

Complimentary

Spring 2011

Outlook

For the Bay Boomer and Beyond...

by the Bay

MEET YOUR NEIGHBORS

The U.S. Naval Academy

BE GREEN

While Keeping Your Boat Clean

BAY CONNECTIONS

Take a Hike

Thailand and Beyond
SECRETS OF SUCCESSFUL AGING

THE NOT-SO-TRADITIONAL

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OutLook

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Recently I had a chance meeting with local author Iris Krasnow. I hadn't met her before but knew who she was. Other than being a hugely successful author, national speaker and American University journalism professor, she is an interesting, upbeat and a fun kind of woman. I quickly discovered that she's the kind that we ladies would like to put on our girlfriend list. We chatted briefly about her upcoming book, her fifth. This one concerns what it takes to stay married and will be published by Penguin Books this fall. The topic led to an interesting discussion such as how long we'd both been married: she 23 years, four sons, me 44 years, three daughters. Usually, when asked how long I've been married I mumble something into my sleeve as my life must sound awfully boring.



But typical of two women sitting together, we could find more than enough topics to discuss. We started with why we were successful in marriage or better yet, what kept our partnerships together with a current marriage failure rate of 43 percent. For more secrets and research on how to go the distance in marriage you'll have to purchase her book when it goes on the stands in October. Only because we were having so much fun laughing together, I jokingly suggested that the success of my marriage was attributed to the fact that my husband had been out of town for most of it. (It suddenly occurred to me that this was some great revelation, and, that this just wasn't something one discusses with a casual acquaintance.) But she most wholeheartedly agreed with my assessment. My astonishment must have been evident. I felt that I must be the only person in the history of the world who would admit to that, but there it was. Iris took it a step further and said that absences are a great thing in marriage. She also said that having lots of outside interests and good girlfriends can make all the difference. These factors, among others, were borne out in more than 200 interviews she conducted with women who had long-term marriages.

I'm not qualified to give anyone advice; I speak only from experience and I can tell you it worked for us. I have a husband who simultaneously had two jobs, both of which took him far and wide. More often than not, I wasn't sure where he was or when he'd return. Was it good for a marriage? Well in my case, and for Iris and many of the women she interviewed, it was good. Again, with nearly a 50 percent failure rate in marriage maybe Iris is on to something and we should be listening. After our discussion, my conclusions matched her conclusions: Wives and husbands don't have to be joined at the hip. It's OK to have outside interests and those should even be encouraged, and having good friends is very important.

When I think about the couples we have befriended over the years, it is true that absence can make the heart grow fonder. Without naming names, a local friend's husband worked for the CIA - I'm not sure if he was ever home and then when he was gone, she had no idea where the heck he was. Another good friend is married to a retired Coast Guard man. They weren't separated quite as often, but nevertheless they did manage to survive apart. And then there's my old friend in South Carolina whose Marine husband served two tours overseas while she was busy raising their children. Interesting that they're all still together and seem to be enjoying each other more than ever.

Another interesting point that Iris put into words: Our happiness doesn't depend solely on our husband and vice versa. We create our own happiness. And to add my two cents, I do understand that my husband is not responsible for my happiness, but he sure can interfere with it. Do I have any sisters out there nodding vigorously in agreement?

The conversation with Iris ended all too soon as we promised each other to stay in touch. When we parted company I mentioned that now that my husband was retired we spend more time together than ever before and were having more fun than we'd ever had. She politely inquired as to his whereabouts at that moment. Actually, I replied, he was gone for six months, sailing in the Gulf of Mexico. And Iris's husband? He was in Prague.

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

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On the Cover:

When Vern Penner and his wife, Dorothy, return home from wintering on the ski slopes, they start getting *Graciella*, their 28-foot Sabre sloop, ready for the sailing season. Vern, formerly a Foreign Service officer and US ambassador, spent 39 years in government service throughout the world, with his last post in Rome, where he served as deputy commandant of the NATO Defense College. Settling in Annapolis 10 years ago, they both began new careers in volunteer work with churches and community organizations. Dorothy, after teaching and coaching tennis in various places throughout the world, continues refereeing tennis matches. Vern, an inveterate sailor, now takes every opportunity to race *Graciella* throughout the Bay area.



Your Thoughts Letters to the editor

HELPING VETERANS

Hello! I picked up your Winter 2011 issue in a doctor's office and was smitten! Here is my question: Around pages 11-13 there was an article/advertisement about a woman who is collecting stories from veterans and their war experiences. I tore the page out and gave it to an older gentleman who had served in WW II. Since that time, I've encountered more people who have served this country and would like to get in contact with her to tell their stories. If pos-

sible I would love to have her contact info to pass along. My son is presently serving in the Navy and I have a special place in my heart for all who have served! Thanks so much and thank you too for a wonderful publication.
~L. Warner, Severna Park

Ed note: All best wishes to your son. Erica, who wrote the article, continues to collect stories and can be reached at 301 775-6035 or erica21409@yaboo.com

BOOKS: OLD, NEW AND OBSCURE

I'm not sure if that's the first time you've devoted two pages to book reviews but from my perspective it was well worth the space.

Thanks for a great magazine that focuses on the age group where I now happily find myself.
~S. Hill, Severna Park

TABLE TOPICS

Recently I read an article in your magazine about a great conversation starter that used cards of some sort to ask questions. This summer I have to go to two graduations, a shower and umpteen birthday parties for my adult grandchildren. I am wondering if you could help me to locate that game.
~Thanks, A. Sandham, Severna Park

Ed Note: The article appeared in the Holiday 2010 issue, in the column "Games People Play," where Table Topics, a conversation starter, was reviewed. We placed a call to Paper in the Park in Severna Park 410 544-8830 www.myPaperinthePark.com and they do still carry them with a few new editions such as Dinner Party and Wedding Shower. As an aside, my family played last week and we had more good conversations with grandkids then we'd ever had.

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ROAD TRIP

Thank you for another wonderful issue of "Outlook." I enjoy every issue; the articles are so to the point of boomers' lives. One minor complaint: the lead-in page for the article on auto trips was really difficult to read. The contrast of white print on white and light blue background is difficult to read, not to mention the last line of the middle column – black on nearly black mountainside.

Other than that, I did enjoy the article. Today, is going to be beautiful and it prompts me to want to take a drive – somewhere! Thank you again for the nice publication.

~Eileen M, Epping Forest

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THANK YOU

This thank-you is twofold. I initially opened the early spring issue of *OutLook*, to see the article I had written about the Living Well program. As I continued to look through the magazine I came across the beautiful ad for the Queen Anne's Chorale spring concert. It is really wonderful. I thank you so much for all the wonderful support.

~Susan P, vice president of the Queen Anne's Chorale, Centreville

Pick up a Hoe and Give Gardening a Go

By Leah Lancione

If you've ever entertained the idea of growing your own food, this is the time of year to act on that impulse. Although seasoned gardeners have probably already spent weeks planning which fruits, vegetables or herbs they will grow, and no doubt have started seedlings indoors, it's not too late to join in this spring rite.

Even if you start out modestly, planning is required. Before visiting the garden store, research which crops grow well in Maryland, what type of soil is in your backyard or planter, what kind of seeds or seedlings to buy and where and what supplies are necessary to create your garden space. The University of Maryland Cooperative Extension is a valuable resource at <http://extension.umd.edu> of gardening information for neophytes, as well as for tips on producing a successful harvest. The extension's "Grow It, Eat It" campaign is Maryland's Food Gardening Network that promotes the idea that people of all ages and backgrounds can grow nutritious crops almost year-round while saving money. The network also connects with gardeners through an online map – you simply enter your zip code into a field – and you'll be united with millions of people with the same quest for growing healthy food for their families.

The extension's Home and Garden Information Center (800 342-2507) offers folks the opportunity to speak to experts who can answer any questions related to gardening – from soil and plants to pests and fertilizer. The center accepts calls Monday through Friday 8 a.m. through 1 p.m.

Other online resources also offer useful pointers for novice gardeners. For instance, www.gardenguides.com says beginners should start out with a small plot to avoid being overwhelmed. The site recommends starting off with a garden that is

no bigger than 8 feet by 10 feet that receives adequate sunshine throughout most of the day. The UMD Cooperative Extension also instructs gardeners to choose an area that's not too shaded by trees or shrubs, is close to a source of water and is easily accessible. The site also recommends being aware of what type of rodents or other vermin that are apt to visit your garden so you're adequately prepared. Once you've decided where your garden will be – whether in a raised bed or in the ground, it's time to purchase the essential tools to make the garden patch a reality. The website www.gardeningoncloud9.com offers a list of basic gardening tools that include a spade and shovel, trowel, garden fork and hoe, rake, shears, pruners, a pair of good gardening gloves and a kneeling pad. You can purchase these supplies at any garden retailer like Lowes and Home Depot, or even Walmart or Kmart. Some of the larger stores even have an extensive collection of ready-to-assemble raised garden beds, wire, posts or fencing for your garden.

Now that you've selected your garden spot, formulated a plan that includes what type of soil you have or need to purchase, what crops you've chosen to grow, and have acquired the necessary tools, the next step is to prepare the soil. (Heads up: The UMD Cooperative Extension also lists the best crops to grow in central Maryland at www.growit.umd.edu/VegetableProfiles/index.cfm

To groom your soil for gardening, Backyardgardener.com www.backyardgardener.com/veg/VEGETABLE/growingvegetableforbeginners.htm notes the importance of using a digging fork to loosen existing soil so the plants' roots will have room to grow and can breathe and take up

water and nutrients from the soil. Next, add any new soil to your backyard or garden box. The UMD Cooperative Extension will also provide soil testing. Experts can determine what type of soil you have, whether you need to add anything to correct Ph imbalances, how much compost or organic matter to add and how much fertilizer is necessary.

The next and final preparatory step is to plant the seeds or settings you purchased. The UMD Cooperative Extension recommends choosing the plants that do grow well in Maryland, are expensive to buy in grocery stores, are most nutritious and those which your family loves to eat. Since the specifications for how far apart and deep you should plant your crops vary, follow the directions on the package or enlist the help of a cooperative extension or outdoor store expert.

You will put your gardening tools to good use as you properly care for your crops as they grow. You will need to continuously fertilize, weed and water your garden. Now it's time to start thinking of delicious and nutritious dishes you'll be able to make with the rewards from your garden.

Leah will be enthusiastically planting her first vegetable patch this year, buoyed by last year's success with tomatoes. Reach her at leahlancione@gmail.com

Outlook's Bits & Bytes

Spring is here, time to think of planting. This site will plant a native species of your choice to honor a loved one or to commemorate a birthday or other significant event. They're just \$40 each. Log onto www.dnr.state.md.us/forests/Treemendous and click on "gift of Trees:" for more information.

Taking on the Meatless Monday Challenge

By Susan Singleton

There's been a lot of talk lately about the effects of eating too much red meat and animal products. People are experimenting with vegetarianism, exploring the links between global warming, obesity and lifestyle diseases with our overproduction and overconsumption of meat. The movement is growing in popularity across the country. Meatless Monday is an international campaign that encourages people to not eat meat on Mondays in order to improve their health and the health of the planet. Committing to this campaign offers many health benefits including:

Reduced Heart Disease - Reducing saturated fats can help keep your cholesterol low and drastically reduce the risk of cardiovascular disease.

Decreased Cancer Risk - Latest studies indicate that red meat consumption is associated with promoting cancer cell growth by creating an acidic environment in the body.

Diabetes Prevention - Diets low in processed meat can reduce the risk of type 2 diabetes.

Increased Longevity - Red

and processed meat consumption is associated with increases in total mortality and specifically cancer mortality and cardiovascular disease mortality.

Better Nutrition - Replacing animal products high in saturated fat with beans, peas and protein rich nonanimal sources will tend to increase your intake of fiber, protein, folate, zinc, iron and magnesium.

There are financial benefits too. Incorporating a meat-free dish into your weekly menu is a great way to trim your weekly grocery spending. Also, chronic preventable diseases that meat products can help cause make up about 70 percent of U.S. health care spending, according to Food Matters!

And don't forget the environmental benefits of Meatless Mondays. It is estimated by Food Inc. that the meat industry generates about one-fifth of man-made greenhouse gas emissions. According to Mark Bittman, in his Food Matters cookbook, it takes between

1,800 and 2,500 gallons of water to support one pound of ground beef. Experts say it requires 2,000 percent more fossil fuel energy to produce animal protein than it does to produce the same amount of plant-based protein.

The Meatless Monday concept is easily adaptable into a weekly menu and incredibly rewarding to blend this style of eating and thinking into your mealtime routine. Becoming less reliant on animal products and nutritionally worthless food is thought to elevate your health, mood, energy, weight and mindfulness.

Try this recipe to get you started thinking about the possibilities that Meatless Mondays have in store. Why not give this recipe a whirl for a Father's Day brunch or dinner.

Susan was trained at the Institute for Integrative Nutrition in New York City and is a certified holistic health counselor and founder of Healthy Life Consulting. She is a member of the American Association of Drugless Practitioners and can be reached at susan@healthylifeconsulting.com

Asparagus and Wild Rice Frittata

- 3/4 pound fresh asparagus spears or one 10-ounce package frozen cut asparagus
- 12 eggs
- 1 cup cooked black or brown rice
- 3/4 cup low-fat cottage cheese
- 2 tsp. yellow mustard
- 1/8 tsp. salt
- Dash pepper
- 1 cup sliced fresh mushrooms
- 1 small tomato, cut into wedges, or 1/4 cup chopped tomato

Cook fresh asparagus spears in a small amount of boiling water for 8 to 10 minutes or until crisp-tender. Drain. Reserve three spears for garnish; cut remaining asparagus into one-inch pieces. Meanwhile, in a medium mixing bowl beat eggs until foamy. Beat in cottage cheese, mustard, salt and pepper. Set aside. In a 10" nonstick skillet, cook mushrooms over medium heat until just tender. Add cooked rice. Stir in asparagus pieces. Pour egg mixture over mushrooms, rice and asparagus. Cook mixture over low heat about five minutes or until mixture bubbles slightly and begins to set around the edges. Place reserved asparagus pieces on top of the frittata mixture. Bake frittata, uncovered, in a 400-degree oven about 10 minutes or until set. Garnish each serving with tomato. Makes six to eight servings.

**This recipe does contain animal products in the form of eggs, but obviously does not contain any meat.*

Dental Implants — Don't Wait to Replace Your Missing Teeth

By Drs. David, Clayton and Jay McCarl

Dental implants are today's standard of care for replacing missing teeth and securing removable dentures. In the past few years, improvements in dental implant technology have made implants more reliable, comfortable and affordable. There are circumstances in which a dental implant has replaced root canal therapy as the preferred dental treatment. When the root of a tooth is too short or too badly damaged to support restoration with a dental crown, it may be best to extract the tooth and place a dental implant. The implant will provide greater support for the restored tooth and improved long-term success.

Dental implants are placed in the jaw where they fuse to the bone. They are effective for restoration of a single missing tooth or multiple missing teeth. In the past, dentists relied on procedures that were often temporary measures to repair badly damaged teeth. Now, there are many circumstances when implants restored with crowns will last longer and cost less than ongoing repair efforts.

When you lose a tooth, your jawbone gradually loses strength and firmness. This leads to bone loss and can even cause changes in facial features. The loss of just one tooth can cause uneven chewing and an unstable bite. The remaining teeth shift and proper cleaning becomes more difficult. A misaligned bite can also contribute to jaw joint dysfunction and headaches. Unlike a denture or bridge, a dental implant can prevent bone loss at the site of the missing tooth.

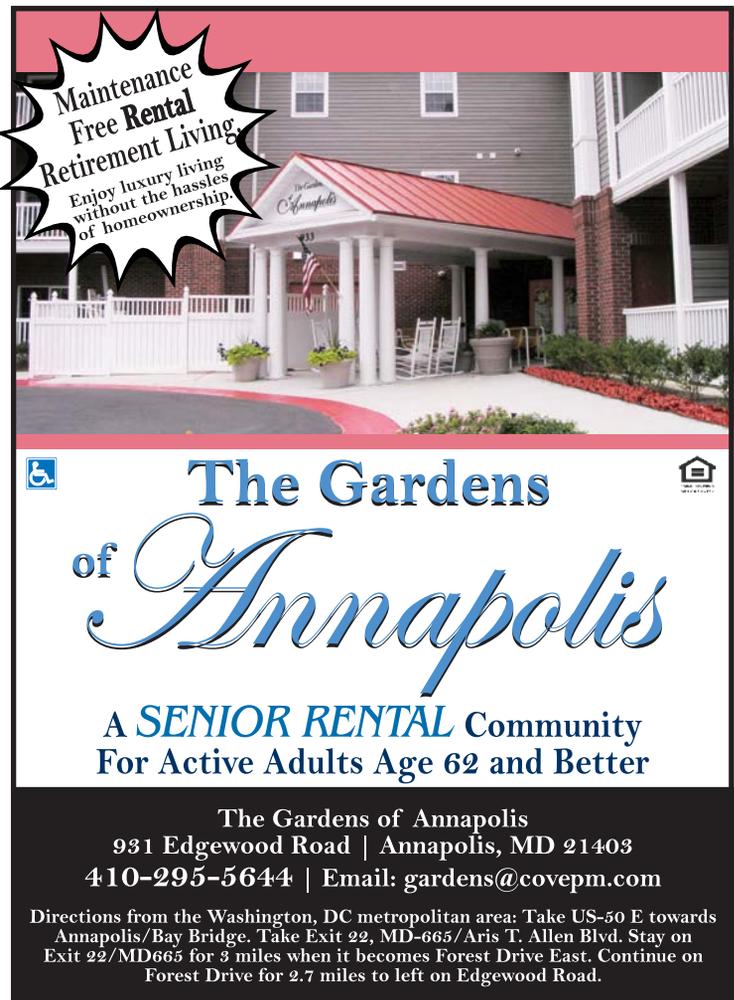
Many patients tell us that having a dental implant is more comfortable than they expected. Unlike teeth, the jaw bone does not have nerves. The type and density of bone varies from patient to patient and even within

different locations in the same patient's jaw. Bone density will determine whether the dental implant can be restored immediately, or whether the implant needs to "sleep" and strengthen for several months before use. Allowing an implant to "sleep" and fuse to the jaw bone significantly adds to its strength.

There are advantages to having a properly trained general dentist to place your implant. A general dentist will be restoring the implant and can determine the type and size implant that is most suitable, as well as the optimal position for later restoration.

When the implant is placed and restored by the same dentist, there are fewer visits to the dentist which results in lower cost and greater convenience for the dental patient. Many patients are pleasantly surprised that the cost of dental implants is much lower than they expected. If you are missing teeth, visit a properly trained dentist to learn how dental implants can improve the health of your smile.

