

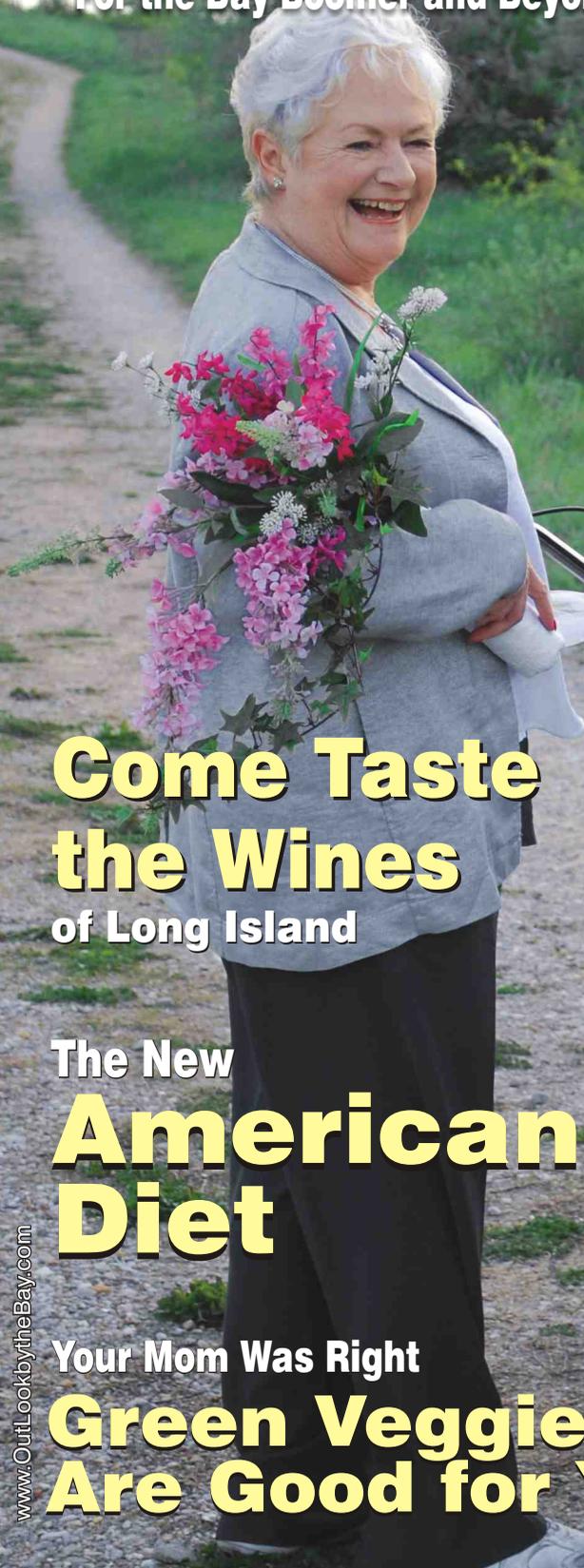
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Spring 2010

Outlook

For the Bay Boomer and Beyond...

by the Bay



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The cell phone that's right for me. Sometimes I think the people who designed this phone and the rate plans had me in mind. The phone fits easily in my pocket, but it flips open and reaches from my mouth to my ear. The display is large and backlit, so I can actually see who is calling. With a push of a button I can amplify the volume, and if I don't know a number, I can simply push one for a friendly, helpful operator that will look it up and even dial it for me. The Jitterbug also reduces background noise, making the sound loud and clear. There's even a dial tone, so I know the phone is ready to use.

Affordable plans that I can understand – and no contract to sign! Unlike other cell phones, Jitterbug has plans that make sense. Why should I pay for minutes I'm never going to use? And if I do talk more than I plan, I won't find myself with no minutes like my friend who has a pre-paid phone. Best of all, there is no contract to sign – so I'm not locked in for years at a time or subject to termination fees. The U.S. – based customer service is second to none, and the phone gets service virtually anywhere in the country.

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| Trial Period | 30 days | 30 days |

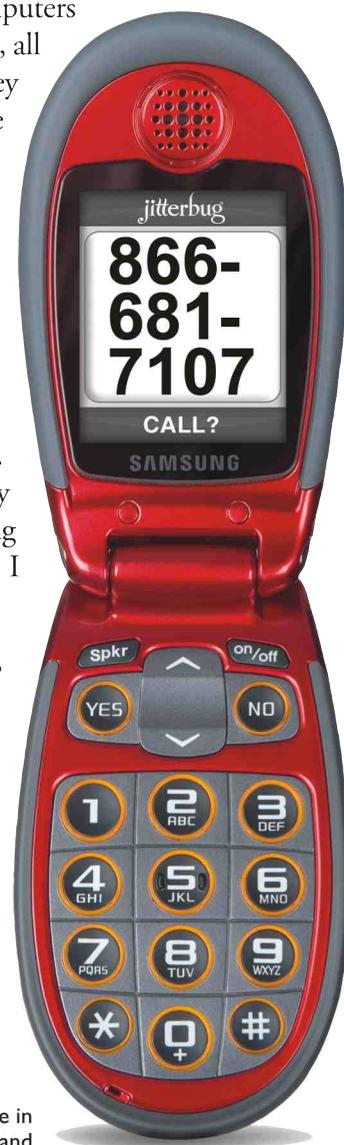
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For the Bay Boomer and Beyond...

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| Website Coordinator | EliteWebStudio.com |
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ISSN# 1948-044X

OutLook by the Bay is distributed throughout Anne Arundel County, in sections of the Eastern Shore and Baltimore. It is available free in senior centers, county libraries, hotels, coffee shops, doctor offices, supermarkets, senior communities, book stores, restaurants, private clubs, real estate offices, health clubs, hospitals, at all of our advertisers and mailed to select homes in the Bay area.

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Bay View words from the desk



Tecla Emerson Murphy
Publisher and Editor-in-Chief

Can you imagine finding Mr. or Mrs. Right soon after your first Social Security check arrives in the mail? It happens, but statistically maybe not that often. The Maryland Department of Health says that of the marriages that took place in 2008, less than 10 percent involved adults over 55. That doesn't exactly inspire a lot of optimism in folks in our age group who are hoping for a second chance at love, does it?

However, just check out our cover for an example that beats those odds hands down. Although Jack and Judy have known each other for more than 35 years, our bride and groom recently reconnected and within just a couple of months decided to tie the knot. And yes, unfortunate circumstance had caused upheavals in both their lives, but they were able to see them through and look what happened. They are practically giddy as they express the joy and fun and excitement in discovering how life is filled with surprises and can take such unexpected and wonderful twists and turns.

Relationships. Isn't that what much of the buzz is now saying is so important to our good health? Everything we read about the aging process indicates that there's more and more evidence that along with good nutrition and moderate exercise, relationships rank right up there in importance if we are to continue with happy, productive lives. In fact, many studies confirm that being lonely and isolated poses a significant risk to our health and well-being. Additionally, some research reports indicate that close personal relationships even help to stave off serious illnesses, such as Alzheimer's.

Of course, don't forget that the benefits of nurturing close relationships arise from those attachments we have with good friends as well as with romantic partners. Take a moment to remember how uplifted you felt after spending time with enjoyable and upbeat friends. Those warm feelings can make our day and at the same time, improve our physical and emotional well-being.

So, go on and get out there and make the effort to connect! And if you're looking for some hints on how to find that certain someone, check out Melissa's article on page 22. She has some good insights on ways to help locate that special person. Is it worth the effort to get back into a relationship? Well, just ask Jack and Judy. That joy you see says it all.



Tecla Murphy

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On the Cover: After knowing each other for more than 35 years through church and social events, and even attending the same college, Jack Schuyler and Judy Bradley only recently rediscovered each other. Over the years jobs and families kept them busy. Judy grew up in a Navy family and lived all over the United States and in Japan during high school. She spent 30 years at a "real job" working for ARINC, while living in Davidsonville. Now retired, she enjoys being a part-time travel agent.

Jack's life included a stint in the Navy as a submariner and then on to the U.S. Marine Corps. He retired from the military and went on to become executive director of the Police and Correctional Training Commission for the State of Maryland. This included time assisting the Estonian government in converting their Soviet-style military police department to a more western style type of enforcement. Jack has three daughters and Judy has two step-daughters, with all but one living in the area.

The newly weds plan to buy a condo in Annapolis and have plans to travel as much as possible.

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Letters to the Editor:

Please address your letters to: editor@OutLookbytheBay.com

Another Great Issue

I have been enjoying the new magazine. I read your words from the desk and realized that almost everyone can relate to it! Dear Vicki was great and the Most Overlooked Tax Deductions is a real attention-grabber.

Thanks for another great issue.

~ K.L., Annapolis

Alaska Memories

I really enjoyed the article on "Alaska, the Trip of a Lifetime." Please include the Princess Cruise Lines as a great resource for a land/cruise to Alaska. My husband and I really enjoyed our trip on their cruise line and highly recommend them. Visit them at www.princesscruise.com for information and dates on their 2010 tours.

~ J. Turner, Centreville.

I have enjoyed Kathryn Marchi's articles in *OutLook*. I'm using her Alaska article with my pictures to remind me what I did and saw while on our trip. We did almost the same trip. I also like that you included other Web sites for people to check out. Thanks for making this magazine so easily available to Symphony Village.

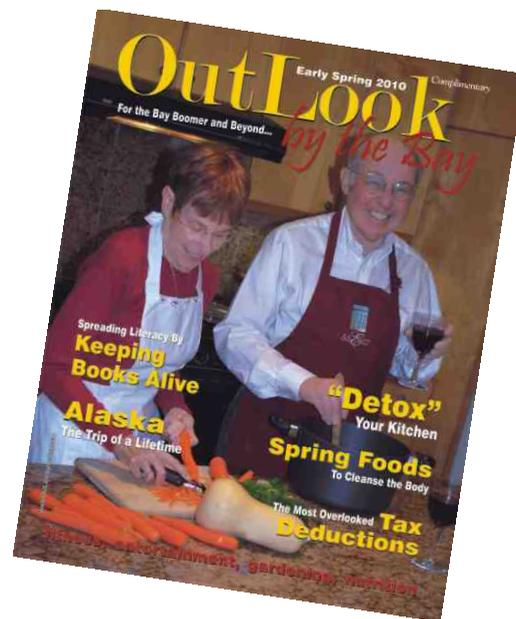
Brenda, Centreville

Tea, Delicious and Healthy

Your article (Tea for Two...) in the Early Spring 2010 issue provided me with many interesting facts about my new drink. I have become a tea drinker later in life than most people (after I reached age 60) and am enjoying every sip. I was introduced to the many wonders of tea by a friend who took me to a Saturday tea tasting and to meet Lynayn Mielke at The East West Tea Emporium in Arnold. From Lynayn I've learned about the health benefits of tea (antioxidants and other cancer-fighting properties, immune system support, lower cholesterol and tea promotes longevity to name a few). I've developed a taste for white teas, the lowest in caffeine. I hope other "nondrinkers" will consider tea after reading your article.

~ Terry Sayler, Annapolis

Ed Note: The East West Tea Emporium is located at 1300 Ritchie Highway Arnold and can be reached at 410 353-7727.



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“Cooperative retirement communities are attractive to seniors nationwide because, as shareholders in a cooperative, they have voting rights and the opportunity to get the equity back from their investment, with appreciation, when they sell.”

Cooperatives Offer Seniors Equity Housing

By Michelle Burgoon

Like many seniors today, Meta Mills, a resident in a senior cooperative retirement community and a retired Air Force nurse, knew when it was time to find a retirement community that financial reassurance was just as important as having a say in decisions made at the place where she would spend her retirement. So when she moved to a retirement community, she chose a cooperative. “The security of my investment at my community is what was attractive to me,” Mills says. “I wanted to be sure I had the funds to provide the necessary care should I need it in my later years. The equity allows me to do this.”

There are more than one million cooperative housing units throughout the U.S., but only two in Maryland that provide senior housing: Londonderry Retirement Community in Easton www.LondonderryEaston.com and BayWoods of Annapolis www.BayWoodsofAnnapolis.com. Cooperative retirement communities are attractive to seniors nationwide because, as

shareholders in a cooperative, they have voting rights and the opportunity to get the equity back from their investment, with appreciation, when they sell. Residents can retain the personal control and financial advantages of ownership much like a real estate investment, while freeing themselves from the burden of usual homeowner responsibilities. Coincidentally, both Londonderry and BayWoods are waterfront communities offering residents an idyllic lifestyle and a **prudent investment opportunity**.

In addition to the financial security, residents enjoy the role they play in day-to-day decisions. According to Carole Abruzzese, executive director at Londonderry, “Our founding members were visionary in establishing this type of cooperative housing option for retirees. Most retirement communities have management companies overseeing operations. Londonderry is run by its residents. Everyone has a say in what happens here.”

Stockholders as Decision Makers

In a retirement cooperative community the organization owns the housing community, including all land, cottages, apartments and common areas. The not-for-profit cooperative, in turn, is jointly owned by its stockholders. By virtue of their stock ownership, residents are entitled to occupy their cottages or apartments. Ownership provides residents the right to deduct their proportionate share of real estate taxes and mortgage interest annually on their tax returns. Because residents are purchasing a share of ownership, they have voting rights. All members may participate in the decision-making process by running for a seat on the board of directors and/or by being involved in monthly resident meetings and resident committees. Because of the not-for-profit status of the cooperative, monthly fees are a fair and affordable means of providing services.

Since residents own the cooperative, they participate in many key committees that determine the quality of life provided on campus. From the finance committee to the building and grounds committee, residents have a voice in their community and enjoy the rewards of participation. Mills and many other resident shareholders agree that their retirements have been fulfilling. Mills, who has served on various committees says, “I’ve always been very active and hope to remain so until my last breath. My participation on committees has enabled me to maintain this involvement which is so important to me.”

When seniors come to this transition in life, it’s always difficult to lose autonomy. In a cooperative, resident owners have a voice in what happens in their community and their lives are enriched because of that. They are comfortable knowing their investment in the cooperative is not only protected but will appreciate with time. 

Michele can be reached at mburgoon@londonderryeaston.com and [BayWoods of Annapolis at BayWoodsofAnnapolis.com](http://BayWoodsofAnnapolis.com)



Get a Plant, Clean the Air *By Leah Lancione*



This spring you may have launched your annual “spring cleaning” in which closets are de-cluttered, cabinets and shelves are organized and pantries are cleaned out. Well, you can now add another task to that list to get your home spic and span: adding some houseplants that clean the air.

Since homes have windows and doors that are effectively sealed to keep warm or cool air inside, there may be unwanted, potentially harmful toxins trapped within our living spaces. To help combat this problem, introduce indoor plants that are efficient in processing gases for photosynthesis and subsequently absorbing other gases.

In the late 1980s, NASA and the Associated Landscape Contractors of America (ALCA) produced a study that identified various plants that can help purify the air.

As science teaches that plants convert carbon dioxide into oxygen via photosynthesis, the NASA/ALCA study revealed houseplants that can also eliminate harmful elements in the process: carbon monoxide, benzene and formaldehyde.

The following is a list of the most effective house plants for addressing indoor air pollution and balancing humidity drawn from the NASA/ALCA study and other “green” living and horticulture sources online:

- Heartleaf Philodendron
- Elephant Ear Philodendron
- Cornstalk Dracaena
- Spider Plant
- Warneck Dracaena
- Golden Pothos
- Selloum Philodendron
- Chinese Evergreen
- Snake Plant
- Red-edged Dracaena
- Areca Palm
- Reed Palm
- Dwarf Date Palm
- Boston Fern
- Janet Craig Dracaena
- English Ivy
- Australian Sword Fern
- Peace Lily
- Rubber Plant
- Weeping Fig



“Introduce indoor plants that help combat potentially harmful toxins trapped within our living space.”



So, if having a living space with good, clean air quality sounds good to you, the majority of these plants are easily found at any garden center. For more information on air-cleaning houseplants, visit:

www.cleanairgardening.com/houseplants.html
www.care2.com/greenliving/top-ten-houseplants-for-cleaner-air.html www.zone10.com/nasa-study-house-plants-clean-air.html and www.plant-care.com/indoor-plants-clean-air-1.html 

10 Steps to a Younger, More Healthy Body and Mind

- 1. Keep your brain engaged.** Try something new. Better yet, work at getting good at something you haven't tried before such as a new language or a musical instrument that's always fascinated you. Take a class in something you've always wanted to know more about. Try these sites for local offerings: www.sjca.edu or www.goucher.edu or www.aacc.edu or www.chesapeake.edu/
- 2. Stay connected with people.** Get out there and be with others. There are lots of senior centers that offer hundreds of programs, classes and seminars. There's bound to be at least one that you'll like. Each county has its own site so check out the one where you live. For a complete list of senior centers in Maryland log on to www.marylandseniorcenters.com and click on locate a senior center.
- 3. Watch what you eat.** You know this, but do you do it? Go heavy on veggies, medium on fresh (not canned) fruits, light on those special treats and always eat a good breakfast. Oatmeal is the recommended favorite.
- 4. Exercise often.** They're not kidding when they tell you that all it takes is 30 minutes a day, five days a week. Tests have proven it over and over again and if you still don't believe it, go to www.MayoClinic.com for the straight scoop.
- 5. Find some travel buddies.** If you're not successful, start a group that will share your interests: hiking in Appalachia, Eurorail through Europe or even a museum tour group. Tour guides are out there to help lead your group and take care of the details such as www.SmithsonianJourneys.org or traveler.nationalgeographic.com/ or www.eldertreks.com/
- 6. Join a group** of like-minded people such as a book club, hiking group or bridge club. If you can't find a group with interests similar to your own, go ahead and start one. Put a blurb in your local paper under "clubs" that briefly describes what you'll be doing. Include a contact e-mail address and you'll find there are others out there just like you who would love to join your new group.
- 7. Hang out with young people.** They're energizing. Tutoring kids will keep those sleepy neurons jumping. Offer to coach a team or teach tennis during the summer months. There are lots of schools and camps in your area that could use an extra set of eyes and hands to help out. Contact matt.garcia@ymcadc.org at Camp Letts for volunteer opportunities at a summer camp.
- 8. Forgive, love and move on.** How much time do we waste reviewing all the bad things that have happened? Try reading *Forgiveness: How to Make Peace with Your Past and Move On* for inspiration and guidelines for getting past the past.
- 9. Clean out.** You will feel more energized and alive once you get all those dust collectors and junk cleared out. It's liberating to be done with all that stuff that once meant so much to you. For support, log on to www.KaterLeatherman.com She has a really good handle on this.
- 10. Stop wasting time.** The biggest culprit is that large screen in your living room. It has an off switch for a reason. And how much time do you really need with the morning paper? Why not go out for a walk instead or find a good book or call a friend for lunch. Want some proof of how you're shortening your life by being controlled by the masters of TV addiction? Log on to: www.takepart.com/.../shocker-watching-tv-all-day-will-shorten-your-lifespan 



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Your Mom was Right, Green Veggies are Good

By Leah Lancione

“Add dark green vegetables to your diet if you want to be proactive in preventing disease and keeping your body functioning at an optimum level.”

