

Complimentary

Early Spring 2017

# Outlook

by the Bay

for the Bay Boomer and beyond

## Summer Camp

Is Not Just for Kids Anymore

## Are You Eligible?

GHOSTS IN THE BAY

Shipwrecks in the Mists of Time

## THE BEST

Of Senior or Veteran Discounts

HOSPICE VOLUNTEERS  
HAVE DOZENS OF WAYS TO  
MAKE SPECIAL MOMENTS

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# Letters to the editor

## THE FREEZING BAY

Hi. I wanted to tell you how much I enjoyed reading the article in *OutLook* on the freezing Bay. I am in the minority when I say I am a fan of cold Winters and snow. I like to think my parents raised me right. We hadn't lived in Winchester on the Severn for too many Winters when the Bay froze over. Our neighbor, a former ice show skater, took the neighborhood children to the Winchester Beach and taught them to whirl and twirl on the ice. Our children were only five and one so they didn't get to participate. The snowstorms of '03, '10 and '16 are happy memories for me. Even the ice storm in '74 (I believe that was the year) was magic. We were iced in at the top of our driveway, and I had a week off from work!

Thank you for Ellen's article on "The Freezing Bay." I also wanted you to know that I enjoy your other articles in *OutLook*.

Happy Holidays, *Bobbi R., Davidsonville.*

## AIR QUALITY

I'd like to compliment Kater Leatherman for bringing the important issue of indoor air quality to our attention in her article "How Good is the Quality of the Air You Breathe?" in the Winter 2017 issue. Fortunately, we DO have control over substances that we use, such as laundry products like detergents, fabric softener (unnecessary), dryer sheets (also not necessary, personal care products, cleaning products and scented candles. Any of these products that list "fragrance" or "parfum" on the label contain toxic synthetic chemicals that are known to be neurotoxins, carcinogens or endocrine disruptors. An excellent resource for finding *safer* products is the Environmental Working Group's Skin Deep database, at [www.ewg.org/skindeep/](http://www.ewg.org/skindeep/) Thank you again, Ms. Leatherman!

*Heather B., Ph.D. (Immunology), Annapolis*

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## Features

- 7 SUMMER CAMP IS NOT JUST FOR KIDS ANYMORE
- 16 THE BEST SENIOR OR VETERAN DISCOUNTS
- 17 HOSPICE VOLUNTEERS HAVE DOZENS OF WAYS TO MAKE SPECIAL MOMENTS
- 24 GHOSTS IN THE BAY: SHIPWRECKS IN THE MISTS OF TIME
- 28 ARE YOU ELIGIBLE?
- 33 DEVEILED EGGS: QUICK LIKE A BUNNY
- 35 WHY NOT START WITH "LOSE A LITTLE"

## Articles

- 5 THE ANCIENT LIBERTY TREE
- 6 CHECK IT OUT, BOOKS ARE JUST THE BEGINNING
- 8 TIME FOR A NEW ADVENTURE?
- 9 A PREMIER LEARNING COMMUNITY FOR OLDER ADULTS
- 10 CAN YOU HELP SOMEONE WHO HOARDS?
- 11 WHAT DOES MARY SAY?
- 15 THE POWER OF THE PAUSE
- 23 WHERE'S THE GRATITUDE?
- 36 THE LURE OF LANDLORDING

## In Every Issue

- 2 YOUR THOUGHTS
- 4 FROM THE DESK
- 12 CHART YOUR COURSE: ASSET PROTECTION TRUSTS
- 29 ASK THE UNDERTAKER: ROLLER COASTERS AND TRUST
- 38 DR. DAVID: TUNE INTO FEELINGS
- 42 BOOKS: OLD, NEW AND OBSCURE
- 44 BAY REFLECTIONS: WELCOME SPRING
- 45 DEAR VICKI
- 46 ACROSTIC - EARLY SPRING QUIZ
- 47 OUTLOOK FOR THE BAY: THE STATE OF THE BAY

## Departments

- 14 BAY LIFESTYLES: PLANNING TO RELOCATE IN RETIREMENT?
- 18 BAY NUTRITION: TEA FOR TWO, OR ONE, OR MORE
- 20 BAY TRAVEL: CUBA: NOW IS THE TIME TO GO
- 21 BAY HEALTH: DRY EYES
- 22 BAY CONNECTIONS: STEPS FOR CREATING A THRIVING WALKING CLUB
- 25 BAY ADVENTURERS: "A POTOMAC RIVER ADVENTURE"
- 26 BAY TRAVEL: ALLURING LEESBURG, VIRGINIA
- 27 BAY HEALTH: THE IMPORTANCE OF ORAL CANCER SCREENING
- 30 BAY NUTRITION: FOODIE ALERT
- 32 BAY HEALTH: CHIROPRACTIC CARE: IS IT FOR YOU?
- 34 BAY GARDENING: SPRING GIFTS FOR THE GARDENER
- 37 BAY HEALTH: FROZEN SHOULDER: GETTING IT TO THAW
- 40 BAY NUTRITION: EASY RECIPES TO CELEBRATE ST. PATRICK'S DAY
- 41 BAY GARDENING: LATE BLOOMER

### Bay Bytes

To dispose of your meds responsibly, log onto **DisposeMyMeds.org** for a location in your area where meds can be dropped off.

## ON THE COVER

*Recently retired from many years in the legal field, Severna Park resident Lelia Harris West, now delights in spending time with family, friends and enjoying all that the arts have to offer.*

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## FROM THE DESK

So how are you doing with the goals you set for yourself for 2017? It's been a couple of months since we made our list of resolutions or maybe just thought about possibilities for the new year.

If you're like most of us, you may have forgotten most of them by now or maybe you tried, but gave up on day two! But if you did, in fact, create a list of goals for the year, are you making any progress? If not, why not? Goals and resolutions don't have to be that difficult. A good starting place could be creating a list of things you've always wanted to do, or at least thought about doing. Things like being rid of those clothes you no longer wear -- the goal being to reduce the clutter and finally clean out that closet. And think of this: If you donate, you'll be helping out someone else.

On this year's list, like most of us, you've probably resolved to become more physically active. Well, why not start? And physically active can mean tennis, bowling, join a gym or getting out there for a daily walk. Enlist a friend. No doubt you know a few people who have the same thought and will probably thank you for getting them going. Goals don't have to be mind-numbing like training for a marathon or hiking the entire Appalachian Trail.

Have you had other goals? How'd it go? Were you satisfied with the end results? Perhaps, as often happens, you set out with good intentions, but got waylaid by circumstances. Many of us start out with the best of plans, but life gets in the way! So why not make another attempt, and get back in the fray? There's no rule that says we can only do this on day one of the new year.

Is there something out there that would help you to accomplish what you've set out to do? Maybe register with a website that lists upcoming trips to destinations you've always thought about so you receive all the latest deals. Or make a point to check out the continuing education classes offered at local colleges that would peak your interest. If you've decided to write that memoir you've been talking about, why not find a friend who'll hold you to it? Have chapter one completed by month's end, you're accountable by answering to your friend. Who knows, your friend may want to do the same thing.

We don't always have to have goals, but it certainly makes sense to have a purpose in life and that essentially should include goals. If you've never gotten started on whatever goal or project you'd been thinking of, are there regrets or are you comfortable with the status quo? If you are bothered that you haven't met a specific goal, there's still time to at least get started.

Maybe for simplicity's sake, call it a bucket list instead of resolutions -- it's not so threatening if it has only a vague deadline. And at this time of our lives, why not set out to include things on the list that bring joy rather than stress. You know, the stress that comes over not getting the job done -- like the losing weight thing. Why not go ahead and book that trip to hike through Ireland. Or revisit the French not taken since high school, and have a goal to get to a French-speaking country as a reward for a job well done. Or if helping others is on your list, try something like volunteering at a homeless shelter, which can bring immense satisfaction. Put into it as much time as you'd like. My friend Katharine set out to do this and she is amazed how good she feels. Never mind how much they all appreciate her efforts.

We're a couple of months already into 2017 and could time fly any faster? And as an aside, wouldn't it be nice if someday someone would explain to us why it goes faster now than it ever did before? For now, as we've repeated many times before: *If not now, when?*



# The Ancient Liberty Tree

By Ellen Moyer

There it stood on the Statehouse grounds at the head of Maryland Avenue, the ancient boulevard walked frequently by those who would govern the Colony and later the state of Maryland. It was a grand tree, 100 feet tall, and the most beautiful tree in the city, adorned with lofty branches that beckoned people to relax in its shade. The tree was a Dutch elm, over 200 years old. Who planted it and why?

The elm is a tree associated with the spirit of liberty. When William and Mary ascended the throne of Britain, a Dutch elm came with them. To celebrate the revolution of 1688 when parliamentarianism triumphed over the monarchists, planting an elm became the fashion for supporters of the new political order. Did Annapolis, a fashionable city, follow Londoners in planting this tree long before our own revolution?

Greek mythology and the literature of Homer, Virgil and Shakespeare, reference the elm in victory or war. In 1188 an elm tree was cut and felled in a political altercation between the kings of France and England. Revolution and liberty, this was the story of the elm, the Liberty Tree.

America's most famous liberty tree stood in Boston Commons. John Adams in 1766 met the Sons of Liberty under a 120-year-old elm, planted near the only road out of town where all would see it, to discuss their opposition to the Stamp Act. An effigy of the stamp collector was hung from its branches while hundreds cheered, "Liberty, property and no stamps." When the Stamp Act was repealed, church bells rang and banners, flags and lanterns adorned the tree.

Boston's Liberty Tree became a potent symbol of revolt that was cut down in 1775 by the British Army. The same year, Thomas Paine celebrated its importance to all Americans when he wrote, "Unmindful of names or distinctions they came, for freemen like brothers agree; With one Spirit endued, they one friendship pursued, And their temple was Liberty Tree."

With this call to action, towns in the Colonies anointed their own liberty

trees. In Annapolis a tulip poplar on St. John's campus became the place where the Sons of Liberty would gather and talk and plan for liberty from England's rule. Hurricane Floyd damaged it and in 1999 it was cut down, its wood transformed to music heard around the world by Taylor Guitars, the number one maker of acoustic guitars.

Providence, Newport, Norwich and Charleston all named liberty trees and soon its symbol would be a common sight on flags flying on the battlefield of the Revolutionary War.

Inspired by the story of Boston's Liberty Tree, a priest planted the first elm in 1790 as a symbol of revolutionary hopes for France.

## the most beautiful tree in the city

During the Greek Revolution of 1821, 1,000 young elms were planted in Athens, the "sacred City of the struggle." In Italy, the last liberty tree planted in 1798 was replaced by a clone in 2008.

To honor the spirit of liberty, George W. and Laura Bush planted a disease-resistant Jefferson elm on the White House grounds.

In Boston a bronze plaque marks the spot where America's number one Liberty Tree stood. In 2017, in remembrance of the meaning of the first calls for freedom, Boston will plant an elm in a new "Liberty Tree Park."

The origin of the Annapolis elm, gone since October 2016, is still a mystery. But no doubt it was planted as a symbol to celebrate brotherhood in the struggle for democracy. The elm, a great shade tree that also symbolizes peace, is a welcome reminder of our roots as a nation and that the struggle for democracy continues.

*Ellen, a former mayor of Annapolis, can be reached at [ellenmoyer@yahoo.com](mailto:ellenmoyer@yahoo.com)*

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# Check it Out, Books are Just the Beginning

By Christine Feldmann

Where can you find virtual reality, 3D printers, free WiFi and smart tables? You might be surprised to learn that Anne Arundel County Public Library offers these cutting edge technologies and more. This is truly not your grandmother's library!

While we all have fond memories of meandering among tall stacks of books in the libraries of our childhoods, libraries are truly becoming more tailored to the 50-plus audience. Today's libraries are part community living room, part economic engine and part educational institution. As the needs of our community continue to change, libraries are continually evolving to better serve the adult community.

Our library is committed to providing education, enrichment and inspiration through our programs and services. In 2016, more than 200,000 people attended one of our programs on topics ranging from meditation to gardening to computer skills. The breadth of our adult programming continues to expand rapidly, so be sure to check out our latest newsletter, *Library Happenings*, for a list of nearly 1,000 programs each quarter.

For future generations, providing early literacy skills and getting children ready for kindergarten remain one of the library's most important goals. Through the weekly **Every Child Ready to Read** classes, library staff members are providing the tools for parents and caregivers to ensure their children are ready for school, bolstering their chances for future academic achievement.

Academic success for students of all ages is tantamount. With a library card, students can take advantage of our digital homework center and get free online tutoring everyday with **Help Now from Brainfuse**. All public school students also now have fine-free library accounts called **SAIL**, or Student Access to Improved Learning. Never has it been easier for students to use the library's resources. The program will be expanded to private and parochial schools in the near future.

The library also offers high-quality databases and electronic resources, all free with your library card. The online educational service **Lynda.com** helps customers learn technology and creative skills through an online library of nearly 130,000 video tutorials. Those interested in learning a new language can take advantage of **Rosetta Stone**, while genealogists are sure to enjoy **Ancestry.com** or **HeritageQuest** and in-depth newspaper archives. This is just a sampling of the premium resources we offer library cardholders. It's the most valuable card in your wallet.

Providing our customers with the latest materials still remains the backbone of our core mission. The county library offers nearly 1 million books, CDs, DVDs and magazines in a variety of formats. Residents checked out more than 5.6 million items last year. Visit our website to search the catalog and don't forget to check out **Overdrive**, **Cloud Library** and **OneClickDigital** for **eBooks** and **eAudiobooks**.

For the homebound, the library offers library by mail. Staff will mail books, magazines, large print, DVDs, audiobooks and CDs for free to homebound Anne Arundel County residents of all ages. Return postage is also free. If you or someone you know could benefit from library by mail, please call the Glen Burnie Regional Library at 410.222.6270 or contact them by email at **lbn@aapl.net**

While the library is making great strides, we are also facing significant funding challenges. Despite a recent increase in financial support from the county, our library lags significantly behind its peers in public funding, which has led to material shortages, outdated and ill-equipped interior spaces, limited access to new technology and overall funding deficits. The Anne Arundel County Public Library Foundation is essential to enhancing public funding with private dollars so the library can fulfill its mission while satisfying the needs of all county residents. The 501(c)(3) nonprofit organization was created in 2006 to secure private support for the library and increase awareness of its many services.

Currently the foundation is undertaking a \$3 million asset-building campaign, which aims to raise private financial support for the

most relevant, urgent and compelling needs and enhancements to **transform all 15 branches of our library** including:

- Creating inviting and flexible spaces
- Enhancing outreach
- Improving technology
- Building an endowment for needs and enhancements now and in the future

With your help, the library foundation will create a lasting impact that fuels lifelong learning for all county residents.

To make a gift to Beyond Your Expectations: The Campaign for the Library, donate online or contact **foundation@aapl.net** for more information.

## It's the most valuable card in your wallet.

Whether you have sung your entire life, or have not sung in quite a few years, the Encore Chorale Summer Institutes will mold you into a polished choral ensemble member, whatever your level of experience.

The camps are organized by Encore Creativity for Older Adults, a Maryland-based nonprofit. Founder Jeanne Kelly, a former opera singer, founded Encore while working on a study in 2007 to address the mental and physical health benefits of singing for older adults. The minimum age to attend camp is 55. No auditions are required and applicants can participate regardless of experience or ability.

Guests can count on an atmosphere that combines rigorous rehearsals under the direction of a professional conductor with socializing and downtime. According to Kelly, anyone can sing, and by putting in the time and rehearsals, the result is an astounding performance at the end of the week. Guests and spouses are welcome to stay.

The Summer institute at Washington College in Chestertown, Maryland (June 25 – 29, 2017), offers a comprehensive choral program with time built in to enjoy historic Chestertown and the

# SUMMER CAMP IS NOT JUST FOR KIDS ANYMORE

By Amy Colbourn

**COMBINING THE RIGOR OF A MUSIC CONSERVATORY WITH THE RELAXATION OF A SUMMER GETAWAY - FOR GROWN-UPS.**

scenic Eastern Shore. The choral institute at the famed Chautauqua Institution in western New York (Aug. 27 – Sept. 1, 2017) offers participants an intensive choral study in beautiful surroundings. Both camps include evening entertainment for participants, featuring high-caliber local and national musicians.

