

Complimentary

Summer 2010

# Outlook

For the Bay Boomer and Beyond...

## by the Bay

### Cactus

The Prickly  
Plant of  
Summer

Learn More About  
**Sustainable  
Travel**

**The Many  
Benefits  
of Yoga**

### Bhutan

The Land of the  
Thunder Dragon

**Caring for a  
Loved One?**  
Try Respite Care

**An Urgent  
Health Care  
Solution**

For Seniors

fitness, entertainment, gardening, nutrition

# OutLook

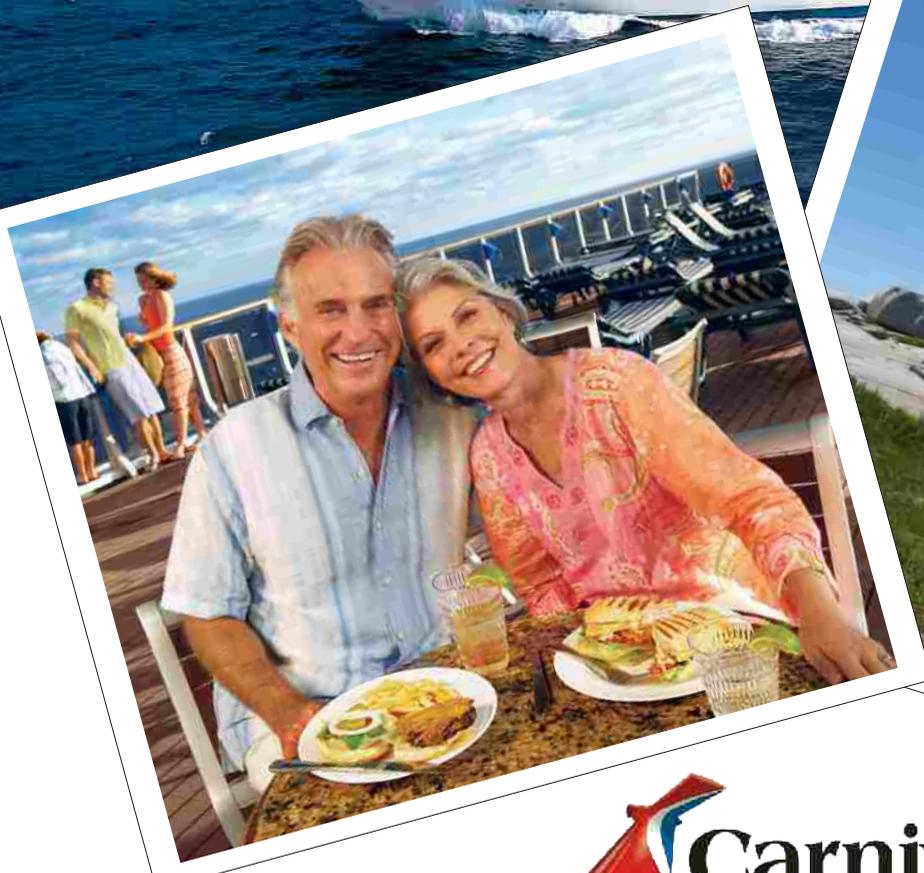
For the Bay Boomer and Savvy Senior *by the Bay*



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# OutLook by the Bay

## For the Bay Boomer and Beyond...

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## Bay View words from the desk

In our summer of 2010 issue we're delighted to be introducing a new column. We're calling it Bay Connections (page 42). It's part of our mantra to alleviate social isolation, an ongoing problem for many of us. Although social isolation may have always existed, the ramifications of it have only recently been put under a microscope. Social isolation is an ever-

increasing problem with our electronics-dependent society. Remember when we once relied heavily on nearby family and neighbors? They most often assisted us through life's peaks and valleys. Now we hardly know our neighbors. Most fall into the nodding acquaintance category. And as for family, most of our off-spring have moved so far away that the only time we can visit with them is if we log onto Face Book. Unintentionally, we've become so scattered. Job opportunities have split many close families and our once favorite friends are scattered far and wide.

If you've read any of the most current studies you'll find that they've proven many times over that we need to connect. I recollect a study done in the 1940s in which babies actually died because of lack of physical touch. Then there was the study of the orphanages in Romania under the regime of dictator Nicolae Ceausescu, a further confirmation. What we need to know from all this is that babies don't survive without human contact and I suspect that the same physical contact necessary for the proper emotional and physical growth of babies and young children is also necessary for the healthy later lives of older adults. Too many studies have shown that lack of contact with people can contribute to many illnesses such as cancer, high blood pressure, dementia and can even create havoc with our immune system. 'Course you can always get a dog. Studies have shown that a furry friend can lower blood pressure. Having been a dog owner, however, I'm not so sure about that!

In today's world it is more difficult than ever to get out there and make that face-to-face type of connection. You remember the kind, where you actually looked into someone's eyes to determine the veracity of what that person was saying. Well no more. What with computers, answering machines, texting and Face Book, we're no longer required to set up a face-to-face meeting. So many of our needs are now met through the Internet. We actually blog to find the answers that were once provided by friends and family. Sadly, it's easy to disconnect from real relationships; in fact, some of us may not even notice how this new lifestyle has crept up on us and taken over. We're apt to spend the good part of a day e-mailing our buddies in Texas or Michigan, and interestingly, we've never met some of our e-mail buddies. We've *met* them through the Internet when we discovered some commonality, which now connects us. But consider these surprising statistics from the July 09 issue of *Psychology Today*: 25 percent of us have no real social support and, incredibly, 50 percent of Americans have no close confidants or friends other than their immediate family. It's staggering to think what this is doing to the health of older people.

Our answer is to use whatever means necessary that work for you. Volunteering, of course, always tops the list (See Rosie's article on page 24 where she lets us know how we can travel and volunteer at the same time.) Connecting can be as simple as finding a couple of like-minded people to walk with, or share a pot luck dinner. (Vicki's article on page 42 will get you going). There's also game night, page 43. Or link up with one of the hundreds of boating clubs that Vern is suggesting on page 27. The focus of any group can be on whatever you enjoy doing – all it takes is for someone to step out and get it going. Why not give it a try? Who knows what may come of it? And here's a thought: If you're caring for an elderly family member and would like to get away for a week or two with friends or family this summer and can't leave them, become familiar with respite care (page 7) and discover a whole new way to leave your loved one in safe and loving hands.

**Tecla Emerson Murphy**  
Publisher and Editor-in-Chief



Tecla Murphy

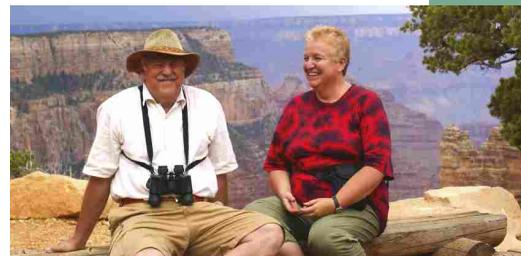
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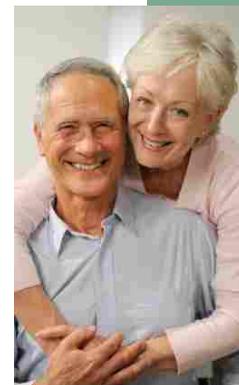
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### On the Cover:

Ellie Kramer traded her 1938 Chesapeake sailboat for the fun and ease of kayaking on the Bay. Having lived in Annapolis for most of her life, she and her husband, Neal, sold their home and are now enjoying the co-op lifestyle offered at BayWoods of Annapolis. Formerly a nurse, she now enjoys life at a more leisurely pace, playing bridge, reading, travelling and participating in the activities offered at BayWoods.

Becky Crosby, another avid kayaker, has been with BayWoods since its opening in 2003. As the resident services director, she enjoys overseeing programs and creating new and exciting activities for the residents of the retirement community. Raised in Annapolis, she now makes her home on the Eastern Shore with her husband and daughter.

# Letters to the Editor:

Please address your letters to: [editor@OutLookbytheBay.com](mailto:editor@OutLookbytheBay.com)

### East West Tea Moves

Thank you for printing my letter about the East West Tea Emporium located in Arnold and for providing the contact information. However, just as your issue was going to press, Lynayn Mielke, owner of East West Tea, moved to Ridgely Avenue in West Annapolis. She hopes to reopen her business in early July. Anyone who wants to receive information about the grand opening and hours of operation should send an e-mail message to [eastwesttea@comcast.net](mailto:eastwesttea@comcast.net)  
~ Terry S., Annapolis, MD

### Getting Closer to a Dream

Enjoyed the article on Pursuing Your Passion. It's been our dream for years to just hang it all up and get out there. The article was an inspiration and we've moved it closer to the top of our list. Thank you for making us aware.  
~ Sandy G., Edgewater, MD



### Playing Games without Kids

Very much enjoyed your new column "Games People Play." We've only recently gotten back into game playing. We played many games as our kids were growing up, but didn't realize we could do it without kids. Have purchased "UpWords" at your suggestion and have enjoyed many nights with it spread out on the coffee table. We're finding it an excellent substitute for TV.  
~ J. Allen, Millersville, MD



### Have That Conversation Now

Peggy Markham's article "You Can't Take It with You," makes a good point. Thinking about how to prepare to divide personal articles after you have gone can be very complicated. Actually preparing to do it can be overwhelming.

It often happens that the parent of an adult child tries to bring up the reality. But "I won't always be here," is met with denial from adult children. "Oh, let's not talk about that right now." Death is just not something that families want to discuss.

But, think of the consequences of not

**OutLook's**  
*Bits & Bytes*

Have you found pills that you don't recognize or can't remember what they were for? Go to [www.webmd.com/pill-identification](http://www.webmd.com/pill-identification) It has pictures of all the major pills for easy identification.



getting the message through to your children or other significant relatives. If they simply refuse to discuss it with you, a possible alternative is to write a letter and copy it to all involved. In the letter make a list of the most important things that you are concerned about. Include a self-addressed envelope for a reply. This may show that you mean business.

Being forthright with all involved will hopefully save a lot confusion later.  
~ Penelope K., Delaware Water Gap, PA

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SUM/10



## Caring for a Loved One? Can't Get Away? Try Respite Care

By Kassie Foundas

**H**ave you decided that you'll have to miss your family vacation this year because you cannot leave a loved one at home alone? Your loved one may be at risk of falling or on a complicated drug regimen. Perhaps you are a caregiver who needs surgery and you are at a loss as to where mom and dad could be safe and cared for during your rehabilitation period.

**There is a solution:** Consider respite care, which features short-term stays designed for the comfort, enjoyment and attentive care of your loved one. Offered by many local retirement communities, this service is a lifesaver to the many caregivers who desperately need a break. Most communities offer stays of up to 30 days or more, often with a specified minimum.

Both assisted living and Continuing Care Retirement Communities (CCRC) are regulated by the state as to what services can be provided. If your loved one needs a fairly high level of care or skilled services that can only be delivered by a nurse, then a CCRC might be your best option. If not, then an assisted living facility should be able to accommodate your loved one.

The price for respite care varies by community. Some have a flat fee per diem price, while others charge a rate that is commensurate with the level of care that will be provided. Try to book your reservation as soon as possible, especially during the summer months as spaces are usually limited.

**Here are some tips for using respite care:** Plan ahead. Obtain the paperwork necessary from your loved one's primary care physician. Meet with the facility's staff early to make reservations and to determine if there are any contracts that need to be signed. Be sure that the advance directives and the power of attorney are all up to date with copies available for the facility. Plan to bring comfortable clothes as typically there is a full schedule of activities, in which the guest may choose to participate. These may include trips off campus to cultural events, entertainment and restaurants. There are also three nutritious meals served daily as well as healthy snacks for the enjoyment of the guests.

Although it may take a couple of days to acclimate to the new schedule and surroundings, guests almost always enjoy their stay and look forward to return visits. There have been many instances where the guest has had such a pleasant experience that they've chosen to return to the facility to stay full time, thus simplifying the job of the care taker in transitioning the relative into a retirement community.

Now you can relax, guilt free and breathe more easily. 

Kassie Foundas can be reached at BayWoods of Annapolis at 443 837-1208 or [kfoundos@BayWoodsofAnnapolis.com](mailto:kfoundos@BayWoodsofAnnapolis.com)

“Consider respite care, which features short-term stays designed for the comfort, enjoyment and attentive care of your loved one.”

# Good Things Come in Small Packages: Blueberries

By Leah Lancione



“ Why not sprinkle some blueberries on your cereal in the morning, swirl them into your yogurt at lunch or add them to a delicious fruit salad dessert? ”

They're small, they're sweet and they're considered by doctors and nutritionists to be a “super food.” What are they? This low-calorie, healthy treat is none other than blueberries. They are one of nature's super foods because they are full of antioxidants, phytonutrients and phytoflavonoids, ellagic acid, potassium and vitamin C. The health benefits of blueberries include preventing or stemming the effects of cancer, Alzheimer's disease, heart disease, eye diseases and blindness, urinary tract infections and other potentially life-threatening ailments. This fruit ranks number one in terms of its disease-fighting antioxidants, according to a U.S. Department of Agriculture study in which 40 fruits and vegetables were examined.

Numerous phytonutrients, nonvitamin or mineral elements of food are found in blueberries and add to their significant health benefits. There are thousands of different phytonutrients in blueberries and they help cells in the human body work together more efficiently, prevent mutations at the cellular level and prevent the growth of cancer cells.

Antioxidants neutralize free radicals. **WebMD.com** defines free radicals as “harmful molecules” and states that antioxidants protect the body from the damage they cause. The antioxidants in blueberries protect against the oxidative damage to our cells that can lead to serious diseases, like cancer.

Studies show that the particular antioxidant ellagic acid in blueberries may even reduce a person's risk of cancer by blocking the metabolic pathways that support cancer. Research even points to ellagic acid's role in slowing the growth of some cancerous tumors.

Nutritionists endorse including blueberries in your daily fruit intake because they are high in potassium and vitamin C. The anti-inflammatory properties help the body fight a number of chronic conditions.

Depending on your age, height, weight and gender, it is recommended that you consume from half a cup to two cups of preferably whole, raw and unprocessed blueberries a day to reap their full benefits. Remember, the darker they are, the more antioxidants they contain. So why not sprinkle some blueberries on your cereal in the morning, swirl them into your yogurt at lunch or add them to a delicious fruit salad dessert? Fifty blueberries (68 grams) have just 39 calories. Check it out at [www.nutritiondata.com](http://www.nutritiondata.com)

Late June through August and early September is the best time for picking your own blueberries, so support farmers and stop by one of the following spots to score some delicious, fresh blueberries:

- **Walnut Springs Farm** in Elkton, MD, features blueberries and provides “picking updates” at 410 398-3451.
- **Butler's Orchard** in Germantown, MD, also offers opportunities for blueberry picking. Call 301 972-3299.
- **Lockbrier Farms** in Chestertown, MD, features seven different kinds of blueberries from late June through September. Call 410 778-9112.

For more information on blueberries, visit the Websites [www.webmd.com](http://www.webmd.com) or [superfoodsrx.com](http://superfoodsrx.com) 

# An Urgent Health Care Solution for Seniors

By Chip Hiden

For many seniors, finding high-quality, convenient and affordable medical care can be a real challenge. When sick or injured, seniors often spend several days waiting for an appointment with their primary care physician, often getting sicker as they wait. The alternative is to go to the emergency room and wait for several hours in a crowded room filled with other sick people who can spread germs. Needless to say, neither situation is ideal. Fortunately, several local medical care providers have developed a new industry called Urgent Care in order to meet a growing need for convenient and competent medical care without the wait.

Among the area's top urgent care providers are Minute Clinic, Patient First and Righttime Medical Care (formerly Nighttime Care Centers). Urgent Care Centers treat common illnesses and minor injuries that are *not* life-threatening. They are generally staffed by board-certified physicians or professional medical staff and are open year-round with extended hours.

"We serve as a compliment to your regular doctor, offering convenient same-day appointments from morning until midnight, 365 days a year, including weekends and holidays," explains Dr. Robert Graw, Jr., founder and CEO of Righttime Medical Care. "We see a lot of seniors for a variety of reasons – an X-ray after a golf injury, poison ivy or bug bites from gardening, seasonal sneezes or those nagging coughs and colds. We know that being sick is unpleasant so we've really tried to improve the patient experience by delivering personalized and friendly medical care in a comfortable space."

In addition to offering convenience and quality, Urgent Care Centers are also attempting to reduce the cost of healthcare. According to a recent study,



the average cost of a visit to an urgent care center was just \$110. The same study found that the average cost of a visit to the emergency room for a common illness or minor injury was more than \$500.<sup>1</sup> Thankfully, the majority of our local urgent care providers accept all types of insurance, including Medicare and Medicaid. Out-of-pocket costs for seniors are typically only \$20-\$50 toward your co-pay.

Seniors should remember that urgent care centers are a great option for common illnesses and minor injuries, but they do not treat life-threatening illnesses and injuries. If you have any life-threatening symptoms or feel that you may be having a heart attack or stroke, you should immediately call 911 and go to the emergency room.

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<sup>1</sup>Coupon Sherpa, *Cost Comparison: Emergency Rooms vs. Urgent Care Centers*, Feb. 23, 2010, <http://www.financeoid.com/cost-comparison-emergency-rooms-vs-urgent-care-centers-264846.html>

“ We serve as a compliment to your regular doctor, offering convenient same-day appointments ... ”

# Charting the Course for Newbie Sailors

## Tips for Being a Good Guest When Sailing the Seas

By Leah Lancione



Let's be honest, almost everyone who lives close to the Chesapeake Bay either longs to, or actually does, sail its scenic waterways. However, if your nautical experience amounts to paddle boating as a kid or taking a cruise in the Caribbean, sailing on a sailboat entails a whole different protocol. Before you head out on the open water with your sailing buddies for the first time, you may want to start out by learning some basic sailing terminology provided by [www.discoverboating.com](http://www.discoverboating.com) to look and sound the part of a sailor:

**Aft** - The back of a ship. If something is located aft, it is at the back of the sailboat. The aft is also known as the stern.

**Bow** - The front of the ship is the bow.

**Port** - The left-hand side of the boat when you are facing the bow. Because "right" and "left" can become confusing sailing terms when used out in open waters, port is used to define the left-hand side of the boat as it relates to the bow, or front.

**Starboard** - The right-hand side of the boat when you are facing the bow. Again, since "right" and "left" can become confusing sailing terms when used out in the open waters, starboard is used to define the right-hand side of the boat as it relates to the bow, or front.

**Boom** - The horizontal pole which extends from the bottom of the mast. Adjusting the boom toward the direction of the wind is how the sailboat is able to harness wind power to move forward or backward.

**Tacking** - This maneuver refers to turning the bow of the boat through the wind so the wind changes from one side of the boat to the other. The boom of a boat will always shift from one side to the other when performing a tack or a jibe.

**Jibing** - This basic sailing maneuver refers to turning the stern of the boat through the wind so the wind changes from one side of the boat to the other. The boom of a boat will always shift from one side to the other when performing a tack or a jibe. Jibing is a less common technique than tacking, since it involves turning a boat directly into the wind.

OK, now that you are starting to sound like a sailor, it's time to start acting like one. The following are some basic boating safety instructions:

- Talk to your seasoned sailor friend before you board the boat and ask if you need to bring your own personal flotation devices (PFDs) or whether they will be provided. Also inquire about proper attire for the outing. You'll want to wear comfortable shoes and layered clothing in case it gets too hot or too windy.
- Tell a friend not going on the trip about your excursion so they know to call the Coast Guard if you do not return by a certain time.
- Check the weather forecast ahead of time. If windy conditions are forecast and the waters are going to be choppy, you may want to postpone your first experience if you get queasy easily. You don't want to spoil it for everyone else or mar your first impression of boating.
- Arrive early. Your sailing friends will appreciate your eagerness and willingness to help prepare for the adventure.
- Pack a very small bag with sunscreen, a towel, a hat or hair tie to keep hair out of your face, and a small first aid kit. Store these personal items out of the way.
- Offer to chip in for gas or any other expenses.
- Ask politely about safety procedures for an emergency situation. The captain will gladly show you where the first aid kit is, how to stop the boat, and, if need be, how to call for help on the radio, where the fire extinguisher is kept and what to do if someone falls overboard.
- Ask if there are any simple boating tasks that you can carry out. You may not be able to perform a jibe, but you sure can pass out drinks or snacks. This will also give you an opportunity to become more familiar with the boat.
- Relax and have fun. Enjoy living in a state with such a glorious natural resource.