If you think back to childhood and the many instances where your mom or some other older relative vehemently encouraged you to eat the vegetables on your plate, they're probably not your favorite memories. Comedian Buddy Hackett communicated the universal dilemma best when he said, “As a child my family's menu consisted of two choices: take it or leave it.” Now that you've grown up and understand why eating vegetables is so important, let's take a look at a particular group – dark leafy greens.

Dark leafy greens, including spinach, kale, broccoli, turnip, collard and mustard greens, bok choy, dark green leafy lettuce, mesclun, romaine lettuce, and watercress are ripe with nutritional and health benefits. (Log on to www.mypyramid.gov) Packed with various vitamins, minerals, fiber, folic acid and phytochemicals, adding some green to your plate can combat type two diabetes, heart disease, cancer, macular degeneration, osteoporosis/osteoarthritis and more.

Fiber

In addition to their valuable nutrient content, dark leafy vegetables are low in calories and high in fiber – both beneficial factors in weight management. The healthy and scrumptious recipe possibilities for dark leafy vegetables are endless—beyond a simple salad—so it's easy to incorporate them into your meal plan. Think spinach quiche, Toscana soup with kale, Swiss chard wraps, or crushed red potatoes with collard greens, mustard greens, broccoli and escarole for a nice and colorful medley.

Vitamin D

The American Dietetic Association (ADA) states that as you get older, the need for more vitamin D and calcium to maintain bone health increases. To fulfill this need, a diet complete with dark green leafy vegetables is recommended.

Iron

Older individuals—especially those over 50—often need to boost their iron intake by eating whole grains, beans, fortified cereal and...dark green vegetables. The ADA reports that decreased iron levels leads to fatigue, with iron-deficiency anemia occurring in roughly 5-10 percent of people over 45.

Magnesium

Dark green vegetables also contain magnesium, which plays a role in more than 300 biochemical reactions in the body. It contributes to muscle and nerve function, maintains steady heart rhythms and supports a healthy immune system. www.nutrition.gov The National Institute of Health has provided reports to the Office of Dietary Supplements that declare magnesium, found in dark veggies, also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. Therefore, these benefits are considered key factors in preventing hypertension, cardiovascular disease and diabetes.

Vitamin A

For example, vitamin A, found in such leafy greens as kale, spinach, and turnip, collard and mustard greens, keeps eyes and skin healthy and helps to protect against infections.

If you want more information on what nutrients are in particular vegetables visit The Center for Disease Control and Prevention (CDC) Web site at www.fruitsandveggiesmatter.gov/benefits/nutrient_guide.html that contains a chart of beneficial and necessary nutrients and sources for consuming them.

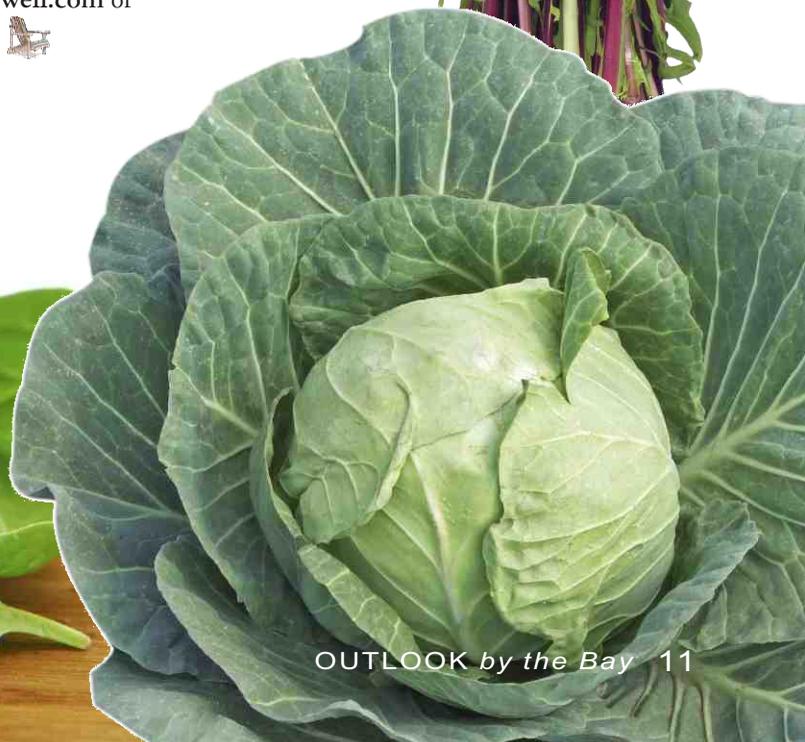
Lutein and Zeaxanthin

Medical news today published a report from the *Archives of Ophthalmology* that recommends eating a diet that includes dark leafy veggies to help protect against developing cataracts.

Here's an unexpected green that showed up in an article that *The Chicago Tribune* published about "super foods." Dandelion greens. You're thinking, "What? Those pesky weeds I pull out of my garden?" Well, the article touts dandelion greens' low calorie count and high fiber, iron and vitamin content. The evidence from a contributing dietician explained that these greens had more vitamin A than a cantaloupe in one serving (a cup) and more calcium than spinach. Since they're known to have a slightly bitter taste, the recommendation is to serve them in a chicken or pasta dish or sauté them with garlic, pepper and your favorite herbs.

Finally, you can't evaluate dark leafy greens without talking about the dreaded "C" word – cancer. The Harvard School of Public Health published a report from the World Cancer Research Fund and the American Institute for Cancer Research that points to dark leafy greens' role in preventing several types of cancer including those of the stomach, mouth, throat and esophagus.

So, the verdict is: your mother was right...you need to add dark leafy greens to your diet if you want to be proactive in preventing disease and keeping your body functioning at an optimum level. For creative recipes that incorporate dark leafy greens, visit www.eatingwell.com or www.mightyfoods.com 





You Can't Take It with You

By Peggy Markham

“You can't build a pyramid and bury your treasures with you, so your task is to determine who gets what and be very clear about your wishes.”



You've been to the lawyer and taken care of your will, set up the trusts, appointed your power of attorney for the medical and financial, made your dying wishes clear, and you feel good about your decisions. You've organized everything neatly and can sigh with relief that you've done a good job that will make arrangements easier for your heirs upon your demise. Then you look around at all your “stuff” -- the family heirlooms, the jewelry, the photos, the furniture, the silver flatware, the china, quilts that you sewed, model airplanes your husband built, letters and scrapbooks. These things are not listed in your will. What *exactly* have you done about how these possessions will be dispensed? You would be surprised to know that your beloved children who love and respect each other could easily find themselves arguing over something as simple as a clock.

The conversation might go like this: Suzy says, “I've always loved grandfather's clock, so I'd like to have it.”

Older sister Mary says, “Well, Mom knew I loved it from the time I was born and she always said I could have it.”

Little brother John pipes up, “Hey, I was the one who made sure it was always wound up so I think I should have it.”

Hard feelings have surfaced because you didn't specify who gets the clock. This is not what you want to happen to your family after you've left this old world. You can't build a pyramid and bury your treasures with you, so your task is to determine who gets what and be very clear about your wishes. It is the fair thing to do for your heirs. While you are still clear in your thoughts, you could ask people about certain items and get a feel for their wishes. Often your children will mention casually that one day they would like to have some particular item, like that old marble top wash stand. Listen and observe at family gatherings. Consider what may be passed on to the grandchildren or friends.

Pictures, Worth a Thousand Words

One idea is to go around your house with a camera and take photos of everything that you feel is of value and of the things you think your children, relatives and friends might want. On the back of each photo write the family history of the item and then designate a recipient. Make a photo album with a table of contents and put it in a safe deposit box or give it to one of the heirs for safekeeping. This method gives you leeway to change your wishes.

Today there is a more modern way to do this. If you are savvy with computers, video cameras and other new equipment, you might make a video, a CD or a DVD of your heirlooms. With the video approach you can record your voice while taking pictures and explain the history of items, tell family stories and name the recipients.

Life has probably given you more gains than losses - why not enjoy what you have.

Older generations might have to realize that things they consider to be beloved might not be so revered by today's young people. You look at your mother's Limoges china trimmed in gold, a place setting for 12 of Chantilly silverware, lovely old hand-embroidered linens, a rocking chair made in the 1800s, the grandfather clock that needs to be wound daily and you assume your children will love to have these things as you do. Be prepared because you might hear them say things like:

"What do you mean grandmother's china and silver can't be put in the dishwasher?"

"Iron those damask napkins? I don't iron anything, I don't even have an iron."

"Well, if you can't sit in the rocker because it's so fragile, why do I want it?"

"I'm not about to wind some clock every day, who has time for that?"

Call in the Professionals

There are companies that specialize in liquidating estates and we should allow our heirs to use these services if they would rather dispose of possessions in this manner. Estate liquidators can be found in the Yellow Pages or online and it is wise to get several opinions of fees to be charged, what type of items will be sold, who sets up and runs the sale and whether or not the company accredited. For information about the USPAP (Uniform Standards of Professional Appraisal Practice) visit www.appraisal.foundation.org It is authorized by Congress as the Source of Appraisal Standards and Appraiser Qualifications. For a local company, call Empty Nest Estate Sales at 410 212-2150.

You could call up local museums, antique dealers, favorite charities and ask if you could donate or sell them some of your items. Organizations like the DAR or state and local historical societies will often be interested in donations of antiques, clothing or genealogy records. Local theater

groups might accept period clothing or furniture. Check with your friends or local collectors (such as a doll club) and inquire if they might like to have items that fit into their collection. Leave a list of these ideas for your heirs to review.

One method of distributing treasures is to have selected relatives or friends hold a "drawing." There are cases where this works very well, but there are also instances where it has been a nightmare. Some feel that only children or specific relatives/friends should attend the drawing, that no spouses, boyfriends, girlfriends or outsiders should participate. You should really think this through and try to arrange a situation that will be amicable to all. Consider very carefully the personalities of those who will do the drawing because often the shy child will defer to the more assertive sibling and not get something they had their heart set on.

We can't take our treasures with us, but we can make sure we leave our cherished possessions in hands that will hold them dear. If we plan ahead and are thoughtful, we can leave a legacy of good will to our family. 



OutLook's
Bits & Bytes

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The New American Diet

By Melissa Conroy

“ This book takes an in-depth look at the state of the American diet and why so many of us fail to maintain a healthy weight. ”

We all know what to eat and what not to eat. Fish, whole grains, fruits and vegetables are good while steak, pasta and ice cream are to be avoided. Any reasonably bright individual can reel off the elements of a healthy diet without even trying. So why is it so many people can eat their grains, gobble their fruits and watch their fat levels without literally taking off an ounce?

This is the question authors Stephen Perrine and Heather Hurlock tackle in their book *The New American Diet*. This book takes an in-depth look at the state of the American diet and why so many of us fail to maintain a healthy weight. The problem is not lack of willpower, as

Perrine and Hurlock demonstrate. Rather it is the chemicals present in our food and food packaging and the nutritionally-deficient substances we consume that is spearheading the obesity crisis in the U.S.

Perrine and Hurlock devote much of their book to discussing “obesogens” -- chemicals that are foreign to the body and disrupt the body's natural homeostasis. In recent years, researchers have pinpointed obesogens as contributing to obesity because these chemicals often mimic hormones, which throw the body's mechanisms off. While the concept of obesogens is fairly new and researchers are still debating about the chemicals' role in obesity, it is clear

Think of the possibilities and let that be your guide.

that the U.S. obesity crisis is not all caused by personal lifestyle choices. We know this because one segment of society that is experiencing a rapid increase in obesity cannot make these lifestyle choices: *infants*. In 2006, researchers at Harvard School of Public Health reported that obesity in babies under six months old had shot up 73 percent since 1980. Since babies don't choose what they eat or do, it is obvious that there is something more to the obesity epidemic than poor decisions, and obesogens clearly play a factor.

Hidden in Plain Sight

According to *A New American Diet*, obesogens surround us everywhere we go. They lurk in plastic peanut butter containers, shower curtains, plastic water bottles, meat packaging and vinyl flooring, and they make us fat, depressed, lethargic and all-around miserable. The diet that the book promotes (not surprisingly called "The New American Diet") calls for reducing your exposure to these chemicals as much as possible. The book thoroughly covers how and where we can be exposed to obesogens, explaining different types and where they are present. It also discusses practical ways you can reduce your exposure, such as using metal water bottles instead of plastic, not microwaving your food in plastic or foam containers, having your meat wrapped in paper instead of plastic, and buying tuna in pouches instead of cans.

However, the book doesn't simply talk about the packaging the food comes in: it also devotes substantial space to talking about what foods to avoid and what foods to eat. With solid research, Perrine and Hurlock dispel many common beliefs about the food we eat every day. Think that tender pink salmon is healthy? Guess again. It is farm-raised, meaning that it is deficient in omega-3 fatty acids and its lovely color comes from the red-dyed pellets the fish was fed. Assume that chicken breast is a low-fat option? Surprise! A skinless chicken breast today has 223 percent more fat than it did 30 years ago. As the authors point out, much of the food we eat today is severely deficient in nutrition and overloaded with obesogens and other harmful chemicals. "Surely fruits and vegetables are fine," you protest. Think again, if you are not eating organic versions of "The Dirty Dozen" (peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, kale,

“ Obesogens and other harmful elements can be avoided and good nutrition can be obtained by eating the right foods.”

lettuce, imported grapes, carrots and pears), you are consuming loads of obesogens and pesticides.

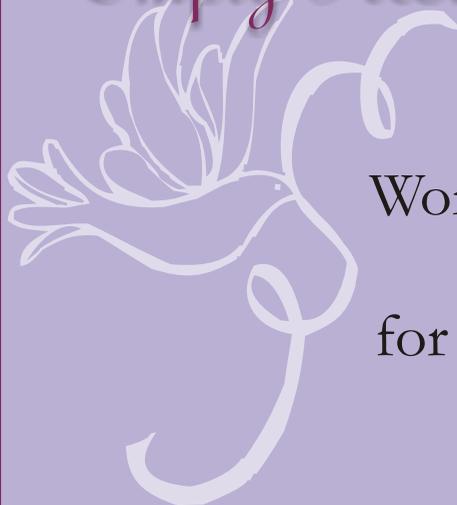
However, the great news is that obesogens and other harmful elements can be avoided and good nutrition can be obtained by eating the right foods. The New American Diet heavily promotes organic meat, produce and dairy in order to help dieters avoid obesogens and receive optimal nourishment. But you don't need to go completely organic: the "Clean Fifteen" (onions, avocados, sweet corn, pineapples, mangoes, asparagus, sweet peas, kiwis, cabbages, eggplants, papayas, watermelons, broccoli, tomatoes and sweet potatoes) are perfectly fine to eat without purchasing organic. The diet also uses the acronym NEW AMERICAN DIET to explain the foods on which people should be basing their diets: **N**uts, **E**ggs, **W**hole grains, **A**vocados and other healthy fats, **M**eats that are pasture-raised, **E**nvironmentally-sustainable fish, **R**aspberries and berries, **I**nstant oats, **C**ruciferous vegetables and leafy greens, **A**pples and fruits, **N**avy beans

and legumes, **D**ark chocolate, **I**ce cream and healthy desserts, enzymes and probiotics (yogurt), and **T**ea. How about a diet that encourages you to eat ice cream, dark chocolate and steak? Is that one you can live with or what?

The only drawback to this diet is cost – organic foods are almost always more expensive than conventional choices. A dozen free-range organic eggs or a pound of grass-fed hamburger often starts at \$4.99, double or triple the cost for conventional eggs or meat. Following The New American Diet will increase your food bill, there is no getting around it. However, if doing so means you are better nourished, happier, healthier and thinner, isn't the extra cost worth it?

If the start of summer has you dreading the thought of digging your shorts and T-shirts out again or you are sick of not losing weight no matter how carefully you follow a diet, why not pick up a copy of *The New American Diet*? This fascinating and informative book may be the key to a better and happier you! 

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Dad's Rules of the Road *By Pat Jurgens*

My father took on the dubious duty of teaching his offspring to drive. As the youngest, I was the last teenager to take the wheel of the family Dodge. He conducted my training with the authority of a commanding general, and when he bellowed an order I jumped. At the time I resented his directives, but with the passing years understanding has dawned. Dad's driving rules are not only applicable to automobiles, but are also good for traveling through life. Try them on for size:

1. Drive Separately from the Pack

– Following too closely is a recipe for an accident, so allow yourself space and time to react to unexpected situations. Older adults need to respect our own slower response times. We begin to enjoy our own company and find pleasure in solo pursuits. Whether it's knitting or sailing, playing the piano or going to the gym, don't just stick with a group. Find your own bliss.

2. Look Ahead -- For those of us who are nearsighted and tend to be myopic, it's important not to drive right over the hood. Gaze farther up the highway and be prepared for a car pulling out or slowing down. In life, too, it is wise to develop farsightedness. Looking toward the future may include doing estate planning, or anticipating a dream vacation, or both.

“Dad's driving rules are not only applicable to automobiles, but are also good for traveling through life.”

3. Pull Over and Let Them Pass

– Let the tailgaters go. Both in driving and in life, it's not who gets there first, but who gets there all in one piece.