The Drs. McCarl can be reached at 410 987-8800 or www.McCarlDental.com



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Meet Your Neighbors:

the U.S. Naval Academy

By Cindy Rott

The United States Naval Academy is not the off-limits compound that many perceive it to be, although there have been times when security has restricted entrance. Typically, however, with proper IDs, visitors are welcome. Every week the USNA hosts a plethora of activities most of which are open to the public. During daylight hours, walking on is easy. Park downtown and just show your driver's license at the gate. Of course, if you have a Department of Defense sticker on your car you can drive on, with the stipulation that all adults in the car show an ID at the gate. And, in the Bay area, who doesn't know someone with a DoD tag?

Once you've managed to enter the walls, what is there to do? Appreciate the beauty, for starters. The "yard," as the midshipmen call their campus, is one of the most beautiful pieces of property in the Annapolis area. My personal favorite is to walk or jog the four-mile perimeter. There is very little traffic, lots to look at and the terrain is very flat. Exercising in the late afternoon is always enjoyable as the midshipmen are out of class and many are practicing intramurals, club or varsity sports and much of the activity taking place on the fields is worth watching.

During my runs I have witnessed helicopters landing, Marines rappelling out of choppers, rugby practice, sailing teams gearing up, midshipmen marching in formation, weddings, taps and baseball games. Hospital Point (the giant grassy field that is surrounded by water on three sides), is a great place to walk around as there are very few cars in this area, and the Severn River is worth a passing look as sailboats glide past. Often after a group walk with my "walking buddies," we'll stop in at Dahlgren Hall for some sandwiches. Some know it as the old ice skating rink, but few know there is a little counter-style restaurant open to the public. The pretzel bread sandwich is a welcome re-

ward after a perimeter work out.

Things to check out: Walking tours are always a hit with your out-of-town visitors. These are scheduled for most days and can be had for less than \$10. The Naval Academy Museum www.usna.edu/Museum is just a short walk from the main gate and is free and open almost every day. It is located adjacent to the gift shop. The chapel and crypt of John Paul Jones are open to the public except federal holidays, weddings, funerals, etc. Both are beautiful and worth seeing. Anyone may attend chapel services which are Catholic, Jewish or Protestant. Log onto www.usna.edu/Chaplains/services for scheduled times.

Many artistic productions are offered throughout the year, including performances by the Men's and Women's Glee Clubs, Gospel Choir, Drum and Bugle Corps as well as the distinguished artist series. For more information call 410 293-2439.

The Blue Angels show is obviously the most popular event of the year, and can be viewed from many places in the Annapolis area. This is definitely worth taking the day off to see, or to bring your out-of-town guests. This year the Blue Angels practice on May 24, and do their official performance on May 25. My preference is for the practice day, as the show seems longer and the crowds are less intense. Don't miss it this year, because next year the show will not go on due to scheduling conflicts. During graduation week many activities are open to the public, including dress parades and concerts. Lots of information can be obtained at www.usna.edu/SpecialEvents/CommWeek

On May 23 at 1:30 p.m. is Herndon, the annual climbing of an obelisk to signify and celebrate the end of plebe (freshman) year. Last year the 'makes it more fun' lard was



outlawed by the then superintendent, and the mids climbed to the top in a record two minutes, five seconds. This year the spectacle promises to be longer as the upper classmen have been granted the right to grease the monument again, making for a very slippery climb.

Have young summer visitors? A boot camp for ages six to 12 is a short two-hour commitment that is offered periodically and is a great way to entertain young guests as they are taught to march, salute and to speak Navy lingo--ending in a chow time.

Navy sports are a great way to see some awesome athletics up close and personal. Check out www.usna.edu/athletics for a composite calendar where you can peruse all of the many different sports schedules. Lacrosse and football are always great to watch, but did you know you can attend many of the less popular sports including baseball and gymnastics for free? Check out the website, which will also let you know when the shuttle bus is running. Park at the Navy stadium for \$5, and the shuttle bus will drive you onto the academy, sometimes right to the sporting arena. (You will still need an ID.) The annual brigade boxing, held the end of February, is a great event to bring those teenage grandsons to, they might be so entertained they might even stop texting.

For more information, or to find a specific event, check out the Capital Newspaper or the USNA website at www.usna.edu

Ask the Undertaker

The Not So Traditional

By Ryan Helfenbein

www.LastingTributesFuneralCare.com

Remember as a youngster when your parents said something like, “When I was your age, I walked to school in the snow uphill, both ways!” If you take a moment and really think about it, they were right about change. It’s amazing how fast things have changed in our society today and how quickly people can adapt to that popular product or service. Pay phones have become cellular phones, handwritten birthday cards have become e-cards and bunny ears for television reception have been replaced with a satellite dish attached to the side of our house. We see this change in the undertaker’s profession as well. This is apparent in the shift of popularity from traditional burial to cremation tributes. Not only has this taken society today by surprise as a popular means of disposition, but it has completely shocked the average undertaker.

Cremation services date back many years, but they have only really become popular in our country in the last 10 to 20 years. In the 1970s, only 3.5 percent of people chose cremation. Today, more than 40 percent of Americans are opting for cremation. As a matter of fact, the National Funeral Directors Association predicts that this average will be over 50 percent in 10 years. This means that the traditional services undertakers have been providing since the Civil War have been completely changed in about one-fourth of that time.

Why are more and more people choosing cremation? Many consumer surveys have been conducted, and there seem to be two main reasons that are at the top: use of land and cost.

Todd Van Beck, a family friend, has studied the one aspect of using up too much land. He found that if everyone in the world

died at the exact same time and each person elected for traditional burial, the space required would be almost 7,813 square miles of land. By the way, this is a bit smaller than the state of Massachusetts. But is land use the average consumer’s real concern? Perhaps not.

What about cost then? Yes, cremation can be less costly than traditional burial, but it all depends on what the consumer selects. For example, someone who wants to be buried immediately in a no-frills casket will pay much less than someone who wants a memorial service at the Chesapeake Bay Beach Club. Unfortunately, some funeral directors of today really aren’t helping with this either. If you contact a funeral home and ask what their cost of cremation is, they’ll tell you the bare-bones cost but when you go in to meet with them, that cost will rise as “necessary items” are added to the list. Why can’t a funeral home simply give you an all-inclusive price? More progressive firms are providing all inclusive, one-price tribute packages, but unfortunately, most of them don’t.

If land use and cost aren’t necessarily driving the whole cremation trend, I have another answer. Cremation can offer a multitude of personalized services that truly encompass the highlights of an individual’s life and provide a unique way to remember the life that person lived. For example, if dad was a fisherman, you could have a private scattering farewell tribute in the Atlantic Ocean. Or you could place portions of his cremated remains in the areas up and down the East Coast at specific locations where he enjoyed fishing. Perhaps you may even want to do what one Marylander I know has planned: Hold a memorial tribute and then see that his cremated remains are placed in the mold

of a new sailboat that his wife and children could then sail along the coast line. Whatever form of memorialization that may fit your personality and highlight your life, cremation tributes provide families with a positive remembrance.

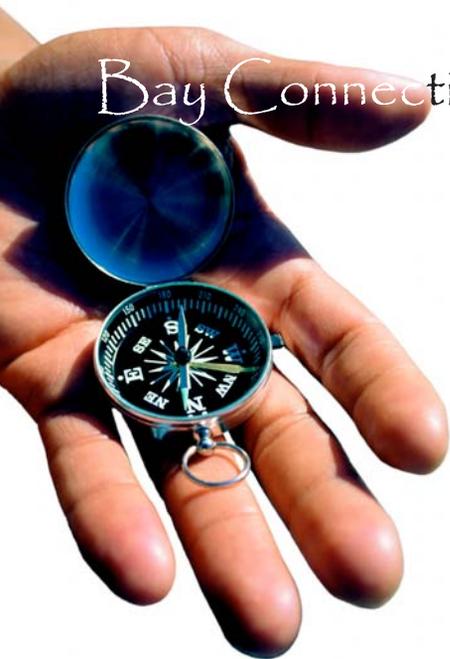
Why can’t one have a personalized traditional burial tribute as well? You can. The difference is in the flexibility that cremation tributes offer. For example, the urn could be placed on the center of a favorite bar where everyone gathers for a final toast, or a capsule of cremains could be sent into outer space or one could even hold a scattering tribute while on a cruise to the Virgin Islands. Whether it be an eternal resting place on the ocean floor or into the stars above, cremation simply provides more unique tribute options than we have ever experienced before.

Ryan, owner/supervising mortician and pre planning counselor at Lasting Tributes on Bestgate Road in Annapolis, offers area residents solutions to high cost funerals. He can be reached at 410 897-4852 or Ryan@LastingTributesFuneralCare.com

Outlook's Bits & Bytes

www.dictionary.com will provide definitions, a thesaurus, a translator such as English to Swahili, or Spanish to English and lots more. A fun site that includes the word of the day.

We are all entitled to the banquet.



Take a Hike!

By Richard Hillman

For me, it started in the mid-1990s, when I began backpacking for a few days each summer in the White Mountains of New Hampshire. To train for the rigors of carrying a pack up and down steep, rocky trails, our local leader would organize several training hikes in western Maryland in late spring. Some years elapsed and some in the group observed that this sort of hiking wasn't such a bad way to enjoy the outdoors, but wondered why we couldn't do it all year long. What a revelation! Twenty years have passed and nearly 200 monthly hikes have been taken.

Admittedly, I have come to enjoy planning and leading the hikes as much as actually doing them. They all originate from a spot in Annapolis, usually the lower lot at the Truman Parkway park and ride lot. The hikes generally occur on a weekend, except in November of even years when we hike on election day (because we have the particular trail to ourselves). Normally we go someplace in the "Greater Annapolis Metropolitan Region," which I have defined as within 100 miles of the statehouse.

Though the hikes are technically conducted under the auspices of the Washington, D.C., Chapter of the Appalachian Club (AMC), America's oldest outdoor organization, membership is not a prerequisite. In fact, there are no qualifications whatsoever, unless one considers the encouragement to bring "kool snax to share" not quite a burden.

The pace is moderate. The participants are of all ages. The terrain is reasonable – usually. Most of the hikes take three to five hours. Sometimes a picnic lunch on the

trail is part of the adventure. At other times, many in the group will dine post-hike at some local hostelry. The largest assemblage was 54 for a themed stroll through Annapolis, but the group averages 10 to 20 in colder months and 15 to 30 in warmer months. A map and a trail description are provided to each participant. The hikes are conducted under "Leave No Trace" principles. Moreover, the AMC adheres to the Hiker Responsibility Code.

The schedule of hikes for the ensuing six to 12 months is posted at the AMC website at www.amc-dc.org. Click "Chapter Activities" and the complete details for each hike are posted there at least 60 days before the hike. In addition, I maintain a listserv to send monthly reminders for anyone who wishes them.

There is somewhat of a rhythm to the annual schedule. In the colder months, we do urban routes in Annapolis, Baltimore and Washington because weather will interfere the least. (In 20 years, only three hikes have been canceled.) In spring and fall, we do trails on which we can enjoy the natural attributes of those seasons. And, in summer, we do mountains or stream valleys.

Special equipment is not necessary, although boots are always recommended. A day backpack is useful for carrying water and snacks. It is also useful for storing extra clothing since most participants routinely overdress. Some folks find it more comfortable to hike with trekking poles when we do backwoods hikes.

So come one, come all. You'll experience a part of the region you likely have never traversed. Communing with nature will refresh you. And, you'll likely make some new friends in the bargain.

The schedule for 2011 follows:
Sunday, May 22, SENECA CREEK GREENWAY TRAIL, Clopper Road to Darnestown Road, Montgomery County. 6.9 miles. Step off at 10 a.m.

Saturday, June 18, APPALACHIAN TRAIL, Rocky Knob Trail to Caledonia State Park, Pa. 8.3 miles. Step off at 10:30 a.m.

Saturday, July 23, SAVAGE PARK & MILL, Howard County. 8 miles. Step off at 8:30 a.m.

Sunday, Aug. 21, STONEY RUN – WYMAN PARK, Baltimore. 5.3 miles. Step off at 9 a.m.

Saturday, Sept. 17, GLEN ELLEN – SEMINARY TRAIL, LOCH RAVEN RESERVOIR, Baltimore County. 9 miles. Step off at 9:30 a.m.

Sunday, Oct. 23, BOMBAY HOOK NATIONAL WILDLIFE REFUGE, Smyrna, De. 3.5 miles. Step off at 10:45 a.m.

Saturday, Nov. 19, LAKES NEEDWOOD & BERNARD FRANK, Rockville, Md. 7.9 miles. Step off at 9:30 a.m.

Sunday, Dec. 4, CAPITAL CRESCENT TRAIL, Montgomery County. 6 miles. Step off at 10 a.m.

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How to Combat and Reduce Medical Debt

By Wayne B. Zussman

Medical debt is the most common form of debt affecting seniors, according to Financial Web's article on Personal Debt for Seniors. With financial demands including limited "retirement income, rising health care costs and the expense of long-term housing," seniors are finding it challenging to pay not only medical bills, but all bills.

For starters, avoid using credit cards and do not mortgage your house to pay medical bills. Charging expenses to a credit card means you lose the ability to negotiate with a provider. Obtaining a second mortgage to pay medical bills could result in foreclosure if you fall behind.

Here are some suggestions for paying medical bills, which may at the same time help reduce some out-of-pocket costs:

1. Talk with your physician's office or the hospital's billing department about a discount and payment plan. Ask the person who is in charge of billing if you could be allowed a discount for services, such as matching the usual and customary fee allowed by health care plans.

Try to work out a payment plan with your doctor or the hospital for a low monthly amount. Make it something you can afford. As long as a patient regularly makes payments, a doctor or hospital is likely to accept this arrangement. Hospitals have debt programs that assist patients in coming up with a plan for payment, as well as the possibility of a reduction in the total bill.

2. Review the bill. This is especially true for hospitals because the bills can often be complicated and long, and hospitals can make mistakes in their billing. For example, bills may include unused products or services that were never provided. When the bill comes to you, look it over carefully for errors before paying it. If the hospital only provided

you with a summary, ask for a copy of the itemized list of charges. If you have trouble understanding your bill, ask the hospital's billing department to go over it with you. Hiring a claims assistant professional can be helpful with large, complicated bills. They do charge a fee, but it may be worth it if they end up saving you a significant amount of money.

3. Find financial assistance with your bills and prescription drugs. Quite a few options are available in this category and most are not well-known, including:

- Apply for government aid – Many states and counties offer medical bill assistance. The hospital billing or social services departments or government offices can connect you with the appropriate avenues for assistance and can help you find out if you meet eligibility requirements.
- Connect with charities – If you are diagnosed with a certain condition or illness, there may be a not-for-profit organization dedicated to

it. Contact that organization to find out if they offer financial assistance to people who have that condition.

- Look for prescription medicine support – These websites help the senior or doctor find out more about eligibility and assistance with prescription drugs: www.needymeds.org or www.rxhope.com and www.rxassist.org

Seniors should explore these viable options for medical expense assistance before the bills become significant. However, the opportunities are not always well-publicized. Discovering and determining the right approach to paying your medical bills may take time and patience. Talk with the doctor's office or hospital to find a plan of action that works for both of you. A good faith approach to paying off medical debt goes a long way for both parties.

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Thailand and Beyond:

By Pat Jurgens

Getting old is like being dropped in a foreign country. The culture is different, and we don't know the language or what to expect. Recently, I returned from volunteering in Thailand as a septuagenarian; let me draw some parallels from this experience.

We are, of course, all getting older. It's the cycle of life. Our joints ache and we don't recognize ourselves in the mirror. We no longer dance the night away, or burn the candle at both ends. So, how to navigate through this elder passage with grace and still enjoy life? We can learn to adapt to new experiences.

It is How it is

We can't change the inevitability of life. Children grow up, the furnace has to be replaced, our dog dies, friends move away, illness and injury strike home. But we can adapt. And we can learn to live with magnanimity, a generosity of mind and heart that will transform whatever happens in our lives.

In northern Thailand, village people without education do hard physical labor. Men, women and children alike work long days in the rice fields. Teaching hill tribe preschoolers, I could not lift them out of poverty, or protect them from abuse, or even wash their dirty clothes. But I could teach them songs and games to bring out happy laughter, and offer a kind lap to curl up in.



Do Your Homework

When approaching a new experience, whether it's a different kind of work, a personal health challenge or a family dilemma, it's helpful to gather information about it from a variety of sources. The Internet has become a standard approach, but libraries and books are still very much available and can offer in-depth knowledge. TV and other media are viable options. Talking with friends and experts alike can engender questions and help with decision making. Be persistent.

My traveling companion and I met at the library once a week for months, exploring the possibilities of volunteering in Thailand. We researched areas of the country, dozens of volunteer organizations, travel options, health risks and protections and accommodations. We determined we wanted to work with hill tribe people and found the Mirror Foundation in northern Thailand, an organization that provided the structure and support we needed.

Take Action

Once a decision is made to change doctors, move into a retirement center, or take that dreamed-of "bucket list" trip, it's time to act. We can't sit on our thumbs endlessly despairing over the past, our various infirmities or worrying whether things will work out. We can find affirmative energy in moving ahead with plans for grandchildren's visits, that book that's still being written or traveling to new destinations.

As for Thailand, we signed up with Mirror Foundation, made our flight and hotel reservations, got immunizations and within a month were flying over the Pacific to Bangkok. Knowing that our accommodations at the Non-Governmental Organization or NGO would be rustic, we treated ourselves to a luxury hotel and several jetlag days of enjoying the sights before starting our volunteer work.

Overwhelmed? Breathe and Relax

There comes a time, when we are immersed in a situation, when all our systems

say "whoa!" Everything is new and coming at us too fast to absorb. Too much information, loud noise, too many people. Muscles are tense, heart beats faster and we're holding our breath. We're on overload. iPhone and Facebook technology is too intense. Even grocery shopping can be stressful because our favorite foods seem to change locations every week! Everyone's in a gosh-awful hurry. How to cope?

- Stop in your tracks, sit down if possible and take yourself out of the fray.
- Breathe in, breathe out. Relax. Breathe in, breathe out. Relax.
- Calm yourself by repeating mantras or affirmations.
- Call a friend and vent your frustration.

After a teacher orientation at Mirror Foundation, I was in jetlag and overwhelmed by strange surroundings, new information and 20 volunteers who were 50 years younger, all talking in unfamiliar accents at lightning speed. Retreating to my bunk in the dorm, I wrote in my journal to calm my apprehensions. Sleep refreshed me, and the next morning a solitary walk released the tension.

Sense of Humor

Ah yes, remember the funny bone ... and pointing the finger at ourselves. When we forget to turn off the burner on the stove? And can't find our glasses? It makes us feel stupid, but guess what, it's just part of life in the slow lane. Silly me. It takes magnanimity to laugh about losing your camera or the night you forgot the symphony. Can't use these arthritic fingers to tickle the ivory keys any longer? Maybe I can use them to scratch your back instead.