Each day begins with optional fitness classes followed by vocal technique classes, sectionals and full rehearsals. The week concludes with a finale performance for family, friends and the community. Singers may be seated for rehearsals and performances. The challenging music selection includes the oratorio repertoire, spirituals, Broadway favorites, American Songbook and more.

Encore is the largest choral music program for older adults in the country. The choral program, under the direction of experienced conductors, offers 15-week sessions that conclude with free performances. Encore also offers opportunities at new locations each year through weekend and extended travel adventures. Singers have stayed aboard the luxurious Queen Mary, toured Cuba and France and will venture to Spain and Portugal this Spring.

For more information, visit the Encore website at <http://encorecreativity.org>



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# TIME FOR A **NEW** **ADVENTURE?**

By Molly Lauryssens

Are you getting bored with your regular workout routine? Or maybe you are just looking to shake things up after feeling cooped up this past Winter. There's no need to feel lackluster about getting in your steps. Let's look into a list of new(er) and different workouts that can help you spice up your routine. And as always, check in with your doctor when starting any new exercise.

So what exactly do we mean by spicing it up? Ever heard of Zumba? **Zumba** is a very fun and engaging way to get your dance on. Don't worry, you don't need a partner, because this is nothing like ballroom dancing. Zumba is inspired by Latin American dance and performed to Latin American music. It is sure to get your heart rate going and keep a smile on your face. Check your local gym, rec programs, senior centers or the community college to see when it's available near you.

If you have two left feet or want to try something a bit slower, how about trying your hand at some **disc golf**? This is a lot like regular golf, only in this sport you throw a concave disc (think Frisbee) into a series of metal baskets on an outdoor course. You can get outside and be in nature. The object of the game, sort of like regular golf, is to get through the course with the fewest strokes, or in this case, throws. Sounds simple right? It really is challenging and many people report that this game is highly addictive. To find a course, go to **discgolfunited.com** and enter your zip code.

How about dipping into a slow, meditative kind of workout? **Qigong**-- pronounced chegong--is an aspect of ancient Chinese medicine that utilizes breathing techniques with certain postures. According to James Gummer, who has been an instructor for LifeBridge Health, Baltimore County senior centers and Stella Marris Hospice, Qigong is the perfect practice for seniors. Gummer says that the movement is low impact and also stimulates

the mind as students memorize the patterns of physical movements. He also noted that all postures can be modified to

accommodate most people's fitness levels. For more information on his work, go to <http://jamesgummer.com> Check out your local senior centers, rec centers, gym and yoga studios for class availability.

While we are at it, when is the last time you stepped on your **yoga** mat? The word yoga literally means "to unite," so putting mind and body together in this chaotic world right now is an absolute must. There are many different forms of yoga out there to try. But there is no doubt that the best kind for you is the one that gets you in the Namaste mood!

Then there's a cool game called **pickle ball**. You'll want to check this out simply because of the name. Pickle ball uses a racquet and a large whiffle ball. This game is easier on the joints than other racquet sports and is a cross of ping pong, tennis and badminton. It is played on a court with four people and you will hardly recognize you are working out because it is so much fun.

This one is for adrenaline junkies and is definitely an out-of-the-box idea and we mean, way-way out of the box. Like into the heavens and up in the sky, out of the box. Can you say **indoor skydiving**? And yes indeed, it can be a competitive sport. Flying is not just for the millennials or Gen X and Y. So if you are feeling courageous and looking for a different kind of rush, check out the nearest indoor flying park, iFLY ([www.iflyworld.com](http://www.iflyworld.com)). Maybe you will fall in love with it so much that when the weather breaks, you will want to go outside and sky dive in the great open sky. What an adventure that would be!

*Molly is an award-winning reporter and freelance writer, who enjoys having adventures and dancing with her granddaughter, Ellie. She can be reached at [Lauryssens@aol.com](mailto:Lauryssens@aol.com)*

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

# A PREMIER LEARNING COMMUNITY FOR OLDER ADULTS

By Terry Portis

What do younger adults picture in their minds when they hear “classes for older adults?” Some may think of barely moving elders making baskets or quilts in some depressing room just a few steps from a nursing home. While we could all use a new basket or a beautiful quilt, this mental image could not be further from reality.

One example of actively engaged learning at Anne Arundel Community College (AACC) is a program called the Peer Learning Partnership (PLP). The PLP has more than 500 participants each year and includes interesting courses, a weekly lecture series and social and cultural events. Most of the students in PLP are over 55, but younger adults are welcome to join.

This is a program that is making a difference in the lives of the participants. In a recent survey 91 percent indicated that PLP was important to their quality of life. Not only is PLP making a difference in the lives of its members, but in the lives of others as well. PLP has donated more than \$50,000 to the AACC Foundation to support scholarships at the college. PLP is a self-directed learning community. People join PLP and become members who can then participate in any of the events and register for classes. PLP members volunteer to develop and teach the courses, plan the weekly lecture series and coordinate the social and cultural events. Special training is offered to those who want to facilitate courses. A volunteer board provides coordination, planning and support. PLP members are not required to be a volunteer or teach a class. Some of the classes that have been held recently include:

- Understanding Cognitive Behavioral Therapy
- George Bernard Shaw at the Movies
- Wonders of the Universe

- 1950s: Happy Days?
- Genes and Genomes: An Introduction
- Geopolitical Regions: SE Asia/ Mainland
- Mysteries of the Concerto
- Solutions for Powering the World
- Where Your Pen Will Take You
- Homer: The Odyssey
- Israel in the Middle East
- Great Conversations
- An Introduction to WW II
- Great Decisions in Foreign Policy

Recent Friday lecture and discussion sessions included topics such as current events, science and technology, travel, economic issues and film. For more information about PLP, you can go to [www.aacc.edu/plp](http://www.aacc.edu/plp) or call Florence Smoot at 410.777.1806.

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

## DISCOVER YOUR BEST SELF.



Ginger Cove, the Annapolis area's premier life-care retirement community, offers unlimited ways to spend today with peace of mind about tomorrow. Avail yourself of art lectures, classes in the state-of-the-art Wellness Center, and evening drinks at the Bugeye Bar. Or hop on the shuttle for trips to museums or concerts. When you discover Ginger Cove, you've found the place you were looking for all along.

We invite you to tour our community, explore our amenities, and talk with our residents. To discover Ginger Cove, please call Joan Williams at 410-224-8141.



4000 River Crescent Drive, Annapolis, MD  
gingercove.com



No one has ever said, "I want to be a hoarder when I grow up."

Yet, it's estimated that up to 5 percent of the U.S. population has a hoarding problem, shared equally by men and women. Sadly, 25 percent of those will die, either from a house fire or a medical emergency because rescue workers can't get to them.

Hoarding behavior usually begins with a major setback, trauma or loss. Depression follows, and as the activities of daily living stack up, it overwhelms people and their anxiety sets in. Eventually, life becomes so out of control that the only thing they can control is their stuff. This is what leads to piles of garbage, dirt, mold and clutter.

First, let's distinguish the difference between a pack rat and a hoarder. Pack rats have a mild compulsion to buy and store things, but their lives aren't out of control. Hoarders have a compulsion to acquire and save possessions, but they also have an obsessive-compulsive disorder that impairs their ability to

# CAN YOU HELP SOMEONE WHO HOARDS?

function normally and use their space effectively. Entire rooms are used for storage. Bathtubs are filled with stuff. There are the infamous isles among piles.

Randy Frost, co-author of *Stuff: Compulsive Hoarding and the Meaning of Things*, did a 20-year study that revealed some helpful findings. In one, he found that when hoarders are faced with making decisions about dealing with their belongings, the region of the brain that determines the importance

of objects (the anterior cingulate

cortex) shows abnormal activity.

In the world of a hoarder, everything has an exaggerated value and they can find a use for anything.

By Kate Leatherman

A combination of cognitive behavior therapy, medication and the help of a professional organizer is key. But the hoarder also needs to be ready to make a change. Picking up the phone to make an appointment is the first step and, if they don't do that, then they aren't ready.

The next hurdle is the agonizing and terrifying act of opening their front door to a stranger. Depending on the severity of the situation, there are different levels of fear and shame. Establishing trust with a professional is essential and it comes slowly. Safety is important in order to allow that person to return week after week.

You might wonder how you can offer support. Beyond calmly telling a hoarder how their behavior is affecting you, there's not much you can do. Unfortunately, most don't want their family members involved but, if you insist, here's what to expect.

Hoarders already know they have a problem, so telling them will only generate hostility. If you push, pry or pressure, it will make their behavior worse, or, they will retaliate by giving up. Choosing to pay for a professional organizer or therapist doesn't mean that they will be grateful, nor does it guarantee that they won't relapse. Don't ask them how the sessions are going. This only increases stress and anxiety. And, above all, never ever get rid of their belongings without their consent. If you do, it can take years for them to recover from the betrayal.

Rhonda Byrne, creator of *The Secret*, a best-seller self-help book, believes that the very thought of changing someone is saying that they are not good enough as they are. "Judgment and disapproval will only bring separation between you and that person," she warns, adding, "You must look for the good in people to have more of it appear. If you do, you will be amazed at what your new focus reveals."

Kate, a professional organizer, home stager and author of three books, can be reached through her website at [www.kateleatherman.com](http://www.kateleatherman.com) or [emailkateleatherman@gmail.com](mailto:emailkateleatherman@gmail.com)



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# What Does Mary Say?

By Mary Chaput

Dear Mary,

*I have just moved my mother from Wyoming into my home. It's been quite an adjustment for her and, surprisingly, quite an adjustment for my wife and me. Mom is still in relatively good health, although we've seen some decline in her willingness to do things since the move. Does the county's aging office have any programs that might help her adjust?*

Dear Reader,

Give options counselors or information and assistance staff at the Anne Arundel County Department of Aging and Disabilities a call at 410.222.4257. They are the entryway to and have the information about the many programs at the department and in the community.

Since your mother is still active, she can participate in events at any of the seven local senior activity centers. If transportation is needed, a department van can provide curb-to-curb service to the nearest senior activity center. The centers offer a myriad of activities including educational programs, recreational activities, health screenings and classes in art, crafts, computer use and dance. It's a great place for her to meet new folks who share her interests.

To help you and your mother understand her Medicare options, staff and volunteers from the SHIP (State Health Insurance Assistance Program) provide free, confidential one-on-one health insurance counseling and information.

If, at some point, you and your wife would like to get away for a bit, yet you are uncomfortable leaving your mother alone in a new setting, the Respite Care Referral Program can help. This program maintains a registry of self-employed caregivers who can provide in-home care or companionship. Although they are not employees of the department, a background check is conducted on each worker annually and they receive initial and ongoing department training.

If you and your wife find yourselves in the role of caregiver for your mother, give the staff at the National Family Caregiver Support Program (NFCSP) a call. NFCSP facilitates monthly family support groups, caregiver education programs, an annual caregivers' conference and caregiver appreciation events. When funding is available, the program provides small stipends to family caregivers for respite care or grants for an emergency response system for those who are at risk of falling. You can find the Spring Caregiver Workshop Schedule in this edition of *Outlook by the Bay* or online ([www.aacounty.org/aging](http://www.aacounty.org/aging)). The 2017 Support Group Schedule can also be found online or by calling 410.222.4375. We welcome you to join us at the 25<sup>th</sup> Annual Caregivers' Conference

on April 22. You can also see the flyer in this edition of *Outlook by the Bay*. If you would like to receive up-to-date information on caregiver events, email [caregiver\\_support@aacounty.org](mailto:caregiver_support@aacounty.org) or call 410.222.4375.

Dear Mary,

*I feel like I am on the path to caregiver burnout. I've been caring for both of my parents for over five years and there is no end in sight. How do I possibly avoid going down that slippery slope where I can't care for anyone, myself included?*

Dear Reader,

I am so glad that you recognize the signs that you need help and I do hope that you will follow these suggestions.

First of all, take care of yourself. As you are already aware, caregiving can be both physically and emotionally draining. Eat well, exercise as much as you are able and make sure you get adequate sleep. Spending quiet time in prayer, meditation or journaling can help strengthen your immune system.

Make sure you make (and keep) all of your preventative care appointments. Let your doctor know if you are feeling overwhelmed, angry or depressed, or if you begin to rely on drugs or alcohol to cope.

Remember, you are more than a caregiver and just like your parents, you have experienced multiple losses, such as your ability to travel and to enjoy spontaneous friendships. Don't allow yourself to become isolated. Maintain your friendships. There is an end to the caregiving journey and you want those friends to be there after your loved ones are gone.

Take time to acknowledge your strengths and accomplishments and the gifts you share, especially when the people you are caring for are unable to do so.

Recognize your limits and set up your supports now. Identify what would be helpful (skilled care, respite care, grocery shopping or other errands) and ask for or hire help. Accept help when it is offered! Remember, you do not have to do this alone. Check with the Department of Aging & Disabilities at 410.222.4257 to see if there are any services for which your parents are eligible that could relieve some of your burden.

And remember to laugh. Laughter is the cheapest and most effective anti-stress medicine out there.

*Mary Chaput can be reached at [agchap01@aacounty.org](mailto:agchap01@aacounty.org) or 410.222.4339.*

# CHART YOUR COURSE: A LEGAL NAVIGATION GUIDE

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## ASSET PROTECTION TRUSTS

*This column presents general information regarding estate and disability planning and probate. It is not intended to create an attorney-client relationship or constitute legal advice to readers. Individuals with legal concerns should consult with an attorney for advice regarding their specific circumstances.*

*By Jessica L. Estes*

An asset protection trust can be a valuable tool for many individuals and business owners. The main purpose of an asset protection trust, of course, is to protect your assets, but from whom or what? This depends on your situation, but the three biggest enemies are creditors, predators and lawsuits.

Maybe you are worried about long-term care costs and you do not have long-term care insurance. An asset protection trust could preserve your assets for your beneficiaries while at the same time allow you to qualify for government benefits to help pay for your long-term care. Or, maybe you are the child or sibling of a vulnerable adult and you are worried that someone will take advantage of them. If the vulnerable adult transferred his or her assets to an asset protection trust, they would not be able to use the funds in the trust without the trustee's permission. Similarly, if you are a doctor, or the sole proprietor of a business, and a patient or client decides to sue you, the assets in an asset protection trust would not be subject to that lawsuit.

Your family situation also has a significant impact on any asset protection trust you create. Do you have children or other beneficiaries with special needs? If so, the trust can be designed so that when you pass away, their share can continue to be held in trust. Any government benefits they are receiving or for which they may be eligible, would not be jeopardized. Perhaps there is a possibility that some of your beneficiaries may be involved in a divorce, bankruptcy, lawsuit or have substantial creditors. If so, the assets retained in the asset protection trust would be safe from those proceedings.

An asset protection trust also provides a vehicle to manage your assets in the event of your incompetency, incapacity or death. A trust never dies, so any assets in it at the time of your death will not be subject to probate.

This may be especially important if you are a business owner. For example, if you have an ownership interest in a limited liability company or corporation, your ownership interest likely will be subject to probate. Does your personal representative named in your will know what to do with that ownership interest? Do any of your beneficiaries have a desire to own the business? Hopefully, you have an operating agreement or bylaws to help your personal representative in that situation, but the ownership interest will still be subject to probate. And, creditors have six months from the date of your death to file a claim against your estate. Even if the business has no creditors, your ownership interest that passes through probate would be subject to your personal creditors. On the other hand, if your trust owned the interest in the business, it would bypass probate.

So, how does an asset protection trust work? A primary principle of asset protection planning is to appreciate the concept that whatever access an individual retains will also be available to their creditors, predators and lawsuits. Therefore, in any asset protection plan a careful balance of control and access is necessary. Generally, the trustee maintains full control of the assets as long as the grantor chooses. The grantor may retain the right to all income from the assets for the remainder of their life. The plan must, of necessity, limit direct access to the principal to ensure that creditors and predators do not obtain access to it; however, it can provide indirect access to the principal during the remainder of the grantor's life.

Moreover, the asset protection trust can be customized so that assets transferred to the trust are considered the grantor's assets for tax purposes and the trust itself, would not require a separate tax return. Also, any assets that are transferred to the trust would be incomplete gifts for tax purposes. This means a gift tax return would not be required unless the trustee makes a distribution from the trust to an individual in an amount in excess of the annual exclusion amount. And, unlike most irrevocable trusts, the grantor could retain the right to change beneficiaries, bequests or trustees.

Overall, an asset protection trust can be a valuable tool in your estate planning arsenal.