It may be a good idea to take a beginner's boating class before your trip so you can learn nautical terms, basic methods for maneuvering the boat and more extensive safety instructions. Check out the Maryland Department of Natural Resource at [www.dnr.state.md.us/boating/safety/basiccourse.asp](http://www.dnr.state.md.us/boating/safety/basiccourse.asp) for a list of classroom and online basic boating safety course offerings. Another online course option can be found at [www.boatingbasicsonline.com](http://www.boatingbasicsonline.com)





## Living with a Satisfied Heart

By Kater Leatherman

Whether it's the economy, our partner or the weather, we can always find something to grumble about. I'll admit that sometimes it feels good to complain. It's a way to vent frustration, but making it a habit is not only a drag for those who have to hear it but a real energy drain on you as well.

We know that it's easier to be miserable than happy. Why? Because it requires sustained effort to maintain a positive attitude. This is what also drives us to blame others rather than take responsibility for ourselves. It's harder to change our behavior. Any way you look at it, living with a satisfied heart is an inside job.

### So, what is a satisfied heart?

A satisfied heart is knowing that you are OK with what is, even if you don't like it. A satisfied heart finds blessings in everything because you trust that they are there. A satisfied heart also sees the good in everyone.

Living with a satisfied heart is the gateway to a happier you, making it a gentler, more effective way to move through life. It reduces worry, stress and the compulsion to gripe about stuff. The bottom line is that living with a satisfied heart is not only a commitment but a choice, one that can be changed with your next breath. Simple? Yes. Easy? No. Your overall outlook on life may be a direct reflection of how satisfied you feel in your heart. So, here are eight ways to cultivate a satisfied heart:

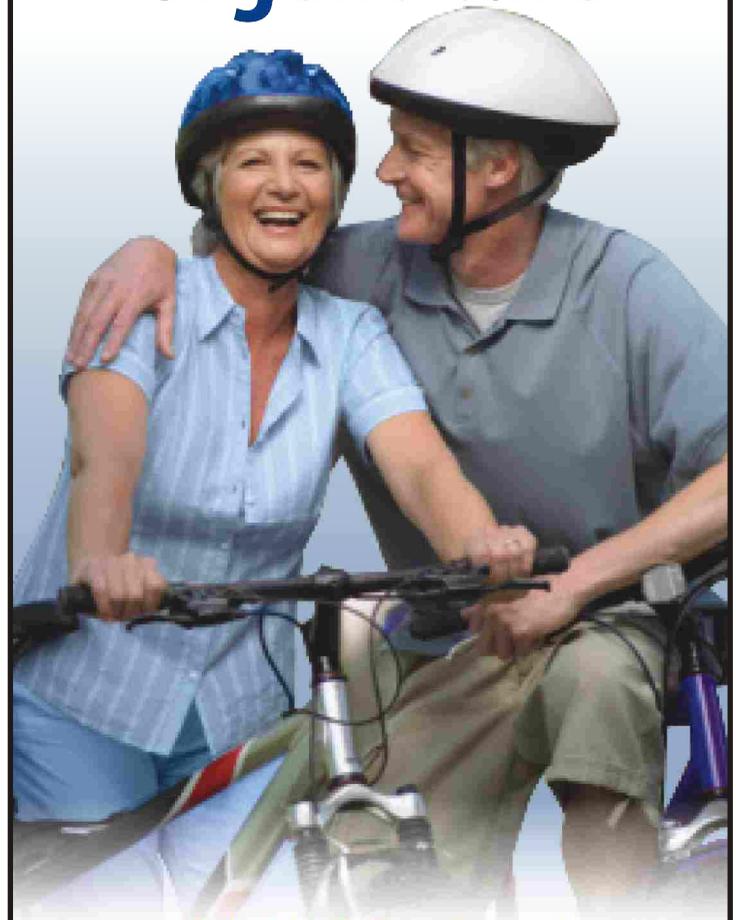
- When you wake up, set a positive intention for your day.
- Remember to be grateful; it is one of the quickest and most effective ways to change your thought patterns from negative to positive.
- Discover what you love and then do more of it.
- Accept the things you cannot change, including other people.
- Garbage in/garbage out, so monitor what you watch, read, say or listen to.
- Turn worry into wonder.
- Learn to go with the flow.
- Trust that every challenge happens for you (not to you) to grow spiritually.

*Kater Leatherman is a home stager, professional organizer and yoga instructor at Ridgely Retreat in West Annapolis. She also has a monthly column in The Capital called Kater On The Homefront. She can be reached at [katerleatherman@gmail.com](mailto:katerleatherman@gmail.com)*



# Righttime<sup>TM</sup> MEDICAL CARE

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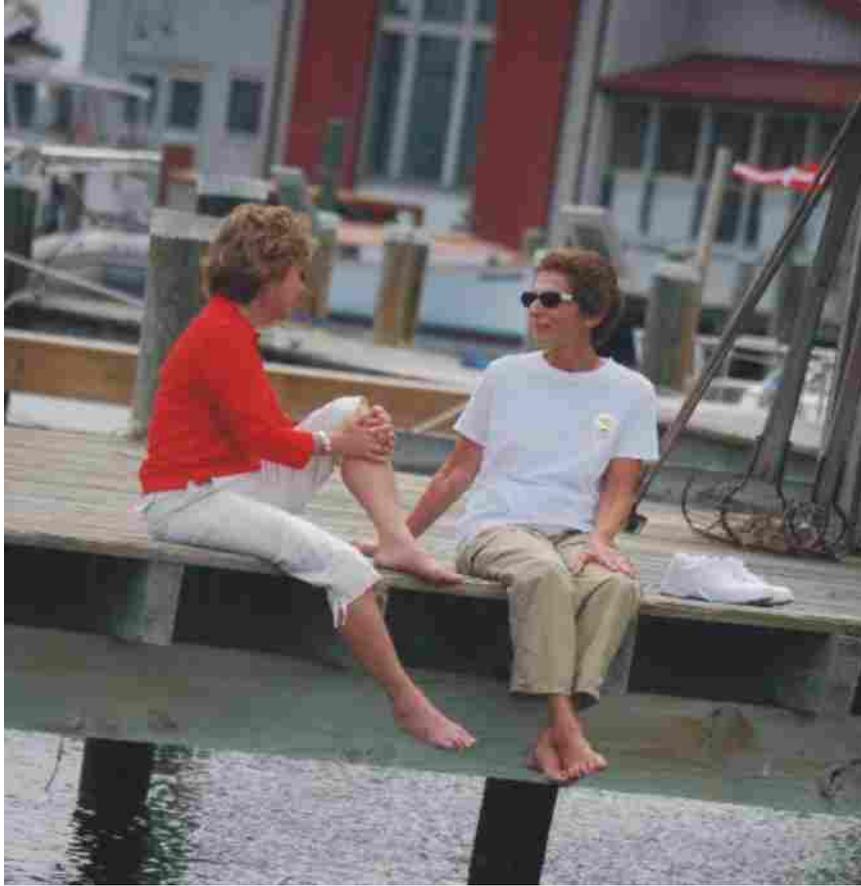
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## Get Some Sun

By Melissa Conroy

“There has been so much focus on the damaging and dangerous nature of too much sun that we forget life as we know it would not exist except for the benevolent star the center of our solar system.”

Over the past few decades, the medical community has swamped us with warnings about how many dangers a hot, sunny day presents: sun stroke, skin cancer, heat fatigue and premature aging due to sun tanning. Gone are the days where people covered themselves with tanning oil and used foil reflectors to accelerate their tan. While some people still flock to tanning beds and sunbathe in order to achieve a golden glow, sun-darkened skin is about as socially acceptable today as smoking indoors or using a beeper. In fact, with so much focus on sunscreen, sun hats, sun glasses and sun-blocking clothes, some people panic at the idea of a random ray of sun striking their unprotected skin.

There has been so much focus on the damaging and dangerous nature of too much sun that we forget life as we know it would not exist except for the benevolent star at the center of our solar system. As summer heat descends upon us, we should

be cautious about too much sun, but we should also thank it for all it has to give us.

One of the many benefits that sun offers is vitamin D, a vital substance that protects bone health by helping the body metabolize calcium. Vitamin D helps children avoid rickets and aids adults in preventing bone fractures. While we can obtain vitamin D through food and vitamin supplements, the best quality source of vitamin D is just outside your door. According to the article “Benefits of Sunlight” from the *Environmental Health Perspectives* journal, “For most white people, a half-hour in the summer sun in a bathing suit can initiate the release of 50,000 IU (1.25 mg) vitamin D into the circulation within 24 hours of exposure.”

We all know that too much sun exposure can cause cancer. Most of us have an acquaintance who has undergone skin biopsies or had parts of their skin cut off. Ironically, too little sun exposure can also lead to cancer. This is primarily because

adequate vitamin D intake plays a role in cancer prevention. So while spending an entire day out on the Bay without a drop of sunscreen is not a good idea, letting sun shine on your skin for about 15 minutes a day is a good cancer-preventing strategy.

Sunlight is also important to your body's production of melatonin, a hormone that helps regulate your sleep patterns, fights off cancer and infections, and protects you from skin damage. Our bodies produce melatonin when it is dark outside and stops producing melatonin when we are exposed to light, particularly sunlight. If we are outside in the sun during the early morning hours, this shuts down our body's daily melatonin production at an earlier time, which helps us sleep at nighttime. If you suffer from insomnia, a daily stroll in the early morning can be a good way to improve your sleep patterns.

In addition, the sun also affects our serotonin levels. Both serotonin and melatonin are produced by the pineal gland in the brain. During daylight hours, this gland produces serotonin, but once light fades for the day, the pineal gland converts serotonin into melatonin. Serotonin is a mood regulator, and elevated levels of serotonin tend to make people happier and more able to ward off depression. When days are short and nights are long, many people suffer from seasonal affective disorder (SAD). This depression is often caused because people are not getting enough sunlight to spur their serotonin production. Someone who has a case of the blues or is struggling with depression can get an emotional lift from something as simple as 15 minutes of daily sun exposure.

Now this doesn't mean that you can toss your sunscreen and spend long hours outside with no sun protection. Sunscreen, sun glasses and sun-blocking hats are all important parts of your summer gear. However, your bare skin should have regular contact with the warm, life-giving rays of the sun. Just 10 or 15 minutes a day of unprotected sun exposure will not put you in danger of skin cancer or fry your skin. Instead, it will help you boost your mood, strengthen your bones, fight off depression and improve your sleep. The next time you take a stroll outside or spend a few minutes digging in your garden, feel free to soak up the rays for a few minutes. You'll have the sun to thank for the benefits.

*Staying in your comfort zone is for sissies - get out there and do something!*

# The Many Benefits of Yoga

By Andrea Lichtenstein

**Y**oga has been practiced for more than 5,000 years, and there are good reasons why. While yoga might be perceived as a discipline where you tie yourself in knots, it has been proven to have many benefits for the entire body. If you consistently practice yoga, your mind, body and spirit can be rejuvenated.

**Flexibility** is the first idea that comes to mind for many when thinking of yoga. Increasing flexibility is a main component, but don't be scared off by thinking you are not flexible enough. That's like thinking you have to be buff to go to the gym. A reason you take yoga is to improve your flexibility. Good flexibility allows you to have full range of motion, and gives those muscles that you use frequently a break. Without stretching, the muscles become tight and sore. Stretching relaxes muscles, which reduces accumulated toxins, relieves muscle shortening or tightening and cuts fatigue. Other perks are blood supply and nutrients going to the joints.

**Strength** is the next area we will look at. If you have ever taken yoga, you know that it takes a lot of strength to hold some poses for extended periods of time. With practice you become stronger and can hold those poses longer. While some poses work the upper or lower body, almost all solicit participation from the core muscles. This ends up providing a total body workout in a fun way.

**Breathing** is another focal point of yoga. By focusing on your breathing, you become mindful of extending that breath, clearing your head, and realizing where your body is at in the moment. Increasing your breath work to push through a pose

helps deliver more oxygen to the muscle group at work, which makes it easier to complete the task. Deep breathing helps the body maintain a relaxed state, as our normal hurried or short breathing can induce the "fight or flight" reflex, putting our bodies into attack mode.

**Less stress** is good for everyone. With constantly rising pressures from society to be in certain places and do a certain amount of activities, it is good for you to weed out the things that are stressful and promote the things that enrich your life. Also by providing a quiet atmosphere and space to meditate, you can really step away from the fast-paced life and take a few minutes for silence.

**The heart** gets a piece of the pie too, not only from the endurance side, but also in the area of heart disease. Yoga was a key component to the heart disease program designed by Dr. Dean Ornish. Ornish is the founder and president of the nonprofit Preventive Medicine Research Institute in Sausalito, California, and is clinical professor of medicine at the University of California, San Francisco. His was the first program to partly reverse heart disease through lifestyle and diet rather than surgery. Additional studies found lower cholesterol, lower blood pressure, reduced chance of stroke and an increased immune response in participants.

These are just a few of the many benefits you can receive from practicing yoga. Improved posture and mood, less back pain, and even relief from arthritis and asthma are just more reasons to go out and try yoga for yourself. With all this at stake, how can you lose? 

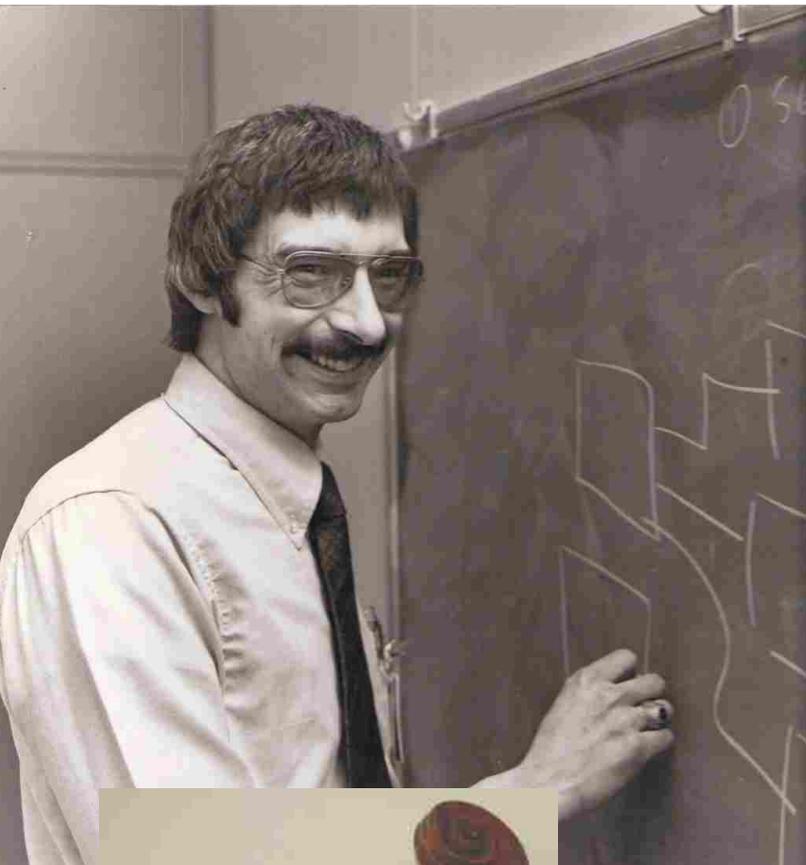
*Andrea Lichtenstein, a registered nurse, can be reached at Ridgely Retreat where many options are offered to meet your yoga needs. Visit the website to see a current class schedule at [www.ridgelyretreat.com](http://www.ridgelyretreat.com) or call at 443 433-0462.*



“If you consistently practice yoga, your mind, body and spirit can be rejuvenated.”

## OutLook's Bits & Bytes

If you're looking for pet-friendly areas, go to **DogFriendly.com**. The site includes pet-friendly accommodations, beaches, parks, attractions and so much more. It's all listed geographically.



## From IBM to Broadway: Bob Offerman

*By Kathryn Marchi*

**T**he great Louis Armstrong is quoted as saying, “What we play is life.” When music is your passion, it becomes an integral part of your life and never leaves your soul.

Whether your talent is singing or playing an instrument, you can find an outlet. There are always other musicians in your area who are just waiting for you to join them in performing.

Many people find that their passion sometimes has to be put on “hold” for one reason or another. But they seem to get back into it when things settle down for them in retirement -- sometimes sooner. But what happens when an accident threatens to stop your ability to perform altogether, perhaps preventing you from continuing pursuit of your passion?

Bob Offerman is one of those people for whom music is a passion. Several unfortunate accidents almost destroyed this musical hobby.

From early on, Bob loved music. At age 10, he picked up a ukulele for fun and taught himself to play. He was blessed with a natural “ear” and a talent for playing an instrument. Bob then read a few music books and taught himself to play the guitar. Next, he took lessons and found himself playing the saxophone in his junior high school band in his native Bronx, New York. Later he switched to the flute, partly because he could march among all of the “pretty girls.”

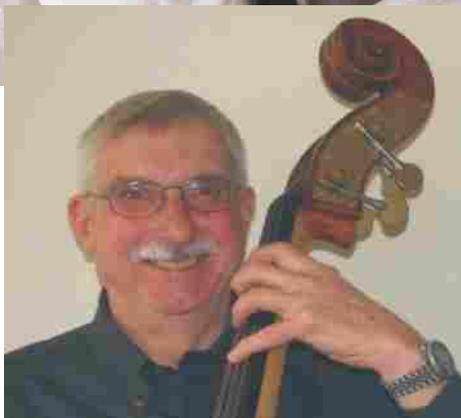
Since Bob attended the Bronx High School of Science, there was no music program for him to join. However, he formed a couple of bands with friends and played the guitar at local dances and shows.

After high school, Bob was hired as a field engineer for IBM and worked there until he was drafted into the Army in 1963. True to form, he found a local band and played with them five nights a week on and around the military post. Things were going well for Bob until he suffered the loss of the tip of his right pinkie finger during a training accident. Though painful, this did not deter him and, after completing basic training, he continued to play in the band.

As with many of us, “life” gets in the way of our hobbies. In 1966, Bob married Niki, the kid sister of a saxophone player in one of his college bands. At this time Bob had rejoined IBM and began attending night school at the New Jersey Institute of Technology, graduating with a BS in industrial engineering. Working full time and attending school at night left no time for music.

Relocating to Poughkeepsie, NY, in 1970, Bob took his old guitar off the shelf and began to play again, mostly for fun and for his two daughters.

Meanwhile, one day at the grocery store, Bob's wife spoke with a cashier who played the organ for a local band and needed a guitarist. Bob Offerman was just the man and he began playing in a series of bands. These were weekend jobs while he continued working at IBM.



“For over 40 years, Bob has continued to make his mark in music. This passion has never wanted even through injuries that threatened to end his musical pursuits.”

*Did you know that the secret to being a good listener is to stop talking?*

Once, when a bass player was needed, Bob borrowed a bass and amp the night before the gig and learned to play it. The bottom four strings on the guitar are the same as on a bass, only an octave lower, so he was able to adjust. Thus began Bob's career as a bass player! He formed another group that covered songs of the Eagles, Doobie Brothers and Steely Dan, among others.

As time went on, Bob found a pianist who was heavily into jazz so he began to play more and more with jazz groups. He had finally found his true love - jazz and played three to four "gigs" on weekends.

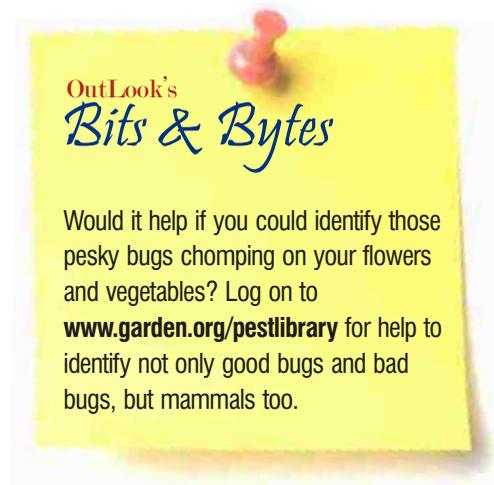
However, in 2001, Bob had an accident with a log splitter and lost two more finger tips, one of them to the first knuckle on his right hand. Now he was missing three of them in a sequence. It seemed that this time, Bob's music career had come to an end. It was extremely painful to play with such severe nerve damage. Not willing to accept defeat, Bob persisted in "desensitizing" the nerve endings on his injured fingers. It was very difficult relearning to play with this injury, but after nine months, he was again playing his beloved bass.