On the trip to Thailand our belongings kept disappearing. First a book, then teaching materials, also a 1,000 baht note. We made a mystery out of it; a ghost was taking our stuff. Sometimes it would inexplicably reappear. "It's dad," we'd laugh.

Secrets of Successful Aging

Find the Beauty

Do you have a knee injury that prevents you from downhill skiing? Are you no longer able to drive? Having difficulty navigating the stairs to the basement where the washer is located? Have to give up gardening? Even in discomfort and inconvenience, there is something beneficial. So, now you have more time for quiet pursuits. Perhaps you rediscover a love of music. You learn to accept loving help from others, and may become closer to your grown children.

In Thailand there were cold showers and muddy floors, board-hard beds, and meals of rice with broth and colorless vegetables. These were offset by the smiles of Thai people as they greeted us with a respectful “wai,” beautiful gold temples and monks in saffron robes, and the laughter of village children as they ran and played.

Believe in Serendipity

Perhaps you’ve unexpectedly met an old friend or someone from your hometown while traveling abroad. Or you discover that your doctor went to college with your daughter. There’s an unexplainable energy or force that brings together seemingly unrelated events, people or things. We just have to be open to the possibility and notice.

My traveling friend found an Akha headdress in northern Thailand like one she had wanted to buy in Santa Fe 20 years ago. She’d wondered for years where it came from. I purchased an embroidered shoulder bag from our hill tribe host that on return home turned out to be remarkably similar to a purse I received as a gift in Kunming, China, 20 years ago. Listening to our intuition, we sometimes learn why we are drawn to certain experiences.

Acceptance and Gratitude

The secrets of old age have not yet been told. It’s not all about giving up the things you love to do or dealing with losses and infirmities. The “golden years” are a time of life when we have more freedom to do

what we want to do and say what we want to say. When perspective is needed we can offer common sense and even wisdom.

We don’t have to rush around in a dozen different directions, as in our youth; we’ve been there, done that. Now we can slow down and follow our heart’s desire, whether this is writing our memoirs, getting together with friends, practicing Buddhism or learning to play the dulcimer.

Over the years we’ve developed inner resources and found contentment in ourselves. We accept ourselves more fully, feel more deeply and forgive more easily.

In Asia we learned to appreciate the unexpected. One day we were adjusting

to food at the foundation, the next day we were going to a hill tribe village and sleeping on the floor. One weekend we stayed at a luxury hotel and ate like queens. The amazing contrasts opened my mind and heart, and heightened my understanding and compassion. I’ll always remember the multicolored lanterns of the night market, bright green rice paddies shimmering in the early morning sun and the smile of a little village boy on his mother’s knee. At this time in my life I feel particularly grateful for such an experience.

Pat Jurgens recently volunteered in northern Thailand teaching English to hilltribe women and children and novice monks. She can be contacted at 4louises@comcast.net

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Feel Young and Energized

By Leah Lancione

Some may think jogging is only for the young and uber-energetic, but it's not true. There are many men and women who jog or run all the way through their "golden" years. According to the American Physical Therapy Association's publication *For the Young at Heart: Exercise Tips for Seniors*, no matter what your biological age, regular exercise results in increased energy and self-esteem, improved muscle tone and greater functioning of important organs and joints. The publication also declares that "the effects of certain chronic diseases, such as diabetes, high blood pressure, arthritis and osteoporosis, can also be reduced by engaging in regular exercise."

If you want to revamp your exercise routine, or want to embark upon a new one, consider jogging and walking, since it's known to improve the functions of the cardiopulmonary respiratory system. Just be sure to visit your physician before starting any workout regimen. The physician will examine you to ensure you are fit to go. Undoubtedly, the doctor will also perform a stress test to monitor your heart.

The next thing you will want to do is buy proper running shoes and apparel. A combination of factors will help decide on the type of shoe: the structure of your feet; how you step, e.g., whether you are an over-pronator (flat feet) or under-pronator (high arches) and your personal preferences of comfort level, price and appearance. You may even need to buy heel cups or special inserts to guarantee that you'll put your best foot forward when you begin jogging. If you visit a store such as Fleet Feet Sports in Annapolis www.fleetfeetannapolis.com that specializes in running apparel and gear, the salesperson will be knowledgeable about all these specifications. Typically they're runners themselves. They'll help with the proper fit and provide you with a host of styles to try on before purchasing. Fleet Feet even let my marathon friend Cindy run around the block

to ensure that it was a comfortable fit before purchasing.

As far as clothing is concerned, the best advice is to wear breathable fabric and to dress in layers according to the weather. You don't need anything fancy, although some folks enjoy decking themselves out in "I'm a jogger" outfits in which everything coordinates. Others take the more frugal approach and run in sweats or comfortable pants or shorts and a T-shirt. Under Armor is great to



wear underneath garments on cold days. A good pair of socks is a good idea too.

Now, as for the routine. In the beginning, start out by walking at a normal pace to warm up and then ease into a speed walk. Gradually work up to a jog over time. Try to walk and jog at least three days a week for 30 minutes and when first starting, jog for only five minutes of the 30. Then work up to 10 minutes and so on. Before you know it, you'll be jogging the whole time. By gradually getting your body used to this new aerobic activity, you'll reduce the chance of injury.

Just remember, the idea is to get your heart rate going, but you never want to overdo it by getting to the point where you're panting or out of breath. A good test to determine if your pace is appropriate is to make sure you can still talk comfortably while jogging.

As you are transforming yourself into a jogger, keep it fun and stimulating so you don't get burned out or bored. Try running with a friend, jogging outdoors, continually changing the playlist on your MP3 player or changing your route.

Web MD at www.webmd.com/fitness-exercise/guide/workout-routines-ideas suggests challenging yourself to join a charity run to spice up your jogs. Also set goals and rewards for yourself. For instance, if you commit to jog for 15 minutes of your 30-minute routine for a week and then meet the goal, treat yourself to a massage or something else that will relax you and those working muscles! Web MD instructs everyone that the "goal is to establish a healthy, pleasant exercise routine, intermingling challenging activities with peaceful and relaxing mind/body experiences." You won't regret improving both your mind, spirit and body. It keeps you feeling younger and energized.

Leah has been an avid jogger and exercise enthusiast for nearly 15 years, and hopes to compete in the Rock-n-Roll half marathon in Virginia Beach in the fall. She can be reached at leahlancione@gmail.com

Boat owners assuredly love the water. They get a rush from the smell of the salty air, the wind whipping through their hair and the sight of clean water lapping up against the hull. Therefore, a true sailor is also part conservationist. They undoubtedly want to keep their environment as fresh and unpolluted as possible. To take part in protecting the natural resources of the Chesapeake Bay and its tributaries, boat owners have to adopt “green” practices when it comes to cleaning their boats.

Most boaters understand that just as cleaning products can be toxic to humans if mishandled, there are just as many cleaning agents for boats that can be harmful to wildlife inhabitants of the sea. Instead of using products with harsh chemicals, opt for vinegar and baking soda or products that are labeled biodegradable.

The Boat U.S. Foundation, a non-profit organization, is dedicated to helping “boaters, anglers and other user groups understand how they can be better stewards of the natural resources they enjoy.” The organization’s website www.boatus.com/foundation/cleanwater recommends spraying off your boat with fresh water regularly to wash off dirt and salt that collects on the boat’s surface. A scrub brush (or nonabrasive sponge) will also help make the task successful. The site maintains that this routine practice will cut down on the need to use products with harsh chemicals to scour through excessive grime. By opting to do major cleaning jobs when the boat is out of the water, it will also keep unwanted additives from getting into the water.

Outlook’s Bits & Bytes

Here’s an enticing website if you’re looking for a volunteer vacation www.habitat.org/gov. It offers detailed descriptions at any of hundreds of destinations worldwide, listing costs, itinerary and what you’ll be doing. There’s a promise of a good balance of work, rest and free time.

The Maryland Department of Natural Resources offers Clean Boating Resources at www.dnr.state.md.us/boating/cleanmarina/resources.asp and even lists “clean marinas” that have adopted pollution prevention practices. The DNR’s website also provides tips on minimizing environmental impacts from cleaning and maintaining marine vessels. This site also

to keep untreated sewage from entering the water. If your boat has a marine toilet, a Coast Guard-approved MSD is a requirement, but you knew that. The DNR has a Web page www.dnr.state.md.us/boating/pumpout/systemsguide/index.asp that informs boaters on how to install a sewage holding tank/MSD so that it complies with current laws, such as the Clean Water Act of

Be “Green” While Keeping Your Boat Clean

By Leah Lancione

instructs boaters to use fresh water to clean first, but if a detergent is required, use those which are phosphate-free, biodegradable and nontoxic. Furthermore, refrain from using products that contain ammonia, sodium hypochlorite, chlorinated solvents (bleach), petroleum distillates and lye. The Environmental Protection Agency (EPA) reports that ingredients containing phosphorus or nitrogen can contribute to nutrient-loading in water bodies, leading to adverse effects on water quality (www.epa.gov/epp/pubs/cleaning.htm). The EPA also insists that by using less hazardous products that “have positive environmental attributes, e.g., biodegradability, low toxicity, low volatile organic compound (VOC) content, reduced packaging, low life cycle energy use,” will help reduce water and air pollution.

The website BoatSafe.com provides a list of all natural cleaning alternatives to toxic, chemical counterparts. For example, instead of using a scouring powder, use baking soda or a half of a lemon dipped in borax. And, baking soda and vinegar or lemon juice and borax made into a paste can be a substitute for a general cleaner. Chrome can be cleaned and polished with apple cider vinegar and then baby oil. For more examples, visit www.boatsafe.com/nauticalknowhow/vessel_cleaning.htm

Another way to prevent pollution is to install a marine sanitation device (MSD)

1972 (amended in 1987).

Additionally, make it a priority to properly dispose of or recycle boat fuel, oil, antifreeze, batteries or any other potential pollutants. Speaking of recycling, it’s a good idea to keep a trash can and recycle bin on board so you and your “mates” can throw out trash before it ends up blowing away and littering the water and endangering wildlife.

If you’re looking for proper tools to help you be the “green queen or king,” the website Green Boat Stuff.com provides a range of eco-friendly products, listing organic soaps, eco boat wash and wax, organic trash bins and all sorts of natural cleaners and degreasers.

Be a smart consumer and remember that when you’re purchasing “green” products, the EPA says to “be especially careful in interpreting vague or generic claims such as “environmentally friendly,” “eco-safe,” etc. Shoppers should ask vendors and manufacturers offering “green” cleaning products to clearly and specifically define their “green” claims.” For more information go to www.ftc.gov/opa/2010/10/greenguide.shtm

Once you have adopted “green” methods for cleaning your boat, take it a step further by reporting any pollution or debris you find drifting in the Chesapeake Bay and its tributaries by calling the Chesapeake Bay Hotline at 877 224-7229. Let’s keep our waters and boats clean!

Advice Abounds on



By Kathryn Marchi

For years now, we've become aware of a new phenomenon. Kids are returning home to live after having been "on their own" for a period of time. In the United States, they're called "Boomerang Kids." (In Australia, they are called Kippers (Kids In Parents' Pockets Eroding Retirement Savings).

Reluctantly parents or even grandparents have opened the front door and let them in. It's an utterly foreign experience to this generation because we had never entertained the idea of returning home to our parents. Once we left home, we were "on our own" and had created our own life. Times were definitely simpler, if tougher, then.

Reasons for this migration home after either college or high school graduation, have included, but have not been limited to: low wages, high cost of living, scarcity of jobs, college tuition, credit card debt and health issues. According to studies in 2010, 80 percent of college graduates now plan on living at home for a period of time. These migrations begin in May and June when students graduate and enter the job market, where fewer and fewer jobs are to be had.

In the United States alone, a 2007 Census Bureau study showed that 18 million people, ages 18-34, were living at home with their parents. Since then, these numbers have continually increased and graduat-

ing students aren't the only ones returning home to live. Sudden lifestyle changes such as divorce, job loss or foreclosure can bring folks back to the nest, which often means they arrive with "baggage." The ongoing recession has affected entire families who are now moving back in with relatives or elderly parents.

Multifamily living is not such a new concept. In the early years of our country, that was the norm. Grandparents lived with their children and helped raise the grandchildren. It seemed to be a "win-win" situation for all. No one spoke about any problems in the arrangement. In Europe, families of several generations have lived under one roof for centuries. Often, the upper floors of a house were specifically intended for the grandparents. In many cultures, even in the United States, this is still the norm.

So, what then, can be done to make this "returning to the nest" a pleasant and positive experience? Family dynamics are complicated at best. And living together again under one roof, after having lived independently, can strain relationships and drain family finances. It's safe to say that most *boomerang* kids would want to be on their own if they could afford it. In the meantime, living together as harmoniously as possible is the challenge.

Here are some helpful hints to facilitate this return to the nest:

- If your returning child is single, some of the same patterns you formed when they lived at home will emerge. You'll have to resist becoming the "parent" again. You do have to remember that this is an adult child who is used to coming and going freely and with whom-

ever they please. Before moving back in, it's best to discuss this and set some guidelines that suit all concerned. Common courtesy should prevail here and the goal is to preclude parents from having to monitor these activities.

- If your adult child comes home and brings a spouse and/or a child, you have to resist the urge to become a parent to all of them! Another thing to remember is that today, children are not being raised the same way you raised yours. You'll have to bite your tongue to keep some peace in the house, but again, common courtesy should prevail. After all, it is still *your* house. One huge benefit from having the small ones come with the *boomerang* kid is that you can develop a wonderful bond with your grandchildren.
- So now that your house is "full" again, what about the matter of domestic chores or "room and board?" Some compensation is important to ease your physical or financial burden. Your *boomerang* kid should take responsibility for part of this. If finances are an issue, the "barter system" can be very successful. Whatever special talents he or she possesses can be utilized. If a talent is gardening, farm out the landscaping and tending to your yard. A friend of mine did this with her son-in-law and now has lovely gardens to show for it. If cooking is a strong point, you can enjoy some great meals. Another tradeoff can be

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

Boomerang Kids

they're baaaaacckkk!

babysitting your pets or house-sitting while you take a much needed vacation.

- Some *boomerang* kids get so comfortable that they don't want to leave. In this case, more drastic measures must be taken. This is where "tough love" comes in. You may have to find your child an apartment, pay the deposit and help with the move out. All of this presupposes that a job has been found. If not, you may have to get into the job placement business.

I believe that parents and *boomerang* kids start out with sincere intentions of living compatibly together. Some succeed – though even in the best situation, tensions

can arise over the smallest issues -- and others sadly find that it simply does not work. If this is the case, there is help on the Internet. The website www.boomerangkidshelp.com will help you with a customized contract for setting clear expectations and boundaries for your *boomerang* kid.

Is there a way to predict how your situation might turn out? Thank-fully, there is. Your instinct and this rule of thumb: Chances are if your *boomerang* kid was considerate, cooperative and somewhat responsible before he or she left the nest, then most likely the same will apply now. Of course, many children who might

not have possessed these qualities when they left home, miraculously mature into a more responsible young adult. This will make the transition much easier, but rules and boundaries still need to be set. One goal is always to ensure that your family can live together in an atmosphere of mutual respect and harmony. Another more overlooked goal should be to prepare your *boomerang* kid to move out at some point.

We all know that nothing in life is easy or perfect. Anyone can become a casualty of the ongoing recession and the lucky ones have a family home to return to if need be. So, if your doorbell rings around May or June, go ahead and open it! You have many sources of help and trust me, you are not alone.

For more information either do a Yahoo search or Google *boomerang kids*. Or log on to www.boomerangkidshelp.com or www.responsibilityproject.com



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By Neil Moran

Every year people spend good money buying hanging baskets to add a little color to a patio area or other living space. By mid-summer I hear many complaints that their hanging baskets, once so pretty, are now looking like a wig on a scarecrow.

Fortunately, there is a way to keep those hanging baskets looking good all summer long. First, you have to choose the right varieties. Petunias, popular for the last couple decades, hold their beautiful blooms all summer long. However, as you probably know, they're not exactly maintenance-free. They require regular deadheading and constant watering. Wouldn't you rather be at the beach or lounging in a chair than sweating over a hanging basket as you pluck every last spent bloom?

So, let's cool it on the petunias. Maintaining three or four baskets of petunias instead of a dozen will save you a lot of deadheading time. Placing them in a protected area in partial shade or dappled sunlight will further reduce the time spent maintaining these baskets. Another thing folks may not know about petunias is you can cut them right back to the rim of the container about midsummer. Then, place them in full sun, water and feed well, and they'll come back better than ever.

Mix it up. There are other plants that make for great-looking hanging baskets. In recent years, my wife, Sherri, has come to favor tuberous and fibrous begonias. I always thought these did best in the shade. Not so. They actually can stand full sun for at least

Hanging Baskets: *Keep 'em Looking Great*

part of the day (six to eight hours around the Bay area). They also require very little deadheading. What's more, they'll flower right up until the threat of frost comes in the fall.

Geraniums are another good choice. They require much less deadheading, and when you do, there are fewer blooms to deadhead. Besides less deadheading, geraniums don't mind a little neglect during the summer, especially in the watering department. Actually, they flower better when they're a little on the dry side. And don't forget, there is a beautiful trailing type of geranium that comes in white, pink and deep red.

Here are some more tips for maintaining beautiful hanging baskets while (hopefully) getting more R & R this summer:

1. Water regularly. Hanging baskets will require almost daily watering during hot weather. Rain doesn't count as a watering, unless there is a flood warning that goes with it.
2. Water well with a large watering can, or better yet, one of those water wands. Water should be streaming

out the bottom of the container when you're done watering.

3. Feed regularly. Plants in a hanging basket require lots of fertilizer. However, for the sake of sparing the lakes and streams of harmful fertilizer runoff, I suggest you use an organic or slow-release fertilizer, along with occasional feeding with a water-soluble fertilizer, to keep them fed all summer.

4. To keep your plants from drying out and looking ragged, hang the baskets in a spot near your home that is protected from strong winds.

"It really depends on the variety in the hanging basket, but keeping them well watered and fertilized is key to having successful hanging baskets all summer," says Danielle Ernest, public relations and brand development coordinator for Proven Winners. "If they get a bit leggy, go ahead and give them a haircut."

