

Fall 2011

# OutLook

For the Bay Boomer and Beyond...

## by the Bay

1505

### Pumpkins

More than just decorations

### Home Modifications

can help seniors remain  
in their homes

### Flat-Water Canoeing

on the Potomac River

Learning is lifelong

### Take a continuing education course

fitness, entertainment, gardening

Fall Garden Preparation

# OutLook

For the Bay Bopper and Sovery Sober

*by the Bay*



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# OutLook

by the Bay

For the Bay Boomer and Beyond...

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Making it last. Where did that come from? And are we referring to material possessions or perhaps relationships? Entire books have been written on relationships but how about material possessions -- the very bugaboo of the boomers' existence. But that's how we were raised. We were admonished from early on to make it last as long as possible - don't use it up and if you do use it, do so judiciously. Remember that expensive pair of shoes you bought for that very special occasion and wore only once? Now they're in the back of your closet collecting dust because you were saving them and now they're too small. How about the fine china you were given for a wedding gift? Now you prefer to just use the interesting crockery you purchased on sale at Target last summer.



Did you ever wonder what you're saving all this stuff for? Maybe for that elusive rainy day we always talked about. Well guess what? We're here. How many more rainy days do we have? My new mantra is to use it up, throw it out or give it away. A few years ago, when we went through my grandmother's possessions, we found beautifully hand-embroidered linen towels, napkins and table cloths. They were the absolute de rigueur for that time period and were for the most part untouched. They were from her trousseau! There were also a few engraved pieces of silver that had rarely been out of their protective cases. At a loss as to what to do with these untouched treasures that had no stains, no rips, no wear and tear and interestingly, no history of how they'd been used, we passed them on to the next generation. And what are they doing with it? Using them! Imagine! We visited one daughter's home recently to find the beautiful linen towels with her great grandmother's initials meticulously hand embroidered, being used in a kitchen that was wild with all the typical activity of a busy family. One towel was being used to wipe up the cranberry juice spill and another had been used to make a quick swipe across a pair of toddler's yucky hands. But the good news is that they were being used and used for the purposes intended. (Actually they were probably meant to dry tea cups and fine crystal, but that's an ancient art that hopefully will never return.) After the cranberry spill had been sopped up and the toddler's hands wiped clean, we sat at a table with an ancient monogrammed cloth that had visible signs of current use. There were a few red wine dribbles that were not likely to be scrubbed out and a three-cornered tear that had mysteriously appeared after two teenagers had set the table.

Early on in our marriage, we had decided to use what we have, which is why there are only four teaspoons left from a 12-place setting and why long ago we gave up on good crystal. Most of our furnishings and treasures show the marks of a child-friendly house: scratched, gouged, ripped and dented. If you were involved with kids over the years you know how this goes. One napkin from a matched set has a large burn hole, but to this day when we take it out, we remember how Ian, on his first date with Christy, sitting at our table, extinguished a blaze set from an upset candle. We still laugh all these years later whenever that napkin is pulled out.

And then remember when we were chastised for marking our page or writing in a book? Where are all those pristine books now? Most were probably either thrown out or in some Third World country. They're certainly not in the homes of my grandchildren because they use Kindles! They'd probably thank me kindly if I gave them one of the early editions of *Treasure Island*. Then they would probably tuck it in some recessed corner of their room never to be read.

Today's generation is so different and in most cases delightfully so. When given the family heirlooms they use them or pass them on, but they certainly don't pack them away to sit in some moldy box up in the attic to save for some nebulous special occasion. This generation is part of the throwaway society and that may not always be such a good thing. They seem to prefer to replace rather than repair. But then what should you do with all the once-precious heirlooms or the napkins and tablecloths that have outlived their life span? Once upon a time, we would have made a quilt out of the scraps and pieces. Now they're not even relegated to the rag pile, probably because there is no rag pile. They're unceremoniously tossed out. Perhaps not such a bad thing, but with that sort of mind-set, do you suppose it carries over to relationships too?

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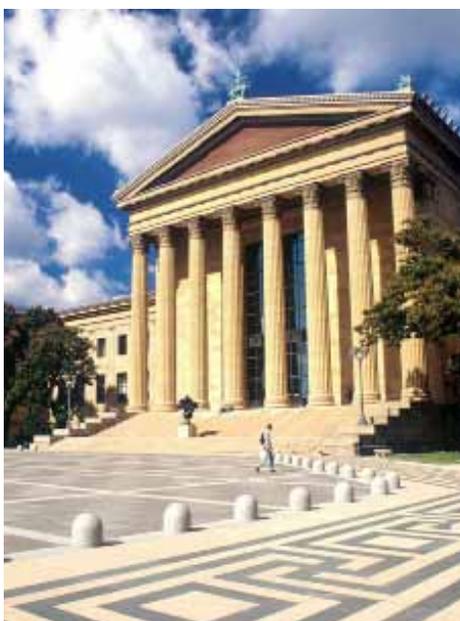


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## ON THE COVER

Our fall cover features Joyce Edelson, who grew up on a farm in Ohio, and Roger "Farmer in the Dell" Granum. Joyce retired recently from a career on Capitol Hill. Returning to college at age 50, she earned two degrees in psychology and counseling. Currently a writer, her first book, *The Rock Creek Shaman*, was published in 2009. Now living in Riva, she is active with Books for International Goodwill, Parole Rotary and the Anne Arundel County chapter of the National Alliance on Mental Illness.

Roger retired to Annapolis in 1982 after 27 years service in the U.S. Navy. He found the Bay area ideal for his penchant for doing almost anything on the water. He taught sailing to midshipmen, enjoyed sailing on a 38-foot Catalina sloop and currently enjoys his 42-foot Grand Banks trawler on the South River. He is an active member of the Parole Rotary Club, Naval Intelligence Professionals and the Chesapeake Bay Grand Banks Owners Association.



## LETTERS to the editor

### ON BEING BORING

Just finished reading the wonderful article on "Are You Boring?" Having just spent time with dear old friends, I can now pinpoint as to why they are boring!

Question: Other than leaving the table or allowing head-nodding for hours, what's the best way to cope with (change) these situations? As we get older are we getting worse about riding a subject into the ground?

Jane S., Edgewater

*Ed Note: We've passed your question on to Dear Vicki and will look forward to her answer in a future issue.*

I am about to turn 60 and find that your *Outlook on the Bay* is informative, interesting and very practical for this time in my life.

I look forward to opening the magazine each month to see what topics and articles will tweak my interest. As soon as I read the title, "Are You Boring?" (Summer 2011), I had a visceral reaction which went like this: "Oh no, could I be boring?" I quickly reviewed Vicki Duncan's excellent questions and immediately did an inventory of myself in a number of recent situations. My answer was, "Well, I don't think so," but I will be much more cognizant of how I am affecting other people in personal and professional situations. Great article for honest self-reflection!

Dee H., Chestertown

Your magazine *Outlook by the Bay* is always a pleasure to read each month. Being a senior I find many interesting articles in it and I pass it on to my closest friends, who enjoy it also. I especially enjoyed this month's article "Are You Boring?" One always wonders, if we're boring to others. Also, I am anxious to get the recommended book on the "Summer Titles" list entitled *The Piano Teacher*, a novel that sounds enticing.

Keep up all the good articles... thank you.  
Dolores W. H., Hagerstown, MD

### BREAD RECIPE

Thanks so much for your bread recipe in the spring issue of *Outlook by the Bay*. My husband and I love the bread, and are so happy that it is all natural (boo to high-fructose corn syrup and preservatives!). He especially likes it when I add raisins and walnuts.  
Laurie S., Annapolis

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# Learning is Lifelong

## Take a Continuing Education Course

By Leah Lancione

After retirement or once empty nest syndrome has lingered a month too long, many an erudite adult considers taking a continuing education course at a local university or community college. In addition to reviving brain cells through learning, taking a class can reassimilate a senior into the world of young people who share common interests. The sharing and interchange of ideas between generations in a classroom can be fascinating.

Older students can share their professional or work experience with young students, as well as their wisdom gained through living through historical, political and personal events. Conversely, young people can inspire older adults with their enthusiasm for learning, energy and unspoiled beliefs. However, if mingling with younger students doesn't appeal to you, but learning a new subject matter does, think about taking an online course from the comfort of your living room or study. In Maryland, returning adult students have the choice to take courses on campus or online at Anne Arundel Community College, University of Maryland College Park, University of Maryland University College (UMUC) and University of Maryland Baltimore Campus (UMBC).

The Golden ID student program enables Maryland retirees the opportunity to enroll in courses at the University of Maryland College Park, UMBC and UMUC with certain benefits. The universities' services and courses are free to state residents, 60 years of age or older and retired

-- not engaged in gainful employment for more than 20 hours per week. If eligible, such individuals can apply for degree or nondegree seeking graduate admission. Seniors, once admitted, may register for any courses on a space-available basis. The program also allows the use of the library and other facilities while enrolled. There are, however, some mandatory fees that must be paid by participants. Check out this helpful site: [www.gradschool.umd.edu/catalog/admissions\\_policies.htm](http://www.gradschool.umd.edu/catalog/admissions_policies.htm).

Continuing education courses can be geared toward personal enrichment or a type of career training. For example, Anne Arundel Community College personal enrichment courses range from art, boating, computer technology, holistic health and home and garden to photography, music, motorcycle safety, travel and writing. University of Maryland College Park offers a wide range of courses. Subjects include art history, landscape architecture, comparative literature, French and Italian languages, philosophy and more. UMBC [www.umbc.edu/cps/](http://www.umbc.edu/cps/) also lists an extensive academic catalogue

ranging from program management and IT certification to human resource management.

UMUC offers a vast array of online courses in stimulating subject matters like culinary arts, art and design, information technology and religious studies, etc. Visit [www.earnmydegree.com/online-education/online-college/umuc.html](http://www.earnmydegree.com/online-education/online-college/umuc.html) for a full listing of courses.

Whether you choose to attend the local community college, join the masses at the large university campuses or want to take a class online, you won't regret stimulating your brain, learning about a new subject or skill, and keeping your mind young and inquisitive. For more information on senior resources available, visit [www.seniorresource.com/senioreducation.htm](http://www.seniorresource.com/senioreducation.htm)

So, sharpen your pencils, clean those reading glasses, purchase some school supplies and enroll in the continuing education course that peaks your interest. As Mortimer Adler said, "The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live."

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# Legal Insights

*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 its readers. Individuals with legal concerns should consult with an attorney for advice regarding their specific circumstances.*

**Why do I need a Will? I am unmarried and most of my assets name my child and my niece as beneficiaries?  
Perplexed**

First you state that “most” of your assets have beneficiaries designated. The assets for which you have not named an individual or individuals to receive upon your death must pass through probate. For example, if you own a home titled in your name only, and no one is named in the deed to receive title to your property upon your death, your home will become a part of your probate assets.

If you do not have a Will, and are unmarried, your probate assets would pass to your child only, under Maryland’s intestacy laws. This would be contrary to your goal of distributing your assets to your child and niece. Whereas if you were remarried at the time of your death, and died without having executed a Will, under Maryland’s intestacy laws, your assets would be divided evenly between your husband and minor child, again contrary to your stated distribution goal. If you executed a Will, however, in both instances your Will could state the persons to whom you want your assets distributed to. However, if you are married at the time of your death, your husband has the right to elect against your will and claim one-third of your assets if your Will did not contain provisions for him.

Since your child is a minor, you may also want to execute a Will that contains provisions appointing a guardian for your child, most likely in the event that the child’s natural father is unable or unwilling to serve. In the absence of such a provision, the guardianship of your child would

have to be determined through a judicial proceeding.

Your Will could also contain provisions providing for the distribution of your assets to a trustee, who would hold your assets in trust for your child. In the absence of such trust provisions or provisions for distribution at age 21 under Maryland law, your estate would be distributed to your child when he or she reaches 18. (Most 18-year-olds I know are not equipped to handle large sums of money.)

If the above reasons have not convinced you to execute a Will, also consider that in a Will you can appoint the person you want to stand in your shoes as your personal representative, as well as provisions addressing your funeral, burial or cremation arrangements, and provisions addressing who pays taxes assessed in your estate as well as provisions minimizing taxes. It is evident that the benefits of executing a Will far outweigh the cost of preparing such a document.

**My boyfriend and I plan to purchase a new home. How should we have the home titled?**

**Aspiring Homeowner**

There are a number of ways that two or more individuals may hold title to real estate in Maryland. First, if they are married when they acquire title to real property, they may hold title as “tenants by the entireties.” The primary benefit of holding title as tenants by the entireties is for “asset protection,” in that future creditors of either husband or wife may not attach the equity in the property to satisfy a debt owed by either of them. However, creditors of both husband and wife, such

as a mortgage company or the IRS, may attach property titled as tenants by the entireties. If you and your boyfriend later decide to get married, you should consult with an attorney to retitle your property.

If you intend to purchase the property without being married, then the two types of joint ownership that are available to you and your boyfriend are “tenants in common” and “joint tenants, with rights of survivorship.” As the name implies, with a joint tenancy, upon the death of either one of the owners, the other owner or owners will acquire title to the property by operation of law. Whereas if two or more persons hold title to real property as “tenants in common,” then upon the death of any one of the owners, their interest in the property will pass to those individuals whom they have designated in their Will or Revocable Trust, or if no one has been designated, to their heirs as determined under Maryland’s intestacy laws.

As is evident, you and your boyfriend need to discuss your goals when considering how you want your home to be titled. Given the passage of laws acknowledging domestic partnerships in Maryland, it is also important that the appropriate affidavit and supporting documents be prepared to enable you and your boyfriend to qualify for an exemption from Maryland inheritance taxes (not estate taxes), and from recordation and transfer taxes. An attorney will be able to assist you in preparing those documents.

*Valerie A. Rocco, P.C., is an estate planning, probate and elder law attorney with more than 30 years experience. Her responses to questions are based upon Maryland law. Ms. Rocco may be contacted at 410 266-1009 (Annapolis) or 410 997-4228 (Columbia), or visit her website at [www.SeniorsAdviser.com](http://www.SeniorsAdviser.com)*

# The Many Aspects of Aspirin

By Robert G. Gram, Jr., M.D.

We all have it in our medicine cabinets, but aspirin is not as simple as it looks. Since its arrival on the scene in 1863, aspirin has been used for everything from easing the common headache to preventing heart attacks and strokes. You may also know that aspirin has been used to revive dead car batteries, remove perspiration stains and prolong the life of cut flowers. Aspirin is so popular that it has a place in the Smithsonian Institution.

Whatever its use, this popular pill has intrigued researchers for years, making it the subject of continual study as scientists evaluate its potential to improve the overall quality of life for seniors and others. The most common alignment between aspirin and health is heart attack and stroke prevention. Aspirin is also commonly used for pain relief, and to reduce swelling, redness and fever caused by arthritis, infections and headaches. Aspirin may be prescribed by a physician for the treatment of gout. Aspirin has even been studied for use in treating colon, breast and other kinds of cancer, as well as Alzheimer's disease.

The number of U.S. adults who take aspirin regularly has risen in recent years, according to the Centers for Disease Control. Heart health, including avoiding a heart attack, heart disease or stroke, seems to be the main reason for this increase. Regular aspirin use is recommended by the American Heart Association for people at high risk or those with a history of heart attacks or strokes. It is also recommended by the American Diabetes Association for adults with diabetes.

Like the technology we see all around us, aspirin is rapidly evolving as a pill. A recent advance in aspirin is the no-swallow tablet that dissolves in the mouth instead of the stomach, reducing the risk of ulcers or gastrointestinal bleeding. This type of aspirin enters the blood stream within three to five minutes, instead of the thirty minutes to an hour that a regular aspirin takes. A sugar-free aspirin product is being developed for diabetics. Physicians are also learning that changing the dose of aspirin, in whatever form, can have an effect on a person's health.

Before jumping into an aspirin routine, it's important to be informed. Aside from figuring out whether the common "one tablet daily" plan is right for you, it is critical to periodically review your aspirin use with your physician so that you do not experience any negative or unintended effects. This is especially true for seniors taking one or more medications with which the aspirin may interact. Risks of taking aspirin can include bleeding which can, on occasion, be life-threatening. Some people develop allergies to aspirin and need to work with their physicians to find other alternatives.

As always, the most important rule to keep in mind is that good health, especially as we age, involves more than a pill. Be sure you lead a healthy lifestyle daily, do plenty of exercise, eat fruits and vegetables and get proper sleep. Avoid smoking, drinking and other habits that compromise your health. That way, when you and your physician decide on an aspirin regimen that is right for you, your body and the aspirin will have the best chance of interacting in an optimum manner for your good health.

*Dr. Gram is a practicing physician and the founder and CEO of Righttime Medical Care. He can be reached at rgram@myrighttime.com*

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# Once I saw an albatross soar

By Evelyn Minch

Birders are not really a breed apart, but we do spend a lot of time looking up at the sky and trees. It's not a particularly dangerous hobby, unless it is done while driving. What is most positive about this hobby is that it can be a continuous activity throughout your life, or it can begin in later years when one has the time to appreciate the beauty of nature.

The long and short walks, where I looked up have so often revealed the magnificent eagle above gliding herons over the Chesapeake shore or an avocet off in the field in north-west Canada. I have never regretted the moment taken for the reward that was received in return. In fact, I have often been amazed that a moment sitting on the sofa was the exact moment needed to cross paths with a hooded merganser and its mate, or a rare loon heading north or south on its migration. A few minutes earlier or later, and I might have missed the sighting completely.

## ALBATROSS

The albatross sighting was on my first visit to Oahu. Majestically it rose, floating and circling high up in the bluest of skies. I had no idea what it was. I always travel with a bird book or two, usually two, because if I am unsure of shape or coloring, the second book has different perspectives. It can help me draw a conclusion from a sighting, as it did for the albatross, or reveal that I have found a bird so elusive it must remain a mystery.

The albatross surprised me. I was new to the process of identification so had not studied beforehand what birds might be seen around the islands. This is a serious tip if you want to be a serious birder. Plan your visits to new areas by making a list of prob-

able common sightings, and browse for the more rare possible sightings as well. The rewards of a sighting are pretty high, if you stay the course and keep looking.

Before our last trip to the Orlando area, I did check beforehand for sightings of new species. With three days to ourselves we planned to drive to Kissimmee and bird Lake Tohopekaliga. My heart was set on two birds of prey, the swallowtail kite, unmistakable with his coloring, and the snail kite, formerly known as the Everglade kite.