Retiring from IBM in 1993, Bob formed his own software business and worked for another 10 years. He continued to play with jazz groups on weekends, however. In 2005, he and Niki relocated to Symphony Village in Centreville, Maryland. As musicians are wont to do, Bob began networking and quickly found other musicians in the area, playing with such professionals and jazz pianists as Stef Scaggiari and Dick Durham and others throughout the Washington, DC, area. He continues to play bass in small concerts and private parties. To keep his momentum going, he also takes continuing education classes, including a master class taught by bassist Ron Carter. At his summer camp in Lake George, NY, Bob plays with a noted New York City jazz pianist Mike Vassillo whenever they are in residence there.

As a result of his musical expertise and exposure in the Maryland area, Bob was recently asked to play bass in an off-Broadway musical called "Celluloid." The play and lyrics were written by a local playwright, Earl Lewin, and the music was written and performed by Dick Durham.

For over 40 years, Bob has continued to make his mark in music. This passion has never waned even through injuries that threatened to end his musical pursuits. His natural talent for playing an instrument set him on this path as he has continued setting higher standards for himself. Now having played Broadway he has reached a pinnacle in pursuing his passion. His part-time hobby has become an avocation he will pursue throughout his retirement. 🐼

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“Ants are considered the most successful species of animals on earth. Why? Because they’ve been around for over 100 million years and there are over 20,000 different species in existence. Obviously, those bait traps aren’t working.”

# Ants:

## Small in Stature, Big in Numbers

*By Neil Moran*

If you think “ants in your pants” is bad, wait until you meet these ants. These ants bite, pinch and steal away in the night. But never, ever accuse them of a “failure to communicate.” Ants are social animals with a sophisticated form of communication that gets monumental tasks done, such as building underground “condominiums” and searching single file to a predetermined source of food. Too bad we’ll never get that much cooperation out of Congress.

Ants are considered the most successful species of animals on earth. Why? Because they’ve been around for over 100 million years and there are over 20,000 different species in existence. Obviously, those bait traps aren’t working.

Ants are builders. Some homes they build are simple mounds made of sand. Some are reinforced sand castles that can withstand the elements. Others are complex mounds with chambers inside for nursing their young, food storage and for rest and relaxation. And some burrow down 15 feet and create chambers in which they hibernate. The body of an ant makes it incredibly adaptable. Six legs allow it to crawl horizontally or vertically, making it a cinch to get into our homes should there be a crack in the exterior. Their eyes are

made up of many lenses which allow them to see movement and thus avoid capture. And their antennae are all-purpose organs that can smell, touch, taste and hear.

### **Bad to the Bone**

Some ants are just plain bad. They bite and pinch us and steal our food. For instance, the jack jumper ant, which is native to Australia, can kill a person in four minutes, though few deaths actually occur. Once per week, on average, an ambulance is called to a jack jumper emergency in Tasmania. Their poisonous venom can cause swelling, blisters and a decrease in blood pressure. For people with allergies, anaphylactic shock can result. However, they’re also a beneficial insect that kills many agricultural pests. In Australia, people mainly just try to stay out of the way of these critters that don’t intentionally mess with you, but get very angry when you get in their way. Kind of like road rage.

Jack jumper ants are also called bulldog ants and are more individualistic in the colony than most ants. They feud over the littlest of things, such as who will control the nest. And they’re not above taking on a different colony of ants.



## Army Ants of Costa Rica

Army ants of Costa Rica are a little more civil and a lot more interesting. They're a highly organized group of usually more than a million ants per colony. They're also great communicators, but we're not exactly sure how they do it. I've seen a close-up video of these ants when they're making their decision where to go next to search for food. It kind of reminds you of sports fans running onto a field after a big win. Somehow out of all this chaos the ants determine exactly where to go and how to get there. Some scientists believe it may have something to do with chemical pheromones that are being released during all this activity. It's also possible that the queen relays the information to the ants that are running around in the colony.

Army ants also have a hierarchy in the colony that includes guards, construction workers, janitors and nurses. When they search for food they send out scouts ahead of the pack. Then they start marching along single file to their destination, which may be up to 200 yards away. Along the way, the construction ants build tiny bridges by laying flat on their backs and locking legs with other ants, forming a chain bridge to walk across.

People in tropical climates who are familiar with army ants welcome their presence, even in such large numbers. These ants will clean out a room of all crumbs, debris and an occasional scorpion egg. Like all critters, ants seem to have their place in the local ecology.

While it is interesting to study the social behavior of ants, some can be a problem. Here in the Chesapeake Bay area we have the benign but potentially destructive carpenter ant and the tiny but persistent pharaoh ant that will try to enter your home. But beware! The imported red fire ant, an invasive species of ant believed to have arrived in the South in a shipment of goods several years ago, can be aggressive, particularly when provoked. Whatever you do don't step on a mound of fire ants as they'll crawl up your leg and bite and sting you.

In the garden, ants generally are not a concern. However, some ants dine on plant juices and will often physically move plant-sucking insects, such as aphids, to where they want them to feed so they can



reap the benefits of the aphid's devastation. Still, it may be more prudent to find a control for the aphid, rather than the ant.

Ants around the home are another matter. They can be a minor nuisance or a destructive pest. Either way, I'm sure you don't want them around. Fortunately, you can control or eradicate them without chemical treatments. The first step is to eliminate their food source. This is accomplished by keeping the pantry and other areas free of crumbs and spills. You can stop ants from entering your home by sealing cracks and crevices.

Carpenter ants attack rotted and decaying wood. The best way to control them, according to information obtained from the Maryland Department of Agriculture, is to erect a barrier outside the home. Create a barrier by drawing a line with petroleum jelly or chalk. Also, repair any decayed wooden window sills, etc., that provide food and nesting for carpenter ants. The only way to totally eliminate them is to destroy the nest, if you can find it. If you think you've found the nest, spray it with white vinegar or sprinkle chalk or talcum powder over the nest.

If you are not sure what kind of ant you have, capture one and take it in to the nearest cooperative extension office. Whatever you do, don't panic. There is no ant in the Bay area that is going to carry your home away!

## Ant Trivia

- Ants are one of the oldest creatures on the planet. They've been around for more than 100 million years but haven't changed much.
- Ants are also the strongest creatures relative to their size. They can carry 10 to 20 times their weight.
- Of the thousands of insects on this earth, ants live the longest: up to one year.
- They're everywhere, especially in Brazil, which has been dubbed "one great ant's nest." One place you won't find them, however, is Antarctica.
- As you may have guessed, they're very adaptable. They regulate the temperatures in the nest and control airflow. They can also live with a certain amount of pollution and toxic chemicals.

## Videos for Enjoyment and Discussion

*A Bug's Life.* This is a must-see for young and old alike. Although it is a kid's cartoon, the bug descriptions are entomologically correct. Also, there is a message that relates to the ants' survival skills and how there is strength in numbers, regardless of size.

*Ants: Little Creatures Who Run the World,* Bill Mason, 2007.



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*Life is tough — put on a helmet.*

# RVs, Grandkids and New York City

By Kathryn Marchi

**M**ost kids like to travel and going in an RV is an ideal way to make a trip enjoyable, comprehensive and affordable! Over the last four years, we have taken our grandson on great RV trips to Canada, Niagara Falls, Pennsylvania, Boston and the coast of Maine, Luray Caverns, Ocean City and Rehoboth and through most of Virginia. This past June, we treated him to a three-day visit to New York City -- in the RV! How did we do this, you ask?

Seasoned RVers have all sorts of resource books that list every camping area in the United States and Canada. It was in one of these books that we actually found a strategically located camping area in Jersey City called Liberty Harbor RV Park, conveniently located right across the Hudson River from New York City. Our grandson, then 13 years old, had mentioned that he'd like to go there on our next big adventure and thus the plans began. The first thing to look into is the area that you'll be visiting. There is a great deal of "rehab" going on in this area and many new upscale condos have been built, so we felt it was a safe place from which to embark for the city.

The RV Park is also a marina with 24-hour security and 50 RV spaces. Although it only has hookups for water and electricity, there are adequate toilet and shower facilities and a dump station. The pads are concrete and the park is quite clean. Combine that with the fact that at night, you can get a fabulous view of the city skyline and the Statue of Liberty! Like most RV parks, the office offers brochures with local information such as NYC tours, Broadway shows and other important reservation requirements for Liberty Island, Ellis Island and the Empire State Building. Daily bus tours into the city do embark from the RV Park. Otherwise, the PATH Railway, (subway to Manhattan), which is literally a five-minute walk from the park, is another way to travel and start out on your own. This route is very user-friendly.

Once on the PATH, the trip takes about 15 minutes and deposits its passengers at 34<sup>th</sup> Street and Broadway, right across from Macy's and quite near the Empire State Building. It's always thrilling to see the skyscrapers and the bustling city that you're surrounded by when you emerge from underground.

When you catch your breath, walking to your destination is quite easy if you remember that New York City blocks going north and south are very short. On Broadway, they have shut down traffic so that visitors or natives can sit at tables and on lounge chairs and benches all along the street up to Times Square. We happily walked the distance to the Winter Garden Theater on 43<sup>th</sup> St, where we had 3 p.m. reservations for the musical, *Mama Mia*. On the way there are many interesting stops such as the Hershey Store, Toys R Us, with its indoor Ferris Wheel and lots of other sights and sounds. On the return trip getting back to the RV park is an easy walk down Broadway to the PATH station on 34<sup>th</sup> Street, which will take you back to the RV park.

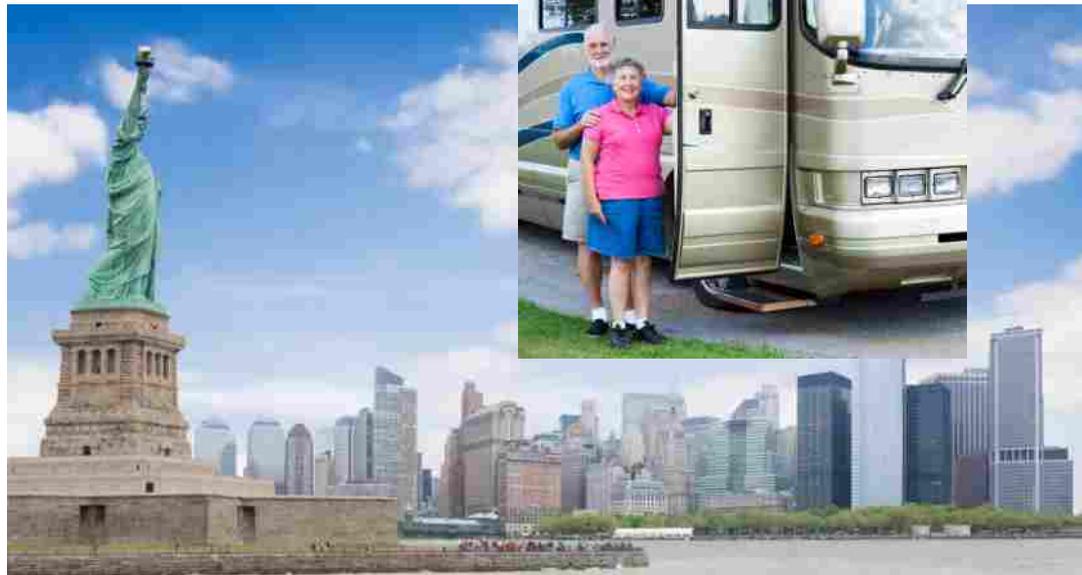
Another interesting day was spent on a 5 ½ hour afternoon/evening tour of New York City. This particular tour, "New York Party Shuttle," offers small buses with excellent guides, so it's easy to get around and it feels like a very personalized tour. The tour stops at the usual tourist spots in the city including Rockefeller Center, the Financial Center and Ground Zero, Central Park, South Street Market by the Brooklyn Bridge, and a drive through SoHo, Greenwich Village, the Theater District, Chinatown, Riverside Drive, ending with a boat trip on the Staten Island Ferry and back. Earlier that day we had visited the Empire State Building and who knew it would be so close to our exit from the PATH Train? It was a clear and sunny day so the views from the observation deck were spectacular.

A visit to Ellis Island and to Liberty Island is a must. There, you can walk around the Statue of Liberty and take in the views of New York City. Ellis Island was especially interesting to our grandson as his great-grandparents had arrived there from Italy in 1906.

One note that can make a trip easy and smooth: before embarking, go online and purchase tickets to see whichever Broadway play you might want to see and make the required reservations for special sights such as the Empire State Building and Statue of Liberty. Entry to the Statue of Liberty base or the statue itself, must be scheduled ahead. Reservations supposedly can be made online within 72 hours. Conveniently, the boat dock to these islands is located quite near the RV Park.

We were so satisfied with the results of this trip. Our grandson validated it best by saying, "Gram, I LOVE New York City!" Besides that, for a fraction of the cost of staying in the city and eating all meals out, we were able to experience nearly all of the high points one could in a three-day visit. A trip such as this is highly recommended if you are an RVer. If you're not, why don't you look into it? 

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# Cactus: The Prickly Plant of Summer

By Louise Whiteside



**A**re you a novice plant grower? An experienced gardener? Does your growing space consist of a large, outdoor garden, an enclosed greenhouse or a small, sunny window sill?

No matter what your skill level or your horticultural environment, you can derive wonder and fascination from growing cacti. These slow-growing, often beautiful or even grotesque-looking plants, seen everywhere from private rock gardens to the great deserts of the world, belong to the succulent family. Cacti are distinguishable by their white, fuzzy spots (known as areoles), from which their familiar spines grow, their bewildering and diverse shapes, e.g., columnar, spherical, climbing or hanging and their colorful flowers.

Cacti are excellent plants for beginning gardeners because of their hardiness: In most cases they'll be content to sit on your window sill or summer patio while you take a two-or-three-week vacation, and still look robust and healthy when you return. However, to be a successful cactus gardener, you should be aware of a few critical rules for keeping your plants happy. Like other plants, cacti require proper watering, light, temperature and nutrients.

**Water:** The biggest mistake cactus growers make is overwatering. Accustomed to living in arid environments, cacti are equipped to store water for long periods. It's better to err on the side of too little water. As a rule of thumb, water your plant when the soil is completely dry. If in doubt, stick an index finger about one inch into the soil; if it comes out dry, it's time to water; if it is moist, wait a bit longer.

**Light:** Most cacti prefer plenty of sunlight. A window or garden spot that receives bright sun for part of the day is ideal. If you notice that your cactus looks thin and pale, it's probably receiving too little light. If it appears scorched or burned, it's getting too much light. Turn your plants regularly. Your eye will become experienced in determining the amount of light needed.

**Temperature:** Most varieties of cacti can withstand extremes of temperature while living in a desert habitat. As a rule, cacti growing indoors or outdoors will do well at temperatures of 60 to 70 degrees F., with bright sunlight. Outdoors, they can tolerate nighttime temperatures as low as 40 degrees F.

**Nutrients:** Commercial cactus food is easiest applied in liquid form while watering. Feeding should be done less frequently during the winter months (try monthly), and more often during warmer weather and while flowering (probably every week).

Specialists disagree on the type of potting soil that is best used for growing cacti. Most basic cactus soils contain 25 to 50 per cent organic matter, combined with an inorganic ingredient. Soil should be loose and well aerated. A commercial cactus soil from your garden center should be adequate.

Cacti can grow well in clay, plastic or ceramic pots. However, any pot should have a hole in the bottom for good drainage.

For further care instructions, see the small plastic tag sticking out of your plant's soil at the time of purchase. A plant specialist at your local nursery or garden center is an excellent resource.

Enjoy the varied shapes and configurations of your cacti. Try creating decorative settings in your garden, on your patio or indoors. Experiment with a rock garden. Select attractive ceramic planters that complement your interior, or arrange simple clay pots in interesting patterns on a bright window sill. Your cacti will usually grow very slowly, will be long-lived and may surprise you with beautiful flowers when you least expect them.

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# Dare to Adventure

By Pat Jurgens

One of the delights of retirement is choosing what you want to do and having the time to do it. Regardless of age or physical capability the excitement of adventure can still be yours. For some seniors this may take the form of new horizons in reading or learning a new language. For those who want or need to be close to home, grandparenting or volunteering can add a new dimension to life. For the energetic and active, there is often a call to travel to new destinations.

When my brother David retired, he bought a 32 foot-Hunter to “find his bliss.” In a dream made reality, he regularly motors out Back Creek and sails solo on the Bay.

Several years ago my husband, Carl, who shares David's love of the sea, signed on for a summer cruise to Baltimore. The first day out, winds were favorable and they made good headway along the western shore. Day two was a different animal when a storm blew in with headwinds making navigation tricky. Waves rose and beat against the hull with gathering force. The radio told the tale; an unpredicted nor'easter was hitting them head-on. They tried to ride out the storm. Maneuvering close to land for protection, they trimmed the sails and powered up the engine. There was no ducking the storm. Isn't there an unwritten rule that nor'easters last three days? And by the third day they were tired, cold and wet, ravaged by the seas surging over the deck. Having made very little headway, they agreed to leave their goal of sailing up the Bay for another time, turned around, and sailed home taking advantage of the remaining winds.

Setting out on an adventure, or new experience of any kind, requires some guidelines. Here are a few that should contribute to your enjoyment and safety:



“One of the delights of retirement is choosing what you want to do and having the time to do it...for the energetic and active, there is often a call to travel to new destinations.”

**1.** Have a navigation plan by setting an intention or goal, deciding on the destination and how you plan to get there. Map out your intended route. Gather information or learn by instruction the skills that you will need. Enlist the help of a mentor. Then practice to hone your abilities.

**2.** Before casting off, check your equipment; your ship must be seaworthy and in good condition. Rig the boat, making sure sails and lines are properly attached. Be certain the dinghy is watertight and the anchor is stowed. Life jackets are a must. And fill up the fuel tank, just in case.

**3.** Pack your sea bag for weather, foul and fair. Lightweight clothing in layers with windbreaker, a slicker and pants are good choices. Include hat, gloves and nonslip footwear for protection and warmth. Put in sunglasses, sunscreen, bug repellent, anti-nausea pills and a flashlight, among the things appropriate for your adventure. A logbook is standard to write notes with a good pen.

**4.** Purchase and load provisions including food that's easy to fix, unless you're on a culinary vacation. Consider prepared soup or stew, fresh fruit, granola, snacks like cheese and crackers, energy bars, raisins and M&Ms. And if you discover a local fish and chips place along the shore, enjoy the pleasure without wasting perishables you brought along. Bring drinking water, very important wherever you go.

**5.** Note the direction of the wind and get the latest weather report. Plan ahead for unexpected setbacks. Do you have tow boat insurance? A first aid kit for minor bruises and pain medication? Does someone else know where you are going and when you'll return? Keep your cell phone handy and battery charged. If you're taking the grandkids on an outing, do you have your son or daughter's phone number? Program it into your cell phone or write it down.

*It's not about where you came from, it's where you end up.*



“When you get to open water, point the boat into the wind and hoist the sails...sooner or later you'll have to face the wind.”

6. Launch your boat and get going. Get an early start and resist the temptation to make endless trips to the closet or the house for things you've forgotten, that is, unless, it's something vital like the GPS or your life jacket.

7. When you get to open water, point the boat into the wind and hoist the sails. The wind is the unknown of any voyage, because it is changing continuously. To get where you want to go, let out your sails (share your skills and talents) and be adaptable to new conditions. It's fun and easier to run with the wind, but inevitably there will be times when you'll need to turn toward the wind (tacking) and likewise when you'll need to turn away (jibbing.) Sooner or later you'll have to face the wind.

8. Remember, one hand for the boat, one hand for you. The old mariner's adage is good advice for keeping safe. Use what you know as a basis for reaching out to new horizons. This could keep you from “falling in” deep water.

