So we can't put off the Fall chores any longer. Remove all the dead or dying annuals and cut back the perennials to just a few inches above the ground. Cart the foliage from these plants off to your composting site. Next Spring you can return and get some well composted organic matter. Any diseased plant material should be kept out of the compost pile.

Spent flower heads on woody shrubs like Pinky Winky hydrangeas, spireas and lilacs can be clipped back before Winter sets in. You can do a light pruning of trees and shrubs to remove

dead or dying limbs or stems, but leave the more extensive pruning for late Winter.

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

Early Fall is a good time to fertilize your lawn with an organic fertilizer like Espoma's Fall Winterizer. This will help promote a healthy root system going into Winter. Milorganite is a cheaper alternative when it comes to using an organic-based product to feed your lawn.

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

CHECKLIST OF OTHER FALL GARDENING CHORES:

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

Neil is a horticulturist and garden writer. Visit his blog at <http://NorthCountryGardening.blogspot.com>

You're your own worst critic. Would anyone else hold you to such high standards?

Winds of Change

By Robert Beringer

As our world moves through this unprecedented time, with so many marinas closed and so many of us compelled to shelter in place, it's frustrating to think that even our boats cannot give us respite from draconian restrictions. For the foreseeable future there's hardly an island or a nation in the world that will welcome foreign recreational boaters, which is the appropriate action, I know.

But maybe you've noticed an unintended consequence of the shutdown, a silver lining, if you will. Though the shutdown has impacted the economy, it has brought a windfall to the atmosphere, and we are now experiencing some of the cleanest air and clearest skies in a generation – save for the western wildfires.

Go outside and take a deep breath, that pleasant smell is not your imagination. If you have mountains or a large downtown nearby, you can actually see them—even in the afternoon. Look up in the sky: Now that's blue!

It's not happening because of our recent rains, although that sure helps. According to the World Health Organization, before March of this year air pollution was a major health hazard, responsible for seven million deaths annually, 300,000 of those deaths in the Americas. The root cause is that nine out of 10 people worldwide breathe polluted air. Even way out on Lake Erie we were not insulated from its effects: When sailing into Cleveland we used to aim for the big hazy smudge on the horizon, sometimes it would rain and, voila! There it was.

Depending on where you live, there has been a sharp decrease in passenger road traffic of 40-50%, as reported by transportation company INRIX. Its director of global communications, Mark Burfeind, recently said that “the commute has basically gone away.” Combine that with a significant reduction in power plant

production and fewer airline flights, and you have a lot of fossil fuel not being burned.

Since its 2004 launch, researchers at NASA have used the agency's Aura satellite (Latin for breeze) to track ozone, aerosols and key gases in the atmosphere. In March 2020 they reported a 30% reduction in nitrogen dioxide, a major contributor to smog, in major metro areas. And a recent viewing of the **AirNow.gov** interactive map of air quality showed the entire U.S. at a good or moderate level of ozone and particulate matter.

And there's evidence that the newly improved air quality could help in the fight against our current virus. Researchers at the T.H. Chan School of Public Health studied 3,000 U.S. counties and concluded that a small increase in long-term exposure to particulate air pollution causes an increase in risk of dying of the disease.

Of course, I don't need to remind you that this salubrious benefit of the current conditions will vanish when the much-anticipated stay-at-home orders are lifted. But still, it's nice breathing the same kind of air our great-grandparents breathed in the early 20th century - even if just for a while.

And when they finally find that vaccine, I'll be the first one in line with my sleeve rolled up: I've got a lot of islands to visit before I'm done.

Robert, a marine journalist and photographer, and author of Water Power!, can be contacted at robertberinger@yahoo.com

Bay Bytes

Looking for a few online college courses to become immersed in over the Fall months? Log onto **EDX.org** or **Coursera.org** for an extensive list of courses that you can take from the comfort of your own home. Many of the courses are free.

Bay Bytes

A wireless solar spotlight, ideal for flag display, driveway or any dark areas that would benefit from being lit up, can be purchased at **Maxsainnovations.com** It will stay lit for five to 10 hours depending on setting.



EIGHT SECRETS TO AVOID HIGH-CALORIE TEMPTATIONS

By Carolyn Campbell

It's easy to start eating without thinking much about it. When you're hungry, stressed or tired, high-calorie food temptations become even more alluring. Before you know it, you've gobbled down one cookie, two, or even five! It seems like a bowl of popcorn just happens to have your name on it. You might find yourself leaving the grocery store with a candy bar that wasn't on your grocery list. Dian Thomas, author of the book *Tipping the Scales in Your Favor*, names a few common high-calorie pitfalls and offers the following suggestions for avoiding them.

1. Nibbling while preparing food It's possible to consume a whole meal just by tasting and nibbling before you ever sit down at the dinner table. "Chewing sugar-free gum while I prepare a meal makes me think twice about tasting the food," Thomas says. To taste for flavor while cooking, just dip a spoon in the pot and sample only what clings to the spoon.

2. Finishing off leftover food after dinner Finishing off food left on a plate or in a serving dish while you are clearing the table is a common mistake. Commit yourself to not eating anything after you have finished your meal. Perhaps you can assign family members to take turns with the cleanup. Remember the saying, "It's better for extra food to go to waste rather than to add inches to your waist."

3. After-dinner eating "After finishing dinner, I would often sit in my kitchen watching television, thinking what I could eat next," Thomas says. "This is the time I would bring out the ice cream and I very seldom stopped with a small scoop. So, I kicked the TV out of the kitchen and began to plan urgent tasks elsewhere, taking my mind off eating." Many times, we eat because we are bored, not because we are hungry.

4. Family birthday parties "When my extended family gets together for a birthday party, there's always cake and ice cream," Thomas says. "Neither of those treats is on my food plan. Occasionally, if the ice cream is homemade or extra-special, I'll have a spoonful. But more often, I'll spoon fruit over cottage cheese instead. My newest concoction is a cottage cheese 'sundae' with a sauce made from unsweetened raspberries. I put one-half cup of nonfat cottage cheese in a plastic container that I can take with me. Then I pour one-half cup of the sauce on top and add one tablespoon of chopped almonds. The total calories are under 200 and I feel completely satisfied after eating it."

5. Group eating events Potluck dinners, office parties and meetings where snacks are on hand can be diet-deadly without a plan. To succeed, do a little advance preparation. "First, I try to find out in advance what will be served, and then I put an alternate plan in place," Thomas explains. "For a long time, I belonged to an organization that served pizza at a monthly event. Every time I attended, I packed a healthy dinner, usually a salmon sandwich, with fruit and vegetables on the side, in a small cooler. People would walk by and say, 'I sure wish I had that for dinner.'"