We had taken the train down from D.C. and a rental car agent met us at the wonderfully quaint station in Kissimmee to go to pick up our car. He seemed quite surprised at my sudden outburst when I yelled, "It's the swallowtail and we're only 15 minutes into the vacation!" We spotted another fly over near the Epcot Center later in the week.

## STALKING THE SNAIL KITE

The snail kite was only a bit more difficult to find. The book said to look for a pile of empty snail shells under a tree limb. We birded around the northern edge of Lake Tohopekaliga and spotted a marsh area across the road from the lake with picnic table and trees and a pull-in area to park.

My husband went off to explore, while I sat with the binocs and rechecked the bird book. Within minutes he had returned with a handful of empty snail shells he had retrieved from under a nearby tree. Sure enough we had only a few minutes to wait before a snail kite flew overhead, followed by several circling about in the distance.

Since the snail kite is a more tropical bird and only eats a particular kind of snail, it is considered endangered and uncommon. We had been lucky to see both as they were two on my "most wanted" list for this trip.

One does not need to plan a vacation around birding. You can bird wherever you go. You do not need to take every vacation to the wildest areas or to the Guatemalan highlands, unless you want to take a chance on spotting the long-tailed quetzal. That one is still on my "want" list. But you can do fantastic birding in New York City in Central Park or look for Pale Male, the famous red-tailed hawk and his mate, Lima, with their nest on a Fifth Avenue apartment building. Once I spotted a common yellowthroat near the Hirschhorn Museum in D.C. And in Tokyo I found a pair of mandarin ducks floating about in a pond on the grounds of the Imperial Palace.

Many birds are like the mandarins, which float quietly, make little sound to attract you and shy away from noisy areas. Stealth is a second tip to making good finds in birding. Quiet steps, soft voices or none, and a keen awareness of your surroundings are necessary for good sightings and pleasant surprises. Once while birding at Piney Run Park right here in Maryland, I encountered a young beaver. Less than three feet from where I stood hidden by the branches, he began munching away on a branch that arched over the water's edge. What a treat! Birding

and animal watching go hand in hand, and birding also includes watching flowers bloom, trees bud and brooks meander.

## BIRDING IS FOREVER

I probably learned to bird while walking with my mother when I was only three or four. She'd point out every bird to keep me going on a daily one-mile walk for fresh bread and groceries. The more I was interested in something else, the less likely it would be that I would ask to be carried. She would point out her favorites that soon became mine: the wild canaries (goldfinches), the cardinals and blue jays or the kingfisher over the stream as we walked across the singing bridge into town. Years later my father fed the birds and took great pleasure from watching their behavior. A teenager then, I had no time to think about his pursuits, and only grew to appreciate it later. It was a great treasure to pass along to me.

And birding was a treasure to pass along to my sons. I fondly remember when the boys played Frisbee near Bar Harbor, Maine, where I spotted my first common yellowthroat. Jason, the eldest, promptly named him the lone warbler for his black mask. When Steve insisted on living on a boat during his college years at St. Mary's College, he called and told me excitedly that his nearest neighbor was an osprey.

Years later, Steve's wife would laughingly recount how she found him jumping up and down while looking out the bedroom window. "I've waited my whole life to see this and it's in my backyard!" It was the pileated woodpecker.

Recently, Jason's wife left a message from Idaho, "Just calling to give you today's birding report. I saw a mountain bluebird and a western tanager today." I was pleased to know the treasures of my father and mother had been passed to a third generation, and I feel confident it will pass on to the fourth and beyond. Birding, singly or with your family, is an adventure not to be missed.

*Evelyn Minch works at Maryland Institute College of Art and lives in Annapolis with her husband and their cat, Fred. She dotes on her five grandchildren in Idaho and Annapolis and watches birds every chance she gets. She can be reached at [eminch@mica.edu](mailto:eminch@mica.edu)*

### For more information:

[www.allaboutbirds.org/guide/search](http://www.allaboutbirds.org/guide/search)  
[www.backyardnature.net/amazon/bird-id.htm](http://www.backyardnature.net/amazon/bird-id.htm)  
[www.amazon.com/Sibley-Guide-Birds-David-Allen/dp/0679451226](http://www.amazon.com/Sibley-Guide-Birds-David-Allen/dp/0679451226)

### Activities, Events And Groups:

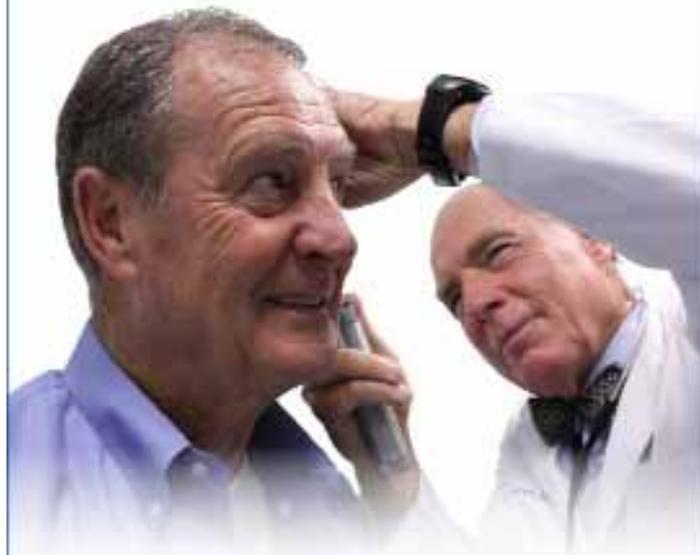
<http://mddc.audubon.org> Maryland and D.C.

### National Audubon Society

[www.mdbirds.org](http://www.mdbirds.org) Maryland Ornithological Society



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# Keeping Your Bank Account Safe from Fraud



By *Wayne Zussman*

The National Center on Elder Abuse says financial exploitation of seniors is an increasing problem, including cases in which money is stolen directly from a senior's bank account. The research company Gartner Inc. estimates that two million people in the United States have had money stolen from their bank accounts in the past year. The average amount lost was \$1,200.

We often think that fraud is committed by people we don't know who gain access to our personal information. While that can be true, for seniors, the reality is greater that a family member or caregiver is the one who takes advantage of them financially. A survey done by the Adult Protective Services agencies showed that the most common financial abuser was a son or daughter, accounting for 33 percent of the reported cases of fiscal exploitation of seniors age 60 or over.

If multiple people are involved in the care of a loved one, a plan for managing the money and putting safeguards in place is even more important. If each person providing care for the senior has access to the bank account for his or her part of the care, spotting fraud in the account would be challenging. If possible, designate one person to oversee the account, pay bills and provide money or reimbursements to the people involved in the senior's care. That way, all money goes through one place and can be tracked easily.

Consistently monitor bank accounts and immediately report any suspicious activity to your financial institution for their help in remedying the situation. A good bank will respond quickly to any questionable transactions and help you recover lost funds. Protecting your finances by setting up a sound bank account and banking system for yourself or a loved one is a proven way to avoid fraud by family members, caregivers or strangers.

*Wayne is a certified financial planner and president of Triton Wealth Management, a fee-only financial planning and investment firm. Triton has offices in Annapolis, Kent Island and Gaithersburg, Md. Wayne can be reached at 410 202-2110 or wayne@tritonwm.com*

**Red flags for financial abuse to seniors, as reported by the National Association for Professional Geriatric Care Managers, include:**

- Someone is responsible for paying bills for the senior, but the bills are not paid and there are not adequate resources to pay for them.
- Unexplained money missing from the senior's accounts.
- Family member or caregiver withdrawing large amounts of money from accounts.
- Someone taking money under false pretenses.
- Forgery
- Seniors are forced to make property transfers or transfers that are completed through lies or deceit.

## Bits & Bytes

[www.pumpkinpatchesandmore.org](http://www.pumpkinpatchesandmore.org) has up to the minute information on the location of the best pumpkin patches, hay rides and apple picking opportunities in your area, as well as pumpkin carving, how to make applesauce and more. Click on your state and up pops the information.

*Don't take life so seriously.*

# ANNAPOLIS SYMPHONY ORCHESTRA celebrates 50<sup>th</sup> anniversary

By Patricia Edwards

The Annapolis Symphony Orchestra has planned a sparkling 2011-2012 season of events to celebrate 50 years of presenting classical music to area residents. The culminating concert of the season, on May 6, 2012, will feature the internationally celebrated mezzo-soprano Denyce Graves, known principally for her role as Carmen with the Metropolitan Opera.

Echoes of the past are touchstones of the season's concert repertoire. Thai composer Narong Prangcharoen, winner of the ASO competition for an orchestral piece to celebrate the 300th anniversary of Annapolis' city charter, opens the concert season on Sept. 23-24 with his Phenomenon.

Gabriela Frank's viola concerto *La Llorona* features Roberto Diaz, formerly with the Philadelphia Orchestra and now president of the renowned Curtis Institute, on Nov. 18-19. On Feb. 17-18, Ginastera's *Variaciones concertantes* offers solos by the orchestra's principal players. Suite for Strings, composed by former ASO violinist, Phanos Dymiotis, who died in 2007, will open the concerts on March 23-24.

Two anniversary concerts will close the season. The first, at Maryland Hall on May 4, offers Beethoven's Piano Concerto No. 4 in G major, op.58 played by acclaimed pianist Rachel Franklin. Franklin is well-known as the ASO's popular pre-concert lecturer. The concert also features the world premiere of Franklin's Concerto for Orchestra.

The second anniversary concert on May 6, featuring Denyce Graves, will take place in the Clarice Smith Performing Arts Center at the University of Maryland. Ms. Graves

will sing Wagner's *Wesendonck Lieder* and *Il est doux, il est bon* from Massenet's *Herodiade*. A gala reception follows the concert.

On Oct. 18, St. John's College offers an ASO 50th Anniversary evening lecture as part of its local history series. "We are delighted to offer the community at large this look at the role music has played in our historic city," said John Goldthwaite, chairman of the ASO's board and 50th anniversary co-chairman.

Discussing the history of secular music in Annapolis over the past 300 years will be a panel of distinguished local musicians and historians including John Barry Talley, former head of music at the U.S. Naval Academy, David Hildebrand, founder of Colonial Music in America and Elliott Zuckerman, pianist and former tutor at Saint John's College. Representing the orchestra are the distinguished pianist and conductor Maestro Leon Fleisher, who was the ASO's music director from 1970 to 1982 and the current music director, Maestro Jose Luis Novo. The moderator is James Cheevers, former ASO board chairman and longtime head curator of the Naval

Academy Museum.

"The exhibit, showing each of the eras of the six music directors, really demonstrates the extraordinary and tangible growth in the professionalism of both the music and the organization," says ASO board member Carolyn Sullivan. "The ASO has truly matured from a community orchestra to a fully professional regional orchestra."

This year's family concert features the perennially popular Peter and the Wolf and Green Eggs and Ham on Oct. 29. The ASO's Holiday Pops, on Dec. 16, brings Simply Sinatra with Steve Lippia to perform with the orchestra.

Full information on the ASO's 2011-2012 season may be found online at [www.annapolissymphony.org](http://www.annapolissymphony.org) or by calling the box office at 410 263-0907. Concert performances take place at Maryland Hall for the Creative Arts, 801 Chase Street, Annapolis.

*Patricia Edwards is co-chairwoman of Annapolis Symphony Orchestra 50th Anniversary Committee and can be reached at [edwards\\_p@verizon.net](mailto:edwards_p@verizon.net)*

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## FALL LAWN TIPS:

# Don't Put Away Your Mower Yet

By *Melissa Conroy*

With the end of summer, you are probably looking forward to giving up those long weekends pushing a mower around under the hot sun. After weeks of sunny, hot days, your lawn may be home to some brown patches and your grass is probably just as relieved by the cooler weather as you. However, just because Labor Day passes doesn't mean that now is the time to roll up the hose and put the spreader back in the shed. In fact, this season is an important time in your annual lawn care maintenance plan: There are many steps you can take in the early fall to ensure a lush, healthy lawn for next year.

One of the first steps you should take when tackling end-of-summer lawn care is determining what kind of grass you have. The most common type of lawn is Kentucky Bluegrass.

When properly cared for, Kentucky bluegrass can be very attractive, dense and cushiony. Unfortunately, this kind of grass is not easy to maintain and hot weather can quickly turn it brown. However, you may have another type of grass in your yard, and there are many types of resources on the Internet to help you identify what exactly you mow on a regular basis. If you visit the Scotts Miracle-Gro website ([www.scotts.com](http://www.scotts.com)), it has a lawn grass identifying system: Simply type your zip code into the box, and Scotts will tell you what grows in your area and give you pictures to help you identify your grass. Once you know what type of grass you have, it is much easier to tailor your lawn care routine.

### THATCH AND AERATION

If you have bluegrass (and chances are you do), it builds up thatch, a layer of dead and living plant material between the grass and the soil. A heavy layer of thatch (an inch or more) can prevent grass from getting the water, sun and moisture it needs, so removing it can be a very helpful way to develop an attractive lawn. If you have several rakes and a collection of willing helpers (such as grandchildren), you can manually remove thatch from your yard by simply raking your lawn thoroughly. However, since this is a time-consuming and labor-intensive activity, renting a power rake might be your

best option. A power rake looks like a lawnmower, and its blades cut through the dirt to pull up the thatch. Either way, don't dethatch your lawn when the soil is moist because that will cause too much damage. Also, your lawn will probably look rather bedraggled after an intensive power rake session. However, your lawn will recover and be all the more healthy and attractive for it.

If you don't have significant thatch, you can aerate instead of dethatch. Aeration is also good for heavily trafficked lawns that have been compacted. In fact, many experts recommend yearly aeration, twice a year if your lawn is in need of serious TLC or receives a lot of abuse. If you have an 80 pound dog or energetic grandchildren running around on your lawn, you should aerate. A good test to tell if you need to aerate is to push a screwdriver into the soil. If it does not go in easily, aeration is probably a good idea. Aeration simply means making holes in your lawn. This allows roots to grow deeper, brings water and nourishment to the roots, and gives your soil room to expand.

The best type of aerator is one that removes plugs of soil rather than just punching holes into the ground. Unlike a dethatching machine, an aerator is easier to operate on soil that is moist but not too wet, so try watering your grass the day before you aerate.

Once you have your lawn

### Bits & Bytes

To find out what the qualifications are for burial benefits available for a veteran and spouse go to [www.Cem.VA.gov](http://www.Cem.VA.gov)



dethatched or aerated, you might want to think about reseeding. Generally, reseeding takes place in the fall when the weather is cooler, but the seedlings still have enough growing time before winter. Picking the right grass seed can be challenging because you have a variety of factors to consider such as the type of soil you have, if your lawn is a high-traffic area, and how much time you want to spend on yard work. Also, keep in mind that a newly reseeded lawn requires quite a bit of care for the first few weeks. You need to keep the soil moist by watering it once or twice a day. At the same time, you should make sure that local birds are not feasting on your seeds and keep pets and kids off the grass until it establishes itself. Also, be very certain not to put down a pre-emergent weed killer; this will destroy every growing seedling, be it a weed or lawn grass.

### FERTILIZER AND WATER

Fall is the most important time to fertilize because this shot of nutrition will help your lawn face winter's cold and wake up green and strong in the spring. For best results, a fertilizer with slow-release or controlled release nitrogen will encourage uniform growth over time. While these types of fertilizer are more expensive and don't produce a quick "green up" like cheaper fast-release fertilizers, they will give you a healthier lawn and better long-term results. The general rule of thumb is that you should apply one pound of nitrogen for every 1000 square feet of lawn, but bear in mind that an 8-pound bag of 1,000 fertil-

izer only contains .8-pound of actual nitrogen, so plan accordingly.

Don't forget to water your lawn during the later summer and fall months; your lawn still needs moisture. With cooler weather, your soil will probably not dry out as fast, but this doesn't mean you can put away the hose just yet. This is especially important if you have reseeded your grass or are trying to fill in bare areas. In general, your lawn needs an inch of water per week until it stops growing.

Mowing is also another task

that you still need to do in the fall. However, you'll want to lower your mower blades some. In the fall, it generally is best if you keep your grass 2-2 ½ inches long because shorter grass helps the turf develop, choking out weeds and thickening the lawn.

With some love and attention, your lawn can go dormant this winter, fed and prepared to withstand the cold, then emerge healthy and vigorous in the springtime. A lush, beautiful lawn simply takes the right care and attention.

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# What's the Pointe of Taking Up Ballet *Now*?

By Leah Lancione

If you saw last year's acclaimed movie *Black Swan*, you know it portrays a different side of ballet, one that sheds light on its severe physical and mental demands for ballerinas. However, despite ballet's potentially grueling components, it can be a graceful and cathartic way to exercise, expand flexibility and to just unwind. Moreover, it's not just for the athletic, nimble and lithe young dancers who have trained since they were little tikes in tutus.

The website [www.Adult-ballet.com](http://www.Adult-ballet.com) claims "adults everywhere are slipping on ballet slippers and taking advantage of classes every day." Maybe, like them, you view dancing as a pleasurable way to exercise, or perhaps you took ballet as an adolescent and you're nostalgic for the challenging barre work and elegant routines that seem to lengthen your muscles, improve posture and increase flexibility and movement of joints. Even the magazine *Redbook* (online) features an article detailing just how ballet is a phenomenal workout at

[www.redbookmag.com/health-wellness/advice/ballet-workout-routine](http://www.redbookmag.com/health-wellness/advice/ballet-workout-routine)

To break it down to its simplest terms: "ballet dancers use the barre for balance while performing several ballet steps. Exercises done at the barre are the foundation for all the other ballet exercises. See [www.dance.about.com/od/stepsandmoves/tp/Barre-Exercises.htm](http://www.dance.about.com/od/stepsandmoves/tp/Barre-Exercises.htm) These foundational exercises include such rudimentary steps as the demi and grand plie (think, graceful squats), which are performed in all ballet positions (placement of the feet and arms); the arabesque; developpe, the Rond de Jambe; and more. All of these movements, as well as the many others a ballet teacher may include in a day's lesson, require proper balance; coordination of the feet, arms and legs, posture and control. The sheer concentration alone to achieve these steps is beneficial to mind and body.