*Jessica L. Estes is an elder law and estate planning attorney at Byrd & Byrd, LLC in Bowie. She can be reached at 301.464.7448 or on the website at [byrdandbyrd.com](http://byrdandbyrd.com)*





## 2016-2017 Family Caregiver Workshop Schedule “Oh, the Places You’ll Go!”

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**ALL WORKSHOPS ARE SCHEDULED 6:30-8:30**

	Senior Center	Presenter	Topic
3/7/17	Annapolis	Ben Ogundip, PT	Mechanics of Caregiving
3/14/17	Pascal	Dept. of Aging & Disabilities Staff	Communicating through Behaviors & the Virtual Dementia Tour®
4/11/17	Arnold	Dept. of Aging & Disabilities Staff	Communicating through Behaviors & the Virtual Dementia Tour®
4/12/17	Pascal	Nicole Absar, M.D.	Different Types of Dementia, Diagnoses & Treatment
5/10/17	O’Malley	Jeannie Finnegan, CDP	Meaningful Pursuits
5/16/17	Annapolis	Dept. of Aging & Disabilities Staff	Communicating through Behaviors & the Virtual Dementia Tour®
6/13/17	St. John Lutheran Church, Linthicum	Dept. of Aging & Disabilities Staff	Communicating through Behaviors & the Virtual Dementia Tour®
6/14/17	South County	Jennifer Fitzpatrick, MSW, LCSW-C	Travel with a Dementia Loved-One

To register for a speaker workshop, call 410-222-4375/4339 or register on-line at: <http://www.aacounty.org/Aging>.

To register for *Communicating through Behaviors & the Virtual Dementia Tour®*, call 410-222-4375/4339.

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*Anyone needing special accommodations must contact Mary Chaput at 410-222-4339 or [agchap01@aacounty.org](mailto:agchap01@aacounty.org) at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1. All materials are available in an alternative format upon request.*

The Department of Aging & Disabilities is grateful to our sponsors. However, the Department does not endorse any particular vendor or business. Anne Arundel County reserves the right to approve and/or refuse potential sponsors.

# PLANNING TO RELOCATE IN RETIREMENT?

## CONSIDERATIONS FOR THIS COMPLEX ENDEAVOR

By Joanne R. Alloway

A friend explained recently over lunch how she and her husband plan to sell their water-oriented home and retire elsewhere. They hadn't decided where. I was intrigued, especially since they'd been in the planning stages for two years with no firm decisions. My friends have four married children and seven grandchildren, but none live in Maryland. I agreed not to use their names, so I'll call them the Smiths.

The Smiths have had much to consider. Their primary issue is that all of their children live in different states. One son lives in Washington, D.C., but not permanently. Another son lives in Georgia, and their daughters live in Massachusetts and Michigan. The Smiths are seeking relocation where the climate is temperate. They enjoy the seasons, but don't want to be too far from any of their grandchildren, now between four months and nine years old. My friends want to be in their grandchildren's lives as much as possible.

Location hasn't been an easy decision. The Smiths ruled out living in any of the states their children live in for the 'favoritism' issue, and because all four are upwardly mobile and could be relocating themselves. Once they pick a location, they will decide if they want to buy a smaller home or condo, or move into a retirement village. One thing is clear; they had put time and research into making sure this is the right move for them.

Other considerations important to the Smiths' choosing a location included:

- *Affordable housing with a reasonable tax rate.*
- *Proximity to an airport.*
- *Enjoyable free time activities.*
- *Accessible, quality health care.*
- *Public transportation.*
- *Senior activity programs and opportunities for volunteering.*
- *Base of active seniors.*
- *Financially strong with low unemployment, low crime rate.*
- *Adequate shopping with a city nearby.*

When considering a major relocation in retirement, Ken Moraif, senior adviser with Money Matters, a wealth management firm in Dallas, Texas, strongly suggests "rehearsing" first. Rent a home in the location you plan to retire in for six months. If by the third month, you are bored, it's not the right location for your retirement. Moraif suggests talking to neighbors about life there in the other seasons. After reading this, I sent it to the Smiths,

who surprised me by saying that they had spent four months renting a condo in southern Virginia. Both found the pace of life too slow for them; they could not see themselves living happily there.

An article, "Retire on Purpose," by Dan Benson, *Retire Now America Guide 2017*, discusses overlooked essentials in planning for retirement and relocation, aside from the financial component. Benson includes questions for consideration such as:

- Am I really ready for retirement?
- What does retirement mean to me?
- What's my new dream for the rest of my life?
- How will I pay it forward?
- How can I keep growing and learning in retirement?

These topics remind us that retirement means different things to each person. It's also true that it shouldn't just be a time to watch the world go by, but according to Benson, "to step up, reach out and give back – making the most of life."

A good checklist, "13 Factors to Consider When Choosing a Place to Retire," by Teresa Mears, can be found at: <http://money.usnews.com/money/personal-finance/articles/2014/07///07/13-factors-to-consider-when--choosing-a-place-to-retire>

U.S. Census Bureau statistics show that only 4.5 percent of seniors ages 65-69, moved during the year 2014-2015. Only 10 percent of those moved to a new state. Most retirees tend to stay put or downsize near where they've lived.

As for the Smiths, they're considering two locations that now appeal to them. Both cities are fair distances from their children. One choice Danville, Kentucky, a small college town housing five campuses, is 30 minutes from Lexington. It has historical interest, a great downtown and library, horses, art galleries and is thriving, with a low crime rate. Both the Smiths were college professors at one time. The other location, Germantown, just 10 miles from Memphis, Tennessee, is an upscale suburb of about 45,000. They like the diverse population there and closeness to the airport and Amtrak. Germantown is very lush with parks, athletic opportunities and beautiful homes.

Their current decision: extended stays in both locations.

*Joanne is a nonfiction author of two books available on Amazon. She can be reached at [jrwwrite@aol.com](mailto:jrwwrite@aol.com)*

Think of the possibilities and let that be your guide.

With the constant bombardment of mental and visual stimulation, some important things are taking a back seat. Pausing is one of them. Pauses are the “yin” of life. They are about integrating, reflecting and undoing -- a lovely balance to the yang energy of being busy all the time.

To start, think about mini-pauses that you can take throughout the day: closing your eyes to intuitively check in, taking a few deep breaths, getting out of a chair and stretching for 5 minutes, reading something inspiring or going outside and getting some fresh air.

Then there are the daily pauses where you might give yourself one or two days a month to do nothing but follow your desires. The idea is to start with nothing on your calendar. If you want to accomplish something on your to-do list, then so be it. If you want to stay in your pajamas and eat a hamburger for breakfast, then do it. This is about satisfying your wants. You have the rest of the month for the have-to's. You can't overemphasize the pleasure that comes from doing this for yourself, not to mention the importance of occasionally breaking from your routine.

Longer pauses are obvious, such as taking a vacation or “staycation.” If your last few getaways included unbearable traffic,

long waits in restaurants and crowded tourist attractions, maybe a stay-at-home vacation is for you. But it's not a good fit if the only way you can unwind is to leave town. And it certainly won't work if you are constantly being reminded of all that has to be done around the house. If you do choose to get away, make sure you balance sightseeing with down time.

As far as your work goes, there are ways to pause from the monotony. You might, for example, need to enhance your skills and attend a training session to improve or enhance your business. Returning with fresh ideas and a new perspective is often the shot in the arm you need.

And don't rule out the importance of social pauses. One of the most important skills of listening is simply to *pause* before replying. Or, taking a breath to pause before reacting in a way that you will regret.

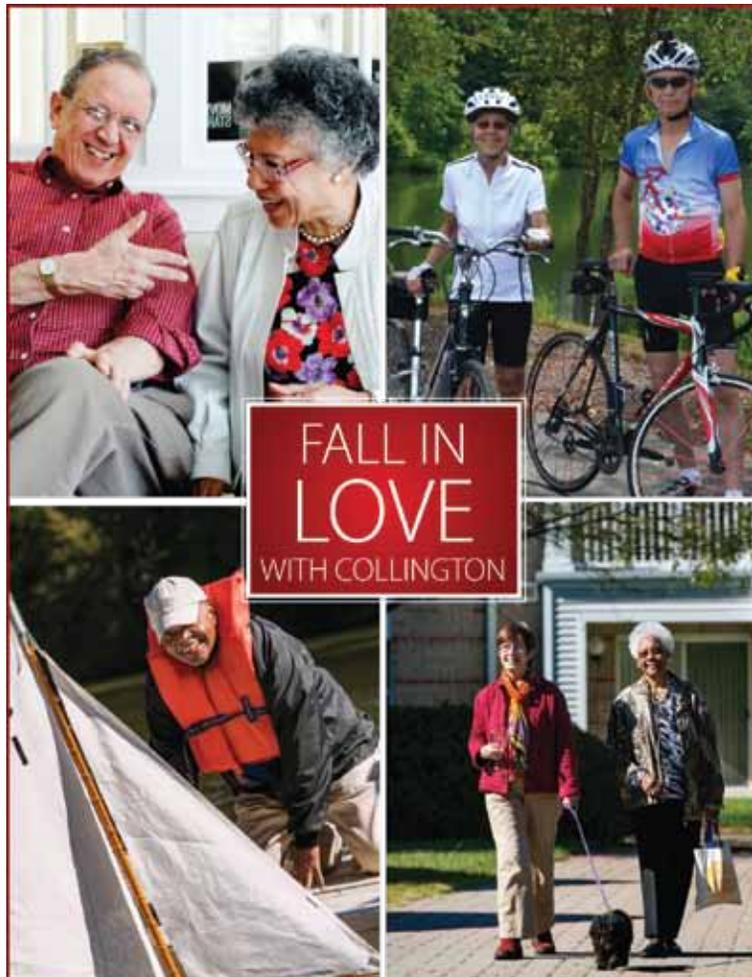
In his book, *The Power of Pause*, Terry Hershey writes that taking time to pause for the truly important things in life has a profound effect on us. It is about learning to let go of the things that keep getting in our way in order to take back the life that is intended for us.

So, think about hitting that fast-forward button a little less and choosing the pause button instead.

*Kater is a yoga teacher, a professional organizer who helps people streamline their lives and the author of three books. Visit her website at [www.katerleatherman.com](http://www.katerleatherman.com) or email [katerleatherman@gmail.com](mailto:katerleatherman@gmail.com)*

# THE POWER OF THE PAUSE

By Kater Leatherman



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# The Best Senior or Veteran Discounts

By Leah Lancione

Looking for a few special deals this Spring? Below is a list of supermarket chains and restaurants found in the Baltimore-Annapolis area that offer discounts for senior citizens or military veterans. There are lots more but not all discounts are advertised because each location or franchise may have its own set of promotions. Here are a few offered at the more well known locations. Remember, it never hurts to ask.

## Grocery Stores

**Farm Fresh:** Senior (55-plus) and military discounts are available for customers. Seniors are offered a 5 percent discount (before taxes) on Tuesdays. This discount does not apply to pharmacy or tobacco purchases.

Members (active duty or retired) of the military and their dependents receive a 5 percent discount on Mondays.

**Harris Teeter:** Harris Teeter's "Club 60" gives customers (60-plus) 5 percent off on purchases with the VIC savings card. You get this discount even after coupon and regular VIC discounts have been deducted. This discount cannot be used toward fuel, pharmacy purchases or gift cards.

## Restaurants

**Applebee's:** Though Applebee's doesn't advertise a weekly senior discount, it does offer veterans and active duty personnel a free meal on Veterans Day.

**Bonefish Grill:** AARP members receive 10 percent off their dining bill.

**Bubba Gump Shrimp Factory (Baltimore):** A 10 percent discount is extended to all military as well as a 10 percent discount to AARP members on food and nonalcoholic beverages.

**Carrabba's:** AARP members receive a 10 percent discount every day at all locations.

**Chart House:** AARP members receive 10 percent off food and nonalcoholic beverages every day of the week.

**Denny's:** Denny's Category 55+ is an exclusive menu for guests over 55 with discounted prices for breakfast-through-dinner entrées. A 15 percent discount is offered to AARP members also.

**Fuddrucker's:** Seniors (55-plus) receive 10 percent off any senior platter.

**Golden Corral:** The breakfast, lunch and dinner buffet is at discounted prices to seniors over 60 every day of the week and there is also an even more discounted "Senior Early Bird Special" Monday-Saturday, 11 a.m. to 4 p.m.

**IHOP:** Most locations feature a senior menu with discounted prices and smaller portions for those over 55 as well as a 10 percent discount. Some franchise locations offer a half price dinner once a week.

**McCormick & Schmick's:** Customers with an AARP card can get 10 percent off food and nonalcoholic beverages.

**Mezeh Mediterranean Grill:** Uniformed military and first responders are given a 25 percent discount off their purchases.

**Outback Steak House:** AARP members receive a 10 percent discount on the entire check for lunch or dinner.

Most fast food chains like Burger King, Chick-fil-a, McDonald's, Boston Market, Arby's, Kentucky Fried Chicken (KFC), Hardee's and even Dairy Queen, Dunkin Donuts and Einstein Bagels, for example, offer special discounts for seniors that vary by location or franchise. Always be sure to have your AARP card on hand, if you have one, or a valid proof of age and ask for a senior discount. In most cases, you have to request a senior discount to get one.

## Bay Bytes

Can't remember where you parked the car, dropped your keys or left your wallet? Log onto either of these sites for an app that will assist: [www.fstuff.com](http://www.fstuff.com) or [TheTrackR.com](http://TheTrackR.com)

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

Flower arranging, data entry, photography, quilting and singing.

These are five of among dozens of different ways one can volunteer for a hospice organization. And in four of them, one may never see a patient.

With April 23 to 29 being recognized this year as National Volunteer Week, this is a good time to look into the many unique ways to give your time and talents to help people in your community.

According to the U.S. Department of Labor, about 62.6 million people in this nation volunteered through or for an organization at least once between September 2014 and September 2015.

Of those, the National Hospice and Palliative Care Organization (NHPCO) reports that about 430,000 are trained hospice volunteers. Right here in our community, more than 430 volunteers are working with Hospice of the Chesapeake, serving patients and families in Anne Arundel and Prince George's counties.

But not all of these volunteers work directly with patients. According to the NHPCO, while 60 percent of hospice volunteers assist with direct **patient care**, 20 percent support the clinical teams while 19 percent provide general **program support**.

That means if someone just can't imagine caring for a patient, there are plenty of other ways to help people live as fully as possible, even at the end of life.

One rewarding way is to provide **office support**. Nancy Voorhees Balenske came to Hospice of the Chesapeake after she lost her "professional community" when she retired and missed being around people. "I found a new community

# Hospice Volunteers

HAVE DOZENS OF WAYS TO MAKE

# Special MOMENTS

By Elyzabeth Marcussen

through hospice through working in the office and establishing relationships with the employees and other volunteers."

Balenske notices a visceral response from people when she tells them she is a hospice volunteer. She tells them there are plenty of ways to get involved without having to be with patients, and that over time, they may become more comfortable and even seek a way to become more intimately involved. "It's just a great, loving environment to be in for just a few hours each week."

Other ways to offer indirect patient support is to **make patriotic lap quilts** that are presented to

patients who are veterans during bedside honor salutes. The Crofton Village Garden Club sends members every Tuesday to the John & Cathy Belcher Campus in Pasadena where they **arrange flowers** donated by Trader Joe's for care teams to take to patients. People are needed to **tend to the many gardens** that bring a sense of serenity to patients and staff.

For those who are OK with brief, but meaningful encounters with patients, the healing arts program welcomes volunteers to practice **licensed massage therapy**, comfort touch, healing touch, **acupuncture** and **reiki**. Other ways to give include **therapeutic pet visits**, volunteer **musicians** and fine artists who also share their talents. Patient care and healing arts volunteer Jan Hammett performs touch, acupuncture and reiki. Other ways include performing **music** solos with the **Threshold Choir** or sharing your **fine arts** and **crafts** skills to create **legacy scrapbooks**.

Volunteer Jan Hammett performs **comfort touch**, offers haircuts and teaches **yoga** as part of her patient care volunteering. She feels honored to be included in the final journey of a patient's life and feels the positive that comes from hearing their stories and experiencing the love of their family and friends far outweighs any negative. "It's a treasure, it's invaluable, to be able to connect with fellow human beings in a path that we all eventually take."

