

# Outlook Complimentary

For the Bay Boomer and Beyond... *by the Bay*

Winter 2010



Ten Ideas for  
**Staying Warm**

**Panama**  
Not Just the Canal

“Open Me First”  
**A Roth IRA**

Many Ways to  
**Travel**

**Winter Foods**  
To Warm the Body

**fitness, entertainment, gardening, nutrition**

# OutLook

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

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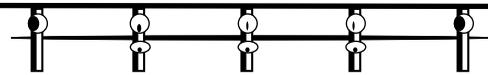


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# OutLook by the Bay

For the Bay Boomer and Beyond...

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## BAY VIEW - Words From the Desk

It's all thanks to Jack Nicholson. He started this "bucket list" business in the 2007 movie of the same name. Ever since then many of us have been reviewing what should be on *our* list. Interestingly, more travel is one of the goals on nearly all the lists of people of a certain age. Seems we can't get enough of it. Tina, who shares her experience in India (page 14), has traveled to all four corners of the globe and still hasn't had enough of it. Lesley, who regales us with culinary delights (page 28), is also an insatiable traveler, touring France just a few months ago and then more recently she was off to England. It seems like it's a wanderlust that's in all of us. During his visit to America in the early 1800s, de Tocqueville was trying to make sense of our political and social structure. He wrote that the new Americans just keep wanting to push on with their "restless curiosity." Not much has changed.

Most of the people with whom I've spoken are planning some sort of getaway this winter no matter how brief. January and February is prime time for traveling to one of the warmer areas such as Florida or the Caribbean or Mexico. So many choices. They're all good. When we were younger we often talked of travel and, although we did it fairly often, it involved our children, so our destinations and focus were different -- often involving a tent and sleeping bags. Now, when we travel we tend to go a bit more upscale, as well as going farther and staying longer. One interesting trip took us to Caracas, where we were separated from our group and detained in the Governor's Palace. There was a minor insurrection taking place that involved big guns. That probably could've ended badly. But it didn't and we're still inveterate travelers.

We can easily identify with Pat's article on page 18 about the Great Wall of China. We did that once and it was one of the highlights of our lives. It was oddly a bit impromptu considering the distance and planning involved; the tickets were open without a definite date. As luck would have it, we were notified that our departure was to be in mid-March. It was 2003 and it was at the height of the SARS epidemic. Headlines read: *WHO Tells Travelers to Avoid Hong Kong*, one of our scheduled stops. To add further tension, the night before our departure, the US invaded Iraq, and the evening news told of North Korea's lobbing missiles into the Sea of Japan. If that wasn't enough drama, our airline went into Chapter 11. But challenges are supposed to be good for us and one of this magnitude just shows you what you're really made of. We were on a mission, and there was nothing that could deter us. We were picking up our newest family member and grandchild: Wu Chao Yun, who had spent her first 10 months in an orphanage outside of Hefei. She was now ready to meet her new family and be brought to her home in Maryland. Doing things en masse, all family members who were available boarded the plane for what would become an adventure that will last a lifetime. We were to bring Wu Chao, newly named Juliet, home to America. It was an exciting and rewarding time, one that to date, is the most memorable trip that we've taken.

Like most people who've reached this grand age, we're working on a bucket list of what else we need to see and do while we have the energy. There are still so many places to visit and explore. After reading the article on Panama (page 6), we've put that on our list, and hard to believe, we've never been to Cape Charles (page 31), but will put it on our list for this summer. We're also busy chewing over Pat's suggestion of traveling with a purpose (page 23). Volunteering would certainly make a trip even more worthwhile.

Travel is something that most of us do well at this age. And with all the options offered there're more opportunities than ever with something for everyone. There are so many places still to be discovered. Thanks, Jack Nicholson.

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

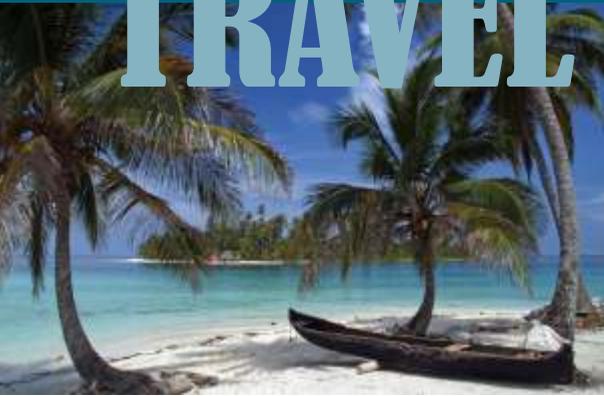


Tecla Murphy

# TRAVEL

# Winter

2009/2010



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**On the Cover:** Our three intrepid hikers are Annapolis residents Lynn Muety, Joe DiPrimio and Kater Leatherman. Lynn was raised here in Maryland and after graduating left for the Midwest, where she enjoyed 36 years as a flight attendant with United Airlines. She and Jack raised three boys, who include a set of twins, before setting up their retirement home here in Annapolis. When not commuting back and forth to their beach home in Bethany, Lynn is busy working with the Special Olympics and the Ronald McDonald House in Baltimore.

Joe, previously of Philadelphia, turned 59 on Christmas day. He is taking a year off from the corporate world as an attorney and will begin fulfilling his dream of living in France during the first quarter of 2010. To journey with him, visit his blog at [www.blogginginfrance.com](http://www.blogginginfrance.com)

Kater Leatherman, published author and columnist, yoga teacher and a professional organizer and homestager, thinks hiking is a great metaphor for life. "It's about the journey down our own path, taking it one step at a time and letting go of the destination in order to really 'in-joy' the present moment."

# Letters to the Editor:

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

## Sprucing Up Christmas

We'd like to corroborate the great article by Peggy Markham. She is 'right on' when it comes to promoting the use of "live" Christmas trees, which she wrote about in the Holiday edition! From 1984 to 1987 we used two six-foot tall live spruce trees for Christmas trees, and then planted them in early springtime on the side lawn of our Pennsylvania home where we lived at the time. Today they are gorgeous 20- and 35-foot tall spruces as shown in the left of this photo. This picture was taken in July 2009 while visiting in Pennsylvania and proves the success of using live Christmas trees.

~ Phil Ferrara, Arnold, Md.



## Praise from an Antiguan

Wonderful magazine. I know first class when I see it and your magazine is indubitably that. I really enjoy the articles and the pictures and the wonderful messages it brings about how life can be enjoyed and valued.

~ Sandy G., Antigua, BWI



## Delivery Tip

Hi. I am a senior but not in the home yet! How can I get this mag delivered?

~ D. Brown, Crownsville

*Ed note: Please see the subscription form included in each issue.*

## Suspicious Group

Love the Holiday edition of "Outlook." The handsome group on the cover look suspiciously like members of the 1940s group from Stockbridge, MA.

~ Carolyn L., Essex, MA

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

Traveling this winter and looking to update your immunization? Here's a site that will give very specific guidelines for what's needed in which areas of the world:  
[www.cdc.gov/travel](http://www.cdc.gov/travel)

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WINT/10

# You're Not From Around Here, Are You?

By Melissa Conroy

This time of year many people long desperately for an escape, dreaming of sun-drenched Tahiti beaches, *cafe au lait* in a quaint Italian bistro or paddling with dolphins in Australia. Thanks to jet engines and vacation time, Americans have the entire world at their feet and many people have well-stamped passports or are working in the direction of one. However, take heed, my fellow adventurer: Once you wander off American soil, you are in severe danger of falling victim to a dread disease: Typical American Vacationer Syndrome (TAVS). TAVS strikes thousands of innocent travelers every year who are searching for nothing more than a little fun and a relaxing getaway. Some TAVS symptoms include wearing fanny packs and socks with sandals, complaining loudly about how “things aren't like this at home,” having a camera permanently glued to the front of the face and an inability to avoid souvenir stands. TAVS is rapidly becoming a worldwide problem, and anyone who plans on traveling outside the states needs to be aware of its proclivities.

The good news is that TAVS is easy to avoid. You can act like a native (or at least avoid manifesting overt signs of TAVS) if you simply heed the following suggestions.

**Dress:** Proper attire is one easy way to avoid falling victim to TAVS. The savvy traveler will take a gander at what the natives around him are wearing and dress accordingly. If you dress like a native, you'll distance yourself from TAVS. Here is a list of clothing and accessory items that should be avoided at all costs.

- Anything with silk screening. Nothing says “tourist” like a T-shirt with “I Love Scotland” printed on it. In fact, avoid T-shirts all together.
- Shorts. Many people outside of the US don't wear shorts unless they are exercising. Bermuda shorts are expressly telling.
- Socks with sandals. Come on, do I really have to tell you this?
- Fanny packs. Even Brad Pitt looks dorky with a fanny pack.
- Gigantic tote bags.
- Baggy, ill-fitting clothing.
- Garish, bright colors or lots of prints, stripes and patterns.
- Too much flesh showing. No tank tops!



**Behavior:** American tourists are known for being loud, rude, demanding and ignorant. I've encountered American tourists in seven different countries, and I can confidentially report that the rumors are often true: We can be complete bores overseas. The good news is that all these behaviors (and TAVS) can be easily avoided. American tourists can be a complete joy to their international hosts if they adopt these guidelines.

- Embrace diversity. When you go to another country, things will be different, maybe even shockingly so. The differences may drive you crazy, but that's what makes international travel fun. Remember, different doesn't automatically mean “wrong.” It usually just means “different.” Don't expect things to be like they are at home; they won't be. So enjoy the uniqueness.
- Put down the camera. Of course you want to photograph your amazing trip. However, occasionally give the shutter button a rest. Incredible memories are what are the most important to take away, and it's hard to develop those when you're glued to the camera. Also, be polite about taking pictures of people or areas of religious/historical significance – it may not be appreciated.
- Talk it out. Chances are, many of the natives you encounter will speak some English. However, communication problems can easily crop up. If you are having trouble speaking with someone, slow down, enunciate clearly and use simple words. You may have to repeat yourself a few times, but be patient. Also, try to memorize some key phrases in the common language: “Do you speak English?” “Where is the bathroom?” “Where is the emergency room?”
- Mind your Ps and Qs: You're on vacation, but don't forget your manners. Make sure to treat everyone you encounter with the same courtesy and respect you would expect.

**Action:** All tourists, regardless of what nation they hail from, tend to do the same things: They visit the hot spots, they flock to souvenir stands to buy overpriced knickknacks, they gallop to the familiar arms of Starbucks and Burger King when in need of nourishment, and they keep close to other tourists. This is what marks them as tourists. Now, there is nothing wrong with these actions, but they are all unmistakable symptoms of TAVS. Instead, try this:

- Go where the natives go. Befriend a native and ask him or her where is a great place to go to avoid other tourists. Find some neat out-of-the-way restaurant, discover a quiet beach, duck into a tiny church. Just be wise about safety.
- Ease up on the souvenirs. Souvenirs are fun. However, most of them are just touristy gimmicks that are made in China, contain lead and other chemicals, and have little to do with authentic culture. If you do buy souvenirs, keep them in your luggage and don't display them.
- Eat locally. People tend to cherish familiarity when it comes to just about everything, food particularly. However, there are plenty of McDonalds in the U.S. Try eating what the locals eat. It will be a culinary adventure. (Just be careful about raw produce because it can carry diseases and watch out for local tap water.)
- Take in the scene. Americans are known for being busy, busy, busy. We like our agendas and plans. However, you miss much of the richness and uniqueness of a place if you are on the go all the time. Take three hours to do nothing more than sit in a cafe and people watch. Wander through a small town with no agenda. Relax! That's why you are vacationing!

This year as you apply for a visa and stock up on suntan lotion, make sure you take some sensible precautions to avoid TAVS. Your hosts will appreciate it. 

# Panama: It's Not Just the Canal

By Peggy Kiefer



“Oh, you're going to Panama. Are you going on a cruise ship through the canal?”

This is the comment most often heard when friends learned of my upcoming trip to Panama. This very adventuresome vacation definitely proved that Panama is much more than the Panama Canal.

From spending a night in a thatched hut with no amenities on one of the remote San Blas Islands to touring a coffee plantation in the highlands and enjoying three-star luxury in Panama City, I have fond memories of this trip, although I don't know if I would do it exactly the same way again.

When you plan a trip to a not-so-common destination, it's wise to find a tour company or travel agent who is familiar with your choice. I was fortunate to find an agent who had been to most of the places I wanted to go and could help plan a trip within our time frame and budget.

Most of us aren't aware that Panama has a national airline. It does. Fortunately, COPA Airlines has an alliance with Continental Airlines. We chose to fly COPA to give us a start on our Panama experience. The flight was scheduled to leave at 1 a.m., but with delays, it didn't actually take off until close to 2 a.m. Obviously, it was an overnight flight and we arrived in Panama City at about 11 a.m. Eastern time.

One idea to file away: Try to find a hotel in Panama City that is modern, convenient and has a great view of the Panama Canal. With some help from the Panama Web site, I found

the Country Inn, Amador, which was right at the entrance/exit of the canal. Because it was a canal-view room, we had a wonderful view of the ships coming and going, as well as those that were lined up waiting for the signal to enter. What a great experience to sit on your patio at night and watch the lights of the large cargo ships as they enter and leave the canal from the Pacific Ocean or the Caribbean Sea.

But, we came to Panama to see more than the canal, so the next day we were strapping on life jackets to ride in a canoe (paddled by the Embera Drua Indians) to a remote waterfall and then on to their village for a tour, lunch and a native dance. There were very few tourists besides us, so we practically had the village to ourselves. There was an opportunity to buy handmade crafts directly from the Indian women who made them and to have lunch consisting of fresh fish caught from the local waters. I also was lucky enough to dance with the chief of the village. One anomaly in the Embera Drua Village was a public phone booth right in the middle of the square. Their proudest addition to the village was a flush toilet that had been installed just two weeks before we arrived. For this, we were very grateful. We also flew on the domestic airline, Air Panama, to the city of Boquete in the highlands in the western part of Panama. Boquete has a small main street with a few restaurants and shops, but is rapidly becoming a mecca for European and American retirees. It is in the rain forest, so you could expect showers in the “dry” season and heavier rains in the “green” season. One of the highlights of our



Web sites to help with your trip:  
[www.panamainfo.com](http://www.panamainfo.com)  
[www.pancanal.com](http://www.pancanal.com)  
[www.en.wikipedia.org/wiki/Panama](http://www.en.wikipedia.org/wiki/Panama)  
[www.wikitravel.org/en/Panama](http://www.wikitravel.org/en/Panama)



two nights there was a bird-watching expedition, during which we got thoroughly drenched. The birds were smarter than we were, and remained pretty much hidden. We did see a few native birds, but were disappointed that we did not see the multicolored Quetzal, which is native to that area of Panama. The next day there was a very interesting and informative tour of a coffee plantation. Panama and Vietnam are the biggest growers of coffee in the world. It was fascinating to learn that there are 16 steps from the planting of the coffee seed to pouring the coffee in your cup. Being a real “coffee snob,” I was intrigued by the different processes that were explained to us on this adventure. And at the end of the tour three samples of the different types of Panamanian coffee were offered, all of them very delicious. The most adventuresome part of the trip, which I enjoyed but am not sure I would do again, was a ride in a “puddle jumper” Air Panama plane to a remote airstrip on the north coast of Panama. The “terminal” looked like an old store or bus terminal and it was now being used as the local transportation center. Cars were coming and going on the dirt airstrip when a plane was not landing or taking off.

From there we donned a life jacket and a poncho and climbed in a very questionable looking rowboat-type craft with a small motor. For 40 minutes we bounced over the waves of the Caribbean Sea, getting thoroughly drenched for the second time in a few days in spite of wearing ponchos.

By the time we thought we would never arrive, we tied up at a rickety pier at one of the more than 300 San Blas Islands, Kunadid Island. There we were shown to our cabin, which consisted of a small room with a sand floor, a table, a bed and a thatched roof. The “facilities” were a long walk down the beach. Since I discovered we were by far the oldest couple on the island, I used my broken Spanish (none of the Indians on the island spoke English) to tell them I was very old and needed to be “cerca del bano,” or near the bathroom. The bathroom consisted of a questionable toilet with a bucket to flush it, no running water and a large tin bucket with a string to use to take a shower with salt water. Believe or not, there were a few young couples celebrating their honeymoon there. The island consisted of about 15 cabins, a communal cooking and eating area, a hut for the bathroom, a hut for the office and a generator-operated refrigerator. This refrigerator held bottled water, wine and beer, for which we were very grateful.

The meals consisted of an egg on white bread for breakfast and fish, rice and iceberg lettuce for both lunch and dinner.

One exciting part of this adventure was a trip by motorized rowboat to a larger island about 15 minutes away where we could visit a larger Kuna Indian village and buy beautiful hand-embroidered molas, which can be made into wall hangings, pillows or clothes. To buy these from the women who crafted them and to see how they lived was the reason for this adventure, but as indicated earlier, once might have been enough.

The bouncing boat ride had to be repeated in the dark the next morning during a downpour at 5 a.m. It was certainly something I had never done before. The young people honeymooning or vacationing on the island kept telling us, “My mother or grandmother would never do this.” I don't know if they thought we were brave or crazy.

The island was beautiful, with waving palm trees and beautiful turquoise-colored water just as you see in posters, so I understood the attraction for adventuresome folks of any age.

Meanwhile, back at the canal, we did take a partial transit through two of the three locks on a small ship holding about 200 to 300 visitors. This took about five hours and included a buffet lunch and informative narration in three languages. The full transit would have been a full day and would only have included one more lock, so we were very happy with our partial transit.

We also got to see two of the locks from the inside on another excursion and watched the ships transit the Canal from a very close vantage point. It was fascinating to see the “mules,” which were like little cars, help to guide the ships through the Canal, with inches to spare on each side.

Other adventures included taking a train across the country (Panama is so narrow, it only takes a little over an hour) to the city of Colon, where we had a tour and visited a local fort that had been used in earlier days to protect against pirates. On this excursion we appreciated what the builders of the canal experienced, as the terrain was heavy jungle.

Let's not forget an important part of vacationing -- the meals. Most of our breakfasts were included in the cost of the hotel room, but we were on our own for lunch and dinner. We were fortunate to find many good local restaurants in Panama City, mostly on the recommendations of the helpful staff at the Country Inn Hotel. On Kunadid Island, there was no choice, you ate with everyone else in the communal area. In the highlands we were lucky to find good restaurants just by wandering around the town, and by asking other tourists who were staying at our hotel. Because local fish was usually the specialty, I felt I would grow gills by the end of the trip!

It was interesting to notice very few American tourists outside of Panama City. Most of the other tourists we encountered were European, primarily Scandinavians. This makes sense when you consider it was winter in Scandinavia and dark and cold there most of the time.

There are several pointers for you to consider if you are planning a trip to Panama. The dry season is approximately November through April. The “green” or rainy season is our summer, May through October. The prices are lower, but you will experience much more rain. The book *Path Between the Seas* by David McCullough is worth reading so you can appreciate the wonder of the Panama Canal and the hardship, politics, corruption and disease that were part of the process. Yes, there is much more to Panama than the canal. I call it Costa Rica 20 years ago. So visit Panama before it becomes too crowded and enjoy the variety and beauty of the country. 