Neil Moran is a horticulturist and garden writer. Visit his blog at www.northcountrygardening.blogspot.com

Here are some other good choices for hanging baskets:

- **Calibrachoa** (million bells). This petunia-like plant comes in many different colors. Ones to look for at area garden centers are Superbells Blackberry Punch Calibrachoa and Superbells Coralberry Punch Calibrachoa, both from Proven Winners. Calibrachoa requires a little less maintenance than petunias, but is nearly as showy. Hang this one in a protected, partial shade area to keep it looking good all summer.
- **Scaevola**. This is another common plant used in hanging baskets. It's a leafy plant with medium-sized flowers that come in white and deep lavender.
- **Bacopa**. With its petite white flowers, bacopa complements the baskets of large flowering begonias we have around our living area in the backyard. "Bridal Showers," a variety that is loaded with little white flowers, is a common variety. Bacopa demands a little break from the sun or it, too, will fizzle out before the season ends.
- **Petunias**. OK, for you petunia devotees, there are some irresistible varieties out there, including Proven Winner's Pretty Much Picasso, a "supertunia" with violet purple flowers edged in lime green.
- **And don't forget vines and foliage plants**. These are no-fuss and often mixed in with flowering plants in a hanging basket. Look for trailing plants like vinca vine, licorice vine, English ivy and Boston ivy.

A History of You for the Future

By Kat Spitzer

Wouldn't it be fascinating to know more about your grandparents and ancestors in their own words? Perhaps you wonder where you got that smashing sense of humor, or that inherent ability to pick up difficult crocheted patterns, or even the general feeling of elation you get on your sailboat, as if the wind is part of your soul. You are a piece of your own family's history and much of your character comes from the past. Consider all you would have liked to know about your own grandparents and family memories and take this opportunity to write down or record details about yourself for your own grandchildren and future generations, so that they can establish a connection with you and your interests, goals and feelings.

"Your grandmother used to do the exact same thing," my dad said to me when I was growing up. I always had mixed feelings about the comment; pride that I had something in common with such a respected woman, and sadness that I could never learn more from her. She died before I was born and I only knew about her through small anecdotes from my father and uncle. I would stare at her picture and wonder, "What were you like?" Even with my other grandmother, who lived until I was 32 years old, I often wished I had more information about her; a glimpse into her life as a younger person. I yearned for more information about my family history on a personal level that went beyond the mere facts of birthdates, number of children and housing information that you find in family tree searches.

Realizing that there were a number of questions that my grandparents should have been asked, it's now too late. It would have been such a treat to see a more documented account of their personalities. Hopefully, my own grandchildren won't experience

the same desires. To avoid this lack of knowledge, I plan to set aside time to write down interesting bits of my history. Here are some ideas to tweak memories of the past:

- 1) What are your hobbies, the activities that bring the most joy?
- 2) What are you really good at doing? Are you surprised at discovering this ability?
- 3) What are your favorite family traditions?
- 4) What goals (both career and personal) have you had? Which ones were accomplished and why? If not accomplished, was there a reason?
- 5) Where have you traveled? Favorites and least favorites?
- 6) Were there any stand out moments that impacted your life, or that altered you as a person?
- 7) What major historical events have you lived through and what were your impressions? What impact did they have on your life?
- 8) Tell about the loving relationships in your life.
- 9) Did you have pets?
- 10) Any regrets in life or moments that should have been done differently?
- 11) Who or what has been influential in your life? Writers, actors, philosophers, fashion trends, pop culture, political leaders, family members, etc.

These are simply a starting point. Think about all that you would like to know and try to answer those questions for your own grandchildren. Once you have written them

Outlook's Bits & Bytes

To read *The Age for Change: An e-Book for People 50+ log on to www.ebook.comingofage.org It's free - the entire book. You will have the option to read it online, print it out or download it to your Kindle. Lots of interesting information on topics such as friends, children, loss, transitions and more.*

down, save them. You can put the information on a disc or in an electronic file and give it to your family members now. You can also keep copies with your important personal documents so that your children, grandchildren or beyond can find the information. It's also possible to have the questions and answers bound in a book with photographs of you at different stages of your life so that there's a beautiful reference that can be shared with family members. No matter what form the information takes, the future generations of your family will value and treasure this throughout their lifetimes.

Kat is a freelance writer and author of the Blog, The Happy Hypochondriac (www.happyhypochondriac.com). She lives in Annapolis with her husband and two children.



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I wish I had... or I'm glad I did... Fill in the blanks. There's still time to make changes.



What is a CSA?

By Stacey Jackowski

With spring comes an opportunity to invest in local farming and reap dividends as the harvests yield the benefits of Community Supported Agriculture.

A CSA is a share in a farm's bounty. You can purchase a spring, summer, whole, half or partial share. The program helps the farmers by offsetting some of their expenses, but more importantly you get to share in the bounty of fresh locally grown produce, dairy and even fresh eggs. Once the farms begin harvesting their crops, they share the bounty with CSA shareholders. With various levels of membership there's sure to be one to fit every budget. Costs for a season run from \$100 to a high of \$2,500 depending on your choice of program.

Each week, shareholders receive a box filled with seasonal produce. In March my friends Terry and Jane, who had split a share in CSA through Practically Organic in Edgewater www.practically-organic.com received lettuce, broccoli, spinach, Portobello mushrooms, beets, carrots and spring onions. Quite a nice treat for the beginning of the season.

A CSA is a way to support our local farmers by purchasing things grown right in our neighborhoods, cities and towns. For distribution there will be a centrally-located drop-off point, such as a church or civic center. Or, you can choose to visit the farm directly and pick up your share. Better yet, you can opt to pick your own vegetables. For more details log onto www.marylandagriculture.info and click farms.

Some of the benefits of a CSA include:

- Purchasing and consuming locally grown, fresh (sustainable) produce.
- Establishing a relationship with the farmers and farms where your food is grown.
- Exposure to new produce you may not have otherwise tried.
- Expanding your creativity by finding new and exciting ways to cook or prepare your CSA products.

If you prefer not to commit to a CSA share, you can find the same sustainable produce at a number of local farmer's markets in our area, including Harry S. Truman Parkway, The Nordstrom's parking lot at the Mall and

the parking lot at Compromise Street by City Dock. Log onto www.marylandsbest.net for hours and more locations.

One of the first crops that is already available is asparagus. Yum! Here is a recipe to get your creative juices and your taste buds flowing.

Stacey Jackowski and Carla Lucente are chefs and co-owners of b.b. Bistro in West Annapolis. They specialize in locally grown, seasonal food and locally roasted coffee. They can be reached at 410 990-4646.

Partial list of CSA farms in the Bay area:
 Priapi Gardens, Cecilton www.priapi-gardens.com
 Roundabout Hills Farm, Glenwood www.roundabout hills.com
 Nice Farms Creamery, Federalsburg www.nicefarmscreamery.com
 MD Sunrise Farm, LLC, Gambrills www.mdsunrisefarm.com
 Dragonfly Farms, Mount Airy www.df-farms.com

BLANCHED ASPARAGUS OVER MIXED LETTUCES

- 1 bunch asparagus
- Mixed lettuces (whatever is available)
- 2 radishes
- Lemon Aioli (recipe below)

Wash and trim the tough ends of asparagus. Bring a pot of water to a boil, add a pinch of salt and your whole asparagus. Cook asparagus for 2 to 4 minutes or until fork-tender.

Remove the asparagus and place in ice water to stop the cooking process and keep their beautiful green color. Wash and dry fresh lettuce and put in a large salad bowl, arrange blanched asparagus and sliced radishes on top. Drizzle with lemon aioli and, voilà, a beautiful, easy and delicious seasonal salad.

Lemon Aioli

- 1/4 cup mayonnaise
- 2 Tbsp. lemon juice
- Pinch of salt and white pepper
- 1/8 tsp. paprika

Mix all ingredients together until smooth.

Retirement Can be Just the Beginning

By Kathryn Marchi

It is said that participating in a hobby or passion creates positive emotions, a sense of well-being and good physical health. If, by chance, it turns into a profit-making venture, that's an added bonus.

There are many satisfied retirees out there who have finally found time to pursue their passion or hobby. Some take an entirely different track from their career paths in retirement.

John Dennis, is an example. A career Army officer, decided to pursue his hobby of woodworking and building construction after retirement.

Born in Winchester, Virginia, John spent his childhood at the feet of his grandfather, watching and learning about construction, from furniture to renovating houses. Apparently he inherited his grandfather's talent, quickly learning about the tools and helping with the construction. They collaborated on one piece of furniture, and today some vertical saw marks around the carefully formed edges can still be seen. A four-year-old John had "helped."

After graduating from Randolph Macon Military Academy in Front Royal, Virginia, John went on to Virginia Tech and was in the corps of cadets for four years. He graduated in 1962 with a BS degree in industrial arts and was commissioned a second lieutenant in the United States Army. He married soon after and began his military career.

John would spend the next 22 years working in the field of Army intelligence. Since many of his assignments would be in the Washington, DC, area, he and Jane bought a home in Bowie This house would be the first of several over the years that would be renovated: Doors were cut out of



walls to add flow between rooms, windows becoming doors, leading to newly constructed screened porches and basements were converted to recreation rooms.

Throughout his military career, John still found time to enjoy his favorite pastime. When he wasn't involved with tactical intelligence in Viet Nam for two tours, working in counterintelligence in Germany or strategic analysis at the Pentagon, John was either involved in woodworking or renovation projects. In Germany, he used the workshops on post to make furniture for his living quarters and converted a VW bus into a camper for ease of traveling in Europe with his family of four.

Retiring in 1985, he decided to put his knowledge of construction and design to further use. He became a licensed contrac-

tor and began building custom homes on Maryland's Eastern Shore where he and his family had settled. He and Jane purchased five and one-half acres and turned it into a small working horse farm – his wife's dream. John actually designed and was the general contractor for their dream home, doing all of the interior work himself. He and Jane built a barn, outbuildings and fencing.

John's next path was to get his real estate broker's license so that he could set up his own real estate and home improvement companies. He wore two hats on many days and was a happy, busy man. John was doing what he loved and supporting his family at the same time.

Construction work does take a physical toll, so, in 2007, John retired from his home improvement business. He still consults on other projects and has renovated a newly purchased home. Giving his second career a personal touch, he recently gave each family member a piece of furniture that he made from an old cherry tree from the backyard of his childhood home.

Not only did John turn his passion into work that he loved, he has left evidence of his talent in custom-built furniture and in every home he has built or renovated.

As John has proven, our retirement years can provide us with the time we need to do something that we love. Finding that sort of satisfaction is a goal that he has achieved with great success.

Outlook's Bits & Bytes

If you haven't collected enough stuff, here's a site that offers free stuff like books - both hard cover and downloadable as well as posters, food stuffs, newspaper subscriptions and just about anything else you can think of. Log on to www.FreeStuffTimes.com

It's not how you start out, it's where you end up.



Summer Getaways

By Peggy Kiefer

Do you want a fun getaway for your family, spouse or friend and yet hate the thought of fighting the crowds? Perhaps you should consider the lesser-known national parks, historic sites, battlefields, memorials and monuments in this area.

We all know about the big, well-known parks such as Yellowstone, Yosemite, Glacier, Denali, Great Smoky Mountains, and we also know how crowded they can be. There are small parks and sites that have much to offer without the hassle. Some will only require a few hours or less to enjoy, and others will probably entice you to linger. Here is a short list of just a few that are in the area. They are all within a day's drive of Annapolis. Some may appeal to you more than others, but there certainly are a variety of locations to choose from for history buffs, nature lovers, hikers, campers and those interested in historical architecture. And if this list isn't long enough, log onto www.nps.gov for even more.

MARYLAND

1. Fort Washington Park,

Fort Washington

The fort is one of the few United States seacoast fortifications still in its original form. It sits on high ground overlooking the Potomac River, and from there, one gets a great view

of both DC and the Virginia shoreline. Because of 200 years of army presence, there is a diverse group of military structures to explore as well as one gun as a remembrance of the last armament guarding the approach to our nation's capitol.

2. Greenbelt Park, *Greenbelt*

This is the spot to choose for a family camping excursion. Only 12 miles from DC, it's affordable and offers a true outdoor experience. There are no electrical or water hookups, so it would be a perfect place to pitch a tent, roast marshmallows or hotdogs and hike – away from the huge crowds of the larger campgrounds.

3. Glen Echo Park, *Glen Echo*

Glen Echo Park is a complete change from Fort Washington or Greenbelt Park. It began in 1891 as a teaching facility for the National Chautauqua Assembly. By 1990 it was becoming an amusement park. Today the park has beautiful grounds and historic buildings to house an arts education program. There are many year-round activities in dance, theater and the arts. As part of the Chautauqua Summer program, there are concerts, demonstrations, workshops and festivals. Fans of the arts will be pleasantly surprised by the depth and breadth of their programs.

4. Hampton National

Historic Site, *Towson*

In 1790, Hampton was the largest house in the United States. It tells the story of African slaves, indentured servants, agricultural workers and owners. It is also a good testament to the moral and economic changes that made this kind of life obsolete. Set amidst beautifully landscaped grounds and gardens, this is a beautiful spot to visit for a taste of history.

5. Piscataway Park,

Accokeek

If you visit this park you will experience breathtaking views of the Maryland fields and hillsides across the Potomac River much as they were in George Washington's time. Covering about 5,000 acres, the park stretches for six miles from Piscataway Creek to Marshall Hall on the Potomac River. It is home to osprey, fox, deer, bald eagles, beaver and many other fauna. There are also nature trails, woodland areas, a public fishing pier as well as two boardwalks over fresh water tidal wetlands. For a wonderful outdoor experience, Piscataway Park is the place to explore.

6. Thomas Stone National Historic Site,

Port Tobacco

Most Annapolis residents are familiar with the name Thomas Stone as he was one of the five Maryland signers of the Declaration of Independence. Stone's home was built in 1770 when he was starting his career as a lawyer and just getting into politics. *Haberdeventure*, the name of the home, which means dwelling place, or in the winds, was built to be his family home. History intervened, however, and he moved his family to Annapolis. This site might be a favorite visit for history buffs.

7. Catoctin Mountain Park,

Thurmont

There are 25 miles of trails winding through this park, from easy to strenuous. Many of them lead to incredible scenic views. A charcoal and iron industry is still visible today along with an old moonshine still, farms, sawmills and historic structures. There are diverse cultural resources found in this picturesque park.

VIRGINIA

8. Prince William Forest Park, *Triangle*

This is the largest protected natural area in the DC metropolitan region. It includes the remnants of two small communities that existed prior to the park's establishment and is the largest example of Piedmont forest in the national park system. It houses many animal species and numerous native plants. Adding to its charisma, the Office of Strategic Services, America's first intelligence agency, used the park for training spies and radio operators during World War II.

9. Great Falls Park, *McLean*

The Potomac River builds up speed and velocity as it falls over steep jagged rocks and flows through the narrow Mather Gorge. There is also the Patowmack Canal to explore for a look into the early history of the United States. First is a beautiful 800-acre park, and to make it even better, it is only 15 miles from our nation's capitol. Great Falls Park would make a good outdoor day trip.

10. Antietam National Battlefields and Cemetery, *Sharpsburg*

This park is better known by most residents of this area. Here, the battle that was said to have led Abraham Lincoln to issue the Emancipation Proclamation, was fought – one of the most tragic conflicts of the Civil War. The small town of Sharpsburg became a burial ground and hospital for the approximately 4,000 killed and thousands more injured in Robert E. Lee's first invasion of the North. There is also a very popular Fourth of July celebration with the Maryland Symphony. Antietam National Battlefield is a must for Civil War buffs.

11. Fredericksburg and Spotsylvania County Battlefields Memorial National Military Park, *Fredericksburg*

This is a must-see for Civil War enthusiasts, where another of the bloodiest and most tragic battles was fought. More than 85,000 men were wounded and 15,000 killed. Farms

were ruined, a city bombarded and bloodied and families torn apart. Granite tributes are still mark these lands and help to tell the tale of the terrible toll exacted here.

12. Manassas National Battlefield Park, *Manassas*

In the summer of 1861, at the beginning of the Civil War, the first major land battle of the war was fought here. Almost a year later, another battle was fought and won on the same spot by the Confederate Army, elevating the Confederacy to one of the heights of its power. The terrain is virtually the same as it was at the time of the battle.

13. Shenandoah National Park, *Luray*

For a peaceful change of scenery, explore the Shenandoah National Park, which is in the beautiful Blue Ridge Mountains of Virginia. The Skyline Drive is a 105-mile road where beautiful views can be enjoyed to the east and west. There are also 500 miles of trails to explore. It's possible to catch a glimpse of deer, black bear and wild turkeys. For the flora lover, there are apple trees, flowering bushes and wildflowers. A few stone foundations and cemeteries remain as reminders of the families who once lived here.

14. Maggie L. Walker National Historic Site, *Richmond*

Here in Virginia's capital is the site of Maggie Walker's residence along with a visitor center. The house has been restored to its 1930s appearance and includes original family pieces. Maggie Walker was an African American woman who was successful in business and finance and was the first woman in the United States to charter and serve as president of a bank, despite many obstacles and adversities.

15. George Washington Birthplace National Monument, *Colonial Beach*

Most people have visited Mount Vernon, but few have enjoyed the place where our first president was actually born. A memorial house and dependencies were built in 1931 near the location of the original Washing-

ton home. The Washington Family Burial Ground is also located here.

WASHINGTON, DC

16. Kenilworth Park and Aquatic Gardens

If you love aquatic plants, this 700-acre park is the place for you. Kenilworth Aquatic Gardens, part of the Anacostia Park, is the only National Park Service site that is dedicated to the propagation and display of aquatic plants. In 1938 it became part of the national park system after it was purchased by the federal government.

17. Anacostia Park

Who would believe that there is a 1,200-acre park in the District of Columbia that boasts hundreds of acres of ball fields, picnic grounds and basketball and tennis courts? There is also a pavilion with about 330 square feet of space devoted to roller-skating and special events. The Langston Golf Course, an 18-hole layout and driving range, is also in the Anacostia Park. And, if that isn't enough, there are four boat clubs and a public boat ramp as well. It is a place where the whole family could enjoy a day's outing.

18. Monocacy National Battlefield

History buffs might remember that "The Battle That Saved Washington" was fought here in Monocacy on July 9, 1864. This was a military victory for the Confederate Army, which had 18,000 troops compared to 5,800 Union troops. Even though the Confederates won the battle, it cost them a day's delay in marching on Washington and gave the Union Army time to build up its defenses. The war was taken to the South for the duration of the Civil War. Many Civil War buffs have never visited this important part of our history.

This is but a small number of the wonderful places you can see off the beaten path. And if you're 62 or older, information about the America the Beautiful senior pass can be found at www.nps.gov/fees_passes.htm The \$10 pass will entitle you to lifetime entrance to national parks. However, it can't be purchased online, it must be purchased at a national park location.

Peggy has enjoyed the senior pass to explore the wonders of our country. She can be contacted at zinkiefer@aol.com

Your Local Library Now Has e-books



By Laurie L. Hayes

From their virtual shelves to yours, the Anne Arundel County Public Library (AACPL) has thousands of e-books available for borrowing. These e-books are easily downloaded to e-readers, computers and smart phones.