9. Hold your course, but know that steering a straight line to the destination is not often possible. The current may push you sideways and alter your direction. Determine your position at regular intervals by taking compass bearings on a buoy or a stationary geographic point to fix your position. You can stay on track by sighting as a range (two objects in a line). Maneuver to avoid shallow water, rocks and other boats; judge the distance and your leeway. All of which is to say, be in tune with the environment and use your intuition and common sense to keep going toward your goal.

10. Drop anchor when the time comes to give yourself a chance to rest and rejuvenate. Though it sounds easy enough, seamen with smarts will not just toss the anchor overboard. Find a protected (leeward) location, where land blocks the force of wind and waves. You need to pick an open spot with enough depth to avoid getting grounded or colliding with another boat. A suitable bottom would be rock free; mud is good, as the anchor can dig in. Stay away from places where there's a strong current. Now you can rest, enjoy a relaxing meal, have a glass of your favorite beverage with your companions and watch the magical colors of a sunset. If you have reached your destination, celebrate! If you are midway on the voyage, then look forward to a good night's sleep and continuing the journey in the morning.

And what of our ancient mariners, David and Carl? Undaunted, they are planning another cruise up the Chesapeake for summer 2010. And this time, they anticipate sailing triumphantly into Baltimore Harbor. 

Pat Jurgens can be contacted at: [4louises@comcast.net](mailto:4louises@comcast.net)

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SUMMER 2010

OUTLOOK by the Bay 21



## Celebrate the Arts Outdoors

“The possibilities for feeding your cultural and artistic curiosities are endless.”

By Leah Lancione

Just like Shakespeare's Globe Theatre capitalized on natural light and ventilations as it had no roof, many venues across the DC Metro area also draw audiences in the spring and summer to their outdoor performances. Just as Greek and Roman theater presentations were often tied to festivals, many venues in Maryland host a wide variety of outdoor performances and cultural celebrations. Here are some examples:

### Wolf Trap

Wolf Trap in Vienna, Virginia, offers something for everyone, from educational programs, art and multimedia presentations to blues, country, folk, orchestra, opera and theater. The possibilities for feeding your cultural and

artistic curiosities are endless. Wolf Trap is considered “America's National Park for the Performing Arts” and supports both local and national performing arts communities. If you want to make your trip to Wolf Trap full-service from beginning to end, consider the locale's dining or picnicking options. Whether you're visiting the venue as a pair or with a group of friends, determine whether you want to have a casual picnic you pack yourself or one catered by Wolf Trap's official caterer. Wolf Trap allows you to bring in your own blanket, food and beverages. However, if you want a fancy picnic without having to do any of the legwork, check out Capital Restaurant Concepts at [www.mealsbeneaththemoon.com](http://www.mealsbeneaththemoon.com) or call 703 255-4017 by 2 p.m. the day before the performance to arrange your picnic under the stars. Concession stands also offer the usual goodies (chicken tenders, burgers, fries, flatbread sandwiches, soft drinks, wine, beer, etc.) while the onsite bar sells a variety of sandwiches, appetizers and desserts in addition to drinks (available an hour and a half before each show). If you want to go all out and have an elegant dining experience before a performance, Ovations restaurant offers buffet or a la carte items from area restaurants, so make your reservation in advance at [www.mealsbeneaththemoon.com](http://www.mealsbeneaththemoon.com) or call 703 255-4017. For more information about Wolf Trap and its upcoming performances or venue features, call 703 255-1900 or log on to [www.wolftrap.org](http://www.wolftrap.org)

### Lime Kiln Theater

Just as audiences watched captivating plays and dramas under the stars at the Globe Theatre in London, the Lime Kiln Theater in Lexington, Virginia, has entertained spectators in an impressive outdoor setting for 25 years. The setting is that of a 19th century lime kiln and quarry, so it's easy to let your mind be transported to the days of Shakespeare or the Greek dramatists. From May to October, the range of performances include concerts, tributes, plays, dance, festivals and more. For more information, call 540 463-7088 or visit [info@theateratlimekiln.com](mailto:info@theateratlimekiln.com)

### Ash Lawn-Highland

Located in Charlottesville, Virginia, the former home of James Monroe is about a three-hour drive west of Annapolis. If you choose to travel along Routes 15 and 20, you'll find lots to see and do on the way.

You'll have the opportunity to stop at Civil War battlefields and view many of the historic homes along the route. And should you turn your visit into an overnight adventure, there are numerous bed and breakfasts and inns in the area. One of which, The Boar's Head Inn, offers special rates on lodging and opera packages [www.BoarsHeadInn.com](http://www.BoarsHeadInn.com) Ash Lawn, a working farm, is owned and maintained by The College of William and Mary (Monroe's alma mater). This year its opera under the stars is featuring Mozart's *Don Giovanni*, which will be followed in late July by the musical *Brigadoon*. There are lots of other productions including programs for children, all of which can be found by logging onto [www.AshlawnHighland.org](http://www.AshlawnHighland.org) The lawns, gardens, historic home and gift shop all make the trip worthwhile. And on your visit to Ash Lawn, you're encouraged to bring your own picnic to spread out under the trees while drinking in the pastoral setting of Virginia's rolling hills.

### Strathmore

The Strathmore Mansion in Bethesda and the Music Center at Strathmore [www.strathmore.org](http://www.strathmore.org) that opened in 2005, offers performances for children on Thursday mornings (9:30 and 11:30 a.m.) in the summertime as well as free outdoor concerts on Wednesday evenings at the Gudelsky Concert Pavilion Gazebo. If a movie is more your thing, free outdoor movies are shown at Strathmore Hall during August. The Strathmore concert hall was a mansion built on 11 acres owned by Montgomery County since the 1980s. Since then it has provided artistic programs at the outdoor Gudelsky Concert Pavilion and Gallery Suite exhibition spaces, outdoor Sculpture Gardens and the Dorothy M. and Maurice C. Shapiro Music Room, which can host 100 patrons.

### The Annapolis Summer Garden Theatre

The Annapolis Summer Garden Theatre (143 Compromise Street) opened its doors in 1966 with a mission “to bring fine summer entertainment to Annapolis but also to play a role in the rejuvenation of the downtown area.” The summer theater allows budding college performers as well as seasoned actors on

hiatus the opportunity to share their acting chops with Annapolitans and outsiders from the end of May through September. The productions are always family-friendly, so bring out the entire gang to this popular venue in the heart of "Nap Town." For more information, call 410 268-9212 or visit [www.summergarden.com](http://www.summergarden.com)

Last, but certainly not the least important item to put on your "to do" list is to attend one of the Maryland Shakespeare Festival's summer tour offerings. In its 10th anniversary season, the 2010 Summer Good Will Tour will feature what critics deemed the "greatest love story ever told:" *Romeo and Juliet*. All performances will be held at the following outdoor venues across Maryland:

- Court House Lawn in Denton (Sunday, July 18, 8 p.m.)
- Magruder Park in Hyattsville (Wednesday, July 21, 7:30 p.m.)
- Watkins Park in Upper Marlboro (Thursday, July 22, 7:30 p.m.)
- Montpelier Mansion in Laurel (Friday, July 23, 7:30 p.m.)
- Decatur Community Center in Clinton (Saturday, July 24, 7:30 p.m.)
- Bowie Center for the Performing Arts in Bowie (Sunday, July 25, 2 p.m.)

For more information, visit [www.mdshakes.org](http://www.mdshakes.org) As the weather gets warmer and the days are longer, take the opportunity to breathe in the fresh air while you nurture your artistic bent at one of the DC metro area's outdoor theater and arts venues.



## iPods, CD Players and Fossils

By Cindy Rott



Just yesterday, a good friend dragged me into his living room to proudly show me his brand new multi-CD player that he'd purchased for his stereo system. He couldn't believe that the big box electronic store only carried one model and that it was the same price as the 12-year-old one that he was replacing. (Yes, he did have the receipt from the first purchase.) He went on to tell me what a surprise it was that in a dozen years the price hadn't dropped in this technological age. Even more of a surprise was that the new, almost identical model actually had fewer features and no remote control like the first one -- an almost identical make and model number. Trying to break it to him gently (it was an age thing), I explained that young people probably don't even know what a multi-CD player is. And I had bad news for him, he might be the last person in the whole world still listening to CDs. With a blank look on his face he asked how others are listening to music.

iPods, MP3 players, phones and computers. That is how people are listening. What once took up the entire bottom shelf of your bookcase can now fit in your pocket. Then adding to my friend's shock, I informed him that I had copied all my old CDs on to the computer and donated them all to Goodwill.

My entire music collection is on a computer and on an iPod. When listening to music, which is often, the iPod is plugged into a docking station that allows the music to come through a speaker. When I hear a song that I like, I download it for \$1.29, and add it to my collection. No longer do I find myself with a \$15 CD with only two songs I enjoy; instead I buy only those I like and ignore the rest. Most music sites allow a free listen, so it's easy to decide if it really is a song worth purchasing. iTunes is what I use exclusively, it's the easiest music site to use and it has extra features like Genius, which will recommend additional music, based on past purchases.

To make life even easier, your music can then be organized into different play lists. And a list can be made up of whatever you like. My lists include my favorites, my husband's favorites, classical, workout, etc. Often I just listen randomly or to the Genius playlists. Genius playlists from iTunes allows you to pick a song and will then randomly pick and play similar songs, which once started, is a seamless listening experience.

A music library can go in and out of the car with you, from room to room, or even on vacation. Almost every room in my house has a dock, or speaker for an iPod. Many hotel rooms even have an iPod dock, so listening away from home is easy.

The lesson is, don't be like my friend who apparently doesn't get out very often. Ask lots of questions before making a purchase. Especially helpful are the young people who work in any of the electronics departments of the local stores. Even grandchildren seem to have a really good insight into current trends and most of the ones I know would be only too happy to help.



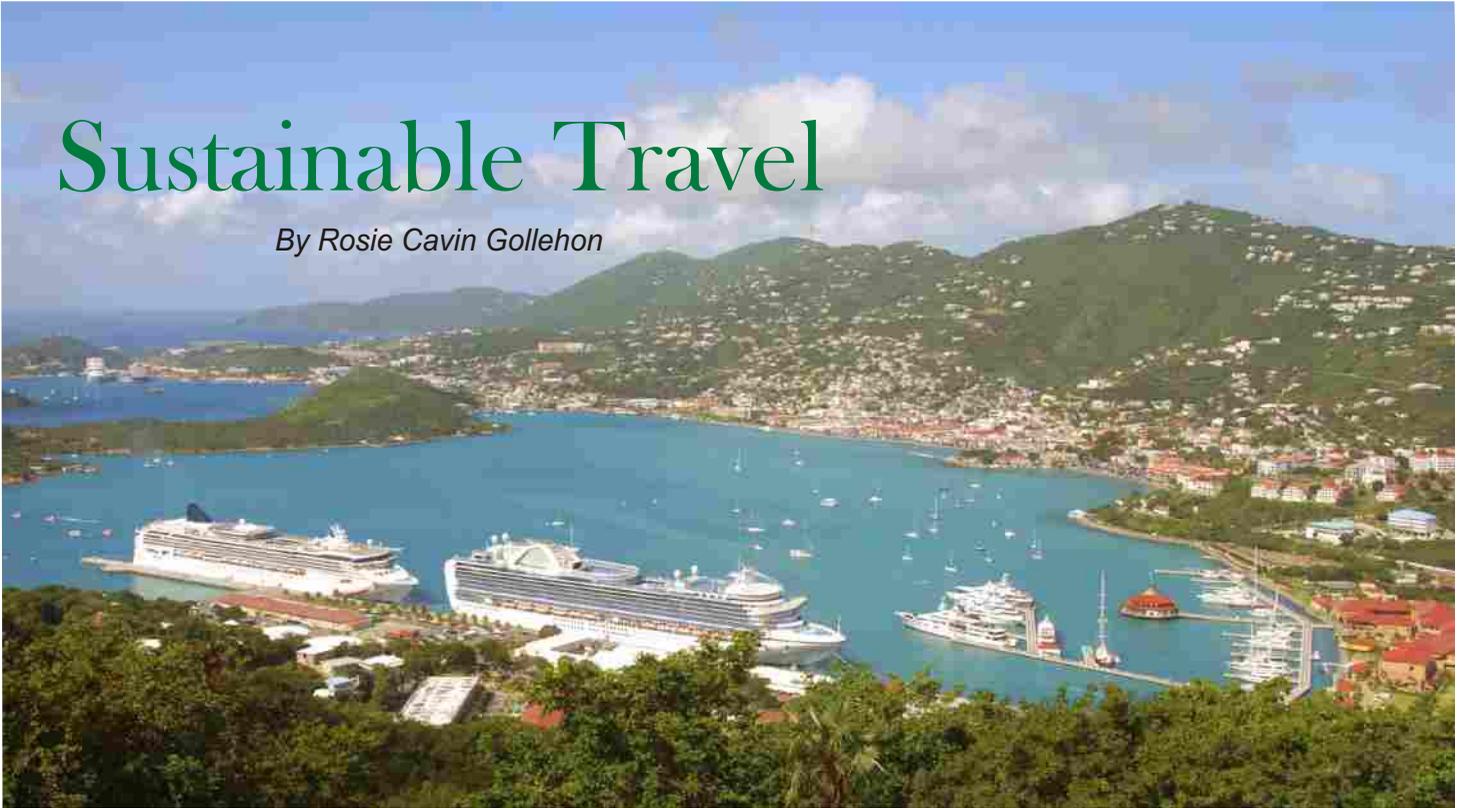
OutLook's

### Bits & Bytes

Are you wondering if you're entitled to that missing pension? Log on to [www.pbgc.gov](http://www.pbgc.gov) to discover if you're one of the 44 million Americans whose pension was protected by the Employee Retirement Income Security Act of 1974.

# Sustainable Travel

By Rosie Cavin Gollehon



Whenever I hear the word travel, my mind immediately conjures up places that I've been to and loved, or destinations that I am still longing to visit: unspoiled beaches, the jungle of the Amazon or the majestic icecaps of Alaska. These are places that we go to for their natural beauty, the wildlife and cultures that we find fascinating. Yet, many of these destinations have become threatened by too much or indifferent tourism, that brings great numbers of people without regard to the local population and eco system. Thank goodness this trend is changing and travelers, tour operators, cruise lines and others concerned with tourism are ready for a gentler kind of travel experience. This trend is called eco-tourism or more appropriately **sustainable travel**.

What is it?

**Definition: Travel that benefits both travelers and the host communities' culture and environments.**

In other words, socially responsible travel that keeps in mind the "triple bottom line" – respecting the socio-cultural heritage of the travel destination, appreciating and conserving nature and the environment and contributing to the economic well-being of the local population.

Let's examine each of these components more closely:

## Socio-cultural heritage

As tourists, we arrive in a destination that is fascinating and foreign to us. We don't know anything about the place and haven't bothered to read up before we left home. The first thing we do is bring out the camera and take pictures of anything and everything. We've got to show the folks back home what we've seen and where we've been. Then, we see some children begging and start handing out money. After all, we are so much better off than they are and what are a couple of dollars anyway.

While such tourists' actions are well-meaning, they exhibit a lack of respect for the local areas customs and traditions. Even worse, they may prove damaging to the local inhabitants by influencing a change in attitudes. You might say, "What harm can taking a picture do?" In some cultures it is not only considered very rude (how would you feel if someone came up to you and took your picture?) but also blasphemous.

Next come the handouts – while a few dollars may make no difference to you – you may even have brought a stack of dollar bills to hand out for tips and what you may think of as charity. But consider this: A child asking for and receiving handouts can make more money in an hour or less than his/her parents toiling in the rice fields for a month or more. That's an attitude-changer. In the child's eye, it is so much easier to ask for a handout than to work. I think you know where I am heading with this. We have the power to change a culture, one tourist at a time.

## Natural resources

This gets a little trickier. After all, natural resources and the beauty of the landscape and scenery is why we choose many of our travel destinations. As Klara Glowczewska, editor of *Condé Nast Traveler*, stated in her opening remarks of the 2008 World Savers Congress, "Yes, travel contributes to greenhouse gas emissions and, like most aspects of modern life, can cause environmental damage. But without travel, economies would grind to a halt." So what can we do as individuals to preserve nature and the environment as we travel?

For starters, we can leave only footprints, not trash, behind us. We can take pictures with permission and skip picking plants. Where available, we can take the Aerial Tram and not the ATV through rainforests. And perhaps most importantly, we engage in "voluntourism," travel that combines a vacation with volunteering on projects to improve the well-being of the locals, which is perfect for people who can spend more time and lend some expertise. ([www.VolunTourism.org](http://www.VolunTourism.org))

Tour companies, hotels and cruise lines can contribute as well. Many companies have begun initiatives that support environmental causes: For example, Intercontinental Hotels Group (IHG) is increasingly focused on issues like how to make sure that the furniture bought by its hotels is made from sustainable materials, including sustainably logged wood.

One such initiative is not enough to reverse the damage, of course, but travelers and suppliers working together will make a difference. Cruise lines, hotels, tour operators and destinations are listening to a growing number of travelers who are looking to combine travel with sustainable practices.

### Economic well-being

For some countries, travel is their main source of income. Tourism is the largest industry in the world, providing employment and income to millions of people. But old travel habits can be controversial. Example: Some cruise lines have been criticized for their regular visits to Labadee on the north side of Haiti, because it seems morally wrong to enjoy the sun and fun while the people of Haiti are suffering. Listeners of a popular radio station were asked how they felt about these cruise lines bringing visitors to a place that is clearly suffering one of the most devastating natural disasters ever. Many of the callers were outraged, but there is a different view:

Aside from the fact that these ships delivered much needed goods (such as food, blankets, cots) to the Haitian people during a time of extreme crisis, we need to consider the effect of tourism on a country like Haiti. One of the poorest nations in the world, and the poorest nation in the Caribbean, it can benefit greatly from responsible tourism. Shops and restaurants cater to tourists, providing employment and income for the local population, which is of great benefit to the region. For example, Royal Caribbean International has

“Some people criticize tourist travel as a self-indulgent pastime that is now increasingly harmful to the environment, but the reality is that world travel can be much more than a self-gratifying act.”

contributed the largest proportion of tourist revenue to Haiti since 1986, employing 300 locals, allowing another 200 to sell their wares on the premises, and paying the Haitian government \$6 per tourist, according to Wikipedia. Individual tourists, cruise lines and tour operators can contribute immensely to the economic well-being of a region or country by using local vendors, buying locally grown food, etc., wherever possible, and educating the travelers about the destination and its people and culture.