*Peggy Kiefer recently spend two weeks exploring the many facets of the diverse country of Panama. She can be reached at [Zinkiefer@aol.com](mailto:Zinkiefer@aol.com)*





# Walk This World with Me

## *The Top Five Places to Walk In and Around Anne Arundel County*

By Leah Lancione

There are many things that make living in the Annapolis area glorious: being able to sail the Chesapeake Bay, being just a short drive to equally dynamic Baltimore city or Washington, D.C., and having the Eastern Shore as a picturesque neighbor. Well, as if these weren't enough, there's even more. Anne Arundel and its neighboring counties offer an abundance of walking and hiking trails. There's more than you can count on one hand, but I'm going to offer my top five places to take a stroll:

5. The "Planet Walk" starting behind Harundale Plaza on the B&A Trail offers education and exercise all in one. Characterized as a "linear museum" of our solar system, "Planet Walk" features 4.6 miles of paved trail with models of the sun and nine planets and educational storyboards created by NASA's Solar Dynamics Observatory Project Education and Public Outreach. Take the opportunity to get your heart rate going while also inspiring your children and grandchildren to train their brain and body. More information is available at [www.friendsofatrails.org/planet\\_walk.htm](http://www.friendsofatrails.org/planet_walk.htm)
4. Quiet Waters Park in Annapolis provides six miles of paved trails for walking, jogging or biking. The scenic landscape includes a South River promenade and scenic overlook, verdant fields, a lush forest, manicured gardens and even an outdoor ice skating rink if you have some leftover energy after a brisk walk. There is an entrance fee, but throw in a picnic or a stop in the visitor center art galleries and it's worth every penny. For more information, visit [www.friendsofquietwaterspark.org](http://www.friendsofquietwaterspark.org)
3. The Chesapeake Bay Environmental Center offers an unparalleled view of the Chesapeake Bay and many of its wild inhabitants. The 500-acre peninsula offers several miles of walking trails, so bring your camera and binoculars along to observe birds, fish and other creatures in an unspoiled terrain; it's the natural world in all its glory. For more information, visit [www.bayrestoration.org](http://www.bayrestoration.org)
2. Kinder Farm Park in Millersville has a little something for everyone. The 288-acre park has a playground for youngsters, a real old-style farm with a variety of livestock, 2.4 miles of paved paths for walking, biking or bird watching, picnic areas, community garden plots and even a space for disc golf. So, get your walk in and plan to bring the whole gang for a day of physical activity and family fun. Visit [www.kinderfarmpark.org](http://www.kinderfarmpark.org) for more information.
1. A guided stroll through Annapolis. Even if you know "Nap Town" like the back of your hand, it's always refreshing to saunter around your home turf while a scholarly guide enlightens you and your walking mates on some of the town's landmarks, colorful histories or spooky legends. Visitors can enjoy a three-to-four century tour, African-American History Tour or a Haunted Ghost tour. The large group tours are pricier, but well worth it if you and your posse of friends want to share the experience. Walk, revisit history and celebrate Annapolis. Visit [www.annapolis-tours.com](http://www.annapolis-tours.com) for more information. Now, if you want to just walk the lively streets of downtown Annapolis without an official guide, have at it! Visit [www.MapMyWalk.com](http://www.MapMyWalk.com) to chart out your course and calculate the distance in miles before you even step out the front door. The "Sailing Capital of the World" awaits you. Grab your walking shoes and coat to sail the pavement for a little window shopping along Main Street down to City Dock.

If you don't want to take my word for it that walking is therapeutic, maybe you'll find wisdom in the words of German philosopher Friedrich Nietzsche, who said, "All truly great thoughts are conceived while walking." 

**"Anne Arundel and its neighboring counties offer an abundance of walking and hiking trails."**

# Getting Comfortable In Your Own Skin

By Andrea Lichtenstein

**T**oday it seems like there are hundreds of skin care products on the market. How do you choose which is best for your skin? What about the myriad of treatments and facials? It can be overwhelming to navigate through all of the products and services offered, all the while staying away from certain chemicals that can harm more than benefit. Here's an attempt to provide clarity in the confusing world of aesthetics, which is available to both men and women.

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

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

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

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

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

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





“after-party” party. When someone knocked on the door to tell us to “pipe down,” we felt like teens again and partied until 2 a.m. Not my typical weekend!

The reunion brought us back to our roots, celebrating the wonderful grounding we received and the rich life we now live that was built on that foundation. It was a celebration of the warm and genuine people with whom we had studied and played, laughed and cried. The mood was one of warmth, comfort and openness, sprinkled with genuine curiosity and a wish that all be well with each of us. Curiously absent was the temptation to measure classmates by success, wealth or accomplishment. Instead we felt an aura of affirmation – a blessing to be found in this season of life.

The memorial board filled with our deceased classmates' photos was a sad and moving reminder of each one of them, as well as a very real reminder of the fragility of life. The humbling message: We were fortunate to be there celebrating together and we adopted an unspoken vow to make the most of the rest of our lives.

Those who chose not to attend missed a unique and special experience. We can't know who will be on that memorial board five years from now, but in the meantime we can bask in the joy of this reunion and look forward to our 50th.

*Peggy is a professional certified coach, who helps mature adults navigate life transitions such as renewal, retirement or a new career. She can be reached at [pbonsee@aol.com](mailto:pbonsee@aol.com)*

**“The reunion brought us back to our roots, celebrating the wonderful grounding we received and the rich life we now live that was built on that foundation.”**



# High School Reunion

## *A Time for Celebration or Trepidation?*

By Peggy Bonsee

In getting ready for my 45<sup>th</sup> high school reunion, I admit to paradoxical feelings of enthusiasm and trepidation. I'm eager to see how various classmates were doing while at the same time I was crazing about my hair, dithering about what to wear, and anticipating awkward moments when I may not recognize a classmate. After all, I hadn't seen most of my fellow baby boomers for more than 30 years, except for my high school sweetheart, whom I married right after college.

Last week the 45<sup>th</sup> reunion arrived and all the stress was for naught; the reunion was a wall-to-wall blast!

Now, both the people who currently know me and those who knew me back when, probably wouldn't classify me as a “party girl.” I'm not the drinking type and fairly quiet in large social settings. I still prefer small gatherings and one-on-one conversations. Music and dancing is great, but it's usually limited to slow songs because fast dancing doesn't normally suit my husband's taste. The reunion, it seemed, turned all that on its head!

Being there felt like coming home. We transcended all the small, silly stuff and cut through to the essence, enjoying the moment to the fullest, whether dancing or in deep conversation. My voice became hoarse, straining to shout over the music.

Stopping only for my ice water with lemon refills, it was great, gliding from person to person to chat, hug and catch up. Dancing with my friends and with my husband to “our” song, “You Belong to Me,” by the Duprees (who actually performed at our prom) was special. Pulled onto the floor by a classmate, my reluctant husband danced the stroll and several other “fast oldies” with spirit and enthusiasm.

The concern about recognizing someone was completely overblown. Everyone was quite accommodating about the fumbling and stumbling over names. No one attributed a hesitation as a reflection of anyone's significance but instead to the reality that we had all changed and that now we're not as good at remembering names and matching them to faces. Once we started talking and looking into a person's eyes, time melted away and recognition took hold. Then we discovered the people we knew, with all their teenage vulnerabilities and immaturities, subsumed in the warm and generous adult they had become.

Time flew! It never occurred to me to look at my watch and, apparently, it didn't occur to my husband either. Instead of giving the usual signal for, “Let's get out of here,” he extended the celebration by leading a group of us from the now-closed ballroom to the lounge and then on to an

*Think of the possibilities and let that be your guide.*

# Traveling with Less

By Kater Leatherman

Wouldn't it feel liberating to go almost anywhere for any length of time with only one or two bags? Now that some airlines are charging for baggage and the hassle of getting through security has increased exponentially, why add one more thing to your list of stressors when traveling? One way to keep your cool is to avoid over packing.

Benefits of traveling lighter include greater mobility, especially when you have to board a tram or bus to get to and from the airport and/or your destination. It also means fewer aches and pains. The less baggage you have, the easier it is to monitor. And environmentally, it requires less fuel to haul you and your stuff around.

Our tendency is to anticipate that we will need more clothes than necessary. Or, that we want to make certain we've got the right outfit for unexpected events. This always makes one-bag traveling a challenge, but you can start with the desire to cut back. Instead of three suitcases, take two. Then, over time, continue to whittle it down.

## Here are 10 ways to pack more effectively and efficiently:

1. Start with a packing list so that nothing important is forgotten. (It's also a great time saver, so keep the list for future trips.) A general rule of thumb is to leave out those things that "you might need" and pack only those things that you can't live without. In other words, choose necessities over luxury items. Include things that might be easy to forget that make a big difference like earplugs, an inflatable travel pillow and the belt that goes with your pants. Keep the list when you travel for repacking.

2. Before packing your suitcase, lay everything out so you can see what you have.

3. To prevent clothes from wrinkling, hang each article in a plastic dry cleaning bag. Then fold them in half or thirds before packing them in your suitcase.

4. Let go of the "what if" syndrome. To cover that event that you might be unexpectedly invited to, pack an outfit that can be dressed up or down for any occasion.

5. Limit the number of compatible colors to no more than three to guarantee that everything complements everything else. Reversible tops can double your clothing choices. Shoes are heavy and take up a lot of room, so pack those that will serve a dual purpose. Then stuff them with breakables, socks, jewelry and undergarments.

6. Leaving the same climate that you are traveling to will work to your advantage. However, if you are going from a cold to warm climate, dress in layers. That way you won't have to travel with heavy winter outer garments that take up precious space and add weight to your suitcase.

7. To cut back, undergarments and socks can be washed out nightly or every other day. To speed the drying process considerably, place wet clothes in a dry towel and wring it out tightly.

8. Compartmentalize your toiletries, vitamins and prescriptions in organizer pouches. To save room, repackage liquids and gels in smaller plastic containers. If you must travel with liquids, pack them in a sealed plastic bag.

9. While technology may enrich your trip, think before taking it with you. Ask yourself: Do I *really* want to bring this with me? Will I be able to relax more without it? Am I going to use it? Is it going to keep me from completing my travel goals?

10. Make sure your carry-on bag includes anything that you must have such as medications, toothbrush and change of clothes should your luggage get misplaced in transit.

Kater Leatherman teaches yoga at Ridgely Retreat and has recently written a book: "MOVING ON: One Woman's Quest to Create S P A C E for Change," which can be ordered at [www.katerleatherman.com](http://www.katerleatherman.com)



## OutLook's Bits & Bytes

Here's an idea when your flight gets cancelled. Hop in line to get rebooked and while you're waiting patiently, call the airline on your cell phone and try to rebook your flight. Airline phone numbers can be found at [www.tollfreeairline.com](http://www.tollfreeairline.com)



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# Pursuing Your Passion

By Kathryn Marchi

To most of us, driving a vehicle is simply the means to an end. We do it because we must. But commuting long distances to and from your job day after day can be tiring and costly. More time is spent in your vehicle and on the road than in your home with family it would seem. In 1974 Jerry Unklesbee found the solution to this problem when he was working as a supervisory budget analyst for the Veteran's Administration in Washington, D.C., and driving there from his homes in Arnold, Maryland, and later, Kent Island.

Jerry did not mind the driving and decided to take advantage of this by forming a car pool. He found three other commuters to ride with him. Soon there were others inquiring about car-pooling opportunities. He then purchased a six-passenger van and his car pooling "business" began. Over the next 20 years, he would increase his seating to 15 passengers. Jerry became the "driver" transporting these passengers into the District of Columbia and back during the work week. They became like a "family," celebrating births, weddings, anniversaries, birthdays and deaths. This little business continued until he retired in 1996.

Jerry actually enjoyed those years of driving, especially the camaraderie with his passengers. He began to refer to driving as his "hobby."

After retirement, with time on his hands, Jerry missed his "hobby" and found part-time employment as a commercial driver with an airport shuttle service between Dulles and JFK airports. He enjoyed driving



folks to and from the airports and was once called upon to deliver forgotten passports from Kent Island to JFK. Jerry, a Virginia Tech grad, even met another "Hokie" when driving him to the airport.

Finally, Jerry's entrepreneurial spirit took hold and he formed his own courier service company, called Shore Transport. His hobby now provided him with a lucrative second career. He purchased a new van for groups and a luxury sedan for couples. Now he began driving folks all over the Eastern Shore, across the Bay Bridge, and points north and south. His business morphed into taking passengers anywhere they wanted to go: restaurants, airports, doctor's appointments, hair appointments, business trips, meetings, the grocery store, etc. Many became regular customers and one couple actually sold their car so that Jerry became their personal driver!

What was a necessity turned into a hobby, a passion, and a successful second career. When asked why he has pursued his hobby for all of these years, Jerry's answer was that he honestly enjoys the driving and seeing new places. He especially enjoys meeting people and learning new ideas and perspectives. Riding in a car for sometimes hundreds of miles can lead to many an interesting conversation, he says.

It also can be said that Jerry Unklesbee has a "passion" for driving. He has certainly pursued that passion throughout his primary career and now, a newfound business opportunity that he enjoys to the fullest. Retirement doesn't mean that we stop being productive, but it does lend itself to continuing this productivity and pursuing a passion at the same time!

Jerry's Courier Service is based in Grasonville and can be reached at 410 490-6598.

**"His hobby now provided him with a lucrative 'second' career."**



*Your dreams don't have an expiration date — what's stopping you from accomplishing them?*



**“Bougainvillea is one of those plants that elicits plenty of oohs and aahs when people see it in its full splendor.”**

## Bougainvillea the Beautiful *By Neil Moran*

**B**ougainvillea is one of those plants that elicits plenty of oohs and aahs when people see it in its full splendor. The flowers are pretty, but it is the colorful flower-like bracts that really brighten a room and our moods.

The bougainvillea is native to South America and was named after Louis Antoine de Bougainville. “Louie” was commissioned by Louis XV to circumnavigate the world and obtain any unclaimed territory to compensate for French losses to the British in North America. However, as is often the case, it was a botanist, in this case, Philbert Commerson, who discovered the plant while traveling with Bougainville. Commerson was actually along for the ride; he was hoping to make a trip around the world that would help him cope with the loss of his wife who had died while delivering their child.

Commerson spied the vine adorning the homes in Tahiti. The sprawling vines with the pink and white bracts were hard to miss. When the two left Tahiti they had with them more than 3,000 plants, including, of course, the spectacular and conspicuous bougainvillea.

### **How to Care for Bougainvillea**

Bougainvillea grows best in a hanging basket with lots of room to dangle. The sprawling vines will spread out to over six feet wide if allowed to do so. It is a sun and heat-loving plant, so try to find the sunniest window in your home or building. A

sunroom or solarium is even better yet. During the summer months, place it outside in a sunny, protected location. They're very sensitive to cold weather, so don't place them outside until the overnight temperatures warm up to at least 50 degrees. Plant bougainvillea in a light potting mix and repot once per year. Keep the medium moist in the summer by watering frequently with room temperature water. Let the medium dry out between watering during the winter months. Bougainvillea can be pruned at any time to control the length.

Some varieties of bougainvillea have thorns, so be careful when watering or moving the plants. Now sit back and listen to the oohs and aahs as people gaze upon your prized bougainvillea.

### **How to Keep Your Bougainvillea Happy**

1. Keep it warm in summer, cool in winter.
2. Place it in your sunniest location.
3. Keep medium moist in summer, dry in winter.
4. Mist the leaves daily if in a room.
5. Repot each spring.
6. Be sure to use a sterile potting medium.
7. Give it lots of room to grow. 

*Look for Neil's recently released garden tips booklet entitled: From Store to Garden: 101 Ways to Make the Most of Garden Store Purchases. Visit his Web site at [www.neilmoran.com](http://www.neilmoran.com)*



# Incredible India

By Tina Klein



A trip to India leaves you with lifelong memories of the culture, incredible icons, vibrant costumes and exotic foods that identify the country.

My wonderful and enjoyable trip begins with a pedal rickshaw ride from Jama Masjid Mosque, the largest active mosque in India, to the Chandni Chowk bazaar in Delhi. As a passenger, your life is in the incredibly skilled hands of your driver as he navigates the very crowded, narrow alleys and streets that you share with pedestrians, scooters, bicycles, handcarts, auto-rickshaws, private cars, cows, dogs and cats, buses, official cars and heavy trucks. You can't ignore the potholes and the unhygienic canals where everything you could imagine drains. But you can easily embrace the bazaar's picturesque ambiance of traditional shopping for stocks of crafts, silks and general commodities -- everything money can buy. A visit to Raj Ghat, Mahatma Gandhi's serene monument on the bank of Yamuna River, was peaceful and an opportunity to pay respect to one person who had influence worldwide. Driving in and around Delhi, old and new, you can view at a distance the slum population which is all over India, but more so in a city like Delhi. These were heartbreaking sights that make me realize how fortunate I am.

You can imagine yourself being transported years back. In the holy city of Varanasi, India's spiritual capital where the Ganges River flows, pilgrims from around the country and beyond perform the bathing rituals in the morning and celebrate Aarti ceremonies in the evening. The Puja ceremony was also performed in the evening a few blocks away from the same embankment. Once you immerse yourself and experience these rites, you feel

unexplainable spiritual enlightenment. Visiting Agra at Taj Mahal, which symbolizes the eternal flame of love from Shah Jahan to his beloved wife Mumtaz, is captivating. In Jaipur, the Pink City, we admire the elaborate and intricate façade of Palace of the Winds, which contains 956 delicate and honeycombed sandstone windows used by the ladies in the palace to watch the outside world without being watched. You can take a day to soak in the sun in the countryside of Khajuraho, where the Temple City of Central India, a UNESCO World Heritage Site, was built over a 100-year span. Kama Sutra, the art of lovemaking, is depicted in vivid erotic sculptures on the temple walls. The following day we embark on a wildlife safari and sunrise game drive in Ranthambore National Park, which used to be the hunting preserve of the Maharajas of Jaipur. This seemed overrated. We did not see a lot of wild animals as advertised, especially the Indian tiger, but our accommodations were exquisite -- a palace reproduction made me feel like a princess for a day. A camp experience in Geegard Village, which is nestled in the deep rural countryside afforded the greatest time for meditation. Bypassing the scheduled camel ride, I spent time walking through the camp. It was very serene and quiet and had the most amazing sunset, which was a near mystical experience with the vivid orange colors shooting skyward from the setting sun. There was a spiritual uplifting and a feeling of floating in air. It was a defining moment for me about my existence. What an awesome event!

Overall, my personal experience explains the title, "Incredible India," which also just happens to be India's slogan for tourism.



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# What to Do to Prevent the “Achoos”

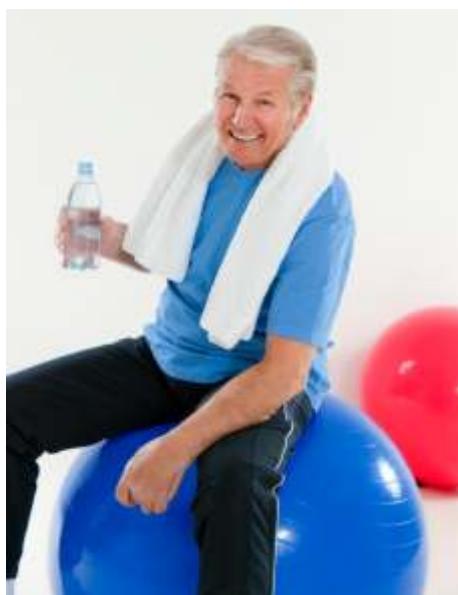
By Melissa Conroy

**W**hat would winter be like without the yearly round of sniffles, congested sinuses and fevers? Actually, pretty amazing, but since scientists have yet to create a cure for the common cold, we are stuck with the annual misery of cold and flu season. While we can't completely avoid getting sick, we can take sensible steps to minimize risk. You can greatly reduce your chances of getting sick this year by following some sensible steps:

**Hands off:** Many of the everyday items we encounter are virtually bathed in pathogens and diseases. Among them are computers, cell phones, paper money, purses and wallets, remote control devices, shopping carts and water fountains rank high in bacteria count. Some of these items can be swiped with an antiseptic wipe (you've probably noticed some grocery stores have wipes near the grocery cart return so people can sanitize their cart), so don't feel like a sissy for doing so. Other contacts should be avoided as much as possible, such as using your own water bottle instead of using the communal water fountain. Also, keep your hands away from your face to prevent germ transfer.