6. Stopping for ice cream Like many people, Thomas says this used to be a favorite pastime of hers. "I would drive by my local ice cream shop and it would seem to say, 'Dian, I have a wonderful shake waiting for you.'" Since that's off-limits for her now, she found a replacement -- a frozen banana smoothie. She says, "I let a bunch of bananas ripen until there are just a few brown spots. Peel them and cut into 1-inch sections and freeze in Ziploc bags until you are ready to make your shake. (Freeze one banana per bag.) To make the shake, combine 1 frozen banana, 2 1/2 cups skim (soy, rice or almond milk are also good) and 1/2

We're running out of tomorrows!

teaspoon vanilla in a blender and blend until smooth and creamy. One serving is less than 200 calories.

7. Energy drop while on errands While running errands, Thomas used to whip into McDonald's and pick up a cheeseburger for a dollar. Sometimes she even ate two. No more. Now she packs a car snack kit with bottled water and several 150-calorie snacks. "That way, when I have an energy drop, I reach into my small cooler and grab a bag. My energy level is soon back to normal without the guilt or calories." Thomas uses Ziploc sandwich bags to store snacks and she always packs snacks that are nonperishable. "Taking snacks with me also keeps me from having an all-blowout meal as soon as I get home."

8. Fast food feeding Today, Thomas feels that eating fast food while running errands "was one of the chief ways I packed

on the pounds. No more fast food on the road for me." She now has a "fast food restaurant" in her car, equipped to fill her up, whether it is a quick snack or a light meal. "All I have to do is pull off the road and open my cooler filled with pre-portioned healthy 'fast food' designed for my now-leaner body." You can also set this up to satisfy hungry kids when you're out running errands or on road trips. A favorite fast-food snack is 10 almonds and 2 tablespoons of raisins. "For a light meal, I have a small can of salmon (don't forget a small can opener), and 10 whole wheat Triscuits, which give me a little more energy," says Thomas.

To set up fast food in your car, use a container that will fit snugly without sliding around in the car interior or trunk. Then make a list of combinations of healthy, nonperishable foods you can eat on the go. Next, portion your food into individual packages so they're quick and easy to pull out and eat.

Bay Bytes

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RISK + UNCERTAINTY

By Richard Barbieri

Perhaps you haven't thought about how you approach taking a risk or how you confront uncertainty. Maybe you should. Your tendencies have determined much about your life and will continue to do so.

The *Oxford English Dictionary* defines risk as: "The possibility of loss, injury, or other adverse or unwelcome circumstance." In everyday discourse, risk refers to any situation in which there is an uncertain outcome that may be positive or negative. From the beginning of recorded history, risks that have emerged positively have been rewarded. Not so for those that have emerged negatively.

So, how do people formulate and respond to notions of risk?

With regard to both risks and rewards, uncertainty (not knowing what the outcome will be) is the key underlying factor. This is what makes life such a ride.

Early on, we start developing how we face risk and uncertainty, often ending in two very different camps. At one end are those who, from an early age, seem fearless. As these young daredevils grow older, they develop often embrace a "high-risk/high-reward" persona. Many go on to achieve great success, but others suffer greatly or even die as a result of what is now commonly called "risky behavior."

At the other end of the spectrum are those who, also from an early age, tend to approach the uncertainties with caution or wariness. These more fearful types tend to lack richness or rewarding experiences in their lives. Some argue that people who fail to take risks run the biggest risk of all: never doing anything significant by living empty lives.

Many people believe risk and uncertainty are synonymous. For example, in the financial world at large, taking on risk and uncertainty mean basically the same thing. Yet there is a difference between the two which, while sometimes difficult to articulate, is as essential to global health as the difference between an epidemic and a pandemic. Very probably, uncertainty may be more scary than risk.

The first academic work published on the distinction between risk and uncertainty was by University of Chicago economist Frank Knight in 1921. He said, "Uncertainty must be taken in a sense radically distinct from the familiar notion of risk,

from which it has never been properly separated ... The essential fact is that 'risk' means in some cases a quantity susceptible of measurement, while at other times it is something distinctly not of this character.

He distinguished between two types of uncertainty. The first type is when we know the potential outcomes in advance, and we may even know the odds of these outcomes in advance. Knight calls this type of uncertainty risk.

An example of risk is rolling a pair of dice. Before we roll, we know in advance what the odds are for each possible outcome (provided that the dice are not loaded). Knowing these odds forms the basis for all games of chance. Dice are relatively simple, cards a bit more complicated, but we do know all of the odds in advance.

Genuine uncertainty is much different; the odds are unknowable. An example is the recent coronavirus pandemic. As the virus was traveling into different countries, the number of those infected was not only unknown but unknowable. Why? Because very complex connections among ecological, environmental and demographic factors placed people at increased contact with a previously unfamiliar microbe. Air, sea and land transport networks continue to expand in reach, speed of travel and volume of passengers and goods carried. Pathogens and their vectors can move further, faster and in greater numbers than ever before.

Three important consequences of global transport network expansion are infectious disease pandemics, vector invasion events and vector-borne pathogen importation. And so as the pandemic was spreading it was evident that what would happen in the near future was unknowable, as was the confusion regarding the number or kind of options available, let alone a concept of what the probabilities were.

The key point between risk and uncertainty is the difference between something being unknown, but subject to reasonable estimates, and being unknowable. Everyday life is filled with risk and uncertainty, about which decisions must be made -- some big, some small. Our personal decisions include what clothes to wear, latte or drip, medical choices, romantic decisions, career paths, grocery choices and financial decisions. Some choices

are simple and seem straightforward, while others are complex and demand a much more thoughtful approach. It is clear that such an environment is filled with ambiguity, doubt, skepticism, vagueness, ambivalence and perplexity.

What factors, attributes and thought processes are then used to decide? Are the decisions made based on emotion? Based on a sense of plausibility? On slow rational thought? Using a hunch? On fast intuition? Over the past 15 years an abundant amount of research informs us that we make decisions both instinctively and intuitively and also after some period of deliberation.

A very active area of research pertains to understanding what it is about the brain and our “gut feel” that determines a choice. Is

it intuition or thinking it through? Be assured that lurking in the background when trying to make a decision are thoughts about risk and consequences.

It is an interesting endeavor to ponder how all of this has played out in your life. Everyone has taken risks. Some paid off, some have not. Think about the lessons you have learned. What risks did you fail to take and what were the consequences of your caution?