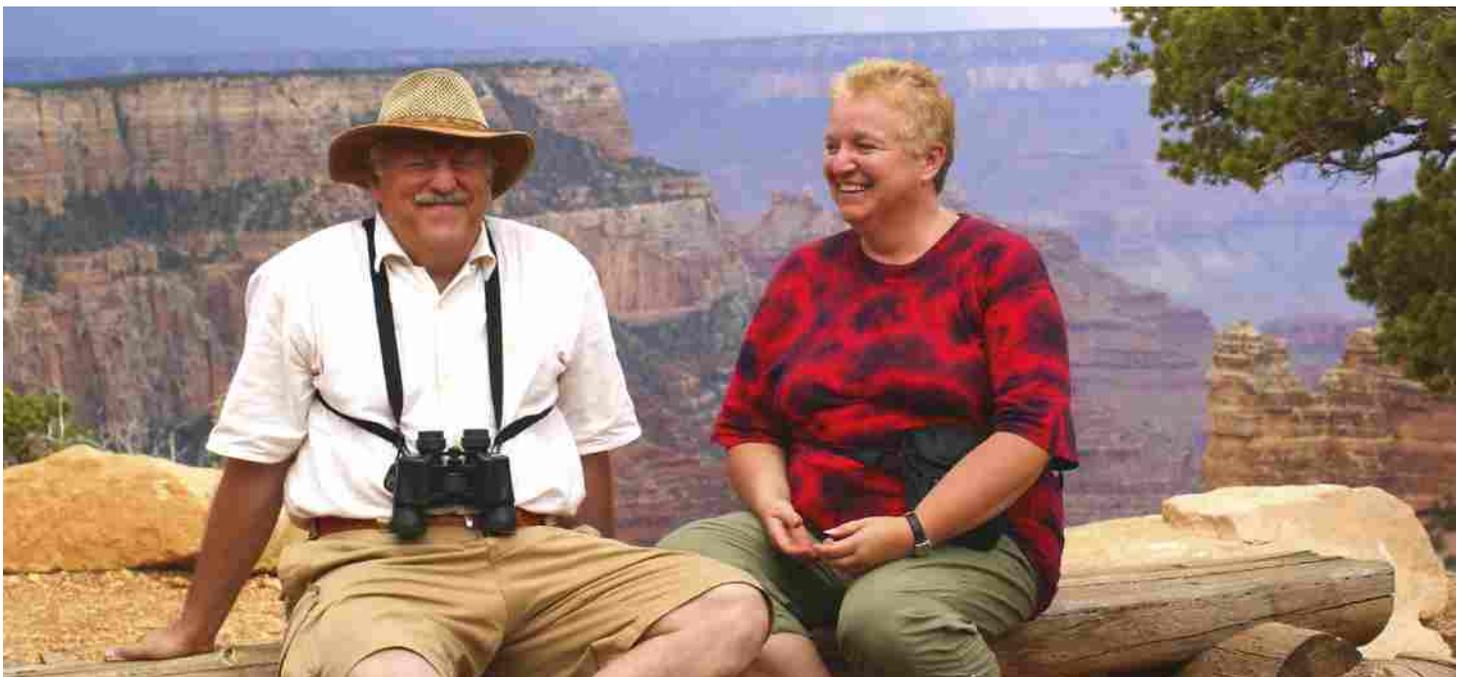
The cruise industry has not always been lauded for being environmentally cautious, but much has changed in the past few years. Almost all the lines have adopted conservation practices, but none more so than MSC Cruises, which operates 10 of the most modern ships to destinations around the world. This company has been awarded the highly prestigious 6 Golden Pearls Award by the international quality assurance and inspection firm, Bureau Veritas for compliance with the highest international standards for advanced air, water and waste treatment systems, environmental management and food safety.

Some people criticize tourist travel as a self-indulgent pastime that is now

increasingly harmful to the environment, but the reality is that world travel can be much more than a self-gratifying act. Travel can be an eye-opener, a way to broaden horizons, promote understanding and provide benefits to the host communities, as long as travelers consider how their actions affect the economic well-being, culture, nature and the environment of the places visited. Nothing helps people learn about the world around them better than travel does. Travel fosters empathy and offers the chance to connect with other people and customs.

For the savvy senior, there are many opportunities to see and experience the world, both near and far, while being mindful of the triple bottom line. They usually prefer a more quiet experience, away from the mega ships and major tourist attractions. They look for enrichment in sites less traveled and moving at a more leisurely pace to better appreciate the beauty of time and place. Examples might be biking in Austria, a barge cruise in France, exploring the Snake River on a small ship and see China off the beaten path with friends, rather than in a large group. 

*Rosie Cavin Gollehon is a certified sustainable travel specialist. She is part of a growing trend of home-based travel agents. Her business, Blue Diamond Travel, offers sustainable travel, small ship, specialty and luxury cruises to groups and individuals worldwide. Visit her at: [www.bluediamondcruising.com](http://www.bluediamondcruising.com)*



# Tap Water, Bottled Water, Filtered Water?

## What's the Safest to Drink and Why?

By Ellen Kittredge

“Water, water everywhere, and nary a drop to drink.”

You may recognize this quotation from the famous poem by Samuel Taylor Coleridge, “Rime of the Ancient Mariner.” The line refers to being stranded at sea, surrounded by water, yet with no potable water left on board the ship.

These words have been oft-quoted since the publication of the poem in the late 1790s, usually to refer to a situation in which clean drinking water has been hard to come by. While in this country we are lucky enough to have ample drinking water, sadly it may not be as clean as we'd expect. This is not to say that there is “nary a drop to drink,” however. Accessing clean and safe drinking water is not just as simple as purchasing a bottle of “spring” water from your local convenience store or turning on the faucet at home to fill up your glass.

Two questions I am frequently asked by my clients are: “Is bottled water better than tap water?” and “If I'm using tap water, what filter should I use on my tap?”

These are pertinent questions, ones I think I may finally be able to answer with some surety, thanks in a large part to the great investigative work done by the Environmental Working Group (EWG), a nonprofit organization based in Washington, DC.

EWG's most recent recommendations about safe drinking water boil down to the following: “Drink filtered tap water.” This may come as a surprise, as bottled water seems to be a better choice, given claims

“...most recent recommendations about safe drinking water boil down to the following: Drink filtered tap water.”

that you read on the bottle, such as: “pure,” “crystal-fresh” or “pristine source.” It turns out these claims don't have any real verification or substantiation, so it is impossible to know if you can trust the claims you read on a bottle of water.

While federal law requires that municipal water suppliers identify the source of their water, the FDA does not require that bottled water companies disclose this information. Additionally, suppliers of tap water are required to not only test their water supply, but also to share these results with consumers. Bottled water companies don't have this same requirement. In fact, four out of five bottled water companies do not publish the results of their water quality testing. And according to the Environmental Working Group, there were 38 contaminants found in 10 popular brands of drinking water.

Interestingly enough, consumers will spend up to 1,900 times more for a bottle of water, yet cannot be confident that what they are buying is any safer than what might be coming out of their tap. This is not to say that tap water is pure. There are, unfortunately, contaminants in most of the public drinking water supplies, ranging from agricultural fertilizers to lead and trace amounts of pharmaceutical medications. Since 2004, testing by municipal water facilities in this country has turned up more than 300 contaminants in public drinking water supplies.

This is why filtration is so important, and is the top recommendation I can make for ensuring that your drinking water is safe to drink. When choosing a water filter, it is important to do your research, read the fine print and choose a brand that will actually remove contaminants. Carbon-based filters are good at removing many common water contaminants. A reverse-osmosis filter, while a little more expensive, will remove even more contaminants, and may be a better option.



To get a full understanding of the variety of different water filtration options and their effectiveness, I'd recommend checking out the in-depth recommendations EWG has made available online at [www.ewg.org/tap-water/getawaterfilter](http://www.ewg.org/tap-water/getawaterfilter). There are a wide variety of brands, filtration methods and prices, and there is no one best choice. It is important to choose one that will work for your home and budget. It may take a little research, but you should be able to find a brand that will work for you.

Water is essential to life: clean, pure water. Now that you know that filtering your tap water may be the best way to ensure a safe water source, it is just a matter of determining which filter is the best option for you. Enjoy the process of learning more about the variety of options, and make a commitment to investing in a pollutant-free drinking water supply for you and your family. It's worth it! Plus, it'll be a lot cheaper than bottled water in the long run. 

*Ellen Kittredge is a nutrition and health counselor practicing in Annapolis and Bethesda, who helps her clients experience real and lasting weight loss, eliminate cravings, gain more energy and improve overall health and well-being. For more information log onto [www.ellenkittredge.com](http://www.ellenkittredge.com)*

*Quit looking through the rear view mirror - it's all about what's ahead.*

# Rise of the Virtual Yacht Club

By Vern Penner

Growing up on Long Island Sound just after World War II when gas rationing was ending, I witnessed a major surge in recreational boating, both power and sail. Dominant players were the yacht clubs housed in magnificent edifices. I still recall visits to the Port Washington Yacht Club with its legendary Star-class fleet of boats and the exclusive Larchmont Yacht Club where American sailing great Emil "Bus" Mosbacher often presided. The visits left me feeling that there would be few greater rewards in my boating life than to gain membership in such prestigious institutions. The allure of the classic yacht club has never faded, but now in retirement I find myself totally satisfied with another type of yachting organization that has become increasingly popular: the virtual yacht club. And I enjoy the virtual club so much I belong to two of them.

Pick up a copy of the monthly sailing journal *SpinSheet* ([www.SpinSheet.com](http://www.SpinSheet.com)) or *PropTalk* ([www.PropTalk.com](http://www.PropTalk.com)) for power boaters and you can find hundreds of listings of virtual clubs under either club directory or cruising club notes. Some of these are organized by type of boat or by manufacturer, others by location and several appeal to certain religious affiliations or societal groups like the aptly named Singles on Sailboats (SOS). Most have no clubhouse and are totally run by volunteers, elected or self-appointed. Members communicate by e-mail with generally no fixed meeting site, hence the "virtual" designation. The virtual yacht club offers a simple way to get out on the water at a minimal cost without any overhead. You participate (or not) in whatever activity that fits your calendar, inclination or wallet when participatory costs are charged. My two clubs are the Chesapeake Bay Sabre Association (CBSA) and the Back Creek Yacht Club (BKYC) and both run attractive and up-to-date websites.



CBSA was founded in 1978 to serve those who own or formerly owned Sabre yachts both sail and power. It offers the usual mix of benefits: weekend rendezvous in favorite anchorages, group purchases of clothing and equipment and reduced membership fees in Boat/US. CBSA has a snappy motto: "Life is too short to sail on an ugly boat." Annual dues are minimal. The club is particularly useful to compare notes on the upkeep of my own Sabre sailboat with other CBSA members who invariably have similar issues. The Back Creek Yacht Club is a more recent arrival on the Annapolis area yachting scene. BKYC was begun in 2002 with 44 members and a larger mix of power boats with sailboats of any make. Now triple in size, the club offers a more ambitious schedule of weekend and midweek events, plus a major cruise.



BKYC even has its own theme song composed by one of its more musically gifted members. Initiation fees and annual dues are modest. Having a set destination with a group of like-minded and water-loving folks whether from CBSA or BKYC gets me using my sailboat more. See you on the water, virtual or real.



*Vern previously wrote in an earlier addition of Outlook by the Bay about his participation in the 2009 Hospice Cup. When he is not sailing or skiing, he's a guest lecturer for National Geographic/Lindblad Expeditions.*

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“What surprises lay in store. As we stepped off the plane we were greeted by crisp clean air, bright sun and lapis-blue skies...”

# Bhutan: The Land of the Thunder Dragon

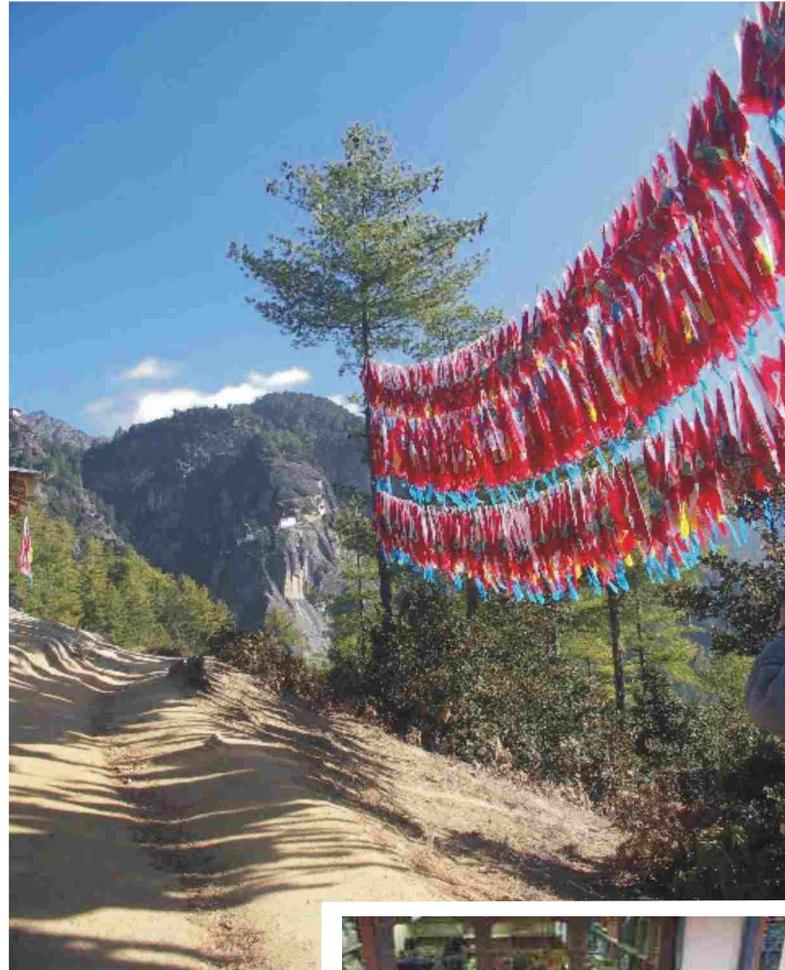
By Tricia Herban

You have never heard of it? Well, we had never been there either—until our plane eased its way through a pass in the foothills of the Himalayas and onto the landing strip in Paro. At that time our luggage was uppermost in our minds. We hadn't met Tshering, our ever-informed and helpful local guide, and we had no idea that we were flying on one of Royal Bhutan Airlines' *two* planes.

What surprises lay in store. As we stepped off the plane we were greeted by crisp clean air, bright sun and lapis-blue skies—and so it was every one of our seven days in the Hidden Kingdom. The ceremonial king of Bhutan, Jigme Khesar Namgyel Wangchuck, was on the plane with us. It was his father, Jigme Singye Wangchuck, who had abdicated his throne in favor of a democratic form of government by 2008. The country has a population of 700,000 and covers 14,000 square miles, about the size of Maryland. There is a national commitment to green development and environmental preservation. The country measures its productivity in terms of Gross National Happiness. Although the national religion is Vajrayana Buddhism, the government provides support to both major faiths—Buddhism and Hinduism.

The beauty of Bhutan's mountain setting is an advantage because it offers this rural country of small, subsistence farmers two income streams: tourism and hydroelectric power. Fed by melt water from the nearby mountains, the rivers flow briskly year round. To augment its current power supplies, neighboring India is helping the country expand its grid by constructing dams. India will purchase this additional power to help meet its ever-increasing energy needs.

Bhutan's second source of foreign income is tourists like us who wish to experience this gem of a land. We flew in by way of Calcutta, India, on a group tour. The entry process is easy as the visa can be purchased at the airport upon arrival. Passport photos and fees are the only requirement.



*If you're not going to listen - stop asking.*

## PRESERVING THE PAST

National pride and tourism both benefit from an unusual ruling—that buildings must be built in the national style and that the traditional dress must be worn when people are performing their jobs in public and at public gatherings. Not only are traditions preserved, but a remarkable visual harmony as well.

But harmony does not mean sameness. The typical two-story buildings used to be wood and stucco-covered mud brick. New construction is of poured concrete, however, and once painted, the new and the old look the same. Walls may be white, pale blue, soft burgundy or a gentle yellow, but it is the folk-painted decoration that provides visual consistency. The protruding beams are cut flat and their ends are painted with a circular motif symbolizing precious jewels or wealth. Window frames and door jams are surrounded by floral decoration and fantastic dragons, tigers, lions and monkeys often appear centered on the wall between stories or on the corners, facing both ways.

The ancient monastery forts showcase this style at its height. The wood is hand-carved and richly painted, providing a feast for the eyes as well as religious inspiration for believers. Buddhist monks in red or saffron robes tread lightly as they maintain the shrines and go about their duties. In days of old, these sprawling walled complexes served as true forts, built to protect the country against invasion from the North. Women almost always wear the prescribed costume—a long straight skirt topped by a short, silken jacket. Colors vary widely although skirts are generally of heavy cotton in striped or solid colors. The men's garment is also of heavy cotton—frequently solid gray, but narrow stripes and a small plaid check are also common. Perhaps it is best described as a knee-length caftan with long sleeves deeply cuffed in white. The fabric overlaps in the front (like a kimono) and the fullness is pulled into two back pleats that lie flat against the body below the waist. It is held in place by a woven belt that is hidden beneath the blousing above the waist. And that blousing provides storage space in the front—like a pocket. Woolen knee socks complete the dress.

## A RUGGED NATURAL BEAUTY

Added to the unique architecture and costumes, the land's rugged natural beauty makes for a remarkable experience. Most of the people live scattered about the countryside where they tend terraced fields of winter wheat, mustard, red rice and potatoes. Stacks of rice straw – fodder for cattle and goats—dot the fields. At the lower altitudes—4,000 feet—they can raise two crops of rice a year, although crops are often rotated and fields allowed to lie fallow.



Walking and biking are the major means of transportation as paved roads are only now being completed. Some own cars or motor bikes, but busses are the common means of distance transport. For the most part, people stay close to home and while they live simply, they benefit from universal health care and education taught in English. Poverty and beggars are conspicuously absent.

A variety of experiences is offered on a tour: a mountainside hike, a walk through rice paddies, tea at a farm house, demonstrations of handmade paper manufacture and thanka painting of religious subjects, as well as weaving of exquisite silk panels and heavy woolen fabric for jackets and upholstery. The national animal is the takin (similar to a deer) and the national sport is archery, popularly enjoyed by 11 member teams in weekend competitions. Meals are served buffet style and alternated between Chinese and Indian cuisine.

At 10,000 feet an interesting sight is the Druk Wangyal Chortens, where 108 identical, square, white stupas glimmer in

## OutLook's *Bits & Bytes*

If you're looking to go on vacation by exchanging homes anywhere in the world, check out his user friendly site [www.homeexchange.com](http://www.homeexchange.com)

the sunlight. Located at Dochula pass, they offer a breathtaking view of valleys and peaks all the way to Mount Everest. The golden finials and metal filigree trim of the stupas, glitter in the clear air—a fixed point against the long needle pines and prayer flags fluttering in the breeze. Purity and serenity seem to hang in the sparkling light, forever my most cherished memory of Bhutan. 

*Tricia, when not travelling, can be reached at [TriciaH@erols.com](mailto:TriciaH@erols.com)*

### TOUR INFORMATION

Bhutan: The Hidden Kingdom was an "Optional 7-Day Pre-Trip Extension" to the "Heart of India" tour offered by Overseas Adventure Travel. The company promises no more than 16 on a trip [www.oattravel.com](http://www.oattravel.com) or 800 873-5628. Travel to Bhutan can be privately arranged through Norbu Bhutan Travels and guide Tshering Wangchuck at e-mail: [tsheringwangchuk001@gmail.com](mailto:tsheringwangchuk001@gmail.com)



## What I've Learned after 50-Plus Years

**W**e asked some of our favorite insightful people to share what they've finally learned after all these years. They've provided some interesting answers. Our favorite is Margo's on having to suffer twice when kids just won't accept how much we know. But then Joan's remember to eat your fiber was a close second!

- Only two things in life are certain: First, everything is uncertain. Second, Everything is impermanent. Appreciate just this moment, be it happy or sad, as it will soon pass. Have reasonable expectations and be unreasonably happy when things work out better than expected. Try not to be so grouchy about the little things that drive you nuts. One day you might be wishing for a little more nuttiness in your life.

~ Barb C., Stevensville, MD

- Mark Twain once said, "Twenty years from now, you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." For me this

has meant letting go of toxic people, thoughts, places and things, all of the stuff that holds me back and causes worry and disappointment. Self-reflection and staying focused on who and what is important is enabling me to embrace new behaviors, ideas and challenges.

~ Joe D., Baltimore

- Family, I've learned, can be a challenge, but it is the place where we start and have our roots ... Many of life's most important lessons are learned there, so we need to be patient and look for strengths. We need to stay in touch despite old hurts and conflicts. Those setbacks lose their capacity to cause pain as we grow older and, hopefully, wiser and more aware of our fragility and mortality. I've also learned that friends are one of life's most wonderful blessings. They fill our lives with joy, love and company. Sometimes they remind us that we are headed in the wrong direction, in a most gentle way, of course. And lastly, make sure you have some fiber in your diet every day.

~ Joan C., Annapolis

- When Art Buchwald died, there was a column he had written to be posted after he died. He said it all as he expressed one of his regrets, "I have not eaten all the éclairs I always wanted." The older we get we hear don't do this, don't eat that. Go sit down and live quietly on legumes and almond butter is what they tell us. Well, I'm with Art Buchwald. Go out and eat the éclairs!

~ Carolyn A., Mashpee, MA

- Make the most of every day; you don't get a second chance to do it over again.