**Wash up:** Experts agree that the single, most effective way to prevent disease is regular hand washing. Sadly, most of us do it wrong; a quick baptism of your hands under tepid water won't cut it. Make sure to lather up for at least 20 seconds (some recommend lathering up for as long as it takes you to sing the *Alphabet Song*) and pay careful attention to underneath your fingernails and between your fingers so that all areas are covered. Also, avoid roller towels at all cost – those things are full of germs.

**Sweat it:** Exercise does so many wonderful things for the body, and building a better immune system is just one of them. A routine exercise program can help you fight off both middle-aged spread and the common cold.



**Go herbal:** While health experts do not all agree that herbal supplements can be helpful, there are some natural substances that are thought to increase people's immunity. Echinacea, zinc, garlic and goldenseal are four common natural supplements that many people take to ward off colds. Many people also up their vitamin intake, popping more Vitamin C and E during flu season. Airborne is a popular supplement that packs a wallop of 17 vitamins, minerals and herbs to help people stay healthy during flu season. However, be aware that herbs can be dangerous. Just because something is natural does not automatically mean that it is safe. Make sure to check with your doctor that your herbal supplements will not interfere with any medication you may be taking.



**Chill out:** Stress and lack of sleep can play havoc with your immune system. Make sure you avoid both.

**Be a hermit:** Your grandchildren are amazingly creative, intuitive, remarkable creatures. They are also walking germ factories. Children spend much of their time with other children, and about the only thing they will share without fighting are germs. Lots and lots and lots of germs. In the past, people thought that cold weather caused colds, since more people got sick during colder months. We now know the truth: People are sick more in the winter because they are cooped up inside together and can more easily trade infections. Limiting your social interactions is one way to limit your exposure to illness – and don't babysit your grandchildren if they are sick!

One day in the future, we may have a cure for the common cold. As for now, we still have to stock up on orange juice and garlic tabs, wash our hands and keep our hands off of germ-y objects. Luckily, there are things we can do to stay healthy and ensure that the cold season passes us by. Don't forget your Vitamin C and I'll see you at the gym!



*Difficulties are part of everyone's life. The only real difference is how you're going to handle them.*



**"If you give the body what it needs in each season by eating seasonally appropriate foods, you will naturally create a state of balance, and cravings will diminish."**

**Here are a few ideas for what to eat this time of year**

## Winter Foods to Warm the Body and Stop the Cravings

*By Ellen Kittredge*

**I**t's a new year. The busy holiday season has passed. You've had time to relax with family and reflect on the year behind you. Maybe you have even taken some quiet time during the holidays to set a few intentions for the year ahead.

Perhaps you are thinking of changing your diet in 2010. You may have a goal to give up that sugar habit, lose a little weight or at least not eat any of the leftover holiday sweets and baked goods tempting you right now. Let me give you a little advice to help you stick to any resolutions you may have made and to deal with those cravings. You may have thought about cutting out all the fat in your diet to lose those extra pounds you put on over the holidays. You may have already created a plan to eat only carrots sticks, celery and light salads during the months ahead. While this may seem like a good idea on the surface, I'd encourage you to stop for a minute and remember what you probably already know intuitively. What the body needs to nourish and sustain itself during the winter months is very different from what it needs during the summer. If you don't heed that and take drastic dietary steps, you will likely fail at correcting damage done over the holidays.

In order to be successful, you need to think about what the body needs. Each one of us has the potential to become an intuitive eater. You will be able to sense when you need sugar, fat and protein, or when you are low on minerals or could use some extra Vitamin C. The main way your

body "tells" you this is through your cravings. But if you are caught up in the fast-paced hectic lifestyle that most of us live these days, you may have a hard time interpreting the messages your body is giving you.

During the winter, and especially over the holidays, you may have been craving the fatty and sugary foods at holiday gatherings and company parties. This is normal. Our bodies actually need more fat during the winter months. And our bodies will continue to need more fat until we shift into the spring months. So, instead of denying yourself, give your body the healthiest possible versions of the foods that will satisfy your cravings.

Here's the trick. If you give the body what it needs in each season by eating seasonally appropriate foods, you will naturally create a state of balance, and cravings will diminish. Suddenly that resolution to stay away from the ever-present box of donuts in your office will not be so challenging.

If you are not used to listening to your body's hunger signals and cravings, it may be challenging at first, so here are a few guidelines. There are certain categories of foods and specific types of foods that nourish and warm the body during the colder winter months, and if you can emphasize eating these foods, you will be a lot more likely to find that balance I mentioned and reduce or eliminate cravings.

**Protein.** The winter months are the most appropriate time to eat red meat if that is something you enjoy or feel your body needs. Also, chicken, turkey and seafood, including shellfish and lobster, are appropriate. Stock up now on these protein-rich, heavier and oilier foods. Your body needs to store the fats, protein and minerals abundant in these foods for the spring months that lie ahead, when you'll be shifting into a much lighter diet. Beans are actually not the best source of protein in the winter, because they absorb a lot of water in the body. Winter is a dry time of year so you need to replace fats, oils, and water in the body, not take them from the body. If you do eat beans, make sure to soak them overnight and cook with more water than usual.

**Fruits and Vegetables.** Root vegetables such as beets, carrots, onions and sweet potatoes are great during the winter months. Winter squash is another nourishing winter vegetable. Most of the vegetables you eat now should be cooked using organic butter or ghee (clarified butter) to season your veggies, as these oils will help you to absorb the minerals and vitamins in the vegetables. All of these veggies are naturally very sweet and taste even sweeter when cooked, thus they will do wonders to satisfy your sweet cravings. Citrus is a great source of extra Vitamin C to help build immunity this time of year. Also, apples and pears, especially as fall has turned into winter, are some of the best fruits to be eating to both nourish and cleanse the body.

**Fats/Oils.** All oils will help to nourish the body during this dryer time of year. Focus especially on the omega 3 oils, which will nourish both internally and externally and help to keep your skin from drying out and cracking while providing benefits including cardiovascular protection. Use flax seed oil, olive oil, free-range organic butter and ghee. Try a fish oil supplement for some additional omega 3s as another way to increase this wonderful nutrient.

**Dairy:** Use only in small amounts at this time of the year. Dairy foods can cause congestion and exacerbate the common illnesses common during the winter months.

**Sweeteners:** Use these in moderation, and focus on natural sweeteners such as raw honey, maple syrup and minimally-processed cane sugars. Try using some of the seasonally appropriate fruits like apples and pears (instead of sugar) for extra sweetness in baked dishes.

**Grains:** Some grains, such as amaranth and quinoa, are very high in protein, so these types of grains are most appropriate this time of year. Grains eaten in their whole form provide beneficial fats, oils, fiber, vitamins and minerals. While grains are high in carbohydrates, whole grains are complex carbohydrates, and thus do more to nourish the body and less to set off cravings.

### OutLook's Bits & Bytes

Grandma was right! Prunes, aka plums, are good for you. Not only are they loaded with antioxidants, but recent studies say that they're good for your bones and eye health. It may take as few as three a day to make a difference. Log onto [www.californiadriedplums.org](http://www.californiadriedplums.org) for a more in-depth study of nature's wrinkly and maligned little wonder.

A simple winter-appropriate way I love starting my day now is eating a hot whole-grain cereal with a variety of different added ingredients I happen to prefer on any given day.

### Below are six different versions you can try out at home:

Use steel-cut oats, amaranth, quinoa and other whole grains as your base. You may cook these singly or in any combination. Simply soak overnight (equal parts water to grain) and then pour into a cup of boiling water in the morning, using more water if you are cooking up a larger amount for your whole family.)

When you soak these grains overnight your cooking time in the morning will be greatly diminished, so you can still get in a healthy breakfast and save time.

Once the grains have come to a boil, stir frequently to keep them from sticking to the pot. Here is where you can get creative. Below are a few of my favorite combinations.

With any of them, you can add organic yogurt or a dairy replacement like almond milk, rice milk or coconut milk if you are trying to avoid dairy due to its congestive effects.

1. Stir in frozen peaches for some added sweetness.
2. Season the grains with a pinch of salt and some cinnamon; add cut-up fresh apples for some extra crunch.

3. Throw in a handful of frozen blueberries, strawberries or raspberries and cook until these have thawed through, and add some chopped walnuts or sunflower seeds at the end.

4. Try adding dried cranberries or blueberries and a few slices of banana.

5. Keep it simple with some raisins and cinnamon.

6. Experiment with a little extra kick in the morning and cut up dried candied ginger and throw that in along with some slivered almonds.

For more reading on seasonally appropriate eating I'd recommend John Douillard's, *The Three Season Diet*, from which some of the above dietary recommendations have been sourced.

*Ellen Kittredge, CHHC, 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. She can be contacted at [www.ellenkittredge.com](http://www.ellenkittredge.com)*



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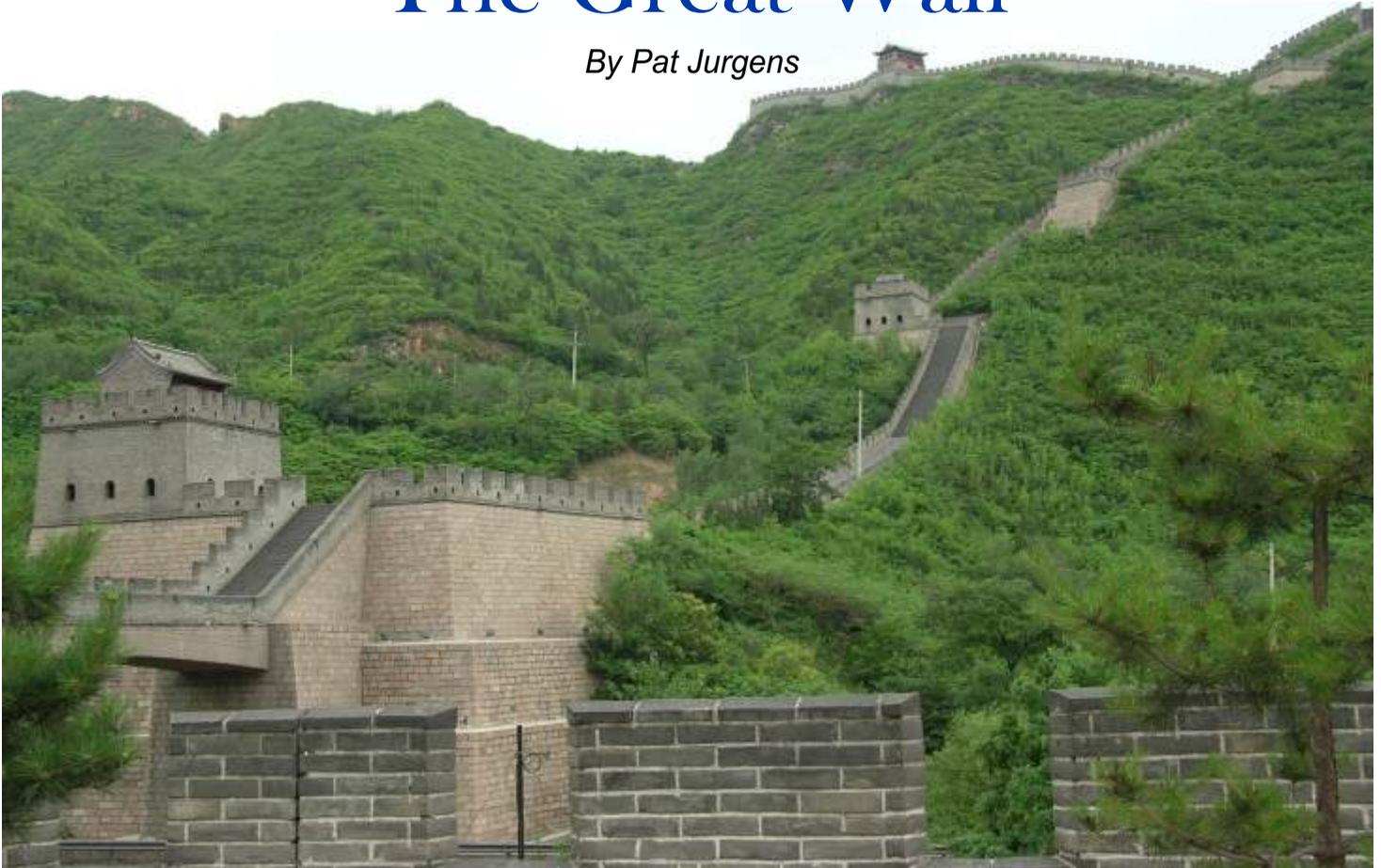
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# The Great Wall

By Pat Jurgens



“**M**y name Susie. I am your tour guide.”

A young Chinese woman with straight dark hair hops on the minibus. Since 6 a.m. I have been jouncing through Beijing on this vehicle that is collecting foreigners for a tour of the Great Wall. There are a dozen of us from Germany, England, Canada, Australia, Thailand, Korea and the United States. Susie is the last to board.

She regales us with some history as we pass the Forbidden City.

“There Emperor’s Palace. Many houses, many courtyards. Emperor have 1,000 concubines, 100 children, 2,000 eunuchs. You know eunuch? Half a man... have operation – cutting.”

She goes on, “Emperor have different concubine every night. Emperor a busy man! Concubine put dot on forehead... mean she got headache. Emperor no choose her tonight. Every night different one. Emperor a busy man.”

I smile to myself. This is going to be an interesting day.

Gathering speed, we roar north on a six-lane highway filled with late -model cars and taxis. We pass the Olympic stadium and grounds. A haze of gray pollution envelops the city.

Someone muses, “The best time to see Beijing would have been during the 2008 Olympics. The government shut down the factories to improve air quality.”

The infrastructure in evidence is impressive. Highways are tree-lined and landscaped with greenery, even arbors of roses. Old shacks and shops have been removed. There are high rises and construction cranes everywhere. The new Beijing is modern and western. Directional signs have English written under the Chinese characters.

On the city’s outskirts our minibus pulls up to an unimpressive building. It turns out to be a jade emporium. I am immediately assailed by hovering clerks, and find myself being fitted with a solid jade bangle. The prices are outrageous.

Through the bus window I see mountains in the distance, but before we get close the bus stops again. This time we are

ushered into a cloisonné factory. Here young girls are painting intricate designs on a vast array of vases. They work on a cement floor leaning over wooden tables, a single light bulb overhead. With China’s work force so huge, the girls are fortunate to have these jobs. The factory store exhibits thousands of cloisonné plates, pots and pictures. We are given ample time to make purchases, but I walk out empty-handed, eager to get to our destination.

Winding into the mountains, we finally arrive at the Great Wall about mid-day. The sign says JuYong Guan, “Long wall mountain pass,” not Ba Da Ling as the tour advertised. Whatever. Our guide directs us to a structure called Yun Tai (cloud platform), that once straddled the old road that led northwest to Mongol territory. Inside the arch are ornate carvings of animals and gods and scriptures in six different languages. It’s interesting, but I want to experience the wall.

The newly restored section of the wall at Ju Yong Guan was originally built during the Ming Dynasty. It is historically significant because it guards one of two key

*Having a positive influence on the next generation is one of the best ways to leave something of lasting value.*



**"Life-sized replicas of the terra-cotta soldiers welcome me on the bridge."**

passes to Beijing and was crucial for the defense of the old city. The wall undulates above me in opposite directions. On the left it climbs steeply into an unending horizon of mountain peaks. The athletically nimble head in that direction for a stipulated two hours. I set off to the right, which appears to be a gentler climb. Life-sized replicas of the terra-cotta soldiers welcome me on the bridge. The day is cool and there are few other tourists.

Walking solo, I work my way up the stone steps. The wall is well reconstructed. There are no ruins or age deterioration, yet it feels ancient. The steps are steep and uneven, requiring concentration not to stumble. It's a sheer drop-off beyond my feet. At the highest point I raise my head and look around. It is peaceful, quiet, without the hubbub of China's teeming humanity or tourists. The Great Wall snakes majestically over hills, then down into a deep valley. At the bottom, is nestled an enclave of mud huts. Ant-like figures move along a strip of dirt lane running through lush green foliage. It is a beautiful rural landscape thick with trees. I wonder about the people there: a whole family living in one room, working all day in the fields with their water buffalo. I imagine they know little of the world beyond the wall.

Back at the bus we are rushed to load up, only to stop again a few minutes later. Ushered into a small room of a professional building, we are lectured in broken English

on the nature of Chinese medicine. When I bravely volunteer, my pulse is taken and my tongue inspected. A Chinese doctor declares that my liver needs attention. He recommends a combination of herbs for a mere \$50. I politely decline.

Lunch time. The Chinese banquet is impressive with a dozen dishes in the middle of the table. We help ourselves clumsily with chopsticks. No one has time to overeat.

Susie chatters, "This year of dog. Beijing dog restaurant closed. No one eating dog this year. Dog safe. Eating monkey brain, snake, donkey. No dog."

Our group is now friendly. An Australian discovers that we each paid a different amount for the tour and the Germans are incensed by the unannounced

detours. I suggest that we consider it all amusing.

A tea house is the final destination. The tea ceremony is performed, and yes, there is Chinese tea to buy. And we do so happily.

Twelve hours after departure, I am tired but satisfied as I return to my hotel. The tour was rich with unexpected turns – a true Chinese experience. 🇨🇳

*Pat Jurgens is a writer who has traveled abroad on student exchange, as a representative of the Sister Cities organization, with her family and on solo adventures. She may be contacted at: [4louises@comcast.net](mailto:4louises@comcast.net)*



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# “Open Me First” A Roth IRA

By Robert L. Gorman

*Believe it or not, Congress may have just given you a big gift*

**D**o you expect your tax rate to go down over the next several years? Even if you do, you should probably still read this.

Some people know that this time of year is a prime time to start planning for next year's taxes. Two reasons come to mind: First, you may be able to make some moves between now and the end of the year that will help your tax situation. Second, you may be able to take advantage of some changes for 2010. What changes, you ask? Among others, starting Jan. 1, 2010, the way Roth IRAs and conversions to Roth IRAs are treated will be significantly different.

In 2010 you will be able to contribute to a Roth IRA or convert your traditional IRA or 401k to a Roth IRA. In 2009 and before, there were income restrictions and some other hurdles which the Congress has seen fit to suspend. I'll take this in two pieces.

First let's talk about contributing to an IRA, either traditional or Roth. Prior to 2010 there were income restrictions on deductibility of contributions to a traditional IRA. Specifically, you could take a full deduction if your adjusted gross income was \$55,000 or less and you were single. The number was \$89,000 for married filing jointly. If you made over \$55,000 but less than \$65,000 (single), or over \$89,000 but less than \$109,000 married filing jointly, your tax deductions were reduced. If you exceeded the top amounts in either category, none of your contributions would be tax deductible. There were some other categories but you get the idea. Make too much and your traditional IRA contribution may not be deductible. But you could still make an after-tax contribution of \$5,000 (\$6,000, if you were over 50).