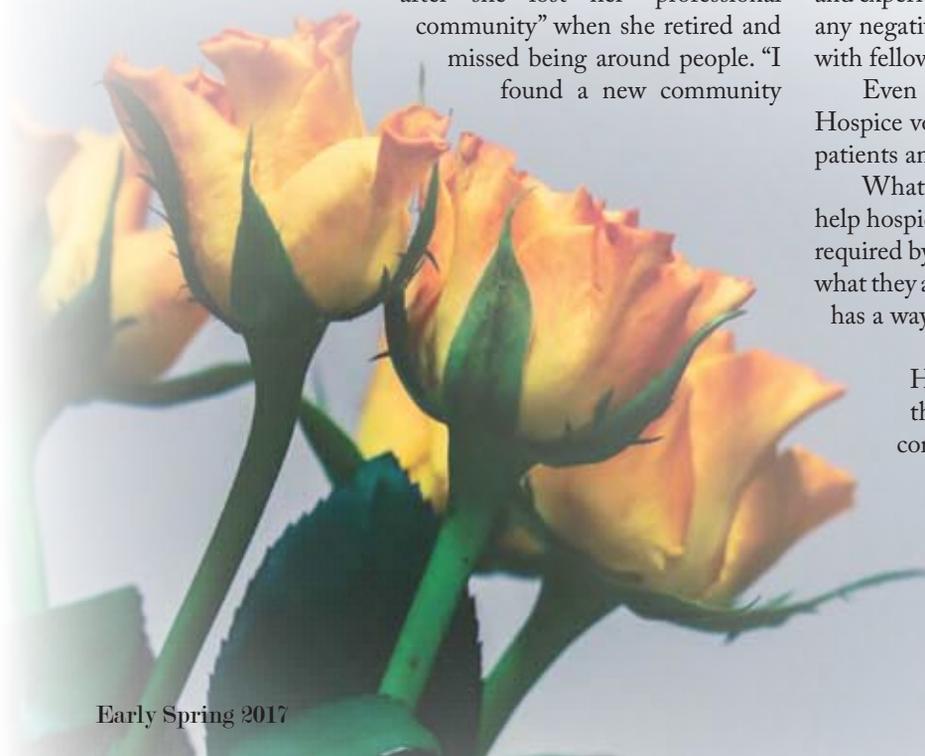
Even when you're dying, there can be a lot of living to do. Hospice volunteers make more special moments possible for the patients and families they serve every day.

Whatever way people might consider giving of themselves to help hospice patients and their families, hospice organizations are required by law to provide training. No one will be left wondering what they are supposed to be doing. Plus, the volunteer department has a way of spoiling their highly valued assets.

"It's a very special part of my life. I feel like gold," Hammett said. Then, she laughed, "I'm treated better than I am at home. If I'm having a bad day at home I come into hospice."

To learn more about volunteering with Hospice of the Chesapeake, visit [www.hospicechesapeake.org](http://www.hospicechesapeake.org)

Elyzabeth can be reached at [EMarcussen@HospiceChesapeake.org](mailto:EMarcussen@HospiceChesapeake.org)



# Tea For Two, Or One, Or More *All About Tea*

By Peggy Kiefer

“Do you have a stomach ache? Have a cup of tea.”

“Can’t sleep? Have a cup of tea.”

“Don’t you feel well? Have a cup of tea.”

“Do you need a break? Have a cup of tea.”

“Are you all stressed out? Have a cup of tea.”

How often have you heard these pieces of advice? It seems that a cup of tea can cure almost any kind of problem. At least, that’s what I was led to believe as a child. Many people in the world must have some faith in this theory, as tea is the second-most consumed beverage in the world behind water. So, there must be something special about this brewed beverage. An exception, by the way, is in the United States, where coffee is more popular than tea.

Tea consists of the processed and dried leaves of just one species of a plant called *Camellia sinensis*. Thousands of teas are produced from this plant. Many herbal tea drinkers do not know that herbal teas are really not tea, but dried leaves or flowers from various plants and herbs.

A legend about the origin of tea comes from where else, but China, where tea is definitely the drink of choice of millions of people. It seems that around 2737 B.C. a legendary emperor named Shen-Nung, who was an inventor of agriculture and Chinese medicine, was drinking a bowl of boiling water one day. A few leaves from a nearby tea plant blew into the water, changing its color. Shen-Nung took a sip and liked the taste and the way the drink made him feel restored in body and mind.

A variant of this legend is that the emperor tested the medicinal properties of some poisonous herbs and found tea to be an antidote.

Even though it is believed that China is the largest producer of tea, India actually surpasses it in production. Mainly black tea is grown in India, and they have a wide range of tastes and quality. Best known are Assam and Darjeeling tea.

China teas are the most varied. Hundreds of types and varieties are produced there. China categorizes tea by leaf size, the place it is grown and the leaf shape. The main teas of China are black teas, green teas, oolong teas and scented teas.

Japan has a very efficient and well-organized tea production. Some of the world’s premium green teas come from this country. Taiwan produces many of the same teas as China. Their oolong and Pouchong teas are claimed to be exceptional by dedicated tea drinkers.

Although tea comes from one species, *C. sinensis*, there are three major varieties. They are the India or Assam, plants with larger leaves that usually grow well at lower altitudes, the China, plants with small

leaves that generally grow better at higher altitudes, and the hybrid, a tea between the China and Indian tea.

When processed, four different types of tea are produced. They are black tea, white tea, green tea and oolong tea.

Tea grows best in higher altitudes and rainy climates. Misty mornings and cool weather also produce higher-quality tea. The best growing conditions are similar to that for coffee.

The harvesting of tea is back-breaking work that takes a trained worker to be successful. When plucking the leaves of a high-quality tea, only the bud and second and third leaves are plucked. This is called fine plucking.

The typical tea bush will usually produce about 3,000 tea leaves a year, which amounts to about a pound of processed tea.

After the tea is processed, it is graded by size, an art passed down through the centuries. Broken, smaller leaves have more flavor and brew faster than whole leaf. The type of tea found in most tea bags is called Fannings, which come from an old practice of using a fan to separate the smallest pieces. Of interest is the fact that the first tea bags were made from hand-sewn bags, usually made from silk muslin. These date back to the early 1900s. Tea bags were actually first successfully sold in 1904 by a tea and coffee merchant from New York named Thomas Sullivan.

Now that we know all about the growing, harvesting and types of tea, let’s get down to the most important question. How do I make the perfect cup of tea?

It seems there is no easy answer to this question. Everyone who drinks tea, has grown tea or enjoys a cup of tea has a personal method. But let’s look at the consensus of opinions.

1. Have patience. Take your time.
2. Use a good quality of tea.
3. Have a clean kettle
4. Use fresh, cold water. Bottled or filtered tap water is best.
5. Bring the water to a boil but don’t let it boil too long or it loses oxygen.
6. Use one heaping teaspoon of loose tea or a tea bag per person. Warm up the teapot first.
7. Allow to steep in the cup, mug or teapot for an average time of three to five minutes. Herbal teas may take longer and green tea less time.
8. Remove the loose leaves or tea bag.
9. Stir and add your choice of finishing touches to your taste: lemon, honey, sugar and milk are favorites.



For a really thorough and fascinating book about tea, try to find the book *Tea: The Drink that Changed the World* by Laura C. Martin, Tuttle Publishing (2007). You will learn more than you ever wanted or needed to know about tea and all its history and popularity.

The final taste of your tea will depend on several factors: tea type, leaf size, hardness of the water, water temperature and even type of cup used (china, plastic or Styrofoam). The tea should be enjoyed soon after brewing.

In the last few years a great deal of research has been conducted on the health benefits of drinking tea. Here are a few of the results of that research, although some of the findings still need more research before it is decided that they are legitimate.

At the very least drinking tea is a flavorful way of getting more fluid into your body. But people need to be sure they are drinking actual tea. Real tea is derived from a particular plant (*Camellia sinensis*) and includes only four varieties: green, black, white and oolong. What is called "herbal tea" isn't technically tea.

Researchers attribute tea's health benefits to polyphenols, a type of antioxidant. Here are what researchers and scientists have discovered that may find you putting away the coffee pot and reaching for the tea bags or leaves.

- Tea can boost exercise endurance. The antioxidants increase the body's ability to burn fat as fuel and that improves muscle endurance.
- If you switch from another drink to tea it could help reduce the risk of heart attacks and cardiovascular diseases.
- The current research is mixed on whether the antioxidants in tea might help protect against several types of cancer, but it is not a miracle cure.
- Tea helps fight free radicals, which can damage DNA in the body. Since the body can't fight free radicals on its own, why not have tea help out?

- Regular tea drinking has been found to correlate with a lower risk of Parkinson's in both men and women.
- Tea might provide protection from ultraviolet rays, which means it could help your sunscreen protect your skin.
- If you are worried about your waist size, one study showed tea had lowered waist size and body mass.
- If you are a regular tea drinker, it might counteract some of the negative effects of smoking, reducing the risk of lung cancer.
- Are you undergoing radiation? Tea might help protect the body against cellular degeneration and skin damage.
- Green tea has been found to improve bone density and strength.
- Tea might be effective in the prevention and treatment of neurological diseases such as Alzheimer's.

Some might think these potential benefits remind them of the "snake oil salesmen" who claimed miracles cures for a single drink. Although most research on tea is highly positive, it's not all definitive, so hold off on stocking up on gallons of all kinds of tea. Remember, chemicals in tea may not react the same in everyone, and chemicals in the laboratory may react differently than in the human body.

To sum it all up, all things in moderation. Tea should be safe to enjoy but not in excessive amounts. So, hot or cold, tea can be refreshing and relaxing, so sip and enjoy.

*Peggy Kiefer (kinseykiefer@aol.com) is a freelance writer who only drinks iced tea and prefers coffee otherwise.*



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# CUBA: NOW IS THE TIME TO GO

By *Tricia Herban*

Does that word make you think of the mambo or rumba? Perhaps you remember our country's failed Bay of Pigs invasion. Or maybe you envision a cigar-smoking, bearded revolutionary named Fidel? But maybe you still shudder over the near nuclear holocaust when the Russians put missiles in Cuba only to be faced down by President John F. Kennedy. And surely you are aware of the United States' embargo on goods and travel that is still partially in place today.

Cuba is all of that and so much more. It is not a tropical paradise because there is a very dry season when plants and animals thirst for water. But tropical plants—sugar cane, coffee, bananas, coconuts and pineapples, mangos, avocados, papaya and guava do grow there. Yucca and plantains are staples, providing starch along with squash, sweet potatoes and imported rice. Meat and cheese are rationed and less abundant. Pork, chicken and seafood, the primary proteins, are served slow-cooked or grilled. In addition, Cuban cooks specialize in hearty, thick soups -- fish, pumpkin or chicken -- and flan is the hands-down dessert of choice.

Cuba is not a land flowing with milk and honey, but it is a vital country whose people are hard-working, resilient and creative. A recent trip to that island country was illuminating in many ways. Paramount to me are the economic choices -- two paths of socialism and capitalism are now intersecting. A bit of history may be helpful here: Cuba was hit disastrously by the collapse of the Soviet Union, which led to the end of imported cheap oil and inflated payments for the country's primary export—sugar. A sudden economic collapse resulted in Castro's announcement of a Special Period during which food and other resources would be rationed, moving the nation backward from a gasoline-powered economy to dependence on horses in the fields and bicycles on the highways.

Although this situation continues today, it has been modified by Raul Castro's realization that one of the ways that the country can raise its GNP and ability to purchase goods on the world market is to permit limited capitalism as a spur to productivity. Consequently, people are now allowed to rent rooms in their homes, to sell cars and houses, to create small businesses selling crafts or foodstuffs, to develop restaurants and private arts companies. The government sells licenses for modest fees and then collects a percentage of the profits earned. Thus, without direct effort or investment, the government is able to increase its income and its peoples' morale.

Capitalism has unleashed energy and cautious optimism. Bear in mind that most Cubans live rent-free, enjoy free education through high school and beyond, for those who qualify, and benefit from widespread medical care that is also free. So to be specific, I met a graduate engineer who would make about \$45

a month in Cuba. That same person went to work in Venezuela and returned after three years with funds sufficient to rent a large house and open a restaurant. When questioned, he explained that he would prefer to practice his profession, but that the restaurant enables him to provide a good life for his family.

I talked to a pair of musicians who played for us throughout dinner one evening. Each is professionally educated and earns about \$25 a month, one as a music teacher and the other as a symphony musician. To make ends meet, they give private lessons on the side for \$1 a lesson and play for tips in a restaurant. Practitioners of another art, contemporary dance, are salaried by the government at rates comparable to those of the musicians. They have the possibility of income from performances that they give in government-subsidized venues, but a choreographer from New York City has raised funds in the states, allowing purchase of the dancers' makeup, costumes and even lighting gels.

Cuba is noted for its restored and iconic classic American cars—two-tone Chevrolets with fins, hood ornaments and tail lights reminiscent of airplanes. By today's standards, they are behemoths as well as gas guzzlers. But the lucky owners use them either for private use or as taxis because the diminutive Russian Lada sedan is the only other major car on the road. Without internationally recognized currency, the country just cannot import cars, hence the prominence of horse-drawn carts and carriages, bicycles, yellow two-seater "Coco" motorbike cabs and pedicabs.

Cuba is a study in contrasts. Exquisitely restored buildings from the 19<sup>th</sup> century as well as examples of art deco and art nouveau architecture abut roofless facades on the verge of collapse. Monuments to Che Guevara and Fidel Castro rise in parks and squares and freshly painted revolutionary slogans decorate walls and buildings. In the country, people still live without running water while the tourist hotels offer three- to five-star services. In the street, people look like people everywhere and no one goes hungry. Religion is back in favor and the arts are flourishing.

Americans must travel to Cuba on approved trips—our government lists 12 categories. People-to-people tours, such as the one I took, are designed to foster understanding between residents of Cuba and the U.S. Cuba appears to be on the verge of dynamic growth and greater prosperity. Now is the time to visit, before it becomes just another tourist-ridden Caribbean island. Cuba is affordable and truly unique! I traveled with Grand Circle Foundation, an affiliate of Grand Circle Travel and Overseas Adventure Travel (OAT), but National Geographic, Road Scholar and other travel companies offer trips as well.

*Tricia, an avid traveler, can be reached at [mtherban3@gmail.com](mailto:mtherban3@gmail.com)*

# DRY EYES

By Michael J. Dodd, MD

Dry eye disease is a common eye disorder that affects the elderly population. It is estimated that more than 40 million people in the United States are affected by dry eye disease. Every day, ophthalmologists see many patients suffering from gritty, burning, watery, scratchy eyes. The cause is often dry eye disease.

The tear film plays an essential role in maintaining ocular surface integrity and health. Our tears serve several important functions, including removing debris from the eye, neutralizing microbes, preventing infection and maintaining the necessary moisture for our eyes. A lack of tears causes problems ranging from discomfort to infection and even diminished vision.

Our tear film is a complex system made up of three different layers. The outer layer is a relatively thick and oily lipid layer produced by the meibomium glands on our eyelids. In the middle is a watery layer produced by the lacrimal gland (beneath the outer corner of the upper eyelid). The inner layer is a mucous film made by cells found mostly on the outer surface of the eyeball.

There are many causes for dry eye syndrome. As we get older, we tend to produce fewer tears. A problem with any component of our tear production system can result in poor quality or insufficient tears. For example, patients with chronic eyelid inflammation (from many different causes, including seborrhea or dandruff, rosacea, allergies, bacterial overgrowth and others) often have an abnormal

lipid tear layer. Many autoimmune diseases, including Sjogren Syndrome and rheumatoid arthritis result in poor tear production. Contact lens wearers and allergy sufferers often have dry eyes. A number of medications such as oral contraceptives and antihistamines can also affect our tears. An abnormal eyelid position, as a result of aging or after surgery, can also cause dry eyes by disturbing the position of the tear film on the surface of the eye. One of the major causes of dry eye disease in the older population is meibomium gland dysfunction. The meibomium gland dysfunction affects a chemical that stabilizes and prevents the evaporation of the tear film on the eyes.

Several treatment options are available, depending on the cause and severity of a patient's dry eye syndrome. One component of treatment may be using over-the-counter artificial tear drops. Patients with eyelid disease or blepharitis may be advised to use warm compresses, eyelid scrubs and sometimes topical or oral antibiotics. Contact lens wearers with dry eyes may need to switch to a different type of lens that allows for more eye surface moisture.