~ Dennis M., Centerville

- The less said the better, especially to your children. They don't seem to want all the words of wisdom that I had to learn the hard way that made their lives (and mine) easier. No, they want to learn the hard way too, so I get to suffer twice! And, happiness is not where you think you'll find it. I try not to worry. So many people poison every day by worrying. Enjoy every waking moment and make the most of it. Who knows what tomorrow or the next hour will bring? Your world can change in a heartbeat.

~ Margo Y., Annapolis

*Get out there and take action. What's holding you back?*

• Forgive, forget and move on. Living in the past never did anyone any good.

~ E. Downing, Portsmouth, NH

• All the clichés are important: family, friends, laughter, not taking yourself too seriously even if it is hard to do, moving on, the glass being half full and seeing the positive side of things. A bit of helping others works well too.

~ Debbie F. Annapolis

• As we've all heard too many times already, but it's so true: Don't sweat the small stuff. Life is too short.

~ Peggy K. Escondido, CA

• Here's what we've learned: Not a heck of a lot! We just live. That is what we have learned, to just live today and to enjoy the moment. It may not be perfect for we all must make compromises in life, but finding what gives you real joy and happiness is the key. It's not money, not material goods, not future plans nor past memories, but it's the certain knowledge that just for today, we are happy, because we choose to be.

~ Tom and Jennifer P., Whitefield, ME

• I've learned that it is a waste of energy to worry about things over which you have no control; things usually turn out the way they are supposed to.

~ Kathryn M., Centreville

• When I was in my early 40s I participated in a workshop with a very creative knitting designer. She showed us so many interesting and exciting ideas. I wanted to try them, but felt I didn't have any extra time in my work or home life. As she was autographing her book for me, I told her how I really needed the time to practice all I learned that day but didn't have it, thinking I would get it in retirement. She signed her name and drew me a clock with 13 numbers on the face. She had given me that extra hour I needed to try something new. From then on I found the time to do what I wanted, whenever I could. That gift helped me slow down and make the time for the family, friends, books, food, yarn, movies, whatever strikes me that enhances my life today.

~ Terry S., Annapolis

• I've learned that I can be myself, express my opinions to others and people aren't going to hate me for it, even if my opinions differ from theirs. And if they do, it doesn't bother me like it used to. Also, "early to bed, early to rise, doesn't necessarily make you healthy, wealthy and wise."

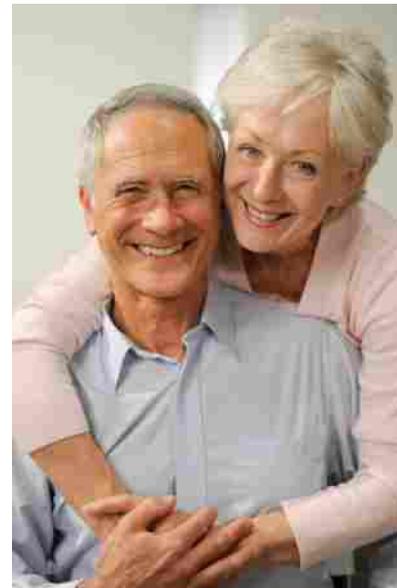
~ Neil M. Kincheloe, MI

• Listen, do not react. Try a dialogue when there is a difference. You do not always have to be right....

~ Dick C., Annapolis

• Don't fret. Things most likely will turn out better than you think. As for life decisions, take a chance. You don't want to regret "the road not taken." Think before you speak, especially in a relationship. Once the words have been spoken -- especially words that could be hurtful -- you can't take them back.

~ J. Phillips, Arnold





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## Your Legal Team

Summer is here and we thought a little fun would be in order.

### Dear Legal Team:

*In cleaning up my deceased grandmother's attic I ran across her old diary. Can I register her diary in my own name as a copyright?*

-Scavenger

### Dear Scavenger:

We congratulate you on your good deed. If, when you are finished you are still in the cleaning mood, we invite you to clean our attics. Now as to your question: According to the Copyright Office you can register copyright in the diary only if you own the rights to the work, for example, by will or by inheritance. Copyright is really the right of the owner of the work or the author's heirs or assignee. It is not a right for the one who merely finds the diary or possesses the physical work itself, having stumbled across it in her attic.

### Dear Legal Team:

*I have a great recipe for heart-shaped dumplings. Can I copyright my recipe?*

-Budding Chef

### Dear Budding Chef:

Our first question is why? Is there a real calling for this dish and a real concern someone would want to steal your recipe? Do you really need copyright protection? Assuming you have a killer dish on your hands, your question is one that comes up all the time. Unfortunately, a mere listing of ingredients is not protected under copyright law. Copyright protects the author's original creative process as contained in the work; it does not cover a procedure, process or method. However, when the recipe or formula is accompanied by substantial literary expression in the form of directions or explanation, copyright protection might be available. So if you use unique expressive aspects in your recipe, such as, "throw the dumplings in the air repeatedly, allowing them to fall on the third throw onto a heart-shaped form, shake your booty, drink some rum and throw them into the oven," rather than the actual recipe (½ tsp of salt, two cups of sugar, bake at 350 degrees, etc.) you might be able to convince the U.S. Government that copyright protection applies.

The problem with copyrighting a recipe is that someone can always "back engineer" it and if they are successful, they can use it without your permission or any royalty payment. Plus all they need to do is change one aspect of the recipe or the shape (doughnut-shaped dumplings). So recipes are usually not copyrighted, rather they are considered trade secrets and protected by confidentiality agreements. If you want to keep your recipe secret you should be very cautious about sending it out or sharing it with the public. Consider having the bakers of your product sign a nondisclosure or confidentiality agreement. Of course, it's hard to keep a good recipe secret unless you are Coca Cola.



**Robert R. Smith, Esq.** and **Gilda O. Karpouzian, Esq.**, are practicing lawyers in Maryland with more than 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](mailto:rsmith@fjbslaw.com) and Ms. Karpouzian can be contacted at 410 280-8864.

### Dear Legal Team:

*Summer is here and we can already hear loud music being played by our oblivious neighbor. It goes on until late at night. We don't want to be the ones to call the authorities, but do we have any rights at all as he continues to pollute our community with his "noise" which he calls music?*

-Tone Deaf

### Dear Tone Deaf:

You can always call the authorities for disturbing the peace or go to greater expense and hire an attorney to seek injunctive relief to abate the nuisance the sound is creating. However, inserting ear plugs might be a quicker and less expensive way to solving your problem until winter rolls around.

*This article provides entertainment and 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.*

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*When all is said and done, it's not what you've accumulated, it's what you've given away.*

# Fun by the Bay

By Emily E. Baran

The sun is staying out later and the temperatures are rising. We are spending more time outside, whether in a park for a picnic, by the Bay on a boat or down at the neighborhood beach. Dinner should be easily put together for a quick getaway.

## Quinoa Salad

- 2 cups water
- 1 cup quinoa, dry
- 1 Tbs. olive oil
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 1 onion, halved, sliced and sautéed
- 1 cup pine nuts, toasted
- 1 cup dried cranberries
- 2 cups mint chopped
- 1 orange, zest and juice

Bring water, quinoa, a pinch of salt and 1 Tbs. olive oil to a boil and turn temperature down to a simmer. Meanwhile, thinly slice the zucchini and yellow squash and set aside. Peel the skin off the onion and cut it in half. Thinly slice the onion and heat it in a sauté pan with some oil; sauté until soft. Take the onions off the heat and set aside. Lightly toast the pine nuts and set aside – careful, they burn quickly. Once the quinoa has absorbed all the water and the spiral germ is visible, remove from the heat and transfer to a large bowl. Add the vegetables, nuts and berries and mix. Once mixed, add orange zest, juice and a drizzle of olive oil. Mix again, cover and refrigerate.



## Orzo Pasta Salad with Spicy Italian Sausage

- 1 package Italian sausage (hot variety works best for more flavor, but milder will work)
- ½ box Orzo pasta
- 3 bunches scallions, chopped
- 1 block feta cheese, crumbled
- 1 package sundried tomatoes, chopped
- ½ can olives, medium-sized, sliced

Cook the orzo pasta according to the instructions on the back of the package. Open the package of Italian sausage and remove the casings off each individual sausage. Sauté until fully cooked. Chop the scallions, crumble the feta cheese, chop the sun dried tomatoes and slice the olives. Once the orzo has been cooked and cooled, add the vegetables and sausage to the orzo and mix. Once combined, drizzle olive oil and balsamic vinegar and sprinkle salt and pepper.



## Baked Fried Chicken

- 4 chicken breasts, cut into 4 tenders
- milk (coconut milk preferred, but any milk will suffice)
- flour
- cayenne
- paprika
- cumin
- salt
- pepper

Preheat the oven to 375 degrees. Soak the chicken tenders in the milk in a Ziploc bag, sprinkle salt and pepper for seasoning. Let the chicken marinate for about 1 hour. Mix the flour, cayenne, paprika, cumin, salt and pepper together. Remove the chicken tenders from the bag and coat with the flour mixture and place on a baking sheet covered with a Silpat or greased tin foil. Spray with nonstick cooking spray and place in the oven for approximately 30 to 35 minutes.

The salads can be made in advance and served at room temperature. The chicken tenders can be served cold or warm with any type of sauce – homemade honey mustard, spicy brown mustard or ketchup. These are all good options to serve at a bay-side lunch picnic or on a day outing on the boat!



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# Break Your Fast The Right Way

By Melissa Conroy

For many people, breakfast means a cup of coffee hastily gulped on the way out the door or a sugar-coated cupcake masquerading as a bran muffin. Other people literally cannot stomach the idea of eating in the morning, and some claim they barely have enough time to shower in the morning, let alone eat. However, skipping breakfast is a bad idea for many reasons.

When you wake up in the morning, your body has already gone several hours without eating: skipping breakfast only increases this fasting period. If your last meal was at 7 p.m. last night and you didn't eat until noon today, that means 17 hours passed without you providing any fuel for your body. The end results are predictable: hunger pangs, irritability, mood swings, lack of energy and all the other issues we associate with hunger.

Even worse, people who routinely skip breakfast are more likely to gain weight than those who don't. Hungry people make unwise food choices. Someone who hasn't eaten for 16 or 17 hours is likely to attack lunch with zeal, vacuuming up whatever

food presents itself. A famished luncher is likely to choose a triple-decker salami with French fries over grilled fish and fruit salad! Studies have shown that people who regularly skip breakfast eat more calories throughout the course of the day than breakfast-eaters.

Another problem with skipping breakfast is that going long periods without eating can throw your body into "starvation mode." For eons of human existence, food was often hard to come by and famine was a very real threat. Our bodies learned to adapt to these conditions. Today, although there are Burger Kings and Krispy Kremes on practically every street corner, your body still thinks it is one brontosaurus short of starving to death. Skip eating for several hours, and your body will generate a "famine alert" and start slowing down your metabolism and the rate at which you burn calories, which is counterproductive to anyone trying to lose weight. Eating on a regular basis keeps your body burning calories as opposed to hoarding them.

However, not just any food in the morning will do the job correctly: many of

the "breakfast items" popular today are really better classified as dessert: sugary cereals, Pop Tarts, pancakes and waffles, pastries, and sugar-laden granola bars are popular breakfast items that don't do your body a lot of good. A doughnut or bowl of Frosted Sugar Bombs cereal will give your body a huge influx of sugar and simple carbs. While this will give you a quick energy buzz, this buzz will wear off quickly and leave you exhausted and sluggish the rest of the morning. While a cheese Danish is better than nothing at all for breakfast, your best bet is to break your fast with protein and whole grains to start the day out right. Here are some better breakfast choices

**Oatmeal:** Oatmeal contains beta glucan, a fiber that mops up cholesterol along with Vitamin B and a boost of complex carbs to keep you full in the morning. Buy plain oats (not the fancy sugar-sweetened premade ones). For even more health benefits, buy steel-cut oats. They take longer to cook but are unrefined and only lightly processed. Enjoy with a drizzle of honey, a sprinkling of cinnamon and milk.

**Eggs:** Eggs got a bad rap in the past for containing high levels of cholesterol. However, eggs have so many wonderful health benefits to offer, and eating them in moderation is fine for most people. Eggs for breakfast mean starting your day out with a big dose of protein that is important for keeping you full and satisfied. Buy organic, free-range eggs if possible: they simply taste better than regular eggs, plus they have much higher levels of omega-3 fatty acids.

**Plain yogurt:** Yogurt is branded as a health food, but beware. A six-ounce pot of yogurt can contain as much sugar as a can of soda. Instead, buy plain, unsweetened yogurt and jazz it up with fresh fruit and honey or eat it as it is. Plain yogurt can take a little getting used to, but it has a tangy, pleasing texture that can soon become addictive. Even better, buy either Brown Cow Cream Top yogurt for a silky, rich treat or any brand of Greek yogurt for an unbelievably creamy, smooth experience.

*Just do it - why are you procrastinating?*

**Cottage cheese:** Cottage cheese is an amazing food that is rich in calcium and slow-burning protein. Although it comes in fat-free and low-fat varieties, these options unfortunately tend to taste watery and bland, which may be why some people dislike cottage cheese. For optimal taste, try 4 percent fat cottage cheese – this means one-half cup of it will have only 5 grams of fat.

**Peanut butter:** Although it has high levels of fat, some peanut butter on a slice of whole wheat bread is an excellent way to start the morning. Researchers are discovering that peanuts help fight heart disease, and peanut butter is very satisfying and filling, making it a great breakfast food. One tablespoon of peanut butter in the morning can keep you filled up and happy until lunch.

If you have some time in the morning to cook, a few minutes can yield a healthy breakfast. Try one of these easy breakfasts to start the morning out right.

**Egg Sandwich:** Toast a slice of whole wheat bread. Place a few slices of thin deli-sliced ham over the toast. Top with one scrambled egg and a thin slice of cheese. Microwave for 20 seconds or until the cheese melts.

**Protein Smoothie:** In a blender, put a few spoons of plain or Greek yogurt, one-fourth cup of milk, a scoop of protein powder, two ice cubes, and some fruit (a banana, berries, a peach, etc). Blend until smooth.



**Breakfast Burrito:** Take a whole grain tortilla and fill with scrambled eggs, a little shredded cheese and some salsa. You can even make up several of these and freeze them ahead of time.

**Microwave Quiche:** Beat four eggs together with one cup of milk, salt and pepper to taste, a handful of cheese and vegetables or meats of your choice. Pour into a greased microwave-safe pie pan and microwave for 7 to 8 minutes.

With so many wonderful breakfast combinations out there, there is no need to skip this important meal. Take a few minutes each morning in order to fuel up and start the day out right.



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### The National Gallery of Art

**Current offering:** *Beat Memories: The Photographs of Allen Ginsberg.*

The Beat Generation poet from the 1950s was also a photographer. In fact, he was a recognized photographer for more than 40 years. Allen Ginsberg's subjects range from self portraits, to members of the Beat era as well as the "drugstore" prints that first earned him recognition. In later years, he reprinted earlier works and often added extensive captions which enhance these period artifacts. "The same ideas that inform his poetry—an intense observation of the world, a deep appreciation of the beauty of the vernacular, a celebration of the sacredness of the present, and a faith in intuitive expression—also permeate his photography." Seventy-nine works are on display.

**On view:** May 2-Sept. 17

**Also offered:** *Edvard Munch: Master Prints*

One of the most tortured artists of the 20th century, Norwegian artist Edvard Munch, presents the pains of life in a unique way—by deforming, twisting and bending his subjects so that their physical distortion clearly reflects an inner turmoil and distress. His works have a strength and eloquence that demand respect and attention in their depiction of the human condition. Color, line and texture augment the shapes he creates.

Some 60 works in woodcut, lithograph and intaglio illustrate the evolution of Munch's ideas. Subjects reappear, reworked and revisited, developing new meanings in several series of prints taken from the collections of the National Gallery as well as from two "exceptional" private collections.

**On View:** July 31–Oct. 31

**Location:** between 3<sup>rd</sup> and 7th Streets at Constitution Avenue, NW

**Getting there:** Metro Red Line at Judiciary Square, Yellow or Green lines at Archives and Blue or Orange lines at Smithsonian

**Admission:** free

**Hours:** Monday-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](http://www.nga.gov) or 202 737-4215

### Freer Gallery of Art and Arthur M. Sackler Gallery

**Current offering:** *Gods of Angkor: Bronzes from the National Museum of Cambodia*

A unique collaboration between the Freer and Sackler galleries and the National Museum of Cambodia has produced this presentation of 36 works. These bronzes demonstrate the history of bronze sculpture and casting from the third century BC to the sixteenth century.

The origins and uses of the technique are visualized in a distinct Cambodian style. The bronzes on display at the National Gallery are the first to be conserved in the Cambodian metals conservation laboratory, the first in the country and a collaborative effort of the two institutions. The exhibit next travels to the Getty Center in Los Angeles.

**On view:** May 15, 2010 – Jan. 23, 2011

**Location:** 1050 Independence Avenue, SW

**Getting there:** Metro Blue and Orange lines at Smithsonian

**Admission:** free

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

**Food Service:** none

**Contact information:** [www.asia.si.edu](http://www.asia.si.edu) or 202 633-1000

### Smithsonian American Art Museum

**Current offering:** *Telling Stories: Norman Rockwell from the Collections of George Lucas and Steven Spielberg*

Anyone who remembers the *Saturday Evening Post* magazine shares a part of American heritage reflected by the cover art of Norman Rockwell. His pictures portrayed an idealized world where adults were in benevolent control and the social structure was held together by school, church and family. That time of Ozzie and Harriet may never have existed, but the meticulous details of life, lovingly pictured in Rockwell's works were convincing. Modern filmmakers George Lucas and Steven Spielberg became entranced by Rockwell and developed personal collections of his work.

The thread uniting these three communicators is understanding the significance of the popular media "of their time." *Telling Stories* is the "first major exhibition to explore the connections between Rockwell's iconic images of American life and the movies." More than 50 paintings and drawings are on display, many for the first time. Rounding out the visual presentation of Rockwell's art are video interviews with Spielberg and Lucas talking about their collections. An illustrated book is also available in the museum store and online at [AmericanArt.si.edu/shop](http://AmericanArt.si.edu/shop)

**On view:** July 2, 2010, to Jan. 2, 2011

**Location:** 8<sup>th</sup> and F Streets, NW

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

**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:**

[americanart.si.edu](http://americanart.si.edu) or 202 633-1000

### The Renwick Gallery

**Current offering:** *The Art of Gaman: Arts and Crafts from the Japanese Internment Camps, 1942-1946*

When Japanese Americans were taken to internment camps during World War II, they arrived with nothing and they were provided with little more than shelter and cots to sleep on. But during the four years of their compulsory isolation, they not only created communities for themselves, but also objects that were both utilitarian and decorative. Most of those hard-won efforts have vanished over time, but a unique collection of those remaining is on view, accompanied by an extensive book, *The Art of Gaman*. Objects range from jewelry boxes to chairs and stools, to elegant pins and pipe cleaner flowers carefully preserved under mayonnaise jars (reminiscent of the Victorian beaded and flocked flowers created for settings of middle class comfort). The word *gaman* means "to bear the seemingly

unbearable with dignity and patience.” An hour in this exhibit unveils the pride and tenderness with which these objects were created. The show is presented with the cooperation of the Japanese American Citizens League, San Francisco Chapter. **On view:** March 5, 2010, to Jan. 30, 2011

**Location:** Pennsylvania Avenue at 17<sup>th</sup> Street, NW

**Getting there:** Metro Red Line at Metro; Blue and Orange lines at Farragut West.

**Admission:** free

**Hours:** 10 a.m. to 5:30 p.m. daily

**Of note:** Gift shop specializing in fine crafts.

**Contact information:**

[www.AmericanArt.si.edu](http://www.AmericanArt.si.edu) or 202 633-1000.

### Corcoran Gallery of Art

**Current Offering:** *Chuck Close Prints: Process and Collaboration*

More than 100 finished works, proofs and objects showcase Close's innovative use of woodcut, mezzotint, silk screen, aquatint and linoleum cut. Close came to this medium after establishing himself as an abstract painter. By 1976, he developed a realistic, finely detailed style of portraiture. His monumental self portraits and pictures of friends included photography as well. However, it was in printmaking that he expressed the greatest visual experimentation.