Dr. Barbieri, a retired applied mathematician can be contacted at eastside10029@hotmail.com

EVERYTHING YOU NEED TO KNOW ABOUT PUMPKINS



1. Pumpkins, formerly known as “pepon,” probably originated in Central America. Indians used them not only as a foodstuff, serving them dried, baked or boiled, but for medicinal purposes to treat such things as parasites.
2. Pumpkin is a good source of vitamins A, C and E. Loaded with beta carotene, it has no cholesterol and boasts less than 50 calories per cup.
3. Jack-o’-lanterns were probably introduced to this country by the Irish and Scots who also carved faces on turnips or beets to scare away evil spirits.
4. For a source of interesting ways to create your own jack-o’-lantern, log onto **Pinterest.com** and type in pumpkin carving.
5. Pumpkin, supplied by the Indians, was one of the three foods that probably kept the Pilgrims from starvation during their first Winter. The other two foods were corn and fish.
6. It takes about 40 to 100 days to grow a pumpkin, depending on variety and size. They require lots of water and sun, but once established require little care. The largest recorded pumpkin weighed over 1,800 pounds and was grown in Minnesota.
7. Pumpkin seeds contain valuable vitamins, minerals and omega-3 fatty acids. You can serve them toasted with a sprinkling of seasoning for a delicious snack. Log onto **www.cooks.com** for lots more ideas.
8. Pumpkin can be served broiled, boiled, fried, baked, stewed, stuffed and in soup. It is interchangeable with squash in most recipes. **www.MarthaStewart.com** is an excellent source of other serving suggestions.
9. Little pumpkins “spookies” are used primarily for decoration. They can be combined with odd-shaped gourds and a few Autumn leaves for an interesting table decoration.
10. For a pumpkin patch in your area where you can pick your own, and for lots of other ideas log onto **http://PumpkinPatchesAndMore.org/** or **www.LiveEatLearn.com/pumpkin**

PREVENTING VISION LOSS

By Nancy J. Schaaf

We gather most of our information regarding our environment through our eyes. We see beautiful orange sunsets, clear turquoise waters, and the dear faces of our loved ones. But as we age, we might notice that we need glasses for reading or seeing objects up close. We might notice glare or have difficulty distinguishing certain colors. These changes are a normal part of aging.

However, as we age, we are at greater risk for developing age-related eye diseases and conditions. After a two-year study of eye health data, researchers at the U.S. Centers for Disease Control and Prevention estimated that 93 million adults across the country are at increased risk for age-related eye diseases. Contributing to more problems in the future are the increasing age of the U.S. population and the obesity epidemic which increases diabetes.

Most vision problems are preventable. These include several age-related eye conditions such as cataracts, glaucoma, diabetic retinopathy and age-related macular degeneration. These common vision problems often do not present with any early warning signs.

Age-related macular degeneration (AMD) is the leading cause of vision loss in people age 50 and older in the U.S. It gradually destroys the macula, the part of the eye that is responsible for clear, sharp sight. AMD doesn't lead to complete blindness, but losing central vision makes it difficult to see faces,

drive, or do close-up work like knitting, cooking or fixing things around the house.

As AMD progresses, many see a blurry area near the middle of their vision. Over time, this blurry area may get bigger or be filled with blank spots. Things may also seem less bright than before. Some people may also notice that straight lines start to look wavy. There is no cure for macular degeneration. Treatments aim at preventing vision loss or slowing disease progression.

Cataracts, a cloudy area in the lens of the eye, are very common in older adults and those with diabetes. More than 50% of Americans age 80 or older either have cataracts or have had surgery to remove them. Cataracts make vision blurry, hazy or less colorful. Additional symptoms include seeing a halo around lights, double vision and being unable to see at night. Difficulty reading or performing other everyday activities also occurs.

VISION LOSS
DOESN'T NEED TO BE
A NATURAL PART OF
GETTING OLDER.



Vision loss is successfully restored with surgery. Cataract surgery is one of the most common procedures performed in the United States today and is considered safe with a good success rate.

Glaucoma, often called the “sneak thief of vision,” is a condition that damages the eye's optic nerve and is often associated with a buildup of pressure inside the eye. This fluid, called aqueous humor, usually flows out of the eye, but if it is blocked, the liquid builds up, increasing pressure in the eye. This intraocular pressure damages the optic nerve and can cause permanent vision loss or even total blindness within a few years.

Most people with glaucoma haven't any early symptoms or pain. Therefore, it is vital to schedule regular checkups to diagnose and treat glaucoma before long-term vision loss occurs. Treatment can consist of prescription eye drops, oral medications, laser surgery or microsurgery to lower pressure in the eye.

Diabetic retinopathy causes vision loss and blindness in people who have diabetes. The retina, the part of the eye which detects light and sends signals to the brain through the optic nerve, becomes damaged over time due to too much blood glucose.

Managing diabetes by keeping blood glucose levels close to normal is the best way to lower the risk of diabetic retinopathy. Other treatments may consist of injections, laser or surgery.

Becoming aware of these preventable eye diseases and how to protect your eyesight should be a priority. Vision loss doesn't need to be a natural part of getting older. There are several ways to protect our eyesight.

Always wear protective eyewear such as safety goggles or glasses when playing sports or doing activities around the home, such as painting, yard work and home repairs. Wearing sunglasses protects eyes from radiation and helps keep your

vision sharp. Purchase sunglasses that block 99 to 100% of both UVA and UVB radiation.

Maintaining a healthy lifestyle promotes vision health. This includes quitting smoking, exercising regularly and maintaining a healthy diet. Carrots really are good for your eyes. A diet rich in fruits and vegetables, especially dark leafy greens like spinach or kale is vital for keeping your eyes healthy. Research shows that fish high in omega-3 fatty acids such as salmon, albacore tuna and halibut protect your vision.

Regular physical activity boasts many great benefits as it boosts your mood, reduces stress and helps protect you from serious eye diseases such as diabetes, high blood pressure and high cholesterol.

If your eyes ache at the end of the day, you might be spending too much time on the computer forgetting to blink, a cause of tiring your eyes. To reduce eye strain, try using the 20-20-20 rule throughout the day: Every 20 minutes, look away from the screens and focus about 20 feet in front of you for 20 seconds.

Finally, a visit to an eye care professional for a comprehensive dilated-eye exam can help to detect common vision problems and eye diseases in their initial stages, allowing early detection and treatment which could save your sight.

FALL QUIZ-ACROSTIC

Honeybees make honey during the warmer months of the year so they have socks of food to eat them through the winter when flowers are not blooming and nectar is unavailable. How many flowers must honeybees tap to make one pound of honey?

NATURAL FOODS: TWO MILLION

A. Needs of the many
B. Arise
C. Teeth
D. Blunt
E. Queen bee
F. King
G. Lappet
H. Ruler
I. Lobby
J. Ruler
K. One
L. One
M. One
N. One
O. One
P. One
Q. One
R. One
S. One
T. One
U. One
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REMARRYING: KIDS ARE STILL KIDS, SORT OF

By Michele Sprague

Second marriages are different than first marriages. It's not realistic to think it will be easy to have a happy, blended family like "The Brady Bunch," a television show that aired from September 1969 to March 1974. The theme: A woman with three daughters married a widower with three sons. They seemed happy and all their issues were resolved during the 30-minute show. That TV series set the stage for a version of a perfect blended family.