Just visit YouTube [www.youtube.com](http://www.youtube.com) and type in "five basic ballet positions" and countless videos pop up for free viewing and even imitation if you want to take the "leap" and sign up for a class. This is a good starting point or refresher before you slip into your leotard or tights. There are also many websites such as [www.dance-class.com](http://www.dance-class.com) that review dance positions in addition to offering tips, DVDs for purchase and even classes (many tailored to adult beginners) that can be downloaded to your computer.

Ballet is not, however, just barre work. Lessons and classes often include beautifully choreographed rou-

tines to enchanting classical music. These numbers can tap into participants' wide range of capacities from femininity and elegance to gracefulness and poise or agility. While dancers get to stretch their creative and refined attributes, they are virtually sculpting and stretching their muscles, increasing their heart rate, burning calories and exploiting their mind and body. Instructors will choreograph routines that are age-appropriate to minimize injury. The website [www.learntodance.com](http://www.learntodance.com) is also a good place to peruse before your first class because it lists many of the terms (most of which are foreign) used in ballet class.

There are a handful of dance studios in the Baltimore/Washington D.C./Annapolis area that offer classes. For example, One for All Dance Academy in Columbia, "aims to provide a nurturing environment where dancers of all ages can explore and appreciate all styles of dance." The studio's website reveals that the adult classes are geared to those of all levels who want to explore dance as an art form and method of exercise. Annapolis' Maryland Hall for the Creative Arts [www.mdhallarts.org](http://www.mdhallarts.org) offers ballet basics class for adults ranging from 40 to 60 or more and focuses on the fundamental positions, barre work and exercises as well as "gentle stretching. The class emphasizes alignment and balance to produce ease of movement."

So, why not try your hand (and arms and legs) at yet another form of exercise that stimulates both your mind and body and can inspire your soul? Find out if you agree with the famous line from "A Chorus Line" - "Everything is beautiful at the ballet."

## Bits & Bytes

Looking for the best place to retire or where to live overseas or which area has the lowest cost of living? Log onto [www.bestplaces.com](http://www.bestplaces.com)

*However good or bad it is at the moment, it will change.*

# MODIFICATIONS CAN HELP SENIORS REMAIN IN THEIR HOMES

By Keith Osterman

As close to 10,000 baby boomers turn 65 every day, their ability to continue to live in their homes as they reach their retirement years can be challenging. According to the U.S. Census Bureau, there are currently 75 million Americans who are associated with the category of "aging in place," and that number is estimated to exceed 106 million Americans by 2015.

This growing population of senior citizens often faces a dilemma. They want to remain in their homes but it can be more difficult as they age, or if they become ill or develop a disability. Many senior citizens are having simple home modifications done if they have a disability so they can stay instead of packing up to go to an assisted living facility.

While many seniors may feel it's too expensive to modify their homes, often with only a few minor modifications they will be able to stay where they are as they age. Modifications to improve the accessibility and comfort of their homes include installing automatic door openers, ceiling lifts, safety bars, bathroom transfer systems, personal lifts, stair lifts and specialized tubs and showers. Other popular modifications are widening a doorway, cabinet adjustments, ramps and strong grab bars.

A retired woman in Preston, Maryland, discovered she had ALS after being in and out of the hospital a few months ago. She returned to her home, wheel-chair bound. Now she was up against the question that so many are faced with today: to live life in an assisted living community or nursing home, or modify her home so that she could continue living in safety and comfort? Her decision was to stay in her home, installing a wheelchair ramp that allowed her to enter and exit in safety.

Adults in their golden years have worked much of their lives to have a comfortable place to call home. By making just a few home modifications, they can comfortably remain there for years to come.

*Keith Osterman is the owner of HandyPro in Denton, Maryland. His company provides handyman services and senior home modifications for homeowners in Talbot, Sussex and Wicomico counties. He can be reached at 410 690-1398 or visit the HandyPro website at [www.handypro.com/maryland\\_denton.html](http://www.handypro.com/maryland_denton.html)*



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October 29, 2:00 pm & 3:30 pm  
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November 18 & 19, 8:00 pm  
PICTURES at an Exhibition

December 16, 8:00 pm  
*Simply SINATRA Christmas*

February 17 & 18, 8:00 pm  
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# GO PEACE CORPS!

By Melissa Conroy

The kids are gone, the house is paid off and retirement is beckoning. Some older adults welcome this time as a great chance to play golf for hours on end, catch up on household projects and enjoy some well-earned rest. However, with health care lengthening and improving the lives of people well into their 80s, many retired people are deciding that the next 20 or so years of their lives would be the ideal time to tackle long-cherished dreams, find adventure and follow their passions by serving in another country.

If the idea of helping others, traveling to other countries and creating memories that you will never forget, signing up for the Peace Corps might just be the thing. The Peace Corps was established March 1, 1961, by President John F. Kennedy and since that time, more than 200,000 people have volunteered in 139 countries. Volunteers commit 27 months of their lives to live and work in other countries in order to improve living conditions and bring hope and success to people around the world.

There are a number of different volunteer opportunities in the Peace Corps, and they generally fall under these categories:

- 1) Youth and Community Development
- 2) Education
- 3) Food Security
- 4) Business, Information and Communication Technology
- 5) HIV/AIDS
- 6) Agriculture
- 7) Health
- 8) Environmental
- 9) Earth Day

With such a broad focus, you are sure to find a Peace Corps volunteer opportunity where your experience and talent are a great fit. If you have spent 30 years of your life as an accountant, worked as a nurse for most of your career, know how to program a

computer, have experience as a teacher, or come from a third-generation family farm, the Peace Corps is in desperate need of your experience and wisdom.

“Sounds great!” you may think, “but who wants someone my age to work in a foreign country?” Although 28 is the average age for a Peace Corps volunteer, seven percent of the volunteers are 50 or older. In fact, during 2009, Hillary Clinton publicly lauded Muriel Johnson of Florida who was serving in Morocco as a Peace Corps volunteer at the age of 85. John Guy LaPlante entered the Peace Corps at age 80 and served between 2007-2009. As these folks will tell you and others will agree, age is not a barrier if you have the desire and drive to go.

Health issues, however, can be a concern. The Peace Corps does work hard to ensure the health and safety of its volunteers and provides comprehensive health care during your time of service. However, certain medical conditions do disqualify people, often because the level of medical care available in certain countries makes it difficult to meet these needs. As part of your application, a thorough health assessment is required. Visiting [www.peacecorps.gov/medical](http://www.peacecorps.gov/medical) will give you a list of medical conditions that the Peace Corps is usually not able to accommodate. But, if you are a reasonably active and healthy person, the Peace Corps should be able to provide the medical care you may need while serving.

Another consideration is debt – a mortgage or large medical bills that you are still paying can prevent you from volunteering. Since you are committing 27 months of your life to serve in a foreign country, your affairs at home need to be settled beforehand. The Peace Corps does cover your expenses during your volunteer time, providing you with a living allowance, free travel, medical and dental care,

health insurance and two vacation days per month. Upon successful completion of your service, you will receive \$7,425 in transition funds to help you readjust back to life in the states. However, since you don't earn a salary during your volunteer time, you must be able to prove to the Peace Corps that you can manage any debt that you currently have while serving. This is another reason why older people make such wonderful volunteers: Generally, they are better off financially than the younger crowd and don't usually have student loans or mortgages hanging over their heads.

While the Peace Corps is an amazing opportunity for you to serve and give, it will be a challenge. If you've never traveled outside the states before, you'll encounter a bewildering amount of new experiences, bizarre (to you) cultural issues, odd food, different languages and a host of life changes that will stretch, confuse, inspire and puzzle you to no end. Living in another culture is always full of new experiences and changes, and you will be going there as a worker, not a tourist, so you will be immersed in the culture.

If the idea of retirement has you pondering what your next step in life should be, why not consider the Peace Corps? Think of all the rich experience, wisdom and insight you can bring after decades of living your life, working in your career field and seeing the world change through the years. Think of the lives you can change and the growth you will experience as a person. To learn more, visit [www.peacecorps.gov](http://www.peacecorps.gov) to see an extensive and comprehensive guide. If you have more questions, contact a recruiter who will be happy to talk with you about opportunities awaiting you.

As the Peace Corps says, “Life is calling. How far will you go?”

# Knowing Your Password and Where to Hide It

By Mick Rood

If you bank online or access other sensitive financial accounts – even if it's just to check balances – you should probably secure the passwords to those accounts with more than your memory. First, if you can't remember what you had for lunch the other day, know that you're not going to necessarily remember all those passwords. Second, when you die, your close family members and/or heirs will need to know where and what those precious sequences are.

Most obviously, you can hide a password list at home. But be smart. I contacted my trusted computer guy on this. He has run a computer applications company for years and tells the story of a bank executive client of his who keeps passwords taped to the bottom of his keyboard. Not recommended. You should secret the passwords in a clever place in the far reaches of your house far from where you normally operate a computer and tell those closest to you where it is. Use that memory of yours to keep that master list updated as well as hidden.

You can also entrust online computer

services or desktop managers to guard your passwords for you.

One of the most popular and versatile is **KeePass.com** a desktop-based password manager. And it's free. Your logins and passwords are stored in a data base protected by one master password. Don't forget that one, though, or you lose them all. Another choice is **PassPack.com** which is similar, but it encrypts your passwords online in an external server.

You can Google for a myriad of other choices, but sometimes it's wise to keep up online with the cyber dangers out there. For example, there have been reports recently that Netflix and others are storing your passwords unencrypted. While fixes may be installed by the time *Outlook* publishes, these kinds of things are good to know. Just Google keywords like password security to browse for the latest developments.

My computer guy notes that whether it's an old-fashioned hiding place, an online service safeguarding your passwords or a password manager, they are no

match for what seems to be an uptick in the number of sophisticated hackers out there. He says if someone is able to install what is called a keylogger in your machine, it can capture your various usernames and passwords as you type them in. With that in mind, the best you can do to stay ahead of the bad guys is to:

- **Keep your antivirus software current.**
- **Don't use the same password for all or most accounts. That just makes it easy for cyber thieves.**
- **Keep your online accounts to a minimum. The convenience is great, but you don't have to do business online.**
- **You're not going to want to hear this, but it's wise to change passwords every three months or so. Then update your secreted list.**
- **Don't keep your password manager in a machine that you share with someone else.**
- **Using your personal info in passwords such as birthdays, initials and so on is a bad idea. In fact try not using real words for your password.**
- **Use different character types or special characters (\$, # or &) in your passwords.**

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# Who's a Senior Dog?



By Pat Jurgens

This October our rescue pup Zoe will be six years old. In the shorter canine lifetime she will officially enter her senior years. How can this be? Wasn't it just yesterday that we took her in and endeavored to change the spirited ruffian into a well-behaved pet? Even now she's not perfect, but we've both come a long way. The journey of the past 4 ½ years with Zoe is a story of patience and persistence that has changed both our lives.

We named her Zoe because she was so full of life. A beautiful golden retriever-German shepherd mix, she could melt your heart with a look from those deep, brown eyes. Looking back, I'd say she came to us in a flash of serendipity, found by a friend behind a dumpster on a frigid February night. "She just needs a little work," we were told. In the house she was a model of deportment, snoozing at our feet until a critter or human passed the window. Then she erupted like Mt. Ve-

svivius and charged through the house like a wild boar, barking ferociously. Whether behind a fence, in the car, on a leash or behind a door, she was wary and unpredictable. Earlier abuse and neglect left her reactive and aggressive toward everything that moved. Not until encountering a canine with such problems do you realize some dogs need strict training in acceptable behavior.

## TRAINING

Zoe was quick, smart and untutored. My crooning and belly-rubbing approach was not the right treatment for this wild young thing. She needed a "pack leader." I needed schooling for this role as much as Zoe needed obedience training. Here are some ideas that worked:

- Dog trainer – For basic training, learn the commands, "Sit, wait, OK." "Down, stay, OK." "Sit, wait, OK." "Down, stay, OK." Introduce the dog to other humans with a "loose leash," while offering treats for calm behavior and positive responses to commands.

- Obedience Class – Here's an opportunity for socialization with other dogs in a controlled setting, as well as teaching additional basic commands like, "Come."

- Doggie Daycare – Find a kennel or canine facility that will work with your pet and be honest with you about their behavior. Taking the animal several times a week will give them

familiarity and a place for you to leave them when you are away.

- Dog Park – introduce the dog to off-leash exercise after they've learned to respond to the come call. Take tennis balls and Frisbees. This is a great way for animals to expend energy. "A tired dog is a good dog."

- Private training sessions -- This is required for the worst habits such as leash and fence aggression. It's amazing how well the dog will respond to an authoritative figure who knows what they're doing. Consistency and patience are key.

- Daily dog walks -- Here is where you practice, practice, practice. Keep your eyes open for your dog's reactions: prick of the ears, rigid body and staring. Be ready to issue a command before the dog is overstimulated by the approaching challenge.

## OWNER LEARNING

I love animals, but had never assumed the role of drill sergeant. I set myself to learning the jargon, and tried to speed up my response to signals Zoe was sending.

- I learned positive reinforcement for not being aggressive, as in "Good girl!" I was coached to give negative reinforcement in a nanosecond. "Arghhhh!" was the recommended command, rather than the word, "No." I practiced tuning my negative growl and devel-

## Bits & Bytes

To find the best fall foliage in Virginia as well as many fun autumn activities, log onto [www.virginia.org/Fall](http://www.virginia.org/Fall) and for New England [www.YankeeFoliage.com](http://www.YankeeFoliage.com)



oped a sore throat. My octave was too low, too gravelly. Eventually I came up with my own version of a mother dog's growl, and was amazed when my charge stopped in mid-bark and looked at me. Progress!

Meanwhile my long-suffering and loyal husband Carl was watching with much headshaking. He voiced his opinion: "Dogs bark. Let her bark." On the other hand, I wanted the prize at the end of the rainbow: a well-behaved pet who did not terrify the passing jogger. But my new abbreviated communication style was carrying over into the rest of my life. My husband could sometimes be found muttering to himself, irritable and uncommunicative. I had learned the pack leader language.

- Getting the dog's attention has been mandatory. She should respond to her name, the idea being that if she is paying attention to the owner, she's not getting into trouble. Other devices for demanding attention include squirting the dog with a water bottle or shaking a can of coins. Zoe would rush to the fence with warning barks, increasing in volume and intensity. Meanwhile, struggling into my outdoor shoes, I would yell, "Leave it and argghh!" Grabbing the squirt bottle I stumbled out the door after her. As I got close, she neatly changed direction and raced past to the deck, where she resumed her trumpeting as the strangers passed below the house. Then she squeezed past me again to race to the lower fence. This was not working.

- Our trainer's advice was to praise the dog at the first warning bark. "Thank you, that's enough." Then I was told to move across the yard with a yummy treat she didn't usually get. With this I was to lure her into the house, uttering the mantra, "Good, quiet girl." The first time this technique was tried a tiny rat dog passed by the house. Pushing into my shoes I hollered through the screen, "Thank you, Zoe. That's enough," and plunged into the yard where my ward was charging back and forth like a frenzied bull. Thrusting a piece of cheese in her direction I followed the protocol. She got a whiff of the cheese and leaped after me into the house. By the time a third canine had rounded the corner, all I had to do was wave the cheese from the back door and Zoe came running. Victory!

Needless to say, our lives have changed. Essentially, we were caring for an erratic pet who snatched butter from the picnic table, relocated the woodpile log by log, ate pebbles

and burped them up at night and butted her head through the glass back door. But how can you not love a dog who greets you every morning with a face full of kisses, wiggles all over in excitement at your homecoming and curls up with her head on your feet? Albeit a mischief-maker and a terror, she's a spirited alpha girl with a personality to match. Even going into her senior years, she still acts like a puppy. Zoe is impossible and lovable, and through it all she keeps us young at heart.



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# The Philadelphia Museum of Art

By Tricia Herban

Only 2 1/2 hours from Annapolis, you can visit one of the finest art museums in America. Established for the city's centennial, in 1876, the museum is currently housed in a Greek temple-style building that sits at the top of Philadelphia's Benjamin Franklin Parkway. The Perelman Annex, just across the street, houses a research library, café and additional exhibitions in a beautifully restored art deco space.

A docent-led tour can provide an excellent overview of this vast collection. Since the museum is located in Philadelphia—once the capital of the American Colonies—it is rich in Colonial holdings including paintings by Charles Wilson Peale and John Singleton Copley. Another painter, Thomas Eakins, was a native son and the museum has the finest collection of his drawings, sculptures and paintings in the country. Philadelphia silver and furniture complement unusual pieces such as William Rush's elaborate wooden sculptures of comedy and tragedy that originally graced the city's first theater in 1808.

Objects in the collections range from contemporary painting, drawings and sculpture to centuries-old art from Asia. Of special note is an intermediate temple hall dedicated to Vishnu. This elegant Indian stone structure is the only such example in the United States. Another noteworthy sight is a vast Ming Dynasty reception room from a Chinese nobleman's palace. Its furnishings include imposing lacquer chests.

Farther on in the museum, one finds a 1917 Japanese tea house and fountain which demonstrate the appreciation of nature in harmony with beautiful objects. Nandina and bamboo are employed for roofing, fencing and flooring, creating a serene ensemble.

After a stroll through an an-

cient Japanese temple dated 1398, you can continue through a stone cloister from a monastery in southwestern France. A fountain centers the space, providing counterpoint to the Romanesque architecture from 1125-50.

Netherlandish painting is another of the museum's strengths—especially Roger van der Veyden's diptych, "The Crucifixion with the Virgin and Saint John." Another exceptional room presents a pair of 1480 relief-carved marriage chests bearing the coats of arms of their Tuscan owners. Perhaps even more unusual is a work done in 1600 by Hendrik Goltzius, a Dutch master engraver. He created a large black and white ink drawing of "Without Ceres and Bacchus Venus would Freeze" and then used oil paint to touch in glowing rose-colored highlights.

Corridors flanking the Grand Staircase display the complete set of 13 tapestries, "History of Constantine the Great," designed by Peter Paul Rubens and Pietro da Cortona for Cardinal Francesco Barberini in the mid-1600s. Armor graces a room just off the main corridor, while an Alexander Calder mobile from 1964 overhangs the staircase.

And what of the French impressionists, the earlier English romantic painters and so forth? Be assured, all are well-represented in addition to historic fabrics, Dutch and Moorish tiles and Italian Majolica. This venerable museum has something for everyone.