Maryland libraries, including Anne Arundel County, have been on the cutting edge of this technology. While only recently capturing public interest, e-books have been available from the library since 2004, when AACPL joined the Maryland Digital eLibrary Consortium, powered by OverDrive Digital Library Reserve. According to the American Library Association (ALA), 66 percent of public libraries nationwide currently offer free access to e-books to library users – up from only 38 percent three years ago.

AACPL now offers additional copies and titles of downloadable e-books and e-audiobooks outside of the consortium that are reserved only for those who hold an AACPL card.

As of April, AACPL boasted more than 4,500 e-book titles, with more being added each week, according to Cynthia Bischoff, assistant head of materials management. Multiple copies of some of the most popular e-books are available, bringing the

total number to more than 8,600. These include children's picture books and fiction and nonfiction selections for teens and adults.

"The e-books have proven to be a popular addition to the library's collection," notes AACPL Administrator Skip Auld. "There are those who, for years, have been questioning the relevance of libraries in this digital age," Auld adds. "The advent of e-books and the library's role in making this format available at no cost to all of our patrons speaks to the continued importance of libraries – as well as to the profession's remarkable ability to change with the times."

The e-books are available in Adobe PDF and EPUB formats. Compatible e-readers include: Alex, iPad (*iOS v4.0 or newer*), Kobo (Borders), Nook (B&N) and Sony e-reader. Library e-books cannot be downloaded to the Kindle (Amazon) at this time. Android, Blackberry and iPhone, as well as computers running Mac OS v10.4.9 (or newer), Windows 98 SE (or newer) and Windows Mobile 5 and 6 are also suitable vehicles for downloads. In addition, patrons must have a valid library card, Internet access and the applicable software (available free from the Overdrive website). The e-books can be accessed for free through the library's website, www.aacpl.net. From the homepage, go to "eLibrary" and then click on "eBooks."

AACPL patrons are encouraged to sign in to "My Account" to ensure that they see all the latest offerings available to Anne Arundel County patrons.

The checkout period for e-books is one to two weeks, depending on the material. The books simply expire at the end of their loan period, meaning no late fees can accrue. Patrons are limited to four e-books or e-audiobooks at a time, although the books can be returned early.

With approximately 5,000 e-books in circulation at any given time, there is no question that AACPL customers appreciate the addition of e-books to the Library's collection. The relationship between e-book publishers and libraries is, however, still being fleshed out.

HarperCollins made headlines earlier this year when the publishing firm announced that it would enact a 26-loan limit to its e-books. This announcement, coming at a time when many libraries are already grappling with reduced funding, has triggered protests from various library interests. Noting the commitment to equal and free access for those who depend on their libraries resources every day, ALA President Roberta Stevens responded, "The announcement is of grave concern. This new limitation means that fewer people will have access to an increasingly important format for delivering information. The marketplace for e-books is changing rapidly. We encourage publishers to look to libraries as a vehicle to reach and grow diverse audiences," she added.

AACPL has not joined in any boycott of HarperCollins, but the administration is monitoring the debate. Auld is involved with a number of library organizations that are looking into the matter and attempting to broker a fair and equitable solution.

"We are committed to responding to our customers' desire for e-books and hope to further expand our collection in the coming year," he said. "In addition, with the financial assistance of our foundation, AACPL hopes to purchase e-readers that could be available for borrowing so that all of our customers can take advantage of this exciting technology."

Laurie Hayes, manager of public relations and marketing at Anne Arundel County Public Library, can be reached at lhayes@aacpl.net or 410 222-7371.

Garlic in the Home Garden

By Neil Moran

People always seem a little surprised when I point out garlic growing in my garden. They're not only surprised by its rather peculiar resemblance to onion, but by the fact that I'm growing it at all. I can relate. I was once just as puzzled! Like many folks I thought garlic was some difficult thing to grow. Well, it's not hard to grow at all. And once you start growing and eating your own fresh garlic, you'll want to grow it all the more.

One thing that may cause some confusion is that you plant the stuff about the same time you're putting your garden tools away for the winter. Garlic is planted in the fall just like tulips and daffodils.

"Plant garlic six weeks before the ground freezes," advises Ron Goldy, Michigan State University Extension Educator. Goldy warned against planting garlic purchased from supermarkets. The bulbs you purchase in supermarkets aren't grown or stored in a way that is suitable for planting. Purchase quality bulbs for planting from garden catalogs or local garden centers. Keep in mind that garlic will have to be ordered from garden catalogs in May or June. Nurseries will then ship them so they arrive in time to be planted in the fall. Once you've made the initial (modest) investment in bulbs, you'll never have to buy another bulb for planting. A good patch of garlic will provide enough cloves for your culinary purposes and to plant more garlic the next season, the season after that, and well, you get the idea. Store bulbs for replanting in a cool dark, and dry place until they can be planted in the fall.

Prepare a garlic bed by working up a spot during the summer with a rototiller. Add garden amendments, such as compost,

and keep it weed-free. Separate each clove from the bulb and plant 1 1/2 to 2 inches deep, six inches apart. Before the snow flies, the small cloves will sprout an itty-bitty root before hunkering down for a winter of dormancy. At the first signs of life in the spring, a little ahead of the asparagus, green shoots will poke through the cold ground. It is at this time you can provide a light feeding of

Garlic will have to be ordered from garden catalogs in May or June.

a fertilizer with a high phosphorous analysis. Keep your patch weed-free and provide shallow cultivation. Bugs won't be a problem. In fact, garlic may even deter the critters, so you may wish to plant it near bug-prone plants. Provide about one inch of water per week. Garlic is usually ready to harvest by the end of July in the Bay area.

There are three types of garlic to choose from: elephant, stiff-neck and soft-neck. As the name implies, elephant garlic is the big one, some weighing in close to a half a pound. It has a distinctive flavor and it is easy to grow. However, it is less hardy than the stiff neck, so it should be mulched well in the fall for protection.

You've probably eaten the soft-neck varieties. They're popular with California growers and should do well around the Bay. The soft-neck garlic variety allows for braiding like you've probably seen in the magazines.

Although garlic is a staple in most kitchens in America these days, it hasn't always been that way. While people in the Med-

iterranean, Central Asia, Africa and Europe have enjoyed the taste and health benefits of garlic for eons (the use of garlic in cooking dates back over 6,000 years), Americans in general snubbed it up until the 1940s, with the exception of those who were growing and using it in ethnic neighborhoods. Today, we Americans consume more than 250 million pounds of garlic annually.

There are countless claims regarding the health benefits of garlic, including lowering cholesterol, as an antioxidant and for fighting cancer. I'm no doctor, so I don't get into verifying or denying any of these claims. However, I do believe in the health benefits of eating vegetables, especially those that are picked fresh from our gardens. So throw in a little garlic with your vegetables and enjoy!

Neil is the author of North Country Gardening: Simple Secrets to Successful Northern Gardening and From Store to Garden: 100 ways to make the most of garden store purchases. Visit his website at www.neilmoran.com

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Three Myths About People Over 50

By Terry Portis

When I teach an introduction to psychology course, I give an assignment that asks students to examine advertising and see how people from different age groups are portrayed. They report a lot of stereotyping and assumptions that people in certain age ranges are pretty much all alike. You find this no more true than when advertisers are trying to reach adults over the age of 50. While some marketing firms are getting it right, many are just simply missing the mark. The people in their 20s and 30s who are working for design and marketing firms regularly make some assumptions that are just wrong.

1. Everyone over 50 is the same.

Marketing professionals sometimes talk about appealing to the over-50 age group. Who is that? Does everyone over 50 have the same values, interests, family situation, job status and financial means? Psychological research shows that individual differences are more pronounced and distinct as we get older. People also reach an age where they are not trying to fit in with some imagined group, and can just be themselves. So, this explains the eccentric uncle who you invite to Christmas dinner, even though he makes you nervous. He's not crazy, he is just a unique individual.

We do know that some national trends are affecting millions of middle-aged people. Kids in their 20s are moving back in with their parents like never before. This is happening at the same time that mom or dad might be moving in too. Financial concerns are keeping a lot of people up at night. Staying healthy, relevant and engaged with life are priorities for most people. Increasing numbers of people in their 50s (and older) are going back to school and changing careers.

So, a word for marketing professionals: Connect with us on our values, on the kinds of things that are going on in our lives, on problems we need your help in solving. Then you will be effective and we will listen to what you have to say.

3. Everyone is going to quit everything and just retire at 65.

Research suggests that less than 11 percent of people who are currently 45 will take a traditional retirement at 65. Many will continue to work full time, some will continue to work, but with reduced hours. Some may even come in and out of the workforce, depending on their financial needs, health or personal interests.

This misconception also assumes that people who are "officially" retired are quite at their leisure, sitting on their porch,

waiting for the end. The truth is that many older people are leading more active lives than ever before. Community organizations and churches often rely on older volunteers to serve and keep programs going. Some volunteers give so much of their time that they are truly unpaid staff people.

In his new book, *The Big Shift*, Marc Freedman sums up the new reality of life over 50: "We're clearly all getting older, but most of us are not getting old ... at least not yet."

Dr. Terry Portis is the director of the Center on Aging at Anne Arundel Community College. He holds a doctorate in counseling psychology and can be reached at tdportis@aacc.edu

2. People over 50 are scared of or not interested in technology.

Given the popularity of technical training courses at AACC and other community colleges for people over 50, it is easy to see that this is a myth. Studies suggest that Facebook usage rates for some segments of older adults have quadrupled over the last two years.

Perhaps some mistake a certain level of skepticism to represent fear or disinterest. How is the new digital device better than the one I purchased six months ago? Will this "technological advancement" make my life easier or harder? These are the kinds of questions that many older adults are asking, even while they stop into the local retailer to make high-dollar purchases.

Outlook's Bits & Bytes

Looking for a movie in your area? Go onto Google and type in "Movies in..." with your zip and all the local theaters will pop up.



Honoring Special Days

By Penelope Folsom

If you're searching for a unique birthday, holiday or special-day gift, how about a flag that flew over the U.S. Capitol building in Washington, DC? Since 1937, Congress has been selling these special flags to Americans who order them. Acquiring one is not difficult and it costs little.

We learned about this when we wanted to commemorate a friend's retirement from the US Marine Corps. OK, I understand, a Marine is never really retired – once a Marine always a Marine. But when he'd finished his 20 years of active service we searched for something unique and were able to purchase the flag that flew over the Capitol on his special day. Flags are available in 3X5 or 8X12 sizes and in either cotton or nylon fabrics. Costs run from \$13 to \$23 plus shipping. The quality is exceptional, with embroidered stars and red and white stripes carefully stitched together.

Here's how you too can honor your veteran or anyone else on their significant date. The most important part is to plan ahead. Order your flag at least four weeks prior to the special date. Forms are provided online from your senator's office. In Maryland that would be either Sen. Benjamin Cardin at cardin.senate.gov/services/flag.cfm or Sen. Barbara Mikulski at mikulski.senate.gov/constituentservices/requestaflag.cfm

Allow four weeks after the specified date for delivery. Included will be a document that states the flag flew on your choice of date and if you'd like, you can ask that it also mention the occasion that you're celebrating. If you need more information, log on to www.capitolflags.gov/

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The iPad Could be for You

By David P. Sodergreen

By Scudder Sodergreen

It's 1967. You're stretched out on the couch watching the latest episode of Star Trek. Captain Kirk orders Scotty to "beam them up" and Scotty pulls out a square pad, taps it a few times and suddenly Kirk and his crew appear.

Fast forward to 2011. The iPad, a lightweight, magazine-sized device, doesn't make people magically appear, but it is possibly the next best thing. The iPad is the latest Apple product. In basic terms, it is a portable computerish machine. *Isb*, because with just a few minor drawbacks, it can do most of the amazing things that a computer can do such as e-mail, show movies, play music, become a book and offer a wide variety of games. It can even get the morning paper (sorry Fido). You can also download lots of different *apps*. Apps. It's a term you've heard countless times and quite possibly aren't sure of the definition. Here it is in a nutshell: An app, short for application, is an add-on program to download that is free or very inexpensive. It will enhance your hand-held device, be it an iPod, iPad, Netbook or iPhone. There are apps for making or viewing movies, access-

ing digital books, doing photo manipulation or even creating funny body sounds. There's even an app for easy purchase of your next Starbucks latte. There are apps for GPS, which as you already know is a navigating device necessary for those times when you're searching for some unknown address or trying to locate a local restaurant or even find your way home. How about an app that will keep you abreast of the weather in Singapore, or a note-taking app that allows you to send what you've written to anyone or even to your home computer. Games are available too – lots of games. My personal favorite is Scrabble, which is actually more fun than expected playing solo. And there are thousands of additional apps that will not only prove to be useful, but will provide endless hours of entertainment. Log on to www.apple.com/webapps for a mind-boggling list of what's available. Apps, by the way, is why your grandson's nose is buried in some unknown device with his thumbs flying over a miniscule keyboard, while you're trying to have a meaningful visit. Text him. It's the only way to get his attention.

As amazing as the iPad is, there are a few drawbacks that may or may not affect your decision to put it on your "nice to have" birthday list. It's a bit pricey, running from \$500 to \$900. It also doesn't have Flash. And if you're not familiar with Flash, it's a multimedia program that adds animation to websites along with movies and other multimedia functions – a function that you may be able to live without. Another shortcoming is that it isn't compatible with most programs other than those produced by Apple. This could be a problem when you want to try to attach your iPad to a device manufactured by a different company. This could result in you spending \$30 to \$50 trying to upload the summer-at-the-beach pictures. This brings up one other problem with an iPad, making it just slightly less than perfect. There is no camera to take pictures of your vacation. Apple has solved this by making an iPad 2 with a camera, which is due out this month. This slimmer, more lightweight device has a high-definition screen that creates a crystal-clear picture and best of all, the speed when surfing the net is phenomenal.

All in all, the iPad is a handy tool that you can customize in a way that suits you. I found mine under the Christmas tree last year and haven't let it out of my sight since then.

The iPad is much like Scottie's hand-held device with one exception: teleporting people to the mother ship. Apple hasn't worked that one out yet. Once part of the science fiction world, iPad with nearly warp speed has become part of our everyday lives. Are you ready for it?

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

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Chocolate: Healthy or Not?

By Melissa Conroy

Whether it's Mother's Day, Easter, Christmas, Secretary's Day, Halloween or any day of the year, chocolate is sure to be found somewhere: sitting in a glass dish on a desk, wrapped around bars of vanilla ice cream in the freezer, stashed in a purse, lurking in a dresser drawer, literally everywhere.

Worldwide, the chocolate industry accounts for \$50 billion a year in revenue: \$13 billion of those sales are from U.S. chocolate companies like Mars and Hershey's. The average American eats about 12 pounds of chocolate a year, and we collectively eat

about 2.8 billion pounds a year. However, the Swiss have us beat because the average Swiss eats 21 pounds of chocolate a year.

Despite the many joys of chocolate, this creamy and decadent treat is often consumed with a side helping of guilty pleasure. Present a succulent box of chocolate to someone, and it is rare that they will dive in without the slightest hesitation. Chocolate is candy after all, and most of us will try to put up at least a token resistance to chocolate, mindful of our waistlines and our teeth. But eating chocolate in moderation OK for us?

The answer is complex, but it boils down to this: Chocolate contains a number of beneficial elements, and there are certainly worse treats you could chow down on. For starters, chocolate has a number of healthy vitamins and minerals. Here are some of the nutrients in the average 100 grams of dark chocolate:

Protein	4.7 grams
Fiber	3.14 grams
Calcium	38 milligrams
Magnesium	100 milligrams
Folate	10 micrograms
Vitamin A	40 micrograms

Nutrition will depend on the type of chocolate you have and how it was processed. Milk chocolate has more sugar and more calcium because of the milk content. White chocolate, surprisingly enough, has more zinc and carotene than dark chocolate. All chocolate has nutritional benefits to offer, but overwhelmingly nutritionists and experts recommend dark chocolate as being the most healthy of the three.

One particular nutrient that chocolate has to offer are flavanoids: these are compounds found in plant-based foods and are particularly effective in combating vascular problems. Flavanoids act as antioxidants, helping shield the body from damage and repair damages that do occur. While there are over 4,000 different flavanoids, chocolate has a particular type of flavanoids called flavanols -- these give chocolate its pungent, slightly bitter taste. While certain processing procedures can lower the amount of flavanols in your chocolate, choosing dark chocolate and avoiding any chocolate that has undergone

Dutch processing (treating it with an alkali to make it less bitter) will help you get a good dose of flavanoids.

Chocolate does have fat in it. A bar of Dove dark chocolate contains 12 grams of fat and 7 grams of that is saturated. However, the fat in chocolate comes from cocoa butter, which is made up of three types of acids: palmitic, stearic and oleic. Stearic acid has a neutral effect on cholesterol; it does not increase or lower it. Palmitic acid can cause cholesterol to rise, but it only comprises one-third of the fat content in chocolate, so it is not a significant risk factor. While it is important to watch your fat content, moderate chocolate consumption will not give your heart problems and may actually improve your heart function.

In the end, high-quality dark chocolate consumed in moderation (a few servings a week) has many important health benefits to offer and is not the unhealthy snack that it is often depicted to be. However, you need to be wise in choosing your chocolate: a gooey concoction of coconut, chocolate, nuts, nougat and caramel is much too sugary and fatty to be healthy. Also, good-quality chocolate is worth the price: Instead of picking up a \$1 Hershey's bar while you are waiting for your groceries to be rung up, spring for some Ghirardelli or Godiva or other high-end brand. In recent years, there has been more of a demand for high-quality chocolate, and many stores like Wal-Mart and Target now have a section with excellent chocolate creations from both the US and abroad.

To learn more, purchase this excellent guide and cookbook *Chocolate: Cooking with the World's Best Ingredient* by Christine McFadden and Christine France. This detailed book gives the full history of chocolate, talks about its importance in culture and provides other useful insights into the mysterious and soul-thrilling substance that we so adore. It also provides a mouth-watering collection of recipes. Lavishly illustrated and fascinating, this book is a must-have for any chocolate fan.

The next time someone offers you a decadent square of shiny, silky chocolate, thank them for helping you protect your heart, boosting your potassium levels and getting some magnesium.

THE DOCKET



This site provides information about the law. Legal information, however, is not the same as legal advice about your specific circumstances. We try to be accurate and useful. It is strongly recommended that you consult a lawyer to find out what is appropriate to your particular situation. This site does not give specific legal advice to you. These answers do not create an attorney-client relationship.

My mother has named me as her personal representative in her last will and testament? She also wants me to handle her financial affairs for her now. Does she need to sign a power of attorney naming me as her agent, in order for me to handle her financial affairs, or will my appointment as her personal representative permit me to do so?