In some cases, punctal plugs are recommended. These are small silicone plugs, which block the tears from draining out of your eyes, resulting in a larger tear film. In other cases, a prescription eye drop, cyclosporine (Restasis) may be recommended to increase tear production.

Omega 3 fatty acids, found in flax seed and fish oils (taken by mouth) can also help improve dry eye symptoms. If there is an underlying abnormal eyelid position, surgery may be required to improve the moisture of the ocular surface.

There is no universal treatment for dry eyes. If you believe you may suffer from dry eyes, it is important to see an ophthalmologist who can determine the underlying cause and provide targeted treatment recommendations.

*Dr. Dodd is a practicing ophthalmologist at Maryland Eye Associates located in Annapolis and Prince Frederick, as well as an instructor at the University of Maryland Department of Ophthalmology. He can be reached at 410.224.4550 or mjdm1@gmail.com*

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Enjoy your life. It has an expiration date!

## STEPS FOR CREATING A THRIVING WALKING CLUB

By Sara Blumberg

The mystery of Lake Roland is something that Anne Wyatt-Brown looks forward to every time she visits.

From its lush greenery, paved trails and calming waterways, the Roland Park Place resident says there is always something new to see when she ventures out with the group's walking club.

Wyatt-Brown knows the limits of her body. When she walks, she tries not to push herself, but adapt to what she can do.

She shares that mentality with other walking club members. For the past five years, the group has been exploring Baltimore one walk at a time.

If you're thinking of starting a walking club for older adults this year, here are some helpful tips to make your venture successful.

### FIRST, THINK OF THE HEALTH BENEFITS:

- **Socialization:** As human beings, it is very important to socialize. Walking groups can provide a place and time for it.
- **Scenery stimulation:** Walking groups provide active seniors, who may not travel as much as they once did, with a change of surroundings.
- **Cardiovascular benefits:** Walking, especially briskly, may enhance aspects of cardiovascular health.
- **Weight-bearing:** Walking is weight bearing, which may help aid in the prevention or slow down the onset or advancement of osteopenia, although a traditional weight training program is recommended in addition to walking to get the most benefits.

### SECOND, CONSIDER THE FOLLOWING WHEN WORKING OUT LOGISTICS:

- **Generate interest:** Are neighbors or friends interested in walking? Schedule a meeting to talk about starting the club or meet on the trail.
- **Partner:** If you live in a retirement community with athletic services, they can usually help to identify good candidates for the club. Often, staff drivers provide transportation to walking trails.
- **Acknowledge ability levels:** While the club might be

available to everyone, make sure organizers know the walking ability of those signing up.

- **Set a time:** Make sure to walk at the same time every week. Set a time and day for "walk day."
- **Scout locations:** Make sure locations are vetted ahead of time to ensure the trail is either paved or walker-friendly.
- **Distance:** If this is a new walking group, start with a small distance and gauge the abilities of members. Decide how much time should be allotted and expand after a few meetings if that is the goal of the walkers.

### NOT SURE WHERE TO WALK? HERE ARE SOME GREAT SUGGESTIONS IN THE GREATER BALTIMORE AREA.

- **Lake Roland** offers miles of paved trails and it's filled with great views and lush greenery, as noted earlier.
- **Torrey C. Brown Rail Trail:** This historic trail offers miles of flat trails for walkers, bikers and families to enjoy in northern Baltimore County.
- **Lake Montebello:** This looped trail runs over a mile of paved walkway and is completely flat. It's located off 33rd Street in East Baltimore City.
- **Johns Hopkins University:** This historic campus offers plenty to look at while walking through the historic buildings. It's a little hilly, but worth the views.
- **Inner Harbor:** The remodeled city waterfront has a designated walkway around the Chesapeake Bay. It's nicely paved and offers plenty of places to rest.
- **Patterson Park:** Located in East Baltimore, offers miles of greenery and nice pavement to walk around the city.
- **B & A Trail:** Endless miles of paved trail from Annapolis to BWI.

Don't be surprised if many of your friends and neighbors are interested in joining your group. Walking, especially for seniors, is a great way to stay in shape while enjoying the environment.

Sara can be reached at [SBlumberg@rpplace.org](mailto:SBlumberg@rpplace.org)

As the flower fades, the seeds take root.

# Where's the Gratitude?

By Kater Leatherman

Nerve-wracking as it can be, there's a lot of grumbling going on out there. Maybe even for good reason. The economy is recovering, but not quickly enough for most of us. Our kids live in a bubble, too plugged in and tuned out. There's the schizophrenic weather, traffic nightmares and disappointing outcomes. And it seems like more money goes out than comes in.

Surely, complaining is one way to vent and feel better for the moment, but it doesn't really change anything. Gratitude, on the other hand, does. It has the power to transform you from the inside out.

There's no need to leave home to realize all the things that deserve your gratitude. Take running water, for example. We forget that there are millions of people in the world who will never know what it's like to turn on a faucet and get warm and cold water, or even drinkable water. And we gripe about low water pressure.

It's human nature to take things for granted. Can you find gratitude in knowing that you have what you need even though it may not include everything you want, that you sleep in a comfortable bed, have legs to carry you through life and enough food in the fridge? And what about your eyes? Do you wake up, open your eyes and take a moment to appreciate them? Almost 80 percent of the information you receive comes through your eyes.

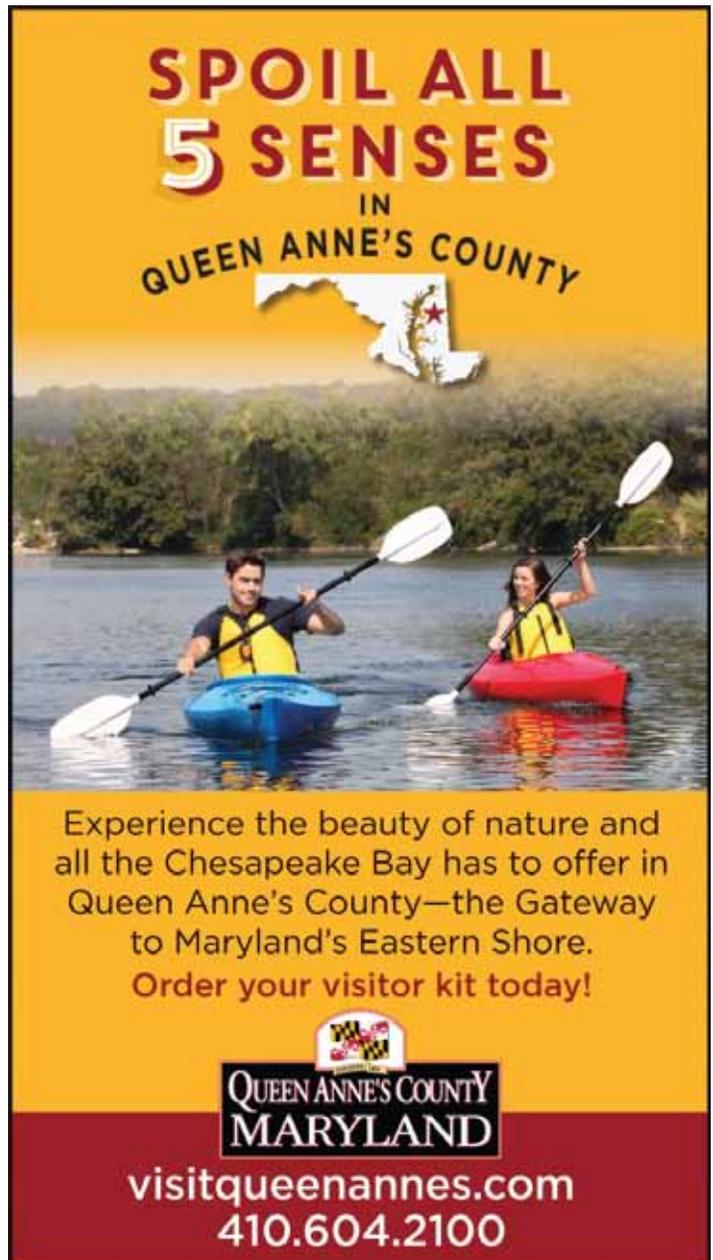
Take a breath of gratitude if you have a family when there are some people who have no one. Our "immediate" family members are among our greatest teachers, mirroring back what we most need to learn. For better or worse, they are in your life to refine you, to grow your soul ... and to be there for you. Acknowledging this is like changing the lens on a camera.

As you venture out into the world, why not find creative ways to neutralize chronic complaining. If you're in a traffic jam, remind yourself that at least you're not tangled in a car accident. When handicapped parking spaces irk you, be grateful that you aren't in a wheelchair. Every time a gas hike bums you out, rejoice in the fact that you're not filling your tank in Istanbul where they are paying the equivalent of \$9.63 a gallon.

When life is rosy, gratitude is easy to remember. Not so much when it isn't. Yet this is when we need it most. There will be days when it's hard to dredge up something to be grateful for, but do it anyway -- even if it's the air that you breathe. The bottom line is that with gratitude, you feel more abundant. Without it, life seems like it is always lacking something.

Gratitude is the heart's memory. It interrupts your old way of thinking and helps to create a shift in consciousness, adding more depth and dimension to your outlook. So, throughout the day, keep your spiritual tank filled with all the things for which you are grateful.

*Kater is a professional organizer, home stager and author of three books. Visit her website at [www.katerleatherman.com](http://www.katerleatherman.com) or email [katerleatherman@gmail.com](mailto:katerleatherman@gmail.com)*



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# GHOSTS IN THE BAY

## SHIPWRECKS IN THE MISTS OF TIME

By Henry S. Parker

The ocean floor cradles fleets of sunken ships with cargoes worth billions of dollars. But did you know that the Western Hemisphere's largest graveyard for historic shipwrecks lies in Chesapeake Bay, only 40 miles from Washington, DC? These are not valuable wrecks, in the monetary sense, and they did not go down in storms or fall victim to marauding privateers. Rather, they were deliberately sunk.

Mallows Bay, on the Maryland side of the Potomac River, is the final resting place for hundreds of abandoned vessels. Many are wooden ships dating from World War I. How they ended up there is a tale of poor timing, bad management, lousy construction and stupendous incompetence.

When the U.S. entered the First World War in 1917 it was immediately clear that the country had a severe shortage of transport ships, especially since German U-boats were sinking transatlantic merchant vessels. President Woodrow Wilson ordered a massive shipbuilding program with the goal of constructing 1,000 300-foot vessels in only 18 months. Facing pressing—and unrealistic—deadlines, and to cut costs, shipyards built vessels from wood rather than steel and cut corners in design and fabrication. Even so, production fell far behind schedule. Then the war ended. Only 76 vessels ever made it into service. The rest, in various stages of construction, and with diesel engines now supplanting coal-burners, had become obsolete. Still the shipbuilders toiled on. Total costs approached \$1 billion.

Finally Congress acted. The leaking, unusable vessels were offered for sale for pennies on the dollar. The Western Marine & Salvage Company (WMSC) bought 233 ships for \$750,000, towed them to Mallows Bay, extracted resalable materials—at a net loss to the company—and burned the hulks in place.

More unprofitable salvage attempts followed, notably by Bethlehem Steel, and more decrepit vessels were abandoned in the Bay—as recently as the 1980s. Finally, in the early 1990s, the State of Maryland funded a study of the abandoned wrecks. In addition to 88 World War I era wooden vessels, researchers discovered that WMSC had dumped a host of other ships in Mallows Bay, including a few 18<sup>th</sup> century schooners and a longboat from the days of the American Revolution. The history of the abandoned fleet includes some sordid tales. During Prohibition, scofflaws constructed stills on the hulks and cranked

out illegal booze. Unemployed men scrounged bits of scrap metal to sell. And floating brothels set up shop to serve the moonshiners and salvagers.

Today the abandoned vessels lie rotting on the floor of the Bay, ghostly vestiges of their former selves. Some remains, still recognizable as ships, protrude above the water's surface. Others have become part of the environment, colonized by vegetation and wildlife, resembling natural islands in a placid seascape. The wrecks have become a haven for marine life—and for anglers, adventurers and paddlers.



Enter the government. A year or so ago the National Oceanic and Atmospheric Administration (NOAA) announced plans for designating the Mallows Bay wreck site and surrounding area as a national marine sanctuary, the 15th such protected underwater park in American waters. NOAA has recognized the site's ecological, historical and recreational value. The agency has scheduled two public meetings to solicit comments on its proposal. The first, at 6 p.m. on March 7, will be at the Charles County Government Building Auditorium in La Plata. The second will be at 6

p.m. on March 9, at Anne Arundel Community College. NOAA will also accept written comments until March 31.

If you're interested in learning more about the Ghost Fleet of Mallows Bay and the proposed marine sanctuary, here are several recommended resources:

- [www.amazon.com/Ghost-Fleet-Mallows-Bay-Chesapeake/dp/0870334808](http://www.amazon.com/Ghost-Fleet-Mallows-Bay-Chesapeake/dp/0870334808) (*Ghost Fleet of Mallows Bay: And Other Tales of the Lost Chesapeake* by the peerless historian, Donald Shomette)
- <http://sometimes-interesting.com/2013/04/18/the-ghost-fleet-of-mallows-bay/> (excellent overview)
- <http://smithtrail.net/blog/post/the-ghost-fleet-at-mallows-bay#.WDBLN3ILXU> (useful for paddlers)
- [www.washingtonpost.com/wp-dyn/content/article/2010/12/11/AR2010121102381.html](http://www.washingtonpost.com/wp-dyn/content/article/2010/12/11/AR2010121102381.html) (interesting historical vignettes)
- <http://sanctuaries.noaa.gov/mallows-bay/> (NOAA website for the marine sanctuary)
- [www.nature.org/ourinitiatives/regions/northamerica/unitedstates/maryland\\_dc/explore/ghost-fleet-of-mallows-bay.xml](http://www.nature.org/ourinitiatives/regions/northamerica/unitedstates/maryland_dc/explore/ghost-fleet-of-mallows-bay.xml) (more information on proposed marine sanctuary)

# “A Potomac River Outdoor Adventure”

## Mallows Bay Park and the Douglas Point RecArea

By *Phil Ferrara*

Are you an explorer? An historian? An outdoorsman? Or a wildlife enthusiast? Is one of your passions either hiking or kayaking or fishing or bird watching or, perhaps, picnicking by a quiet shore? Do mysteries or archaeology intrigue you? If so, then an adventurous day awaits you along the Maryland shore of the Potomac River in Charles County.

Quietly lying on the bottom of the very shallow Mallows Bay is a ghost fleet of more than 200 ships, all unwanted and left most of them to decay nearly a century ago. The dominant sight is the rusting steel hull of the old ferry, *ACCOMAC*. All of their skeletal ruins lurk just below or on the surface of the Potomac, awaiting the prying eyes of an explorer on a passing canoe or kayak. An excellent boat ramp and pier is available for recreational small boat launching at the park.

The sunken hulls provide a haven for all of the river’s aquatic life, and with that, an abundant source of fish for the avid angler. That same underwater quarry attracts a myriad of heron, osprey, eagles and small birds, making it a birder’s paradise.

Hovering over this mysterious nautical graveyard is a ring of heavily forested cliffs. A mile-long trail winds its way along

the shore and into the hills that overlook the waters of Mallows Bay. Ample opportunity is presented for viewing, picnicking and contemplating the history of this site.

Before you visit here, it’s important to check the tide prediction tables for Mallows Bay or Liverpool Point. The best viewing experience to see the ship skeletons is at the very lowest tide and by selecting a date when the Potomac River’s water is clearest following a dry spell of a few days with no rain. When you have finished exploring Mallows Bay, drive just a few minutes south on Riverside Road for 1.75 miles. Your destination will be the historic *Chiles Homesite* at 9699 Riverside Road.

Awaiting you there are the archaeological ruins of this Colonial era home and several miles of serene woodland trails. They wind their way through the thickets and pines typical of the lower Potomac River region, covering both state and federal lands of the Douglas Point Special Recreation Management Area and Natural Resource Management Area.

Forest trails bring you to shore fronts along the Potomac’s left bank, and they are generally flat through this lowland river terrain. You may find embedded fossils or shark teeth as you explore shoreline beaches. A sharp eye might spot turkey, deer or otters as you move through the woods.

So gather your family and friends. Collect your outdoor gear, bring along your kayak and picnic supplies, and experience an adventure on the waters and along the shores of the Potomac River.