My husband and I don't have a blended family. Ours is divided into three camps – his kids, ages 24 and 31, and my kids, ages 38 and 40, and us.

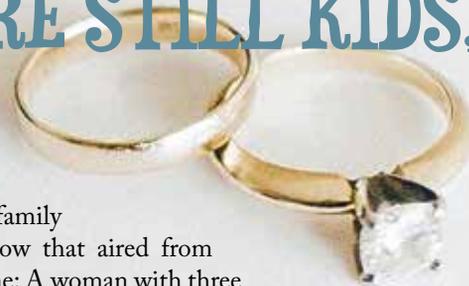
Different rules have applied to the kids from both families because "that's the way they always did it" with mom and dad. Before marrying, we didn't think about establishing consistent rules and expectations with our children. After all, our children were adults.

Believing in the concept of a happy blended family, we made efforts to bring both families together to celebrate holidays, family traditions, birthdays. Most of the time the kids did things their way when it came to celebrating holidays and family events, which often excluded us. Here's what we learned:

"Experts on remarriage and blended families recommend reading books, taking classes, and considering marital or family counseling to confront the issues proactively," according to an article about stepkids and ex-spouses causing second marriages to fail by the law office of Ralph A. Saadeh, L.L.C.

I wish we read a book or took a serious class that dealt with second marriages and stepkids before we married. Our pastor gave us a speedy premarriage class, which didn't prepare us for complications of a second marriage with kids.

Like many, I thought being married to man who has adult kids would be easy. It's not. Whether the children are four or 40, they have issues with their parents remarrying. It kills the dream that their parents will get back together. Often kids will worry about how their inheritance



will be affected and resent the new wife or husband.

"Don't let the kids ruin your marriage," advised the minister who married us. "Keep them on the outer circle of your marriage."

Whether it's your second or third marriage, it will involve both parents' kids – even if they are adults. It includes the challenges they present, the differences you and your spouse have in raising children, and the arguments about them

(oh yeah). Don't forget your exes – you know, the people you and your spouse divorced. They don't go away when kids are involved.

About 70% of marriages end in divorce when both spouses have children from a previous marriage, says the Saadeh law firm in its article.

"The keys to successful blending include consistency in parenting, communication, flexibility, patience and knowing how to deal with the inevitable conflicts in a healthy and productive way," the article said.

This can't be stressed enough. Walk into the marriage with your eyes open and realize you and your sweetie will have to make changes and compromises. I've learned that children – even adult children – present challenges, not the least of which is how your future spouse handles their behavior when it affects you. You and your spouse need to play from the same playbook. That includes you and your kids.

Most importantly, before marrying someone who has children, make sure you see things as they really are – not how you want them to be. It will be worth your time to consciously prepare for step-parenting before marriage. Things will go a lot easier.

For us, after four years, we have learned to accept most things as is, turn

a blind eye to things that don't really matter and change our expectations. But, like most couples, we could have avoided many conflicts if we had prepared ourselves.

Michele, a noted author, can be contacted at thewriteconnection@sbcglobal.net

10 things you should know before remarrying:

1. Do the kids treat their parents with respect?
2. Do the kids manipulate their parents?
3. How do the kids treat you?
4. How does your future spouse react when his/her children are rude to you?
5. Do the kids frequently ask their parents for money?
6. Agree on guidelines regarding spending money on the kids?
7. What is the likelihood that one of the kids will move in with you?
8. Can you accept some behaviors, while working on the more critical ones?
9. Do you and your significant other agree how to raise the kids in a consistent matter?
10. Pick your battles. You can't have everything your way.

Stay Connected With Family & Friends

By Whitney Robichaux

I'll bet that you think since you're stuck at home that you have to miss out on everything you had planned for the next month. Well, that would be wrong.

If you don't use your cellphone or computer often, you might not be aware of the services available to you when you're working or being social from home.

Whatever your goal is, whether it is a sewing group, meeting with coworkers or a quick chat with your family in Oregon, there's an app for that.

First, evaluate your goals for communicating remotely. Decide if they would be best served by audio or video. It should quickly become clear which format is best for you. If you're just looking to talk in real time, you can use your phone. But below I'll tell you where you can record audio clips and upload them for others to hear. Similarly, I'll give you options for video chatting. Video chat is a two-way video phone call. Live video streaming also happens in real time, but it's a one-way communication option -- a broadcast, if you will.

Second, evaluate your needs. Do you want the video to be accessible later, or do you want the discussion to end when the video chat does? If you're hoping to connect with friends for fun and mindless chatter, you don't have a major need to record your meeting. That is, unless you're sentimental, of course. Oppositely, if you're meeting with your boss or employee for work, you'll probably want to record your chat for later reflection and direction. Being able to analyze what your needs are and how best to meet them will save you time and energy, and probably lots of frustration, too.

And now, here are the six options:

YouTube gives you a platform to upload a prerecorded video. Once you publish your video, anyone can find it by searching for the title or your username. You can also share the link to your video with anyone you wish. This is a great option if you want the information you're sharing to be available to the public for a long period of time. P.S. You can take down

your video or switch it to private at any time. Only you would see it then.

Zoom is my favorite for working remotely, especially for small business owners. It's a one-stop shop in that you can communicate with coworkers by phone, text and video. Plus, get this: You can present graphs and charts on Zoom, too. Even further, coworkers can make annotations on your presentation. Win!

SoundCloud is perfect for podcasts, the recorded audio clips. Masses of musicians use it to upload and share music, but I've found SoundCloud to be wonderful for sharing podcasts, too. If you don't need or want to capture yourself by video, an audio clip is perfect. As with YouTube, you can share the link to your audio. Don't forget, people can find you by searching if you set your privacy setting to public.

Google Voice worked well for me when I was in sales because you can use your cellphone as a business phone -- separate number and all! Google will provide you with a phone number that hosts incoming and outgoing phone calls. People love Google Voice because you can keep your personal phone number completely anonymous, which is helpful in work dealings. It maintains a boundary between the personal and professional.

Skype is similar to Google Voice except that it's exclusively a video chatting service. As long as whoever you want to video chat with also has a Skype account, you can communicate easily.

Facebook used to be only a personal site. But, we're in the age of digital marketing now. It's quite the hot spot for businesses, too, these days. You can upload a video, or you could go "live." Going live means broadcasting to your audience in real time. Others can like and comment while you're streaming! Oh, and you can create small groups of people with whom to share your live streams with instead of making it available to all of your Facebook friends.

Six ways to meet remotely, whether you're enjoying your retirement or taking a few sick days or working from home, whatever communication goals you want to accomplish are right at your fingertips.