Concerned Daughter

Dear Concerned Daughter:

Unfortunately, you cannot use your appointment as your mother's personal representative to handle her financial affairs during her lifetime. This is because under Maryland law, when a person is appointed as personal representative in a will, that person's authority to act for the principal does not become effective until the principal dies, and the register of wills approves that appointment by issuing letters of administration to the person appointed as personal representative. Therefore, if your mother would like you to handle her financial affairs during her lifetime, she would be wise to sign a power of attorney appointing you as her attorney-in-fact or agent now, while she is competent to do so. If your mother becomes incompetent, she will no longer have the ability under the law to execute a power of attorney. If someone is needed to be appointed to handle her personal and/or financial affairs, that person will have to file a petition for guardianship with the court. Again, if your mother feels comfortable in appointing you to be her agent, it makes sense for her to do so now, because guardianship is a complicated and more costly alternative.

If your mother chooses to execute a power of attorney, and wants to grant you powers broad enough to enable you to

handle all of her financial affairs, then she should consider signing a general power of attorney, rather than a limited power of attorney. Generally this only grants an agent (you), specific limited powers. It is important that the powers stated in the power of attorney should be specifically stated, so as to minimize challenges to the agent's authority.

It is also important that the powers of attorney be "durable," so that the authority granted will continue to be in full force and effect, even if the principal (in this case your mom), becomes incompetent. Under Maryland law, all powers of attorney are considered to be "durable." Despite this, however, I generally recommend to clients that their power of attorney specifically state that the document is durable, in the event the principal moves to another state that does not recognize powers of attorney as being "durable," as Maryland does.

In summary, powers of attorney are an effective tool to provide for the management of a person's assets. If, however, a person does know of any individual whom they trust to handle their financial affairs, then possibly guardianship is the only viable alternative. Also, if a person has assets requiring more hands-on management, or are located outside of the state of Maryland, or for other reasons, then he or she may consider executing a revocable living trust, in addition to a power of attorney.

What steps do I need to take to appoint my good friend as the guardian of my four children in the event my husband and I die. She loves children and has five children of her own.

Sincerely, Planning Ahead

Dear Planning Ahead:

It is important that parents with minor children under 18 include in their wills the appointment of a person or persons to be the guardian of their children in the event of their deaths. This is because under Maryland law, if a parent appoints someone to be the guardian of their minor children, that person does not need to be approved by any court, unless of course, someone objects to that appointment in court.

Accordingly, you are wise in planning ahead to make such an appointment in your will. However, it is equally important for you to obtain the prior consent of your friend to serve as guardian of your children before you designate her as such in your will. This is because if a guardian is needed and she voices an objection to serving, and you have not designated a willing guardian, the court would be forced to appoint a guardian for your children.

Therefore, the first step you should take is to discuss guardianship of your children with your friend. Just because she loves children does not mean that she is willing to assume the parental role for nine minor children, especially children in their teenage years. You should also obtain a commitment from your friend's husband as well because he will bear some of the responsibility for your children.

Valerie A. Rocco, is an estate planning, probate and elder law attorney with more than 30 years experience. Her responses these 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

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

Scrabble Flash: the Transportable Game

By Cindy Rott

Scrabble Flash is a fast, fun, portable game. All that's involved is to move the five electronic cubes to make different words – with all due haste. Each cube is smaller than a deck of cards and every time you play, a different letter is displayed on each of the cubes. Form a word with each letter cube touching and you'll see the letters flash, which lets you know your word has been scored. Hurry! Form your next word, the timer is ticking.

Scrabble Flash comes preloaded with three different games. The first challenge is to make as many words as you can with the same five letters in 75 seconds. If you are lucky enough to make a five-letter word, five bonus seconds are added to your game. It's a bit tricky as two-letter words are not accept-

ed. However, for such a little game, it has a vast dictionary of "acceptable" words.

The second challenge is called Five Letter Flash. The trick here is that every word has to use all five-letter cubes. Every time an acceptable five-letter word is made, new letters magically appear. This is the version that intrigues and/or stumps me the most. It's amazing how easily you can lose with the simplest of words. The letters: "U,N,E,C,O," really challenged me until I unscrambled those letters to spell "OUNCE" at the last moment.

The final game is a head-to-head competition with another player. Each player unscrambles a five-letter word and then passes the cube to the next player who gets five new letters. Players are eliminated as they are

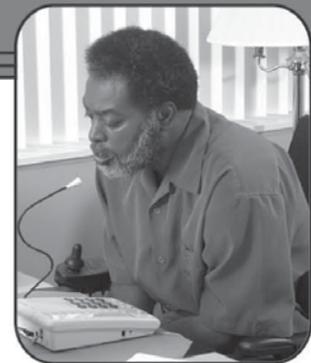


unable to decipher the answer. What's maddening is that there is always a word to be spelled and usually it's a word in your vocabulary.

Often we leave the tiles on the kitchen counter and everyone who comes through finds themselves having to play 'just once.' The game is ready to play out of the box, with batteries already installed and with its own convenient carrying case. *Scrabble Flash* is just a little larger than a TV remote and can be easily tucked into a bag or glove box to play on the go. Each game is just 75 seconds, so it's a great "time filler," when you are waiting at a restaurant or doctors office or during those

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IT'S POSSIBLE

A Weighty Issue Heavy and Healthy?

By *Melissa Conroy*

Warmer weather is here, and the shorts and T-shirts are coming out, revealing what sweaters and long pants have been hiding all winter. With bathing suit season around the corner, you've probably taken a good look at yourself in the full-length mirror and vowed to try that new acai berry juice and mashed parsnip diet that is all the rage or to actually use that gym membership you got to fulfill a New Year's resolution.

If vanity isn't enough to make you throw out the Lucky Charms and potato chips, good health is a motivating factor to lose weight; we are constantly inundated with information about how being overweight can cause a host of medical problems such as

diabetes, heart attack and cancer. A George Washington University report recently calculated the annual cost of being obese: \$4,879 for a woman and \$2,646 for a man, and much of that cost is health-related. Your doctor may have brought up your weight in a recent exam, gently or not-so-gently reminding you that staying slim and trim is important for good health.

Or is it? Now, it's obvious that weighing 450 pounds will do a number on your health, but what about an extra 20 pounds? What if your body mass index (BMI) classifies you as overweight. Does that automatically mean you need to get the extra pounds off right now or your health will suffer?

The short answer is no. First of all, know that weight is a relative thing. Your 210-pound football-playing grandson may very well qualify as overweight, perhaps obese, even though he sports six-pack abs and runs seven miles a day. In contrast, your small-framed daughter may be developing an obvious jelly belly and flabby arms yet be deemed at a healthy weight according to her BMI score. As a number, weight gives us only a small picture of overall health.

Your total weight is a combination of many different substances in your body: bones, skin, hair,

muscle, internal organs, even what you ate before you climbed reluctantly on the scale. While the common adage is "muscle weighs more than fat," a pound of muscle weighs exactly as much as a pound of fat. Muscle, however, is much more dense than fat. Take a chunk of steak and a chunk of fat that are about the same size – the steak will be considerably heavier even though it occupies about the same amount of space as the fat. This is one reason why your quarterback grandson is quite heavy, yet has a trim waistline and rock-hard biceps.

You, on the other hand, may be carrying a potbelly or sporting a pair of saddlebags that jiggle with every step, causing you to cringe every time you step on the scale. But don't despair, your overall lifestyle is a much better indication of health than your weight. Here are issues to address before vowing to go on yet another diet:

- **Smoking.** Lighting up is extremely bad for you, and nonsmokers are at a much lower risk for health problems than smokers. Also, don't forget second-hand smoke. It is not unheard of for a nonsmoking spouse to be the one who ends up with lung cancer instead of his or her chain-smoking partner.
- **Activity level.** Exercise is vital for good health. Get a dog and take it for a brisk 30-minute walk every day. Try a yoga class. Go hiking with your grandkids. Staying active can help you keep your weight in check, but even more important, it helps you be healthy. Overall it is better to be a little heavyset and active than thin and sedentary.
- **Cholesterol levels.** If your HDL is less than 40 mg/dL, if your triglyceride levels are above 150 mg, or if your total cholesterol level is 200 mg/Dl or more, this is a clear warning sign. While being overweight tends to lead to higher

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cholesterol levels, packing some extra pounds doesn't necessarily mean your cholesterol will spiral out of control. Get your blood tested to see what your levels are.

- **Diet.** Some skinny people can exist on a diet of ice cream and French fries and not gain a pound, but they are robbing themselves of cancer-fighting fiber and antioxidants. A healthy diet that is low in sugar and salt and full of fruits and vegetables, whole grains and low-fat dairy is important for living a long, healthy life.

- **Family history.** Families can be a source of both great joy and great aggravation, and genetic predispositions toward heart problems, joint issues and other health problems are part of the aggravation. Get to know your family background to better pinpoint what health problems you are prone to in order to better protect your health.

- **Stress levels.** Stress plays havoc on your body and can result in a maelstrom

of health problems such as insomnia, heart disease, skin conditions and digestive problems. Keep your stress in check for better health.

- **Quality of life.** Simply put, ask yourself, "Does my weight hold me back from living the life I want?" Sure, you may be less than thrilled about donning a bathing suit, but do you have the energy to do what you want to do? Can you walk up a flight of stairs without puffing or grumbling about aching knees? If you're carrying around some extra weight, but it's not slowing you down and you are living life to the fullest, then those surplus pounds are probably not a huge issue.

The bottom line is that all of us want to look good and stay healthy. Being slender is a good way to achieve both goals, but losing weight can be an enormously difficult task. Americans spend about \$35 billion dollars a year on weight-loss products and services, but even the most cursory glance

around the average shopping mall clearly demonstrates that we aren't getting any skinnier as a nation. It is extremely easy to beat yourself up that you do not have the body you did when you were 20 and vow to do all sorts of stringent exercises and diets to beat your excess flesh out of existence.

However, give your body some credit. It's gotten you to where you are today and is still gamely keeping you going. Along the way, it's done a lot of difficult things: had babies, moved houses, worked hard, chased grandchildren, built bookshelves, been squashed and knocked around. After so many years of loyal service, it deserves some respect. Rather than perching on a scale peering anxiously at the dial, take a good look at your lifestyle and ask yourself if you are giving your body what it needs to function well. If your overall health is good, your diet is healthy and you have the energy to do what you want to do, then don't be so worried about your weight. Just think of all the skinny people in wheelchairs or the hospital who would love to switch places with you.

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Sotterley: An Historic Gem for a Day Trip Visit

By Al Northrop

Nestled on the western shore of the Patuxent River in St. Mary's County you'll find a unique piece of history and a Maryland treasure, Sotterley Plantation.

Named after Sotterley Hall in England, its ownership provides a worthwhile tale. Sotterley Hall was the family home of the Satterlee family. They lost Sotterley in the War of the Roses to the Platers.

George Plater, II, married Rebecca Bowles in June of 1729. The Bowles family owned the large plantation on which the Sotterley Plantation is now found. While they had their home in Annapolis, their principle residence came to be the St. Mary's County property owned by Rebecca. After she died, George, already a significant landowner, began buying up more and more Bowles property including what became Sotterley.

George II and Rebecca had three children, among them George III who was born at Sotterley. It is most likely that it was George III who first began calling their St. Mary's tidewater plantation "Sotterley" after their ancestral home, Sotterley Hall, in Suffolk, England.

The decline of tobacco crops at Sotterley eventually led George Plater V to sell the property in 1822. The property changed hands a number of times after that and by the early 20th century, hard times had fallen on Sotterley and it was in substantial disrepair. Bishop Henry Yates Satterlee, the "father" of the National Cathedral in Washington, D.C., and a descendant of the Satterlee family that had owned Sotterley Hall in England, visited Sotterley Plantation and noted its disrepair. (Sotterley and Satterlee were virtually interchangeable). He also knew of the history

and connection to Sotterley Hall. Bishop Satterlee mentioned Sotterley to his second cousin, an attorney in New York. His second cousin was Herbert Satterlee. Herbert's wife was Louisa Pierpont Satterlee, daughter of J. P. Morgan. Herbert and Louisa visited Sotterley, found it to be a charming contrast to New York and asked to be notified if it was ever put up for sale. The deal was done in 1910. Now Sotterley Plantation was owned by the Satterlee family just as Sotterley Hall had been.

Herbert and Louisa had two daughters, Mabel and Eleanor. Mabel was the last resident owner of Sotterley, though her "residence" was part time. Showing great foresight, however, Mabel created a nonprofit foundation to assure the continuation of the historic value of the plantation. Further, in 1972 the National Park Service placed Sotterley on the National Register of Historic Places. Ownership today is in Historic Sotterley, Inc., the successor to the foundation created by Mabel. Mabel died in 1993.

Today Sotterley offers many cultural and educational programs on a wide variety of issues. Among the topics are such things as the environment, archaeology, horticulture, history and slavery. Tours of the home and grounds are always available. Among other things there is a Garden Fair in May, an Independence Day concert and ghost tours in October.

My favorite events are the annual wine festival and Christmas programs. At the latter, an evening tour is accompanied by local actors who relate the holiday events of the mansion during a specific year in Sotterley's history.

Take the time for a day trip back in time and visit Sotterley. Afterward you will tell your friends and you will return again. (And probably again and again for the wine-tasting event!) Then you might consider joining the members program.

Al, whose mother was a Satterlee, can be reached at alnorthrop@verizon.net

Visitor Information for Sotterley

www.sotterley.org 301 373-2280 or 800 681-0850

Open Tuesday through Saturday 10 a.m. to 4 p.m. and on Sunday, noon to 4 p.m. Closed holidays.

May 14 and 15 -- Garden Fair

June 18 -- Gala in the Garden

July 3 -- Independence Day Concert

July 11 through 27 -- Summer mini-camps

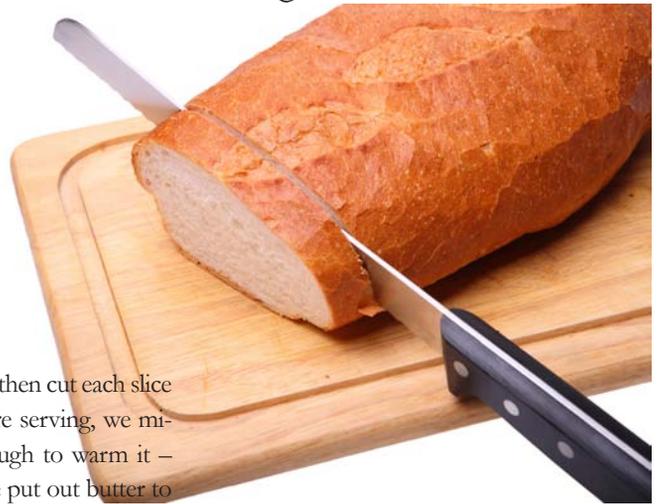
October 1 and 2 -- Riverside WineFest

October 13, 14, 15, 21 and 22 -- Ghosts Tours

December 3 -- Family Plantation Christmas

December 9-10 -- Holiday Candlelight Tours

A Bread for All Tastes



By Mat Herban

Nothing makes a house a home more than the smell of freshly baked bread. So on Mother's Day or even Father's Day, please the whole family with your own creation. The key to this bread is that *you don't have to knead it*. Just dump all the ingredients into a large bowl and mix them well with a large spoon.

Unlike other breads, the dough will be quite soft, but that is fine because all you do is turn it into a well greased pan and let it rise. It will rise faster in a warm location.

This bread is versatile, another reason why your family will love it. It makes great toast or sandwiches and is firm enough so it won't fall apart. Grilled cheese sandwiches are wonderful with any of the versions. Our granddaughter's favorite is raisin bread – she loves raisin toast. And the parmesan and herb additions make a slightly savory loaf that is a luscious accompaniment to an evening meal. When we serve this bread for dinner, we slice

it about one-half inch thick, then cut each slice in half vertically. Just before serving, we microwave the bread just enough to warm it – about 30 seconds. Then we put out butter to go with it – sweet butter is especially nice with the whole wheat bread.

If you try this recipe, you will be surprised at the taste and ease of making it.

- Bread flour is best, but not essential.
- To make whole wheat bread, replace one cup of white flour with whole wheat.
- To make raisin bread, add one cup of raisins.
- To make parmesan herb bread, add to dry ingredients: three tablespoons grated parmesan cheese and two tablespoons dried salad herbs or one teaspoon dried thyme, one-half teaspoon dried basil and one-half teaspoon dried oregano

Outlook's Bits & Bytes

So like the rest of us you can't remember how many ounces in a quart when your first grade grandson asks. Go to Google type in ounces in quart (64) or Euros to dollars (fluctuates) or feet per mile (5,280) other equally perplexing questions and the answer will pop up.

Mat Herban is a lifetime amateur cook who loves trying new recipes, inventing recipes and sharing the results with his friends. He can be reached at tricialb@erols.com

NO-KNEAD WHITE BREAD

Mix together in food processor or a medium sized bowl:

- 4 cups white flour*
- 2 Tbs. sugar (white or brown) or honey
- 1 tsp. salt
- 2 tsp. yeast (quick rise yeast)

While mixing, slowly add:

- 2 cups very warm water

When well mixed so no dry flour remains, place dough in a 9 1/4 x 4 1/4 pan greased with PAM or butter. Push bread into corners and smooth top with a damp hand. Brush one tablespoon melted butter on the top. Let rise to the top of pan for an hour or less in a warm room. Begin to preheat oven to 425.

When the oven is warm, the bread should be a little over the top of the pan. Carefully, without jolting the bread, place pan on a rack in the center of the oven to bake for 25 to 35 minutes.

Remove bread from oven and let it sit in the pan five minutes. Run a knife around the edges and turn the bread out (shaking a bit if necessary). If the sides seem to need further cooking, turn the oven off and return the bread to the oven (out of pan) for 10 minutes. *Cool completely before cutting.* It continues to cook as it cools. If you cut the bread while it is hot, it will be gummy.



It's Never too Late to Strengthen Those Muscles

By Neil Moran

The generation before us may have been rightfully dubbed the “Greatest Generation,” as described by Tom Brokaw in his bestseller. However, they may have had some misconceptions about exercise as you age.

One misconception is that you don't lift weights after age 50. Besides, why would you?

Here's one good reason: to reduce muscle loss. According to David Heber, director of UCLA's Center for Human Nutrition, an average male over age 60 who weighs 180 pounds, can lose as much as 10 pounds of muscle mass over a 10-year period. This muscle loss can and does lead to osteoporosis and problems associated with it, such as limited mobility and the susceptibility to trips and falls.

For those of us over 50, the battle against muscle loss can be overcome, according to a recent study published in the journal *Medicine & Science in Sports & Exercise*. This is good news for anyone wanting to continue activities into old age – things like tennis, gardening and biking. Pumping iron in a weight lifting competition may not even be out of the picture.

“You have to do what we call resistance exercise,” which can take different

forms, according to Heber, including lifting weights and working with stretchy bands. The key, says Heber is to stretch those muscles.