Short of an irreverent gesture, sometimes you just have to step back and let difficult people charge ahead to their fate. Angry? You bet, but it's better not to take it out on the crazies who use poor judgment.

4. Don't Pass on Curves

– When you can't see what's ahead, the best advice is to stay in your own lane; this is basic driving safety. Keep calm and wait until the view is clear. It may be frustrating to inch along a mountain road at a snail's pace behind some old geezer driving 20 MPH, but it gives you a chance to enjoy the beauty of the landscape, and when you do decide to pass, keep going. Don't hesitate in the middle of the road. “He who hesitates is lost” is an apt adage.

5. Slow Down

– My Dad would boom this advice at regular intervals. “You young people drive too fast! What's the rush?” Indeed, why are we racing here and there, even now in our senior years? Life goes by quickly enough; when you slow down you can savor the experience. This is a time in our lives when we have the opportunity to enjoy the moment, so let's do it.

6. Stay in the Car, the Safest Place

-- Whether it's a lightning strike or a stranded motorist knocking on your window, it's wise to stay put. Rubber tires can protect you from lightning, and using your cell phone can help a stranger and keep you safe from a possible carjacking.

7. Watch for Wildlife

– Ah, the unexpected deer darting across the road. It happens in an instant, even to the best driver. Be aware of your surroundings, the time of day, your proximity to water. If it's dusk or early morning and you're driving along a dark road, click on your

bright lights to see better. And remember, drivers are not equally sane or sober. Be alert for those who have come unglued.

8. Follow the Yellow Lines

– When fog surrounds you, keep your eyes on the yellow line. When oncoming headlights blind you, look to the line at the side of the road. At some point we all find ourselves alone in a storm. This is the time to reach into our inner reserves for the courage and strength to follow life's path.

9. Take a Back Road

– Instead of joining the masses on the Interstate, drive the old road along the hill and savor a sunset. Take the “road less traveled” and enjoy a different neighborhood. We get so set on traveling a certain route that we sometimes forget there are pleasant alternatives. Families used to take Sunday drives to see the countryside that they didn't pass through every day. It's an easy way to open up to new experiences.

10. Count Your Blessings

– In my youth there was rarely a family road trip where we didn't almost hit an animal or narrowly miss a crash. At these times my father shed his bravado and gave humble thanks for our survival. It was a lesson worth remembering.

There is wisdom in these guidelines, whether driving a car or managing your life. We may already know these things, but it doesn't hurt to review them once in a while. Thanks, Dad. 

Pat Jurgens, whose father was a Methodist minister, can be contacted at 4louises@comcast.net



Dear Legal Team:

My husband is going to be inheriting a not very large sum of money, but significant for our income bracket. He has stated, without reservation, that it's his money and I will get none of it. I could certainly use the financial boost at this age so do I have any rights at all to his soon-to-be-windfall?

Dear Perplexed:

Your question concerns the legal concept of “marital property” and whether or not the inheritance is marital property or not. You have rights to it only if it is marital property. Under Maryland law marital property is defined as property acquired during the marriage with marital funds. A spouse's income during the marriage is considered marital property and any property acquired by such funds may be considered marital. Money inherited by one spouse during the marriage is usually considered nonmarital if kept as a separate property by the spouse who inherits such an asset and it is not commingled with marital assets. To remain nonmarital, an inherited asset:

(1) must be inherited by one of the spouses and not directed to both;

(2) must be kept by the spouse inheriting the money completely separate from marital money and never commingled with marital money, such as keeping it in a separate bank account under the spouse's name who inherited the money and never adding any marital money into it or paying any expenses dealing with the asset with marital funds;

Robert R. Smith, Esq. and Gilda O. Karpouzian, Esq., are practicing lawyers in Maryland with over 30 years of experience. Their answers below are based on assumptions that Maryland law applies. Mr. Smith can be contacted at 410 268-5600 or rsmith@fjbslaw.com and Ms. Karpouzian can be contacted at 410 280-8864.

(3) must be placed into an account titled in the name of the inheriting spouse and the other spouse's name must not be included in the account as joint owner.

There are additional facts to be considered in every case in deciding marital versus nonmarital issues. You need to consult a lawyer with your specific facts in order to determine the issue.

Dear Legal Team:

Last month my mother was walking her Yorkshire terrier. As they passed a neighbor's house, a very large pit bull leaped over his fence and came after "Trixie." It caused a huge ruckus nearly knocking mom down. The pit bull dragged Trixie into his yard where he continued to attack. Mom beat on the door of the owner, who showed an astounding lack of interest. A passerby was able to separate the dogs. Needless to say Trixie was traumatized and was rushed to the vet where she was stitched up. There will be permanent physical damage to the dog and my mother is still traumatized. Nothing happened to the pit bull although the proper authorities were called. The owner of the dog ignores our calls. Do we have any legal recourse?

Dear Concerned:

The answer to your question involves a brief journey to the world of animal law. In our country early animal law focused on injuries to people or land caused by pets. The early law required distinguishing between wild and domesticated animals. Under the common law of England, and the common law now in America, generally the owner or possessor of a wild animal is subject to strict liability if the animal caused injuries to anyone. The owners of domestic animals, such as dogs, cats, sheep or horses, are subject to strict liability only if they knew or have reason to know that the animal had vicious propensities. You may be familiar with the “one bite” rule whereby an owner is only liable after the second bite and thus is aware of the pet's propensities. Your question then is what damages can you collect if the owner is liable.

Under traditional concepts of tort law, damages for physical harm to “property” are

based on the worth of the property or the cost to restore the property to its original state. As a general rule, non-economic damages, i.e., pain and suffering, are not allowed in cases where a plaintiff claims injury to personal property due to negligence. Generally in such cases courts are very reluctant to allow recovery for mental disturbance occasioned by a merely negligent injury to chattels or property.

Why are we discussing “property?” Well under the traditional approach to pet lawsuits, courts have traditionally treated pets as personal property. This does not mean just because they are labeled as “property” for tort purposes they are mere or simple property or are held in the same regard as inanimate objects, such as your chair or your car. We know the loss of a loved family pet is not akin to losing a chair. Nonetheless, the law categorizes your pet as personal property, despite the long relationship between pets and humans. Here is where the law is very cruel. Because non-economic damages cannot be recovered for harm to property, the law is clear that pet owners cannot recover for emotional distress based upon an alleged negligent or malicious destruction of a pet, which is deemed to be personal property. Since traditional tort recovery for injury to property is the fair market value of the property and pets are considered to be property, in a majority of jurisdictions, when a pet is negligently injured or killed, its owner generally recovers only its market value. Under this approach the measure of damages for injury to, or destruction of, an animal is the amount which will compensate the owner for the loss and thus return the owner, monetarily, to the status he or she was in before the loss.



We provide 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. We strongly recommend that you consult a lawyer to find out what is appropriate to your particular situation. We are not giving specific legal advice to you. These answers do not create an attorney-client relationship.

You know it's not always fair but it's still pretty good.

Go the Distance with Asparagus

By Neil Moran

“ Unlike some of our garden favorites like strawberries and raspberries, which will wither with time, asparagus will go the distance. ”



If you're into instant gratification from your backyard garden, then read no further. But if you're looking for a long-term relationship with a nutritious, delicious vegetable, then think asparagus and read on.

Unlike some of our garden favorites like strawberries and raspberries, which will wither with time, asparagus will go the distance. In fact, I'm still picking spears from the patch I planted more than 20 years ago.

By choosing to break ground for an asparagus patch, you'll get your daily allowance of exercise plus a potential bounty of healthful eating for years to come. Initially, however, you have to wait - about three summers. But before you know it you'll be eating asparagus with pimentos (see recipe at the end) with your own fresh asparagus, at a fraction of the cost at the supermarket. The best way to start an asparagus patch is to plant the asparagus crowns or roots. Crowns can be obtained from various seed catalogs or nurseries for under \$10 per dozen. Asparagus is hardy to zone three so Chesapeake Bay area gardeners need not worry about it surviving even the toughest mid-Atlantic winter.

Purchase quality stock from a reputable supplier. In other words, don't fall for discounted specials, because you'll have too much work into this project just to see it fail because you purchased poor root stock. The all-male varieties, such as Jersey Knight from Gurney's Seed and Nursery, are the most prolific producers. Other varieties include Roberts Improved and the old standby and reliable Mary Washington.

Choosing a location

Next, find a permanent spot for these fern-like plants. You can plant asparagus right in your garden or in the middle of a lawn. Regardless of what location you choose, make sure you have enough room to expand your asparagus plot as I have. Once I got accustomed to fresh asparagus each year, I couldn't help but expand my asparagus patch, which is now producing enough asparagus for the two of us aging baby boomers, with a little left over to freeze.

Choose a sunny location away from tree roots. If you choose to plant your crowns in your lawn, you'll have to remove the sod with a garden shovel. Build the soil back up to the top of the turf with top soil. This will help promote good drainage.

Asparagus doesn't require rich soil, but it will do poorly in clay. Sphagnum peat moss and compost can be added to amend heavy soils. A slightly sandy soil is a good growing medium for asparagus.

I like to bury a couple of shovels of well rotted livestock manure in the planting hole. I believe this helps the roots to penetrate the soil and feed the hungry plants. Dig a hole about 18 inches deep and dump in a couple of scoops of manure. Cover the hole with some loose soil. Dig your next hole about 12 inches away from the first one. A 10-foot square bed will support about 10 plants, which is a good start for a family of four.

Now get ready to plant your new roots. Dig a shallow hole (above the one you've just added organic matter to) about six inches deep and a little wider than the spread of the roots. Spread the roots around the hole and then cover with about three inches of topsoil. Don't fill the hole completely to the top. Gradually fill the hole as the thin spear emerges from the ground for the first time. Add a little soil around the developing spear/fern every couple of weeks until you've completely filled the hole. Feed your fledgling plants with an organic or inorganic substance. An ideal granular fertilizer should have an NPK (nitrogen, potassium, potash) content of 17-16-28. However, an all-purpose 12-12-12 will suffice. You can also feed asparagus a liquid plant food, such as Miracle Grow. Organic gardeners may prefer a manure tea. The latter is simply a mixture of about two parts water with one part well-rotted livestock manure.

Fertilize a couple of times during the course of the first summer, then again in the early spring of the following year. Another good way to keep the plants fed in subsequent years is to mulch them with livestock manure, allowing the leaching of organic fertilizer into the soil and sprawling root systems.

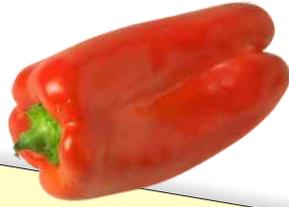
Prior to winter, I blanket my asparagus with well rotted livestock manure mixed with hay. You can also mulch with wood chips or grass clippings. Be sure to rake the mulch and the dead asparagus ferns off your asparagus bed early (right after the snow melts) the following year. This will allow the sun to tickle the root system into action and get it producing the mouth watering treat you've been waiting for all winter.

It's Worth the Wait

Asparagus will start to poke through the ground about the same time you're mowing your grass for the first time. Harvest asparagus when the spears are 8 to 10 inches tall. Use a sharp knife to slice through the spear right at ground level. Be sure to harvest before the plant gets woody and goes to seed, which happens quickly in nice weather. Wash thoroughly.

Asparagus is among the top 10 vegetables in nutritional value, scoring high in vitamins B, A and C, plus iron. Steaming asparagus, or any vegetable, helps maintain optimal nutritional value as well as flavor. But they are also healthy--and tasty--boiled and topped with butter and cheese sauce, baked in a vegetarian lasagna or fried with scrambled eggs. Or try them whole as a side dish smothered in butter or low-fat margarine or sliced into 2-3 inch pieces for casseroles and other dishes. For a real taste treat try this recipe:

Visit Neil's Web site at www.neilmoran.com



Asparagus with Pimentos

- 1 pound fresh asparagus, trimmed
- 1/4 cup dry bread crumbs
- 3 Tbs. butter or margarine
- 2 Tbs. grated Parmesan cheese
- 2 Tbs. chopped pimentos

In a saucepan over medium heat, cook asparagus in boiling salted water until tender, about 8 minutes. Meanwhile, in a skillet, brown bread crumbs in butter. Drain asparagus; place in a serving dish. Sprinkle with crumbs, cheese and pimentos. Yield: four to six servings.



OutLook's *Bits & Bytes*

The best travel deal site that we've found is www.kayak.com It shows all the major travel sites and makes it very easy to compare in the search for the best price.

Park Yourself at One of Our Nation's Most Magnificent Spots

By Leah Lancione



“Amid the rolling valleys, magnificent mountain chains and sparkling rivers is an extensive collection of national parks that showcase America’s vast natural resources.”



There's no surprise that our country is full of majestic vistas and splendid national parks. Just recall the lyrics from “America the Beautiful” that express just how lovely it is. Amid the rolling valleys, magnificent mountain chains and sparkling rivers is an extensive collection of national parks that showcase America's vast natural resources. From coast to coast the choices are endless, depending on the reason for your visit. For instance, if you want to explore our historic past, Valley Forge in Pennsylvania www.nps.gov/vafo/ is the site of the 1777-78 winter encampment of the Continental Army during the Revolutionary War, but if your interest is in nature, hiking or photography, choose a park like Virginia's Shenandoah National Park www.nps.gov/SHEN/ where Skyline Drive provides opportunities to gaze at breathtaking mountain tops, woodlands and hiking trails. Both are but a few hours' drive from Maryland.

If you don't want to travel too far to enjoy the great outdoors, Anacostia Park in Washington www.nps.gov/anac/ provides beautiful scenery along the Anacostia River. From leisurely exercise, picnicking, wildlife watching, hiking and fishing, the multi-use park is a good choice for a tranquil outing. In addition to those possibilities, the park has playground equipment for kids, a putting range, boat launch and stunning trails for hiking, walking or biking. The park is open daily from 9:30 a.m. to 5:30 pm. So, pick a day to explore this beautiful park that's right in your backyard.

If traveling beyond the East Coast suits your fancy, Yosemite National Park www.nps.gov/yose/ in California is one of the first wilderness parks in our nation's history. It is widely visited for its waterfalls, ancient giant sequoia trees, sublime meadows and valleys and its waterfalls.

If you don't know where you're going - how're you going to get there?

Hike, Bike, Backpack, Picnic or Watch the Birds

Yosemite offers opportunities for hiking, biking, backpacking, bird watching, rock climbing, picnicking or guided bus tours. Yosemite National Park covers approximately 1,200 square miles of mountainous terrain in the Sierra Nevada of California, and is open from sun up to sun down every day of the year... and it's free. One note of caution: Unless you want to stay outside the park and drive in and out of the park every day – a slow-moving task – you should book way ahead of time. Except for the most expensive rooms inside the park, right now most accommodations are booked two years ahead.

Another trek worth taking is to Glacier National Park www.nps.gov/glac/ in Montana. The majestic park within the Rocky Mountains does, however, require an entrance fee. The attractions, a drive along the “Going-to-the-Sun” Road, ranger-led walks, a backpack adventure through the wilderness, a hike on one of the 700 miles of trails, camping excursions, a guided boat cruise, a guided horseback trip, and more, are worth the fees. Just be sure to plan to stay more than one day since there's a world of history, geology and nature to explore.

You can't talk about national parks without mentioning Yellowstone National Park, www.nps.gov/yell/ parts of which lie in Montana, Idaho and Wyoming. Considered America's first national park, this is the home of Old Faithful and an impressive family of geysers and hot springs. This park doesn't just boast these miraculous natural wonders, but a landscape teeming with all kinds of wildlife, from grizzly bears and wolves to bison.

Open every day of the year, the entrance fee (good for seven days) is \$25 for a private, noncommercial vehicle or \$12 for each visitor 16 and older entering on foot. The park provides matchless prospects for boating, fishing, camping and exploring (with or without an educational guide). The park also offers planned activities throughout the year, so plan a trip based on your interests and desired activity level.



Hawaii - It's Worth the Trip

Now, this final national park suggestion may be out of the question if a long plane ride, an extended budget and a robust sense of adventure don't appeal to you. However, Hawaii Volcanoes National Park www.nps.gov/havo on the big island of Hawaii will, undoubtedly, be the most amazing park visit you've ever experienced.

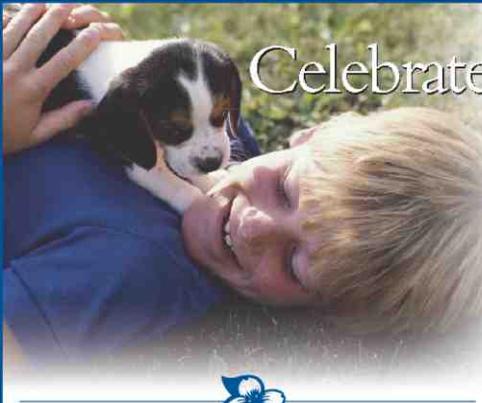
You can visit by car on the 11-mile Crater Rim Drive that encircles the summit caldera and passes through lush terrain while you make your way to the summit of the Kilauea volcano. You can stop along the way to take in the awe-inspiring sites. One fascinating location is the Chain of Craters Road, which descends 3,700 feet in 20 miles and culminates at the spot where lava covered the road just seven years ago.



If you're looking for a little more excitement and you have the energy and a healthy sense of daring, you can go beyond the roadways and explore the sites on foot. Witnessing active lava flows is not a guarantee, but you never know what Mother Nature may bring.

Hawaii Volcanoes National Park is open 24 hours a day, year-round, but the Kilauea Visitor Center is only open from 7:45 a.m. to 5 p.m. This park has an entrance fee of \$10 per vehicle or \$5 per individual (for seven days).