Most exciting of all may be the furnished rooms that set artworks naturally amidst the furnishings, carpets and walls that would have originally welcomed them. Seeing art in its context is, after all, the ideal way to "get the picture." To mention but one example, The Drawing Room of Eleanor Elkins Rice presents 18th Century French

antiques against Boucher tapestries and positions them on a rug from a royal palace.

For more information contact the museum at 215 763-8100 or [www/philadelphiamuseum.org](http://www.philadelphiamuseum.org)

## Main Building hours:

Tuesday through Sunday 10 a.m. to 5 p.m., Friday 10 a.m. to 8:45 p.m. (On Friday, selected galleries are open for "Art after 5 p.m.," which offers tours, food and wine and musical performances.)

**Perelman Building hours:** Tuesday through Sunday 10 a.m. to 5 p.m.

**The buildings are closed Mondays except on some holidays.**

**Admission:** Adult \$16, senior (65-plus) \$14, child 13-18 \$12, student with ID \$12, children 12 and under free. Sunday: Pay what you wish.

**Dining:** Cafeteria and Café in the Main Building and Perelman Building is casual fare.

**Fine dining:** Granite Hill by reservation at 215 684-7990 is open for dinner Friday evening and for Sunday brunch.

**Museum shop:** Books and unique gifts available in both buildings.

**Parking:** On-site garage \$10 for four hours, \$2 each additional hour.

**Accessibility:** The museum is fully accessible and offers handicapped parking adjacent to the entrance.

## Bits & Bytes

It's easier than ever to check on the flight status of an expected arrival. Type in the airline such as **Southwest.com** and click on status. Enter the flight number or departure point and the ETA will pop up.

## Turn Your Next Cruise into an Affordable Spa Vacation

By Kater Leatherman

On Deck 4, an Elvis impersonator welcomes everyone as they step onto the ship. For those who make their way across Deck 9 to the buffet dining room, waiters offer umbrella drinks. After lunch, a table is set up with temporary tattoos and tee-shirts for sale.

None of this interests me, so why am I here? Because I've found a way to transform cruising into an affordable spa vacation. On a ship, you can pick and choose the things that promote health, relaxation and peace of mind.

For many, spa vacations are financially out of reach. At the Golden Door in Escondido, Calif., for example, you will fork over \$6,500 for one week. And that's their special summer rate. In Lenox, Mass., at the exclusive Canyon Ranch, an executive room single is more than \$10,000 for seven days.

Fortunately, cruises offer almost everything that spas do. You're anchored in one place without having to go anywhere. There are healthy food choices and someone is available to clean your bathroom, make the bed and replenish towels. There's also a fitness center, yoga, spinning and Pilates classes, spa services for pampering and lectures on health.

To avoid the hassle and cost of air travel, you can book a cruise out of Baltimore, a mere 45-minute drive from Annapolis. This one is nine days and will sail up the New England coast and into Canada. There are 2,274 guests on board the Royal Caribbean

Enchantment of the Seas.

With three restaurants and room service, food is available 24/7. Fresh fruit is plentiful, especially at breakfast, where you can order an egg white omelet filled with sautéed vegetables. If you add two sides, such as a broiled tomato and a side of smoked salmon, you will have a plate that looks like the rainbow. For lunch, in addition to many entree choices, there's a salad bar.

Every evening, in the formal dining room, the portions are moderate. Included is at least one vegetarian entree. The ship also offers a "Vitality" option consisting of a three-course meal for under 800 calories. Of course, if you want to avoid the compulsion to overeat, avoid the less formal buffet dining room.

In the morning, the gym offers a complimentary 20-minute stretching class. Yoga, spinning and Pilates classes are at different times and last one hour each. Six out of the nine days, a free seminar is offered with topics such as increase your metabolism, cellulite solutions, detox for health and secrets to a flatter stomach. Other ways to make healthier choices include taking the stairs instead of the elevator, drinking lots of water and skipping dessert.

For a quiet atmosphere, the library houses a wide variety of books with comfortable leather chairs to sink into. Other areas that offer less frenetic energy are the solarium with its salt water pool, your stateroom and the spa. There, a seaweed massage costs \$195 for 75 minutes. Facials are 55 minutes

and run \$169. The most economical service is a 50-minute reflexology session for \$119. They also offer hot stone massages and acupuncture treatments.

Like many spa resorts, you can also opt for something that is physically and mentally challenging. On this ship there is the 30-foot rock climbing wall. After being buckled into a harness that fits snugly around your waist and hips, you're good to climb. With a few instructions from an attendant "coach" on the deck, the one whose life is tethered to yours with a rope the size of a finger, you will hopefully reach the summit.

Then again, for some spa-oriented travelers, getting away means doing nothing, literally. You may be completely happy and content to stay on the ship and avoid the stress of having to stand in line to board a tour bus or shop for souvenirs. On excursion days, at one of five ports, it feels like a city that has emptied out. After having spent approximately \$2,500 (half this amount if you share an inside cabin), the ship pulls into the Baltimore pier at 7 a.m. Hopefully, you will leave mentally prepared to return home -- your body, mind and soul restored, rested and ready to slip gently back into your life.

*Kater Leatherman is a home stager, professional organizer and yoga instructor at Ridgely Retreat. She also leads declutter support groups. Contact her at: katerleatherman@gmail.com*

# Flat-water Canoeing on the Potomac River, an American Legend

By Ellen Moyer

For a very long time, I had wanted to canoe America's rivers, especially those steeped in our nation's history. As a novice canoeist, I also wanted to avoid rapids. Flat water for dummies, that was my style.

Maryland, my home state, seemed like a good place to start. Maryland is one of the original Colonies and a state that is soaked in our nation's early history. The Potomac River separates Maryland from Virginia, and "is richer than any other in American legend" a review in *The Washington Post* has claimed. This was the one I chose for my first easy paddling adventure.

The Virginia Company that sponsored the first colonists to Jamestown in 1607 held out hope for the discovery of an inland route that would connect the Atlantic with the Pacific. As part of their passage, colonists were instructed "to search the rivers that led north and west." After exploring the Chesapeake Bay, Capt. John Smith did just that, turning into the seven-mile wide Potomac in 1609. But after 115 miles, he was stopped by the Great Falls just north of present day Washington, D.C. He could go no farther and neither did anyone else.

New colonists busied themselves with settling the Potomac Tidewater area and making fortunes on tobacco sold to England. It would be 100 years before anyone paid much attention to the upper Potomac and that someone would be a young surveyor and wilderness explorer, George Washington. He saw the river as a route to connect with the Ohio River and the way west. He also saw a territory rich

in resources such as pig iron, grain and cattle, all important to the cities of the East.

## WASHINGTON AND THE C&O

In his lifetime Washington never faltered in his vision. He invested not only his thoughts, but his money in western lands and in companies to build a canal around the falls and a road that would traverse the mountains to the Ohio territory. The Chesapeake and Ohio Canal, part of his vision, was begun after his death and is now the 180-mile National Park Service Trail along the old mule towpath that extends from D.C. to Cumberland.

Reviewing the map of the river, I found a flat-water stretch between Paw Paw and Little Orleans located on the upper Potomac. My friends at the Maryland Department of Natural Resources assured me the river was pretty tame in this area. There is a campground in Paw Paw with a canoe access site where we would meet our DNR staff guide.

Paw Paw is now a sleepy town with a gas station, a small restaurant and not much else. Born from the construction of the C&O canal and its rival the B&O railroad that bordered the river 180 years ago, it was once a thriving boomtown. A tannery and one of the country's largest apple orchard businesses thrived here. Six trains a day stopped at the town's depot. The town was so popular that the B&O named a Pullman car after it in 1948.

The nearby Paw Paw tunnel, a C&O canal water course built to avoid six miles of bends of the Potomac River, was dubbed a wonder of the

world when it was built in 1836. It tunneled through mountains for .6 mile, was walled with 6 million bricks and took 14 years to build. Floods finally stopped canal traffic in the 1940s. By 1971 passenger service on the railroad was discontinued.

Parking at the campsite, we launched our canoes into the clear water to follow the six miles of river bends the Paw Paw tunnel had eliminated. The river is not deep. Fur traders constructed flat bottom boats to carry goods down the river to Harpers Ferry and then overland around the rocks and rapids to sailing ships waiting in the broad basin of the Potomac, below the Great Falls.

## CRYSTAL WATERS

Stones on the river bottom stand out clearly. Occasionally a large fish would follow us. The forest creeps down the steep banks on the Maryland side of the river with open meadows on the West Virginia (once Virginia) side of the river. There is evidence of stone quarries still visible along the ridges. Much of the canal, though close by, is not visible from our canoes.

It is easy to imagine deer and bear coming to the river to drink and to imagine Piscataway Indians building fishing weirs here. In 1890 along this stretch, treachery was afoot when a lock keeper was murdered during a theft of his rare coin collection. The thief, thinking he was safe, began to spend the rare coins a few months later in Cumberland where he was apprehended, convicted and hung for his crime.

Continuing our journey, we ca-



noed under the first of several abandoned Western Maryland Railroad bridges that once competed with the B&O for the coal transport from the mines of far western Maryland. The rail line is now a trail that connects Pittsburgh with the National Park Service C&O Canal Tow-path Trail to Washington D.C.

The bends of the Potomac travel through quiet areas of remote land. In 1836 the area was considered so remote that workers were discouraged from bidding on construction work for the canal. Only one applied to build the locks. Green Ridge State Forest now covers this area and borders the river for most of our journey. Primitive camp sites and 200 miles of dirt roads attract hikers to this desolate and still remote area.

Our 15-mile paddle ended at the 15 Mile Creek Riverside Park at Little

Orleans, a town of two buildings, a general store and a bar with plenty of beer, a hunters weighing station and an abandoned blacksmith shop. Once a busy supply stop for the canal boats, the railroad passed here too. The old road to Oldtown still exists and is great for a bicycle ride or leisurely drive to visit the historic home of wilderness explorer T. Cresap.

Had we traveled another five miles, we would have gone to the canoe stop at the Woodmont Rod and Gun Club. Once a private club for the social elite of Baltimore and Pittsburgh, it was visited by the Mellons and the DuPonts and by presidents and sports stars. The stone lodge is now owned by the DNR.

Our cars were waiting for us at Orleans. Invited to visit the lodge, we drove through the desolate area of the

Allegheny Mountains, past the canal route over the Sideling aqueduct, one of 11 that cross creeks that tumble down the ridges into the Potomac. It was good to know that the wild turkeys once raised here would no longer be sacrificed for the hunter.

Muscle-tired, we headed back to the Country Inn at Berkeley Springs for a restorative soak in the hot mineral waters and a massage that the State Park Spa has been providing for 80 years. Red wine and dinner and good conversation with friends ended this perfect day following the land and river that George Washington traveled more than 250 years ago.

*Ellen, is currently a talk show host on WNAV and can be reached at ellenmoyer@yahoo.com or 443-370-1785.*



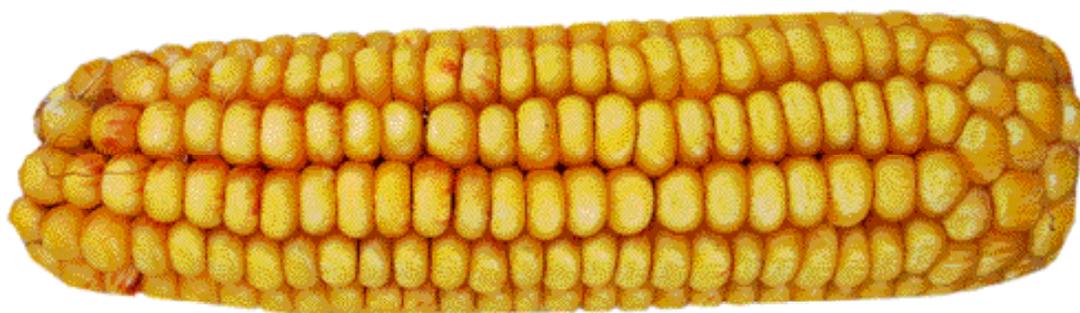
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## Corn Dishes Complement Fall Barbecues

By Mat Herban

As fall approaches, the last few ears of fresh local corn become a special treat. So tender. So sweet. It's so delicious that you may buy too much and have some cooked corn left over. These two recipes are ideal for just this situation. Of course, first you have to cut the corn off the cob. There is no one "right" way to do this. My method is to just stand one end of the ear upright on a cutting board, grab a sharp, straight edged (not serrated) knife, and cut away. If the cob is scraped in the process, don't worry. If kernels are left behind, you can either forget it, or cut more off. Whatever! If the kernels are clumped together, they are easy to separate with your finger tips.

Once the corn is cut, a lovely pudding can be made, or perhaps just a quick sauté with onion and butter. The recipes will work with drained "Niblet" corn or corn thawed from the freezer.

*Mat is a lifetime amateur cook who loves inventing and trying new recipes and sharing the results with friends. He can be reached at [triciab11@verizon.net](mailto:triciab11@verizon.net)*

### Corn Sauté

1 large onion (2 cups) chopped  
1/2" pieces  
3 Tbs. butter  
1 1/2 Tbs. canola oil  
4 ears of corn off the cob (4 cups)  
garlic salt and black pepper to taste

Sauté onion in butter. Add corn and oil and continue to sauté over medium heat until the corn starts to brown a little. That adds to the flavor, but don't over-cook or it will become dry. This is similar to making hash brown potatoes. Add garlic salt and pepper. This dish reheats well if you have left-overs. Serves 6 or more.

Variations: Add fresh herbs to the onion, such as thyme or rosemary. Left over cubed baked potatoes make an interesting addition. To make it more "country," add bacon bits or use bacon fat instead of oil for the sautéing. This recipe is very flexible and you can't ruin it!

### Corn Pudding

Mix together in a medium bowl:  
2 1/2 cups corn  
3/4 tsp. salt  
3 Tbs. melted butter  
3/4 tsp. paprika (sweet, not hot)  
3 Tbs. flour  
3/4 tsp. pepper  
3/4 cup heavy cream  
3/4 tsp. garlic powder  
1/4 cup sour cream  
3 egg yolks (reserve whites)

Beat into soft peaks:  
3 egg whites

Fold egg whites into corn mixture. Pour batter into a greased and floured 1 1/2 quart pan or casserole. If a glass dish is used, lower the baking temperature by 25 degrees. Bake uncovered at 350 for 30-40 minutes or until firm. This dish is best served soon after baking. Serves 8.

### Bits & Bytes

An interesting website for those with foot issues: [www.PodiatryNetwork.com](http://www.PodiatryNetwork.com) Type in your question or ailment and the answer appears.

# A WELCOMING HOME:

## THE IMPORTANCE OF SCALE AND TEXTURE

By Tatiana Beckham

Scale is a powerful tool that can reinvent the dynamics of a room. When all elements in a room are in proportion with the overall size of the room, the design feels harmonious. Getting the proportions right to create a finished and seamless look demands the right size of furnishings for the size of the room and the arrangement of furniture so it all appears compatible in scale. Using the scale of furnishings is a tool that can even disguise a room's proportion.

It is not hard to see that a large, high-ceiling room needs large scale furniture, and the reverse is true for small spaces. However, a single interesting large-sized piece of furniture can add a wonderful architectural element to a small space and make the room feel larger. The eye is drawn first to a room's furnishings rather than the actual structure of the space, so that a large piece can also serve as the focal point to bring height and interest in a small room.

Exploiting the effects of scale can be particularly useful if you like the spare, clean look and have a large space. Using fewer pieces of large furniture and objects will be very effective in achieving that look. In addition, large art pieces and large paintings will reinforce this effect.

It is important to consider the visual weight of furnishings in a room, because the poor use of scale often causes rooms to look unbalanced. For example, even if two chairs are the same height, a thin one will look awkward next to a bulky one. Starting with your largest piece of furniture, usually the sofa, add other furnishings that visually fit in the room, but keep in mind a few large-scale pieces are better than many small pieces clustered together.

Texture is another power-

ful tool you should not neglect when developing a room. Textures are found in fabrics, rugs, furniture, walls, art and other objects. Textures can add a subtle pattern in a room for a well-balanced mix. It's very appealing to have a combination of textures in a room -- rough surfaces to smooth surfaces, woven to flat surfaces and intricate to smooth surfaces. The eyes enjoy this mix and the fingers would like to touch.

Textures work like color in influencing a room's style and sense of space. For an informal look, as a general rule, choose rough textures instead of smooth. Rattan, pine, iron and wicker are less formal than glossy veneer or glass. The same is true for fabrics: A coarser weave says informal and smooth fabrics such as silks, damask and polished chintz have a sheen that suggests formality.

Rough surfaces absorb light and give a sense of informality to a room whereas smooth surfaces and textures reflect light and suggest elegance and modernity. Smooth finishes, such as glass, lacquer, mirror, brass and polished woods, also lighten and enlarge a small room since those surfaces reflect light. In choosing rugs, rough textures such as sisal rugs or Berber carpeting work in casual and eclectic rooms.

Decide how casual you want the room to look. The more rugged the textures, the more casual the room's feeling. In a bathroom for example, using contrasting textures can take the edge of cold tiles and fixtures. Antiques and flea market finds play off very nicely against slick ceramic tiles, porcelain and glass. Imagine a bathroom with a lot of hard surfaces such as tiles and mirrors. Add to the mix a large woven basket to hold fluffy towels, live plants, an antique chair or two, art on the wall, a textured rug on the floor and the result is an inviting spa.

Once you understand how scale and textures work, the possibilities to fashion a room with one's own signature and personality is limitless. The mix of materials and choosing the right size of furniture produce a room with a rich visual texture. Paying attention to the details of scale and texture in all areas of your home will result in the beautiful, welcoming effects that you want.

*Tatiana and her partner Jean Phillips are interior designers, home stagers and e-decorators. They can be reached at STAGING-TO-SELL (410 271-1261) or at [tj@staging-to-sell.net](mailto:tj@staging-to-sell.net) or visit their website at [www.staging-to-sell.net](http://www.staging-to-sell.net)*

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## LAKE GEORGE, NEW YORK: A GREAT AUTUMN VACATION SPOT

By Kathryn Marchi

Nestled in the Adirondack Mountains in New York, Lake George is a wonderland of nature and a great family vacation spot. Nicknamed the “Queen of American Lakes,” it extends 32 miles with a varying width of one to three miles and a depth 200 feet at its deepest point.