Contributions to a Roth IRA were always after taxes had been paid on the money that you contributed. The contribution was never tax deductible. So deductibility wasn't an issue. Because a Roth contribution could grow tax-free, however, there were income limits on whether you could contribute or not. You could make a full contribution if you filed single and made \$104,999 or less; a partial contribution from \$105,000 to \$120,000 and none over \$120,000. Restrictions for joint filers

were full contribution up to \$165,999; restricted contribution from \$166,000 to \$176,000 and none over \$176,000.

**The big news here is that in 2010, the income restrictions on Roth IRA contributions go away.** This means that regardless of your income, you may make maximum contributions to a Roth IRA.

Secondly, and better still, you may convert current traditional IRAs and 401ks to Roth without income restrictions. This means that if you want to pass money to your heirs tax-free, you now have a way to do it. The question is do you think you will pay fewer taxes now than if you wait to withdraw some money or when it gets passed to your loved ones? Given the history of tax rates, I don't think that future tax rates are going to go down.

### What are some of the advantages to converting to a Roth?

1. Qualifying distributions are tax-free.
2. Account value is effectively larger, if tax rates go up.
3. There are no required minimum distributions.
4. No age limits on contributions with earned income.
5. Access contributions at any time, tax-free.
6. Qualifying distributions are excluded from income for Social Security tax purposes.

### There are some disadvantages:

1. All contributions are nondeductible.
2. One might not live long enough to see the full tax benefit.
3. You may lose the growth potential of the money used to pay the upfront taxes on the Roth.

But it might make real sense for you to pay the taxes now, so the distributions can be tax-free later.

I have heard the argument made that it makes sense to start a Roth IRA in 2010 and fund it just to take advantage of the potential tax-free growth. This may be especially true if



your income has previously restricted your use of a Roth. A Roth IRA could provide you with a tax-free source of retirement income, but another advantage is that it can give you the opportunity to pass money on to heirs without a tax implication. Also, a Roth could be a good tool to place into a trust because it eliminates the taxation of required minimum distributions (RMDs) within the trust.

Another consideration in converting a current traditional IRA or other qualified plan to a Roth might be that the current account may be down in value. If it is, you would effectively pay less tax based on the reduced account value. Also, when you pay the upfront tax, you remove money from your estate, effectively reducing your estate tax later.

Obviously, these strategies won't work for everyone and you should not try them alone. You will need competent financial advice and good tax advice -- and this article is not meant to be either tax advice or legal advice -- but changing to a Roth might just be your ticket to keeping more of your retirement income and having more to pass on tax-free when the time comes.

Ask your financial adviser to look into it for you.

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### OutLook's Bits & Bytes

Here's a Web site that'll keep you occupied for an entire winter afternoon: [www.FindHow.com](http://www.FindHow.com) Have you ever wanted to know how to convert your photo slides and negatives into digital files, how to tune a guitar, or how to learn classical Latin? What about how to keep a boat from sinking or how to avoid catching germs in an airplane? The site is a veritable wealth of information that you may not know you needed and it's very user-friendly. Just type in your question and the answer appears.

# Your LEGAL TEAM

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

## Dear Legal Team:

*I'm considering moving out because our marriage is not working and life is becoming almost unbearable. He is in ill health, but that has nothing to do with my reasons for leaving. Our children are grown, gone and live far away and know nothing about this and I don't want them involved. My question is, can I move out now and still inherit my share of our holdings, house, investments, etc., if something happens to him and we're not formally separated or divorced?*

## Dear Moving Out:

You have raised a number of issues with your question. But your inquiry is very open-ended and without more in-depth analysis of each of your assets, this is a hard question to answer concisely.

First, you have to determine how each property is titled and whether the title each of the assets can be changed. For example, is the asset titled jointly or individually? A common asset is a house or real property. In Maryland, husband and wife can hold title to real property as tenancy by the entirety, which means that when one spouse dies the surviving spouse receives the property in full. Other assets, however, may be owned by or titled in a different way. Your husband's last will and testament may control how these assets are distributed at his death. Also, there may be other benefits that you may obtain after your spouse's death such as insurance benefits, retirement benefits or other items on which he has designated you as his beneficiary. At any time, your husband may be able to change the designated beneficiary under these items, which means that you would not receive them after his death.

Under Maryland law, if you continue to be married, your husband cannot totally disinherit you, unless he dies without any assets titled in his name. There is a Maryland law that permits a spouse to obtain a certain percent of the deceased spouse's estate after his death regardless of what he places in a will. Still, you can only obtain part of assets that he actually owns or possesses at the time of his death.

Before your spouse dies, assuming that he is mentally competent, he may be able to give away his assets in a trust for the benefit of

friends, relatives, companies, charities or anyone else he so desires. That would deprive you of inheriting any part of those items at the time of his death.

When a husband and wife separate, it is very common for them to enter into a separation agreement, which usually divides assets and property. This is a contract that is enforceable. Commonly, the agreement contains a waiver of all other marital rights, such as the right to inheritance.

## OutLook's Bits & Bytes

Wouldn't it be nice to enjoy the day with some of the oldies that you can sing along to? Here are two great Web radio stations that you can tune in to at no charge: [www.aol.radio.com](http://www.aol.radio.com) or [www.itunes.com](http://www.itunes.com) Click on radio and make your choice of music style.

## Dear Legal Team:

*We would like to take our 12-year-old grandson on a trip with us to Europe. Are there any legal considerations that we need to be aware of before departure?*

## Dear Grandparents:

You need to have authorization from both of his parents in order to be able to take your grandson outside of United States. The authorization should be in writing and provide details as to the powers provided to you as his custodian. You will need to have medical authorization executed as well that gives you the right to make medical decisions for the child since the parents will not be with you. The parents are delegating their authority to you. You may also want to contact the Department of State to determine whether it has any other requirements in order for you to be able to have your grandson travel with you. Here is a link to a Web site that has a suggested form to use for a child traveling with a grandparent: <http://en.allexperts.com/q/Traveling-Children-2015/grandparents-traveling-abroad-grandson.htm> We have not reviewed this form for legal sufficiency, but it may give you a format that is acceptable.

*This site provides information about the law. Legal information, however, is not the same as legal advice about your specific circumstances. We try to be accurate and useful. We strongly recommend that you consult a lawyer to find out what is appropriate in 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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# Many Ways to Travel

By Pat Jurgens

**W**hat is it that entices us to travel? To leave the comfort of our known environment and venture to a new land, a new experience? With the Internet at our fingertips information is now instantaneous and there are more opportunities than ever before. If you are retired or working less, you may have more time and perhaps more monetary resources than you did in earlier years. Then there is the “bucket list” idea: We won't be on this earth forever, so we better start fulfilling some of our dreams.

## Relaxation

The proverbial “getaway” vacation for relaxation and a change of scene is one that many of us yearn for. Beach vacations draw northerners from the cold winter to leave behind the struggle against the elements. Hilton Head, Myrtle Beach, Siesta Key, Sanibel Island and many other locations in South Carolina and Florida are annual pilgrimages for some families. The coasts of Louisiana, Texas and California are popular destinations, as is the Baja and the coasts of Mexico, Belize and Costa Rica. In recent years the beaches of Asia have become popular with Americans. The whole world awaits! So how to find the perfect place?

The choices are many. Do you prefer an all-inclusive resort package that covers airfare, hotel, meals and drinks in the price? Or do you want to find your own quiet little paradise and pay as you go? There are a myriad of Web sites to help you navigate. If you're a do-it-yourselfer, you will need time and patience for the search. The magnitude of information can be overwhelming, but you can also save money and find exactly what you want. Of course, there are travel agents and companies who will plan your trip, and this can save you time and headaches; it can also cost more. Try these Web sites:

[www.travelzoo.com](http://www.travelzoo.com) for highlights of special weekly deals.  
[www.applevacations.com](http://www.applevacations.com) All-inclusive vacations or “flight-only.”  
[www.kayak.com](http://www.kayak.com) Compare airfares and other rates.  
[www.united.com](http://www.united.com) or other airline Web sites for “vacation packages.”  
[www.tripadvisor.com](http://www.tripadvisor.com) To find reviews and recommendations.

Cruises are enormously popular and a good value in our present economy. Discount sales of 50 to 60 percent can be found, particularly over holidays and in the off-season. Major cruise lines like Holland America and Princess Cruises cover the globe. You can go for a few days to the Caribbean or several weeks to Mexico, Europe, Asia, or an extended cruise around the world. This is luxury travel, with a variety of food to tempt your palate 24/7, onboard entertainment, services and shopping, and ports of call with land tours. You don't lift a finger, just bask in the moment. My husband and I thought a big ship was not for us, but we had a fabulous time going up the Inside Passage to Alaska last summer.

[www.hollandamerica.com](http://www.hollandamerica.com)  
[www.princess.com](http://www.princess.com)  
[www.celebritycruises.com](http://www.celebritycruises.com)  
[www.ncl.com](http://www.ncl.com)

There are also small ships that take passengers on more individual itineraries to specialized destinations. The advantage is fewer people, greater identification with the destination land and people; a downside can be higher cost.  
[www.barefootsailingcruises.com](http://www.barefootsailingcruises.com)  
[www.expeditions.com](http://www.expeditions.com)

The mountains provide another type of relaxing vacation. A “getaway” cabin retreat or lodge can be just the thing. Although the summer season comes to mind, there are many winter destinations that lure tourists who are not necessarily winter sport enthusiasts. National parks in the Southwest are great places to hang out when the temps drop below zero in the north. Zion, Bryce and Capitol Reef in Utah are sunny winter destinations, and, yes, there is snow. The Blue Ridge Mountains and Smoky National Park in the southeast are great spots for autumn colors, biking and hiking. Weather can be unpredictable, but a comfortable lodge with a warm fire is always an enjoyable option.

## Action and Adventure

Are you into active sports? Tennis is fun, but for the young at heart all kinds of adventure awaits. Do you crave excitement? You can hang glide in Rio, bungee jump in New Zealand, kayak in the Puget Sound. Ride on a zip line through the rainforest of Costa Rica. Go white-water rafting through the Grand Canyon. If you're like me, bicycle touring may be a great way to see a new country, or your own for that matter.

[www.adventuretravel.com](http://www.adventuretravel.com)  
[www.oattravel.com](http://www.oattravel.com)  
[www.backroads.com](http://www.backroads.com)  
[www.gapadventures.com](http://www.gapadventures.com)

Eco tours are a wonderful way to see the world. They are environmentally friendly (sustainable tourism) and focus on the natural world. Whale watching, African safaris, riding horses in the rainforest, snorkeling on a reef, trekking with gorillas, exploring archaeological ruins. You choose. An eco tour works in harmony with the land and people, employing locals, using local goods, services and accommodations. Tour destinations may be remote and wild.

- [www.ecotours.com](http://www.ecotours.com)
- [www.ecotourdirectory.com](http://www.ecotourdirectory.com)
- [www.angel-ecotours.com](http://www.angel-ecotours.com)
- [www.nathab.com](http://www.nathab.com)
- [www.50plusexpeditions.com](http://www.50plusexpeditions.com)
- [www.eldertreks.com](http://www.eldertreks.com)

### Education and Learning

Travel is a learning experience, whether consciously or by trial and error. The joy and excitement of discovery is one reason to travel. It takes us out of our comfort zone and opens us to new perspectives. Educational travel is popular for those who enjoy knowing the history, culture and customs of a country or region. Lectures by local experts and discussions are part of the touring schedule.

- [www.elderhostel.org](http://www.elderhostel.org)
- [www.exploritas.org](http://www.exploritas.org)
- [www.transitionsabroad.com](http://www.transitionsabroad.com)
- [www.gct.com](http://www.gct.com)
- [www.heifer.org](http://www.heifer.org)

A trip can be focused on learning a language, cooking, studying art, writing or even going on an archaeological dig. Focused vacations are becoming popular for travelers who want to concentrate on one kind of experience or skill. Yoga, bird watching, scuba diving, meditation, or spa vacations can be found in many beautiful and exotic locations.



### Volunteering

Twenty years ago it took considerable time and effort to find travel opportunities in which a person could participate and contribute to a country's culture. Now there are all kinds of organizations that offer volunteer programs, and they are easily accessed on the Internet. Participants usually pay a program fee as well as their own travel expense. You may work with the local people for several weeks to months; programs are continuous and set up for volunteers who come and go. There is great satisfaction in sharing your knowledge and experience with those who are eager to learn. In the process you learn about another way of life and challenge yourself to adapt to new situations. Being open to new ideas keeps you young.

- [www.volunteerinternational.org/resources.html](http://www.volunteerinternational.org/resources.html)
- [www.crossculturalsolutions.org/volunteering-abroad](http://www.crossculturalsolutions.org/volunteering-abroad)
- [www.transitionsabroad.com/listings/travel/senior](http://www.transitionsabroad.com/listings/travel/senior)
- [www.eliabroad.org](http://www.eliabroad.org)
- [www.friendsforasia.org](http://www.friendsforasia.org)

### Home Exchange and Vacation Rentals

Another way to travel is to find a home exchange or vacation rental. You live in the destination community and neighborhood where you can shop for groceries, meet neighbors and explore the environs at your own pace. It's different than staying at a hotel, because you have an opportunity to get to know the place and people living like they do. In a home exchange you swap dwellings for a week or two; this can include vehicles or pets. The home exchange organization has a fee for membership. You set up your desired exchange and communicate with the reciprocating party.

- [www.seniorhomeexchange.com](http://www.seniorhomeexchange.com)
- [www.intervac.com](http://www.intervac.com)
- [www.exchangehomes.com](http://www.exchangehomes.com)
- [www.homelink-usa.org](http://www.homelink-usa.org)

An easy way to access vacation rentals is to first determine your destination. Then simply search Google for "vacation rentals Miami" or "vacation rentals Paris," etc. "Craigs List" in the destination city is a good way to find places as well.

There are a variety of ways to see and experience the world. Trying something new is a good way to keep yourself alive and vital.



*Pat Jurgens is a writer who has traveled abroad on student exchange, as representative of Sister Cities organization, with her family and on solo adventures. She may be contacted at: 4louises@comcast.net*



## Geraniums for All Occasions

By Neil Moran

I can't think of a more popular flower than a geranium. Thanks to the work of plant breeders, there are literally thousands of varieties of geraniums. Geraniums come in four "flavors:" the ever popular *zonal*, the distinctive *regal*, the pleasant smelling *scented* and the *trailing*, or ivy geraniums.

Geraniums are one of the most popular houseplants. They are easy to grow and don't require a lot of fussing. The zonals, with the distinctive ring in the "palm" of the leaf, are the most popular. However, don't ignore some of the other types, which are no less pleasing to the eye.

Geraniums don't require high humidity. However, if you want flowers, keep them in a sunny spot and deadhead them as the flowers fade. Young plants should be pruned to encourage them to bush out. When older plants start to look a little ragged and are no longer putting out a lot of flowers, cut them back to just a few main stems, and start over.

### Brief History of Geraniums

The name geranium had been around long before folks in the West ever heard of them. In fact, the garden geranium, or cranesbill, was named by Dioscorides from the Greek word *geranos* -- a crane. The name referred to its beak-like seed pod, which is much like the shape of a crane's beak. Horticulturists prefer to refer to geraniums by their scientific name, which is *pelargonium*. To confuse matters, the word *pelargonium* comes, again, from the Greeks and means a "stork's beak." Two other groups make up this family and include the cranesbill, or *geranium* and *erodiums*, which are rock plants. Did you get all that? In other words, *geranium* is actually the scientific name for cranesbill, while *pelargonium* is the scientific for geranium!

### Meet the Geraniums

Here are just a few of the more popular varieties of the geranium types mentioned above:  
**ZONAL:** Paul Crampel, bright red, single; King of Denmark, rose, semi-double; Red Rambler, red; and Appleblossom Rosebud, pink.

**REGAL:** Easter Greetings, rose-colored with brown blotches; Aztec, white with pink blotches; Grand Slam, Red with purple blotches; and Blythwood, mauve with purple blotches.

**TRAILING:** Madame Margot, white; Charles Turner, pink; La France, lilac; and l'Elegante, white-edged leaves.

**SCENTED-LEAVED:** Lemon, pink flowers; Mint, white flowers; and Rose, pink flowers.

### Houseplant Tips

To add a little spice to your life, experiment with some of the different types of geraniums. They make great houseplants.

**Container:** Mature geraniums will be happy in a six-inch container. If the plant gets too large, to the point of tipping over the pot, prune back some of the branches. Don't be afraid, it will come right back better than ever!

**Medium:** A sterile growing medium is recommended. The mixture should be lightweight and airy.

**Water:** Water about once a week during the winter months. Don't overwater or be worried if you skip a week, geraniums can handle a little forgetfulness on our part. Water liberally (two or three times per week) during the summer, allowing the medium to dry out between watering. Use tepid water.

**Temperature:** Maintain average temperatures the year round (70s) with a minimum of 50 degrees in winter.

**Light:** Geraniums do best in full sun so find the best south-facing window possible.

**Air humidity:** Skip the mist, they don't like it.

**Repotting:** Repot each spring only if necessary. You know it needs repotting if the medium gets real hard and the water runs out through the bottom.

**Propagation:** Stem cuttings can be taken anytime there is new growth. A rooting hormone is not needed. Clip off a two-to three-inch section of stem, leaving at least one "node" (a growing point along the stem, usually where the leaves join the stem). Keep constantly moist (but not wet) and mist the leaves until it begins to root in a couple of weeks.

Visit Neil's Web site at [www.neilmoran.com](http://www.neilmoran.com)



*If life is boring you — why not resurrect the dreams you once had?*

# OIC is Calling All Seniors

With a Special Salute to Women

By Vern Penner

The Opportunities Industrialization Center (OIC) of Anne Arundel County has been a vital force for thousands of participants since its establishment in Annapolis 31 years ago. This small nonprofit is also in community partnership with the city, Arundel Community Development Services, Anne Arundel Community College and a variety of civic groups, business organizations and foundations that are contributing to the technical, financial and volunteer support of the center.

OIC's mission is simple: to provide free job training and placement assistance to low income or unemployed county residents. Program components include English as a second language, computers and adult basic education (GED preparation). Such programs usually draw younger persons and newly arrived immigrants, but as the current economic downturn unfolds, unemployment has affected people of all ages from all walks of life. However, some senior citizens use the center for more traditional reasons.

One such person is Margaret Ellen Parker Lewis. When Margaret is asked why she is enrolled in the adult basic skills (ABS) class at OIC, this 72-year-old replies with firm conviction, "To show the youngsters that you're never too young to learn." Margaret has become the unofficial matriarch of her ABS class, where she daily demonstrates the importance of persisting to learn and learning to persist. "Miss Margaret," as she is affectionately called by her fellow students, continually encourages her younger classmates with words of praise and wisdom steeped in years of experience. Although some of the academic and computer training can challenge her, Miss Margaret is a stellar performer in those softer qualities that employers crave such as dependability (perfect attendance), punctuality, a positive attitude, outstanding interpersonal skills, a strong work ethic and pride in a job well done. Ms. Marla Weisenberg, Margaret's instructor, mentions that a wide variety of volunteers are needed to assist with her ABS class along with the other courses in basic computer, English as a second language,



Margaret Ellen Parker Lewis

resume writing, math skills, writing skills, job skills, job interviewing and much more. For more details contact: Ed Greene at 410 222-1287 or e-mail him at [ed.oicaaco@comcast.net](mailto:ed.oicaaco@comcast.net)

With a widening appeal to juniors and seniors alike, OIC is planning a fund-raising event to be held on March 7, 2010, at 4 p.m. at the Francis Scott Key Auditorium of St. John's College. March is Women's History Month and a "Salute to Women" music celebration featuring the Howard University concert band will honor six local women whose contributions have made Anne Arundel County a better place to live and work. Tickets will go on sale shortly.