According to the authors of the study, when you stretch a muscle to the point of straining (without ripping or tearing ligaments), like what happens when you're lifting weights or using weight lifting machines, it triggers a muscle-building response. The muscles need to adapt to the damage and build more muscle for the next time you hit the weights. Your body can really be on your side.

With effective weight training you may not get the six-pack abs like those college kids, but you'll be on your way to enjoying physical activity more and hopefully avoid slips and falls, one of the common reasons seniors end up in the hospital ER.

If you decide to begin a weight lifting program, consult a physician and proceed “very slowly,” says Jonathan Perez, a fitness instructor, and author of many articles on fitness. When you get the green light from your doctor to start exercising with weights, you can either work with a professional trainer or start off gradually with dumbbells and/or weight-lifting machines.

Dumbbells, balls and bands.

You don't have to join a fitness center to start

a weight lifting program, although working with a fitness trainer may be a good idea, especially if you haven't exercised in a while or have a preexisting condition, such as arthritis or high blood pressure.

A simple set of dumbbells will get your weight-lifting program off and running without having to leave home. Keep handy a complete set of at least three dumbbells of different weights so you can use them for arm curls, squats and an overhead press. Perez suggests you start off with one-pound dumbbells with no more than 10 repetitions with each arm. As you start to plateau in your workout, it is better to add weight, rather than repetitions, according to Perez.

The fitness balls are also a good choice for starting a fitness program of this nature and can be used for a number of different exercises to build strength and reduce muscle loss. Stretchy bands are inexpensive and will provide the resistance exercise referred to earlier.

Going to the Gym. I have a fitness regimen I do at home to keep my back strong and I can tell you that the fitness machines in a gym or fitness center make doing these exercises easier and probably a little more efficient. Start off with the lowest setting on the machines first and work up from there. A good gym should have the latest in weight-lifting machines and equipment that will help in your resistance training.

A typical gym will have a combination of free weights, exercise balls, stretchy bands, treadmills, exercise bikes and machines to exercise and strengthen specific areas of the body. Perez says it is best to concentrate on strengthening all of the muscle groups: hamstring and calves (quadriceps), arms (triceps and biceps), shoulders, back and abdominal muscles.

Hire a Fitness Trainer? For some folks, hiring a fitness trainer helps them get and stay motivated. It is also a good idea to hire one, at least initially, to help set up a weight training program for you that is compatible with your current health and physical condition. Whatever you decide to do for exercise – stay at home, go to the gym or both – try to stick with a program that will strengthen your muscles so you can continue to enjoy the things you love to do.

Neil is a freelance copywriter and owner of Hayake Business Communications and can be reached at moran-neil@hotmail.com



TOUR de CHURCH

By Scott Gregory

If you are a regular reader of *Outlook by the Bay* you know that there is an ongoing discussion of the value of physical exercise. During the long chilly winter days, we hope you have found ways to exercise indoors. Now with warmer weather at our doorstep, we yearn to get back out of doors – many of us on our bikes. Biking is a wonderful, low-impact exercise for people of all ages.

For those of us who are regular bikers, we sometimes wake up on a beautiful Sunday morning facing a conundrum. Bike or church? Church or bike?

St. Anne's Church, on the Circle in downtown Annapolis, provides a wonderful solution to this conflict. On Sunday, May 15, St. Anne's will hold its second Bike to Church event. Bikers are invited to ride their bikes to church wearing their spandex and helmets.

Last year, riders were cheered by clergy, congregation and passersby as they rode up West Street to the church. The wrought iron fence around Church Circle served as the largest and best bicycle rack in all of Annapolis.

Riders from age 4 to 74 were welcomed to the church service, during which they received a bikers' blessing. After the service, fellowship took the form of a typical bicycling rest stop, complete with bagels, orange slices, cook-

ies and beverages. Capital Bicycles donated prizes that were awarded to the person who rode the farthest to get to church, the youngest and the oldest riders, etc.

Have you ever seen a bike without pedals? Four-year-old Robbie Wilmer captured everyone's attention with his foot-propelled bike. Betty Creighton had celebrated her 70th birthday the day before by riding 70 miles in the Shorebird Metric Century Mile Bike Ride. St. Anne's truly has a diverse biking group.

This year, riders will gather at 8:30 a.m. at the parking lot behind the Department of Natural Resources building at the corner of Rowe Boulevard and Taylor Avenue. The group will leave there at 9 a.m. for the short ride to church. A longer ride on the B&A bike trail is being planned for those who are interested in joining us after the church service.

It's time to pull those bikes back out and join the Tour de Church.

Scott can be reached at scott@rsgregory.net and for more information on the bike ride, contact St. Anne's Church at 410-267-9333.

HandyPro helps local resident stay in her home.



Vicky, from Preston, Md., was in and out of the hospital two months ago, only to find that she was diagnosed with ALS and had become wheelchair bound. She was now facing a question that so many are faced with today. Should she live in an assisted living community or nursing home, or can she modify her house so that she can continue living safely at home?

Her question was soon answered by Keith Osterman, president of HandyPro. Within two days of returning from the hospital, Osterman's company installed a wheelchair ramp for Vicky, allowing her to enter and exit her home safely.

According to the US Census Bureau, there are 75 million Americans who are aging in place and who may be asking the same questions. With the current trend, it is estimated that over 106 million Americans will have this concern by 2015.

Keith Osterman started HandyPro Handyman Service that specializes in home modifications because he saw the need of modifying or transforming homes, allowing the elderly to stay home instead of choosing assisted living or nursing home care. "Not only does it make financial sense," Osterman says, "but I understand that most people would prefer to age (with the convenience of independence and dignity) while in their home."

His company is focused on providing individuals and families the convenience of complete accessibility and mobility within their homes.

HandyPro provides many accessibility products including

- elevators, • automatic door openers, • ceiling lifts,
- safety bars, • bathroom transfer systems, • personal lifts,
- stair lifts, • specialized tubs and showers and more.

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Is Your Home Stumble-Proof?

By Louise Whiteside

A seasoned veteran of home-based falls, I'm no one to lecture you on preventing them. But at least I can share my own unfortunate experiences and give you the benefit of some lessons learned. One slip on a wet bathroom floor and a slide down the entire length of a carpeted staircase have left me older, wiser and just a bit bruised.

Falls are one of the top 10 causes of death in the world. In the United States, most falls (about 60 percent) occur at home, and most fractures result from a home-based fall. Falls on the same level, i.e., from a standing position, result in most injuries, and most of these are precipitated by drug and supplement interactions, tripping hazards, slippery surfaces, unstable furniture and poor lighting.

Here are some tips for making your home safer:

1. Keep extension cords, telephone cords and wires away from where you could trip over them.
2. Remove clutter, including books, newspapers or boxes you could trip over.
3. Discard any unstable furniture that does not support your weight.
4. If possible, use a portable phone and carry it from room to room (to avoid rushing for the phone when it rings, and to have access to help if you need it).
5. Hardwood floors and smooth tile are slippery. High-pile and shag carpeting can be tripped on easily. The safest floor coverings are rough tile and carpeting with a short, dense pile.
6. Remove throw rugs and loose mats, or secure them to the floor with double-sided tape.
7. Increase the available light in your home. Use high-wattage light bulbs. All rooms should have access to a light switch near the door. Install night lights in halls and walkways.
8. Keep stairs free of clutter.
9. Staircases should be equipped with securely fastened handrails.
10. Wipe up wet spots in the bathroom. Line your shower floor and tub bottom with slip-resistant mats.
11. Keep heavy kitchen equipment on the counter to avoid the necessity of lifting it.
12. Avoid wearing "flip-flop" or backless slippers. Wear shoes with slip-resistant soles.
13. To reach items on overhead shelves, use a sturdy step stool. Avoid using a chair as a step stool.
14. Consider wearing an alarm device that will summon help in case you fall and cannot get up.
15. If you live alone, have an agreement to stay in touch at a designated time with a friend or neighbor.

Also on the list: Have your doctor review your medications. Some medicines (or

combinations of medicines) can make you sleepy or dizzy.

Have your vision checked at least once a year. Keep your eyeglass prescription current.

Participate in regular physical activity, especially in activities that improve balance and coordination. Walking is among the easiest, most satisfying and least expensive forms of physical activity.

Don't learn the hard way. Take these simple suggestions to heart, and stay safe in your home.

Outlook's Bits & Bytes

If you're looking for a new walking, jogging or hiking route or just want to know more about familiar trails, log onto www.WalkJogRun.net and type in the area in which you're interested.





By Vicki Duncan

Leisure Lifestyle Clashes

Last year, I retired and mostly enjoy my new life, except for my leisure time with my spouse. When he comes home from his full-time job, all he wants to do is sit in front of the "boob tube!" I'm ready to go out and socialize or just take a walk for heaven's sake! Weekends are no different. He's tired and says that since he deals with people all day, he just wants to veg out. I'm frustrated!

At any stage of life, it is not unusual for spouses to have differing recreational needs and when one partner retires, this variability may come into sharper focus to cause real conflict. Whenever understandable differences in temperament, energy, availability and interests become the focus of relationship conflict, power plays, built-up resentment, isolation, alienation and hostility can rear their ugly heads if not stopped dead in their tracks. How do you halt this negative cascade of events?

Compromise, my friend, is the name of the game, featuring *communication* with a capital "C." Begin by trying to walk a mile in your spouse's shoes. Of course, this is the last thing you want to do when you feel strongly that your position is the right one. However, here's a question I ask my clients at times like this: Do you want to be right or do you want to be happy? If you're smart, the answer is the latter. This question always helps me set aside my petty need to be right and get down to the business of looking for solutions.

Initiate a conversation in which you validate your husband's need to have a time of respite when he is home. If he feels understood, he will be more apt to appreciate your own needs. Reach an understanding of just how much downtime he needs and, likewise, identify how much socialization keeps you happy. Once you have a better handle on what you both require, you can devise new ways to meet in the middle.

Discuss how to balance these needs – yours for socialization and activity and his for quiet relaxation. Perhaps if your husband has an hour of uninterrupted "vegging time" when he comes home, he may recharge enough to then be more active. Similarly, you may realize that socializing every minute of the weekend is unnecessary. Instead, you may find that meeting friends for dinner one evening or joining another couple for a hike on Saturday morning is sufficient.

Is it possible that the activities you suggest are part of the problem? Maybe he has no wish to learn ballroom dancing, but could get excited about the idea of kayaking. Make a list of what you each enjoy and again, look for the middle ground. Keep an open mind. If you each try something new, you might find a fresh and interesting mutual hobby that you've never considered.

In addition, take a closer look at how you structure your time now that you've retired. If you mostly engage in solitary activities or, worse yet, wait for your partner to come home and entertain you, it's time to amp up your own life. Identify your pas-

sions, set some goals and go after what brings you fulfillment. When you remain active and engaged while your spouse works, you may need less socializing than you think. Also, talk with your husband about reducing his work hours and responsibilities. Perhaps he can find ways to cut back so he is not as spent after work.

Reframe your interpretation of his retiring nature and ask him to take another look at your desire to be social. Remember, those very qualities that now bother you about each other were likely the same ones that attracted you in the first place. Really? Yes, it is true that opposites do attract. If you were always the social butterfly and he was more retiring, it is a good bet that your outgoing nature attracted him. In a similar manner, you probably found his reserve to be steady and stabilizing. Every trait has its flip side – look for the positives.

Finally, if these tips do not inspire your husband to part with the television remote, consider professional help. Start with a good physical examination to rule out a medical explanation for his lassitude. Fatigue and inertia are symptoms of a number of disorders, including heart disease and depression. If everything checks out, but this conflict continues, consult a qualified counselor to help you work out this important aspect of your relationship. The right practitioner can greatly assist you to restore a climate of cooperation and appreciation.

Retirement presents some challenges for us to navigate and negotiate. Since a happy home life and harmonious relationship add both to the length and quality of our lives, temper your frustration, start communicating and find compromise. Search for that middle ground, it's a great place to hang out!

Vicki Duncan is a licensed professional counselor and welcomes your questions. Write to her at Victoria2write@aol.com

Don't wait for old age to be eccentric.

An Interview with author Jane McWilliams

McWilliams recently sat down with Tricia Herban to talk about her new title *Annapolis City on the Severn: A History* (John Hopkins University Press and Maryland Historical Trust Press, April 2011). Taking 11 years to write, Jane McWilliams says it was a group effort as much as anything else. Here, in a question and answer session, the author shares her publication excitement and other insights.

Every book has its unique story. What was the genesis of *City on the Severn*?

In the 1990s, the Annapolis History Consortium, an informal group of professional and avocational historians, began thinking ahead to the 300th anniversary of the Annapolis Charter, which would occur in 2008. We felt it was very important for the city to have a comprehensive history because none existed. Much excellent writing and research had been published recently, but the threads needed to be pulled together and some areas, such as the 19th century, still needed significant documentation and study.

And you became involved...

I agreed to take on the task. I had extensive experience in writing and research, first with Ed Papenfuse at the Maryland State Archives and then on freelance projects. I had published about specific areas of the city's history, although my greatest expertise was in the colonial period. Most important, I was genuinely attracted to the project. This is my hometown and I want everyone to appreciate its history.

Writing a history book is clearly a very different process from a novel or memoir. How did you begin?

The beginning was the long slog – a comprehensive review of scholarship and related historical materials and documentation. This took a friend and me an entire year and was accomplished with initial funding from the City of Annapolis, the Maryland Commission for the Celebration of 2008 and Annapo-

lis Historic Preservation Commission. Due to the importance of this topic, those efforts resulted in an electronic publication in 2000, [Annapolis History Bibliography](#).

And that brought you to the starting line? How did you develop the subject matter?

Building on that research and working as much as possible from original sources, such as City Council minutes and ordinances, I traced the city's evolution and development chronologically. As I wrote, I was generously supported by members of the History Consortium who would answer questions and share their sources in a most collegial way. In fact, I like to say that this work was really “a book by community.”

Were there themes that stood out for you?

There were two themes that are closely interrelated: municipal responsibility and private ownership. For example, today water, fire protection and public meeting spaces are financed and operated through local or county government. But in the “early days” and even into the 20th century, private stock companies were formed to provide telegraph service, roads, canals, railroads, electricity and gas. The municipal government did very little other than run the market and attempt to control fire, crime and disease. Streets were unpaved until after the Civil War.

What was your biggest “ah-ha”?

The later years of the book were fascinating for me, learning what happened to Annapolis after it “died” around 1800, when Baltimore became dominant for its port and accessible location. In the first half of that century, the town was not economically viable and the city fathers explored various avenues to revive the economy, including becoming a navy yard and connecting to the hinterland by canal. Finally the arrival of a rail connection and the Naval Academy in 1845 provided an economic anchor.

And then there was the realization

that from the early 18th century, the town had a population that was at least one-third black. Therefore, the book must reflect and incorporate black history from the early time of free and enslaved blacks, through the Civil War and the good years that followed, into the dark days of Jim Crow and up to the present. This is a vital part of the Annapolis story and I found unraveling those threads immensely rewarding, such as the fact that some wealthy, prominent black families moved up north to New Jersey to escape the indignities of the Jim Crow laws.

You close the book in the year 1975. Why is that?

Of course history is always unfolding. But by 1975, the basis for the Annapolis of today had been established in terms of government, cultural life, race relations and the revitalization of the downtown. Thanks to St. Claire Wright and others, the Historic District Ordinance, enacted in 1969, established a firm foundation for the Historic District and the town began to grow based on the expectations of its citizens.



UNBROKEN: A World War II Story of Survival, Resilience, and Redemption

By *Laura Hillenbrand* Random House (2010)

The word ‘unbroken’ conjures thoughts of a wild stallion or a mighty chain, both impossible to break. Hold onto that thought as you begin this book. Laura Hillenbrand, a prominent Washington, DC, author, has brought us a captivating true story of human nature, the resilient spirit of mankind and how the love of family can sustain a person. The biography of Louis Zamperini begins with a delinquent child who was always in trouble. His older brother, Pete, strives ceaselessly to help channel his little brother's energy and attitude into a positive direction. Louis awakens to find purpose in sports, becoming a track star and an Olympic hero. His race times would eclipse the greatest athletes of the 1930s, taking him to the brink of the four-minute mile. His life soars, and the author makes you soar with him.

Suddenly peace and Louis' life are sundered by the attacks of the German and Japanese armies. World War II confronts a generation of young men and women, and Louis Zamperini accepts that challenge. Hillenbrand brings to life his odyssey of excitement, life-threatening encounters and abject terror and despair.

Louis is cast adrift in a small raft in the vast expanses of the Pacific Ocean. Drifting helplessly westward, he is forced to improvise for food and water. Sharks, and even humans, attack the raft. Throughout the journey the author draws the reader down into that raft with the stranded castaways. Hillenbrand immerses you in the sun's heat, the growling sense of starvation and the imminence of death.

Then comes the joy of sighting land! But it quickly reverts to capture and the horrors of prison camps, worsened by the terrible enemy practices of killing and dehumanizing the allied prisoners. The story becomes a study in human endurance and the will to live. Again Hillenbrand is able to make the reader feel like a prisoner of war, experiencing the privation and torture.

The war's end brings new challenges to Louis. Initial homecoming euphoria is short-lived as combat-induced stress and the traumas of wartime prison threaten to derail his newfound freedom. Hillenbrand captures those emotions and the trials that Louis endures with great compassion and vivid analysis. The author makes you feel how a woman's love helps open Louis' mind to realize his good fortunes in life.

Seemingly pushed to the limit, Louis refuses to succumb to a succession of crushing blows, each one felt intimately by the reader. He wills himself to turn tragedy into triumph. Louis is unbroken! ~ Phil Ferrara



The Immortal Life of Henrietta Lacks

By Rebecca Skloot Crown, New York (2010)

It is easy to understand why this book rated a piece in the *New York Times Book Review*, for it covers so many aspects of human and medical history of the last 60 years. It is the true story of a black woman who died of cervical cancer. While she was receiving treatment at Johns Hopkins, a tumor was

biopsied and cells from that tumor were then given to a researcher who was desperately trying to grow a line of cells so that it could be used for research. The problem was that all the cells that he tried died, even though he had developed extensive protocols to avoid contamination to protect the cells. All died until he cultured the cancerous cells from Henrietta Lacks – cells named HeLa for the first two letters of her first and last names.

The HeLa cells multiplied like gangbusters. The researcher learned how to pack them for shipping and soon he was providing them free to medical scientists all over the world. Henrietta never knew. She died of metastasized cancer and her family struggled on – poor and uneducated, trying to make ends meet. Subsequently, for-profit companies began selling the cells. They became rich and the cells became famous. The family found out and they were not only hurt, but angry. Their mother had been “raped,” they felt and they were so dirt poor, they weren't even able to afford their own medical care.