For more information on these or any other national parks in the United States, visit <http://www.nps.gov/index.htm> and for information on obtaining a senior pass, log on to www.store.usgs.gov/pass/senior.html 



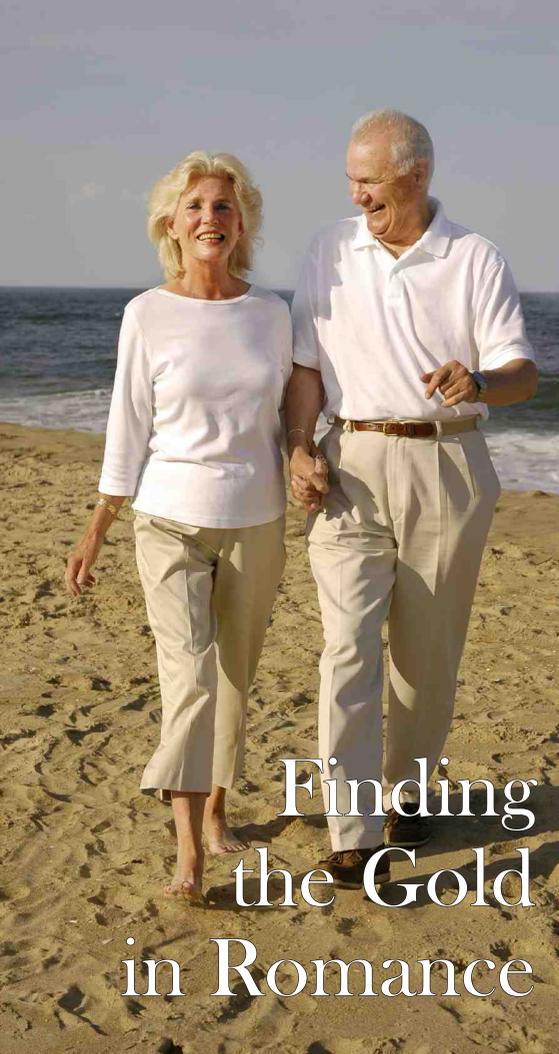
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Finding the Gold in Romance

“...two people in their golden years have over a century of experience and memories combined. How could you possibly run out of things to discuss...”

By *Melissa Conroy*

There are those lucky couples who reach their twilight years by the side of the same partner they have traveled life's journey with for decades. However, for many seniors, tragedies such as death or divorce or simply just long years as a single have resulted in them facing retirement alone. Granted, singlehood is just fine for some people, but others miss the company of another person and find themselves longing for someone to share a warm summer evening or quiet afternoon walk.

Luckily, Cupid does not reserve his arrows for the young. Love is possible at any age, and there is certainly no reason why any single senior citizen should remain single if he or she does not wish to. If that describes you, time to dust off those rusty dating skills and get to work!

There have never been as many options available to dating-minded people as there are today, thanks to modern technology, especially the Internet. Dating Web sites abound on the Internet and there are plenty of sites that cater specifically to older daters such as www.seniormatch.com and www.singleseniorsmeet.com. Cyberspace is not the only place to find love. Social activities have long been a time-honored way of meeting people. In fact, why not try to organize local events where single seniors can meet with other seniors socially? www.meetup.com is an excellent Web site that allows you to create and promote social groups, and you could always contact your local church or social center to see about forming a single seniors group.

However, as any single can tell you, meeting new people is only part of the bewilderingly wonderful game of dating -- actually landing a date is the next step. The best advice you can heed is “fortune follows the bold.” If you find an interesting person, ask him or her out for coffee or dinner. It may feel awkward (just *how* long has it been since you asked someone out?) and embarrassing, but hey, it's just coffee or dinner. The absolutely worst thing that will happen is that the other person will say no or, even worse, will say yes and turn out to be the date from hell. At most, you waste a few hours and some money, but at best, you may spend a wonderful two hours with a fabulous new person. So go for it!

However, go for it with caution. Dating is fraught with pitfalls, and senior dating has special considerations. One heartbreaking truth is that many scam artists prey on lonely single seniors, and Internet dating sites are perfect spots for these heartless criminals to find their next victim. Be very cautious about giving personal information out to people you do not know very well and guard your financial information carefully. If you meet someone on the Internet, arrange the first couple dates in a public place and do not give out your address. Be wary of anyone who seems too good to be true or who wants to move the relationship forward very quickly. This is often a sign of a scam. If the person asks for money, run away as fast as you can!

On a lighter note, dating can be harder when you are in your golden years because let's face it, older people tend to be more set in their ways. A new relationship is just that – new and shiny – and the newness often runs smack into the

comfortable patterns and behaviors we usually have set in place when we are in our older years. Two people who are not willing to change, adapt and consider the other person's desires and needs are doomed to dating failure regardless of what age they are. If you want to have success in your dating relationships, you need an open mind and a willingness to be malleable, and you also need to look for the same thing in a partner.

On the plus side, senior dating has some perks that younger people can only dream of. For one, romantic evenings are no longer interrupted by demanding children or teenagers coming home late at night -- unless they are grandchildren, of course. Seniors have the benefits of children who are grown, gone and (hopefully) established, so childcare duties are no longer there to intrude upon the relationship. Careers too, are usually either finished or on the verge of being concluded, so this means no late nights plugging away at the office while your partner waits impatiently at home.

There is more time for candlelit dinners, long walks on the beach, couch snuggling, vacations, you name it. While your older grandchildren are frantically trying to carve out two hours for a date between meetings and office hours and your children need to plan events three weeks in advance so that they can find a babysitter, you have the luxury of free time and lots of it. Also, two people in their golden years have over a century of experience and memories combined. How could you possibly run out of things to discuss when the two of you collectively have 130 years or more of living under your belts? On a final note, if you are dating someone, then you can amuse yourself by embarrassing the heck out of your teenage grandchildren (or possibly children) by acting all lovey-dovey with your new paramour around them.

Even if your last date was during the Reagan administration and the last gift you got on Valentine's Day was a tape dispenser from a dearly loved, yet departed spouse, Cupid is always at work. With the baby boomers reaching retirement and medical advances making it possible for many seniors to live active, healthy lives, there is no reason why any lonely single senior should stay that way. Polish your best pair of shoes, break out the perfume or cologne and fire up the computer: it's time to find romance! 

Spring Forward, Blog Back



By Jessica Duncan

One place to seek out that sense of renewal that spring gives us is out in the blogosphere. Here are two bloggers whose voices may speak to you – a gardener and a spiritual fitness guru of sorts.

One woman who does not leave the growth of her garden to chance is seasoned author, gardener, blogger and a neighbor from Calvert County, Robin Ripley. In her blog www.bumblebeeblog.com she weeds out the good from the bad advice while discussing and photographing the happenings around her garden and chicken coop. Mrs. Ripley does not pretend that life in the garden is all sunshine and daisies, for she demonstrates that it takes work and perseverance to tend to a beautiful and productive garden.

As a co-author of the book, *Grocery Gardening*, Mrs. Ripley embraces healthy living and fresh eating, as she relishes the opportunity to spend time outside in her garden where there is no technology to disturb her. Lucky for her readers, she details some of her own experiences and discusses how to plant and harvest vegetables from your own garden. Knowledge in hand, she goes inside to provide ways for turning your bounty into delicious salads, desserts and main courses. Who knew that composting could be so contagious, or that chickens played games, or that one could plant four varieties of peas and mung beans right in your own Maryland soil? Mrs. Ripley certainly

appreciates the joy that gardening brings to her life, which is always a pleasure for her readers to indulge in.

The colorful and organized header on Mrs. Ripley's blog makes it easy to navigate her site. There is a link to past articles she has written for the *Examiner* and a list of blogs that contain journals of other gardeners across the United States. She has a "Tags" section in which you can click a key word that will link you to past posts that are "tagged" about the same subject. Topics range from bugs and mushrooms to fitness and vegetables. Although she does not update her site daily she has a column, *Right Now at Bumblebee*, where she gives readers frequent updates about goings on. Mrs. Ripley's blog is a great motivator to get you digging in your garden.

While diving into the garden might give you a sense of peace, if you find yourself searching for a different path to health and fitness you might try reading *Zen to Fitness* www.zentofitness.com Put together by a blogger and personal trainer known only as Chris, the site's banner reads, "The simple no-nonsense guide to staying fit while living life." From his posts it is apparent that Chris believes in maintaining a healthy way of living without sacrificing all of the other pleasurable aspects of life. As you peruse his blog you will not be bombarded by flashy colors or distracting ads. It is clean, simply organized and actually rather zen-like in itself! Clear and concise, the frequent posts contain helpful

“Bloggers who will have you diving into the garden or searching for a different path to health and fitness.”

information concerning the areas of personal wellness ranging from exercise and training to eating well and keeping fit without breaking the bank. What is even more helpful is that Chris' advice easily transitions to your everyday routine, allowing for a seamless and healthy addition to your life. For example, exercise tips are accompanied by videos that make the thought of changing your daily workout a little less daunting and a little more invigorating.

Chris' logs are not personal, yet his entries are as meditative as a reflection pool that mirrors his philosophies on staying in shape and creating an ohm worthy life. In one of his posts entitled, "Staying out of starvation mode" Chris describes the damage that stress and poor nutrition can have on our health. Using examples and providing several solutions and strategies, he emphasizes the importance of balanced nutrition, moderate exercise and flexible, positive thinking. Similar to most of his posts, *Zen to Fitness* readers relate to his writings and feel free to respond with their additional, nutritious food for thought! 

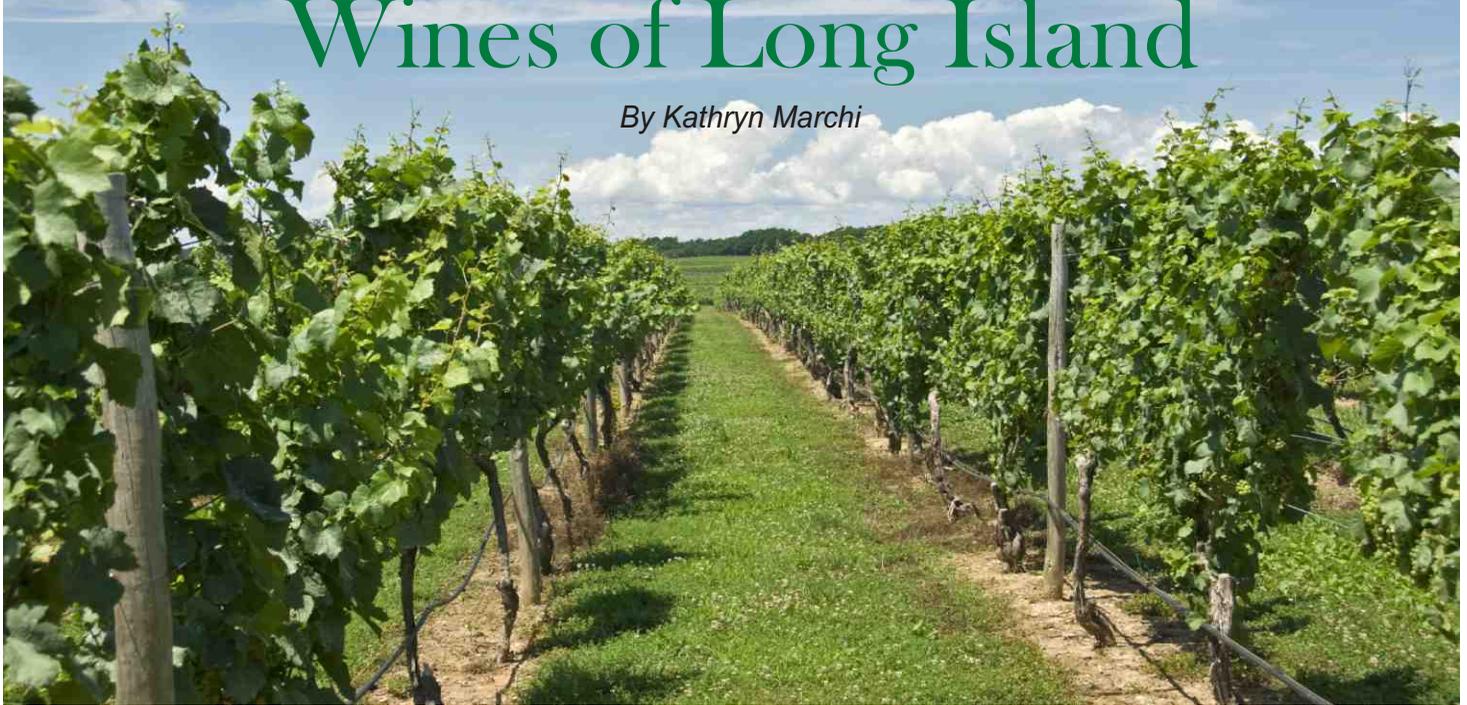
Jessica is a full-time teacher and blogger. When she is not busy in the classroom or getting around town, she enjoys sitting down to her computer with a cup of coffee to catch up on her favorite blogs. She can be reached at jessicaroeper@yahoo.com

OutLook's Bits & Bytes

If you've ever been curious about alternative medicine, a good site to find some answers would be at the National Center for Complementary and Alternative Medicine at www.nccam.nih.gov

Wines of Long Island

By Kathryn Marchi



You don't have to go all the way to California if you want to visit wineries. Recently we visited an area on the east end of Long Island that is a miniature version of Napa and Sonoma Valleys.

Long Island is about 115 miles in length and most of it near the urban area of Brooklyn is heavily populated. However, as you travel east toward the end of the island, the land becomes rather rural. Near the end it splits into two parts: the north fork, which begins with the town of Riverhead and ends in the village of Orient, and the south fork, which comprises Sag Harbor and the famous "Hamptons," and ends at Montauk.

On the north fork, there are two roads, Rt. 48 to the north and Rt. 25 to the south, which have vineyards and wineries dotting the area for miles. For the past 30 years, 35 winemakers have planted more than 3,000 acres of vines that usually produce an astounding half a million cases of wine a year. This area, located near the Long Island Sound, is just right for the production of "oaky" chardonnays, light rosés and various full-bodied reds. It has become a premier wine region, garnering many awards for its excellence in winemaking.

If you've already visited California's wine country, you've noticed the vines growing on rolling hills, surrounded by mountains. Long Island vineyards are

grown on flat land close to the water, which is quite different. Other than that, the wine business is much the same. Wineries offer tastings (for a fee), tours, cooking classes, festivals, food pairings, book signings, sales and gift items.

During our four-day stay, we really enjoyed exploring this unique East Coast wine country. With guidebooks in hand, our trek began down Rt. 48 with several stops at winery tastings. Most will agree that this area is much like Sonoma Valley. Crossing over to Rt. 25, the area is quite similar to Napa Valley, with most of the vineyards and wineries located on this road. We chose several that had been recommended to us. Since it was October, some of the larger wineries held harvest festivals, offering live music, tables for light fare, exhibits, games for children and, of course, tastings. These festivals are "family friendly," there is something for everyone.

Taking advantage of the proximity to Sag Harbor, it was easy to travel by ferry from Greenport over to Shelter Island, picking up another ferry to Sag Harbor. Driving on to Montauk, we feasted on fresh lobster, mussels, clam chowder and local corn at a rooftop restaurant overlooking the Long Island Sound.

There is an RV park located in Greenport at the end of the "wine road," which offers adequate accommodations. The location of this small town is very convenient to the entire area, whether you are driving or ferrying. There are many

motels, bed and breakfast inns and condos to rent in Greenport and many of the other towns along the north fork area:

Southold, Peconic, Mattituck, Cutchogue or Riverhead. Of course, in any of these towns, winery tours are available. This is a great way to enjoy the wines without worrying about driving.

Most of the wineries are open year round so it's possible to visit the area in the off season. This is a great time to visit because the crowds are smaller and you'll receive more individual attention at the various tastings. There are also special programs and promotions during November and December, in addition to the "Vine Winterfest," featuring jazz performances at the various wineries, which runs during February and March. Local hotels and bed and breakfast inns offer special incentives during this time as well. 

Web sites for more information:

www.eastendseaport.org

www.greenportvillage.com

www.liwines.com

www.NorthForkWineTours.com

www.townsendmanorinn.com

[www.northforktrolley.com/
current-specials.htm](http://www.northforktrolley.com/current-specials.htm)
or call 631 369-3031

www.liwines.com

www.hamptonjittney.com

Ask the Undertaker

“Burial benefits offered to a veteran today are to provide not only a savings to the family but to honor them for their service to our country.”

By Ryan Helfenbein

One of my many roles as a partner in my family firm is to oversee our advanced planning program. Advanced planning is offered to protect people from the financial shock and emotional decision-making process that occurs at the time of death. In developing this program, it has amazed me to have found so many veterans who are unaware of what burial benefits are due them. These benefits are offered for both burial of casketed or cremated remains and memorial or funeral services.

Before we can get into what burial benefits are offered to a veteran today, let's identify who is eligible. Members of the Army, Navy, Air Force, Marine Corps and/or Coast Guard with an honorable discharge or those who have died while on active duty, can receive burial benefits. Some members of the reserves and National Guard, commissioned officers of the National Oceanic Atmospheric Administration, Public Health Service commissioned officers, World War II Merchant Marines and US citizens and aliens of the Philippine armed forces, as well as spouses and dependants, are also eligible for burial benefits, some of which result in a minimal fee. With any of these, I advise that you contact your local undertaker for further determination and eligibility.

When it comes to organizing the burial benefits, your undertaker takes charge and works closely with the branch of service in coordinating everything. The

Veterans Administration (VA) does not perform cremation and does not make funeral arrangements. That is up to your undertaker. The benefits organized through your local funeral home include a gravesite in any of the 131 national cemeteries or state veterans cemeteries with available space, opening and closing of the grave, perpetual care of the grave site, a government marker, burial flag, presidential certificate and military honors, all at no cost to the veterans' family. Some veterans are also eligible for burial allowances that are paid directly to the family. These allowances are typically paid after the services are rendered directly to the family of the deceased, not to the funeral home. I often advise families to contact the VA after a death to determine if any allowance is available. A spouse or dependant of a veteran can be offered the same burial benefits, except for the burial flag, military honors and presidential certificate. However, some benefits have a very small fee associated with them. For instance, in a state veteran's cemetery, the opening and closing of a grave is free to a veteran, but \$600 is charged for the casketed remains and \$400 for the cremated remains of a spouse or dependent.

“So Ryan, what if I am the veteran and have my wife buried in a veterans' cemetery, only to remarry later in life and decide to be buried with my new wife in a local church cemetery, would that be OK?” The short answer is no. If a veteran buries a spouse in a veterans' cemetery, then he or she must be buried in that cemetery too. If the veteran's family decides to bury him or her elsewhere, then the cemetery will contact the attorney general's office and the family will need to disinter the veteran's spouse for removal from the cemetery immediately.