OIC HOURS:  
9 a.m. to 4 p.m.,  
Monday through Thursday.

Monday and Wednesday  
evenings from 6 to 9 p.m.

410 222-1287 (office)  
410 263-8004 (fax)  
410 279-5938 (cell)

Web site: [Oic-aac.org](http://Oic-aac.org)

## A Dozen Personal Travel Favorites

By Penelope Folsom

1. Light-up travel alarm clock.
2. Flip-flops for nighttime forays to the loo.
3. Maps and my GPS if it, in fact, will work where we're headed.
4. Small book light.
5. Camera with extra chip and batteries.
6. Magazines that I haven't had time to read.
7. Paperback books that can be left behind when finished.
8. Cell phone and recharger or spare battery.
9. Small notebook and pen and pencils.
10. The Kindle -- now that I have it I would never leave home without it.
11. Copy of address book that includes e-mail addresses.
12. Extra business cards for those chance meetings.

Items five through 12 are the ones I put in my large purse for those times we're delayed.





Photos by Julian Stephens © Heligan Gardens Ltd

## English Gardens

By Carol Denny

Planning a trip to England this summer? If you're a gardener, prepare to swoon. The British love their gardens -- one estimate says the island has 16 million of them -- and nowhere do they cultivate them more avidly than on the country's southwestern peninsula. In the counties of Devon and Cornwall, the mild coastal climate, warmed by the Gulf Stream, creates a landscape as lush and flower-filled as any on the planet.

The postcard-perfect countryside here contains moors, hedgerows and woodlands in a hundred shades of green. Its seaside villages, many tucked in the lee of steep cliffs, display window boxes trailing exuberant mixes of begonias, poppies and nasturtiums. Town promenades burst with roses, canna lilies and lavender. Even ordinary parking lots blossom with pockets of heather or daisies. And throughout the region, you'll spot surprising tropical specimens like Chusan palms and tree ferns, wholly unexpected in these northern climes.

The official *Cornwall Gardens Guide* lists nearly 60 splendid natural sites open to visitors. Options range from parks and botanical gardens to the manicured grounds of dozens of historic homes. Enjoying them will require a rental car, a good map and walking shoes, but it's a civilized trek. Cafes for lunch or tea are almost everywhere and gift shops are usually close companions.

In addition to a host of public and private gardens, visitors to the region can explore thriving green projects like Riverford, an organic farm that delivers produce across the country, and the Eden Project, home to plant-filled "biomes" built on the site of an abandoned clay mine. Whether you're a serious horticulturalist or an appreciative amateur, there's plenty of nature to admire.



For an enchanting introduction, try the Lost Gardens of Heligan in St. Austell, Cornwall. Heligan, the ancestral home of the Tremayne family for more than four centuries, was a 1,000-acre sward that epitomized both pastoral beauty and self-sufficiency during the Victorian Era. With the onset of World War I, however, its gardens fell into a slow and steady decline. Forgotten and soon overgrown, they slumbered like Sleeping Beauty until their rediscovery in 1990. Today, an award-winning restoration of its natural treasures has put Heligan back on the map, and its orchards, pastures and formal plantings are again groomed and gorgeous. (Don't miss the centuries-old camellias.) The Victorian passion for collecting exotic species is on full display at Heligan. There's a fine collection of rhododendrons—pink, white, mauve and even Cornish red—from Sikkim, Bhutan and Nepal, plus bamboo, banana trees and palms. Along the Woodland Walk, whimsical sculptures emerge from leafy nooks. Spend at least half a day, if you can, and discover why Heligan was voted "the nation's favourite garden" by *BBC Gardeners' World* viewers.

Head north from St. Austell and you'll discover the Eden Project, a global garden that celebrates natural renewal in 21<sup>st</sup> century style. Created in 2001 on the barren hills of an abandoned china clay pit, the park features two of the largest glass conservatories in the world, re-creating the climates and plant life of the rain forest and Mediterranean. Indoors and out, educational displays preach strong support for sustainability and careful stewardship of natural

resources. Multigenerational families, take note: You'll find plenty of child-friendly spaces here for youngsters to frolic, and playing in the mud is encouraged.

With a population so favorably inclined to all things botanical, it's no wonder that the trend toward organic farming and local food has strong local support in this part of Britain. See the concept in full bloom at Riverford, an organic farm in Devon. Tucked among the velvety South Hams just above the River Dart, Riverford has won acclaim as a national leader in making fresh, local produce widely accessible. Now boasting more than 30,000 customers, it has expanded to create an alliance of regional farmers who deliver "vegboxes" across the country.

At the Riverford headquarters at Wash Farm, Buckfastleigh, you can tour the organic fields, take in a cooking demonstration, or book lunch or dinner in the acclaimed Field Kitchen. Making advance reservations for a meal in the warm, family-style restaurant is well worth it. The menu of fresh vegetables, free range meat, breads and desserts is locally sourced and wonderfully prepared.

After lunch at Riverford, you'll have plenty of options to consider. Will it be a drive to the dramatic seaside ruins of Tintagel Castle, celebrated as the birthplace of King Arthur? Perhaps a stop at Greenway, the newly-refurbished home of Agatha Christie, Britain's Queen of Crime? A salute to the stately Royal Naval College at Dartmouth, or a visit to golden Finstral Beach, renowned as England's surfing mecca? Whatever route your journey takes, don't hurry. Among the manicured, green and gold hills of Devon and Cornwall, you'll want to stop and smell the roses. 

To learn more about these and other destinations, visit:

[www.gardensofcornwall.com](http://www.gardensofcornwall.com)  
[www.greatgardensofcornwall.co.uk](http://www.greatgardensofcornwall.co.uk)  
[www.heligan.com](http://www.heligan.com)  
[www.edenproject.com](http://www.edenproject.com)  
[www.riverford.co.uk](http://www.riverford.co.uk)



# Aquatic Therapies: More Than Just a Splash in the Pool

By Peggy Markham

**S**tuck in the winter doldrums and wishing you could float in a warm pool to sooth your aching bones? You don't have to travel to the tropics to find relief. Instead, investigate your community and you'll find pools and spas available all year round for exercising, relaxing and healing aquatic bodywork.

"Taking the waters" is an ancient therapy for healing our bodies, our minds and our spirits. Cultures from the beginning of time have embraced water as a source for rejuvenation of health and well-being. When our bodies are immersed in water, it calms us, loosens the pull of gravity and relaxes our muscles.

Depending on your health needs and physical abilities, you have a vast array of options when considering aquatic bodywork and therapies. Local community centers with pools offer classes for aquatic exercise, often using props to help. This type of water therapy is easy on the joints; seniors in particular enjoy the comfort of a non-strenuous exercise program.

Benefits from being in the water can improve digestion, reinforce the immune system response and free the body of debilitating constrictions. Many water therapy enthusiasts believe that water therapy can reduce the rate of respiration, reduce the heart rate, calm the sympathetic nervous system, ease joint compression, improve flow of blood to the muscles and increase range of motion, an especially vital need for those suffering from arthritis-type conditions and crippling disabilities.

## Here is a sample of aquatic therapies:

- **Watsu** is perhaps the most well-known of the water therapies. This technique is conducted by a certified practitioner who works one on one with the client in a pool of warm water. Watsu is an exceptional modality for a general wellness program and provides great rewards for overall health, especially for older citizens. Susan Lange of Sweetwater Watsu is certified in Watsu, Zen shiatsu and trained in adaptive Watsu and healing dance. She defines the practice: "Watsu is a passive form of body therapy, influenced by shiatsu, and performed in warm water. The recipient is continuously

supported while being floated, cradled, rocked and stretched. The warm water combined with Watsu movements results in a wide range of therapeutic benefits."

Susan's pool is housed in a peaceful 24-foot yurt with the water at ninety-six degrees and features a hydraulic lift for easier access to the pool.

- **Water dance** incorporates features from aikido, somersaults, dance movements of the dolphin and snake. This technique works with an underwater focus, slowing the breathing and heart rate, creating a deep state of relaxation.

- **Healing dance**, developed by a dancer, is about movement above and below the water, engaging rhythms to release blocked energy.

- **Jahara** originated in Brazil and brings a more meditative approach to aquatic bodywork. It uses gentle traction to the spine and involves pressure points. Water modalities can expand the treatments of people with disabilities, chronic ailments, debilitating pain and general body aches and stress. The body accepts the weightlessness of the water and embraces the soothing warmth. A wonderful trust between the provider of the therapy and the receiver of the treatment often develops, adding a new dimension to the healing process.

If you want to escape the grip of winter and at the same time enjoy the wonder of water therapy, consider a vacation to Taos, New Mexico, and a stay at Ojo Caliente mineral springs resort and spa. The resort is a short drive from Taos. You can stay at the spa in delightful, modern accommodations including an excellent restaurant and wine bar. According to Ojo Caliente, "SPA is the acronym for the Latin phrase *salus per aquas*, which means health through water. Services include: body treatments, massages, Sadari skin care treatments, manicures and pedicures, yoga sessions... anything your body and mind desire. Visit [ojospa.com](http://ojospa.com) for more details.

Taos is a perfect winter getaway vacation offering the best of all worlds. You can ski at Taos Ski Valley, explore exciting art galleries and museums, enjoy shopping on the town square, observe local artists at work in their



studios, indulge in gourmet dining, soak in the mineral springs at Ojo Caliente, take an exhilarating hot air balloon ride through the Rio Grande Gorge and experience the magic of the ancient Indian Pueblos. In town, stay in internationally acclaimed artist Inger Jirby's charming casita. Savor dinner at the Steakout Grill and Bar (the sunset is breathtaking), feast at the Love Apple for regional organic home cooking and, of course, have a margarita and dine at Doc Martin's historical restaurant.

Whether you are in Taos or near home, water has something to offer you.

**Note:** Research sources included Susan Lange, who can be reached at [Watsu@wispertel.net](mailto:Watsu@wispertel.net) The Aquatic Exercise Association and an article by Karen Osborn, *Massage Bodywork*, Oct/Nov 2005. You can reach Inger Jirby's casita at [www.jirby.com](http://www.jirby.com)



Peggy can be reached at [markham.dp@gmail.com](mailto:markham.dp@gmail.com)

OutLook's

## Bits & Bytes

Do you have an old cell phone that you no longer use? Log on to [www.flipswap.com](http://www.flipswap.com) This unique group will send packaging and postage for your used phone. They will send a predetermined amount of money and either recycle it or give it a humane end-of-life ceremony. You also have the option to return the phone, receive no monetary stipend and instead have a tree planted somewhere in the world.

# Ratatouille: A Hearty Winter Favorite

By Emily Baran

It may be 30 degrees and sunny or 50 degrees and rainy, but regardless, we're in the thick of the winter months and the typical meal for families should ideally consist of something hearty and warm. At the same time it should be economical and easy to prepare, something that I try to incorporate into all of my meals.

Ratatouille can be presented and prepared in many different ways. For the fun of it, the second method here is how it was prepared in the Pixar movie, *Ratatouille*. The first recipe is a personal favorite that requires more preparation time but the end result is worth it. The second is a method that requires less precision, but the same amount of preparation time alternating slices of eggplant, green zucchini and yellow squash with a tomato sauce and sautéed onions, red peppers and green peppers spread over top.

## Ratatouille, 1

- 1 eggplant, diced
- 1 green zucchini, diced
- 1 yellow squash, diced
- 1 medium onion, diced
- 4 Roma tomatoes, diced and seeds removed
- basil
- thyme
- 1 can Del Monte tomatoes, blended
- garlic
- salt and pepper

Dice all vegetables into small cubes and place in separate bowls. Place the eggplant on a towel and sprinkle with salt to remove moisture. Begin by sautéing the green zucchini and yellow squash; place on a plate or baking sheet to set aside. Bring the pan back to temperature and add the onions. Once the onions are halfway cooked, add the red and green peppers and cook entirely. Set aside with the zucchini and yellow squash. Begin to cook the eggplant in the sauté pan, once halfway cooked, add tomatoes and continue to sauté.

Add the zucchini, squash, onions and peppers back to pan with eggplant and tomatoes. Add minced garlic and thyme to pan and cook. Pour blended tomatoes over top and continue to cook until warmed through. Finish with a handful of chopped basil. Season throughout the process.

## Ratatouille, 2

Possibilities for the second method we mentioned are as follows. Preheat the oven to 375 degrees. Slice the green zucchini, yellow squash and eggplant, creating the same size diameter for each vegetable. In a sauté pan, add onions. Once the onions are halfway cooked, add the peppers and then finally the Roma tomatoes and herbs. Pour the blended tomatoes in a casserole dish. Alternate the slices of eggplant, green zucchini and yellow squash; drizzle with olive oil. Spread the onions and peppers over the top. Bake until vegetable slices are cooked and tomato on the bottom is hot.



## Brown Rice

- 1 cup of rice
- 1 1/2 cups of liquid (water, chicken stock, etc.)

Bring water to a boil and add dry rice. Cover and simmer until liquid is absorbed. (You can flavor with pepper and olive oil.)

Possible accompaniments for ratatouille are endless, but some suggestions include brown rice or couscous. The brown rice recipe is a personal favorite when the ratatouille is on the juicier side with the blended tomatoes. The ratatouille only takes 30 minutes to prepare and then about 40 minutes for total cooking time. However, once it is cooked, keep it warm or heat it when appropriate. Ratatouille is an excellent meal as a leftover. You can throw it on an English muffin with mozzarella cheese as a mini pizza or toss it with orzo, feta cheese and olive oil.

Ratatouille can be prepared as the focal point of the meal or as a side dish of a protein. Either way, this is a delicious combination of vegetables and should be enjoyed as a hearty meal.

*Emily Baran is training to become a chef at L'Academie de Cuisine in Gaithersburg and can be contacted at [emilyehorton@yahoo.com](mailto:emilyehorton@yahoo.com)*

**"Ratatouille...hearty and warm  
... economical and easy to prepare, something that I  
try to incorporate into all of my meals."**



# Local Libraries, Far Away

By Leslie J. Payne

“What a wonderful library!” I exclaimed, breaking all rules of library courtesy.

The librarian quickly looked up and I braced myself for her reprimand. Happily, she didn't “shush” me. She smiled; after all we were the only ones in the Jackson Memorial Library in Tenants Harbor, Maine, on a Thursday evening.

“Thank you,” she replied with pride. Within a few minutes of conversation we chatted like girlfriends, and exchanged birthplaces, education backgrounds and restaurant recommendations. My husband walked in, disappointed to note closing time was in five minutes. We had no time to use the Internet.

“No problem,” my new-friend-librarian replied. “Sit on the back porch anytime you like with your computer and use our wireless. And if your computer battery is low, there are outlets to plug into.” This was welcome news to Richard and to me as we had been disconnected from the world's wiring while cruising on our sailboat.

The hospitality we discovered at Tenants Harbor's library is one of the reasons we visit the local library wherever we travel, whether it's the familiar East Coast, the open plains of the Midwest, or the mountains of Montana. Below are a few of my favorites. Consider adding the local library to your sightseeing list wherever and whenever you travel. You just might be in for a nice surprise.

## Camden, Maine

Originally built in 1928, this elegant library sits on the hill above Camden's harbor. Decorated in hues of soothing blue, the library is brightly lit by natural, recessed and chandelier lighting. Such light is especially refreshing when the Maine fog doesn't lift for days. Large, drapery-trimmed windows overlook the picturesque harbor for a perfect view. Many computers are available for checking e-mail. And leather wingback chairs invite you to sit and enjoy a newspaper or magazine.

The library's lower level includes an area for children, and an archives room dedicated to the history of this shipbuilding town. In 1957 Hollywood arrived in Camden and filmed the movie *Peyton Place*. Memorabilia is displayed in tribute to the movie as well as the shipbuilding industry. And if you're lucky you'll be entertained by the delightful 80-ish-year-old resident who tells tales about

Camden's history, as she visits guests and longtime patrons.

The library's beauty extends outside to a memorial garden and an outdoor amphitheater. In my opinion, this library definitely outranks the numerous, nearby T-shirt shops where tourists eat ice cream cones and drive home without ever seeing this gem.

## Mystic and Noank, Connecticut

Serving both towns of Mystic and Noank is another library of jaw-dropping beauty. Captain Elihu Spicer began his life at sea when he was nine years old. He worked as a cabin boy. So it's no wonder the library he built 60 years later, in the early 1890s, reflects his appreciation for a carefully crafted wooden ship. Elaborate woodwork throughout the library is an art exhibit in itself. Look up and you see that the glossy oak cathedral ceiling resembles the shape of a ship's hull. Look down and you see a floor made of tiles imported from Italy, perhaps purchased at one of Captain Spicer's favorite ports of call.

Computerized and wired in every way you'd need, this library also offers a familiar friend from long ago: *a card catalog*. Remember those? And it's up to date and ready for use. Wooden rocking chairs and upholstered furniture offer places to read, relax, or don headsets and listen to music as you work on a puzzle or play a game of chess. This is the perfect retreat on a rainy day, a place to read about and dream of ships sailing the high seas.

## Cuttyhunk, Maine

On the island of Cuttyhunk you'll find the library by hiking up the hill from the harbor, and taking a right turn off the main road. Roads here are for golf carts only, no cars or taxis allowed, so be ready to walk. Across the street from the little church shared by Protestants and Catholics sits the small, cedar shingled-library. Built in 1852, the gray weathered shingles are proof this little library has seen its share of wind and rain. It is conveniently located next to the still-operating, one-room school house. Don't expect any Internet connection here to check your e-mail, but with the sweeping vistas of the ocean as seen from this island, who needs e-mail? Whatever Cuttyhunk's library lacks in resources is made up for by a friendly chat with the librarian. She boasts that with a year round island population of less than 40 people, you never have to be on a waiting list to get the book you want.



## Vail, Colorado

When your muscles need a rest from skiing, skip the overpriced shops and go enjoy the library. It's the best bargain in town. Even if you are just visiting for a week, you can feel like a local with your own official library card and the chance to enjoy all the library offers: Internet access and a huge selection of periodicals, books, audio tapes and movies. There's a beautiful gas fireplace flanked on either side with large windows framing the nearby woods. Get comfy on a soft couch and keep the chill out by using one of the wool blankets scattered about. Snuggled under a blanket you can relax, watch the snow fall, and get lost in a good book. And if you happen to drift off to sleep, well, you won't be the first. That's just part of the experience.

When we were young, libraries meant homework assignments and hopes of bumping into that popular individual from school. Now we can enjoy all the treasures the library offers, in any city or town we may travel through.

Leslie Payne, a lifelong lover of libraries, can be reached at [newlifecruises@yahoo.com](mailto:newlifecruises@yahoo.com)

To learn more about these libraries  
Go to:

[www.librarycamden.org](http://www.librarycamden.org)  
[www.mysticnoanklibrary.com](http://www.mysticnoanklibrary.com)  
[www.vaillibrary.com](http://www.vaillibrary.com)

To learn more about Cuttyhunk,  
you have to go there yourself.