Located at the southeast base of the Adirondack Mountains between the Hudson River Valley and the St. Lawrence River, Lake George is interspersed with some 300 small islands. Logistically, it provides a direct route to Albany, New York City and Montreal.

Although the lake has had many names, it was renamed Lake George during the French and Indian War in 1775, when William Johnson and his British forces occupied the area. Johnson named it for King George II. In 1791, when Thomas Jefferson visited the lake, he declared in a letter, “Lake George is without comparison, the most beautiful water I ever saw.....”. Indeed, the water is still crystal clear and pure enough to drink.

Many people live on Lake George year round and others own homes which they occupy only part of the year. These residences are known as “camps.” In reality, most of these camps are quaint cottages as well as nicely appointed homes. Either way, Lake George is an active community that welcomes thousands of tourists that visit each year.

There is something for everyone to enjoy at the lake, no matter the age.

During the typical spring and summer seasons, popular draws include boating, fishing, swimming at sandy beaches and parasailing on the lake. Along the shoreline, there is hiking, camping, picnicking and rock climbing. In the various towns that dot the lake, events such as carnivals, concerts, museums, theater and fireworks are among the many activities to enjoy. Of course, there are the usual shopping opportunities as well.

During the fall and winter months however, the lake and its environs can be just as entertaining and exciting. Autumn is especially inviting because of the beautiful and colorful foliage blanketing the mountains that surround the lake. Brilliant colors of red, orange and gold begin to develop from mid-September to October. Imagine taking a hot air balloon ride during the Adirondack Balloon festival! There is also the opportunity for big and small game hunting as well as attending a German Oktoberfest at the Great Escape Fun Park. An Adirondack Stampede Rodeo and the Lake George Jazz Festival are two more popular events in the area.

If you’re a winter enthusiast, the area offers snowmobile trails, cross-country and downhill skiing, ice skating and more. There is no limit to enjoying this beautiful area, no matter the season.

Along with the seasonal activities, history buffs will enjoy the rich American history that can be traced throughout the Adirondacks. There are forts at the northern and southern ends

of the lake and reenactments provide an interesting insight into 18th century military battle strategies. Well-designed museums at these sites display artifacts from this time period:

- Fort Ticonderoga is the site of a battle during the French and Indian War. Also, not to be missed are the beautiful “King’s Gardens.”
- Mount Defiance overlooks Ft. Ticonderoga where the British army positioned their artillery. Also enjoy beautiful vistas of the area.
- Fort William Henry, site of a British fort which was captured by the French. It was the inspiration for James Fenimore Cooper’s *The Last of the Mohicans*.

Interested visitors will find all of the above activities and more at [www.lakegeorgechamber.com](http://www.lakegeorgechamber.com) Tours and overnight accommodations can be found by logging on to [www.visitlakegeorge.com](http://www.visitlakegeorge.com) Reaching the lake area is not difficult as it is accessible by car via I-87 or by plane from Albany’s International Airport, 45 miles away.

No matter when you decide to visit Lake George, there is something for everyone to enjoy. As autumn unfolds, you might want to plan your trip around the spectacular show of the Adirondack’s foliage.

*Kathryn and her husband visit friends at their Lake George “camp” each year, discovering new and exciting venues each time. She can be reached at [marchi-wre@mris.com](mailto:marchi-wre@mris.com)*

*If not now - When?*



# FALL GARDEN PREP

back to within a few inches from the ground. A three- to four-inch layer of mulch applied over the root system of the plants will protect them from the freezing and thawing cycles over the winter.

With the cooler weather upon us there should be no excuse for not pulling a few weeds from the flower bed. For best results, pull the weeds root and all, preferably before they flower and go to seed. Applying mulch will also ensure the weeds don't get a head start in the spring.

Fall is also a good time to divide perennials that have gotten a little unruly, and/or aren't blooming like they once did. A reference book on perennials will guide you on how to divide different perennials. As a general rule, perennials, such as iris, cranesbill and day lilies that tend to grow in clumps, can be divided by slicing through the root ball of the plant. Some perennials, such as peony, are a little difficult to successfully divide.

Trees, shrubs and perennials can all be transplanted in the fall. The cool, normally moist weather at this time of year provides favorable conditions to do so. Dig a hole twice the size of the root ball; add good topsoil or compost in the planting hole. Avoid fertilizing any plants with nitrogen in the fall as it can cause a flush of growth that won't have a chance to harden off before winter.

Fall generally isn't the best time to prune plants, especially shrubs, including roses. Like fertilizing with nitrogen, pruning in the fall can cause a flush of growth that won't have a chance to harden off before winter. Late winter

is the best time for all types of pruning, except for spring flowering plants like forsythia. Consult a garden resource guide on best pruning practices for all plants.

And last, but not least, the vegetable garden. The least that should be done in the fall is to remove any diseased plants, such as tomatoes, that were infected with blights or fungus. The vines should be removed from the garden entirely and not mixed in with any composted material.

Many gardeners work up the garden in the fall. Most plant material can be worked into the soil. The exception is plants, such as pumpkin, squash and corn, which can get wrapped up in the tines of smaller rototillers.

Here's a tip on controlling weeds in the vegetable garden: If perennial weeds, such as quack grass, have been a problem over the summer, what the farmers do is to apply a glyphosate (Roundup) herbicide to the perennial weeds while the weather is still warm in early fall. Wait about 10 days, then cultivate your garden. This works like a charm and will save you some weed pulling next year. When you do have to pull weeds, remember what they say about bending over after you turn 50: "When you bend over to pick something up (or pull weeds!) look around to see if there is anything else you can do while you're down there!"

*Neil Moran is a freelance writer/copywriter and the author of three books on gardening. Visit his website at [www.neilmoran.com](http://www.neilmoran.com)*

*By Neil Moran*

As the sun sets on summer around the Bay, thoughts will be turning to putting our gardens to bed for the winter. To ensure a great garden next year, or at least a shot at the "most improved" award, you'll have to do a little garden housekeeping before the days get any shorter. A little work done now around the yard will help reduce the garden chores you'll have next spring. And hopefully, there won't be any more heat alerts like we saw this past summer, which will make it easier to perform some of these rather physically demanding chores.

So where does a gardener start? Let's start by cutting back the foliage on the perennial flowers. Although it's not absolutely necessary to cut back plants in the fall, it's a good chore to have out of the way come spring. Cut perennials

## Suggested resources on gardening:

American Horticultural Society A to Z Encyclopedia of Garden Plants (good resource for pruning and dividing perennials)

[www.Lowes.com](http://www.Lowes.com) (enter "how to seed your lawn" to learn more)

[www.Gardenguides.com](http://www.Gardenguides.com) (information on all aspects of gardening)



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# What Exactly are "Apps?"

By Scudder Sodergreen

Should one day you find yourself flying a Star destroyer through an asteroid belt with your buddy Darth Vader and his all-too-familiar voice rasps, "We've passed that asteroid before," you'll realize he's right. But then you pull out your iPhone (imperial issue, of course) and pull up your intergalactic GPS app. With the detailed directions provided, you easily correct your flight path and head to the Death Star.

In today's world this intergalactic GPS is nonexistent, but there is an app for just about everything else. Applications, or apps as they are now known, are small programs whose sole purpose is entertainment, enlightenment or to make tasks in life easier. An app is found on your smart phone (high tech cellphone) or iPad (see the *OutLook* spring issue), or Ipad touch or on your computer. Mundane tasks are completed faster than ever before with the easy to use and understand app. Banking, getting directions, finding and playing your favorite music or whiling away an afternoon playing a hand-held game is more fun than you can imagine. With thousands of apps available, there are a few that stand out and if you haven't done so already, they

are worth downloading to your electronic device. Each device has its own "app store" installed and it's as simple as touching the apps icon on your screen and following the clear instructions from there to download whatever you find most interesting. Many are free.

## The Boomer List of the Top Five Applications

**Number One is Scrabble.** Yep, a game. Have you ever had one of those days when there is nothing for you to do? Well maybe not. But I bet there are a few quiet moments available when you'd like to interact with grandchildren. Here's an opportunity. You can literally pull this out of your pocket and play with anyone who is available or even against your hand-held device! It's easy. And for some of you hard-core fans, test yourself against the difficult mode; I must say I've only beaten it once.

**Number Two is the Kindle app.** For those of you, who like me, find the idea of reading a book on an iPad or Kindle or any other electronic preposterous, this is worth a try. I must say after using this app I feel no regrets. I now purchase most of my books online and download them right onto my iPad whenever convenient. And better, at night I don't need a light with my iPad. Because of the back-lit screen, it won't wake anyone when I read. I haven't gone over to the dark side yet and still love the smell of a new book, and the crinkle as you thumb through the pages, but I think this is a worthy investment.

**Number Three is Netflix.** When you'd like to fill a few quiet moments such as waiting for a plane or waiting in line, Netflix is now available on your

electronic device. Netflix has a large Internet collection (very large) of movies where for a small subscription fee you can download and watch the movie of your choice right then and there. It's also quite helpful when you would like to keep those grandkids in the back seat quiet.

## Number Four on our list is

**Pandora.** For those who missed the last issue, Pandora is a large Internet-based radio that allows you to type in any song or artist and it will then bring up a list of songs that resemble your entry. Of course, since nothing in life is perfect, there will be occasional songs that aren't your favorites, but that's why they have fast forward.

**Number Five is Navigon Mobile Navigator.** This is probably the best GPS app in the Apple store. You knew this when you saw the price -- a whopping \$49.99! This is, however, a very dependable app, and will tell you everything you need to know when you're driving. For example: congested traffic, good shopping opportunities, the weather, restaurants or anything else that could affect your trip is inputted into this application -- short of actually driving the car. The best part is, this app is available for you wherever you are.

As you pull your Star destroyer into orbit around the Death Star, you let out a long sigh of relief because this app most certainly just saved your life. And then to find even more useful and fun apps, log onto your iPhone under categories and discover hundreds more.

*Scudder has spent the better part of his life trying to keep his grandparents apprised of the latest technology. He thinks he's making headway. He can be reached at sasodergreen@aol.com*

## Bits & Bytes

To help identify that unusual tree check [leafsnap.com](http://leafsnap.com) on your computer or download free software by the same name on your iPod or iPad. Columbia University, University of Maryland and the Smithsonian Institution are helping to compile this electronic field guide that now contains many local trees.



# It's Time to Let Your Inner Artist Out

By Jane Ferguson

Have you ever wanted to try oil painting, but for any number of reasons decided, "I just couldn't or shouldn't ...." Or, "I just wouldn't want to be a beginner at this stage in my life." Or perhaps you're thinking, "I can't even draw very well, so how on earth could I attempt oil painting?"

I once thought the same way. Then one day I found myself with a canvas in front of me and a paint brush in hand. At 53, I spent one afternoon painting with my sister and fell in love with oil painting. What surprised me most as I progressed through many classes was that while my painting skills did slowly improve, the real gift of painting was the way it changed the way I see everything and because of this, I can say that painting has forever changed and enriched my life.

The French impressionist painter Claude Monet said, "Paint what you see, not what you know." We know an orange is an orange, but look again with "fresh eyes." What colors do you see? Yellow? Orange? Crimson? Grey?

You may not want to spend years studying or in painting classes as I did, but I can promise you that if you try painting, it could enrich your life. You will begin seeing the world differently. You'll look at the "green trees" and notice a myriad of colors: the yellow on the sunlit leaves and the deep blue and purple in the shadow, the red on the branches and you'll be amazed at how little "green" there really is. You'll start seeing color as you never did before and if you are like me, you'll wonder how you could have missed it for so long. If you dare to paint, you too could be rewarded with the artist's gift of "fresh eyes." Because of my experience, I know just about anyone can learn to paint and I believe everyone should at least try it.

Artists are frequently asked, "How

do you do that? What are the steps from beginning to the end in painting a subject?" Here is an easy painting lesson explaining how some artists go about making a simple painting:

**First, get over the drawing challenge.** If you don't think you draw well, it doesn't have to be a problem. Most of you can draw a circle and a straight line. That's all you need for your first exercise.

Now, take a deep breath, clear your mind of all negative thoughts that were probably planted there years ago by poor teachers. Think positively. This is going to be fun and you will surprise yourself. I'm sure of that. It's time to let your inner-artist out. Today we're going to paint an orange.

**Second, gather your materials.** You'll need a canvas, 8x8 or 8x10; a palette, or if you don't want to buy one, use an old cookie sheet or get an easy-to-clean paper palette; two oil brushes, 1 medium size # 6 or #8, filbert or flat, and one small pointed detail No. 2 detail brush; oil paints including titanium white, Windsor or cobalt blue, cadmium yellow, cadmium orange, alizarin crimson; brush cleaner (I use odorless Turpenoid); an easel and a frame the size of your canvas, which you can get later when you see how wonderful your painting looks!

**Third, set up.** Place a blue cloth on a small table near a window with natural light shining in or use a spotlight. My light was shining from the left side of the orange. I chose to place the orange on a blue cloth because blue is the complementary color to orange.

Now, for the real deal. There are four steps:

## Step 1: Draw the Orange on the Canvas

On your canvas, draw a straight line one-third of the way up the canvas. Now draw a circle about an inch over the line and a bit to the left of center. The circle is the orange and the straight line represents the back of the table.

## Step 2: Paint in the Background

Mix white with your blue and make a nice light color of blue that you like. Now, fill your brush up and paint in the bottom cloth on which the orange is resting. To make the wall color simply mix a little orange paint into the light blue mix and some white. You'll get a wonderful grey that will blend perfectly with your blue. Paint in the top part of the painting above the orange with your grey paint.

## Step 3: Paint in the Orange

You'll notice in natural light, the orange isn't just orange. There are three basic colors on the orange. There is a light yellow where the sun hits the orange, the true orange color which is the middle band and a shadow color on the far side of the orange. Block in these colors on your orange leaving a bit of white between each color.

Now blend the colors' edges together. Mix a little blue with your alizarin crimson to make a shadow color and paint in the shadow that the orange casts on the table. Add a small amount of shadow under the orange too. Check to make sure that where the orange rests on the table is a straight line. This will take away the "orange ball" look.

## Step 4: Details

Take your small brush and mix a little yellow and blue together. You'll get green. Now add the small naval stem area to the orange. Voila! You should be finished. Congratulations.

*Jane is a professional artist living in Arnold and painting in the Chesapeake Bay area. She can be reached at [www.janefergusonart.com](http://www.janefergusonart.com)*



## **EPIC WIN!** Why Your Grandkids Love Video Games

*By Melissa Conroy*

In the past, this might have been the plea your kids gave you while sitting in front of the TV. Now, you may hear words like, “I just want to beat this level!” “Let me get past this boss and I’ll stop playing,” coming from your grandchildren. In the past few decades, video games have grown from pixelated monsters gobbling up dots to incredibly complex, gorgeously beautiful masterpieces requiring 40 hours or more to complete.

To say that video games are a popular form of entertainment in the U.S. is putting it rather mildly. In 2011, Americans spent \$25 billion dollars on video gaming. Almost three-fourths of U.S. citizens play video games, and by age 21, the average gamer kid has racked up 10,000 hours of playing time. Ever since the extremely popular MMORPG (massively multiplayer online role-playing game) World of Warcraft got its start in 2004, its more than 12 million players have collectively

played the game for 6 million years. Video games are rapidly outpacing all other media as the most popular way we entertain ourselves.

Just why we love video games so much is a question that many scholars and experts have been investigating, and there is some surprising research on the topic. In particular, well-designed video games have proven to satisfy three universal human needs: competence, autonomy and relatedness. A good video game allows players to constantly advance and become better at playing the game, and it also rewards the players as they improve: The players feel more competent and proud of their achievements as they master the game. In fact, a good video game should be “pleasantly frustrating,” challenging but not overwhelming so.

Another aspect of a good game is autonomy. A well-designed game gives the players much freedom to discover, make choices and direct the way the game is going. Relatedness

deals with social needs; many players enjoy playing games with friends and family members and discussing the games afterward. Online gamers connect with people from around the world to collaborate, accomplish missions and take down bosses (powerful enemies). An April 22, 2011, Wall Street Journal article “Love at First Kill” featured couples who met through playing MMORPGs online.

Far unlike the simple Pac Man games of the ‘80s, many video games today are intricate creations that require a great deal of skill to complete. From the puzzle challenges of Portal to the graphic beauty of Final Fantasy to the limitless creative options for SimCity, video games offer an entertainment experience unparalleled by other forms of media.

With so many kids, teenagers and adults glued to the screen, intent on directing their character through a dungeon, driving a virtual car through a teeming city or trying to blast aliens

*It's not what you've accomplished but what you've given back.*

# "A GOOD VIDEO GAME SHOULD BE CHALLENGING BUT NOT OVERWHELMING"

out of the sky, there has understandably been a great deal of worry about video games. Often, however, researchers have concluded that many of these concerns are exaggerated. Below are some common objections and misconceptions people have about video games.

**"Games are just for teenage boys"** – While the stereotypical image of a gamer is a plump, awkward young man lurking in his parents' basement, gamers actually make up virtually every demographic. According to recent studies, the average gamer is 37 years old, 29 percent of gamers are over 50 and 42 percent of gamers are female. There are more video games being produced every year with widely different themes, goals and setups that appeal to a diverse audience.

**"Video games make kids violent"** – No discussion of video games can escape this objection, and it's both true that many video games contain violent themes and too many kids play age-inappropriate games. (No, your six-year-old grandson should not be playing Grand Theft Auto.). However, some experts argue that violence in video games is appealing primarily because it fulfills the need for competence. Simply put, shooting up a bunch of bad guys and living to fight another day is clear evidence that your skills in Halo or Doom are getting better. In fact, there is pretty good evidence that violent video games are problematic only for youth and adults who have a predisposition toward violence. Mentally healthy and well-adjusted players who

are playing age-appropriate games will likely not be negatively affected by violent themes.

**"Games are addicting"** – Granted, gamers don't joke about World of Warcraft or Evercrack for nothing. There are people who dedicate 20-40 hours or more a week to shooting purple slugs, completing quests and immersing themselves in their character. There are heartbreaking stories out there, such as a South Korean man who collapsed and died after a 50-hour Starcraft marathon or a New Mexico woman who let her toddler starve to death while she played World of Warcraft. However, the average gamer logs in only eight hours a week of gaming, so clearly people can and do enjoy games in moderation as part of a balanced, varied lifestyle.