Close's first print, *Keith/Mezzotint* of 1972 bookends the show with the “ambitious 113-color Japanese-style ukiyo-e woodcut *Emma*,” from 2002. Close's work in other media accompany the prints as well as matrices and proofs that illustrate the steps involved in printmaking. Working from photographs, he uses a grid system to “transcribe” the portrait subjects into finished pieces. Close describes his creative process by noting, “when you have very strict limitations, you have to be...very creative to figure out a way of getting them to work for you. I found that kind of problem-solving very interesting.”

**On view:** July 3 to Sept. 12

**Location:** 500 17<sup>th</sup> Street, NW

**Getting there:** Metro Orange Line to Farragut West; Red Line to Farragut North

**Admission:** seniors \$8, adults \$10

**Hours:** Wednesday, Friday, Saturday and Sunday, 10 a.m. to 5 p.m. and 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, Friday to 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](http://www.corcoran.org) or 202 639-1700

### Richmond - Virginia Museum of Art

**Current offering:** NOT TO BE

**MISSED:** *Tiffany: Color and Light*

This is the “most important exhibition ... of Louis Comfort Tiffany in a generation” and the Virginia Museum is the only American museum where it will be shown. Works are drawn from collections in Europe, North America and Russia and focus on the “innovative techniques and artistry” that became the hallmark of Tiffany productions. More than 180 examples present leaded-glass windows and lamps, blown-glass vessels and decorative objects including mosaics, jewelry, bronzes, paintings, watercolors, architectural elements and silver. The focal point of the exhibit is eight newly restored windows from the Erskine and American United Church in Montreal.

These works are presented in the context of Tiffany's international career, which began as a student painter in Europe and evolved into the design of interiors incorporating his magnificent glass windows and decorative objects. His technical mastery of the leaded glass process as well as the development of his patented Favrite glass are included in the discussion. *Tiffany: Color and Light* was organized by the Montreal Museum of Fine Arts and in collaboration with VMFA and the Musée de Luxembourg in Paris.

**On view:** May 29 to Aug. 15

Also on view from the Museum's own collections:

**American Art from the McGlathlin Collection** May 1 to July 18

**German Expressionist Art: Selections from the Fischer Collection** May 1 to July 18

**Matisse, Picasso and Modern Art in Paris** May 1 to July 25

**Location:** 200 N. Boulevard, Richmond, VA

**Getting there:** By car to parking garage entrance at Sheppard St. and Stuart Ave. Cost: \$3/day.

**Admission:** General admission is free; this exhibit requires timed tickets: seniors/students \$12, adults \$15, children 6 and younger: free.

**Hours:** 10 a.m. to 5 p.m. daily, Thursdays 10 a.m. to 9 p.m.

**Food service:** Best Café - casual dining 11 a.m. to 2 p.m. Amuse - fine dining 11:30 a.m. to 2:30 p.m., lunch 2:30 p.m. to 4 p.m., tea 5:30 p.m. to 9 p.m. Dinner on Thursdays. Phone for reservations 804 340-1580.

**Of note:** A 3,500 square-foot gift shop featuring Virginia crafts, Faberge and exclusively commissioned jewelry pieces.

**Contact information:**

[www.vmfa.museum](http://www.vmfa.museum) or 804 340-1400

*Tricia, an avid patron of the arts, can be reached at [triciah@erols.com](mailto:triciah@erols.com)*



OutLook's

*Bits & Bytes*

Try [www.SimplyCheckLists.com](http://www.SimplyCheckLists.com) to discover a great source of printable check-lists. It features a wide variety of lists, such as what you should remember to put in the guest bathroom or what not to forget when traveling with your pet.



## Hit the Trail

By Melissa Conroy

It was August of 2000, and I was buried in the middle of Georgia, with a 50-pound backpack strapped on and an endless amount of hills in front of me. Every time I dragged my aching body to the top of one hill, I would be confronted with an even taller one. The humidity was nearing 100 percent, the temperature was edging into the high 90s and I hadn't bathed in three days. I was hungry, exhausted, and covered with bug bites and dirt. I was having the time of my life.

On that fateful weekend in August, I was tackling the Appalachian Trail (also known as the AT). At approximately 2,178 miles long, it bears the distinction of being the nation's longest trail. Running from Springer Mountain, GA, to Mount Katahdin, ME, the trail wanders through eight national forests and 14 states. AT elevations run from 124 feet to 6,625 feet, and it roams across a wide variety of gorgeous landscapes. Hikers on the AT wander through the Smokey Mountains, New England river valleys, the Mahoosuc Range, and many other amazing sites. It's no wonder that an estimated 3 million people a year hike part of the Appalachian Trail and about 10,000 people to this date have hiked the entire trail, end-to-end.

“At approximately 2,178 miles long, the Appalachian Trail bears the distinction of being the nation's longest trail.”

If you have a backpack, a good pair of hiking boots, and a yen to explore, the Appalachian Trail is a must. The AT is not just for the young and fantastically fit. In 2004, Lee Berry walked the entire trail for the second time at age 81. In 2002, a 6-year-old boy, his 8-year-old sister, and their parents walked the entire trail. Although parts of the trail can be difficult, in general anyone with fairly good health and a keen eye for adventure can tackle the AT.

If you are so inspired, you too can attempt to walk the entire trail and become a “thru-hiker.” Hiking straight through takes, on average, about six months. Normally thru-hikers start in Georgia early March or April and work their way north. However, there are modifications on a thru-hike. Some hikers “flip flop,” meaning that they start in the middle and hike up to the north end of the trail; when they reach Mount Katahdin, they fly or drive back to their middle starting point, then hike the second half of the trail south to Springer Mountain. Finally, some hikers are “sectional hikers” meaning that they tackle the AT section by section. A hiker may spend a month or so hiking the trail, then go home for a few weeks or months before returning to the AT to hike another section. Sectional hikers may take several years to hike the entire trail. The Appalachian Trail Conservatory bestows the honor of “2,000-miler” to any hiker who completes the entire trail, regardless of direction, time, sequence or speed the hiker took to do so. Earning the title of a “2,000-miler” is quite an accomplishment because only about one in four people who attempt a thru-hike make it the entire way.

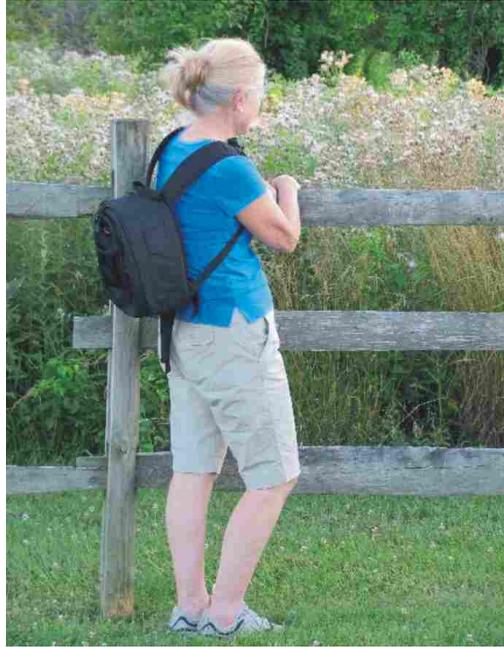
But the AT can be enjoyed by people who don't necessarily want to put in the estimated 5 million steps needed to cross the trail end-to-end. Many people hit up the AT for a week, a weekend or even just a pleasant afternoon. The AT has ample “trailheads,” areas that people can exit and enter the trail, and people can easily jump on the AT for as long as they like. Towns near AT trailheads often have services catering to AT hikers, and it is usually fairly easy for hikers to find transportation to a trailhead.

Hiking the AT, whether you just want to spend a few days strolling across it or have your eye on the “2,000-miler” prize, does take some planning. The AT spans a wide range of different terrains and conditions, from easy to challenging. It wanders across mountains, streams, rocky paths and treacherous spots. Mosquito, bears, Lyme disease, poison ivy and other potential dangers lurk along the trail. Luckily, there are many resources to help you prepare for the AT. Your first step should be to visit [www.appalachiantrail.org](http://www.appalachiantrail.org) the website of the Appalachian Trail Conservatory. This extremely helpful site is loaded with information, maps and tips to help you plan your trip. There are also many terrific books written by experienced AT hikers. Anyone with a passing interest in hiking the AT should pick up a copy of Bill Bryson's *A Walk in the Woods*, a hilarious and informative book about the adventures of two middle-aged, out-of-shape men who attempt to walk the trail end-to-end. Other resources are available for purchase on the Appalachian Trail Conservatory's website, and you are sure to find some good books on the AT at your local bookstore.

Equipment is also an important part of any hike. If your camping and hiking equipment is largely canvas and dates back from World War II, it's time to visit your local outdoor store. Modern developments have created amazing camping equipment that is lightweight, durable and practical. On a long hiking trip where every ounce counts, you will deeply appreciate the values of collapsible propane stoves and 5-pound tents. Modern camping equipment makes camping much easier and enjoyable, especially for long treks. A visit to your local outdoor store will turn up a bewildering variety of different options, but there are two things you must have: a pair of high quality, broken-in hiking boots and a hiking stick of some sort. Do not skimp on boot quality. Buy good ones and make sure they

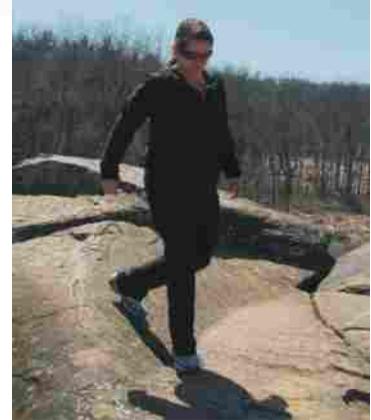
are broken in before you attempt a hike. A hiking stick is an invaluable way of getting up and down hills with ease. In fact, your best bet is to buy two ski poles and use those when hiking. Trust me, you may look like a bit of a dork wielding two ski poles on the AT during the summer heat, but they will help you scramble up and down hills.

When you are properly equipped and informed, it is time to hit the trail. As you enter the trailhead and start walking through pine-scented woods, the noise of modern life will fall behind you. Out on the trail, your body will settle into the comfortable rhythm of walking. Moving along at a few miles an hour, you will have the time to notice little things: a squirrel skittering across your path, a cluster of trillium at your feet and the bugle of a moose somewhere in the distance. Other hikers pass by you, smiling and exchanging pleasantries about the trail. You walk and walk, having no particular agenda, no deadlines to meet or pressing duties. Time slows pleasantly. An hour, a day, what matters? You're on the Appalachian Trail!



OutLook's  
*Bits & Bytes*

Have you ever searched for a self-help group that would cater to your specific needs such as quitting smoking, managing MS or caring for an elderly parent? Log onto [www.MentalHelp.net/selfhelp](http://www.MentalHelp.net/selfhelp) where you name the topic to find a group out there for support.



Melissa can be reached at [04amuseoffire@yahoo.com](mailto:04amuseoffire@yahoo.com)



# Notification

[www.fhnfuneralhome.com](http://www.fhnfuneralhome.com)

Whether you choose a traditional funeral or cremation, burial at a Maryland owned veterans cemetery is **FREE** for all honorably discharged veterans and nominal expenses for their spouses.

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City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

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*The two biggest wastes of your time: guilt and worry.*

# Ask the Undertaker

“These Forethought agreements outline the funeral services and merchandise selected, so your wishes are known, your plans are set and the financial obligation is lifted from your family.”

By Ryan Helfenbein

With the baby boomers approaching an age where Medicaid or SSI may become a part of their lives, we as undertakers are being asked more and more how assets can be protected for burial or cremation expenses. This may also become a concern with the new health care procedures that may be instituted in the near future. The aging population will need to start looking at ways to protect themselves from the risk of losing the funds they may have earmarked for funeral or cremation expenses. Fortunately today, the funeral industry has a solution.

The majority of us over the years have obtained traditional life insurance policies for funeral expense. As a matter of fact, representatives for many years have promoted traditional insurance to individuals to cover the costs associated with a funeral home. We see it all the time. For example, Alex Trebek on TV telling us about the cost of funerals today and how his product can protect us from this expense in the future. AARP is another one saying that for a very low rate you can have insurance protection for your future funeral expenses. The issue with these traditional insurance policies is that the cash value in the policy will be included in calculating whether the total resources of the Medicaid or SSI applicant or recipient are within the required limits. This is what has been labeled as a “spend down,” most often occurring when an individual is going into a nursing home. Medicaid also has what is called a transfer of asset rule. This restricts an applicant or recipient from transferring, giving away,



or assigning assets in order to become eligible for benefits. The value of the transfer will be counted as a resource and may result in a period of ineligibility.

My message is that there is a way to protect your earmarked funeral or cremation funds from being obtained by Medicaid in case you are caught in a “spend down” situation in the future. The program is called Forethought Funeral Planning and is offered through most funeral homes today. This program has been developed within the funeral industry and believe it or not, is funded through a life insurance product. It has been reviewed by the Department of Health and Social Services as well as the Health Care Financing Administration (HCFA) and the Social Security Administration (SSA). The beauty of a program such as Forethought is that not only will it allow an individual to secure funds for funeral or cremation expenses, but it provides protection from rising costs within the funeral industry and reflects your expressed wishes. These plans are fully transferable and held by the individual, therefore avoiding any risk of potential funeral home negligence.

So how do you get one of these plans set up for yourself or a family member? My advice would be to call your local funeral home to make sure that they offer this program. If they in fact do, then schedule a time for their Forethought representative, who is also a licensed funeral director, to visit with you to help organize the goods and services needed to accommodate your plans. Once an estimate has been generated based on the goods and services selected at today's costs,

those expenses can then be paid for in full, or payment options are available. All paperwork is signed and you are typically set up and prepared within an hour. It is just that easy, that is if you can get over the “death aversion hurdle,” which for some can create a bit of unease.

These Forethought agreements outline the funeral services and merchandise selected, so your wishes are known, your plans are set and the financial obligation is lifted from your family. It is actually quite a creative means of not only removing some of the emotional burden upon the death of a family member, but a means of protection and peace of mind knowing that the funds are secured for the use of funeral or cremation expenses.

Ryan, a licensed funeral director and certified planning counselor, can be reached at [Ryan@fhnFuneralHome.com](mailto:Ryan@fhnFuneralHome.com) or 410 758-3987.

## OutLook's Bits & Bytes

Love books? Tired of paying for them? How about a website that offers free downloads of up to 25,000 titles to your Kindle, computer or your device of choice. Log onto **Manybooks.net** and be pleasantly surprised.



### When to Retire

*How does somebody know when to retire? Professionally, I've achieved success. There are probably promotions I could still chase, but realistically, I don't think they are in the cards anymore. I'm OK with that and continue to enjoy the challenge of my profession.*

When to retire is a highly personal decision and you should address factors such as your finances, health and fitness levels, and personal goals for the next stage of life. If you are in a financial position to retire and have no physical limitations that limit your ability to work, the deciding factor then rests upon quality of life issues.

The nature of your question offers some clues worth noting. Because you are beginning to question your ability to stay "at the top of your game" or continue your level of interest and commitment, it sounds as if a transition is coming. Such a transition ushers in concerns that may be bookended by two opposing forces: 1). the fear of holding on too long to "what is" and 2). anxiety about what the future holds.

Let's take a separate look at these two aspects. Your anxiety about holding on too long suggests concern about developing an age-related decline in your ability to continue as a productive and contributing employee. Most of us know co-workers who have stayed on past their prime and we want to avoid being a self-made victim of that same pitfall. However, age doesn't mean that we're relegated to being deadwood. Today's mature workers bring much to the table in terms of experience, training, work ethic and people skills that enable us to function at a high level of expertise.

So, how do you know if you have what it takes to remain productive? With no hard-and-fast rules for retirement, listen closely to your own intuition and weigh the feedback you receive from others. Consider these questions:

- Do I have the physical energy for my job?
- What is my level of enthusiasm? Do I wake up most days eager to go to work?
- Am I biding my time until retirement or am I looking forward to new challenges?
- Am I flexible about learning new technology or procedures?

*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*

- What do my job performance reviews reveal about my performance?
- Can someone else (boss, co-worker, human resource manager) give me additional feedback about my abilities?

When you enjoy what you do for a living, giving up those daily interactions with your co-workers and the strokes for having done a job well is difficult. Your age, by itself, is no reason to give it up. Again though, the fact that you're posing these questions suggests your satisfaction with the status quo has begun to wane---at least a little bit. Pay attention to that.

Sometimes, what holds us back from making a decision to retire is the fear of the future. This opposing concern can keep us stuck right in the middle of a transition. What should you do? Make a plan! Research indicates that people who fare the best at maintaining a high level of satisfaction and well-being after retirement are those who plan carefully for this stage of life. Of course, the best time to do that is while you are still employed, so get to it!

Begin by daydreaming about what you want your life to look like post-retirement. If that brings up a blank or strikes fear into your well-employed heart, read one of the great books about retirement to jump-start your imagination. Ernie J. Zelinski's book, *How to Retire Happy, Wild and Free: Retirement Wisdom That You Won't Get from Your Financial Advisor*, will get even the most sluggish wheels of possibility turning. In fact, it may have you running full tilt toward the next, exciting stage of life.

Today, most seniors have the mental function and health that enable them to work longer at a higher level of productivity than their parents did. People live longer and can look forward to more healthy senior years. That's good news! However, it also can make deciding when to retire a challenge. Heed those inner urges, listen thoughtfully and objectively to feedback and plan ahead. Manage your retirement as you did your career and you may be so pleased with the results that you find yourself wondering what took you so long.

### Vacation Expectations

*My husband and I own a two-bedroom time share at a vacation resort. Although the property is not luxurious, we love it and invite guests to join us occasionally. The problem is that my sister and brother-in-law would like to be our guests. When we've traveled together before, they expect the best of everything---a five-star hotel and impeccable service. Without that, they complain constantly. We dread inviting them because they won't enjoy our resort and we'll be miserable with their complaints. I love my sister dearly, enjoy spending time with her, and don't want to hurt her feelings but I don't know how to keep us all happy.*

Aim to be honest, direct and diplomatic. First, do some research. Is there a resort nearby that would better match their preferred style of travel? At most vacation spots, a variety of accommodations are available to suit various budgets. If possible, prepare a list of some alternative hotels.

If you wish, invite this couple to join you, but explain that your resort probably would not be a "good fit" for them. Briefly give your reasons, e.g., no daily maid service, casual accommodations, etc. You don't need to run down your choice, but clearly point out the differences between what is offered there versus what they enjoy. Suggest they book a room at a more luxurious property nearby so you can spend time together but each have the space that suits your individual preferences. It could be the best of both worlds for all of you. 🐾

# Entertaining: Kick It Back a Notch

By Victoria Duncan

Something wonderful happened to entertaining style on the way to 2010. Between the early days of our baby boomer marriages and today, entertaining evolved, or shall I say relaxed, to a whole new, welcome level. Read on and celebrate the change!

In our newly-minted marriages of yesterday, entertaining often meant a multiday marathon of polishing silver, cleaning crystal, ironing linen and cooking from scratch. Usually, this occurred with at least one toddler in tow. Ah, memories. Now, aren't you happy that you've reached "a certain age?"

Welcome to the new world of just having folks over for a meal. In fact, if it makes you shudder, just leave the word "entertaining" out of the mix. Instead, revel in the trend of simply welcoming friends over for a relaxed evening of food and fun. As one boomer remarked, "We can always go out to a restaurant. But when we invite someone into our home, it is really something special. They remember it and so do we. It's making memories. It is participating in an experience rather than being a passive consumer."

So, instead of putting your effort into dishes to dazzle and centerpieces a la Martha Stewart, kick it back a notch. Pop a few daisies in a pottery pitcher, mix up your guest list, and, if you wish, choose just one dish that is a sure thing. Then, smile and relax. Trust me: It will be great!

## The Guest List

For our casual, kick-it-back-dinner, we invited a mix of friends we knew well and some acquaintances that we wished to know better. At the end of a mellow evening on the porch, we all felt like we had made some great new friends and had created some good memories as well.



## The Appetizers

To get things moving on a relaxed note, we enlisted our guests to help us prepare a recipe of pot-stickers. It would be easy to substitute make-your-own mini-pizzas by simply providing readymade pizza dough and a variety of interesting toppings. The fun is in the effort, rather than in the result.