One of the most powerful benefits offered to a veteran is that of the military honors. When an undertaker requests military honors for deceased veterans, the branch of service determines whether they are to receive full or standard honors. The level of honors received is based on a review of the veteran's military discharge paperwork and service to our country. Most of us are familiar with standard military honors. This is the playing of taps by a bugler, folding of the flag and presentation of the flag to the family. (Don't be surprised if, in some areas, a live bugler is not available and a recording has to be used.) Full military honors includes the same

benefits as standard, however, a firing party provides the deceased veteran a 21-gun salute and military casket bearers are typically used as well. We've even organized a flyover of military aircraft for a retired brigadier general of the United States Air Force. Most military honors can be provided at graveside, in a funeral home and in a church. As a final touch, I often recommend that the family consider adding the services of a bagpiper to play *Amazing Grace*.

Burial benefits offered to veterans today are to provide not only a savings to the family but to honor them for their service to our country. As Gen. George S. Patton, Jr. once said, “It is foolish and wrong to mourn the men who died. Rather we should thank God that such men lived.” Today, through the funeral home and military branch of service, we can all show thanks to God that such men lived by providing them with one final salute for their honorable service to our country.



Ryan, a licensed funeral director and certified planning counselor, can be reached at Ryan@fhnFuneralHome.com or 410 758-3987.





“...to provide the opportunity for a deeper human experience by supporting the creation of public green spaces that offer a temporary place of sanctuary, encourage reflection, provide solace and engender peace.”

Gardens is nestled around a group of four-story buildings and you enter it through a red-brick arch. There were paths canopied over by tall plane trees and scattered along the paths were weathered benches. On the back of each bench were plaques inscribed with the thoughts of park visitors over the years. Some of these messages were written during the bleak days of World War II when German aircraft bombarded London. Even during those dark days, the messages expressed optimism. They showed the healing power of nature even in bad times. It was a message that Tom and Kitty had experienced in their own personal lives

As Stoner relates in his book, *Open Spaces, Sacred Places*, “we realized then and there that the space was much more than just a public garden.” To Tom and Kitty the idea that some places can transform you and are sacred became the inspiration for the establishment of the TKF Foundation.

Before leaving London, the Stoners' thoughts about those elements that made Mount Street Gardens so special to them led them to resolve to bring sociologists and community activists together to help them craft a mission statement for the TKF Foundation. It was “to provide the opportunity for a deeper human experience by supporting the creation of public green spaces that offer a temporary place of sanctuary, encourage reflection, provide solace and engender peace.” The Stoners also encouraged this group to come up with projects which the foundation would help to fund. One of the early projects is Inspiration Point on the grounds of the Chesapeake Bay Foundation just outside Annapolis. Designed and built by a committee of Chesapeake Bay staffers, it is sited along a stretch of Black Walnut Creek. One of the finishing touches of this project was the design of a bench for visitors. This bench, which was designed and built for this project, is now the signature bench for the foundation. It is found in all the TKF projects.

Other projects in Annapolis are located at Maryland Hall, The ARC of Annapolis, Annapolis Maritime Museum, Annapolis

Waterworks Park, Fourth Street City Park and Anne Arundel Medical Center. To date, the TKF Foundation has partnered with other organizations to help fund more than 100 projects. They are located mostly in the Baltimore-Washington area in urban and suburban areas. Two of the gardens are even found in prison settings. Although none of the gardens look the same, they incorporate some of the elements found in the Mount Street Gardens.

The Signature Bench

The TKF signature bench that is found in all foundation projects was designed by a committee led by Chuck Foster, chief of staff at the Chesapeake Bay Foundation. The committee had access to old wood that had been used as vats in factories where pickles were manufactured. The wood had come from old-growth trees and was in excellent condition. Other than helping design the bench, Foster built the first one which he says “included rounded edges and curves, echoing the curves of the vats.” It was also built large enough for five or six people. Emblazoned on the front of the curved back is the motto of the TKF Foundation, “Open Spaces, Sacred Places.” Another unique feature of the signature bench is the small compartment built on the underside of the bench. It is just big enough to hold a journal in which garden visitors can record their reflections. Again it goes back to the messages found on the plaques at Mount Street Gardens. From time to time, the journals are collected and some of the messages are published by TKF in the form of an e-mail newsletter.

TKF Foundation-What's in a Name

As I learned more about the TKF Foundation, I got to wondering about its name. Obviously the T and K stood for Tom and Kitty Stoner; but what about the F in TKF? Mary Wyatt, executive director, explained that it stands for firesoul. The firesoul is the one to take a spark of energy and with determination turn that vision into a reality. The firesoul is the leader who with the help of others is able to keep the project going even after its completion.

To learn more about the foundation, and the book *Open Spaces, Sacred Places* go to: www.tkffd.org and www.openspacesacredplaces.org



TKF Foundation of Annapolis

By Marion A. Kay

Located in The Annapolis City Marina in a small building with a gorgeous view of the Annapolis Harbor is the headquarters of the TKF Foundation. I first heard about the TKF Foundation last spring when I joined a group of volunteers to help a neighbor, Bonnie Pavlak, complete a garden project in nearby Kinder Farm Park. Bonnie, an active master gardener, was inspired to create this project after reading the book, *Open Spaces, Sacred Places: Stories Of How Nature Heals and Unifies* by Tom Stoner and Carolyn Rapp. Stoner, an Annapolis resident, co-authored the book to publicize the work of the TKF Foundation that he and his wife Kitty established more than 10 years ago. As I got more involved helping with the garden project and had the opportunity to read his book, I knew I wanted to learn more about this foundation and its work.

In The Beginning

In 1995 Tom and Kitty Stoner arrived in London on a visit. They hoped to relax in their hotel after the long transatlantic flight, but since their room wasn't ready, they headed outdoors. Not far from their hotel they discovered a small city park called Mount Street Gardens. Mount Street

Live in and enjoy the moment.

The Elusive Dreamland

1. Make an effort to retire at the same hour each night and wake at the same time each morning. The latest studies say that most of us need about eight hours per night. Get into a routine and stick with it.
2. Is your mattress comfortable? Does it need replacing? Do you wake up aching all over? Maybe it's time to look into a new mattress.
3. How about pillows? Are yours the right density -- soft or hard, whatever your preference. When was the last time you replaced them? Maybe it's time.
4. Most experts say that a cool room is best for sleeping, so turn down the heat and even open a window and see if you don't sleep more soundly.
5. Go for a 30-minute walk a couple of hours before bedtime. Usually the more physically active you are during the day, the more soundly you'll sleep at night.
6. Stop caffeine after 3 p.m., or earlier for some caffeine-sensitive people. Try a cup of decaffeinated tea before bed such as chamomile and see if that doesn't help you sleep more soundly.

“A dozen ways for the sleep-deprived to have a more restful night.”

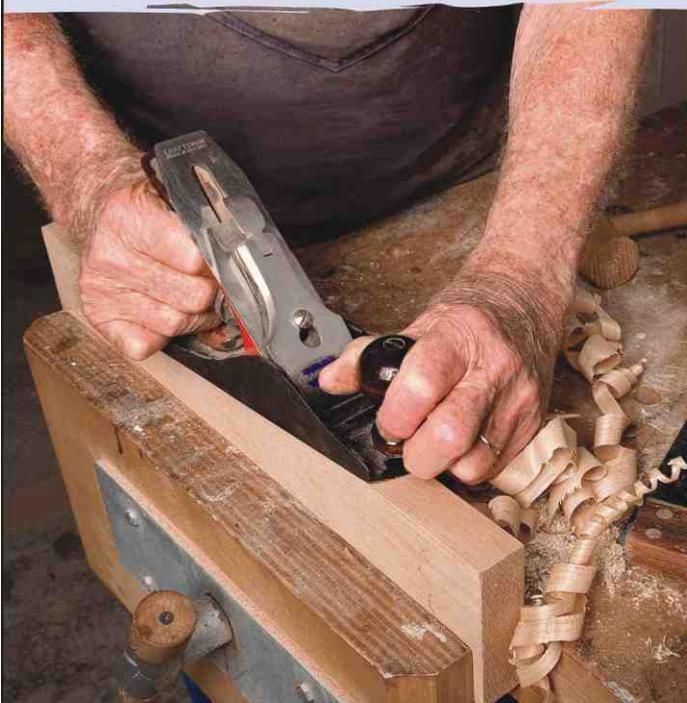
7. If you have a medical condition that is causing pain and depriving you of sleep, consult your doctor for meds that could make you more comfortable.
8. Avoid alcohol even though it seems to have a sedative effect. It tends to act as a stimulant in the middle of the night causing you to wake up and then have a difficult time falling back to sleep.
9. Keep the TV out of the bedroom. Read for awhile before lights out.
10. Invest in an electric blanket and preheat the bed before climbing in.
11. Take a warm bath or shower or if you're fortunate enough to own a hot tub, have a soothing soak just before bedtime.
12. Relax. Bedtime is not the time to begin worrying about things over which you often have no control. Try to think good thoughts and enjoy reviewing some pleasant memories.



OutLook's *Bits & Bytes*

For some in-depth info on health for seniors, log on to the National Institutes of Health's Web site for seniors at www.hihseniorhealth.gov You'll find lots of great information for older adults.

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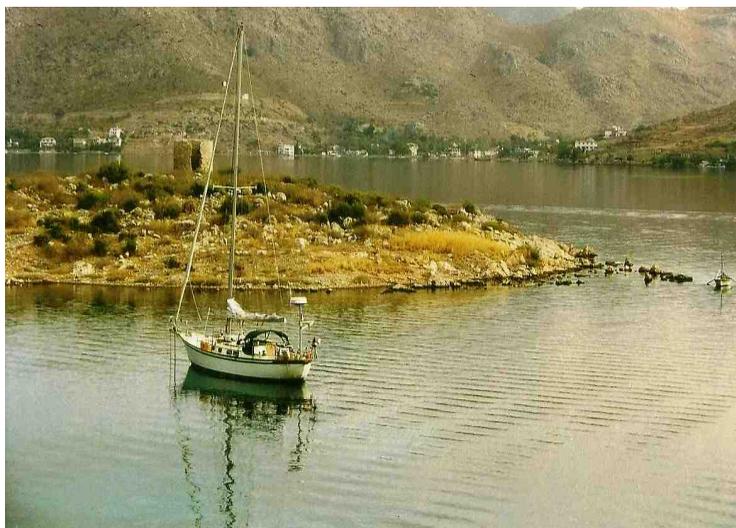


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Beautiful One-Bedroom Apartments Now Available!

“Growing up in suburban Philadelphia, each spent summers sailing with their families in Martha’s Vineyard and Nantucket.”



Pursuing Your Passion: *By Kathryn Marchi* Pam and Tim Fisher

When lawyers marry and continue working in a law firm, life can be quite busy. But when two lawyers practice in Philadelphia, the pace can get very hectic. Philadelphia attorneys are notorious for both their motivation and intelligence. When children are added to this high-powered mix, one wonders how much time can be spent on a hobby such as sailing.

Pam and Tim Fisher were two such lawyers who met in law school, married and raised a family. They both had the natural inclination toward things “seagoing” and brought that to the marriage. Growing up in suburban Philadelphia, each spent summers sailing with their families in Martha’s Vineyard and Nantucket.

Of the two, Tim steadily followed his passion for sailing and boating. After college, he went into the Navy for three years and was able to further develop and use his celestial navigation and engineering skills. Following this Tim served as the director of marine operations on the USS Hope, the nonprofit hospital ship. He then went on to law school and became a maritime and admiralty attorney in Philadelphia. Pam practiced law there as well.

During this time, Pam and Tim visited Annapolis often and decided to moor a boat in the area when they retired. Pam had her first real sailing lesson on one of their trips to Annapolis and after taking courses in coastal and celestial navigation and first aid, she and Tim chartered several boats over time in order to hone their sailing skills. They then felt ready to purchase a 27-foot Pacific Sea Craft ocean-going sailboat, which was kept at Kent Narrows. On weekends and holidays they commuted down from Philadelphia for sailing excursions. As Pam explained, they had no GPS in those days so they charted their trips with a sextant and radio direction. On one extended trip, she thought it was a “miracle” when they arrived right at the buoy in Beaufort, South Carolina.



Persistence most often pays off.

“ Crossing an ocean in a sailboat is a dream many might have, but few achieve. Pam and Tim Fisher have made their dream come true...”

In 1987, when the children were in college, Pam and Tim realized that their passion for sailing was getting stronger and that they wanted to take even more long-distance cruises. Now the Fishers had the opportunity to take advantage of their mutual hobby and began making plans for early retirement. They sold their home, put their household goods in storage and moved onto their boat. Tim got his captain's license and for two years they sailed to the Bahamas, the Caribbean, US Virgin Islands, Antigua and to various New England ports for visits with their children.

When Pam and Tim returned to Maryland's Eastern Shore, they bought a home in Prospect Bay in Grasonville. With a future ocean crossing in mind, they again made appropriate plans: Pam took the Maryland Bar Association exam and began practicing law. Tim worked as a boat captain for a local charter company, delivering boats up and down the Atlantic Coast in the winter. He also worked in marine electronics during this period. This passion for sailing actually brought Pam and Tim out of retirement to work five more years in order to save money for their dream trip -- sailing across the Atlantic Ocean and beyond.

To that end, in 1994 Tim and Pam bought a 39-foot Southern Cross, an ocean-going, cruising sailboat. It was definitely not a weekender as Tim explained. He and Pam were again on the way to realizing their dream and in 1995, began a year's shakedown cruise to the Florida Keys and the Bahamas. In 1996, they began their voyage across the Atlantic to Europe and the Middle East.

For four years, the Fishers sailed the ocean blue. They spent their first winter in Majorca, Balearic Islands, and the next winter in Antalya, Turkey. At one point, they joined an East Mediterranean rally of about 70 boats, which enabled them to obtain an international visa for the countries of Syria, Lebanon, Turkey, Israel and Cypress. After returning to Majorca,

they had to leave their boat so that Tim could fly to the United States for medical treatment on a ruptured disk that occurred while he was playing rugby with some sailing friends in Wales. When they returned to the Balearic Islands, they sailed to Sardinia, Corsica, the coast of Spain, Portugal and the Canary Islands.

In 2000, the Fishers once again crossed the Atlantic Ocean to Barbados and Trinidad, and returned home to Maryland, two very happy, seasoned sailors. Pam recalls that when they reached the Maryland shores, they both remarked that although they had visited so many beautiful places all over the world, the Chesapeake Bay was just as beautiful. Most people probably don't realize how lovely it is to be living on the Chesapeake Bay with its central location, variety of safe anchorages from remote to urban, and the great sailing on its waters and tributaries.

OutLook's
Bits & Bytes

There's a Web site available for shopping on line at discount prices. Go to www.Alice.com it's one-stop shopping for household items. The discounts are wonderful and the shipping is free. Think of the gas you save by not running back and forth to the store.

Crossing an ocean in a sailboat is a dream many might have, but few achieve. Pam and Tim Fisher have made their dream come true after working hard, carefully planning and properly educating themselves. They've had unbelievable experiences as they sailed to distant lands and are still "pursuing their passion" here at home. They continue to enjoy sailing on the weekends and taking month-long cruises.

It is a distinct possibility that on one of those glorious days we have in this area, you will see Pam and Tim Fisher sailing on the Chesapeake Bay or its tributaries in their beloved sailboat, "Querida Grande." While you're waving to them, don't forget their story of long-distance sailboat cruising. If you have a similar dream, start planning! 

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Stuffed Portabella Mushrooms

By Emily E. Baran

“With the spring farmer’s markets gearing up, this is the time to find the beautiful late bloomers from fall and winter.”

After finding some spectacular mushrooms, both portabella and baby bella, at the farmer's market and cooking them for dinner, I decided that I had to share this recipe.

Cleaning mushrooms is much easier than cleaning other vegetables. But remember, mushrooms are tricky because water will be soaked up and cause the mushroom to become soggy and waterlogged. The question is what to do with all the dirt. Lightly rubbing the cap of the mushroom with a clean kitchen towel or paper towel will get rid of the dirt. For the portabella mushroom, the stem should be removed prior to cooking.

The menu for dinner tonight will include salmon as well as mushrooms.

Stuffed Broiled Portabella Mushrooms

2 portabella mushroom caps
1 cup Swiss chard, chopped
10 baby bella mushrooms, chopped
½ cup green onions
White wine
1 ½ cups Parmesan cheese, shredded

Begin by preheating the oven to 400 degrees. Clean the mushrooms. Remove stems from portabella mushrooms. Roughly chop the Swiss chard and set aside. Roughly chop the baby bella mushrooms and set aside. Heat approximately two tablespoons of olive oil in a skillet over medium to high heat. Add the chopped mushrooms and cook until juices release, seasoning as it cooks with salt and pepper. After about five to seven minutes, add the chopped greens. Once the greens begin to wilt, add the green onions and season again. Once the vegetables have reached the desired cooking texture, deglaze with white wine and continue to cook until alcohol flavor is gone. Remove from heat and fold in cheese. Using a spoon fill the portabella mushroom caps, sprinkle a little more cheese on top and finish by drizzling bread crumbs on the top. Place the mushroom caps in a baking dish with a rim at least one inch deep. Pour about ½ cup of white wine on the bottom to soak up during the cooking process. Place baking dish in oven for about 20 minutes; turn the oven to broiler on high and place mushroom on the lower oven rack, broiling for not more than 10 minutes.

Roasted Salmon, Citrus Salad

½ pound salmon filet
citrus juice from salad (recipe below)
salt, paper and cayenne

Spray baking sheet with nonstick spray and place salmon filets skin-side down. Season the nonskin side with salt, pepper and a little bit of cayenne (any spice can be used), and pour some of the citrus juice on top after the filets are seasoned. Place salmon baking sheet on top rack of oven and cook until done (approximately 10 minutes).