*The author is an avid hiker and traveler who operates the Piedmont Trekkers biking club. Interested hikers and outdoor enthusiasts with questions may reach him at [pferrara65@comcast.net](mailto:pferrara65@comcast.net)*

Initial directions: Proceed south on Route 301 to LaPlata. Turn right on Route 6 west, which eventually takes the name of Port Tobacco Road. After about 18 miles enroute toward Nanjemoy, turn right onto Route 426, also known as Liverpool Point Road. Go 1.5 miles to a right turn onto Riverside Road. Go about 3/4 mile to a left turn into Mallows Bay Park.

For more information log onto:  
[www.charlescountyparks.com/parks](http://www.charlescountyparks.com/parks) or  
[www.blm.gov/es/st/en/fo/lpfo\\_html/douglas\\_point\\_history.html](http://www.blm.gov/es/st/en/fo/lpfo_html/douglas_point_history.html)

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# Alluring Leesburg, Virginia

By Barbara Aiken

For an early Spring break, why not give Leesburg, Virginia, a try. Rich in history and charm, Leesburg is awash in antiques and purveyors of fine food. This Virginia belle is waiting for you to discover the many lures it has to offer.

About 30 miles from Washington, DC, Leesburg has grown over the past 40 years. Despite urban sprawl surrounding this genteel town, downtown Leesburg retains its historic countenance and appeal.

“George Town,” named for King George II, was established in 1757 as the county seat of Loudoun County. A year later the town was renamed Leesburg for Thomas Lee (1690-1750), a member of dynastic Lee family and de facto governor of the Commonwealth of Virginia (1749-1750), who died before he could officially be named governor by King George II.

Begin your adventure at the Loudoun Museum where you can pick up a walking tour map. The museum, housed in a log cabin, once a Colonial silversmith’s shop (1764), is filled with collections of art, clothing, tools, pottery, historic documents and myriad items of interest. Adults and children will enjoy this quality small town museum.

There’s much to see in downtown Leesburg, such as the Loudoun County Courthouse, first built on this site in 1761. The current classical style courthouse was built in 1895. Close your eyes and ponder the history unfolding here. In August 1776 the first reading in Virginia of the Declaration of Independence took place on the original courthouse steps. Observe the belfry and listen to the past as it tolls the hour.

Thomas Balch Library (1922) is perfect for genealogists seeking information from Leesburg and Loudoun and those interested in research of the Underground Railroad. The library has a stellar collection of electronic and traditional documents.

The Marshall House, formerly Dodona Manor (1801), was home to Gen. George C. Marshall, one of America’s greatest generals. The home is furnished with many of the Marshall’s treasures and reflects the style of the 1950s. Imagine Presidents Truman and Eisenhower visiting Gen. Marshall at his gracious Federal-style retreat.

Close to town is Morven Park, the onetime Summer home of Maryland Gov. Thomas Swann, Jr., and home of Virginia Gov. Westmorland Davis. The Greek revival mansion was originally a diminutive fieldstone home built in 1780. Added to over the years, this 22-room delight sits amid 1,000 acres. The house is a treasure filled with furnishings that belonged to the Davis family. There are exquisite Belgian tapestries, paintings from the Hudson Valley School and ornate silver, to mention a

few noteworthy segments of three museum collections. Walk the grounds, visit the equestrian center and Turkey Hill Farm where presidentially-pardoned turkeys reside.

Composed of antique buildings, Market Station is a charming dining and shopping complex just outside the historic downtown. Some structures were transported here to be a part of the vision that is Market Station. Housed in a local grain mill (1899), Tuscarora Mill, affectionately referred to by locals as “Tuskie’s” is a favorite dining spot. The cozy beamed structure is inviting and there’s also an airy garden-style room awash in light. Voted Best of Loudoun 2016 for food, chef and server, Tuskie’s serves brunch, lunch and dinner. The American fare is fresh and scrumptious—a favorite is the flavorful smoked chicken penne. Be sure to browse in the area and you’ll be certain to find something enticing at Market Station.

Another excellent dining option is the elegant Lightfoot, which presides within the old Peoples National Bank (1888) and is named for Francis Lightfoot Lee, a signer of the Declaration of Independence. Classic American cuisine is artfully presented for lunch and dinner. The atmosphere of the main dining room delights the eye with its mahogany-coffered ceiling and intricate plaster and wood moldings. Check out the wine vault.

Take time to visit Oatlands (1804), a national historic landmark, about six miles south of town on Route 15. Oatlands was the vision of George Carter, a member of the prominent Virginia Carters. Originally located on 3,000 acres, the magnificent Federal-style home graces 330 acres of rolling Virginia countryside.

There are many wineries in the area, there’s a fine outlet mall and White’s Ferry, the last one on the waters of the Potomac River, is a joy for all. Ball’s Bluff battlefield is a must for Civil War enthusiasts.

There’s a lot to discover in Leesburg; you may want to spend a night or longer. The Clarion Inn

at Carrodock Hall (1747) is a convenient choice. Leesburg exudes historic magic and offers a trove of possibilities for a day or a week.

*Barbara grew up in Leesburg where she married her high school sweetheart in 1974. She can be reached at: barbara.s.aiken@gmail.com*

## *Eat:*

- Lightfoot; [www.lightfootrestaurant.com](http://www.lightfootrestaurant.com)
- Tuscarora Mill; [www.tuskies.com](http://www.tuskies.com)

## *History:*

- Ball’s Bluff; [www.novaparks.com/parks/balls-bluff-battlefield-regional-park](http://www.novaparks.com/parks/balls-bluff-battlefield-regional-park)
- Leesburg; [www.leesburgva.gov](http://www.leesburgva.gov)
- Loudoun County; [www.visitloudoun.org](http://www.visitloudoun.org)
- The Marshall House (Dodona Manor); [www.georgecmarshall.org](http://www.georgecmarshall.org)
- Morven Park; [www.morvenpark.org](http://www.morvenpark.org)
- Oatlands; [www.oatlands.org](http://www.oatlands.org)

## *Shopping:*

- Historic Downtown Leesburg; <http://downtownleesburgva.com>
- Premium Outlets; [www.premiumoutlets.com](http://www.premiumoutlets.com)

## *Stay:*

- Clarion Inn at Carradoc Hall; [www.clarioninnleesburg.com](http://www.clarioninnleesburg.com)

# The Importance of Oral Cancer Screening

By Drs. Woody Wooddell and Joe Passaro

One of the steps that your dentist or hygienist should always perform during your regular visits is checking for the earliest signs of oral cancer. As with all cancers, if you catch oral cancer in its earliest stages, you are far more likely to be able to treat it successfully. Your dentist or hygienist, who has been trained to find problems as early as possible, should examine all areas of your mouth for signs of a problem.

During each preventive visit, your dentist or hygienist is looking at many things: your teeth, gums, tongue and each surface in your mouth. They are not only looking to see if your teeth and gums are healthy, but also that there is nothing abnormal going on inside your mouth.

They will take a look for thicker patches of skin in your mouth, or lumps that could be the earliest sign of a problem. If you feel like you have a lump in your throat, this is also something

your dentist can check. The dentist will look at any sores you have in your mouth, and if they look like they could be a problem, will discuss how to get a sample to check the tissue. Most sores are simply from biting your lip, cheek or tongue, but it is always better to err on the side of caution if your dentist or hygienist is concerned.

If you suspect that something is not right in your mouth, contact your dentist. Go in and describe what feels “off” so it can be checked out. Your oral health is incredibly important, so start to maintain a solid relationship with the dental professionals responsible for keeping you at the optimal levels of health.

*Drs. Woody Wooddell and Dr. Joe Passaro, located in Davidsonville, offer general dentistry services and provide expert restorative and esthetic dental solutions. Visit their website at [www.wp dentalgroup.com](http://www.wp dentalgroup.com) or call 410.956.5555 for more information.*

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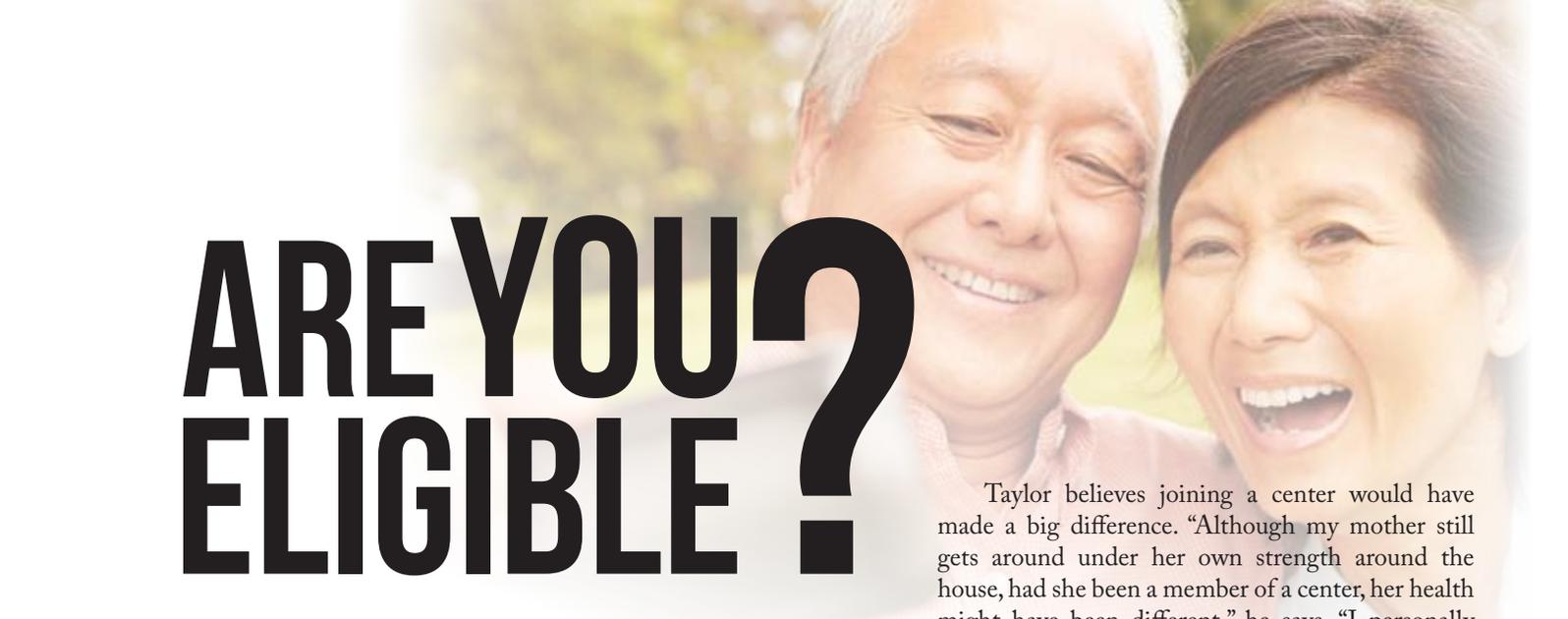
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# ARE YOU ELIGIBLE?

By *Martha Thorn*

Celebrating your 55th birthday means you've reached a new milestone in your life. It means you are now eligible to join the seven senior activity centers operated by the Anne Arundel County Department of Aging and Disabilities. All you have to do is fill out a registration form at one of the centers and have your picture taken. After that, you are a member of all seven centers. Membership is free.

Becky Batta was director of the Annapolis Senior Activity Center when she turned 55. "I joined with great fanfare since I was director of the center," she recalls. Three years later, she is now director of Senior Center Operations and considers herself lucky because she gets to spend a lot of time at the senior centers.

"I joined the senior centers initially to attend the bus trips with my husband," she said. "I still love the bus trips, but the most important aspect of the centers is the socialization. It's so important for seniors (actually all people) to get out and be with other people. They need to stop sitting at home watching TV and go to the senior centers, the movies or a live show."

As soon as Denise Klakring turned 55, her mom, Constance Halbig, began telling her she was eligible to join the senior centers. It didn't take much convincing. "I was having some health issues and I had to exercise," Klakring recalled. "I couldn't just join a gym, because my husband and I were making college payments for my son. The senior center's exercise room fit the bill."

"It affords you a good workout at the right price," Halbig agrees. "It's free."

Now 57, Klakring wishes she could take classes at the center, but she has time constraints because she's still working. The Annapolis Senior Activity Center closes at 4 p.m. and she gets off work at 3:20 p.m. "I'm lucky I work close by, but I still have to move and groove to get here in time to get my half hour workout."

Wayne Taylor, 59, joined the senior centers when he was 55 and the director of the Anne Arundel County Department of Aging and Disabilities. He joined the centers for three reasons. A caregiver for his mom for more than 15 years, he received "an eye-opener to all things concerning the senior population. She's 95 now, and for the most part, is homebound," he says. "I really wish she had joined a center during her early years. Who knows what the mobility differences would have been?"

Taylor believes joining a center would have made a big difference. "Although my mother still gets around under her own strength around the house, had she been a member of a center, her health might have been different," he says. "I personally know seniors at age 95 who are still getting out every day."

Secondly, he's an advocate for seniors and the betterment of their lifestyles. He believes he can better represent the seniors if he spends time discussing their interests and issues with them. He currently serves on the Anne Arundel County Area Agency on Aging Advisory Council, a council that advises the county executive on issues pertinent to seniors and supports county-wide activities for seniors.

A volunteer member of the council for more than a year, he finds representing his friends and their centers very humbling. He and his fellow council members tackle the very important job of bringing their thoughts, concerns and center accomplishments to the table monthly.

As a council member, Taylor is totally engulfed in all the activities available at the senior centers. "Sharing what is working at one center may be an eye-opener for another," he says. "We are all dedicated to improving the lifestyles of seniors through conversation, and if it makes sense, creating an action-oriented suggestion for the county executive."

Thirdly, Taylor likes to participate in center activities. He's gone on trips, attended parties and volunteered for center cleanups. "If I want to work out on first-class equipment, play a round of pool or just sit down and have some good conversation, the center affords this to me," he says. "The opportunity to improve my quality of life is important to me and the senior centers give me that."

Like Batta and Klakring, Taylor is still working. "I balance my involvement with the centers and my job very carefully, not wanting to bite off more than I can chew," he says. "Being a volunteer is important to me, but being one that the center can depend on is more important." When Taylor takes on responsibilities concerning the centers, he makes sure that he can fulfill them.

"The baby boomers are here, center stage, and the senior centers are an outlet for them," he says. "My dedication to helping now and in the future is like a line of mortar holding two bricks together, helping to sustain future development in our centers."

*Martha, currently busy volunteering, retired in 2007 after working for 30 years in the Naval Academy Public Affairs Office. She can be reached at [MarthaThorn@gmail.com](mailto:MarthaThorn@gmail.com)*

*Difficulties are a part of everyone's life.*

# ROLLER COASTERS AND TRUST

By Ryan Helfenbein

When I was a young boy getting on my first roller coaster ride, I remember my father saying, "Trust me ... " With my knees knocking and tears close to the surface, the coaster started its descent from a long slow ride into the sky. And seconds after the descent, I never looked back and continue to enjoy roller coasters with my children today. Dad was right. "Trust me, you will enjoy this ..."

This level of trust is something that needs to come to the forefront with cremation in the funeral industry today. According to National Funeral Directors Association, a small percentage of funeral homes actually own a crematory, yet 100 percent of them offer this service. This brings up not only the question of, "Where is my loved one going?" but also, "How can I be assured those are the ashes of my loved one?"

The scary reality of this is that most people use the same funeral home over and over again and therefore the level of trust is never questioned. With ownership, staffing and industry changes today it's a good idea for customers to question their funeral firms' handling of the cremation process.

You can only shake your head knowing that in an industry based on trust, cremation negligence still occurs. Fortunately there are questions to ask the undertaker to be sure cremation will be done in not only a legal fashion, but more importantly a dignified and professional manner. The go-to questions of a funeral firm should be: Do you own the crematory? What identification process do you have in place to ensure that I receive the remains of my loved one? Who is overseeing the cremation?

Ownership really needs to be addressed. If a funeral firm is going to provide cremation, then it should own a crematory. Shouldn't it be that simple? You need to be confident that when

an undertaker brings your loved one into his care, that the loved one stays there. Today we find undertakers meeting with the families while their loved one is being transported by a third party to a different company to do cremation. That company probably does cremations for many funeral homes in the area.