**"Games are a waste of time"** – Someone who regularly fritters away 30 or more hours a week on video games clearly needs to rearrange his priorities. However, moderate video game playing is the way many people de-stress, relax and express their creativity. Games also have a wealth of learning potential that make them an often superior form of entertainment over other media such as TV. To play many well-designed games today requires a great deal of strategy, problem-solving skills, analytical thinking and other brain-stretching tasks. In fact, video games are steadily appearing in classrooms as teachers use games like Age of Empires to teach ancient history and mythology, SimCity to discuss urban planning and local government and World of Warcraft to encourage

language development.

Teachers and researchers alike note that games can be a helpful element to the classroom by stimulating interest, making abstract concepts more concrete and encouraging students to explore on their own. Since a well-designed video game "scaffolds" itself (adapts to the individual player), games can be a helpful way for teachers to offer each student a personalized learning experience.

Whenever your grandkids (or adult kids for that matter) lug their Xbox 360 over to your house or take over your computer to harvest their Farmville crops, why not ask them to walk you through their favorite game and discuss what they like about it so much? Although you're probably a complete "noob" (newbie) in the world of video games, there are likely some interesting games out there that you and your family can share. Hey, what could be more fun than beating your eight-year-old grandchild at her own video game? Pick up that Wii controller and get your game on!

## Bits & Bytes

According to BGE Home, there are up to 40 electrical storms per year with the potential of up to 5,000 lightning strikes per storm. They're suggestion is a whole house surge protector to protect your electronics. Log onto [www.bgehome.com](http://www.bgehome.com) for more information.

## Everyone Needs A Room of their Own

By Leah Lancione

*A Room of One's Own* is an essay by the celebrated author Virginia Woolf. It describes the plight of women writers in Woolf's day -- specifically their need to have a room of their own as well as the same opportunities as men to get an education, earn money and publish their works. Now, fast-forward to our day and age when women writers like Mary Higgins Clark, Danielle Steele, Nora Roberts and J.K. Rowling make it on lists of the best-selling authors of all time.

Unlike Woolf's character Judith Shakespeare (a fabricated sister of William Shakespeare), who was denied an education, creative writing career prospects and even the choice of what calling to pursue, women today can achieve best-seller status and cultivate long careers in writing or any other vocation.

The idea of women (and men) needing a room of their own, however, still applies—just in a more general sense. With many boomers now retired from long and successful careers, most need to engage in quiet alone time. Most retirees will jump at the chance to have grandchildren climbing all over them and will gladly fill in as the most qualified babysitters imaginable. But it's

just as clear that tranquil moments are needed throughout the day to “re-charge the batteries” and reconfirm a sense of self outside of the parenting and grandparenting functions.

Seniors also need to reconnect to themselves with endeavors that peak their fancy. All the hobbies they sidelined to put in extra hours at the office or cart kids around should now be dusted off and revived. Not only will these diversions stimulate their brains and keep them feeling younger longer, they will foster feelings of positive self worth. For example, a friend of mine who is a retired elementary school teacher who raised four kids, is what I call an “active duty” grandmother. Not only does she watch her granddaughter for part of the day while the child's mother works, but she jumps at the opportunity to host family dinners and outings. Though a bustling house seems to fuel her energy, she makes sure to have her quiet alone time early each morning. She uses these quiet moments as opportunities to read her devotionals and Bible. Someone else may choose to use these private interludes for reading books, write in a journal, play Solitaire, do needlework or pursue art or some other creative activity. Some of these activities become part of a daily routine.

My uncle, on the other hand, has chosen to spend much of his retirement in front of the “boob tube.” Although he is very involved with his grandkids, he feels drawn to all the programs (especially those which are sports-related), sitcoms and old movies he missed while working 10-sometimes 12-hour days for more than 40 years. He has more than earned the right to become a couch potato, but he has been encouraged to make some of his quiet alone-time periods more productive. With this encouragement he has

recently become quite the Sudoku whiz! Not only is he stimulating his brain, but he likes reaffirming just how good he is at problem solving.

It's clear that most everyone needs solitary space to pursue their interests apart from the hustle and bustle of everyday life. I do think Virginia Woolf would be somewhat pleased with the current state of affairs in which women have the right to their own money, careers and space to grow. She now might revise the essay to emphasize how all human beings need private time to meditate or to just have a quiet time. The side effect of these “time-outs” can be relaxed muscles and calmed nerves -- saved energy that can be redirected to things that matter. Small wonder that people are compared to batteries in need of routine recharging.

The online magazine *Psychology Today* [www.psychologytoday.com](http://www.psychologytoday.com) published an article by Sherrie Bourg Carter, Ph.D, headlined “In Dealing with Stress in Today's Crazy World.” Dr. Bourg Carter opined that, “Women today are living during an exciting time in history, with opportunities that our foremothers could barely imagine.” She noted, however, that with these opportunities come challenges and stressors that can affect one's well-being. The article details the potential dangers of not dealing with stress properly. Although her article focuses on women, statistics show that depression, anxiety and stress have no gender preference.

Young people used to be told by their parents to “find out what you love to do and then figure out how to get paid for it.” This wisdom was probably a motivating force for many budding CEOs, best-selling authors and career people. Now that these individuals have retired, it's time for them to listen to their kids and just abide by the first part of the adage to “find out and do what you love.”

### Bits & Bytes

Questions? Log onto [www.libraryspot.com](http://www.libraryspot.com) for answers to your medical, legal, government issue questions, plus so much more. It is also a source for public records, almanacs, statistics and even “Ask an Expert.”

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

# Ask the Undertaker

By Ryan Helfenbein

You've heard the old saying, "Only two things in this world are certain, death and taxes." Truer words were never spoken, and it seems the costs associated with both go up every year.

Now, imagine sitting down with an IRS agent and saying, "I want to implement a plan that will guarantee my taxes will never increase and the funds to pay them will always be accessible regardless of my situation. I don't want my family to have to worry about a thing." I think you'll agree that's just not going to happen. Fortunately, there is one guarantee in life that can be handled that way. It's what many refer to as prepaid funeral and cremation plans.

A prepaid plan through your local funeral home is designed to eliminate the financial obligation from even being discussed when death occurs. It is probably one of the most intelligent programs the funeral industry has ever launched. This process allows an individual to design a plan for the future that can be as detailed as you'd like and allows you to satisfy the cost now

-- guaranteeing that your loved ones will have no future financial obligation. Sounds like a win-win situation, right? It can be, but unfortunately prepaid programs offered through funeral homes have fallen under some suspicion.

To make sure that your family endures no complications under such a plan, you should discuss three important points when meeting with your undertaker to prepare a prepaid plan.

1. Be sure that your plan guarantees the fees associated with the services and merchandise will be completely paid for. This guarantee should be listed in writing in the agreement you and the undertaker sign. Not all funeral homes advocate prepaid plans. They say that one can simply make a plan with no need to prepay. Unfortunately the funeral home could then charge the full price at the time of death. With a guaranteed prepaid program, costs would be paid in full at today's prices to protect against future price increases, and financial obligation to survivors would be eliminated and a needless complication would be averted at the time of death.

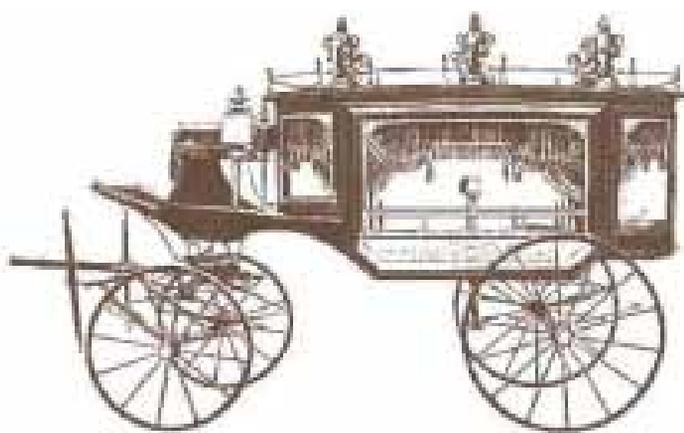
2. Be sure that the plan you are paying for is fully transferrable. Today, people are moving more often than they used to. Therefore, you must be sure that the plans made with

that undertaker can be transferred to any (key word being "any") funeral home. These prepaid funeral plans should be designed for you, not the funeral home. If done correctly, the paperwork and details of your plans are outlined in a way so that any undertaker can carry out the plans desired. This is a very important question and should also be documented on the agreement signed by both parties.

3. Finally, be sure that the undertaker you are meeting with has a background in preplanning and prepayment of funerals. After all, you wouldn't ask your plumber to reshingle your home. This goes for the funeral industry as well. Even though a licensed mortician can provide a prepaid funeral plan, this may not be their area of expertise. Be sure to work with a professional that has a certification or at least a well-established background in the area of preplanning and prepayment of funeral and cremation expenses, not just a license. This is an easy question that should be asked upfront with your undertaker.

Prepaid funeral plans will soon become the most common way of arranging for funeral and cremation services as more and more people begin to understand its advantages. Now if we could only arrange for prepaid taxes...

*Ryan, owner/supervising mortician and preplanning counselor at Lasting Tributes on Bestgate Road in Annapolis, offers area residents solutions to high-cost funerals. He can be reached at [Ryan@LastingTributesFuneralCare.com](mailto:Ryan@LastingTributesFuneralCare.com) or 410 897-4852*



*It's not worth winning every argument - agree to disagree.*



# PUMPKINS: More than Just Decorations

called pepitas, are a true nutritional treasure. They are loaded with minerals, rich in protein and seem to have an anti-inflammatory effect. They may even help protect against prostate cancer and osteoporosis.

Roasted pumpkin seeds are delicious eaten by hand or added to granola and trail mix. Toast them in a small skillet over medium heat for two or three minutes, shaking the pan occasionally, until they just begin to darken. Transfer to a plate to cool.

pumpkin with 2 Tbs. maple syrup, toss to coat. Return to oven and continue roasting, tossing occasionally, until pumpkin is glazed, 10-15 minutes. Let cool.

\*Cut off root ends of garlic, squeeze through garlic press and mash gently. Transfer to salad bowl and add lime juice, mustard, the remaining one teaspoon maple syrup, 1/2 teaspoon salt and a pinch of black pepper.

\*Add arugula and pumpkin to bowl and toss with dressing to combine. Sprinkle with pumpkin seeds and feta.

## Arugula with Maple-Roasted Pumpkin

Adapted from Powerfoods

Roasted garlic serves as the base of this salad dressing. The allium not only adds depth of flavor but also helps lower cholesterol.

- \*1 pumpkin (2 to 3 lb) , peeled, seeded and cut into 1 1/2 inch pieces
- 1/4 cup plus 1 Tbs. olive oil
- 6 unpeeled garlic cloves
- 1/2 tsp. crushed red pepper flakes
- coarse salt and freshly ground black pepper
- 2 Tbs. plus 1 tsp. pure maple syrup
- 3 Tbs. fresh lime juice
- 1 Tbs. Dijon mustard
- 1 1/2 lbs. arugula, washed well and dried
- 1/4 cup toasted pumpkin seeds( see recipe above)
- 6 oz. crumbled feta

\*Preheat oven to 450. On a rimmed baking sheet, combine pumpkin pieces with garlic, crushed red pepper, 1/2 teaspoon salt, two tablespoons of oil and a pinch of black pepper. Roast, tossing occasionally, until pumpkin is tender, 25-30 minutes.

\*Remove garlic and reserve. Drizzle

## Urban Rustic Spicy Pumpkin Muffins

This recipe is from a fabulous farm-to-market grocery and café in Brooklyn, NY.

- 1 3/4 cup whole wheat flour
- 3 Tbs. brown sugar
- 2 tsp baking powder
- 1/4 tsp. cloves
- 1/4 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp baking soda
- 1/8 tsp. salt
- 1 beaten egg
- 3/4 cup milk
- 2 Tbs. butter, melted
- 1/2 cup canned pumpkin
- 1/2 cup raisins (optional)
- 1 cup walnuts (optional)
- 1 Tbs. ground flax (optional)

\*Preheat oven to 375. Lightly oil and flour muffin tins.

\*Add flour, sugar, baking powder, baking soda, salt and spices to your mixer.

\*In a separate bowl, mix milk, beaten egg, melted butter and pumpkin. Add to mixer and stir. It will be lumpy.

\*Add raisins, walnuts and flax seed. Stir well.

\*Fill 6-10 muffin tins. Bake 15-18 minutes.

By Susan Singleton

Did you know that pumpkins are chock full of vitamins, minerals, fiber and antioxidants? A pumpkin is emblematic of fall-harvests, holidays, early darkness, the arrival of the first frost and the first hint of the oncoming winter.

Harvested during the late summer, pumpkins peak from October through early December. The delightful pumpkin meat is cooling, sweet and a bit heavy, which makes for an ideal transition food from summer to winter. It provides your body with cooling comfort for the end of summer and also will meet the desire for something a bit more hearty and sweet for the dry winter months ahead.

Pumpkins are considered to be a fruit and are 90 percent water. They are loaded with the antioxidant beta-carotene, which has been shown to help improve immune function and can reduce the risk of diseases such as cancer and heart disease. In addition, pumpkins also contain many vitamins and nutrients; calcium, iron, magnesium, potassium, zinc, selenium, niacin, folate, and vitamins A, C and E. One cup of pumpkin contains a mere 50 calories and three grams of fiber. What's not to like about that?

Lastly, the seeds are also worth a bit of attention as well. Pumpkin seeds, also

# The Journey

REJOICE AND GIVE THANKS FOR THE LIFE  
THAT IS YOURS IN ALL ITS RICHNESS AND GLORY

*By the Rev. Dr. Harold B. Wright, II*

Almost before you know it, the days seem to suddenly get shorter, the leaves begin to turn colors, the humid summer stillness turns to cooling autumn breezes, and summer is over. And we know that soon once again, the winter winds and snow will arrive, blanketing the barren earth with its white sheen, creating a stark colorless luster that is in sharp contrast to the blooming of spring flowers and budding trees. It's an annual pattern of order and cycle of life that we know, that we expect, that we come to appreciate. No matter what we do or how we do it, the seasons will change around us.

It's not the only example of the ongoing order of life itself. The moon cycles from a small sliver to a full beaming globe, and then back to a sliver. The sun rises each morning in the eastern sky and sets in the west. The locusts arrive every seven years, and the birds fly south in autumn to return in the spring. When much of the world seems chaotic and sporadic, when traffic jams and bustling crowds at the shopping malls seem without order and design, there is something built into creation itself that defines order, that shouts design and that proclaims a plan.

Even our lives follow that pattern. Born small and helpless, we grow and learn and mature in a cycle that is both predictable and known. Teenagers with skin eruptions and

mood swings turn into responsible maturing young adults; children that like to romp and play grow into parents of a new generation; the empty nests of college-bound families are replenished with grandchildren; the once agile and energetic bodies begin to creak and slow; the womb at the beginning becomes the grave at the closing; growing and living and aging move forward at a measured but constant pace. There is order and design to our lives from the moment of life to the moment of death and all in-between. Each time has its joys and its concerns, its pluses and minuses, its good and its bad. The order of the universe and creation itself invades and pervades our lives, and gives order and substance to what sometimes seems to be constant chaos and disorder.

All of us are somewhere in the midst of that cycle, and each day is a gift within it. Regardless of where we are, there is little we can do to turn back time or speed it forward. So this moment is precious and unique in our lives, to be lived to its fullest, appreciated for its special experiences and preparing us for tomorrow. Sometimes we get so busy and preoccupied that we miss the joy of the moment and the blessing of the day. Sometimes we are so wrapped up in our woes and worries that we never smell the roses or feel the gentle breeze or taste the goodness or hear the birds singing or see the glory of the creation around us in all its

radiant beauty. Regardless of our days, the sun rises and sets each day, the tides roll in and out, the winter snow gives way to summer flowers and back again and babies are born and people die. We have the opportunity to laugh and to cry, to sleep and be awake. In the midst of us, the ordered world is the foundation of our being.

So for this day and for this moment, rejoice and give thanks for the life that is yours in all its richness and glory. We are all on a journey that leads us through our years, and we shall never pass this way exactly again. There is something special and precious in "now" – don't let it pass unnoticed, but live it for all that it's worth, honoring our past, celebrating our present, anticipating our future. Each step of life is a gift to be accepted and lived – go for all the gusto you can in it! The blessing is in this moment, in all the days of our lives that we are given, and in our place in a grander scheme than the sometimes seemingly meaninglessness and disorder of the moment. So wherever you are on the journey, rejoice and give thanks for the journey and the path, crafted and designed beyond us, yet within, about us and for us.

*Rev. Wright is the senior pastor of Calvary United Methodist Church, 301 Rowe Boulevard, Annapolis. He can be reached at [chipw@calumc.org](mailto:chipw@calumc.org) or 410 268-1776.*

*Discipline, not desire, will get you where you want to be.*

# APPLES TO APPLES: The Game with Sweet or Sour Results

By Mick Rood

“Apples to Apples” is an amusing word definition game that can be played with four to 10 players who should probably be family or friends, because much of the outcome depends on how well you read your opponents. Who do you know better than family and friends?

At the core of the game is to match a green apple card containing a word and its definitions that is turned up by the dealer who compares it with a red apple card from your hand that the dealer believes best defines the word on the green card. Let's deal a typical hand, and there are no typical hands, to bring the game alive.

You are playing with four people, so you get eight red apple cards. (With more players, you get fewer red cards.) You pick them up and read them carefully. The dealer, or in this game, the judge, then lays down a green apple word card. In this case, the green card word is “Busy.” The judge should read aloud that busy is defined on the card as “occupied, meddlesome or engrossed.”

Is there an easy comparison to a person, place, thing or event among your eight red cards? In a word, no, and this is what

makes the game difficult. Here's what your eight red cards say: Ballerinas, Bruce Willis, The Indy 500, The CIA, Reggae Music, The Midwest, South Africa and Cow Pies. Egad. Is it Bruce Willis 'cause he's kept pretty busy in the movies? Is it the irrepressible reggae beat? Maybe Indy, where they just keep going round and round. The CIA sure could be meddlesome. Most important, what do you think the judge will think?