*You know all that stuff you've collected? Why not use it, give it away or throw it out!*

## Cremation and All That Remains

One of my favorite topics is cremation. I am always amused by the reasons people give for wanting to be cremated and it is something that is being discussed more and more. Reasons I often hear, and ones I will address here, are that it is cheaper, it saves scarce land and it is easier.

Saving money is the one I hear the most. To answer this directly, yes, cremation can be cheaper than traditional burial. But it is also true that traditional burial can also be cheaper than cremation. Remember that the cost of the funeral provider's services and merchandise all depends on what the individual asks of the undertaker and what the customer selects. For example, I have made advance plans for individuals with a total cost of more than \$14,000 in cremation services and I have also made advance plans for individuals with less than \$5,000 in traditional burial costs. Two of the major factors in burial and cremation are the merchandise the family selects and where the person is to be laid to rest. With burial, a family would need to select two items of merchandise: a casket and an outer burial enclosure. With cremation, a family would need to select three items of merchandise: a cremation container, urn and outer burial urn enclosure. The location of the cemetery is a big factor in the cost of burial as well. There are cemetery lots on the Eastern Shore that only cost \$100 per grave, compared to burial lots outside Washington, D.C., that cost between \$2,000 and \$4,000. So as you can see, a lot of variables come into play when choosing whether you would like to be buried or cremated. It is best to meet with

an undertaker who specializes in planning ahead and let him work within a budget you provide.

The assertion that we are running out of land is one that I usually answer with a smile and a shake of the head. First, let me ask, who is "we?" If anyone should be concerned with running out of space it should be Arlington National Cemetery in Washington, D.C., and that could potentially happen. This one cemetery does nearly 20 burials per day and they, at some point in the next decade or two, could find the need to increase the available space. One alternative for individuals concerned with this topic is green burial. This is the use of a grave that is all natural and makes no use of concrete burial containers and other materials that will last forever. It is truly returning to the earth the natural way. Some varieties of green burial even offer the reusing of grave spaces after a certain time frame. With this, there would be no concern about running out of land.

Individuals who come to me when planning ahead and say that they want this to be as easy as possible on their survivors at the time of their own deaths commonly follow it up with, "That's why we want to be cremated." Actually, I would have to say that a traditional burial service would be easier. When someone meets with an undertaker to discuss cremation the customer should be asked questions such as: Do you want cremation to be done before or after services? Is there to be a visitation? If so, is cremation to be done before or after the visitation? Is the urn to be present at the service? Are we to use an urn ark? Is the body to be placed in a cremation casket or a



cremation container? You should also know that in some cases the signatures of all immediate family members are required to allow the undertaker to even move forward with cremation. When it comes to traditional burial, questions asked are: What time frame would you like for visiting hours? Where is the service to be held and where are the cemetery lots? Cremation can be easy, but it is all how you define easy. Whether a family selects cremation or burial, the services celebrating that individual's life is what is most important. I cannot tell you how many times I've had survivors of families who choose immediate cremation or burial with no services then come back and say they wish they would have done things differently.

Helping a family heal is what our industry should strive to offer everyone whether a family chooses burial or cremation. By educating yourself in advance on the options available when it comes to cremation, as well as the cremation process in general, you will find that there is much more to this method of disposition than what is portrayed in the media. Cremation can be a very memorable means of celebrating one's life, but please be sure to learn more about what is offered before making a hasty decision. All of the concerns mentioned are logical and allow an opportunity to discuss a topic that is typically not addressed.



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





## Destination: Cape Charles

By Len Freedberg

Cape Charles, Virginia is an idyllic town that has stood still in time and today resembles America as it once was, or perhaps America as it should be. Paul Theroux wrote that "tourists don't know where they've been, and travelers don't know where they are going." Cruising on a sailboat definitely makes you a traveler. My sailboat, JUDY, is a 38-foot Ericson. When I set out in her on Labor Day weekend 2009 heading south from my home port of Boston, I had four weeks and a very loose itinerary. Leaving out the usual mishaps—a balky engine and nasty conditions in Delaware Bay -- I was in Baltimore and ready to move two weeks later. So why Cape Charles?

Leaving Baltimore there was no wind. Cape Charles was 24 hours away, near the mouth of the Bay. It was a good destination with an easy entry and a town marina with fuel and water. A perfect fit! I reached Cape Charles during daylight hours and was tied up snugly at the town marina by nightfall.

After a good night's sleep, it was time to go ashore and explore. The railroad tracks were hard to miss. They come from the north and end at the water's edge. Two sets of tracks go right onto the pier and have switches at the very end to make four exit points. A hundred years ago a barge with four sets of tracks was pushed against the pier by a tugboat. The tracks aligned, and the railroad cars were loaded from the land to the barge for the trip across the Bay. In 1912, 2.5 million tons of freight passed through Cape Charles. The largest barge carried 25 railroad cars at a time. In addition to the freight service there were passenger ferries and, starting in the 1940s, vehicle ferries. The largest ships carried 120



vehicles and 1,200 passengers on 85-minute trips to Norfolk. At its peak there were seven ferries in service making 90 one-way trips daily. In 1951, a new terminal opened a few miles south that shortened the trip by 20 minutes. The last passenger ferry left Cape Charles in 1953 and the opening of the Chesapeake Bay-Bridge Tunnel in 1964 sounded the death knell of the ferry era.

Standing on the pier looking outward to the water and then down along the tracks, all still in good condition, one could imagine what a wonderful sight it must have been. Mary, a volunteer at the local museum, explained that the line was used several times weekly until June 2009 when the tugboat broke down. She mentioned that there's some hope that the freight service will soon resume.

Cape Charles is quiet and charming. There is one main street, running parallel to the railroad tracks, and the side streets are named for fruits such as peach, strawberry and plum. Beyond the main street are several tree-lined streets with well-maintained homes. Although it was late September, it was still warm and folks were sitting on many of the wide porches. It's the kind of place where everyone knows you are a stranger and says "good morning" in such a friendly way you feel they really mean it. The crab fishermen at the marina greet you with strong accents unique to the area.

There is a beautiful beach on the Bay, the only public beach on the Chesapeake on Virginia's Eastern Shore. Rayfield's, a full service pharmacy, offers delicious breakfasts including grits or scrapple or both. There are stores and several good restaurants featuring local fish and crab dishes. The Historic Palace

Theater is a restored art deco-style theater used for movies and live performances. They were running a special showing of the documentary film of Michael Jackson's last live performance. That showing included a contest for the best Michael Jackson look-alike.

A group of men were sitting and talking at the well-stocked hardware store, where you can find them most days. The city museum is located in the former electric generating plant and has wonderful models of the ferries, dioramas, many old photographs and a dominating old generator -- musty yet awe-inspiring. The annual Tomato Festival featuring a parade and family-oriented activities takes place every year on one of the last weekends in September. There is no traffic, and none of the rushing around that detracts from big city life.

Cape Charles, almost at the southern tip of the Delmarva Peninsula, was founded in 1884, a planned community that some thought would become a metropolitan center because of the railway and ferries. Instead, it is now a delightful destination to explore. If you have never been to Cape Charles, you should consider visiting either by boat or by car. You might find that you've discovered a place that you'll return to again and again.

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Visiting Cape Charles  
[baydreaming.com/cape\\_charles.htm](http://baydreaming.com/cape_charles.htm)  
 Marina  
[www.baycreek.net/kings\\_creek\\_marina.php](http://www.baycreek.net/kings_creek_marina.php)  
 Museum and Welcome Center  
[www.smallmuseum.org/capechas.htm](http://www.smallmuseum.org/capechas.htm)  
 B&B [www.thebaywood.com/](http://www.thebaywood.com/)  
[www.kellogghouse.com/](http://www.kellogghouse.com/)  
[www.nottinghamridge.com/](http://www.nottinghamridge.com/)  
 Railroad excursion  
[www.baycreekrailway.com](http://www.baycreekrailway.com)

*You'll never get anywhere unless you start somewhere.*

# A Perfect Time for A Walk in the House

By Leah Lancione

If you find yourself deciding not to walk or jog outside because “baby it’s cold outside,” do not concede defeat, get creative. Even if you don’t have a treadmill, elliptical, other cardio equipment or a gym membership, you can still exercise indoors. Instead of throwing in the towel because the winter winds are whipping or the rain or snow is falling, set aside 30 minutes to an hour to devise a plan. Get the props, set the “stage” and perform your newfangled, but simple indoor exercise routine.

**To devise your plan of attack consider the space you have for working out indoors.** If you live in a house with more than one floor you have a lot with which to work -- stairs, long hallways and rooms to scoot bulky furniture around make the process easier. If you live in a smaller space, like a condo or apartment, you just have to be a little more imaginative and adaptable. You may have to opt for more stationary exercises or be willing to use furniture considerably more, i.e., a chair or coffee table can double as a bench or step block. Whether you have more or less space, you first need to decide which areas of your abode are potentially workout-friendly and safe and then figure out how long you want to exercise. The space and time frame will determine the type of exercises and the amount of sets and repetitions. Don’t forget to include a warm-up and cool-down with stretching. Take note, the surgeon general recommends that adults get at least 30 minutes of exercise most days of the week.

**Next, figure out which spaces are more suitable for specific exercises.** If you have a basement or a garage, consider doing the majority of the aerobic activity there, offering less preparation and cleanup. Bedrooms are great for abdominal exercises. You can do crunches on a ball right in front of your television or beside your bed. Stairs are perfect for exercising multiple leg muscles. Your hamstrings, quadriceps and calves will “feel the burn” from brisk walks or jogs up and down the stairs.

Hallways can be transformed into short jogging or walking tracks. Just make sure to remove any furniture or debris that could cause you to stumble. Consult your inner Denise

Austin or Jillian Michaels and get inventive—try doing lunges while holding 3- to 5-pound weights down the hallway. You could try feigning a “So You Think You Can Dance” attitude and sashay down the hall alternating sides.

The living room can be used in many ways. A raised fireplace mantle can be used for step aerobics, and if you push your coffee table out of the way, you can pop in a Pilates or yoga video to engage in your own private session. If you don’t own any exercise videos, but your cable offers on demand, take advantage of Exercise TV. Free workouts by expert trainers will get you sweating fast and provide you with instruction on how to complete exercises properly. If you don’t have on demand, don’t worry, you can also check out Exercise TV online at [www.exercisetv.tv/](http://www.exercisetv.tv/) Free streaming videos led by trainers include: Yoga for Beginners, Kickboxing, Cardio Groove n’ Burn, and Sexy Legs, to name a few.

### Now let’s consider the kitchen.

This area is perfect for ballet exercises and a cool-down stretch. As long as you’re willing to scrub the countertop afterward, kick your leg up and do some ballet bar-style stretching. Just remember not to bounce as you stretch, but rather grab your knee, calf or ankle, depending on your comfort level and flexibility, and hold the position for 30 seconds while breathing steadily. Also, try the kitchen counter as a pseudo ballet bar for grand or demi-plies. Visit “The Art of Ballet” online at [www.artofballet.com/class2.html](http://www.artofballet.com/class2.html) for a beginner’s tutorial on how to do these squat-like motions that will work your inner and outer thighs, tush and “core” (abdominal) muscles.

### So, now let’s talk about props.

Here’s a list of household items that can be used for an indoor exercise routine:

- Ball for abs work.
- Towel for a mat or used in place of a plastic band for Pilates stretches.
- Milk jugs with handles or canned goods (preferably between 3 and 5 pounds) if you don’t have dumbbells.
- Jump rope.
- Small trampoline for jogging in place or a multitude of fun cardio moves.

### So, here’s a sample routine you can mix and match for about 30 minutes:

**Five minutes:** Warm up by walking in and out of every room in your house at a brisk pace. If you have a mini trampoline start walking in place at a good pace.

**Five minutes:** To get your heart rate going more, pick up a jump rope and start jumping vigorously. If you don’t have one handy, do jumping jacks.



**Ten minutes:** Run or jog up and down the stairs. If stairs aren’t an option, simply retrace your walking route around the house, but increase the pace. If you stay on your tiptoes to minimize the sound of pounding feet to your neighbors or family members below, your calves will get an extra boost.

### Or try this

**10 minutes:** Pop in your favorite CD or turn up the radio (preferably something upbeat) and do some of the moves you used to flaunt in college or high school. For example, the twist is good for the oblique muscles (side abdominals), the pony done at a fast pace can be a good cardio booster. Check out more ‘60s dance moves at [www.sixtiescity.com/Culture/dance.shtm](http://www.sixtiescity.com/Culture/dance.shtm) If that’s not your era, do an Internet search for dance crazes of your generation. If The Stroll or the cha-cha is more up your alley, visit [www.jitterbuzz.com/dance50.html](http://www.jitterbuzz.com/dance50.html)

**Five minutes:** Grab your dumbbells, cans or milk jugs and start working out your arms. A few good exercises are the lawnmower (good for your biceps), the kickback (good for triceps) and good, old-fashioned pushups are great for shoulders, arms and the chest.

For more examples of arm exercises or how to make sure you do all exercises correctly, visit [www.acefitness.org](http://www.acefitness.org) Click the “Get Fit” tab and then choose “Exercise Library” for a long list of exercises and how to perform them safely and effectively.

**Five minutes:** Cool down and stretch. Relax. Breathe easier. Be proud that you didn’t let a little rain or cold weather get you down. Why not change the quote, “A rainy day is the perfect time for a walk in the woods” to “A rainy day is the perfect time for a walk in the house.”

*In retirement it doesn’t matter who you were — who are you now?*

# Stay Warm and Toasty All Winter Long

By Penelope Folsom

Our 10 favorite ways to keep out the chill:

1. Bring wool back into your life: wool sweaters, wool hats, wool mittens, wool trousers. You'll notice the difference in warmth almost immediately. Machine-washable wool is now so common the upkeep isn't as labor-intensive as it was just a few short years ago.
2. Invest in a warm hat that can be pulled down over your ears. Better yet, purchase fleece ear warmers – they're lightweight and you'll feel warm all over.
3. Invest in a good pair of wool socks. Wear them under your boots or while curled up in your home. You'll be surprised at how much warmer you'll feel on a chilly winter day. Some people even wear them to bed.
4. Mittens will keep your fingers toastier than gloves. Gloves, no matter what magic fabric they're made from, will just never keep your hands as warm as mittens. For best protection, get them lined.
5. A fleece neck warmer to plug up all those spaces between neck and jacket. They're so soft and comfortable. They're available in every color of the rainbow and they're inexpensive. You'll want more than one.
6. Long underwear. An investment I made a couple of years ago and wonder why I didn't do it long ago. No more icy dungarees in the frigid days of winter, my longies are like an extra warm skin that lines the coldest pair of trousers. They're lightweight, don't add bulk and machine washable too.
7. Layer. Start with long underwear, then a lightweight cotton turtleneck and top off with a thick wool sweater and a warm long jacket if you're heading outdoors. This way you can peel off one layer at a time if you get too warm.
8. A scarf to wrap around your neck or cover your face when the winds are howling. With so many colors, so many styles, there's bound to be more than one that you'll like.
9. Slippers. The kind with a fuzzy lining that come up over your ankles. Even better, wear socks underneath them.
10. Exercise. Go for a brisk walk. It's amazing how quickly you'll find yourself toasty warm and the glow will last all through a cup of steaming hot chocolate. 

## OutLook's Bits & Bytes

Is it time to clear out some of the junk that you've been accumulating all these years? If you're interested in giving some of that stuff away and keep it from further clogging our landfills, log onto [www.freecycle.org](http://www.freecycle.org) for the local chapter of FreeCycle, an environmentally sensitive group that encourages recycling rather than throwing out!



## DON'T MISS A WORD



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**IT'S POSSIBLE.**

# Are You Ready for Valentine's Day?

By Lesley Younes

**H**ere's a great menu to help you plan a special evening. It's delicious, prepared easily ahead of time, appealing to the eye and will make you look and feel like a five-star chef. The menu: Cornish hens with roasted lemon and rosemary sauce, artichokes with pearl onions, wild rice pilaf, and chocolate nut cassata.

Cornish hens are small chickens bred as a specialty food that have graced elegant dining tables for decades. Smaller and more costly than regular chickens, Cornish hens generally feed one or two people and are suitable for stuffing. While considered a specialty item, these birds are easy to find, both fresh and frozen, in most grocery stores.

## Cornish hens

Serves 2

(This takes three hens, so you have enough remaining for romantic leftovers.)

3 large lemons  
sea or gray salt  
2 tsp, rosemary leaves  
2 Tbs. Italian parsley  
Butter

Cut the ends of the lemons, and slice into 1/2-inch rounds. Broil about six inches from the heat until browned and soft, about 10 minutes.

Cool, then squeeze over a sieve and push the pulp through with the back of a spoon to get as much juice out as possible. Discard the peel.

To this add 2 tsp. finely chopped fresh rosemary leaves and 2 Tbs. fresh Italian parsley.

Prepare three Cornish hens by washing well and rubbing cavity with salt. Loosen the skin around the bird, especially over the breast and top of leg. Pack as much of the rosemary, lemon mixture in between the meat and the skin as it will take. Rub the hens liberally with butter and sprinkle with gray salt or sea salt

Allow them to sit in the refrigerator, covered for two hours before cooking.

Pre-heat oven to 400.

Cook according to directions on package, but 35 minutes is usually sufficient for a regular hen.

Baste the birds as they start to brown. If you wish to have more sauce, pour a cup of chicken stock around the birds before they go into the oven.

The sauce from the birds can be served as is, or thickened with a little corn starch or potato starch.





### Artichokes and pearl onions

Serves 4 (Reheats very well.)

1 can artichoke hearts, drained  
1 small box frozen pearl onions in white sauce

freshly ground white pepper  
2 Tbs. unsalted butter  
2 Tbs. chopped Italian parsley

Chop the artichoke hearts so they are similar in size to the onions. Place the defrosted onions in a pan with the artichokes, the butter and parsley and slowly bring to a simmer. Check for seasoning. At this point freshly ground white pepper may be needed.

### Five-grain pilaf

Serves 6

(Can be frozen or kept for a week in the refrigerator and reheated.)

1/2 cup brown rice  
1/2 cup white rice  
1/2 cup orzo  
1/2 cup pearl barley  
1/2 cup wild rice  
salt

Cook the wild rice in one cup chicken stock for 15 minutes. Sauté the orzo in a little oil/butter mixture until it is golden brown. Immediately drop it into the wild rice mixture, along with the rest of the grains.

At this point, add three cups more chicken stock. Check for seasoning, the mix may need more salt, depending on what type of stock you are using. Bring to a boil, cover with a tight lid, turn heat to minimum and cook, without peeking, for another 30 minutes. At this point, all grains should be cooked and liquid absorbed. If there is still visible liquid in the pan, replace the lid and cook on minimum until liquid is absorbed.

Fluff and serve.

And here is a real treat to end your special Valentine's dinner.

### Chocolate nut cassata

Serves 10 to 12 (Can remain in the refrigerator or can be frozen.)