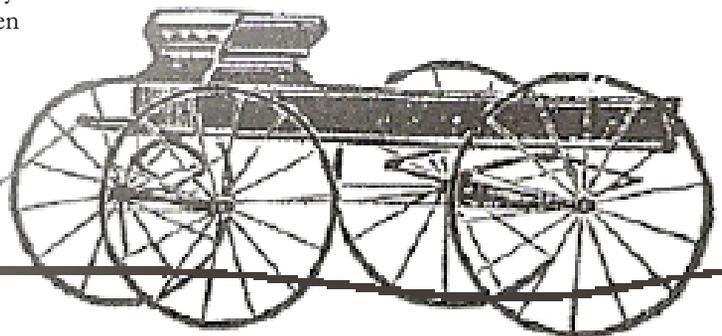
The identification process is something that you often forget to ask that undertaker about. If an undertaker cannot provide this in written form, then you may want to consider going elsewhere. From the first time the deceased comes into the firm's care to the time that their cremated remains are returned to a family, a well-documented identification process should be apparent. ID tags, metal cremation discs, log books and much more must be in place before selecting a firm for cremation. Any knowledgeable and transparent cremation service provider will be able to provide this information easily. This in turn provides the assurance that the cremated remains being returned are in fact that of your loved one.

The last question is one that we would think is a no-brainer. But when it comes to cremation, not all crematories have certified, cremation-licensed funeral directors overseeing their cremations. Be sure that the funeral firm you work with has oversight that includes a licensed funeral director who is also a certified crematory operator to ensure that things are done both professionally and ethically. Trust is a powerful word. We are trusting a lot today and it seems that trust can be broken more often in some circumstances than it is in others. When it comes to cremation in the funeral industry, we need to be sure that we choose a provider who can be trusted.

*Ryan, who is owner, supervising mortician and preplanning counselor at Lasting Tributes on Bestgate Road in Annapolis, offers solutions to high-cost funerals. He can be reached at 410.897.4852 or Ryan@LastingTributesFuneralCare.com*

## Bay Bytes

An easy way to record your family's history is offered at [Historyproject.com](http://Historyproject.com) which is an easy-to-navigate site that will help you pull it together. Includes pictures.



# Bay Nutrition

Though some foodies savor the idea of being adventuresome with their meals, nobody wants to eat something that could make us sick or worse. Even Michael Pollan, the author of *In Defense of Food*, warns, “You are what you eat.” For those who eat meat, it’s important to make sure the meat is antibiotic-free. And for vegetarians, think twice before you pick up a meat alternative or something labeled “healthy.” Those items can also contain unwanted ingredients, including synthetic additives and preservatives.

According to *Men’s Fitness*, three highly “scary” food additives are partially hydrogenated oil, high-fructose corn syrup and MSG. Partially hydrogenated oil, the magazine explains, is “the nemesis of heart health and the primary source of trans fat,” which actually raise LDL (bad) cholesterol levels while lowering the HDL (good) cholesterol.

High-fructose corn syrup (HFCS) is a highly processed form of glucose converted into fructose. Even though it is chemically similar to table sugar (sucrose), it’s a lot worse for your body. *Mens Fitness* says that it “inhibits leptin (the hormone responsible for telling your brain you’re full), damages tissue and even contains toxic levels of mercury.”

Another toxic additive, monosodium glutamate (MSG)—or sometimes labeled maltodextrin, sodium caseinate, hydrolyzed vegetable protein, yeast extract or citric acid—is a “neurotoxin” and it’s believed to be a “chemoinducer” of Type 2 diabetes, metabolic syndrome and obesity.

Another no-no food additive is artificial food coloring. There is scientific evidence—some of it still under investigation—that certain food dyes cause some pretty serious health problems ranging from cancer to allergies and hyperactivity. According to the Center for Science in the Public Interest’s (CSPI) study on food dyes, “The three most widely used dyes, Red 40, Yellow 5 and Yellow 6, are contaminated with known carcinogens. Another dye, Red 3, has been acknowledged for years by the Food and Drug Administration (FDA) to be a carcinogen, yet it is still in the food supply.”

According to David Zinczenko of *Men’s Health* magazine and author of the famed *Eat is, Not at* books also shares his list of “ingredients you never want to see on your nutrition label.” Among the ghastly ingredients -- BHA or butylated hydroxyanisole -- is a preservative “used to prevent rancidity in foods that contain oils. Unfortunately, it has been shown to cause cancer in rats, mice and hamsters,” he says. Zinczenko claims the only reason the FDA hasn’t banned it yet is because the cancers are found in the lab animals’ “forestomachs” -- organs humans don’t have.

The Department of Health and Human Services claims BHA is “reasonably anticipated to be a human carcinogen.” You can find it in some cereals, lard, boxed packaging to preserve freshness and even gum. BHT (butylated hydroxytoluene) has been deemed less harmful to humans, but still causes cancers in laboratory animals.

If you have a grandchild you’ve probably noticed hot dogs (along with chicken nuggets) are often a go-to food when something quick and easy is required. And though they’re not the healthiest menu option

all together, there’s something else you should know before popping them on the grill or into the microwave: they can contain sodium nitrate. Also found in bacon, sausage, cured meats and other processed foods as a preservative or color fixative, excessive concentrations of sodium nitrite and sodium nitrate “have been linked to diseases like leukemia, non-Hodgkin lymphoma, and ovarian, colon, rectal, bladder, stomach, esophageal, pancreatic and thyroid cancers (<http://healthychild.org/easy-steps/avoid-nitrates-and-nitrites-in-food/>). Nitrites are found in some vegetables and fruits naturally, but the problem arises when they are added to meat as a preservative. When exposed to heat for cooking, they can change into nitrosamines, which are carcinogenic. The same is true for nitrates used as food additives and consumed.”

The FDA, however, sanctions the use of sodium nitrate and nitrite in “specified foods in accordance with prescribed conditions” that range from proper package labeling when these ingredients are included, the concentration, i.e., not to exceed 500 parts per million in the finished product, and if intended for household use—a warning that it should be kept out of children’s reach.

Carrageenan is a questionable food additive that has crept into processed foods—even organic and seemingly healthy products—with little notice by consumers. “Derived from red seaweed, it’s often added to beverages to keep their ingredients from separating; you’ll find it in many nutritional shakes, milk products and milk replacements. The ingredient even crops up in certain frozen dinners, soups and commercial broth products. The problem: Carrageenan could be causing inflammation, gut irritation and even cancer.” ([www.prevention.com/food/healthy-eating-tips/carrageenan-natural-ingredient-you-should-ban-your-diet](http://www.prevention.com/food/healthy-eating-tips/carrageenan-natural-ingredient-you-should-ban-your-diet))

Carrageenan can also be found in chocolate milk, whipping cream, ice cream, nonfat sour cream, soy milk, coconut milk, almond milk, prepared poultry and cold cuts and even infant formula. Although it is from a “natural” source and is found in many organic food products, that doesn’t mean it’s good for you.

# FOODIE ALERT

By Leah Lancione

What's really going to matter when it's all over?

Many claim, among other things, that it is destructive to the gastrointestinal tract and digestive system.

A prominent researcher and associate professor of clinical medicine at the University of Illinois, Dr. Joanne K. Tobacman, has presented many studies linking carrageenan to cancer, inflammation and stomach issues. Her 18 published peer-reviewed studies address the biological and harmful effects of carrageenan. In April 2012, Dr. Tobacman testified against the use of carrageenan in organic food to the National Organic Standards Board. The Cornucopia Institute, an organic and agricultural watchdog group, recently launched a nationwide petition to the FDA to ban the ingredient. For a list of food items without carrageenan, visit <http://www.cornucopia.org/shopping-guide-to-avoiding-organic-foods-with-carrageenan>

According to the “Care 2 Make A Difference” website ([www.care2.com/greenliving/negative-health-effects-of-soy.html](http://www.care2.com/greenliving/negative-health-effects-of-soy.html)) it is important to become a label reader since a harmful additive can have many names. For years soy was considered a healthy meat alternative, but new research shows that the majority of soy-based products contain genetically modified (GM) soy. “There are many different names for soy additives including: bullion, textured plant protein, natural flavor, Mono-diglyceride, Soya, Soja or Yuba, textured soy flour (TSF) or textured soy protein (TSP), textured vegetable protein (TVP), i.e., if made from soy, Lecithin, i.e., if also made from soy, and MSG.

Genetically modified soybeans are harmful because they are “chemically engineered to withstand heavy doses of herbicides without killing the plant.” ([www.care2.com/greenliving/negative-health-effects-of-soy.html](http://www.care2.com/greenliving/negative-health-effects-of-soy.html)) The ingredient in the herbicide used, glyphosate, has been shown to affect hormone balance within female reproductive systems.

There are some forms of soy that are safe and actually

healthy to consume. Osteopathic physician and *New York Times* best-selling author Dr. Joseph Mercola says fermented soy, otherwise known as tempeh, miso, natto and soy sauce, is not harmful to the body as are unfermented soy products.

For more information and an extensive list of food additives and their safety ratings, visit the Center for Science in the Public Interest website at [www.cspinet.org/reports/chemcuisine.htm](http://www.cspinet.org/reports/chemcuisine.htm)

One thing for sure, it’s time for people to scrutinize all nutrition labels. Be leery of an ingredient list that sounds like a chemistry experiment or that contains a lot of hard-to-pronounce words. WebMD ([www.webmd.com](http://www.webmd.com)) also advises consumers that ingredients are listed in descending order of predominance. If the saying is true and “you are what you eat,” it’s definitely time that we watch what we eat.

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Anne Arundel County's

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April 22, 2017  
8:30 am—3:30 pm**

**Caregivers' 25<sup>th</sup> Annual  
Conference**

Information for family & professional caregivers.

**Location:  
The Hotel at Arundel Preserves  
7795 Arundel Mills Boulevard  
Hanover, MD 21076**

This event is brought to you by the Anne Arundel County Department of Aging and Disabilities, Aging Services Management, LLC, the Alzheimer's Association of Greater Maryland, Home Instead Senior Care, and Somerford Place Alzheimer's Assisted Living.

**Registration will begin in March 2017.**  
For more information and to be placed on our mailing list for this and other caregiver programs, contact 410-222-4375 or email: [caregiver\\_support@aacounty.org](mailto:caregiver_support@aacounty.org).

**Cost: \$20**  
Social Work CEUs will be awarded for an additional fee.

Anyone needing accommodations must contact Mary Chaput at (410) 222-4339 or by email at [agchap01@aacounty.org](mailto:agchap01@aacounty.org) at least 7 days in advance of the event. TTY users, please call via Maryland Relay 7-1-1.

# CHIROPRACTIC CARE: IS IT FOR YOU?

By Louise Whiteside

Back pain? Joint pain? Headaches? Stiff neck? Unexplainable physical symptoms?

You've been seeing multiple doctors for ailments like these for months or years, with little or no relief. You've been taking painkillers or muscle relaxants for an extended period of time, with only temporary relief and possible drug side effects. Perhaps you've been prescribed bed rest for that lumbar pain, wasting precious days or weeks lying on your back. You may have been fitted with a back brace or corset, causing intense discomfort and immobility. Or perhaps you've even been alerted that surgery is in your future.

But one day, while you're having lunch with a friend, she mentions a chiropractor she's been seeing, and experiencing extraordinary relief from her pain. She tells you she's no longer taking analgesics, that she feels much better after a treatment, that she has discarded her back brace and that she has not required bed rest since beginning chiropractic care.

A chiropractor? You flinch. You've heard scare stories: Chiropractic is unscientific at best, quack medicine at worst. Performed by charlatans! How could you entrust your health care to a fraud? Meanwhile, your pain is persisting and nothing has worked so far. Should you take a chance and heed your friend's advice?

Read on for some facts about chiropractic care.

## What is Chiropractic?

*Webster's Dictionary* defines chiropractic as, "A system of therapy which holds that disease results from a lack of normal nerve function, and which employs manipulation and specific adjustment of body structures (as the spinal column)."

In simpler terms, chiropractic employs gentle manual manipulation and adjustment of body structures, such as the spinal column, so that pressure on nerves coming from the spinal column may be relieved.

Every single physiological event in our bodies is commanded by the brain. The brain sends messages telling the body what to do and how to do it, through the spinal cord. The spinal cord is protected by a series of bones called vertebrae. Occasionally the vertebrae do not function properly and cause inflammation in the problem area. This inflammation, in turn, causes pressure on the nerve root, called a misalignment or subluxation.

When pressure is placed on the spinal nerve, the body is not in balance, and pain can result. Returning function through chiropractic adjustment allows the inflammation and irritated tissues to normalize and nerve function to be restored. The chiropractor's first and foremost goal is to adjust the spine to restore its normal function.

## What Happens at a Chiropractic Consultation?

A patient referral often means that the new patient knows at least one other person who has benefited from chiropractic care. When a patient comes in for a first visit, she fills out paper work related to general health. The chiropractor asks specific questions regarding the chief complaint. Following the initial interview, the

chiropractor takes X-rays of the spine, which allow a complete picture of the patient's condition. A treatment plan is prescribed that usually consists of several future visits. The chiropractor performs an initial adjustment: a gentle manual manipulation of appropriate areas of the spine.

Not all chiropractors practice alike: Some believe that patients should be treated by spinal manipulation alone, while others advocate a multidisciplinary approach, combining physical therapy with dietary measures. Chiropractors are alike in one respect: They all practice drug-free treatment.

## What Kind of Training is Required to Become a Doctor of Chiropractic?

Minimally, two years of college and four years in a school of chiropractic are required.

## Is Chiropractic a Recognized Profession by the Medical Community?

After years of court battles between the American Medical Association (AMA) and members of the chiropractic community, chiropractic care was recognized as a form of health care by the medical community in 1978. Medical doctors are now willing to refer patients to chiropractors and to begin working in partnership with them.

## How Do I Know If I Can Benefit From Chiropractic Care?

Although some people don't respond to chiropractic care, the vast majority do.

According to Scott Paton, D.C., in *Health Beyond Medicine: A Chiropractic Miracle*, approximately 92 percent of all chiropractic patients respond favorably, to the satisfaction of both doctor and patient. Pain is your first tip: It usually indicates that some part of the body is out of alignment. Remember that chiropractic care is not just about the spine for many practitioners, but can address many other parts of the body, depending on which nerves are involved. Some patients actually gain relief from such seemingly unrelated ailments as irritable bowel syndrome. Chiropractic care can be especially helpful in the case of accidents and sports injuries.

## What Is The Best Way to Locate a Good Chiropractor?

Word of mouth is your best bet. Perhaps a friend or family member has benefited from chiropractic care. Good results speak volumes.

### Reference:

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[www.patonchiropractic.com](http://www.patonchiropractic.com)  
<http://www.medicinenet.com/script/main/art.asp?articlekey=2706>  
<http://www.teamchiroames.com/how-we-explain-chiropractic.html>

# Deviled Eggs

# QUICK

Like a Bunny

All those wonderful colored Easter eggs nestled down in their baskets and hopefully under refrigeration. They're just waiting for you to do something really creative for that luncheon buffet. How about quick and easy deviled eggs? Here's a method that will keep cleanup down to a minimum.

Shell and rinse **hard-boiled eggs**. Cut each in half. Pop yolks into large Ziploc bag. Add **mayonnaise** 1 tablespoon at a time until you like the consistency. Add **relish**, 2 tablespoons per dozen of eggs is usually enough. Add a dash of your favorite **mustard, salt** and **pepper** to taste.

Press air out of bag, seal tightly and with your hands, smooch it all together until well blended. Cut a small corner off the bag and squeeze into the waiting 1/2 egg whites.

For an extra touch, sprinkle a bit of **paprika** or **Old Bay** on top and add a pinch of **fresh parsley**.

QUICK DEVILED EGGS

## Bay Bytes

Impress your out-of-town guests as well as getting a peek at history by attending the Supreme Court in session. Information and a calendar of scheduled oral arguments can all be seen at [www.SupremeCourt.gov](http://www.SupremeCourt.gov). Entrance is free, but may involve standing in line.

## Bay Bytes

Travel deals and information can be found on **Google Flights**, a site well worth visiting before your next out-of-town adventure.

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# Spring Gifts for the Gardener

By Neil Moran

It's hard to believe another garden season is about to open up. It's once again time to look forward to the year when we grow our best garden ever, right? To do so, you need the right tools. After contacting a few gardening friends, including a couple of experts, we've come up with a wish list for you or the significant gardener in your life. What I've put together is a list of practical, necessary and whimsical garden fare. Perhaps some of these suggestions will help to contribute to your best garden ever.