Citrus Salad

2 oranges, segmented
2 grapefruits, segmented
1 lemon, segmented
1 jalapeno, finely chopped
½ red onion, diced small
salt and pepper

While the salmon is roasting and the mushrooms are finishing in the oven, remove the skin and pith from the orange, grapefruit and lemon. Cut the segments out and place in a bowl, strain out some of the juices for the salmon and allow the rest of the juices to follow the segments into the bowl. Chop and add the jalapeno and red onion into the bowl. Drizzle with a little olive oil and season with salt and pepper. Toss and allow the citrus salad to marinate while the salmon finishes cooking. Serve the citrus salad on top of the salmon.

The beauty of this meal is that the cook can use different vegetables to stuff the mushrooms, different spices to flavor the fish and different herbs in the salad. An option for herbs for the citrus salad is to use chopped mint which would go very nicely with this combination. Once dinner is ready to be served, enjoy a nice glass of iced tea or chardonnay. 

Emily is practicing her culinary creations when she is not working in the kitchen at a restaurant in McLean, Virginia. You can read about these creations on her blog at <http://chefamilyafoodie.blogspot.com> or contact her at emilyehorton@yahoo.com

If you're not making mistakes, you're not trying anything new.



Getting Comfortable In Your Own Skin

By Andrea Lichtenstein

Today it seems like there are hundreds of skin care products on the market. How do you choose which is best for your skin? What about the myriad of treatments and facials? It can be overwhelming to navigate through all of the products and services offered, all the while staying away from certain chemicals that can harm more than benefit. Here's an attempt to provide clarity in the confusing world of aesthetics, which is available to both men and women.

Fraxel Laser - The Fraxel Laser is designed to target aging and damaged skin by treating portions of specific damaged tissue. By creating microscopic "wounds" within the targeted areas well beneath the outermost epidermal layer of the skin, Fraxel Laser treatments trigger the body's natural healing process by accelerating the production of collagen and new, healthy skin cells. Fraxel is the first laser to combine the impact of ablative laser with the gentleness of nonablative lasers. Healing occurs so quickly that there is very little downtime.

With Fraxel Laser treatment you can expect two levels of results, immediate and progressive. Immediately after the initial healing (10 to 14 days), the surface of your skin will feel softer, look brighter and tone will start to become more even. Progressive results occur over the next three to six months as the deeper layers of the skin continue to heal. Fraxel can be used for many different conditions including discoloration or uneven pigmentation, melasma (mask of pregnancy), age spots, brown spots and sun spots, fine lines and wrinkles, acne, surgical scarring, stretch marks and enlarged pores.

Microdermabrasion - It gently sloughs away the outermost layer of our facial skin to reveal the young, healthy skin. In the process, it restores radiance, energy and confidence. Microdermabrasion stimulates blood flow to the surface of the skin, increases the oxygenation and enhances cell renewal. This treatment is especially suited for people who are sensitive to chemical peels. Results are noticeable after the first treatment; three

to five treatments are recommended for optimal results.

Glycolic resurfacing - This treatment resurfaces and clarifies skin texture, minimizes fine lines and wrinkles, fades the appearance of discoloration to even skin tone and assists in resolving acne.

Customized facials - After a personal consultation with an aesthetician, a facial can be created that will provide maximum results for your particular needs. Taking into consideration any concerns, skin type and any conditions, the aesthetician will recommend a home care regimen to follow up on the treatment. 

Andrea Lichtenstein is an RN with a focus on rheumatology and is the owner of Ridgely Retreat in Annapolis. In addition to teaching the NIA technique and children's yoga, she is also a medical aesthetician and can be reached at Ridgely Retreat 443 433-0462 or at www.ridgelyretreat.com



Celebrating Sea Glass

By Leslie Payne

For more information on sea glass:
North American Sea Glass Association
2010 Sea Glass Festival
Hyannis, MA
www.seaglassassociation.org

Books about sea glass:
*Pure Sea Glass, Discovering Nature's
Vanishing Gems* by Richard LaMotte

A Passion for Sea Glass
by C.S. Lambert

Sea Glass, A Photographic Journey
by Christeena Hockin-Minopetros

“It's better if you do it this way,” the little girl said as she swept her pudgy fingers over the sand and pebbles of the beach beneath our feet. I watched her technique and felt a pang of jealousy as she picked up a piece of sea glass. “A beauty!” she announced triumphantly. “Bye, lady!” and off she scampered.

It was hard to admit a little girl had better sea glass hunting technique than I did, but her accent betrayed she was a native of the area rich in sea glass. My husband and I were only traveling through Bar Harbor and searching for sea glass because it was my new passion. Wandering to my own little patch of beach, I tried out the girl's technique and soon found my first purple piece, a rare color for sea glass. The thrill it gave was more than any that could be found in the T-shirt shops up the street. It was a day worth remembering!

If you are still prone to wander through tacky T-shirt shops when you travel this summer, consider leaving the crowds behind. Search the beach for nature's vanishing gems and discover a new wonder.

Locating Sea Glass

Mother Nature creates sea glass by tossing and tumbling broken glass with water, waves, sand and rocks. Over time, the result is a smooth, frosted piece of glass. It may have been in the water a few years or hundreds of years. Although there are clues to the origin of a glass shard, the details will likely remain unknown, a mystery for your imagination to ponder.

Wherever there is a beach or river you can search for sea glass, but there are certain factors that will enhance the success of your treasure hunt. Your odds of finding a well-worn piece of glass increase in areas with a history of waterfront living and shipping traffic. Due to their history of trade and travel, beaches along the Chesapeake Bay in Maryland and Virginia can be profitable hunting grounds. Cape Cod and Long Island Sound can add to your own treasure chest of sea gems, and do not forget to hunt when you travel abroad: the British Virgin Islands, Spain, Japan, Greece and many other countries may have sea glass treasures waiting to be discovered. Do remember to avoid beaches that have had new sand pumped in to counteract the effects of erosion.



Original Shapes and Colors

Any glass item swallowed by the sea has the potential for becoming a beautiful piece of beach glass. Bottles of every sort: beer, milk, perfume, barber, gin, ink, whiskey, soda, wine or medicine bottles evolve into sea glass. Tableware, pitchers, vases, marbles, windows, insulators and automobile windshields are also original sources. Even though they have a slightly different appearance, ceramics and china broken and worn by the sea are a great find as well and display a beauty all their own.

Colors of sea glass are broken down into categories of common, uncommon, rare and extremely rare. Common colors are brown, Kelly green and white, all of which are probably from beer and soda bottles. Slightly less common colors include soft greens and blues, forest and lime green, as well as shades of amber and jade. Rare colors include pink, aqua, cornflower and cobalt blue, opaque white, citron and purple. The rarest colors of all are red, orange, turquoise, yellow, black, teal and gray.

A Treasure's Worth

One of the joys of sea glass is the simplicity. If you think it is a beautiful treasure, then it is. Discover a piece of frosted glass with your grandchild beside you and it is debatable who will be more excited. Hunting for sea glass is a hobby grandparent and grandchild can easily share.

The sad truth about sea glass is the opportunities to find well-worn glass pieces diminish with the increased use of plastics. And though we are grateful that more people are careful to take care of the environment and do not dump their trash in the rivers, this also reduces the chance for sea glass to be created.



The elements used to appraise the rarity of a piece of sea glass include color, condition, type and age. Any worn and frosted piece is a pleasure, often found in the shape of a triangle. Oval shapes are rare. The history of glassmaking techniques and color also provide information for assessing rarity. Bottle lips varied in style over the centuries. "Black glass," actually dark green, containing a myriad of bubbles, was probably created in the 1700s. Glass containing just a few bubbles was made before 1930 when techniques improved and bubbles disappeared.

If you think you have found a particularly unique or valuable piece of sea glass, consider going to the North American Sea Glass Festival and entering "The Shard of the Year" contest. (This year's contest will be in Hyannis, Mass., on Oct. 9-10. Check details at Web site noted at the start of the article.) The grand prize winner of "overall beauty" will receive a cash award of \$1,000. Other winners receive \$100 for winning in categories that include historical, bottle stopper, buttons and pottery. Not bad winnings for something you picked up off a beach. Yet any true sea glass lover will say the real prize is gathering your own collection and displaying it any way you like. As my little friend in Bar Harbor demonstrated, every piece found is worth celebrating. Each sea gem is a unique beauty, just like the young and old beachcombers who find them. 

Leslie is a local sea glass collector and writer. She invites you to visit her Web site on chronic pain at www.lesliepayne.com



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“As interest rates go down, the value of a bond goes up; when interest rates climb, a bond's value falls.”



Bond Investing Multiple Choices and Complications for Investors

By Gorman Financial Services, Inc.

Bond investing basics are simple.

When you buy a bond, the bond issuer, either a government or corporation, pays you an agreed-upon rate of interest known as the coupon rate. In addition, you get your original investment back when the bond reaches a maturity date.

Bonds come in many flavors: taxable and tax-exempt, long- and short-term, AAA-rated and junk, inflation-protected, fixed-rate and variable-rate.

Before investing in a bond issue, you should consider several factors.

Do you want to go long- or short-term?

Normally, longer-term bonds pay higher interest than shorter-term bonds. However, monetary policy and inflation expectations vary with time, so sometimes

the normal yield curve may flatten (meaning short- and long-term rates are equal) or invert (short-term rates are higher than long-term rates).¹ When this occurs, it can be very hard to sell a long-term bond because investors can get the same or higher rate investing short-term.

The big question here is: Where do you want to be on the yield curve? How long do you want to invest your money for a given return on your investment?

How much risk do you want to assume?

As interest rates go down, the value of a bond goes up; when interest rates climb, a bond's value falls. If an investor wants less risk, he might choose to buy a short bond, as its value will fluctuate less when interest rates vary. Long bonds usually offer higher interest rates because they typically carry more risk.

If an investor wants no risk, short-term U.S. Treasuries may be a good choice. After all, Uncle Sam backs them up. But they pay a comparatively low rate of return.

A bond's duration relates to risk. (The duration of a bond is a measurement of how long it will take for the price of a bond to be recouped by internal cash flow.) A debt instrument with a one-year duration is not very sensitive to interest rate fluctuations,

while a really long bond with a 35-year duration will have its value fluctuate sharply with even a small interest rate change. Generally, a bond that pays a higher interest rate and has a longer term will have a higher duration.²

How important is the rating to you?

Investors usually look to Standard & Poor's or Moody's for bond ratings. Government bonds are perceived as less risky than private sector bonds. Some bond investors do have relatively high-risk appetites, with some even buying "high yield" or "junk" bonds from troubled firms whose interest payments are in doubt. The riskier a bond, the higher the interest rate investors will demand.³

Do you want a tax-free or taxable bond?

Many federal and municipal bonds are tax-exempt to some degree. Correspondingly, their coupon rates are lower than corporate bonds. You need to compare muni bond and corporate bond rates on an after-tax basis. You do this by calculating the tax-equivalent yield, which equals the tax-free interest rate divided by (1 – investor's federal tax rate, or federal tax bracket).⁴

Don't let fear of failure prevent the chance to soar.

Consider two investors. Investor A pays a 25 percent federal tax rate while Investor B is in the 35 percent federal bracket. Should they buy a municipal bond paying 4 percent, or a highly rated corporate bond paying 6 percent?

Well, the real question becomes: *What will they take home after taxes?*

They run the numbers on the muni bond. Investor A calculates his after-tax yield as 5.33 percent ($4 \text{ percent} / (1 - .25) = 5.33 \text{ percent}$). Investor B gets 6.15 percent ($4 \text{ percent} / (1 - .35) = 6.15 \text{ percent}$) after taxes.

Investor B chooses the muni bond. However, Investor A figures out that the tax exemption saves her less, so she selects a corporate bond and pays taxes on it.

Other options include inflation protection and variable rates.

Treasury Inflation-Protected Securities (TIPS) are issued by the U.S. Treasury, and their principal depends upon the Consumer Price Index. Their principal increases with inflation and decreases with deflation. TIPS appeal to investors who fear that inflation could erode the value of their investment. When TIPS mature, the investor redeems either the original value of the security or the inflation-adjusted value, whichever is greater.⁵

Investors who can tolerate varying interest payments may decide to buy a variable-rate bond. The return on these bonds reflects the general level of inflation, and commonly rises with rising interest rates.⁶

Bond investing demands educated decision-making.

Fortunately, bonds come in enough varieties that investors can find bonds appropriate for their tax situation, time horizon and risk tolerance.

Robert L. Gorman, CFP® is a representative with WRP Investments, Inc. and may be reached at 410 991-7512 or RLGORMAN@wrpr.com

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Kick the Worry Habit

By Kater Leatherman



Whether it's mental, emotional or physical, we all need a break from the effects of stress. Consider the brain, for example, the organ that requires the most work, commitment and consistent effort to keep well-conditioned. As far as mental stressors go, worry is probably at the top of the list.

Sadly, worry is usually wasted on things over which we have absolutely no control and that includes everything outside of ourselves. Worry is not only a real drain on the brain, but a form of self-badgering. Worst of all, the time you spend worrying can never be reclaimed.

One of the most effective and creative ways to combat worry is to turn it into wonder. It's an instantaneous way to shift the energy from negative to positive. So, for example, if you are worrying about the economy, become curious about when and how it is going to change (because it will, eventually). This will allow the intuitive mind to explore the possibilities. Also, look for the blessings, one of which is that the changing economy has forced people back to the basics.

Another tool for neutralizing worry is to focus on breathing. When you are worrying, you are not living fully in the moment. Breathing is like an anchor that pulls you inward, a great help since worry tends to be outwardly focused. If nothing else, connecting to breathing will give you a reprieve from all that mental anguish.

And finally, build a foundation of trust. If you are worried about money, ask yourself: Do I have enough today? Are all of my needs being met? Trust that your life is unfolding perfectly and everything happens for your highest good.

Kater is a home stager, professional organizer, space solutions expert and yoga instructor. Her book, "MOVING ON: One Woman's Quest to Create S P A C E for Change, is available for purchase at www.katerleatherman.com

What's Your Beef

By Melissa Conroy

Picture a tender, succulent rib eye steak resting on a platter, the heady scent of roasted meat wafting up from it and its pink juices oozing most temptingly. Sounds like a decadent, unhealthy indulgence, right? Wrong! This particular steak is not your ordinary feedlot-produced hunk of meat chock full of harmful hormones and loaded with fat and cholesterol; this is a steak from a grass-fed cow. The cow it came from lived as it should, roaming about in an open area and eating grass instead of corn and soy. In return, it gave meat that is low-fat and bursting with healthy nutrients such as omega-3 fatty acids. If you are a steak lover, switching to grass-fed beef is a wise decision for your health and your taste buds.

Why grass-fed beef? Well, one reason is that the way we conventionally raise cattle for slaughter is detrimental for our health and the environment. Virtually all of the beef available in grocery stores is produced via feedlots, where cows are fed corn and soy which plumps them up and matures them at a rapid rate. The problem is cows were not designed to process these foods effectively or to grow as fast as expected. As a result, the cows have to be dosed with antibiotics, growth hormones and other drugs in order to keep them alive and functioning. In return, they produce enormous amounts of methane which damages the environment and gives us meat that is overloaded with harmful hormones and chemicals. As Michael Pollan, author of *The Omnivore's Dilemma*, reminds us, "You are what you eat *eats*." If the cow you are eating grew up on a diet of chemicals, growth hormones and antibiotics, these substances are what you end up eating too.

Grass-fed beef, on the other hand, comes from cattle that were allowed to eat the food that cows were designed to eat: grass and hay. Because of this, the cows digest their food properly and produce much less methane, which helps reduce damage to the environment. Grass-fed cows are allowed to develop naturally, so ranchers don't pump them full of hormones and antibiotics in order to encourage quicker growth. The meat the cows produce is free of the additives and



“If the cow you are eating grew up on a diet of chemicals, growth hormones and antibiotics, these substances are what you end up eating too.”

chemicals that grain-fed beef contains.

Even better, grass-fed beef is higher in nutrients than grain-fed beef. A slab of grass-fed beef is packed full of omega-3 fatty acids, vitamin E and beta carotene. The beef also contains high levels of CLA (conjugated linoleic acid) which is a type of polyunsaturated fatty acid: CLA plays an important role in fighting cancer, heart disease, diabetes and weight gain. While grain-fed beef contains all of these nutrients, it has much lower levels of them. For example, a 3.5 ounce serving of grain-fed beef contains 10 percent of the daily requirement of CLA while the same amount of grass-fed beef contains 25 percent of the daily requirement.

For dieters or people watching their fat levels, cheer up: Grass-fed beef is lower in fat and calories than grain-fed beef. Since most cattle are fed corn because it fattens them up, it is no surprise that grain-fed beef contains higher levels of fat than its grass-fed counterpart. Plus, much of this fat exists as “marbling” -- beads of fat embedded in the muscle tissue of the beef that cannot be trimmed away. Grass-fed beef is lower in fat and calories, so people can indulge without worrying about their waistlines or cholesterol levels.

Finally, grass-fed beef just flat out tastes better than grain-fed beef. The meat produced from grass-fed beef is earthy, hearty and meaty. It is what beef is supposed to taste like and next to it, grain-fed beef is insipid and bland. If you are a steak lover, you are missing out on the real thing if you've never tried grass-fed beef.

The only drawback to this kind of beef is its cost: A pound of grass-fed hamburger from Whole Foods starts at \$4.99, and steaks and other fancier cuts are \$10 a pound and more. When grain-fed beef can be obtained for one-third of that price, it can be difficult to pay the extra amount for grass-fed, especially if you have a barbecue planned or eat meat on a regular basis. However, the price of grass-fed beef can encourage people to eat less of it. The planet and our bodies are better off if we don't base our meals around meat. Exchanging a daily slab of hormone-filled, nutrient-deficient, grain-fed beef for a few meals a week of succulent, full-flavored grass-fed beef is well worth the trade-off.

As summer approaches and master grillers start polishing their meat forks, put something new on the barbecue that is actually quite old in concept: Authentic, traditionally-raised grass-fed beef. Both your taste buds and your body will thank you for it.



98% of what we worry about - never happens.

Bionic Bodies

“Medical innovations over the years have ensured that just about all of our old joints and bones can be replaced.”

By Kathryn Marchi

Overheard recently at a retirement community meeting: “Hi, we haven’t met. Are you new?” Answer: “No, but a few parts of me are.”