One large ready-made pound cake, fresh or frozen

1 1/2 lb. whole milk ricotta  
3/4 cup confectioners' sugar  
1/4 cup plus 2 Tbs. orange liqueur or equivalent  
1 tsp. vanilla extract  
3/4 lb. finely chopped bittersweet chocolate  
1/2 cup candied orange peel  
1/2 cup coarsely chopped walnuts  
1/2 cup water  
1/2 cup sugar  
1/2 cup sweetened cocoa powder

Straighten up the cake by shaving off the brown top, bottom and sides. Cut into four even horizontal slices. Push ricotta through a sieve and stir in the confectioners' sugar. Whisk it in along with the 2 Tbs. liqueur and the vanilla. Fold in the chopped chocolate, orange peel and walnuts. In a saucepan, heat the water with the sugar until dissolved. Remove from heat and stir in the remaining 1/4 cup orange liqueur. Line a 10 X 6 loaf pan with plastic wrap and allow a six-inch overhang on all sides.

Brush each slice of the cake with the orange syrup and sit it, dry side down, in the pan. Spread one-third of the cheese mixture and continue until all the liquid and cheese is used. Cover tightly with plastic and refrigerate for one hour and up to one day. Invert the cake onto a platter and remove the plastic. Sift the cocoa on top, cut into slices and serve.

Note: If freezing, the cake can be frozen before inverting, while still in plastic. Leftovers can also be frozen after it has been sliced and dusted.

Lesley can be reached at [kookaburra75@hotmail.com](mailto:kookaburra75@hotmail.com)



# The Carlsbad Bat Flight

By Louise Whiteside



It was just before dusk at Carlsbad Caverns National Park. The late September New Mexico sun was going down, there was a slight chill in the air and shadows fell on the giant cave entrance. Visitors who, by day, had explored the magnificent limestone formations of this so-called “Eighth Wonder of the World,” were now congregating in the bat flight amphitheater outside the cavern entrance. In minutes a park ranger would appear on the ledge at the front of the amphitheater to give the nightly presentation about a wondrous natural phenomenon.

Within a few minutes, a slightly plump, middle-aged woman, dressed in a park ranger uniform, her hair cropped short, red and black bat earrings dangling from her ears, walked up to the microphone on the natural stage.

“My name is Viv,” she announced. “This evening you will be witnessing a nightly event that occurs here between spring and fall: the bat flight.”

Viv went on to explain that approximately a million Mexican free-tailed bats hang upside down asleep inside the caverns all day from approximately May through October. Every evening at nightfall they begin their exodus from the cave – at first in a trickle and then in a swarm – to hunt insects out in the desert. Collectively the bats consume more than three tons of insects per night. At daybreak these small flying mammals find their way back to the cave, hang themselves upside down, and go to sleep once again until nightfall.

“Bats have a very bad reputation,” Viv observed. “They’re very much maligned and misunderstood.”

“Actually,” she explained, “Bats are very benign creatures. The majority of the species eats only insects and have saved many a crop. Farmers are grateful to them for the excellent job they do of getting rid of destructive bugs.”

Viv described the bats’ migratory habits: These small mouse-like creatures live in the caverns during the summer months, then winter in the warmth of Mexico. In the caverns they give birth to their young, who in turn, master the nightly flight ritual.

It was growing dark. Still no bats. Had they taken the night off? While we were waiting, Viv entertained questions from the visitors to fill the tense void.

Suddenly, we noticed a few black, fluttering creatures circling about the cave’s entrance. Then a few more. They coiled about as though they were lost – then headed upward and outward, finally disappearing. Still more appeared. All seemed to follow the same circuitous pattern before their final departure into the desert. Now the bats were flying out of the cave in a huge swarm, appearing like a sort of ominous black cloud.

We lingered for 20 minutes or so, watching these compelling mammals, listening to the low drone of their wings as they moved through the air, until their numbers dwindled. We wondered where their nightly travels would take them. Would they fly in a group or scatter to hunt their prey individually? How would they know when it was time to return to their sleeping abode?

## OutLook's Bits & Bytes

While you’re off escaping from our Maryland winter, and you want your house to look occupied, try this new device that simulates the flicker of a TV. It’s available at [www.faketv.com](http://www.faketv.com) for about \$35 and works on a timer.



For my husband and me, the experience was miraculous and moving, no less a wonder of nature than the southward journey of Canadian geese in winter or the voyage of the emperor penguins in Antarctica. Nature has taken great pains to equip her creatures with clever adaptation mechanisms. And we are left to figure it out.

For information about Carlsbad Caverns National Park, go to [www.Carlsbad.Caverns.National-Park.com/info.htm](http://www.Carlsbad.Caverns.National-Park.com/info.htm)

# Don't BYTE on Everything

By Maureen Smith

When it comes to the world of technology, call me a fossil. I know not of Twitter, BlackBerry, Facebook or iPhone. I have a cell phone but don't have the number memorized and seldom have it with me. However, I do confess that I am hooked on e-mail. I check it many times a day. It's exciting to correspond with friends all over the country, some of whom I haven't seen in years. Whatever they send, I'm happy to receive, knowing that they are still active and thinking of me.

When I started using e-mail, anything and everything was sent to everyone. Then a Texas friend suggested checking out some of the "enlightening and factual" stuff I was proudly sharing. She introduced me to [snopes.com](http://snopes.com) where it was quite a shock to discover the inaccuracies that flood the Net. I have become exceedingly more selective, and now my friends are much more apt to receive a good joke than anything political, religious or otherwise opinionated. Hard to believe that even pleas to be put on a prayer list can be bogus. (He was not in the Marines, his wife was never pregnant, etc.) You may benefit from knowing that you should never allow your name to be added to any list regardless of how legitimate it may seem. Be suspicious of e-mails that call for banning certain products or stores. After all, how can we be certain that the competition is not the one spreading misinformation to gain a competitive edge?

Several years ago while looking up some information on the Net, a screen popped up telling me I had won a new laptop computer because I was the 100,000th person to hit that site. They didn't ask for any information that seemed dangerous or had potential for identity theft, so I filled out my name, age, etc. They even had me pick which laptop (with pictures) I would prefer. It was pretty excited and I am still waiting for that laptop. Now who would take the time to have that screen pop up with all that misinformation and more importantly, why? What did my wise mother tell me? "If it is too good to be true, then it probably is."

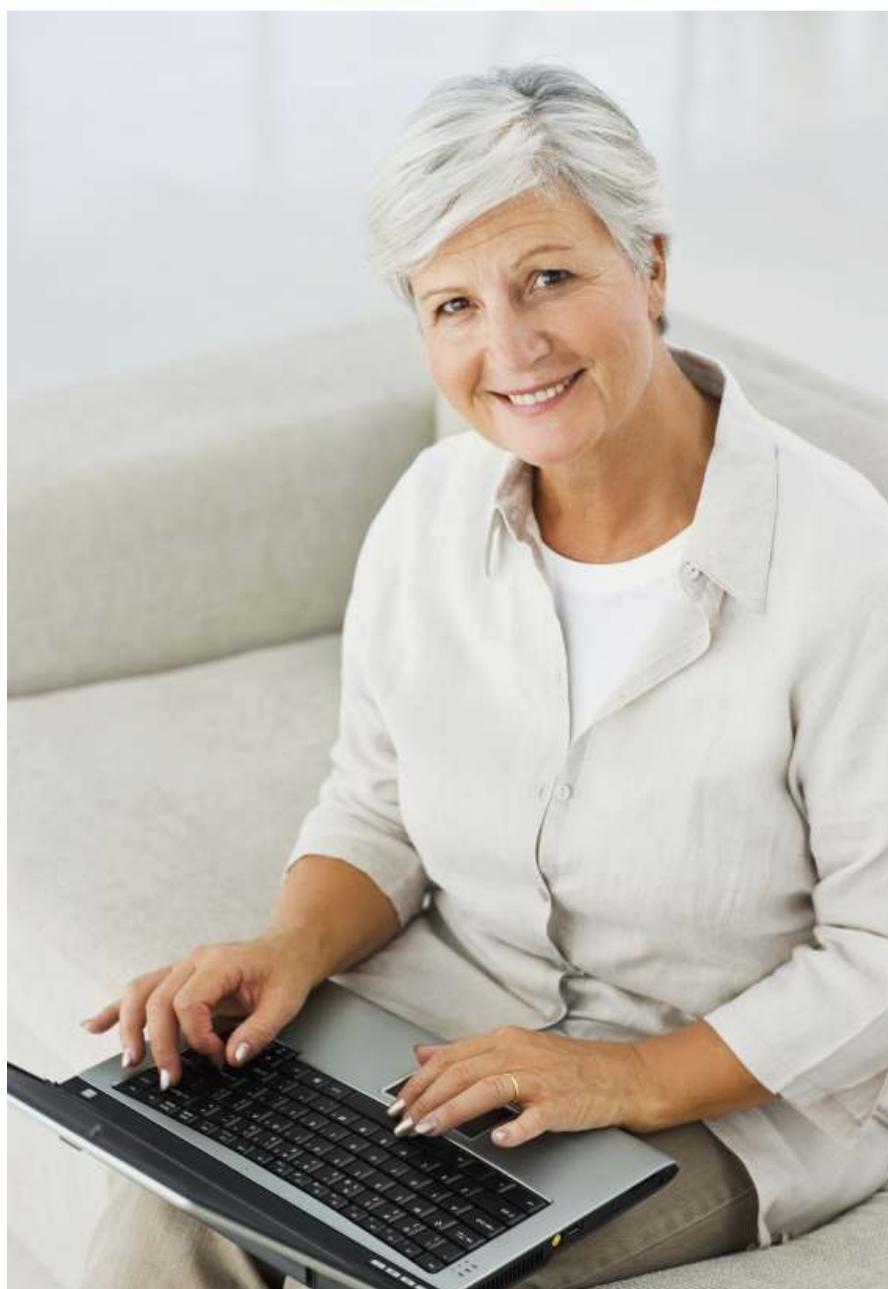
There are a number of Web sites one can use to check data before sending something out. Among the most frequented sites are [snopes.com](http://snopes.com), [truthorfiction.com](http://truthorfiction.com) and [factcheck.org](http://factcheck.org). Be aware that even these sites have biases. Still, they will offer references that can help you check out an article and decide if it is something you want to send on and on. Many provocative allegations contain a kernel of truth that is distorted by the originator to suit his objectives. Things can so easily be taken out of context, that it pays to take the time to check the facts. So, I recommend that you bookmark one of these check sites.

All these experiences have turned me into a total skeptic regarding the Internet. But keep the e-mails coming, there is always that wonderful key "delete."

*Maureen promises to memorize her cell phone number and even carry the phone with her occasionally. In the meantime she can be reached at [RSmith0636@verizon.net](mailto:RSmith0636@verizon.net)*

## OutLook's Bits & Bytes

To find out what's really in your toiletries, log on to [www. CosmeticsDataBase.com](http://www.CosmeticsDataBase.com). Brought to you by an environmentally aware group, it could well provide more information than you ever needed or wanted to know, but it will also give you the chance to analyze what you're brushing your teeth with, spraying on your hair and putting under your arms. That, in turn, will help you decide how much of a risk you want to take with your health.



*For kids, fitting in is as simple as carrying the right lunchbox. What's your secret way of fitting in?*



## **The Path Between the Seas: The Creation of the Panama Canal, 1870-1914**

By David McCullough,  
Simon and Shuster Publishing, New York  
(1977)

For anyone traveling to Panama, or through the Panama Canal, *The Path Between the Seas* is a wonderful introduction to an upcoming adventure. You will need some time on your hands, as it is a very long book at more than 600 pages. If you have read any of the other David McCullough books, such as “John Adams,” “Benjamin Franklin” or “Truman,” you will know that this author is a meticulous researcher who imparts a great deal of knowledge, perhaps more than you feel you need to know.

The creation of the Panama Canal was not only an incredible feat of engineering, but it was also an important part of history. We are introduced to the political plotting, the huge egos of those involved in the vision, the countries who were vying for the canal to be cut through their land, and the hardship of those workers who actually did the hard labor.

The Panama Canal not only affected the lives of tens of thousands of people in every walk of life, it also ruined some reputations, set countries against each other and made some people rich and famous.

The commerce of the world was changed by this feat of engineering genius. It took more than 40 years to complete due to infighting, loss of financing, change of government and the dreams of many dedicated people, in government, finance and private industry. It also took the lives of thousands of workers, due mainly to disease from mosquito-carried illnesses. Many times the sides of the canal collapsed due to weather or poor planning of the correct route that it should follow.

I admit to skimming through parts of the book that got bogged down in too much engineering lingo and financial finagling. But if you stick it out to the end, you will be in awe of the talent, the hard work, the time and the energy put forth to create the canal.

As you travel the water of the Panama Canal, you will certainly feel more of an understanding of what a wonderful adventure you are experiencing. I took the book with me as I travelled in Panama and referred often to it as we journeyed through parts of the country that paralleled the canal, or when we cruised through the canal itself.

So, hang in there and give yourself time to digest all the information before you undertake a trip to the fascinating country of Panama.

~Peggy Kiefer

## **Journey Across the Four Seas: A Chinese Woman's Search for Home**

By Veronica Li,  
Homa and Sekey Books (2007)

As Veronica Li puts it so well, “This book tells a unique yet universal story.” Anyone who has been displaced by circumstances beyond his control will be able to relate to this tale. For while the life experiences of Flora Li were very personal, the struggle to find a safe haven is universal in the dispossessed everywhere -- from New Orleans to Somalia.

*Journey Across the Four Seas* is a moving and poignant book. Li traces her mother's life from her birth in Hong Kong in 1918 until her emigration to the United States in 1967. Li draws a parallel between the lives of Chinese women and American women during this period. At the beginning of the century, Chinese women were regarded as chattel and had their feet bound. In America, women were denied the vote. In both countries, women depended on marriage and a husband to support them. They rarely had access to higher education and were expected to live primarily in the home. By 1967, more women in both countries were working outside the home and benefitting from higher education.

The winds of history buffeted Flora Li for 50 years. While a college student, she left her family and fled to China when the Japanese attacked Hong Kong (the same day that they bombed Pearl Harbor). After college, she was saved from poverty by marriage to the son of a man who would become the prime minister of Chiang Kai-shek's government. She had four children in five years. Each was born in a different city as they were uprooted nine times over 20 years as they sought economic stability and safety in Hong Kong, China, Thailand and Taiwan.

But this is not a tale of places or national events—this is the life story of a determined woman whose children were the focus of her life. Education was her bridge out of poverty, so she wanted as much or more for her family. Despite her husband's paranoia and failing abilities as a provider, she held the family together, ultimately calling on her family connections in Bangkok and California. Although she was 49 years old when she arrived in California, she persevered. Her “10-

year plan” meant unremitting work for herself and her husband, but college education and a secure future for all five of her children.

Veronica Li notes that “only adventurous spirits and desperate souls” are able to emigrate successfully. Her mother was both adventurous and desperate and her story is an inspiring page-turner. She was a “modern” woman before her time.

(Veronica Li can be reached at:  
<http://veronicali.com>)

~ Tricia Herban

## **Love is a Verb: Stories of What Happens When Love Comes Alive**

By Gary Chapman,  
Bethany House, Ada, MI (2009)

With Valentine's Day around the corner, it's easy to become lackadaisical about love. Based on advertising, we start believing love is a Hallmark card and a box of chocolates. But if you have any gray in your hair, you've lived long enough to know love is a lot more than mass-produced candy. Sometimes love requires real, imperfect people getting involved in the lives of other imperfect people.

Gary Chapman is author of the best-selling book *The Five Love Languages* in which he proposed individuals have different ways they give and receive love. Their “love language” may be expressed by words, physical affection or gift-giving, to name a few. Now Chapman continues to explore love by taking a close look at love in action.

This 250-page book is a compilation of 40 short stories. Each chapter is an engaging narrative of love in action. There's the family who lavishly loved a Katrina refugee with HIV, the retired woman who was reluctantly befriended by her pesky four-year old neighbor and the woman who finally fell in love with her husband after 40 years of marriage. (Also included are stories written by two Annapolis area writers: Shelia Farmer and Leslie Payne.)

At the end of each story Chapman highlights key elements and gives practical pointers to help the reader grow in his or her ability to demonstrate love. I found this book thought-provoking as I pondered how I might respond in each situation. Some of the accounts were funny, others had sad elements, but all were inspiring. As Chapman says in his introduction, “These are the success stories that make you want to go out and try harder.”

~ Emma Stuart

## Netbook — Take It With You!



By Cindy Rott

A netbook is a super, lightweight portable computer without much power or computing abilities, but despite its obvious drawbacks, its handy size makes it perfect for Web surfing on the move. Its small stature and compact case might even make you call it cute. It is great for checking e-mail, surfing the Net, basic word processing and simple games -- just nothing too fancy. Most have a screen of 10 inches or smaller, which is so much bigger than your Blackberry or itouch, but still much smaller than your home computer. If you have difficulty seeing the print in this magazine, you probably want to stick with a desktop and its large screen.

The keyboard on the netbook is smaller than a standard keyboard, which will still confound what I call puffy

fingers, but so much easier than using even the best phone keyboard. If you shop around, it is possible to find keyboards up to 90 percent of the full size ones, making it close enough for most uses.

Netbooks weigh less than two pounds and can run about six hours on a single charge. A laptop can weigh five pounds not including the charging accessories and protective case. People love the netbook when they are travelling, boating, camping or going to class. Its small size really lends itself to be thrown into purses, backpacks or briefcases. Since it doesn't hold your "whole life," if you lose it or it is stolen, it's not as big a loss as losing your primary computer. Although it lacks the power of a desktop, some are using netbooks as their primary computer, when

**"Netbook...  
it's so small,  
and lightweight  
enough to use  
on your lap  
while watching TV."**

they discover they really just check e-mail or shop on their computer.

Our family physician, who enjoys the compact size, has a notebook with him at all times. He quickly types in his notes while seeing patients. And when I check out, his receptionist just prints out my prescription and I am on my way with a legible prescription, recorded neatly in my records.

Prices range from \$250 up to \$1,000. Remember when choosing one, what its primary use will be and purchase accordingly. Computing power, weight and battery life are choices to make. If your needs are basic Web surfing or word processing, a lower-end model might be all you need.

The small size makes it great in the kitchen to find the perfect recipe without having to refer to that dusty pile of cookbooks. It's also small, and lightweight enough to use on your lap while watching TV. It is so easy to take with you on vacation or into the next room. Some techies will find a netbook frustrating but most everyone else will love having it with them wherever they go.



### OutLook's *Bits & Bytes*

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# ArtView

By Tricia Herban

Washington, D.C.

## **The National Gallery of Art**

**Current Offering:** *The Robert and Jan Meyerhoff Collection: Selected Works* features 126 paintings, sculptures, drawings and prints that have been given or are promised to the National Gallery. The exhibit highlights six American masters: Jasper Johns, Ellsworth Kelly, Roy Lichtenstein, Brice Marden, Robert Rauschenberg and Frank Stella. This art is modern and abstract. It was considered innovative and somewhat revolutionary in the years of its creation following World War II. On view until May 2, 2010.

**Location:** 3<sup>rd</sup> and 7<sup>th</sup> streets at Constitution Ave., NW.

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

**Admission:** Free

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

**Food service:** Offers a seated dining room and a food court.

**Of note:** There are two outstanding museum shops.

**Contact information:** [www.nga.gov](http://www.nga.gov) or 202 737-4215.

## **The Dumbarton Oaks Museum**

**Current offering:** *Flights of Fancy: Birds in Pre-Columbian Art*, takes advantage of the museum's extensive holding in pre-Columbian art to follow the symbolism of birds in the arts of the early Americas. Objects include clothing, jewelry and the ceremonial implements of the ruling classes. These beautiful objects of fiber, pottery and precious metals are displayed in juxtaposition with related objects from the Byzantine collection. On view through Feb. 28, 2010.