Anyway, each player lays down his best-guess red card and the judge mulls over the choices and picks one. If you win, covet that green apple card. In a game of four, you need eight of them to win. If eight to 10 are playing, you only need four green cards to win.

Sometimes, the winner will be obvious. That “Busy” green card may fall and your opponent has a “Bee Hive” red card. You pretty much know you're dead meat then. Other times, you don't go for the obvious. If the judge is your wise-guy nephew with a perverse sense of humor and the green card says “Goody-Goody,” you might throw down a “Dr. Kevorkian” red card.

Incidentally, while the dealer is mulling over his choice, and this can take a while, you are encouraged by game rules to root out loud for your red card or against that of an opponent. This can backfire, of course. If you know the judge to be fiercely independent, it might be best not to harass him. Perhaps just a carefully-timed, mild suggestion might do.

To speed the game up with five or more players, the rules suggest the judge ignore the last red card to be laid down. If you snooze, you lose. There are also variations on the main game suggested. One is called “Apple Turnovers,” in which you are dealt five green cards and the judge turns over a red card. You submit your green card that best describes the red card.

Made by Mattel, “Apples” is suggested for players 12 years or older and comes in a red, 10 ½-inch square box containing four bins of red cards and two bins of green cards. It's sold in most stores carrying games for about \$20. Disney and junior versions of the game are available.

## Bits & Bytes

If you or someone you know has trouble hearing, there are phones available with amplified sounds. Log onto [www.ClearSounds.com](http://www.ClearSounds.com) for lots of helpful information.

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*If you only had 24 hours left - what would you do?*

# Senior Centers: The Users

By Martha Thorne

Who uses the county senior activity centers? The simple answer is seniors, age 55 and up.

But what else characterizes these seniors? Other than age, their one commonality is that they are committed to being physically and mentally active. Canes, walkers and wheelchairs don't appear to slow them down. If they can't do the aerobics, Pilates and dancing, they sign up for chair exercises and mix it up with "chair dancing" and "chair jumping jacks."

If some are a little forgetful, they don't let that slow them down either. They continue to take Anne Arundel Community College classes and play cutthroat games of cards, pool and Scrabble. They join the Touchstones Discussion Group and attend the "keep your mind alert" workshops. They read magazines and newspapers to stay up on current events.

Can't drive? They take the Department of Aging and Disabilities van, call a taxi, take a bus or bum a ride.

Other than their age and commitment to mental and physical activity, they have little in common. They are a diverse group from different walks of life. They

possess different personalities, abilities, cultural backgrounds, gender and race.

They run the gamut of government workers, teachers, technicians, artists, stay-at homes, business leaders, musicians and other types of blue and white collar workers.

They come from throughout the United States – New York, Minnesota, Illinois and Virginia – to name a few. They also come from all over the world -- Hungary, Korea and Holland – to name a few.

Despite their diversities or maybe because of them, they are all committed to their senior centers.

"I wake up in the morning, and I hurt all over," says Marie Sims, age 91, who attends the Annapolis Senior Activity Center. "I take a hot shower, grab a cup of coffee and catch the van to the senior center. Then, I come alive. I volunteer, visit with my friends, take trips and just enjoy life."

At age 90, Beatrice Palestine Smith, better known as "Miss Bea," became a regular at the Annapolis center after suffering a heart attack three years ago.

From running and biking in the fitness room, she began getting involved in

other center activities like taking trips and attending parties. "I enjoy coming here," she said. "Everyone is so nice, and there are so many different activities. I tell all my friends they should get involved here."

Shirley Howard, 87, also of Annapolis, agrees. "When the center is closed, I don't know what to do with myself. This is my second home where I come to be with my friends."

"Volunteering at the South County Senior Center front desk is one of the highlights of my week. I also enjoy the many friends I've made in the classes I attend," says Judy Staudinger of Riva.

But what's the best news of all? Membership is free. For more information, call the county Department of Aging and Disabilities at 410 222-4464 or visit [www.aacounty.org/aging](http://www.aacounty.org/aging) Scroll down to the senior centers section where you'll find lots to do.

*Martha retired recently after working for 30 years in the Naval Academy Public Affairs Office. She now volunteers at Anne's Episcopal Church and the Annapolis Senior Activity Center and can be reached at [marthathorn@gmail.com](mailto:marthathorn@gmail.com)*

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### TO DO:

1. Go for bike ride
2. Visit grandkids
3. Plan dinner party

# Retirement: A Dream or a Depression?

By Leah Lancione

If you are retired or your spouse, sibling or loved one has recently retired, you may be aware that depression often follows this new chapter in life. The onset of depression may have caught you or your loved one off guard if you didn't prepare properly. Though folks often plan by investing in special retirement funds, they don't always plan for the potential mental and emotional ramifications associated with not working anymore.

Licensed clinical psychologist, author and associate professor at Georgetown University School of Medicine, W. Robert Nay Ph.D., explains that after retirement people can lose their sense of purpose in life or sense of self. This occurs because much of whom someone is, the goals they've had, what friends they kept and what activities filled their schedule on a daily basis, was dictated by their career. If a retiree ends a long career and subsequently moves to a new place where they have to meet new friends and neighbors—not to mention figure out what to do when not going to work—the stress can lead to depression. Dr. Nay explains that improper management of “stress” can lead to depression, especially if the person, now having retired, has also adopted bad sleep habits, eats a poor diet, gets involved with substance abuse or has chronic pain problems.

Though it's a topic baby boomers may shy away from because of the stigma their parents placed on mental health problems, depression after retirement is common and should not go untreated. In fact, the American Psychiatric Association (APA) reports that “depression is considered the most common mental disorder of people aged 65 and older.” Furthermore, the APA even maintains that depression may even be more widespread after retirement “because the symptoms of depression often appear in people who have other conditions, or can mimic the symptoms of dementia—its victims with-

draw, cannot concentrate, and appear confused.”

So, was author Ernest Hemingway accurate in claiming that “retirement is the ugliest word in the language?” For some, at least, the answer is yes. And sadly, this depression, which Dr. Nay reveals is fueled by irrational thoughts, or “cognitive distortions,” robs retirees of the quality of life they deserve.

In his private practice, Dr. Nay uses cognitive behavioral therapy (CBT) to help people identify and alter their dysfunctional thinking patterns and unhealthy behaviors that cause depression. He applies the metaphor of a three-legged stool to explain how it's critical that a person's wellness, cognition and behavior be in balance. Dr. Nay explains that CBT helps people recognize thoughts that are irrational (reasoning from emotions, not facts) and unhelpful (creating ever-negative views). The next step is to devise a plan for combating and replacing these unhealthy thoughts and behaviors. The health website WebMD recommends that the first step for someone who may be depressed is a visit to the doctor for a complete evaluation. The doctor will likely treat depression by prescribing medication (antidepressants) or therapy (with a referral to a psychologist), or a combination of the two.

So what are the symptoms of depression? The APA has published a list of the most common symptoms with the most universal being “a deep feeling of sadness or a marked loss of interest or pleasure in activities.” Other symptoms listed include:

- changes in appetite that result in weight losses or gains unrelated to dieting
- insomnia or oversleeping
- loss of energy or increased fatigue

- restlessness or irritability
- feelings of worthlessness or inappropriate guilt
- difficulty thinking, concentrating, or making decisions
- thoughts of death or suicide or attempts at suicide

What should you do if your spouse or loved one has some or all of the symptoms of depression, but resists treatment? Dr. Nay advises you to ask the loved one how they've been feeling and then to describe what you have observed without attaching a label. For example, instead of using the word “depressed” say: “We've noticed that you don't have that spark that you normally possess.” Then, suggest a visit to the family doctor.

Dr. Nay says it's possible that the doctor will prescribe a serotonin supplement if a deficiency is detected or recommend a combination of an antidepressant and therapy. He insists that depression is extremely treatable and people often see improvements in a relatively brief period of time. Dr. Nay equates depression to wearing dark-colored glasses: You cannot see or experience the richness of life. So, if you or someone you know appears to be struggling with a clouded view of life now that they're retired, it's time to seek professional help.

For more information on W. Robert Nay, Ph.D., visit [www.wrobert-nay.com](http://www.wrobert-nay.com) or contact him at his private practice at Annapolis Psychological Associates in Maryland (410 897-1088) or at McLean Psychological Practice in Virginia (703 893-3431).

The American Psychiatric Association has helpful information at [www.healthyminds.org](http://www.healthyminds.org) Under “choose a topic” near the top of the website, click on “depression” or other related subjects.

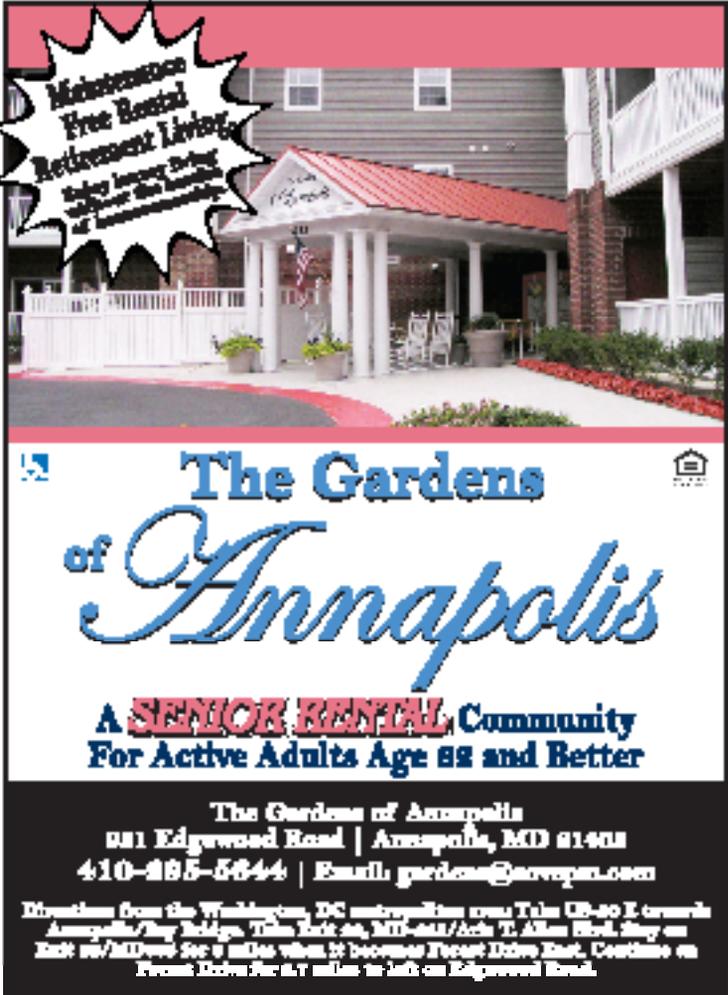


# Choosing Where to Retire: Five Possibilities to Consider

By Penelope Folsom

- Move into a retirement community and take advantage of the wonderful recreational opportunities which can include like-minded friends, varied excursions, recreation, entertainment and someone to mow the lawn. Most retirement communities offer as much companionship and fun as you care to take part in.
- Sell it all. Buy an RV or that boat you've always wanted. Move in and consider it temporary if it makes you more comfortable, then go ahead and enjoy a year or two of carefree travel, maybe even discovering the perfect retirement location.
- Pack up and move near the kids and grandkids, but have a chat first to be sure they're going to stay put and that they'll welcome the move.
- Consider having two smaller homes in two very different locations. Perhaps a small condo in Florida and a summer cottage on Cape Cod or Maine.
- Stay put. Maybe right where you are is as close to ideal as it's going to get. But consider scaling down to something smaller for a more carefree lifestyle.

The options are endless and now that you have the time, what are you waiting for? Consider the options and choose the one that will fit your lifestyle, remembering that nothing has to be permanent. For more help in making your decision, go to [http://seniors.lovetoknow.com/Where\\_to\\_Retire](http://seniors.lovetoknow.com/Where_to_Retire)



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# TUNING IN TO YOUR INTUITION

By Louise Whiteside

Psychic. What kinds of images does the word conjure up? Perhaps you envision a plump, mysterious woman, wearing a turban and sitting in front of a crystal ball. Or maybe you've heard stories of unscrupulous charlatans who are happy to take your money in exchange for spurious "fortune telling."

Most of us have been subjected to stereotypes connected with the word "psychic." But in truth, we all possess psychic abilities. In fact, we are born with them. As children, we were very tuned in to these strengths, but somewhere around the age of seven, we pulled away from the right side of our brain and learned to use the left, or more logical, side. We buried our deep inborn psychic talents, or forgot them altogether.

We all possess intuitive skills, or an inner awareness. As an example, have you ever been thinking about someone, and you ran into them or they called shortly afterward? Have you ever felt someone's mood, even when no words were spoken? Have you just known that a child was coming down with an illness, even though he appeared healthy and energetic? You may have dismissed experiences like these as "coincidental," but they have probably occurred so consistently throughout your lifetime that, by now, you know that they are not accidental.

It's possible for you to awaken your inborn psychic abilities and use them to your advantage. For example, these strengths can help you to improve your relationships, feel more connected to the people around you, enhance your creative abilities, improve your health and well-being, and assist you in your decision making. Why not develop a talent that can improve your life in so many ways, and that has always belonged to you?

One way to reacquaint yourself

with your psychic abilities is to practice using your imagination. Try asking yourself simple questions. For example, when the telephone rings, try to guess who is on the other end of the line. When you receive a bill in the mail, try to guess the amount before opening the envelope.

Before looking at your e-mail, try to guess how many messages you will have, and from whom. These exercises may seem irrelevant at first, but after practicing them for a while you'll notice that you are sparking your intuitive ability. Begin keeping a log of "out of the blue" impressions that come to you. Record unexpected coincidences, hunches, dreams, emotions and intuitive flashes. Your log will become a teaching manual. After a time you will notice that your impressions mean something to you.

Your physical body can help you to develop psychic awareness. It is constantly talking to you and giving you important information. Do not ignore your body's sensations; they never lie to you! When in doubt about how something is affecting you, simply ask your body. Are you feeling a chill up your spine, the hairs standing up on the back of your neck, a dryness in your throat, a "gut feeling" in the pit of your stomach? These sensations are telling you something. Listen to them.

## Are You Clairsentient, Clairvoyant, or Clairaudient?

These words simply represent your particular brand of psychic ability. Try to identify your strongest psychic aptitude, and develop that first.

If you are clairsentient, you receive your strongest impressions through feelings. Do you ever walk into a room where an argument has just taken place, and you sense it? Are your feelings hurt easily? Have you ever been introduced to someone and had an uneasy feeling that something wasn't

right? Are you likely to use the expression, "This doesn't feel right to me?" If you answered "Yes" to any of these questions, you are probably clairsentient.

If you are clairvoyant, you receive your strongest psychic impressions through seeing. Do you have vivid, memorable dreams? Can you tell the time of day without looking at a watch or clock? When talking on the phone, can you envision what the person on the other end looks like? Do you often express yourself by saying, "I see," or "Something doesn't look right?" If you answered "Yes" to any of these questions, you are probably clairvoyant.

If you are clairaudient, your strongest psychic impressions come to you through hearing. Do you often hear songs, phrases and names in your head? Do you hear words that are spoken in your own voice? Do you know when someone is not telling the truth? If your answer is "Yes" to any of these questions, you are probably clairaudient. Know that your inner voice is trying to speak to you, and learn to listen.

To learn more about developing your psychic abilities, read books and listen to CDs on psychic phenomena, enroll in a meditation or psychic awareness class at your community college or recreation department, or ask a friend for a referral to a reputable psychic and treat yourself to a reading. (Please beware of advertised specials and instead look for competent professionals who are usually found through word-of-mouth referrals).

Most importantly, have fun as you develop and strengthen your psychic abilities. Enjoy the gifts you were born with!

*Louise is currently enrolled in a psychic awareness program and is learning to conduct psychic readings and healings. She can be reached at [louisemm@wispertel.net](mailto:louisemm@wispertel.net)*

# BOOK REVIEWS

## *Day of Honey* and *Hotel on the Corner of Bitter and Sweet*

### **Day of Honey: A Memoir of Food, Love and War**

**By Annia Ciezadlo Free Press/  
Simon & Schuster, Inc., New York  
(2011)**

*Day of Honey* is a book about a journey, a voyage through geographic space and historic time, reflected and recollected through cooking, customs of eating and hospitality and culinary accomplishment. The time is the near-present and the place is well—New York, Baghdad or Beirut depending on the day, the month and the year.

Author Annia Ciezadlo gives the reader a personal entrée into the life of a war correspondent, an American who marries a Lebanese man, a career woman and a loving wife. Her struggles to learn to understand her traditional Lebanese in-laws are enlightening and heartwarming. Her efforts to cover the story and yet stay alive in Baghdad are truly amazing.

Here is a glimpse at some of the threads that weave this book together: “The search for food led me to the places where Baghdad was at its best... Karada swarmed with women: working-class Iraqi women. They wore short-sleeved T-shirts, long black abayas and everything in between. The women wearing abayas billowed along the sidewalks like black jellyfish. Every so often a hand shot out to snare small children, point out tomatoes or clutch the surging black cloth underneath a rounded chin.”

Thus, food forms the foundation for explorations of neighborhoods, women’s customs and behavior and of survival. When unrest was anticipated, everyone rushed to the groceries to stock up on food, bread and water. The gatherings at the bakery became almost a ritual. Journalists huddled together in unbombed apartments sharing lodging and food, cigarettes and Internet connections.

In nine days during the Israeli conflict with Lebanon, Israeli warplanes had bombed 55 bridges, dozens of roads and killed 330 persons. She writes, “Eight square

city blocks had been bombed into a concrete goulash. A haze of cement dust blanketed the wreckage, softening sharp edges and muffling all sounds... The street was a heaving sea of concrete. We were half-walking, half-climbing over the insides of people’s lives: a red plastic rocking horse, a radiator, half a sofa.”

Writing such as this is one of many reasons to cherish this book. It is a love story about two journalists from different continents and cultures. It is a record of Middle Eastern ways with food behind the scenes—the home cooking that eases homesickness and brings back memories. And it is a riveting tale of life as a war correspondent. And yes, there are recipes.