Under these circumstances, the family was not inclined to let a young, white girl talk with them to learn their story in order to write a book. But just as disinclined as they were, Rebecca Skloot was persistent. Over several years, she came to know the family, their relatives, their town and their lives. She was able to tell their story and with it the history of medical research and protocols as they have evolved over the years, in part as a direct result of the HeLa cells. This book is science writing at its best—warm, human and comprehensible. Henrietta Lacks had immortality through her cells, but now this book has restored her family's dignity. In addition, Rebecca Skloot has established a foundation for the education of Henrietta Lacks' descendants. ~ Tricia Herban



THE LIBERATED BABY BOOMER

Making SPACE for Life An Eclectic Journey Through Clutter and Beyond

By Kater Leatherman, Kiwi Publishing, Maryland (2011)

Try to imagine living a clutter-free life when we are bombarded with too much

information, challenged to keep up with technology and pressured to consume more stuff.

In 1974, Kater Leatherman left a life of excess to live off the land in Colorado -- a life of deprivation as she calls it -- and realized it wasn't the road to happiness either. Thus began her quest to simplify by decluttering her life from the inside out. Her definition of clutter is anything that gets in the way of enjoying life.

With a quadrillion books out there on this subject, what makes this book stand apart from the rest? Certainly it's the combination of personal short stories, practical ideas, inspirational quotes and interesting photographs. But Leatherman also raises the bar in a style of raw truth-telling that not only encourages but inspires readers to reflect and reevaluate their lives. And with so many baby boomers now entering the last third of their lives, they are doing just that.

Leatherman's eclectic journey includes becoming a voluntary mute for a day in the spirit of taking a risk to experience something different. Another story covers her overcoming a very unusual phobia. One eye-opener for me was the talk she attended in California about the five different kinds of people and how to balance them in our lives.

Practical topics include the value of replacing financial security for financial serenity, detoxing your kitchen and the 10 most common fears when letting go of possessions. There are tips on simplifying your life with kids, ways to stay rid of clutter and how to take better care of yourself. You will also receive 20 intangible gift ideas. As for the many quotes in the book, my favorite is “the way we do anything is the way we do everything.”

Those who grew up in the '60s will most identify with the book, but anyone who wants to downsize can prosper from Leatherman's suggestions and insights. Personally, I don't know anyone who doesn't want to feel balanced and live a more satisfying, richer life. *The Liberated Baby Boomer* is an easy read, thought-provoking and inspirational. The book can be purchased at www.katerleatherman.com ~ Brooke McDermott

Living Life to the Fullest

By Martha Thorn

“What do you want to do when you grow up?” Are you age 55 or over, just retired and thinking about reinventing yourself?

You may want to check out the Annapolis Senior Activity Center. The center offers a plethora of activities, and membership is free. What’s more, the membership card can be used at any of seven senior centers operated by the Anne Arundel County Department of Aging and Disabilities.

I was first introduced to the Annapolis Senior Activity Center several years ago at a Christmas party for the Striders, a local running group. One of the runners was a senior center member. She filled me in on just what I was missing.

The center offers classes, trips, parties, games, concerts and other opportunities to socialize and work out. (In August 2009, I joined the center and was introduced to the classes that started in October and ran through December.)

Anne Arundel Community College offers countless classes through the senior centers in languages such as French and Spanish; exercise classes like yoga, Pilates, aerobics, weights and tai chi; art classes such as watercolors, painting, drawing, and pottery; music-related classes including opera appreciation and music fundamentals; and dancing, including how to line dance, belly dance or tap dance. There were also history

classes, computer classes and courses for keeping the mind active.

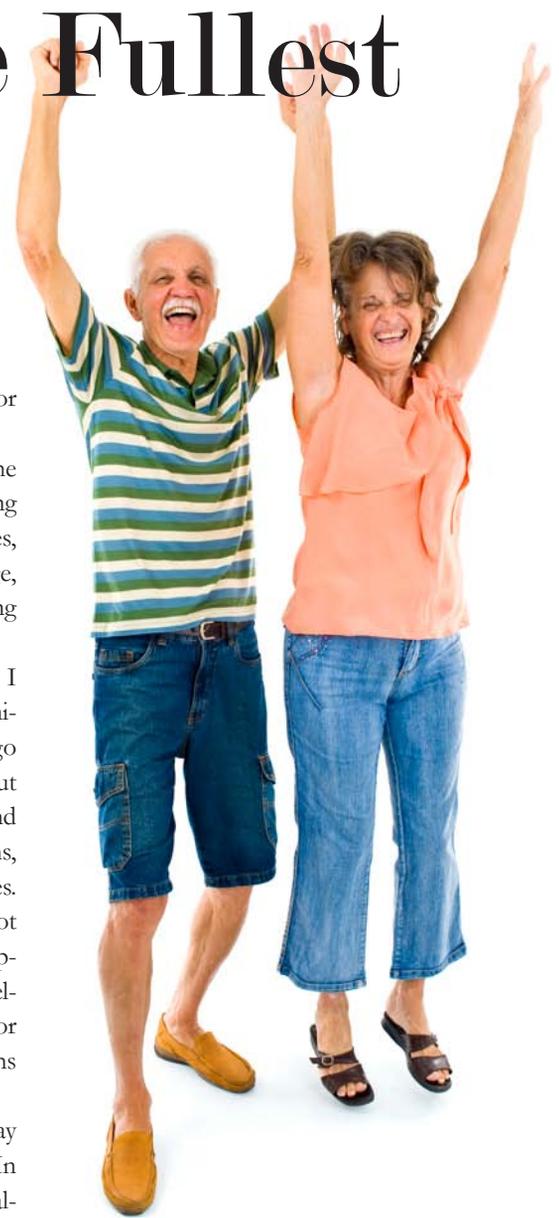
And to add frosting to the cake, the senior center’s offerings include beginning Chinese language and poetry, chair exercises, knitting, open table tennis, duplicate bridge, Scrabble and additional courses for keeping the mind active.

Once enrolled in the classes, I learned about even more center opportunities. Other seniors would ask, “Did you go on this trip or that trip?” They talked about shopping at Wal-Mart, eating at local and not-so-local restaurants, visiting museums, attending concerts and even going on cruises. Some seniors look forward to riding in hot air balloons at balloon festivals. From options ranging from visiting London or Yellowstone National Park, visiting ranches or going out to dinner theaters, nothing seems too far away or out of reach.

The seniors also love to party, play games and attend concerts at the center. In addition to celebrating major events like Halloween, Christmas and New Year’s, they have island parties, crab feasts, line dance parties and ice cream socials. They play bingo, bridge, mah-jongg, Scrabble, pool and table tennis and work jigsaw puzzles. They enjoy the performances of entertainers who range from a magician to musicians and singers of country western hits, rock ‘n’ roll, jazz, gospel and blues.

Some people use the fitness room. Others attend workshops that covered a wide range of topics, including clutter, reverse mortgages, making wills and making centerpieces. For many, the senior center has become a home away from home. It’s a place they can volunteer, eat lunch, buy snacks and books and while away the hours with friends.

For many retirees looking for a new way of life, the Annapolis Senior Activity Center is a great place to start. Find out more



by visiting the center at 119 South Villa Ave., Annapolis, or by calling 410 222-1818. They can also be reached by e-mailing at Annapoliscenter@aacounty.org or going to the Web at www.aacounty.org/aging

Martha can be reached at marthathorn@gmail.com

Outlook's Bits & Bytes

Spring is almost here and the ants will be marching back in shortly. A nonlethal-to-humans possibility is to put out a 1/4 teaspoon of cornmeal. The ants are unable to digest it and will die off in a week or so from their overindulgence. For other natural cures go to www.thefrugallife.com/ants

BASEBALL HISTORY: DICK ALLEN
Named American League MVP in the seventies, this former first baseman for the White Sox once said, "If horses can't eat it, I won't play on it." Known as Crash because he wore his batting helmet in the field, who was this player?
M. Osteen
N. Relief pitcher
O. Yogiism
P. Dewey
Q. Imps
R. Catcher's mitt
S. Keen
T. Around the horn
U. Latino
V. Leadoff man
W. Extra innings
X. New wave
L. Thomas
K. Shortstop
J. Inframe
I. Hawaii
H. Leaf
G. Love
F. Assist
E. Behave
D. Eiches
C. Switch hitter
B. Ashburn
A. Baines

Art View

By Tricia Herban

WASHINGTON, DC

Cross References

Dumbarton Oaks Museum

This unusual show includes more than 200 objects relating to the image of the cross. That image is shown in works drawn from Dumbarton Oaks' extensive collection of Byzantine art as well as in pieces loaned from collections throughout the world. These iconic and multifaceted motifs allow for a comprehensive appreciation of the cross as object, sign and symbol of the Christian faith over centuries of time.

On view: through July 31, 2011

Contact information: www.doaks.org/museum or 202 339-6401.



Beyond Home Remedy: Women, Medicine and Science

Folger Shakespeare Library

Women at all levels of Shakespearean society were the home healers of their age. Their "recipes" relied on concoctions as varied as syrup of violets and a drink made from snails. Information in this exhibit is "distilled" from manuscripts, texts and images in the Folger's collection as well as natural history specimens and instruments loaned by the Smithsonian.

On view: through May 14, 2011

Contact Information: www.folger.edu or 202 544-4600.



Choosing to Participate

Historical Society of Washington

This traveling presentation engages viewers with questions: What does it mean to be a citizen of a democracy? What can we learn from each other's stories? What is our responsibility to society? Four real-life stories are used to illustrate the impact of racism and injustice as well as courageous choices people have made to build strong communities. Little Rock, Ark., Montana, New Hampshire and New York City present varying situations, challenges and opportunities for their residents and, by extension, for the viewer as well. Civics in action!

On view: through June 17, 2011

Contact information: www.historydc.org or 202 383-1800.



Gauguin: Maker of Myth

National Gallery of Art, East Building

Museums and collections from all over the world have lent to this exhibition of nearly 120 oils, pastels, prints, sculptures, drawings and objects created by Paul Gauguin (1848-1903). Religious stories, whether pagan or Christian, provide the underpinning for Gauguin's scenes of Brittany, Southern France, French Polynesia and Tahiti. This collection of self-portraits, still lifes, genre scenes and landscapes includes highlights from every period of Gauguin's career.

On view: through June 5, 2011

Venice: Canaletto and his Rivals

Travelers on the Grand Tour of Europe in the 18th century created a market for souvenir paintings and prints, especially one of the most beautiful and exotic of cities, Venice. The most famous painter of these vedute was Canaletto, represented in this show by 20 masterpieces. Another 30 works by contemporary artists – Michele Marieschi, Francesco Guardi and Bernardo Bellotti – extend our view of the canals, churches and public spaces of the city known as the "Queen of the Adriatic."

On view: through May 30, 2011

Contact information: www.nga.gov or 202 377-4215.



Tom Wesselman

Draws

The Kreeger Museum

This presentation focuses uniquely on 108 drawings spanning 1959-2004 – the entire span of Tom Wesselman's career. A leader in the Pop Art movement with Warhol, Lichtenstein, Rosenquist and Indiana, Wesselman was a "brilliant colorist, superior draftsman and innovator of new techniques." This post-humorous show fulfills a goal of Wesselman's: "The scope of the show will be to present a well-edited selection of the best drawings available covering the full range of my varied production. I don't view the show as delin-

eated by decades in any way, but as a continuity of drawings as they occurred ... A show that will enlarge the common perception of what a drawing is to a surprising and rewarding degree." The show was curated by Wesselman's wife, Claire.

On view: through July 30, 2011

Contact information: www.Kreegermuseum.org or 202 338-3552.

VIRGINIA

Hollywood Guns

National Firearms Museum

What else but 2,700 guns are displayed with historical footnotes and commentary at the national Firearms Museum. This is a place that might be especially popular with the male sex, however, the current special exhibition, Hollywood Guns, focuses on fake guns that were used in famous productions such as the .44 Magnum Clint Eastwood manhandled in "Dirty Harry" or his Colt Walkers from "The Outlaw Josey Wales." Among other unique instruments are guns from "Die Hard," "Pulp Fiction," "Star Wars" and "No Country for Old Men."

On view: through June 1, 2011

Contact information: www.nramuseum.com or 702 267-1600.

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WE'RE GOING GREEN!

Know Your Estuary

By Henry S. Parker

The best way to know an estuary is to get in it. Not on it, over it, or safely by its side. Don a bathing suit, T-shirt and stout, well-tied sneakers that the sucking mud won't pull off. Then wade in. Bring a face mask and be ready to dunk your head. Much of what you see will lie below the surface. And what you see, if you are patient and observant, will amaze and delight you.

But before you go, learn a bit about what you're getting into.

Estuaries are bodies of water that are partly landlocked and where entering fresh water mixes with the sea. Like people and puppies, no two estuaries are alike. They differ in size, geology, salt content, circulation and the nature of their inhabitants. The smallest may be a place where a tiny stream trickles into a coastal pond with a narrow opening to the ocean. The largest are outlets for major rivers and spread over thousands of square miles.

But regardless of characteristics, all estuaries are vitally important. Because they are shallow, rich in nutrients and full of hiding places, they nourish and protect large numbers and varieties of life forms, including juvenile fish and shellfish. They serve as

spawning grounds and nurseries for many marine species. They stabilize and help protect shorelines. They make good harbors and support large human populations. Two-thirds of the world's major cities are located on estuaries. They are focal points for tourism and recreation.

The same characteristics that make estuaries so valuable also make them vulnerable. It is distressingly easy for humans to abuse these special places.

Chesapeake Bay is the crown jewel of estuaries. The largest in the U.S., it covers 64,000 square miles, holds over 64 trillion gallons of water, and has nearly 12,000 miles of shoreline. Even in its degraded state, it annually produces close to 500 million pounds of seafood. The Bay's value, including fisheries, recreation and real estate, may approach a trillion dollars. It receives fresh water from 50 major tributaries of which three – the Susquehanna, Potomac and James rivers – make up 80 percent. And it's beautiful.

Ready to go wading? Let's pick a crisp, calm, early fall day when the crowds are off the Bay, the sea nettles are gone for the season and the water is still warm. We'll immerse ourselves at the mouth of a cove with

a small beach rimmed by a ribbon of waving grasses. Let's check the grasses first – a species of *Spartina* called salt marsh cordgrass. These are critical to the Bay's health. They stabilize the shoreline, provide habitat

and food sources, trap sediments and filter wastes. But erosion has severely reduced their acreage.

Tucked among the grasses, thick clusters of black bivalves thrust out of the mud. Their corrugated shells identify them as Atlantic ridged mussels. You could eat them, but unlike the smooth-shelled blue mussels, they wouldn't taste very good. Yet they're important filter-feeders and food sources for other animals. Half-buried, with tightly closed shells, they look safe and secure. But life is not easy in an estuary, even for a clammed-up mussel. How would you like to be alternately covered in salt water and drenched by torrential rains in a single tidal cycle? Freezing at night and baked by the sun in the day? Exposed to any foraging predator and unable to run and hide? Good thing ribbed mussels, like most mollusks, reproduce prolifically.

We wade out to thigh-high depth. Time to dunk our heads and view what lies beneath. A minimountain range of barnacles covers a half-buried rock. Look closely. Tiny feathery appendages fan out from trap-door-like openings and rhythmically sweep the water, drawing in suspended bits of food. Diaphanous, inch-long grass shrimp flit in search of prey. A periwinkle scurries across the bottom. Wait – periwinkles don't scurry. At best, they creep. Closer examination reveals tiny claws protruding from the shell's opening. A squatter – a hermit crab – has taken up residence in a snail's former home.

Tiny fish with sharp spines – sticklebacks most likely – flash through the water. Larger fish lurk deeper. And you'll want to spend time with oysters and blue crabs, ospreys and terns, and a host of other Bay denizens, some common, some obscure. But it's getting late. It's time to head home. The Bay's remaining secrets will have to wait for another day – and another article.



BASEBALL HISTORY

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

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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. White Sox retired Number 3
- B. His foul balls hit same fan twice
- C. Lefty/righty (2 wds.)
- D. Engraves
- E. Perform
- F. Help from a fielder
- G. White Sox pitcher, '99-'01
- H. Frond
- I. Charlie Hough's birthplace
- J. Besmirch (obs.)
- K. Aparicio's field position
- L. American League MVP, '93 & '94
- M. Baseball's Claude or Darrel
- N. Bobby Jenks, e.g. (2 wds.)
- O. "...déjà vu all over again," e.g.
- P. Truman's opponent
- Q. Mischievous children
- R. Pierzynski's equipment (2 wds.)
- S. Sharp
- T. 5-4-3 double play (3 wds.)
- U. Clemente or Sosa or Palmiero, e.g.
- V. First batter (2 wds.)
- W. Overtime (2 wds.)
- X. Cutting edge (2 wds.)

$\overline{123}$ $\overline{94}$ $\overline{137}$ $\overline{115}$ $\overline{147}$ $\overline{77}$
 $\overline{166}$ $\overline{36}$ $\overline{122}$ $\overline{52}$ $\overline{18}$ $\overline{177}$ $\overline{101}$
 $\overline{121}$ $\overline{99}$ $\overline{34}$ $\overline{95}$ $\overline{11}$ $\overline{66}$ $\overline{130}$ $\overline{39}$ $\overline{51}$ $\overline{97}$ $\overline{4}$ $\overline{43}$
 $\overline{31}$ $\overline{141}$ $\overline{118}$ $\overline{163}$ $\overline{131}$ $\overline{171}$
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 $\overline{106}$ $\overline{60}$ $\overline{145}$ $\overline{152}$ $\overline{79}$ $\overline{138}$ $\overline{3}$
 $\overline{5}$ $\overline{29}$ $\overline{165}$ $\overline{55}$ $\overline{175}$
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 $\overline{111}$ $\overline{35}$ $\overline{87}$ $\overline{24}$
 $\overline{78}$ $\overline{134}$ $\overline{100}$ $\overline{127}$ $\overline{1}$ $\overline{161}$ $\overline{151}$ $\overline{63}$ $\overline{15}$ $\overline{26}$ $\overline{71}$ $\overline{85}$ $\overline{144}$
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 $\overline{160}$ $\overline{150}$ $\overline{2}$ $\overline{80}$ $\overline{133}$ $\overline{82}$ $\overline{59}$ $\overline{20}$ $\overline{90}$ $\overline{74}$
 $\overline{45}$ $\overline{72}$ $\overline{62}$ $\overline{49}$ $\overline{174}$ $\overline{143}$ $\overline{13}$ $\overline{32}$ $\overline{23}$ $\overline{108}$ $\overline{17}$ $\overline{86}$
 $\overline{153}$ $\overline{93}$ $\overline{162}$ $\overline{132}$ $\overline{57}$ $\overline{21}$ $\overline{76}$

Quiz-Acrossics: *Challenging Acrostic Puzzles with a Trivia Twist*, by Puzzleworm due out later this year (published by Puzzleworm). Sheila can be reached at acrostics@aol.com or visit her web site: www.quiz-acrostics.com

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