**Location:** 1703 32<sup>nd</sup> Street, NW

**Getting there:** No nearby Metro station.

**Admission:** Museum is free. Gardens: (open seasonally) \$8 general admission; \$5 seniors (ages 60-plus), students, and children (ages 2-12).

**Hours:** Tuesday through Sunday 2 a.m. to 5 p.m., closed Monday.

**Food service:** None available

**Of note:** In addition to providing an exquisite, intimate setting to view art, the museum has lovely hillside gardens in the heart of Georgetown.

**Contact information:**

<http://www.doaks.org/> or 202 339-6401

## **National Geographic Museum**

**Current Offering:** *Terra Cotta Warriors: Guardians of China's First Emperor*. This exhibit offers an opportunity to see the fabled warriors from Xian at close range. On site, in China, visitors must walk on a raised path around the trenches where the warriors are displayed. What is seen in magnitude—row upon row of standing soldiers—is lost in detail. Even with binoculars, the experience is one of volume rather than detail. For this reason, the current opportunity is truly exceptional. More than 100 examples of armor, weapons and coins will be on display in addition to 15 figures, each weighing 300 to 400 pounds, representing soldiers, charioteers, archers, musicians, generals and acrobats. The emperor's court of 2,000 years ago comes to us as a remembrance of the power and the pride of emperor Qin Shihuangdi. This the only East Coast venue for the exhibit. On view through March 31, 2010.

**Location:** 11<sup>th</sup> and M streets, NW. Museum entrance on M Street NW, just east of 17<sup>th</sup>.

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

**Admission:** \$12, \$10 for seniors, students, military personnel and members, \$6 for ages 2-12 and free for children under 2. Tickets timed on the half hour are sold at the box office or at 202 857-7700 or on line at [www.warriorsdc.org](http://www.warriorsdc.org)

**Hours:** Monday, Tuesday, Thursday and Friday at 10 a.m. to 6 p.m., Wednesday at 10 a.m. to 9 p.m., and Sunday at 10 a.m. to 5 p.m.

**Food service:** The Terra Cotta Café will serve lunch.

**Of note:** Every Wednesday at 5:30 p.m., 200 free tickets for the 6 p.m. viewing are given out. Comprehensive gift shop.

**Contact information:**

[www.warriorsdc.org](http://www.warriorsdc.org) or 202 857-7700

## **Woodrow Wilson House**

**Current Offering:** *101 Wonders of Woodrow Wilson House*. This house museum in the heart of the Kalorama area of Washington, was the last residence of Woodrow Wilson—his home after his presidency. He lived here with his second wife, Edith Bolling Galt, among memories and mementos. In 1918-19, the couple had travelled to Europe, making him the first president to make such a trip while in office. Featured are gifts that they received, ranging from a four-foot long hand-painted majolica platter and a medallion featuring medieval glass salvaged from the cathedral at Reims after German shelling during the World War I to gold and silver “freedom caskets” from British citizens. Wilson received the Nobel Peace Prize in 1919 and tributes and gifts continued to pour in throughout his presidency, honoring his achievements and as gifts of state. This temporary exhibit showcases Samurai armor, Ethiopian crowns and Inuit scrimshaw as some of the most interesting foreign gifts from the 8,000 in the collection. On view through Jan. 17, 2010.

**Location:** 2340 S St. NW

**Getting there:** Metro: Red Line at DuPont Circle.

**Admission:** \$7.50, \$6.50 seniors, \$3 students.

**Hours:** Tuesday through Sunday at 10 a.m. to 4 p.m. and closed Monday.

**Food service:** Occasional tea. Call for information

**Of note:** Excellent guided tours available. Reserve in advance.

**Contact information:**

[www.woodrowwilsonhouse.org](http://www.woodrowwilsonhouse.org) or 202 387-4062

## **DAR Museum**

**Current offering:** *Wedgwood: 250 Years of Innovation and Artistry* celebrates the 250 anniversary of Wedgwood pottery. The show highlights 200 objects spanning the company's manufacture from 1759 to the present. It is one of the largest loan exhibits mounted by the DAR and includes pieces from Martha Stewart and Whoopi Goldberg as well as articles from the Smithsonian Institution and Colonial Williamsburg. Items range from decorative figurines and personal items to utilitarian wares and commemorative pieces such as medals

and medallions. The founder, Josiah Wedgwood, was the son of a poor potter and it was through his interest in science and experimentation that he developed new techniques resulting in the manufacture of a cameo-like ceramic that became honored as fine china. He was a uniquely gifted entrepreneur who capitalized on his royal connections and developed elegant sales rooms to set off his wares, heightening consumer demand. On view through Feb. 27, 2010.

**Location:** 1776 D Street NW.  
**Getting there:** Metro Orange/Blue lines at Farragut West and Red Line at Farragut North.

**Admission:** Free.

**Hours:** Monday through Friday at 9:30 a.m. to 4 p.m. Saturday at 9 a.m. to 5 p.m., closed Sunday.

**Food service:** None available but restaurants within walking distance.

**Of note:** Excellent library for genealogy research.

**Contact information:**

<http://www.dar.org/museum/> or 202 628-1776

## Pennsylvania

### Philadelphia Museum of Art

**Current offering:** *A Purer Taste of Forms and Ornaments: Josiah Wedgwood and the Antique* also commemorates 250 years of Wedgwood accomplishment, but this exhibit focuses on works that reflected the world's excitement over the discovery of the buried cities of Pompeii and Herculaneum in Italy. The neoclassical style became stylish and Wedgwood helped to popularize it, catering to an aristocratic English clientele. This small but exquisite show of 20 pieces features a monumental "Krater" vase from about 1790 that was decorated using an encaustic process developed to imitate the Greek and Roman red figure style of vase painting. On view until Feb. 21, 2010. Also on view at this time: Hans Memling's *Virgin Nursing the Christ Child* and the *Early Netherlandish Tondo* through March 17, *Cai Guo-Giang: Fallen Blossoms* through March 21, *Pleasures and Pastimes in Japanese Art*, through Spring 2010 and *Kantha: Embroidered Quilts from Bengal* through July 25.

**Location:** 26th Street and Benjamin Franklin Parkway.

**Getting there:** About two and one-half hours northeast of Annapolis

**Admission:** Main Building \$16, \$14 seniors over 65, \$12 students and youths 13-18, free 12 and under.

**Hours:** Tuesday through Sunday 10 a.m. to 5 p.m., Friday open until 8:45 p.m. and closed Monday.

**Food service:** Lunch daily, champagne brunch on Sunday and dinner on Friday.

**Of note:** First Sunday of the month, you can "pay what you wish." Extensive gift shop

**Contact information:**

[www.philamuseum.org](http://www.philamuseum.org) or 215 763-8100

## Delaware

### Winterthur Museum

**Current offering:** *Faces of a New Nation: American Portraits of the 18<sup>th</sup> and Early 19<sup>th</sup> Centuries*. This exhibition of works from the Metropolitan Museum of Art is only being presented at Winterthur. It presents paintings of men, women and children accompanied by their most treasured objects.

Consequently, studying these pictures gives the viewer an intimate view into the values of a nation of over 150 years ago.

Artists include John Smibert, John Singleton Copley, Gilbert Stuart and Samuel F.B. Morse. On view through Jan. 31, 2010. Also on display: *Good Tidings to You: Christmas Ephemera from the John and Carolyn Grossman Collection*. These works include greeting cards, sheet music and calendars. On view until Jan. 16. (Note: Winterthur Museum will close to the public for its winter break, Jan. 31 through March 9, 2010.)

**Location:** Route 52, 5105 Kennett Pike, Winterthur, Delaware

**Getting there:** Route 52, six miles northwest of Wilmington, Delaware.

**Admission:** \$18, \$16 seniors and students, \$11 youths 2-11.

**Hours:** Tuesday through Sunday 10 a.m. to 5 p.m. and closed Monday.

**Food service:** Cafeteria dining available.

**Of note:** Extensive gift shop.

**Contact information:**

<http://www.winterthur.org/> or 800 448-3883

## Maryland

### United States Naval Academy Museum

**Current offering:** *The History of the Navy and Marine Corps* consists of paintings, artifacts, models and text that are integrated with user-friendly audio

visual screens to present historic information at its intriguing best. For example, when a military campaign is being described, the touch screen tracks the movements of the ships and shows the actual impact of bombardments as the battle progresses. The displays begin with George Washington, showing objects that he owned and used, and progresses to the present. We see how technological advances affected the services from the Spanish-American War in 1898 to the contemporary space program. On the second floor, the *Ship Model Gallery* presents models crafted by shipbuilders from the 17th through the 19<sup>th</sup> centuries. Now beautifully lit and enhanced by dioramas illustrating various aspects of a sailor's life, these world-renowned artifacts have finally received their due. The USNA Museum is now truly a treasure worth seeing and sharing with visitors to the Annapolis area. Exhibits are on view indefinitely.

**Location:** 118 Maryland Ave., Annapolis. Housed in Preble Hall, just inside Gate 3.

**Getting there:** Located in downtown Annapolis.

**Admission:** Free

**Hours:** Monday through Saturday at 9 a.m. to 5 p.m. and Sunday 11 a.m. to 5 p.m.

**Food service:** Available in nearby Annapolis

**Of note:** Picture ID required to enter the Naval Academy. The Navy Museum has been re-installed and is now again open to the public. State-of-the-art exhibitions are on view and most worthwhile.

**Contact information:** [www.usna.edu](http://www.usna.edu) or 410 293-1000



OutLook's  
*Bits & Bytes*

For the Starbucks aficionado who can't go far without a cup of his steaming brew, [www.magellans.com](http://www.magellans.com) has a coffee holder that is suspended between the two posts of your wheeled luggage for easy access. Magellans is also a fun site to visit for all of your travel needs.



## Dear Vicki

### Manly Behavior

*Almost a year ago, my husband faced a serious heart condition and had coronary bypass surgery. In his doctor's opinion, the surgery was a success and his prognosis is good. However, his doctor is unaware of his moodiness and despondency. Ever since he returned home from the hospital, his spirits have been low and my formerly optimistic husband has lost interest in almost everything. Mostly, he sits in front of the television changing channels with the remote control. I say that he is depressed and needs to tell his doctor. He seems to think that being depressed is "unmanly" and says there's nothing wrong with him except that he's grown old. How do I get him to snap out of this funk?*

Let's normalize what is happening here because this sounds like much more than a funk. Clinical depression is not an uncommon development in patients suffering from heart attacks, including those recovering from coronary bypass surgery. In fact, estimates of frequency of depression in these populations range from 30 percent or even higher. So your husband's symptoms are not unusual. In fact, this syndrome has a name: cardiac depression.

The genesis of this depression is not entirely understood, but experts speculate that the root cause may be attributed to the extended time under anesthesia, consequences from being on a heart-lung machine, or a combination of factors that leads to the alteration of brain chemistry in post-op patients. Early hospital discharge, a common practice today, is also being studied as a possible contributor to the increasing incidence of depression in patients following any type of serious surgery.

Whatever the cause, your husband needs to understand that this is a real phenomena experienced by many cardiac patients and that it indicates no emotional weakness on his part. Additionally, it is imperative that he is treated for this depression because the presence of these symptoms elevates his risk of further cardiac difficulties, and even death.

Since only a qualified medical professional can determine if your husband's symptoms indicate depression or if there is another reason for his personality change, it is essential to bring this matter to the attention of your husband's physician. It's time for both of you to be his health advocate.

*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 [Victoria@OutLookbytheBay.com](mailto:Victoria@OutLookbytheBay.com)*

Please share this information with your husband and suggest that the two of you speak to his doctor. With you present, if he minimizes his symptoms, you will be able to supply additional details to verify your concerns. Ideally, his physician will refer him to a board-certified psychiatrist who is most qualified to diagnose and treat depression.

Unfortunately, men often mistakenly think that signs of depression indicate personal weakness and something that can be overcome with a "stiff upper lip." In fact, the reverse is true: It takes a strong person exhibiting manly behavior to admit that help is needed. With appropriate treatment, most patients recover well from cardiac depression and live a rewarding life. Insist that your husband no longer delay seeking treatment: It can be a matter of life and death.

### Smoking Grandparents

*Our son and daughter-in-law have just given us our first grandchild. We are thrilled to finally be grandparents and have waited a long time for this. We also look forward to being an active part of our grandson's life and would like to be the support to our son and his wife that we never had ourselves as we raised our own children. However, the problem is that both my husband and I smoke cigarettes. Yes, we know all of the reasons that we should quit. We've both tried and have not been successful. My daughter-in-law has put her foot down and refuses to bring our grandson to our house because of the cigarette smoke. We are extremely hurt because she should know that we would be sensitive enough not to smoke in the same room! We think that she is being overly protective and wonder how we can get her to lighten up.*

Sorry, but in this case I come down squarely on your daughter-in-law's side. Even if you do not smoke in the same room where your grandson sleeps, smoke permeates your home. It is unavoidable. And because you smoke yourself, you

cannot smell or realize the third-hand smoke that leaves a trail of contaminants emanating from your furnishings, your clothing and your body and hair. Studies prove that infants and small children ingest this toxic brew that clings to every surface around a smoker.

There is no doubt about the harmful effects of second-hand smoke--- particularly for babies and young children whose lungs have not yet fully developed. The consequences are well-researched, well-documented and prove that exposure to tobacco smoke cause long-lasting and significant damage to young children's lungs. Now we know that third-hand smoke is harmful also. Your daughter-in-law is being a good mother in preventing your grandson's exposure to this type of toxic environment.

At the same time, I commend you on wanting to be a supportive and positive presence in your grandson's life. Nothing can take the place of the warm, tender support and love that comes from involved and caring grandparents. Your presence and connection can contribute to your grandson's life in a multitude of positive ways.

So, what are you to do? As discouraging as it has been to fail at your attempts to quit smoking, I encourage you to try again. Speak to your primary care doctor about your desire to quit smoking. There are new treatments and medications that can increase your chances of success. It won't be easy, but if you and your husband do it together, you can support each other and also increase your odds of success. And, more importantly, now you have an important motivation: being healthy enough to live a full and active life as a new grandparent.

There is no safe level of second-hand or third-hand smoke exposure. If you really want to be part of your grandson's life, give up those smokes now. 

# SWEETHEART



1	2	3	4	5		6	7	8		9	10	11	12	13
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			56	57				58			59			
60	61	62					63				64			
65							66				67			
68							69				70			

Dave Fisher (© Dave Fisher)

## ACROSS

1. It may go off
6. Not Dem.
9. Angry look
14. It's expressed as a quotient
15. Hole-in-the-head?
16. Hunky-dory
17. Treat for 10 Down
19. Egg-shaped
20. Topnotch
21. One of twelve
23. Fancy
25. Utmost
26. Rum cake
30. Always, to Donne
31. Agcy. that gives the President financial advice
33. Tragic king
35. Fastener
37. \_\_\_\_\_ whiskey
38. Time for 10 Down
42. Poison
43. Things in Tijuana
44. Keys
47. Hormuz or Georgia, for instance (abbr.)
48. Unit of resistance
51. Pigeon-\_\_\_\_\_
52. Unfold, poetically

54. Not yet a fetus
56. "One Day at a Time" actress, Fabray
59. Slack
60. \_\_\_\_\_ fish (manta ray)
63. Drink for 10 Down
65. Speak out
66. Keystone member
67. Sampled
68. Apparel for super heroes
69. Serpent sound
70. Posts

24. Lacking in humor
27. Capital of Western Samoa
28. Like the proverbial beaver
29. Type of tray
32. At \_\_\_\_\_ (up)
24. Confiscate weapons
36. Spasm
38. Disallow
39. Wager
40. Negative responses
41. Admiration
42. Tub
45. Two eras
46. Spots
48. Pedigree
49. Praised in song
50. Hybrid bikes
53. Disposition
55. Cacophony
57. Some beers
58. Lights-out
60. What's up \_\_\_\_\_?
61. Pollution watchdog
62. CEO, e.g.
64. N, E, S & W

## DOWN

1. Video \_\_\_\_\_
2. Capital city of Pakistan
3. One who makes amends
4. Prepares potatoes, perhaps
5. Low
6. Harvest
7. Shirley of "Goldfinger"
8. Magician's word
9. Wormwood Scrubs, e.g.
10. They bill and coo
11. Alias
12. Tattle
13. \_\_\_\_\_ opener
18. Commoners
22. Definite article

## Solution

S	L	I	D		S	S		S	E	L	V			
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## The Ghostly Snowy Owl of Winter



We'll accept that the snowy owl is a rare visitor to the Bay area, but what of the other dozen or so species of owls who were once common to the region? Imagine our lives without this wise old creature hooting from his perch high in the trees. With his nearly insatiable appetite consisting of just about every rodent known to inhabit this area, it would be hard to imagine life without his imperious presence. Without our rodent catcher there would be an over population of mice, rats, squirrels, snakes, etc., the main diet of our feathered friend. For example, a barn owl, one of the more common owls of the region, consumes more than 1,000 mice a year. That outperforms any mouse trap that's ever been invented and it certainly is safer than the poisons we leave out for the furry little pests.

Preferring to hunt at dusk or at dawn, owls have extra large ear openings surrounded by feathers, which help to channel the very quiet pitter-patter of small rodent feet. Their hearing is 10 times more acute than that of humans. Adding to that their nearly silent flight, they are able to swoop down on their unsuspecting meal with great success.

Their extraordinary eyes take up a good portion of their skulls, which allows little room for eye muscles. However, this unique creature is able to turn his head up to 270 degrees to focus on his target. With excellent vision, acute both during the day and at night, these formidable predators are a welcome addition to anyone's yard. And now, with the bare trees of winter, chances of catching a glimpse of our feathered friends is much greater. The sound of his ghostly calls is also easier to pick up during the winter months with the leafless landscape. Differentiating the unique calls of each species can be a challenge as each has its own, ranging from snorts, to whistles, to hoots, hisses and screams, to the screeches of the once-abundant barn owl.

For living quarters, the nonmigratory owl chooses to bypass building his own home and instead takes up residence in the abandoned homes of other woodland creatures such as the hawk or squirrel. They can also be found setting up housekeeping in a hollowed-out tree or vacant buildings. Once the owl has settled in, up to half a dozen eggs can be laid with staggered hatching times, allowing adequate feeding without overwhelming the busy parents. The hatchlings take flight within nine to 10 weeks. And although the mature owl appears larger than he is, thanks to an abundance of feathers, their size ranges from 7 inches as in the saw-whet owl to two feet as in the Bay's most popular owl, the great horned owl.

In the endless search for food, the owl swoops silently down on the unsuspecting prey, with his sharp talons at the ready. Typically he swallows his meal whole, regurgitating bones and debris. If the prey is too large, such as rabbits, ducks, foxes or small domestic animals, the owl will tear it apart before consuming his dinner.

And what of the great snowy owl? He's now rarely seen in the Bay area. His appearance ties into the food supply of the Arctic tundra where parliaments of owls gather during breeding season. Between November and January, the snowy owl may fly as far south as Georgia in search of food.

With the increasing development and clearing of forested areas, many of nature's natural and hardworking predators are becoming nearly extinct. The number of nesting sites such as old barns for the once prolific barn owl has decreased dramatically in the last 50 years. The owl is also dying from consuming the insects that we poison.

We need to be aware of the impact that we make on our reliable and much-needed predators such as the owl. The Bay area is rapidly losing the environment once hospitable to our winged rodent control.

~Penelope Folsom





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