~Tricia Herban

### **HOTEL ON THE CORNER OF BITTER AND SWEET**

**By Jamie Ford Ballantine Books/  
Random House, New York  
(2009)**

A mostly unmentioned and forgotten part of American history is the internment of Japanese Americans during World War II. *Hotel on the Corner of Bitter and Sweet* tells the story in a low-key manner, weaving in human relationships with the unbiased relating of the movement of Japanese-Americans from one camp to another. They were all suspected of being spies, even if they had been American citizens for their whole lives.

These “internees” were forced to leave most of their worldly goods behind, and that is where the story begins. Henry Lee is now an elderly man and 40 years after the height of the war in the 1940s, he is standing outside the Panama Hotel. This is the hotel from which the author derives the book title, because it divided the Chinese section of Seattle from Japantown. A new owner has decided to reopen the hotel, which has been boarded up for

decades. In the basement are the belongings of Japanese families that were left in the 1940s. Henry spots a parasol that he believes belonged to his long-lost Japanese friend, Keiko.

We are taken back in time (this novel fluctuates between the 1940s and the 1980s, so be sure to look at the date at the beginning of each chapter) to the 1940s and the story of a young Henry Lee, a 12-year-old Chinese boy, and his best friend Keiko Okabe, a Japanese-American girl. Henry and Keiko are the only nonwhite children in their middle school, and they are either bullied or ignored by the other students. Since they are both “scholarshipped,” they are assigned to the cafeteria to work. Here they form a strong friendship under the supervision of the strict but warm-hearted chain smoker, Mrs. Beatty.

The author of this amazing debut novel, Jamie Ford, is part Chinese. His great-grandfather changed his name from Min Chung to William Ford when he came to America. He says that he got the idea of the story from an “I Am Chinese” button which his father mentioned wearing as a child. Henry Lee wears this same button in the novel in order to differentiate himself from the Japanese.

There are two complex father-son relationships in this history-based novel. One is between Henry and his anti-Japanese father and the other is Henry and his very Americanized son Marty, who is engaged to an American girl.

Another important character is a Negro jazz musician named Sheldon, who forms a close relationship with Henry and tries to help him find Keiko after her family is sent to an internment camp.

*Hotel on the Corner of Bitter and Sweet* has a charming, if not completely believable ending, which might leave the reader smiling, but scratching his head.

Anyone who lived through World War II, or has heard their parents talk about it should find this book hard to put down.

~Peggy Kiefer

*Persistence is so often the key to success.*

# An “Almost Perfect” Pet, We’re Chirping

By Kathryn Marchi

It is said that having a pet provides companionship, opportunity for exercise and lowers blood pressure. But most of us have been through the “pet” stages when we were younger or had growing families. Now that we are retired and free to go wherever and whenever we please, having a pet can be limiting and expensive.

Dogs and cats are the most popular pets for retirees, but they require daily care whether their owners travel for weeks or simply leave for one day. So is there a pet out there that will not require so much work and attention, but still provide entertainment and companionship? Which one will be the easiest to leave when we travel?

This was my dilemma when we finally retired. My husband said emphatically that we would not get another dog or cat, that our frequent travel would not be fair to a pet. This was the first time we’d not had a dog, at least, and I admit to longing for one.

One day my daughter called and offered me a parakeet or budgerigar (Budgie). The little bird had been flying around her neighborhood and landed on my granddaughter’s hand. No one claimed the rescued bird so we became the new owners! We named him “Bernie” and his antics and sweet fluty chirps quickly entertained and delighted both of us. We soon found out how easy he was to care for. Besides a suitable cage, he needed bird seed, water and a disposable cover (paper towels or newspaper) for the bottom of his cage. Checking these items and changing the papers when needed was no big deal.

As far as our traveling was concerned, during short trips a neighbor was happy to check on Bernie as

she watered our plants and brought in the mail and newspaper. It was simply a matter of making sure he had seed and water and a little human contact. (I often left a portable radio playing music for his listening pleasure.) For extended trips, one neighbor insisted on bringing Bernie and cage to her house where he was the focus of delight for her family.

If you’re unfamiliar with budgies or parakeets, they are hardy, colorful little birds who originated in Australia. First written about by a European named John Gould in 1865, they are members of the parrot family and can actually learn to talk. Normally these little birds are 7 to 9 inches from the tip of the beak to the tip of their tail, weigh from 1 to 1.4 ounces and have a life span of 12 to 14 years. They come in a wide range of colors, primarily in green, blue, white, yellow and variations thereof.

Since budgies are intelligent, playful and easily interact with their humans, they have become the most popular pet bird. They are inexpensive to purchase and maintain, and are readily available in pet stores or from private breeders. To find out more on the Internet type in “budgies” or “parakeets” or log onto [www.birdguys.com](http://www.birdguys.com) or [www.animal-world.com](http://www.animal-world.com) or [www.parrotsecrets.com](http://www.parrotsecrets.com)

If you do decide to own a budgie, it’s probably best to purchase a young bird that you can train from the beginning. The youngsters are distinguished by black bars over the crown area of the head. Their “cere,” which is located above the beak and contains two nostril type openings, will be a pale pink or tan color. After they reach four months of age, the cere changes to blue, indicating that the bird is a male and light brown or yellow, if a female.

(Owners have reported that either sex makes a good pet). Of course, you’ll need a cage, food and all sorts of other toys and such, all of which can be found in any pet store. There are books and websites devoted to these birds that will provide information about feeding, training and general care.

After two years, our little Bernie continues to be the easiest pet we’ve ever had. He does require attention and care, but nothing compared to walking a dog and picking up after it or changing a cat’s litter box. There are no vet bills or grooming issues, no worry about leaving the house for a day of errands, no feeding schedules or worry about destructive behavior in your house.

He is quiet at night and resumes his chirping and activity when we arise in the morning. Each day, we open the cage for his “fly by” and he swoops around the family room several times and then returns to his cage. It’s great exercise for him and fun for us. Even though we can’t “cuddle” him as we would a dog or cat, he is another “warm body” in the house and we enjoy talking to him while he sits on our finger or shoulder. We even think we’ve heard him say “pretty bird” during some of his little bird exhortations. And when guests arrive, Bernie never fails to entertain.

Next month, we are leaving for another extended trip. Our neighbor is happy to have Bernie in her home again and we’ll be able to enjoy our journey. In every way, it seems that our little budgie is an “almost perfect” pet.

*Kathryn, former owner and caretaker of numerous cats, dogs and horses is enjoying her winged pet. She can be reached at [marchi-wre@mrisc.com](mailto:marchi-wre@mrisc.com)*





Even though she is young, she associates yoga with me and more importantly, remembers the special time we share.

## Long-distance Grandparenting

*I just finished Skyping with my three-year-old grandson and could cry. My son and his family live in Germany and I rarely see them. Skyping should make me feel better, I guess. But it's just a teaser. I can see them but not be with them. How can I be part of my grandson's life when he is so far away?*

Grandparenting isn't like it used to be. Grandma and Grandpa most likely don't live next door, ready to give hugs and share Sunday suppers. When we gave our children wings, we also gave them license to fly anywhere. Now, so many of us realize that they have done just that. And worse yet, they've taken our grandchildren!

Take heart. You can build a close relationship with your grandson even though you have little time together. It will take extra effort, but will be worth it. The grandparent bond is important in providing memories that nurture these loved ones long after we are gone. Use these ideas to build connections:

- **Repeat, repeat, repeat.** Children love to do things time again and again. Do you remember reading and re-reading your son's favorite book to him, probably to the point that you wanted to scream? It's the same with your grandson. Choose a silly ritual, pet name or special song that belongs to the two of you—and then play it up. For example, my granddaughter, Daisy, knows that we practice yoga together. It's not like any yoga you'd recognize! I give our poses crazy names and we end up twisted together on the floor laughing our heads off. In between our visits, she recalls this and looks forward to doing it again.

- **Single them out.** Make it a point when you are with them to spend time with each grandchild alone. Particularly for a child with siblings, one-on-one time counts. It may be more practical to function as a group, but the focus on just one grandchild will help him or her feel special and worthy. They too, will be focused on you, rather than a sibling or cousin. Even a quick trip to the nearby library can be festive. Bring a monogrammed book bag or bookmark and spend time choosing a book that reflects his interests of the moment. Stop for ice cream afterwards.

- **Pass it on.** Have you noticed how much kids love stories, particularly ones about their birth or about their own parents? At bedtime, after we read books together, I tell Daisy stories about her daddy or about her Great-Great-Aunt Daisy who used to do the same thing with me when I was small. Someday, I trust that my granddaughter will remember my stories and tell them to her own grandchildren. Such passing on of family lore gives us a precious glimpse of immortality.

- **Keep in touch.** Even though you are miles apart, foster regular contact. Send post cards, small packages, talk on the phone and Skype. Yes, such video calls can leave you wanting more. Instead of focusing on the negative, turn it around. View this as evidence of the love you feel for your grandson and be grateful for another way that you may reach him. The upside is that Skyping will help your grandson recognize you. Thinking on how difficult it must have been for wagon train families who left their loved ones behind, perhaps forever, never fails to stop my own self-pity in its

tracks. Thank goodness for technology!

- **Make it count.** When you visit, make it count but don't turn the trip into a monstrosity where everything is orchestrated and has to be perfect. Balance! Strive for relaxed, fun, and above all, be flexible. Leave behind regrets over the limited time and stay in the present by practicing patience, acceptance and gratitude. Connect through ritual and repetition, one-on-one time and the passing on of stories and love. Plan a memorable outing or two but, more importantly, spend time together on a craft, hobby or game that is yours alone. Need some ideas? Just remember what you loved to do as a kid.

Grandparenting is a joy and we baby boomers and beyond bring to this life stage the same intensity, focus and desire we applied to earlier developmental milestones. We know how we think it should be and how we want it to be. Yet, this journey is not ours alone. We raised our children and now it is their turn to make choices that effect our proximity to our grandchildren. We can fight it, bemoan it or we can embrace our opportunities. Make no mistake, those opportunities are still there! We may have to look harder, adapt to new technologies and employ advance planning, but it is still possible to be an involved grandparent who provides an invaluable source of security, enrichment and love that will last a lifetime.

QUIZ-ACROSTIC SOLUTION

Found among the papers of the late  
Diedrich Knickerbocker, "The Leg-  
end of  
Sleepy Hollow" first appeared in a  
volume  
of essays and tales entitled The  
Sketch  
Book of Geoffrey Crayon, Gent. Who  
were Knickerbocker and Crayon?  
LITERATURE: WASHINGTON IRVING

A. Looted	N. Halloween	B. Inside track	O. Ice hockey	P. Nacent	Q. Georg Solti	R. Thorp	S. Okey-doke	T. Nowhere	U. Inkblot	V. Rooks	W. Verge	X. Infers	Y. Nippy	Z. Ghost	M. Scream
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## INVADERS IN THE BAY

The soft swoosh of beating wings permeates the quiet of a Chesapeake cove early on a fall morning. A snow-white glider with a six-foot wing span and a graceful, curved neck cruises in, splash-lands and water-skis to an abrupt stop. A magnificent spectacle of nature? Most would agree. But this bird—a mute swan—is a destructive invader.

Mute swans first arrived in North America in the late 19th Century, imported from Europe and Asia to grace parks and private estates. They quickly spread. By the 1960s they were well established in Chesapeake Bay. In 40 years their population has doubled nine times. Today they number in the thousands. They remain in the Bay year-round, competing for food and territory with native bird populations including tundra swans. They consume more than 10 million pounds of vital Bay grasses annually, often uprooting entire plants to feed their 25-pound bodies. Scientists consider the mute swan a detrimental invasive species—a non-native life form that negatively affects its adopted ecosystem.

As invaders, mute swans have plenty of company. The Bay area now hosts some 200 invasive species. These include nutria (muskrat-like aquatic rodents); phragmites (a reed grass); and zebra mussels. Because invaders typically lack natural predators and diseases, they can thrive in their new environments, displacing native animals and plants and damaging wetlands. They have environmental, economic and human health impacts. For example, the total national cost of managing zebra mussels to reduce their clogging of water pipes will likely exceed \$3 billion. Some Bay invaders have been here a long time. The European Green Crab was introduced in 1817. Others, like the northern snakehead fish, are practi-

cally brand new. Snakeheads—the name says it all—are voracious predators, native to Asia but imported into the U.S. for home aquaria. In 2002 they showed up in a fresh water pond in Crofton. They have since appeared in Chesapeake Bay tributaries. On July 14, 2011, scientists from the Smithsonian Environmental Research Center (SERC) caught an egg-bearing Snakehead in the Rhode River, just south of Annapolis. Best guess is that these alien fish are here to stay.

Chinese mitten crabs are also a recent arrival, first reported in the Bay five years ago. Distinguished by their hairy claws and tolerance of fresh water, their potential ecological impact is still unknown. The assumption is that if they spread, they will harm the Chesapeake watershed, so it is important to closely monitor and manage their populations.

Most Chesapeake Bay invaders originate in the bowels of foreign ships. Every year vessels hailing from 48 overseas ports dump over 12 million metric tons of ballast water into the Bay. These discharges may comprise a stew of exotic species including mollusks, algae, fish, plankton, viruses and bacteria. A strain of cholera bacteria that causes paralytic shellfish poisoning was likely introduced in ballast water. Once established, alien species are exceedingly difficult to dislodge, and preventing further introductions into the Bay's waters may be impossible. But scientists, public officials and concerned citizens are doing their best to stem the flow through research, education, workshops and public policy, including the development of management plans.

Two programs deserve special mention. SERC's Marine Invasions Research Lab in Edgewater, is a world leader in the study of maritime invad-

ers. Another organization, the Mid-Atlantic Panel on Aquatic Invasive Species, was established in 2003. One of six national advisory bodies administered by the intergovernmental Aquatic Nuisance Species Task Force, the Panel represents public and private stakeholders and helps to implement regional strategies to prevent and control unwanted introductions.

What can you do? Ultimately we are all responsible for controlling the introduction and spread of invasive species in the Chesapeake Bay watershed. Here are some actions you can take:

- Educate yourself and others about aquatic nuisance species in general and Chesapeake invaders in particular. Do you know how to distinguish a mitten crab from a native crab species? Can you identify a Northern Snakehead? To whom would you report a sighting? (Start with the Maryland Department of Natural Resources at 877 620-8DNR).
- Do you have an aquarium or terrarium? Are you a gardener? Be especially careful to prevent the release of unwanted pets or plants into surrounding environments.
- Do you sometimes transport a boat between water bodies? To deter hitchhiking exotics, make it a practice to immediately remove and properly dispose of clinging aquatic plants and animals after hauling your boat.
- Leftover live bait after a fishing trip? Take it home. Releasing it could introduce an exotic species or a dangerous pathogen.
- And last, consider getting involved with a community group that works to protect the Bay's waters.

~ Henry S. Parker  
hspsbp@gmail.com

*Is it the fear of failure that's holding you back?*

# QUIZ-ACROSTIC

		1	C	2	A	3	H	4	U	5	B		6	L	7	J	8	N	9	P	10	Q		11	Z	12	N	13	D		14	Y	15	M	16	C	17	H							
18	V	19	Q			20	R	21	X			22	U	23	I	24	G			25	L	26	B	27	R	28	O			29	B	30	X	31	D	32	I	33	T	34	B	35	P		
36	Z			37	U	38	P	39	Y	40	K	41	B	42	X	43	Q	44	E	45	Z	46	O	47	S	48	T	49	W			50	Q	51	T	52	W			53	N	54	O		
55	W	56	F	57	T	58	H			59	A	60	D			61	V	62	Q	63	N	64	W	65	C	66	S			67	F	68	T	69	N	70	I	71	Q	72	K				
73	H	74	Q	75	J	76	D	77	G			78	C	79	Y	80	R	81	B	82	I	83	M	84	P	85	S			86	B	87	G			88	K			89	W	90	V		
91	A	92	D	93	M	94	I			95	O	96	C			97	H	98	K	99	Z	100	C	101	Y	102	B			103	B	104	Y	105	A			106	H	107	N	108	C		
109	S	110	X			111	B	112	B	113	C	114	O	115	A	116	U	117	Q	118	F			119	L	120	K	121	J			122	M	123	K	124	C	125	B	126	F	127	O		
		128	U	129	Q	130	S	131	J			132	S	133	D			134	Z	135	B	136	G	137	H	138	L	139	B	140	T	141	O			142	O	143	R	144	F	145	E		
146	L	147	I			148	Q	149	A	150	H	151	P			152	N	153	R	154	V			155	T	156	S	157	I	158	M			159	V	160	N	161	U	162	H	163	O		
164	I	165	X	166	J	167	P	168	M	169	S	170	N	171	B			172	J	173	X	174	G			175	B	176	B	177	H	178	C	179	U	180	G								

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## Directions

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

- A. Ransacked
- B. Competitive position (2 wds.)
- C. Candy-coated fruit (2 wds.)
- D. Pour out
- E. Comed-beef sandwich necessity (2 wds.)
- F. Yearned
- G. Connective tissue
- H. Genuine
- I. Deal with again
- J. Commence
- K. Strikes
- L. In the air
- M. 1998 horror movie
- N. Holiday of goblins and ghosts
- O. Winter sport (2 wds.)
- P. Harmful
- Q. Barenboim's predecessor (2 wds.)
- R. Author of *Beat the Dealer*
- S. Yes sirree! (hyph)
- T. Unknown place
- U. Psychological test
- V. Chess pieces
- W. Brink
- X. Concludes
- Y. Chilly
- Z. Spirit

91	2	39	119	148	165					
86	112	161	94	5	133	126	171	108	175	41
119	78	85	1	178	106	36	65	108	124	
31	80	153	82	76	39					
139	143	81	44	176	131	26	29			
144	126	87	26	118						
77	24	189	174	126	87					
3	129	177	157	79	87	161	106	27	28	
127	84	29	82	147	92	70	164			
121	7	166	172	75	151					
72	120	88	40	128	86					
6	25	146	128	119						
122	168	89	128	15	89					
12	107	89	29	6	122	89	170	168		
114	142	28	127	85	46	163	24	141		
38	167	35	84	9	151					
148	117	71	49	30	29	124	82	20	74	
27	129	20	143	80						
130	47	126	66	85	152	168	108			
57	88	150	21	48	59	140				
162	4	97	128	116	178	22				
18	80	154	128	81						
89	64	49	25	32						
30	173	21	42	163	118					
104	39	79	24	101						
134	36	45	89	11						

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