This summarizes many of us at this point in our lives. Medical innovations over the years have ensured that just about all of our old joints and bones can be replaced. Indeed, our quality of life can be greatly improved with these surgeries. We all know at least one person who has a replacement hip or knee, up to and including ourselves!

But did you know that you can get a new shoulder or finger joint? An orthopedic surgeon can explain that there are shoulder and ankle replacements, wrist implants, new knuckles and great toe implants!

Many times, steel rods are used to strengthen broken bones in the body. People with disc disease and vertebra problems can have fusions in which certain chemical reactions between bone and titanium rods can encourage new bone to grow. Magnetic belts can be added to the mix that can also encourage bone growth.

Arthritis seems to be the main culprit for joint replacement or some of the back fusion surgeries. Since no one wants surgery, doctors initially prescribe medication, topical ointments over the painful areas, physical therapy and just plain exercise as the most common protocols to follow. In severe cases, many people go to pain management clinics where doctors can inject the areas with cortisone or implant receptors that inhibit pain response. But when all of those fail and pain diminishes our quality of life, surgery to replace the joints is the only option left.



In cases of heart disease, there are also innovative replacements that extend lives and ensure a better quality of life. We all know of friends who have defibrillators, pacemakers and other implants to regulate heart rhythm. One gentleman said he could tell when his wife was really angry because he could hear her pacemaker ticking rapidly and loudly!

Fortunately for us, there are doctors who specialize in all of these replacements: There are orthopedic surgeons who specialize in hands and wrists; there are hip, knee and shoulder surgeons; and those who are foot and ankle specialists. And then there are the surgeons who specialize in matters of the heart and replace heart valves and insert life-saving implants.

These surgeons are literally creating a “bionic” population with these new procedures. This term “bionic” is defined in the medical dictionary as “comprising or made up of artificial body parts that enhance or substitute for a natural biological capability.”

In the meantime, if a surgical replacement is necessary for the relief of pain and a renewed lease on our lifestyle, it need not be a drastic move on your part. Since some of these surgeries can be arthroscopic, recovery time is reduced by about half. Who knows what other replacements and techniques will be developed in the coming years?

Going through security checks has become a major disadvantage to being *bionic*. Security is tight these days, as it should be. *Bionic* persons, even with a card from a physician showing the location of any and all replacements, will always set off alarms. So, resign yourselves to stepping away from the lines to be thoroughly searched by plastic gloved attendants with electronic wands or, heaven forbid, submitting to a full body X-ray.

For further information on this subject, try:
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 (search joint replacement surgery)
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www.greattoe.com



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Bringing Scrabble to New Heights

By Cindy Rott

OutLook's Bits & Bytes

Is there a restaurant that serves something wonderful and you'd love to have the recipe? Most recipes from the well-known chains can be found on line. Go to www.google.com and type in the name of the restaurant and recipe you're looking for such as Chart House and mud pie.

“It's a high-stacking 3-D crossword game! By building words across or down and by stacking letters on top of letters already on the board, this 3-D game is unique and challenging to play.”

Uppwords is one of those undiscovered gems in the land of board games. It is fun to play with friends after dinner or even with the grandkids. Unlike Scrabble this game does not require an extensive vocabulary. Instead, word families, which most kids learn in school, will help you attain the most points. For instance, you can add a letter to the word “eat” and make it “seat.” Next, stack an “h” on the “s” and add a few letters and make it “heater.” Add a “c” and it becomes “cheater.”

This three-dimensional crossword game is entertaining for all. Make new words by changing existing words, simply by stacking your letters on top of the letters already played. Scoring is simple, each tile is worth one point, so look carefully at the crossword grid and go for the biggest stack, which will result in more points. Letters can only be stacked five high, so use every opportunity to score by adding some letters. You can change every letter of a previously played word but one. Changing more than one word, while still building in only one direction racks up the points quickly.

The game comes with 120 letter tiles and a 10 x 10 grid board and can be bought for less than \$20. The letters lock onto the grid which encourages stacking and prevents sliding - we've been known to play it in a rocking boat! And different from *Scrabble*, the hard-to-use letters like “z, x and q” don't generate more points, but it is worth playing them whenever possible as your other choice is a zero for the turn if you choose to trade them in. Placing a letter at the crossword intersection will give you points for both words that are changed -- a good strategy for collecting the most points per turn. Fight your opponent for the most lucrative intersections, since once there are five tiles high, that letter cannot be built on again. We keep a dictionary handy. We like to think it's more to prove that the word is right rather than wrong, and we don't penalize for looking up a word because we consider it a worthwhile learning experience.

Every game is different. So find a friend or two and take an *UPWORDS* break and rise to new heights with this fun and often challenging word game. For more information go to www.hasbro.com 



For more general information about gardening, Google the University of Maryland's Home and Garden Information Center for a myriad of tips on how to grow crops in the mid-Atlantic region.

Seed catalogue Web addresses:

burpee.com
cookgarden.com
johnnyseeds.com
jungseed.com
parkseed.com
stokeseeds.com

What's New in the Garden This Year

By Mick Rood

Gardening may be a little like making chili. Every chili cook has favorite ingredients that go into the best chili. But gardeners who stick to their favorite crop varieties every year may be missing out on their "best" garden. With that in mind, it can't hurt to cultivate the Internet for new vegetable, fruit and herb varieties at Web sites maintained by the seed companies, university extension services, gardening blogs and other spots.

There are plenty of reasons to change up your garden ingredients. Among them are seeking more disease-resistant plants, picking vegetables you will actually use the most, saving space in urban gardens by planting climbers and smaller varieties, a need for a shorter growing season and tending toward plants that take less water.

Again this year, we are leaning on Rosie Lerner at the Purdue University Extension Service who annually reviews new garden varieties and offers up what appear to be the most promising ones. Except where noted, when we chime in with our own observations, the descriptions of most of these new varieties are drawn from Lerner's remarks. Since the danger of frost is now all but gone in the Bay area and warmer temperatures needed for some crops are upon us, it's time to act on a short list of new choices for the garden this year:

Amethyst Improved. Lerner spotted this dark purple basil in the Johnny's Selected Seeds catalogue that has the thick, curled-down leaves reminiscent of the classic Genovese basil. This one, though, takes up less room, reaching out 16 to 20 inches.

Beananza. Burpee is offering this new dwarf French bean plant that produces seven-inch filet beans. With regular harvesting, it should provide several pickings through the summer.

Sultan. A seedless cucumber that sets without pollination, Sultan is a dark green, thin-skinned product with purported good disease resistance. Available from Johnny's, it can be picked early for mini-cukes.

Cajun Belle. We noticed this intriguing pepper entry in the Jung Quality Seeds book. A mixture of heat and sweet, this pepper looks like a small green pepper, but switches to scarlet when ripe. A small plant that works in containers, Cajun promises high production and disease resistance. Too late to plant indoor seed sets? Not to worry, plants of this newbie are supposed to be available in retail outlets this spring.

Shiny Boy. Like Cajun Belle, this Jung melon was an award winner in the All-America Selections trials for 2010. AAS tests and rates new varieties and tapped Shiny Boy as the best-tasting melon in the competition. Shiny Boy can grow in more limited spaces than other melons.

Sugar Cube. Speaking of melons, Stokes Seeds is pushing this mini-melon. It has a sweet, orange flesh and a measure of disease resistance.

Taurus. This beet has six to seven inches of deep purple-to-red cylinders of firm flesh encased in a thin skin, ideal for slicing. The Cook's Garden and Jung say young tops can be used for greens.

Flying Saucer. This version of the many new colorful lettuces has deep green, red and yellow colors with ruffled leaves. It promises resistance to tip burn, but it's still best as cool-season crop. Burpee says it's ready in 50 days.

Red Pearl. On to the old standbys. This tomato from Johnny's bears large, grape-type fruits with sparse seeds. It's bred to avoid fusarium wilt and has some resistance to late blight.

Tye-Dye. And for tomato weirdness, try this gold-and-red hybrid. Burpee thinks you will find an heirloom flavor similar to Big Rainbow, Pineapple and Georgia Streak, but Tye-Dye will probably produce more and resist disease better. You'll have to be patient though; Burpee figures it will take 78 days to bear fruit. 

Procrastination is no longer an option.

Facebook and You

By Melissa Conroy

Every day, approximately 150 million people worldwide log into the social networking site Facebook. Although it originally began as a site strictly for college students, today Facebook claims that people 35 and older represent its fastest-growing demographic. You've probably heard the word "Facebook" (both a noun and a verb) coming from your grandchildren and children, and you might have been pondering what it's all about. Here's what you need to know about this popular Internet site.

Facebook is a social networking site, meaning that it is a way for people to connect electronically. The odds are that many of your family members, friends and long-lost acquaintances are on Facebook, and you could easily connect with these people. Along with giving people a way to reconnect, Facebook also offers other options and benefits for users.

Pictures: Facebook allows you to post pictures and videos on your profile page. You can also tag pictures, meaning that you can list the names of people who appear in your pictures. Facebook offers one of the easiest ways to get pictures out to people you want to see them.

Events: Facebook has a nifty "Events" button that allows you to create a post about a party or event you are throwing and invite people to it. Your invitees can respond, telling you if they are coming or not. Electronic invitations tend to spark more of a response than paper or word-of-mouth invites, so this feature can be a great asset to your social life.

Wall-to-Wall: One of the best parts about Facebook is that people can write comments on each other's profile pages (or "walls"). Many young people spend much of their waking hours doing this.

Status Updates: On your profile page, you can write a short message about what you are doing. For example, I could post on my profile page, "Melissa is writing an article for *Outlook by the Bay*." This is a fun way to let people know what you are up to.

Getting started with Facebook is simple: Go to www.facebook.com and sign up for free. When you sign up, the program will help you create your own page. This usually contains a profile picture and some information about yourself. Once you have your page created, you can start searching for friends on Facebook to see who is out there that you know. Facebook will also suggest people who you might know based on your college or business affiliation and friends that you have on Facebook. When you track down people you know, you send them a "friend invite" – that allows the person to see your page and get your status updates. According to Facebook, the average user has 130 friends.

Although Facebook has many benefits, it can also cause problems if not used judiciously. One unfortunate aspect of Facebook is that many people (particularly the younger set) post extremely personal or confidential information on Facebook for the world to see. Common sense often goes out the window when it comes to Facebook, and as a result, a huge amount of drama can be generated. People have been fired, broken up with their significant others and lost court cases because of what they posted on Facebook. Minutely cataloging all aspects of your personal life on Facebook can create enormous issues, so heed this common word of advice: "Don't post anything on Facebook that you or someone else would be embarrassed to see in the newspaper."

There are also some other tidbits of advice you need to safely and successfully navigate the Facebook realm.

Don't send a friend request to your grandchildren. Most people of the Generation X/Y see Facebook as a gigantic electronic diary. While they have no problem spilling their innermost secrets to all 372 of their friends on Facebook, they would be horrified if you read what they wrote. Sending them a "friend request" is sure to inspire hysterical panic. Plus, you might be appalled at what you read on their Facebook pages. In general, stick with your age demographic and don't befriend people younger than you.

Set your privacy setting. Unless you otherwise specify, your Facebook page will be visible to the 300 million-plus members of Facebook. You can set your privacy settings so that only the people you befriend on Facebook can see your page. It's a good idea to do so.

Be careful with pictures: Yes, your grandchildren are amazingly perfect, wonderful, talented and unique. No, the Facebook world does not need to see 300 nearly identical pictures of them. Also, be mindful that most unfortunately, pedophiles do prowl the Internet looking for pictures of children. Be careful of what pictures you post and guard your family members' safety. And don't post that hilarious picture of your 12-year-old grandson sleeping in his Batman underwear with a stuffed monkey sitting on his head. You may think it's cute, but he will be deeply mortified.

Don't get sucked in: Facebook is a terrific time-waster. There are useless quizzes you can take, games you can play, pictures from friends to look at and walls to post on. The list continues. According to Facebook, each day people around the world spend a collective total of six billion minutes on Facebook and post 40 million status updates. Facebook is the world's biggest soap opera, an unending, ever-changing drama with endless diversion. It is easy to become a Facebook junkie and spend your days hunched over the computer screen. Don't let it reel you in; Facebook can be a helpful and amusing site for you, but don't go overboard.

Now, if you excuse me, I have to update my status on Facebook, look at some pictures I was just tagged in, ask my boyfriend why he suddenly changed his relationship status to "Single," take the quiz "Which Bratz Girl Are You?" respond to a message I received and send out an announcement to a party I am throwing. Oh look, my old kindergarten teacher just "friended" me!



OutLook's Bits & Bytes

Have you ever thought about being a seasonal guide for the National Park Service? To find parks and employment opportunities in any of the national parks go to www.nps.gov/personnel/seasonal.html

The First Salute, A View of the American Revolution

By Barbara Tuchman
Knopf, New York (1988)

Barbara Tuchman opens her Revolutionary War account by explaining the book's title. The *Andrew Doria*, a Colonial merchant brigantine refitted for military action, fired a salute in late 1776 while entering the harbor at St. Eustatius, a Dutch island in the Caribbean. Fort Orange guns answered the ship flying the red-and-white striped flag of the American Colonies. The white plumes of smoke marked the first known formal acknowledgement of the fledgling nation. The *Andrew Doria*, as would a string of other American ships, sailed into port to trade for war supplies (primarily gun powder) that would supply the rebelling Colonies. Shepherding the cause was St. Eustatius Governor Johannes de Graff, who, against the wishes of the British and sometimes his own leaders in the Netherlands, encouraged American trade to profit island merchants. St. Eustatius became a trade passage crucial to the munitions needs of the Colonies, keeping them in the fight against the British until 1778, when France allied with the Americans and turned the course of the war.

Tuchman, whose most prominent legacy (she died in 1989) may have been to make history readable, didn't win two Pulitzer Prizes for General Non-Fiction by accident. (She was honored for *Guns of August* and *Stillwell and The American Experience in China*.) Without sacrificing her diligent scholarship, Tuchman pauses in her narrative to describe history's colorful characters, bringing to life what could otherwise be turgid accounts. Take her description of Admiral Francis Geary, a poor choice to head the Grand Fleet in 1780 and a symbol of British dallying while more aggressive officer candidates were passed over:

...an officer described (Geary) as "wholly debilitated in his faculties, his memory and judgment lost, wavering and indeterminate in everything." In three months Geary was not dead but exhausted, reporting that he could not get out of bed in the morning and sending his doctor's opinion confirming his request for leave.

There are Maryland connections in the book, of course. Shortly after the *Andrew Doria* was saluted in 1776, the *Baltimore Hero*, a privateer commissioned by the Council of Safety of Maryland, not the Continental Navy, seized a British-owned cargo ship, the *May*, just off St. Eustatius. Most of the Colonies by now had formed such committees to arm themselves, and the Maryland group had sent an agent, Abraham Van Bibber, to the island to facilitate arms trade. The incident further strained British-Dutch relations until the British simply seized the island four years later.

If you need to be reminded of how grim the war became for Gen. George Washington and his Continental Army in 1781 leading up to the "miraculous" victory at Yorktown, Tuchman provides vivid reminders. The infighting, the scrambling for funds to pay the troops and crucial assistance of the French are all there. As any legitimate history requires, Tuchman lays out all the minutiae required to buttress her depictions. Just in time, however, she injects prose of touching humanity. Here is her take on Washington in the book's epilogue:

A private sadness that haunted Washington to the end was in having no child of his own to be his continuance. He had not grasped the fact that an autonomous America was his child. Yet he was as proud and confident of its future as any father could be of a promising son.

Finally, for the nautically minded, Tuchman appropriately spends considerable time describing naval campaigns crucial to the Revolutionary War's outcome. And what of the *Andrew Doria*, the ship that paved the way for the Colonies? An ignominious end, indeed. In 1777, when American fortunes were in retreat, her crew burned the *Andrew Doria* to save it from British seizure.

~ Mick Rood

THE BLUE ROSE, An English Garden Mystery

By Anthony Eglin
Thomas Dunne Books, St. Martin's
Minotaur, New York (2004)

International intrigue, mystery, greed, murder, a plethora of information about gardening and a deadly blue rose: What could be a more interesting way to entertain mystery fans and make gardening fascinating?

The Blue Rose begins with the statement "She woke to a murder of crows," and ends with the murder of crows taking off.

That certainly got my attention until I learned that a murder of crows means a flock. But it is a catchy way to start a mystery novel.

Alex and Kate Sheppard moved into their dream house located deep in the Wiltshire countryside in England. They have a magnificent, but neglected garden on their property. When clearing out some of the debris and brush, they come upon the amazing discovery of a blue rosebush flowering in a remote section of the garden. Since this is a phenomenon unheard of in gardening circles, they are thrilled and dream of unbelievable wealth. But they find themselves in the midst of secret coded journals, unscrupulous businessmen trying to obtain this miracle flower and a deadly secret of the beautiful rose. They call upon a gardening expert to help them unravel the secret of this unusual rosebush, but find themselves pulled deeper into international intrigue and greed. Ultimately it leads to murder.

Anthony Eglin is a passionate gardener who is a member of the American Rose Society. He has written a series of English garden mysteries, each time drawing on his knowledge of and love for anything to do with gardening. In each book there is a great deal of information about various aspects of gardening woven into the plot. *The Blue Rose* provides much information about roses in general.

This is not great literature, but is certainly an entertaining, quick read which keeps your interest and makes you want to keep turning the pages. It is certainly a different way to combine mystery and gardening.



~ Peggy Kiefer

Washington, D.C.

The Textile Museum

Current offering: *Art by the Yard: Women Design Mid-Century Britain.* Three female textile designers from the 1950s turned British textile design from dowdy to lively, from traditional to modern. The works in this exhibition come from the collection of Jill A. Wiltse and her husband, H. Kirk Brown, III. These women were celebrating the freedom of the post-war era, rejoicing in the opportunity to express the nation's the long-repressed enthusiasm for life. Focusing on brightly colored textiles by Lucienne Day (1917-2010), the exhibition also highlights Jacqueline Groag (1903-1985) and Marian Mahler (1911-1983).