## The Main Course

Because so few of us often indulge in red meat, we chose steaks as a hearty main course for a special treat. Few things are easier and say summer better than throwing a steak on the grill. Try a special seasoning such as the Bicentennial rub available from Penzey's spice ([www.penzeys.com](http://www.penzeys.com)) to elevate a simple dish to something extra-delicious.

## The Sure Thing

For a great crowd-pleaser, cook up this easy recipe for corn chile flan. Because this make-ahead side dish crosses the line between bread and a vegetable, it serves a dual purpose. When crowned with a purchased salsa, this dish appears much more labor-intensive than it really is. Remember, a little goes a long way.

## Corn Chile Flan

6-8 servings  
2 Tbs. and 1 Tbs. canola oil  
3/4 cup red onion, minced  
1/4 cup flour  
1/4 cup cornmeal  
1/2 tsp. baking powder

1/4 tsp. salt  
1 large egg  
2/3 cup of shredded cheese of your choice divided into two equal portions  
1/2 cup of reduced-fat sour cream  
1/2 cup of can creamed corn  
Optional: minced jalapeno pepper or ground cayenne pepper (amount depends upon taste) and toasted pumpkin seeds

- Preheat oven to 375.
- Caramelize onion by sautéing in 1 Tbs. oil until soft. Cool.
- Combine dry ingredients (flour, cornmeal, salt, and baking powder).
- Whisk egg, 1/3 cup of cheese, oil, sour cream, creamed corn and oil together.
- Add dry ingredients to egg mixture. Stir only until combined. Lightly stir in caramelized onions and jalapeno or cayenne pepper, if desired.
- Turn batter into 8-inch square baking pan that has been coated with nonstick spray. Sprinkle with remaining cheese.
- Bake about 30 minutes or until toothpick inserted into center comes out clean.
- Cool and serve at room temperature.
- Before serving, top each portion with spoonful of sour cream, a smidgen of salsa and a sprinkle of toasted pumpkin seeds.

## Get Your Greens

Move a salad beyond ho-hum by roasting a few yellow or orange peppers (or using some from a jar), and then add some corn (canned or fresh, roasted and cut-off the cob), a few slices of avocado, and cherry tomatoes to a bowlful of crisp romaine. Toss with an easy lime vinaigrette for a colorful, southwestern flair:

## Lime Vinaigrette

4 Tbs. fresh lime juice  
1 tsp. grated lime rind  
4 tsps. olive oil  
1/2 tsp. cumin  
A handful of fresh chopped basil,  
Italian parsley, or cilantro  
Freshly ground pepper, salt to taste

Whisk all ingredients together. Taste and adjust seasoning, as needed.

## The Finale

For dessert, simply focus on what is in season. Some sliced strawberries and vanilla ice cream will please most anyone. Another option is to pick up a prepared berry pie or make one of your own. Warm in the microwave and top with that same vanilla ice cream. Relax and enjoy. Savor the moment of good times with good friends.

“We can always go out to a restaurant. But when we invite someone into our home, it is really something special. They remember it and so do we.”



## 5 Tips for Kick-it-Back-Dinners:

1. **The guest list:** Invite someone that you'd like to know better. Just take a chance. They will be delightfully surprised and you may be too.
2. **The advance planning:** Check to see that there are no food allergies or aversions.
3. **The menu:** Keep it simple and focus on what is in season. Summer is ideal for casual meals. A main course on the grill, a light salad, crusty bread and a simple, ready-made dessert? You've got it made.
4. **The table:** Colorful placemats, dishwasher-safe dishes and a few flowers snipped from the garden or a bowl of fresh fruit.
5. **The action:** Enlist help. Nothing makes someone feel at home as much as being invited to bring a dish or to participate in making a special beverage or appetizer. Plan one course that requires group participation and let the laughter begin.



## Games People Play

# Boggle...It Boggles the Mind!

By Cindy Rott

If you're already familiar with this fun word game you'd probably like to know that Hasbro has come out with a new version. It's compact enough to fit in a backpack or purse and take with you wherever you go. The self-contained game keeps the letters safely enclosed in the plastic case, which stops the lettered dice from skittering off the table. With a few shakes the letters are scrambled, then twist to lock it down and you are ready to play.

Sometimes it does take a couple of taps to help the dice settle into their grids, but it's a minor inconvenience. Start the self-contained timer and you're off and writing. The object is to come up with as many words as you can with three or more letters before the beep sounds.

Small as it is, the bright orange color makes it easy to find, whether under the car seat or in an overloaded duffel bag. A nifty timer is built right in to this neat little gadget, so there's no searching for a separate

component.

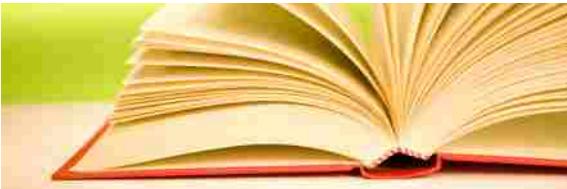
Shake, shake, shake and you are off and looking for letters that connect to form words. Write down as many words as you can in the time allotted. The player with the most words wins. Words that are duplicated by your opponent are crossed off both lists, so look for the unusual words to score more points. Just make sure what you write is an actual word, because just like in Scrabble, no proper nouns, acronyms or abbreviations are allowed.

Trying to best friends and family with word power is great fun. It's appropriate for grandkids and up to four players can play at a time. Because this game is compact, we found it great for traveling, while waiting in restaurants or at a field, killing time before the game starts. We even brought it to the airport and played it in the waiting area as other detained travelers looked on enviously. The small size sometimes made the letters difficult to



see if more than two people played, but that's a small price to pay for something so portable. Remember to bring paper and pen along. Now there's no need to be impatient with long waits anymore - you'll always have something to do with your personal sized Boggle tucked in your bag.





## THE GUERNSEY LITERARY AND POTATO PEEL SOCIETY

By Mary Ann Shaffer and Annie Barrows  
Dial Press, a division of Random House, New York  
(2009)

My first impression when I picked up this book was, "What a strange title. I wonder what it means?" I don't think I was alone in that view. When you get into the first few chapters, you realize that this story takes place on the Island of Guernsey among the Channel Islands, which are in the English Channel between England and France. They are actually part of the United Kingdom, a fact which is an important part of the story.

As for the Potato Peel Society, I'm going to let the reader figure that out.

The novel is presented in a unique style, as it is all written in the form of letters between an author and several residents of Guernsey. It takes place right after World War II, with the letters beginning in January, 1946.

Juliet Ashton is a London writer who became well-known writing a humorous column during the war under the pen name Izzy Bickerstaff. She is searching for a new idea for her next writing assignment, but has a case of "writer's block."

By chance, she receives a letter from a gentleman in Guernsey who has come across her name written inside a book by Charles Lamb. This correspondent draws her into the world of many varied and interesting Guernsey residents, who also become her "pen pals." You feel a kinship with these unique individuals as you are introduced to their lives through their letters.

The stories of their lives during World War II are fascinating and give a new insight into the horrors of war for the people drawn into it through no fault of their own. One of the main characters who was actually taken to a concentration camp becomes a main focus of the story.

As you might have guessed, Julie is so intrigued by her new friends that she travels to Guernsey and there comes up with the idea for her new novel. Her life completely changes due to this move.

I suggest listening to the audio tape after you read the book. It certainly made the characters come alive for me, but I was glad I read the book first.

"The Guernsey Literary and Potato Peel Society" has become a best seller and is certain to become a popular choice for book clubs.

~ Peggy Kiefer

## "AGING IS AN ATTITUDE"

By Cecil Murphey  
AMG Publishers, Chattanooga, Tennessee (2005)

"I've chosen to run and play and dance into the future instead of being dragged into it." This is one of many inspiring quotations you will find within the pages of *Aging is an Attitude*. These are not just words on a page; this is how author Cecil Murphey lives. Cec began running in the 1970s and now, at 77, he continues to run early each morning. He averages 30-plus miles per week, refusing to slow down long enough to hear others say he should not be doing this at his age.

You may not know Murphey's name as a best-selling author, but you have likely heard of at least one of the 104 books he has written. He was ghostwriter for the world famous pediatric neurosurgeon Dr. Ben Carson's book *Gifted Hands*, which recently became a movie starring Cuba Gooding, Jr. Murphey teamed with Don Piper to write *90 Minutes in Heaven* which has been on the *New York Times* Best Seller List every week since October 2006, sold 3 million copies and has been translated into 25 languages.

So the man can run and write, but what does he say about aging? In the process of writing this book, Cec interviewed more than 100 people who were at least 45 years of age. He shares their experiences and perspectives along with his own transparent struggles and fears related to aging. The result is an enjoyable book, offering advice and encouragement for readers to accept themselves where they are in life and to continue finding purpose and joy each day. Chapters include positive looks at getting older and focus on topics such as: Facing the Fear, Embracing Age, Depending on Others, Valuing Life, Handling Problems, Sharing What We Know, Who Decides When I'm Old? and Facing Death.

*Aging is an Attitude* is most likely in the religion or Christian living section of your local bookstore. As a former church pastor for many years who spent six years as a missionary in Kenya, Murphey is clear about his identity as a believer and includes Bible references in parts of the book. For me, it all served to enhance his positive message on aging. However, if you do not share the same beliefs, you can easily skim over such references and still gain great encouragement from a man who knows how to grow old with grace and enthusiasm. Discover how you also can decide to not be dragged into the future, but to run and play and dance into the rest of your life.

~ Leslie J. Payne

## LOSING OUR COOL; UNCOMFORTABLE TRUTHS ABOUT OUR AIR-CONDITIONED WORLD (AND FINDING NEW WAYS TO GET THROUGH THE SUMMER)

By Stan Cox  
The New Press, New York (2010)

This may not be the book you want to get lost in on a hot summer's day, but it's worth the read. Stan Cox, the author, brings up so many of life's ills that can be traced directly back to of all things, air conditioning. How could something so wonderful be so bad? Maybe a comparison to the deliciousness of a freezing cold bowl of ice cream and then the reality of the fat and calorie content. Well, Cox's comparison is similar. Can there be anything in the world better than coming into an air-conditioned zone from a sweltering 90-degree day? As Cox points out, air conditioning could well be partly responsible for raising the temperature in an already heat-challenged world. Regardless, we all want it and now can't imagine life without it. Whether it's obesity, autism or social isolation, to name a few, he can find reason to blame it all on air

# Themeless Crossword No. 6

conditioning and in this reader's view, he's not far off the mark. The *pill* is the only other thing that comes to mind that could have as much of a social and economic impact on today's world.

Did you ever wonder how we survived back before the days of AC? Cox wants us to rethink those days. Remember when as kids we knew how to keep cool? It involved a hose or a lake or no shoes or lots of icy lemonade. At our home we had all the windows opened at night with the attic fan drawing in the cool air and then the house was shut up tight early in the morning - keeping the cool air in and that was only on the hottest of days. Other days the windows were left open and we'd run in and out all day letting the screen door slam behind us. No more. Now windows are sealed shut for year-round climate control.

Unfortunately for all of us heat-intolerant individuals, Cox is correct in his assessment. He documents every statement and in a calmly rational way, and lets us know that we're in for a lot more trouble if we don't pay attention. And lest we over-consuming Americans think that it's all about us, it's interesting to note that China is consuming 30 percent more electricity per year. There's also the air-conditioned beach in Dubai that management feels is necessary to maintain for the moneyed guest. It's a worldwide problem that needs to be addressed.

This would make an excellent book club selection as it brings up social changes, migration patterns, problems of year round school, causes of obesity and ADD, excessive consumption, global warming and proper housing, to mention just a few of his topics. The book is readable, entertaining, thought-provoking, informative, nostalgic and offers up just a bit of guilt on our excessive consumerism.

~ Penelope Folsom 

## Solution



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Dave Fisher (© Dave Fisher)

## ACROSS

- Backtalk
- Berra and the Bear
- Not a hit
- Stck in \_\_\_\_\_
- Old market place
- Cockney's cart puller
- Allow (using one's head)
- Peruse
- resting places
- The same, in France
- Chesterfield
- Sire's opposite
- Net
- Disappoints
- Ax packer?
- 1101
- Electronic novel
- College celebs
- Negatives
- Bear in Barcelona
- Chemical endings
- Warner of "The Jazz Singer"
- Greek cheeses
- One of 30 in Abril
- Locker door pix
- Girl's group
- \_\_\_\_\_ monster
- Word on a wine bottle, maybe
- \_\_\_\_\_ in a poke
- "Jarhead" org.

- Glacial ridge
- Four-time Hugo winner Frederik
- Developer's quest
- Gin berry
- "The Taming of the Shrew" setting
- Greek letters
- Mistake word
- Con
- Shoulder muscle, briefly

## DOWN

- Palm starch
- Opera solo
- Highway cloggers
- Knights transportation
- You betcha
- Molding
- The \_\_\_\_\_ Show
- "...and dreary ev'rywhere \_\_\_\_\_": Stephen Foster
- Barry \_\_\_\_\_, singing soldier of the '60s
- Tut, tut!
- Cream filled cookie
- Letters on a B-2
- Mother of Helen, in myth
- Hebrew letter after qoph
- Rowdy bunch
- Cry

- Park of the alphabet
- Bacteria often in the news
- One of moons
- Boxer's word
- Sniffers
- Comic book orphan of old
- Clinch a deal, slangily
- Composition
- Japanese stringed instrument
- Curls up
- Resolution letters
- Rainbow, e.g.
- They hurt
- Noisy sips
- Corroded
- Save me \_\_\_\_\_ (concertgoer's request)
- Lhasa-\_\_\_\_\_
- Equestrian's game
- Breakfast chain
- Home or hand finisher
- This, e.g.
- \_\_\_\_\_ Winslett
- List ender
- Take five
- Place for a drum

## Weeds of the Sea

**D**o you brush your teeth with seaweed? Eat a little from time to time? Apply some to your skin? Don't recoil in horror. Chances are the answer is "yes" to at least one of these questions. Seaweed is used in so many products and applications that it's hard to avoid it. And that's a good thing—really. First, a little background. What exactly are seaweeds? The short answer: They are a type of *algae*—aquatic, plant-like organisms that carry out the practice of *photosynthesis*, (think back to 5<sup>th</sup> grade science: that's the process of capturing sunlight to power the conversion of carbon dioxide and water into organic molecules like sugars.)

Unlike most plants, seaweeds lack roots. Instead they firmly anchor themselves to sea floor rocks with powerful adhesives. They are ancient, going back almost to the origin of life on earth. They are diverse, comprising over 10,000 species, arrayed in a multitude of colors and forms, and ranging in size from microscopic crusts to Sequoia-sized giant kelps that can grow a foot a day. They thrive in all the world's oceans, from the frigid high latitudes to the balmy tropics. Some even live in fresh water. They are key parts of many marine ecosystems, providing food and shelter for other species.

Seaweeds are prolific. Their sex can be complicated. (OK, what sex isn't?) The details would take a book to explain, but, in essence, seaweeds can reproduce with or without a partner. Their sex organs discharge sperm and eggs that fuse into tiny seaweed embryos. Or they can clone themselves, producing genetically identical offspring from fragments.

Now about that seaweed dental product. It's true. Many toothpastes contain *carrageenan*, a vegetable gum found in certain algae. Carrageenan and its algal-origin cousins, *agar* and *alginate*, are *hydrocolloids*, meaning that they dissolve in water to form a viscous, gel-like solution. The global hydrocolloid industry is worth over \$600 million annually. Seaweed extracts find their way into a variety of food, industrial and medical products where they act as gelling agents, thickeners, stabilizers and emulsifying films. In toothpaste—go ahead, check the ingredients on your favorite brand—carrageenan keeps the abrasive products uniformly distributed. It helps to



prevent ice crystals from forming in ice cream. It functions as a clarifying agent in the manufacture of beer. It shows up in chocolate milk, cottage cheese and air freshener gels. It can improve the texture and tenderness of meat and poultry and has been substituted for fat in ground beef. A natural vegetable product, you can't taste carrageenan. Carrageenan and alginate are even added to some cosmetics to improve skin moisture retention.

Seaweed has many other practical uses. For millennia, farmers have fertilized fields with it. Gardeners today buy concentrated liquid seaweed as an organic mineral supplement for crops and to improve soil quality and moisture retention. Seaweed meal has long been added to animal feed. Because seaweeds effectively strip nutrients and heavy metals from contaminated waters, they are sometimes used to treat waste water. To satisfy global demand for hydrocolloids, companies harvest over a million tons of seaweed a year, much of it farmed. Got worms? Some seaweeds work well as vermifuges. But claims that eating seaweed enhances sex appeal are unsubstantiated. Romantic attributes aside, seaweed consumption is popular in many parts of the world. Seaweeds—in fresh or dried form—have been eaten in Asia and the Pacific islands for thousands of years. Japanese households prepare nearly two dozen species of seaweed. Until recently it comprised more than 10 percent of the Japanese diet. Northern Europeans have consumed kelps and *dulse*—a type of red algae—for centuries. In Maine and eastern Canada, *blancmange*, a vanilla-flavored pudding made from "Irish moss" seaweed,

has long been a delicacy. To the average Westerner, whose digestive systems—and palates—may not tolerate seaweed as well as those of Asians, chowing down on marine algae may not seem appealing. But you have probably eaten some and may not have even known it. The papery black covering around a sushi roll is a type of seaweed known as nori. Nori is one of the most expensive commodities in the world. Depending on quality, a single dried sheet weighing a tenth of an ounce can cost up to \$50. That's equivalent to \$7,560 a pound. Japanese fishermen have farmed nori since the 17<sup>th</sup> century; the industry is now worth over \$1.5 billion annually. Too bad nori is so expensive. It's easily digestible and highly nutritious with a protein content about one-third of its dry weight and more Vitamin C than an orange. But other, less expensive species are equally nutritious and palatable, so check out your local health food store.

Are you convinced yet about the merits of seaweeds? All in all, these are invaluable life forms. Remember that when you struggle to remove a tangled mass from a fouled propeller or a fish hook.

In the interest of full disclosure, seaweed is not always a good thing. It absorbs nutrients so well that where waste water runs into the sea, huge "blooms" of large algae can result. When these die and decompose, they deplete oxygen from the water, often causing fish kills and leaving a stinking, sometimes toxic, mess behind. Before the 2009 summer Olympics in China, more than 10,000 volunteers removed thick mats of green seaweed from the site of the sailing events. Sometimes a single type of seaweed can become so abundant that it dominates an ecosystem. Recently a bushy, dark red form known as *Ceramium* has been crowding out other species in Delaware Bay, raising concerns about long-term environmental impacts and possible spread into Chesapeake Bay. Is global warming to blame? Excess coastal development? Scientists don't know for sure, but chances are humans are ultimately responsible.

Want to learn more? Here are a couple of good websites, one from the U.N. and the other maintained by an Irish scientist: <ftp://ftp.fao.org/docrep/fao/006/y4765e/y4765e00.pdf> or [www.seaweed.ie/index.html](http://www.seaweed.ie/index.html) 

~ Henry S. Parker

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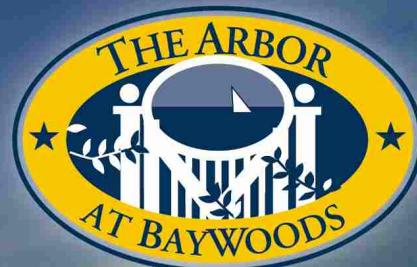
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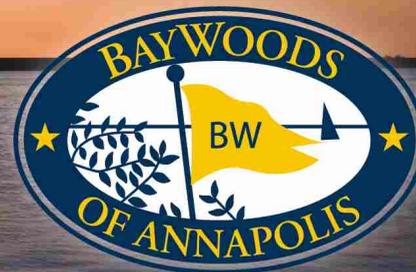
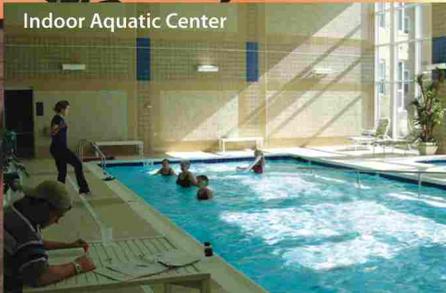
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