Bay Bytes

For the best in TV shows, take a look at what's coming out of Britain. Log onto **iHeartBritishTV.com** for currently available shows and where they can be found for streaming.

WAYS TO WHIP YOUR BRAIN INTO SHAPE

By Leah Lancione

There's no question about it, as we get older it's natural to fret about increasing memory lapses. Have you ever searched the entire house looking for missing keys only to find them still in the door or traipsed into a grocery store specifically for a particular item only to leave with a slew of other goods, but not the intended item? How about forgetting what you were about to say mid-sentence? Well, everyone experiences these and other common slips of the mind at some point. And according to Harvard Medical School's *Healthbeat* publication (www.health.harvard.edu/healthbeat/7), "most of the fleeting memory problems that we experience with age reflect normal changes in the structure and function of the brain."

Healthbeat further explains that these normal changes that occur in the brain over time "can slow certain cognitive processes, making it a bit harder to learn new things quickly or screen out distractions that can interfere with memory and learning." Fortunately, research shows that people can try different activities to stimulate and keep the brain intact. *Healthbeat* offers the following strategies to protect and sharpen the mind:

- **Keep learning** by challenging your brain with mental exercise that experts affirm "activate processes that help maintain individual brain cells and stimulate communication among them." The idea of being a "life-long learner" is a good one for stimulating your brain. Take a class, start a new hobby, read books, do crossword puzzles or Sudoku, work on puzzles, play bridge or other card games, learn something new.
- **Use all your senses** because experts say the more senses you engage in learning something new, the more your brain will be involved in absorbing the memory.
- **Believe in yourself** or as *Healthline* puts it, "People who believe they are not in control of their memory function are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp."

- **Economize your brain use** by using calendars, planners, file folders, address books, maps, etc., to keep habitual information easily accessible. Also, assign specific places for things like glasses, keys and pocketbooks you may use often so they won't ever be misplaced.
- **Repeat what you want to know or write it down**, so when you want to remember something like a person's name, it will reinforce the memory or connection.
- **Space it out** since experts say it's better to repeat something over time, instead of repeating something in a short period, like cramming for a test. Experts suggest restudying information over longer periods of time like every few hours and then every day.
- **Make a mnemonic to remember lists** such as, "Every Good Boy Does Fine" that musicians use to remember the notes E, G, B, D, F to remember notes in the treble clef.

The National Institute on Aging (NIA) also offers recommendations for older people to sharpen their cognitive health. The NIA says these steps can help folks function day-to-day, stay independent and support cognitive health:

- **Take care of your physical health.** Get regular health screenings, manage chronic health problems such as diabetes, consult with your physician about your medicines and possible side effects on memory or brain function, reduce the risk of brain injuries from falls or other accidents, limit alcohol, get proper sleep for at least 7-8 hours a night and quit smoking.
- **Eat healthy foods.** Experts believe a healthy diet of fruits, vegetables, whole grains, lean meats (if not becoming a vegetarian or vegan), fish and poultry and low-fat dairy products) may reduce the risk of chronic diseases and keep your brain healthy. Watch portion sizes, limit sugar and salt intake and drink enough water.
- **Be physically active.** Studies link regular physical activity with benefits for the brain. One study showed

that exercise stimulated the human brain's ability to maintain old network connections and make new ones that are vital to cognitive health.

- **Keep your mind active.** Folks who regularly participate in hobbies, volunteer, take or teach classes, read, play games and continually learn new skills can improve thinking ability. Scientists believe such activities can “protect the brain by establishing “cognitive reserve.” They may help the brain become more adaptable in some mental functions, so it can compensate for age-related brain changes and health conditions that affect the brain.”
- **Stay connected with social activities.** Connecting with friends and loved ones through social activities and community programs can keep your brain active and protect against feelings of isolation.

The website Be Brain Fit found at <https://bebrainfit.com/brain-exercises/> cites a few of the notable “neurobics” suggested by neurobiologist Dr. Lawrence Katz. He coined the term “neurobics” in his book *Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness*. These brain exercises improve brain activity by engaging all five senses in new ways:

- **Switch Hands.** If you’re right-handed, try using your left (or vice versa) for regular activities like eating or brushing your teeth. “Using your non-dominant hand results in increased brain activity.”
- **Eat with chopsticks.** If this isn’t a new skill, try using your less-dominant hand to stimulate your brain.
- **Do chores with your eyes closed.** Doing chores like folding or sorting laundry, washing dishes or washing your hair in the shower with your eyes closed will cause your brain to “use new neural pathways.”
- **Take new routes.** Take a cue from Bill Gates and try driving home from or to work, the grocery store or wherever, using a new route. “Taking an unfamiliar route activates the cortex and hippocampus.”
- **Simultaneously use all senses:** Dr. Katz lists gardening, travel, camping and shopping at a farmer’s market as good opportunities to engage all senses and stimulate the brain.

One of the more outlandish suggestions from Dr. Katz is to do things upside down or backwards. He says a good place to start is wearing your watch upside down to make your brain figure out the time. If that’s too easy, try using your phone upside down, or even hanging your calendar and clock upside down! Once you’ve mastered those tricky skills, take a shot at writing backwards to give your brain a good exercise. Less bizarre, try reading aloud to yourself, your spouse, grandchild or anyone. What a perfect activity to spend quality time while also rousing brain activity!

There’s never been a better time to whip our whole selves into shape, including our brains, not just our bodies.

Bay Bytes

To find a few super simple but nutritious recipes requiring five ingredients or less, log onto www.tasteofhome.com/collection/healthy-recipes-5-ingredients/ or www.eatthis.com/5-ingredient-dinners/





BOOKS:

Old, New and Obscure

THE ADVENTURE OF ENGLISH: THE BIOGRAPHY OF A LANGUAGE

By Melvyn Bragg, Arcade Publishing (2011)

Melvyn Bragg is an accomplished author of fiction, nonfiction and television screenwriting. In fact, *The Adventure of English* is an expansion of a television series of the same name -- and that series followed 25 radio programs done for BBC Radio 4. It is not surprising that these examinations originated in England, the country that birthed the language.

For anyone who wishes a global perspective, this book will prove a bonanza. Not surprisingly, it begins with the basic origins of English, a story wrapped up in English history, as each conquest brought new words to the island. Initially the language of the court, English became more widespread and printing began to standardize meanings and spellings. As a fascinating aside, "Shakespeare had a vocabulary of at least twenty-one thousand different words" whereas "the King James Bible of 1611 used about ten thousand."

Through exploration and conquest, this polyglot pastiche of words from everywhere, conquered the world. Bragg follows British trade and colonization, noting that settlements created a need for communication with the native peoples—American Indians, Mexicans, Australian aborigines and Indians, to name only a few. His most interesting chapters focus on conquered peoples, most especially those in India and Australia—both countries that took a common language and reinterpreted it to suit local needs. Today words are taken for granted, but when the world was being newly explored, words had to be invented to describe the most dramatic of new experiences, new vistas, new sights. This book will take you far afield on an armchair journey that will expand your horizons.