Day commented on her work: "I didn't start with the idea that the fabric was going to be a textile. I started with the idea that each piece was a work of art." Nevertheless, her work was affordable for average Britons to use in decorating their homes.

Of special interest is a small selection of furniture that was designed by Day's husband, Robin. Robin was noted for craftsmanship, refined style and "design sense." He utilized plastic injection molding and polypropylene in his innovative pieces.

On view: May 15-Sept. 12

Location: 2320 S. Street, NW

Getting there: Metro, DuPont Circle, Red Line.

Admission: Suggested donation of \$5.

Hours: Tuesday through Saturday 10 a.m. to 5 p.m. and Sunday 1 to 5 p.m.

Of note: Excellent gift shop featuring textiles and books.

Contact information:

www.textilemuseum.org or 202 667-0441

National Museum of Natural History

Current offering: *The David H. Koch Hall of Human Origins.* This newly opened permanent exhibition dedicates 15,000 square feet of space to the question: "What does it mean to be human?" The exhibit draws on state-of-the-art research by the institution's scientists to address human evolution over six million years. A detailed discussion of these conclusions will be illustrated by five fossil skulls, life-size skull reconstructions and other forensic tools. This profound presentation portrays man's response to a changing world and thus offers a deeper understanding of "what it means to be human."

On View: Indefinitely

Location: 10th Street and Constitution Avenue, NW

Getting there: Metro, Smithsonian (Mall exit), Blue and Orange lines.

Admission: free

Hours: Daily 10 a.m. to 5:30 p.m. except Dec. 25.

Food service: Two cafes and an ice cream/espresso bar. Food is available 10 a.m. to 5 p.m.

Of note: Six gift shops are open during museum hours.

Contact information:

www.mnh.si.edu or 202 633-1000

The National Gallery of Art

Current offering: *Hendrick Avercamp: The Little Ice Age.* Organized by the National Gallery of Art and the Rijksmuseum in Amsterdam, this exhibition focuses on Hendrick Avercamp (1585-1634). Noted for scenes of skating, sleigh rides and games on frozen winter canals, he provides intimate illustrations of daily life during Holland's Golden Age in both pictures and drawings. The works are exceptional as well for their representation of social life. All classes are shown intermingled on the frozen waterways. This gem of an exhibit offers 14 paintings and 16 drawings--masterpieces of the "ice scene."

On view: March 21-July 2

Announcing the Text: The Development of the Title Page, 1470-1900. This unique examination of the evolution of

the printed book offers an opportunity to see rare early books as well as more current examples. The title page increased in significance over time and its design was continually impacted by new printing technologies. Works shown are taken from the National Gallery of Art Library and the exhibition is in the National Gallery of Art Study Center.

On view: Feb. 1-May 21

Location: between 3rd and 7th streets at Constitution Avenue, NW

Getting there: Metro, Judiciary Square, Red line; Archives, Yellow or Green lines; Smithsonian, Blue or Orange lines.

Admission: free

Hours: Monday through Saturday 10 a.m. to 5 p.m. and Sunday 11 a.m. to 6 p.m.

Food service: seated dining room and a food court.

Of note: Two outstanding museum shops. Open daily during museum hours.

Contact information: **www.nga.gov** or 202 737-4215

Arthur M. Sackler Gallery

Current offering: *Lama, Patron, Artist: The Great Situ Panchen.* The paintings and sculptures of sacred scenes in this exhibition present the ways that Situ Panchen began to promote new ways of presenting Buddhism's sacred stories, traditions and figures, once he became the monastic leader of Tibet in 1732. By reviving an entire artistic tradition, he also injected new life into his faith. Thangka paintings are among the works displayed. These meticulous paintings are created by the application of finely ground pigment on tightly woven cloth.

On view: March 21 - July 18

Location: 1050 Independence Avenue, SW

Getting there: Metro, Smithsonian, Blue and Orange lines

Admission: free

Hours: 10 a.m. to 5:30 p.m. daily, closed Dec. 25.

Food Service: none

Contact information: **www.asia.si.edu** or 202 633-1000

Freer Gallery of Art

Current Offering: *Children at Play in Chinese Painting*. This exhibition presents ceramics, ivory carvings and paintings from the first through the 20th century. These family-focused pieces show a repeated delight in the qualities of childhood as children are seen informally engaged in both rural and urban settings.

On view: through May 23

Location: Jefferson Drive at 12th Street SW

Note: The Freer and Sackler museums are connected by an underground passage; their metro information, times, contact information and amenities are the same.

The Smithsonian American Art Museum

Current Offering: *The Running Fence Collection*. This display provides comprehensive documentation of the 24.5-mile "Running Fence" that Christo and his wife, Jeanne-Claude, installed through Marin and Sonoma counties in California. A temporary art experience piece, it opened Sept. 10, 1976, and was dismantled some 14 days later. The installation required 360 worker, 90 miles of steel cables, 13,000 anchors and an amazing 240,000 square yards of fabric. Known for such outdoor extravaganzas, Christo has been careful to save all his working drawings as well as a sweeping photographic record of each work. As this exhibition makes clear, Christo's "Running Fence" was a tour de force, merging artistic vision with detailed engineering. In situ, it covered a distance equal to that between Washington's Gallery Place and Dulles Airport.

On view: through Sept. 26, 2010

Location: 8th and F streets NW

Getting there: Metro, Gallery Place, Red, Yellow and Green lines.

Admission: free.

Hours: 11:30 a.m. to 7 p.m. daily, closed Dec. 25.

Food service: Courtyard Café 11:30 a.m. to 6:30 p.m.

Of note: Gift shop and courtyard café in conjunction with the National Portrait Gallery.

Contact information:

www.americanart.si.edu/exhibitions/ or 202 633-1000

The Corcoran Gallery of Art

Current Offering: *Helios: Eadweard Muybridge in a Time of Change*. Nineteenth century photographer Eadweard Muybridge was an innovator best known for his sequential photography of animals and humans in motion. However, this retrospective show covers his entire oeuvre, presenting artifacts including albums, stereographs, lantern slides, glass negatives and positives, camera equipment, patent models, Zoopraxiscopes discs, proof prints and more. More than 300 objects are included in this sweeping display of images and objects that reflect their era of intense scientific development and technological change.

On view: through July 18

Location: 500 17th Street, NW

Getting there: Metro, Farragut West, Orange Line; Farragut North, Red Line

Admission: seniors \$8, adults \$10

Hours: Wednesday, Friday, Saturday and Sunday 10 a.m. to 5 p.m., Thursday 10 a.m. to 9 p.m. Closed Monday and Tuesday.

Food service: Corcoran Café offers an informal dining area with a food cart featuring quality items Wednesday and Friday through Sunday 10 a.m. to 3 p.m. and Thursday 10 a.m. to 3 p.m. and 5 p.m. to 8 p.m.

Of note: Small gift shop with contemporary items.

Contact information:

www.corcoran.org or 202 639-1700

The Phillips Collection

Current offering: *Pousette-Dart: Predominantly White Paintings*. This exhibit of some 20 paintings and three sculptures presents a unique series of works created with a minimum of paint. The works used graphite and oil on canvas to represent symbolic objects and abstract forms—a major departure from earlier work. This is the first opportunity in more than 50 years to see so many paintings by Pousette-Dart (1916-1992).

Robert Ryman: Variations & Improvisations. This American painter works in the abstract, on a small scale and also within white tonalities. This intimate display of 25 pieces is the first overview of Ryman's art in the Washington area and is a tribute to the artist on his 80th birthday.

On view: Both exhibitions last through Sept. 12

Location: 1600 21st Street, NW, near 21st and Q streets

Getting there: Metro, DuPont Circle, Red line

Admission: Weekdays to the permanent collection is by donation. On weekends the fee is \$10. If a special exhibition is showing on week days, the \$10 fee is also charged.

Hours: Tuesday through Saturday 10 a.m. to 5 p.m., Thursday 10 a.m. to 8:30 p.m., Sunday 11 a.m. to 6 p.m. Closed Mondays.

Food service: Informal cafeteria.

Of note: Gift shop highlighting books and cards.

Contact information:

www.phillipscollection.org or 202 387-2154

Tricia, an avid patron of the arts, can be reached at triciah@erols.com



OutLook's

Bits & Bytes

If it's time to leave the driving to someone else for either you or for a loved one, log on to www.seniordrivers.org. The site offers helpful hints on how to handle this issue, as well as



Victoria Duncan is a licensed professional counselor who works with individuals and couples to address a full spectrum of client issues. She welcomes your questions at Victoria2Write@aol.com

Letting Go

I'm worried about my daughter. She is a 39-year-old attractive, successful professional who desperately wants to be married. Although she has had a number of relationships, it seems to me that she always sabotages them by picking them to death. Now, most of the men her age are married. The interest that she now attracts comes from men a decade or so older than she is. I see nothing wrong with that. Maybe what she needs is an "older man." However, if a man is more than six years older than she is, or, heaven forbid, has gray hair or is balding, she won't give him the time of day. I've tried talking to her about this and then we do nothing but argue. How can I get her to see that she is missing so many opportunities? I just want her to be happy, but I also think it is time that she settles for something less than the perfect man she has in mind.

While it is true that your daughter is denying herself opportunities to find the happiness she says she wants, this is not your problem. After you accept that, the rest becomes easier.

I know those words are simple to say but challenging to put into practice. And anyone who has been a parent can relate. From the perspective of our age, we see the bigger picture and let's hope we have accrued enough wisdom to see beyond the superficialities of making general assumptions based on appearance.

But your daughter's life is her own journey. She will make her own mistakes and celebrate her own successes -- just as you have done. If you look back over your life, I'm sure you can identify those moments when you stubbornly held to misguided notions. Imagine if your parents harped on your choices. Maybe they did! What was your response? You probably dug your heels in deeper and resented their well-intentioned efforts to enlighten you.

Close your eyes and visualize this issue as a large box sitting on your lap, weighing you down. Now, picture yourself allowing your hot little fingers to let go of the box. If necessary, pry each finger away. Set the box aside. Gaze at it longingly if you must. But let it go.

Positive Hands-Off Support

Now, how can you support your daughter? Simply listen to her but avoid problem-solving which is only going to kick in her defenses. When we let go of trying to solve others' problems, we enable ourselves to listen more attentively and express empathy in a manner that empowers them to work out their own solutions.

If she complains about her single life, try saying something such as, "I'm sure it is difficult....." Fill in that blank with an appropriate observation. Then, voice your confidence in her abilities to handle this issue by reminding her of one of her strengths or skills. For example, "You've always been so resourceful. I'm sure you will come up with something interesting to do for your vacation."

It's OK to plant an occasional seed of assistance if it is done with subtly. Our children know us so well that they can often see right through even the most carefully phrased hint. It's useful to begin any suggestion with the phrase, "I wonder what would happen if...." Think Detective Colombo! The key to employing this strategy is to then let it go. Do not engage in any argument if she discounts your hint. Shrug it off with a smile. You've planted the seed. In time, it may take root, but argument is never a successful fertilizer.

Take the energy you are expending trying to handle your daughter's issues and invest in your own life. You've raised your daughter and clearly she is a strong and accomplished woman. Trust her to figure out her own life. Now, go and live yours!

Building Self-Esteem in Grandchildren

I'm the granddad of a great nine-year-old who is an average student and mediocre athlete. He's a little like I was at his age. Lately, he seems down on himself and I'd like to build up his self-esteem. Any hints?

Sure, and thanks for asking.

Grandparents can play a pivotal role in building positive self-esteem in their grandchildren. Here are some quick tips:

- Be a positive role model. Show him how you treat yourself with respect and care.
- Laugh with him and laugh at yourself to teach tease tolerance.
- Spend one-on-one time encouraging him to develop his own interests.
- Do use *realistic* praise for those personality traits, actions and efforts that warrant positive recognition.
- Don't overuse and cheapen praise by lavishing shallow words on meaningless or expected behavior.
- Be affectionate. Hugs, pats on the back, high fives -- kids eat 'em up!
- Encourage exploration and those attempts he makes at trying something new. Praise his effort and encourage persistence.
- Share your stories of growing up and the challenges that you've overcome. You'll be teaching and passing down priceless family memories at the same time.



Bay Creatures: Limulus

Quick: What hard-shelled, crawly creature of Chesapeake Bay looks like an overgrown spider, thrives in slimy places, predates the dinosaurs and could well be around long after humans are extinct?

Cockroach? Good guess. Horseshoe crab? Right on. (OK, you looked at the picture). These common coastal denizens do have a lot in common with cockroaches, including their pre-dinosaur origins. And, arguably, they are equally ugly. But don't denigrate these aquatic living fossils. They deserve our full appreciation. They are vitally important to the Bay's ecology and they are fascinating creatures.

First, a little biology. Horseshoe crabs—various species of *Limulus*—are closely related to insects (including cockroaches), spiders and crustaceans like lobsters, shrimps and true crabs. They all have hard external skeletons but no backbones, segmented bodies and jointed appendages (like legs). They all molt, periodically shedding and regenerating their outer shells to accommodate growing bodies. Animals that do this are known as *arthropods*. Quiz on Thursday.

What do you do when you see a horseshoe crab on the beach? Give it a wide berth? Understandable. They look like small tanks, and seem prepared for battle with their upper-shell armor and long, sharp tail. But these animals are hardly warriors. They are slow, lack jaws and don't use their tails as weapons. Still they are highly successful, having survived, virtually unchanged, for more than 350 million years. By the time dinosaurs rolled around, horseshoe crabs had already been here for 100 million years.

Perhaps fortunately for sun worshippers, horseshoe crabs don't spend a lot of time at the beach. Mostly they stay underwater. Trundling along the sea floor on five pairs of jointed legs, they search for their favorite food—marine worms and clams—with the aid of tiny sensory hairs. When they find prey, they shred it with bristly projections at the base of their legs.

Check out the picture. See the eyes? All 10? It's true—horseshoe crabs have 10 eyes, including two prominent, compound eyes on the upper surface. As you might guess, these guys can see really well. They can find mates in the dark and even detect the moon's rays and ultraviolet light from the sun. This allows them to track the lunar cycle and match the peak of their spawning periods with the new and full moons.

Spawning by the Light of the Moon

And spawning is what horseshoe crabs seem to do best. It takes eight to 10 years for them to reach sexual maturity, but when they get there they take full advantage. As spring days grow longer, the adults move in herd-like masses toward protected beaches. During peak spawning season, some mid-Atlantic strands resemble living carpets of crabs with as many as a million coming ashore on a single night. Spring break for horseshoe crabs. If you are squeamish, this might be a time to avoid the beach. But if you have a voyeuristic bent, head on down.

Over a three-to-four day period coinciding with a new or full moon, usually beginning in late May, male crabs attach themselves to the backs of free females, responding to secreted chemical attractants. These are not monogamous relationships. Males typically outnumber females three to one and several males will cluster around a single female. Impatient, late-arriving he-crabs may clamp on to an already attached male, sometimes creating trains of crabs chugging ashore. It is highly unlikely that a female will go unfertilized.

Once ashore, the female crabs, dragging attached mates, dig shallow depressions in the sand, partially bury themselves and deposit pinhead-sized eggs into the nest where the eggs are quickly fertilized by the males' milt. Each female mates several times and produces about 80,000 eggs in a season.

Do the numbers. The seas should be awash in horseshoe crabs. But only about one egg in 100,000 becomes a full-grown crab. Most eggs get eaten, mainly by migrating shorebirds as each spring large flocks stop off to feast on the energy-rich horseshoe crab eggs.

Increasingly the birds are competing with humans. We have harvested horseshoe crabs for centuries. Native Americans fertilized their crops with crabs, ate horseshoe crab meat, bailed water from canoes with crab shells and used the tails as spear tips. Today, horseshoe crabs donate their bodies to science and don't have to die to do so. An extract of their blood can rapidly detect the presence of potentially dangerous bacterial toxins in pharmaceutical products. A quart of blood is worth \$15,000. A crab can have one-third of its blood drawn and still live to give again.

Other uses are far more harmful. Until the mid-20th century wide scale harvesting of horseshoe crabs for fertilizer decimated their populations. Chemical fertilizers largely put an end to this practice. But by the 1980s horseshoe crabs were in demand again as bait for the thriving global whelk and eel fisheries, with harvests growing to nearly three million pounds a year.

You can guess what happened: alarming declines in both horseshoe crabs and the migratory birds that depend on crab eggs for food. Scientists blame the bait industry, coastal development, habitat degradation and pollution.

Recent conservation measures are stemming the declines; horseshoe crabs and migratory shorebirds are showing signs of recovery. But prospects for long-term success are uncertain.

How can you help? You can learn more about horseshoe crabs. Sea Grant has an informative Web site www.ceoe.udel.edu/horseshoecrab/ as does the Maryland Department of Natural Resources www.dnr.state.md.us/education/horseshoecrab/ You can identify crab-spawning habitats. (See the Maryland DNR Web site). And, most important, you can share your new knowledge with others who have not yet come to appreciate these fascinating inhabitants of Chesapeake Bay.

~ Henry S. Parker



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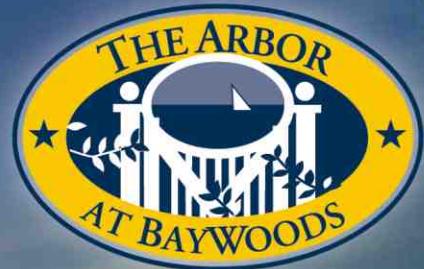
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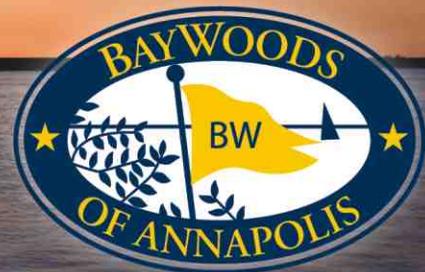
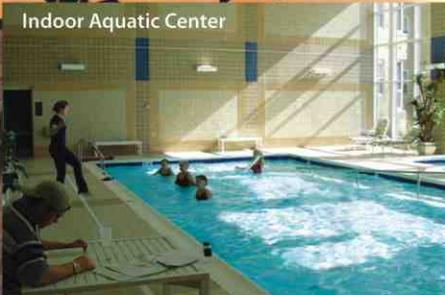
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