~ Tricia Herban

WAYFINDING: THE SCIENCE AND MYSTERY OF HOW HUMANS NAVIGATE THE WORLD

By M.R. O'Connor, St. Martins Press (2019)

Have you ever been lost? Think back before the era of the pervasive GPS. Were you ever not able to find your way somewhere? Did you take a wrong turn, not notice a landmark, or

follow your misinformed instinct? This scholarly study just might change your methods of observation forever.

Despite the massive footnoting and the continual reference to leaders in the field and their seminal studies and groundbreaking books and observations, there is much to delight between the covers. While readers will never become Inuit, Fiji Islanders or native Australians, they may come to share the author's wonder at the magnificent ways these societies have discovered for wayfinding.

The islanders learn from the very motion of waves. Lying in the bottom of their boats, they feel their way across the ocean. Inuit find their way by memorizing landmarks so miniscule that only training brings them into consciousness. Australians use their land memory, enshrined in story and connected to the stars.

O'Connor notes that animals don't get lost. The need for spatial orientation as a learned process only applies to humans. And different kinds of directional learning fire up different parts of the brain. One observation from this book may catch your eye: "By using the GPS to find our way instead of the clues available in the world itself, we devalue the experience of traveling anywhere." In times of yore, human "survival depended on utilizing perception, observation and memory. Stars, wind, trees, tides, sea swells, mountains, valleys, snow, ice, anthills, sand and animals are all navigational cues when interpreted in context." This book provides the context and revives an old definition of survival.

~ Tricia Herban

THE WOMAN'S HOUR

By Elaine Weiss, Viking, New York (2018)

The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.

The 19th Amendment to the U.S. Constitution

The Woman's Hour constitutes an exciting account of the events that took place the Summer of 1920 in Nashville, Tenn. In fact, this book is must reading for all who want to understand how momentous this time was and appreciate this 100th anniversary. One hundred and one years ago in June 1919, the Congress passed the 19th Amendment to the U.S. Constitution; 36 states still needed to ratify it before it became law. By the Summer of

1920, 35 had and one more state was needed. The suffragettes and their opponents converged on Nashville to persuade the Tennessee legislature.

By late 1919 women were able to vote in 15 of the 48 states, most of those in the West. Wyoming enfranchised their female citizens in 1890, followed by Colorado, Utah and Idaho. Women gained the vote for president in Illinois in 1913.

The "Susan B. Anthony Amendment" brought together women on both sides of the debate to Nashville. Carrie Chapman Catt, president of the National American Woman Suffrage Association (NAWSA), arrived from New York City and was

joined by Frankie Pierce, a founder of the Nashville Federation of Colored Women's Clubs. These suffragettes wore white dresses and yellow sashes. The antis, who wore red roses, included Josephine Pearson, president of the Tennessee State Association Opposed to Woman Suffrage and Kate Gordon and Laura Clay, both former suffragettes. But when it came to the vote on the floor of the Tennessee legislature, the outcome was in the hands of men. The riveting account of who prevailed awaits you.

Incidentally, Maryland finally ratified the 19th amendment on May 29, 1941.

~Terry Sayler



Transitioning Into Fall

By Kater Leatherman

The end of a long hot Summer always brings Autumn's near perfect temperatures, colorful foliage and the breathtaking sight of the harvest moon. There's also a stillness in the air that begs to be savored, especially before the stormy holiday season sets in. But for many people, transitioning out of Summer is difficult. Days gradually get shorter, the weather cools down, and less time is spent outdoors - all reminders that change is here.

These days, life asks a lot of us and moving through change with grace requires effort. Even positive change is stressful for the mind and body. We live in a time where our safety and security feels threatened in a way that many of us have never experienced before.

More and more, we are having to accept that the only thing we can change is ourselves and our environment at home. A home that has space, light and order seems to make life go down a little easier.

Here are eight ways to smooth out your transition into Fall:

1. Go through your house and store things that are related to Summer. This will help you to let go and prepare for the new season.
2. Give a lift to those areas where you spend the most time. You can freshen a room just by moving the furniture around, changing the pictures in the frames and tossing things that you don't need.
3. Organize and pack away your Summer gear. Then go through and sort your Fall wardrobe. Clothes that you love, fit and that make you feel good are worth keeping. Before buying more, take an inventory of what you have.

4. Eating foods in their current season costs less, tastes better and will give you more nutritional value. Autumn's dense, antioxidant-rich root vegetables are warming, protecting us against illness as well as cleansing toxins from the body. Bring Autumn colors indoors by making table centerpieces with Winter squash, apples and pumpkins.
5. If you suffer from seasonal affect disorder, invest in a light box. Side effects from lack of light include depression, daytime drowsiness, weight gain and loss of interest in life.
6. Make a list of things you need to do to get your house ready for Fall - change the furnace filter, have your chimney cleaned and checked by a professional, remove the screens and replace them with storm windows, clean out the planters and pull out your boxes of Fall decorations.
7. Reflection always sets the wheels in motion, so notice what isn't working in your life. While the changes you seek may not always come when you want them to, they will come easier by determining what your next action step is.
8. Take time to connect with yourself. By doing so, you embody less fear and more strength and that is a very positive thing right now.

Kater can be reached at katerleatherman@gmail.com

You made it through the first two-thirds. What's your plan for the closing third?



OF TEA, TAXES AND TRADE

By Barbara Aiken

It is believed that the drinking of tea began thousands of years B.C. in China and then spread to India and Japan. For hundreds of years, tea was considered medicinal and then became a popular beverage of choice in many areas of the world. Tea would eventually be traded as a prized commodity along with spices and silks from the East and this new drink would gradually spread to Europe through a bustling tea trade. The tea tax would feed coffers and spur the call to revolution. In 1600 the British East India Company was formed, and the Dutch East India Company was created a few years later; competition for Eastern trade was born. Portuguese, Dutch and later British merchants learned about tea. It's believed the Dutch were first to deliver tea to Europe around 1610 and then the Portuguese followed suit. The nobility of Portugal embraced this unusual beverage and tea consumption spread to Europe. The British began to import tea around the mid-1600s though they thought it not only a peculiar drink, but costly.

The owner of a coffee house in England, Thomas Garway, is credited with the popularity of tea there. In 1660 Garway produced an ad for tea, declaring it to be "wholesome and preserving health." He sold tea by the pound for \$4 when the same tea was selling elsewhere in Britain for \$50. Garway's undercutting of the market price for tea resulted in its plummeting value, making it affordable to the masses. Tea would become the national quaff of the Brits.

Tea became more popular than alcoholic drinks in Britain; taxes from the sale of alcohol declined. During his reign in the 1600s, King Charles II of Great Britain placed the first tax on tea sales. Early taxes on tea were so steep that only the wealthy could afford this cherished brew. Tea smuggling became the norm for hundreds of years.

In the American Colonies, tea would become as popular as it was across the pond. Tea was delivered to England, taxed, and then shipped to the Colonies. In 1765, the British Parliament passed the Stamp Act, resulting in the taxation of many items shipped to America to include the Colonists' newly beloved tea. The revolt was such that all taxes were reversed—except for the tea tax.

After some time, the British East India Company was granted permission to ship tea directly to the Colonies instead of shipping it to England first, thus avoiding the tax in England.

Although the tea tax in the Colonies remained, tea was now more affordable to the colonists.

You know what came next! Despite the reversal of most taxes, the Colonists were enraged that England taxed them without their consent and many refused to drink tea. The birth of a new kind of "tea party" was born. In 1773, after a meeting at a coffee house, the bloom was off the tea leaf. Colonists boarded ships docked in Boston Harbor and tossed the cargo of tea overboard. Other "tea parties" followed. These "parties" brought the Colonies together with a common goal—*independence*

Post-Revolution, Americans would once again favor tea. American ships traveled to China and fortunes were made by trading these tiny leaves. After the War of 1812 America had the fastest ships in the world, the two-masted Baltimore clippers, and doors opened to world trade. Speed of cargo vessels was increasingly important getting product to market. In Baltimore, merchant Isaac McKim wanted to produce a vessel faster than the Baltimore clippers, so he ordered one with triple-masts and named her *Ann McKim*.

The notoriety of the *Ann McKim* came to the attention of John Willis Griffiths. He designed an even faster vessel, the sleek and famous *Rainbow*. Faster than any other ship to date that had sailed one way, the *Rainbow* completed the round trip loaded with tea from New York to China in 180 days. The "tea wagons" of the British East India Company were slow, blunt-nosed vessels. America became a tea trading force through speed, ending the British monopoly.

Tea is more popular today than in the 1800s. Next to water, tea is the most consumed beverage throughout the world. Turkey, Ireland and Great Britain lead the way. America has since become a nation of coffee drinkers and prefers its tea iced. The original belief in Asia that tea had health benefits is still true today. Drinking tea is said to reduce inflammation, lower cholesterol and may aid weight loss. There are thousands of varieties of tea available to today's consumer.

A tiny leaf from Asia became as valuable as gold to traders around the world. In America, the tea tax was in part responsible for the fight for independence. Speed to deliver tea to market spurred ingenuity and competition and built fortunes.

Of English parents, Barbara enjoys her tea. That includes English Breakfast, green and macha. No weight loss benefits yet. She can be reached at barbara.s.aiken@gmail.com

Tea is said to reduce inflammation, lower cholesterol and may aid weight loss.



Vicki

Dear Vicki,

My husband and I have not been allowed to see our young grandchildren since COVID-19 began. We're both healthy, but have a delicate relationship with our daughter-in-law. We've suggested meeting our family somewhere outside and have even offered to just wave at our grandchildren across the driveway. All suggestions are rebuffed without an explanation beyond, "It's not safe." Should I force the issue or let it go? We miss our grandchildren!

And: Since our grandchildren have been born, I've helped out with child care. First, I babysat full time, then part time, and finally as an occasional babysitter since my son and daughter-in-law both worked part time. I've been happy to do that, but COVID-19 has changed the game. Now, with the parents going back to work and schools not opening, we're being asked to help with child care this Fall. My husband has an underlying medical condition and we're concerned.

The coronavirus has, indeed, changed the grandparenting game. As grandparents miss out on important developmental stages of their grandchildren, they ache to be part of the lives of the littlest family members. At the same time, we worry about our safety since we are among the most vulnerable to the virus. How do we balance the desire to keep our family close with our need to protect ourselves from infection?

There are no easy or firm answers. Even as this is written, we continue to learn about this virus. Complicated family relationships become more—well, complicated—as the fear of the unknown feeds our underlying anxiety. Tensions become heightened. Expectations on both sides of the generation gap are high and family drama can ramp up as a result.

If you are being tapped for child care, you have reason for concern, especially if you have underlying health issues. In this case, you need to have clear communication with your extended

family that involves a discussion about the amount of assistance needed and the risks involved. As the face of COVID-19 changes rapidly, it must be an ongoing discussion and include an agreement about risk-reduction methods, such as limiting the circle of people your grandchild is around, mask-wearing protocol and checking temperatures on a regular basis.

Because children can be asymptomatic carriers, you may conclude that the risk of babysitting is too high. If so, consider alternatives. Perhaps you can aid in another meaningful way. A warm, nutritious meal delivered on a regular basis or a financial contribution may be just what your family needs to weather this crisis.

For those trying to maintain their family ties while social distancing, efforts may feel like too little and actually increase the longing for loved ones. One friend expresses how she misses her family more after using FaceTime to stay connected. This is not surprising. FaceTime or Zoom is a wonderful modality to stay in touch with family, but it reminds us what we are missing out on. In this case, allow those feelings of sadness. Simply acknowledging your emotions in writing or sharing with a spouse or friends can ease the pain. And while it seems counter-intuitive, video chatting *more* frequently rather than less may decrease those post-call feelings of being let down. It's kind of like building a muscle. The more you do it, the more "normal" it will seem -- and the less it will trigger your sense of loss.

Published just before this pandemic, *Life is In the Transitions—Mastering Change at Any Age*, addresses many of the concerns that we are dealing with now. In conversational style, author Bruce Feiler offers wisdom and suggestions for dealing with and thriving through an unnerving time of upheaval. Among the interventions in his toolkit, one stood out that can help to draw a family closer during our current, unexpected separation from our loved ones. Feiler writes poignantly of how what he has come to call the *Life Story Project*—a weekly sharing of personal stories—brought a sense of meaning and purpose to his ailing father. This same project can be used to draw us closer during this challenging time. This is a timely book and it is highly recommended. For more information, see details on **Amazon.com** or **Barnes&Noble.com** or check out the author's website for free resources to create your own Life Story Project: **www.brucefeiller.com**

Finally, for the writer who wondered if she should force the issue of seeing her grandchildren, the answer would be no. As the wisdom of the Beatles goes, *let it be*. Parents are in the driver's seat when it comes to their children and there may be more to your daughter-in-law's resistance than you know. In addition, as painful as it is to you, she has set a boundary that you should respect. Find other ways of connecting with your grandchildren through video calls, regular phone calls, emails or old-fashioned snail mail. The more the matter is forced with your daughter-in-law, the more resistance will be encountered. Accept with grace and stay safe!

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

FALL QUIZ-ACROSTIC

				1	J	2	G	3	O	4	M	5	K	6	Q	7	H	8	A	9	L		10	P	11	J	12	R	13	M		14	D	15	U	16	E	17	B						
18	A			19	G	20	P	21	S	22	Q	23	L	24	K			25	U	26	A	27	L			28	L	29	F	30	U	31	J	32	G	33	L			34	E	35	G		
36	V	37	N	38	P	39	M			40	J	41	A			42	C	43	T	44	M			45	J	46	Q	47	L	48	K			49	T	50	V			51	Q	52	N		
53	E	54	R			55	M	56	J	57	V	58	O			59	E	60	A	61	C	62	P	63	J	64	O			65	M	66	K			67	S	68	H	69	U	70	A		
		71	R	72	T			73	N	74	H	75	M			76	M	77	L	78	Q	79	O			80	G	81	C	82	J	83	I	84	T	85	L	86	R			87	L		
88	I	89	U			90	Q	91	G	92	M	93	C	94	L	95	H			96	N	97	H	98	Q	99	T			100	U	101	G	102	C	103	D	104	G	105	M	106	A		
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124	Q	125	T	126	R	127	M	128	A	129	E			130	T	131	D			132	N	133	D	134	B	135	F	136	J	137	M	138	K	139	R	140	S	141	G	142	L				
143	M	144	I	145	U			146	L	147	E	148	A	149	S			150	U	151	S	152	A	153	M	154	H	155	L	156	N			157	J	158	D	159	M	160	L				
161	B	162	K	163	U	164	A	165	J	166	S	167	L	168	M	169	H			170	L	171	N	172	G			173	M	174	S			175	A	176	K	177	U	178	L				
179	E	180	F	181	A			182	G	183	E	184	H	185	A	186	K			187	S	188	H			189	M	190	O	191	K	192	L	193	G										

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

- | | |
|--------------------------------------------------------|--------------------------------------------------------------------------|
| A. "The _____ outweigh the needs of the few." (4 wds.) | 148 8 181 70 106 152 41 60 26 164 175 128 185 18 |
| B. Throat-clearing interjection | 134 161 17 117 |
| C. Incisor, e.g. | 93 102 61 42 81 |
| D. Hidden | 158 122 131 14 111 103 133 |
| E. Facial feature of G. Washington (2 wds.) | 129 183 34 147 119 16 179 59 53 |
| F. English river | 29 135 116 180 |
| G. Study of butterflies | 101 104 172 91 19 115 182 80 32 108 2 141 35 120 193 |
| H. British pub not tied to a brewery (2 wds.) | 188 95 7 154 97 68 184 169 74 |
| I. Home state of Presidents Grant and Garfield | 83 88 118 144 |
| J. Persian mathematician and poet (2 wds.) | 40 31 11 82 63 1 136 45 165 56 157 |
| K. Devil's darning needle | 186 48 176 24 162 191 66 138 5 |
| L. Cushy deal, for some (2 wds.) | 9 28 167 192 170 77 142 47 155 160 107 85
33 27 178 146 94 23 87 |
| M. Drunk (5 wds.) | 173 143 105 168 4 159 55 13 75 112 39 76
65 127 189 44 153 137 92 123 |
| N. Large laundry bowls | 96 171 73 52 37 132 113 156 |
| O. Forebodings | 190 79 58 3 64 |
| P. Considerably | 10 20 62 38 |
| Q. Situated in the middle (2 wds.) | 22 110 6 78 51 90 98 46 124 |
| R. Home alone children: _____ kids | 114 139 71 126 86 12 109 54 |
| S. Argue in favor of (2 wds.) | 151 187 140 166 149 67 174 21 |
| T. Within an organization (hyph.) | 130 99 43 72 84 49 125 |
| U. A cause of roaming (2 wds.) | 69 100 150 163 89 25 145 15 30 177 |
| V. Exploding star | 36 50 57 121 |

A HURRICANE IN THE BAY?

By Henry S. Parker

Is this the year when we could witness a hurricane traveling up the Bay? It has, of course, already happened many times, dating back centuries.

Hurricanes in 1667, 1693, 1724, 1775 and 1788 brought catastrophic damage to the Bay area. The Independence Hurricane of 1775 claimed the Maryland State House roof.

Hurricanes that travel just west of Chesapeake Bay wreak havoc on our region because their counterclockwise circulation can push a storm surge into the Bay. Since 1900, three major storms tracked west of the Bay causing devastating flooding. A slow-moving 1933 hurricane drove a wall of water up the Bay; Potomac River tide levels rose 10 feet above normal. In 1954 Hurricane Hazel delivered 98-mph wind gusts to DC. In 2003 Hurricane Isabel—the worst modern-era, Chesapeake-area storm—set coastal flooding records along the Bay and the Potomac, even though it had been downgraded to a tropical storm before it hit.

Could this happen again? Perhaps even this year? The signs are ominous.

In early August, the National Oceanic and Atmospheric Administration (NOAA) warned that the Atlantic Basin will experience an “extremely active” hurricane season. NOAA predicted 19-25 named storms, 7-11 hurricanes and 3-6 major hurricanes. Nine named storms had already formed, a record for so early in the season. For the East Coast, it’s likely that the worst is yet to come: two-thirds of Atlantic hurricanes develop between Aug. 20 and Oct. 10.

If a full-fledged hurricane tracked up the Bay today, the consequences could be far more devastating than in the past. Since 1980, population in the Chesapeake watershed has risen

over 40 percent, to 18.2 million, and shoreline development has correspondingly expanded. Sea level rise in the Bay, among the greatest in the world, is three feet higher than in Captain John Smith’s time. It is projected to rise another two feet before 2100. Mid-Atlantic waters, historically cool enough to sap the strength of arriving hurricanes, are warming. Today, if the Bay experienced the hurricanes of 1933 or 1954, or an Isabel hitting at full hurricane strength, it’s hard to imagine the disaster that could result.

Can we avoid this nightmare? We can’t change the weather (though some have tried!). We could harden shorelines, preferably by expanding marshes and coastal vegetation. We could further restrict coastal development or construct barricades. Washington, DC, has an existing, but deteriorating, levee system. There was once a misguided proposal to build a barrier across the Bay’s mouth. These measures, even if feasible, would take many years to implement.

So, what to do, near term? Ultimately, each of us must act sensibly. Closely monitor forecasts and advisories. When a storm first threatens, secure property, procure needed supplies, fuel vehicles, establish emergency kits and provide for pets. Heed evacuation notices. Better yet, if your area is to be evacuated, get out early with the first ominous signs. Map out an escape route that avoids potential bottlenecks like bridges and tunnels.

Meanwhile, remember that major storms can hit anywhere and that, hurricanes or not, the Bay area is one of the Earth’s best places.

Note: This article is an updated version of one that appeared in the Summer 2019 issue of Outlook by the Bay.

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