One idea for the practical came from George Africa, owner of the Vermont Flower Farm, in Marshfield, Vermont. It's possible that George's knees are getting a little weak because he recommended a garden kneeler that makes it easier to get down—and up—from the garden. I thought this was a good idea for anyone in need of a little physical assistance in the garden. In addition to arms that help you kneel onto a built-in cushion, it also can be flipped over and made into a chair. The chair platform is adjustable so you can set it to the desired height.

Sheila Bergdoll Stevenson, a Midwest gardener, is just looking to replace her old garden tools. Sounds simple enough. However, before you buy the traditional garden tools, check out some really nifty innovations to the standard garden equipment that will help save you a lot of backbreaking work.

For instance, a shovel isn't just a shovel these days. There is the "Super Shovel," from Gardeners Supply, that has some menacing looking teeth at the end of the shovel for penetrating stubborn soils. Then there's the latest in hoes, like the stirrup hoe. A regular hoe does a good job of moving and smoothing soil, but it doesn't cut through weeds so well, leaving the upper arms aching. The stirrup hoe slices through the weeds, leaving the soil in place. This adds up to less work for you.

Another decision to make is whether to buy a garden tool with a wood or fiberglass handle. It is kind of like the proverbial "paper or plastic" question at the supermarket. The answer, in terms of which is better, may be just as elusive. I've had experience with both types of handles over a number of years and can tell you it's a coin toss. Fiberglass is a good choice because it won't wear out quite like wood and you can leave it out in the rain without feeling guilty. However, it can break off where the handle joins the tool, relegating it useless. If a wooden handle breaks there is the possibility of fixing it.

A garden gift I recently received is more on the whimsical side -- garden chimes. The first sound of the chimes in the Spring brings back a Summer of memories. Not just any chimes will do, however. The frequent gusts of wind around our region can bust a cheap pair of chimes pretty easily. The chimes that dangle from a circular piece of wood sound nice, but I've had a couple of these break in the wind. I am now using aluminum chimes that are a little on the pricey side, but so far are holding up well.

This recommendation came from Kathy Purdy, who lives in upstate New York and is author of the popular blog, "Cold Climate Gardening." She says you can't beat the Cobrahead weeder for "down in the dirt" type gardening or the custom-made and more versatile Hoe-dag, a tool for planting, tilling and weeding.

A friend who lives in upper Michigan says she'd like one of those fancy compost tumblers to turn her organic matter into a rich garden amendment. I've put a lot of thought into this and recommend this: First, make sure that it is large enough for the amount of organic matter you intend to compost. Second, make sure it is critter-proof. These days I'm leaning toward the round tumblers that you can rotate with the handle attached to the side.

Another friend had a long list of garden items that she'd love to add to her collection, including good leather palmed gloves, garden clogs or shoes (washable), rain gauge, gazing globe (remember those?), work apron with pockets for tools and a tote for hand tools. If you're looking for a gift for the gardener in your life, this list should provide you with plenty of ideas.

And finally, here is an almost universal suggestion: a new watering can. Here again, it sounds simple enough. However, some of the cheap ones really aren't worth the plastic they're made from. Quite often the seams split or the spout breaks off. The Dramm line of watering cans are arguably the best on the market.

And lastly, here is what I'd like as a nice surprise gift this Spring: garden knee pads. Knee pads have really taken some of the agony out of the tedious job of weeding for this Baby Boomer.

*Neil is the author of the money-saving garden tips booklet, Store to Garden: 101 Ways to Make the Most of Garden Store Purchases. It can be bought at <http://tinyurl.com/2377rkv> or from the author via [www.neilmoran.com](http://www.neilmoran.com)*

## Sites to help with your garden shopping:

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

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

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

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

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

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

For many people losing weight isn't just about wanting to look and feel great, but a necessary health decision based on doctor's orders. Although there's no magic pill or sure-fire method that's right for everyone, there are a few ways prescribed by diet and exercise experts that are sensible. Here are steps you can take to get on the right track:

**Control portion sizes.** Renowned fitness guru Denise Austin advises people to use bowls or other tools to measure the portions on your plate for each meal or snack. When you're eating out, make it a point to not clean your plate; you're allowed to take home a "doggy bag" for a meal tomorrow. You can also split your entree with a friend or spouse to cut calories and fat and still enjoy a restaurant-quality meal.

**Snack Wisely.** Choose low-fat, low-calorie snacks that are also nutritious. Think of almonds or walnuts, plain, all-natural popcorn sans butter or salt, salsa and baked tortilla chips, fruit smoothies with low-cal/low-fat yogurt, hummus and carrot and celery sticks, apples and peanut butter (Jif claims to have a version with omega-3s), almond or soy nut butter or dried fruit (just check for no added sugar). Virtually every food item has a low-calorie or low-fat version. And while you're at it, ditch the soda for green tea, 100 percent fruit juice or the best choice—water. To

jazz up water, add a couple of cucumbers or limes to a pitcher for a invigorating thirst-quencher.

**Drink lots of water.** Drinking water, at least eight to 10 glasses a day, not only helps your body metabolize fat, it keeps you hydrated. Also, drinking water before a meal can help prevent you from overeating since it tends to make your stomach feel fuller.

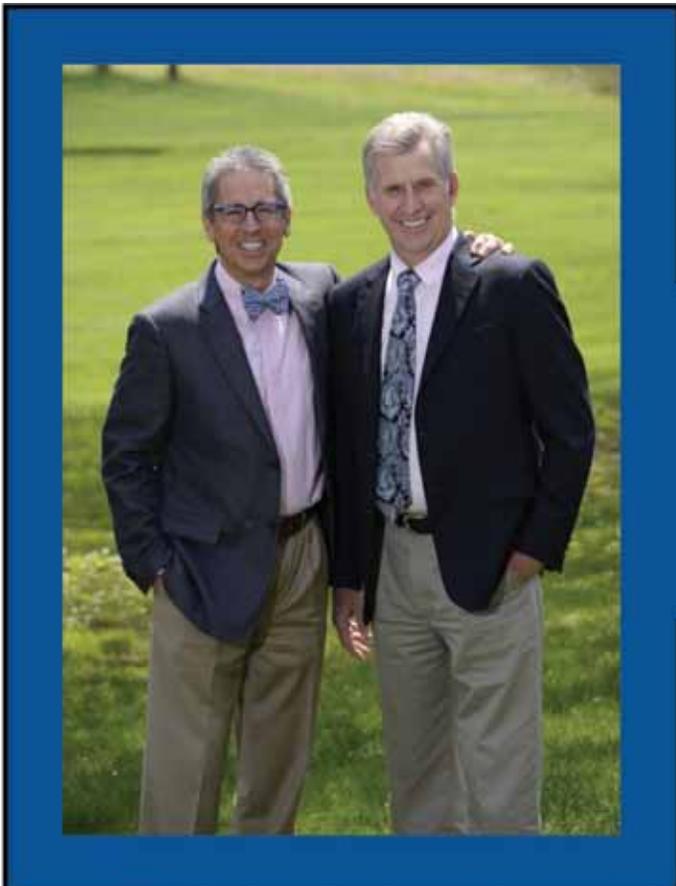
**Exercise every day.** Try to exercise at least 30 minutes a day, but even a few minutes count. Park your car at the end of the parking lot at work or when shopping so you have to walk farther to your destination. Instead of taking the elevator at the mall, opt for the stairs or walk up the escalator. Also try to mix up your routine by walking a few days a week and on the other days, dancing or doing strength training. Mixing up your workout regime keeps your body from hitting a plateau.

Remember, the goal is to burn more calories than you consume, without getting too fanatical. Most iPhones today have easily accessible health monitors that track your progress. Apps are also available to download.

The secret is, it's all about balance. Make a plan to balance your caloric intake with exercise. As the song "Wonder of Love" advises, "You've got to win a little, lose a little..." The same goes for maintaining a healthy lifestyle: You've got to eat a little, exercise a little, relax a little—everything in moderation.

# WHY NOT START WITH "LOSE A LITTLE"

By Leah Lancione



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Read our article "The Importance of Oral Cancer Screening" in this edition of Outlook!

# THE Sure OF LANDLORDING

By Barbara Aiken

Landlording is one of the oldest professions. It's been around for hundreds if not thousands of years. But is landlording for you? Let's take a look at what pros and cons this venture entails and the ups and downs of this lucrative yet potentially hair-pulling vocation.

As many of us find ourselves moving into the retirement years, we may be asking, "Do I have enough income to retire comfortably?" This is a question best answered by a financial adviser. If you need additional funds during your retirement years, there are many ways folks can add to their income stream, such as by turning a hobby into a profit-making enterprise, downsizing to reduce property taxes and upkeep and perhaps seeking a part-time job. Another means of earning additional income is through rental property.

You've seen the television shows where folks buy a home intending to rent out a portion or all of it to help offset their mortgage payments or cover the mortgage in full or even wind up having a few dollars in their pocket. For the most part, these choreographed scenarios show the upside of landlording. The dungeon-like area of the home intended for the rental unit is transformed into a thing of beauty -- a sow's ear turned into a silk purse kind of thing. A cheap house in an upscale neighborhood magically becomes the star of the block.

You may know someone who purchased a property, detached or condo, townhome or duplex, with a plan of renting it out. How well is this going for them? Potentially it could be a great deal or just as possibly a drain.

Some folks rent out part of their home or a garage apartment. This is a great way to increase income when starting out in life or during the retirement years. This option avoids the hassle of finding and purchasing a separate rental property. Unused space in a home may be a good way to get started in landlording. Even better is the rarely used garage apartment that separates the paying tenant from your personal space. There may be some minor renovations needed or some upgrades may be in order, but the cost should be well worth the reward. This is something you will have to figure out with the help of a knowledgeable realtor, financial planner, tax accountant or other professional.

Here's a list of 10 things to think about before delving into landlording:

1. Are you organized and detail-oriented? You'll need to keep accurate records for tax purposes, repairs, maintenance and other items. How are your basic accounting skills?
2. Do you manage your time well? Can you set priorities?
3. Can you be firm yet tactful? It isn't always easy to increase rent or inform a tenant that eviction is on the horizon.
4. Are you willing to learn the laws of landlording in your area? There may be neighborhood or zoning restrictions.
5. Are you handy? Can you repair damage to drywall, paint a room and fix a leaky toilet?
6. Do you want to manage the day-to-day operations such a collecting rent, writing letters and inspecting the premises? If not, you may want to consider hiring a manager.
7. Do you understand insurance and the requirements that may be necessary for rental property?
8. Can you stay focused and keep a watchful eye on all aspects of your investment?
9. Can you be businesslike and not get personally involved with your tenants, yet remain an affable people person? How are your communications skills?
10. Are you willing to be available at all hours?

Think about these 10 items and be honest with yourself—landlording is not for everyone. When rent is flowing in on time, units are full and things are running smoothly, all seems good. When a water pipe bursts, ants overtake the place, there's a vacancy for months or the tenant sneaks out under the cloak of darkness, things don't seem very cheery.

Before you jump in, ask questions of folks who are landlords. Pick up some books from your library and read up on the triumphs and pitfalls of rental property. Look into the rules, regulations and laws governing rental property in your community to be sure you can do what you are planning. Rental property can be a great way to increase your income and net worth—just know what you're getting into.

*Barbara has owned rental property of various types for more than 30 years, affording her many benefits such as income, appreciation of an asset and tax deductions. She can be reached at [barbara.s.aiken@gmail.com](mailto:barbara.s.aiken@gmail.com)*

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

Bursitis, arthritis or just a bum shoulder? My shoulders never gave me any problems until one day when my right shoulder felt tight, not as easy to move as usual. This stiffness worsened as a sharp pain developed with even the slightest movement. So I was careful, using my left arm to pick up items throughout the day, while waiting patiently -- weeks actually -- for my shoulder to get back to normal.

Strange as this sounds, the pain let up but there was more stiffness. It was time to visit the doctor when I could no longer stretch my arm overhead to put on my coat. She watched as I showed her what I could and couldn't do on my own power -- what my active range of motion was. For comparison, it was her turn to move my arm and shoulder -- my passive range of motion. It was this physical exam that ruled out bursitis, tendonitis and rotator cuff tears. All of them have similar symptoms of painful, stiff shoulders. The doctor found a great deal of resistance to movement on lifting and rotating my shoulder. These signs pointed toward "frozen shoulder" or adhesive capsulitis.

## HOW DOES THIS HAPPEN?

Our shoulders are ball-and-socket joints like hips. Hips have firm, deep sockets with a lot of bone mass. Shoulder joints are smaller and shallower. They're made up of two bones: the clavicle (collar bone) and scapula (shoulder bone). These bones meet at the top of the humerus (the funny bone - not so funny here) to form a loose-fitting socket. This socket surrounds the head of the humerus, which is as small as a golf ball. All that keeps these three bones together is a fibrous membrane called the joint capsule.

The beauty of this joint is that it gives us the freedom to whirl like windmills and to reach, pull and lift at all angles. The drawback is that shoulder joints aren't as tight as hip joints. Shoulder joints rely on the joint capsule and surrounding soft tissues (cartilage, tendons, muscles and fat) to hold them in place. When the joint capsule or soft tissues become irritated, they swell so much that the shoulder can't move. Scar tissue builds up and freezes the shoulder in position slowly over time. This happens commonly in people over the age of 40, in women, and those with diabetes. It can crop up at any time, due to an injury, or other times, for no reason at all.

# FROZEN SHOULDER: GETTING IT TO THAW

By Kathleen A. McCarthy

Frozen shoulder goes through three phases: freezing, frozen and thawing. The initial stage, freezing, can last close to a year, when the shoulder is most painful. Frozen, the second phase, when stiffening interferes with functioning, can go on for six months. Thawing is the last stage. Sounded positive to me that the shoulder would get better with time. This is true, except that thawing can last two years. Altogether it can be quite a while before normal shoulder movement is restored.

## KEEP AHEAD OF THE FREEZING

Like many of us, I waited too long to see the doctor. Resting wasn't the thing to do. Good for bursitis, not good for adhesive capsulitis. My shoulder was in the frozen stage, resulting in up to six months

before it would loosen up. After that, was the thawing -- one to three years to get the shoulder flexible again. Frozen shoulder can get better with time, without any treatment. My doctor suggested that physical therapy would speed up recovery. It's the manual breakup of the scar tissue by a physical

therapist that gets the shoulder completely flexible again. So physical therapy it was, with firm massage plus home exercises. It got the shoulder rolling again in less than two years.

*Kathleen is a health writer who can be reached at [kmccarthy@dslextreme.com](mailto:kmccarthy@dslextreme.com)*

### INFORMATION ON ADHESIVE CAPSULITIS:

- Harvard Health. "Frozen Shoulder."
- Harvard Health: "7 Stretching and Strengthening Exercises for a Frozen Shoulder."
- Mayo Clinic. "Frozen Shoulder."
- National Institute of Arthritis and Musculoskeletal and Skin Diseases. "Shoulder Problems."
- PubMed Health. "Frozen Shoulder."

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# Tune Into Feelings

By Dr. Jim David

We went to see the Denzel Washington movie “Fences,” the Pulitzer Prize classic work by August Wilson. I couldn’t help noticing the two different parenting styles used by the mother and father. Stereotypically, the mother was nurturing and the father was authoritarian. The ideal is for each parent to be both nurturing and limit-setting.

To be nurturing equates to tuning into the other person’s feelings and caring about those feelings. We do that with our babies, but many of us fail to use that skill with spouses, friends or grown children. When we are stressed, it’s very difficult to tune into and care about the other person’s feelings. When we take the time to stay in our “comfort zone” we are much more likely to be caring and responsive to the other person’s feelings.

## Historically

If you stop and think about it, in our Western philosophical tradition, feelings are second-class citizens. We have been saturated with those rationalistic paragons, the ancient Greeks. They invented the supremacy of reason and science. This has been perpetuated by Christian theologians who extol the virtuousness of reason while denigrating emotions.

Contemporary psychology emphasizes the wisdom and healthiness of equal valuing of our thoughts and feelings. The challenge is being equally aware of both our thoughts and feelings and communicating them in a balanced manner. For example, “I think we need to leave by 4 p.m. I’m worried about being late.” Some people do this naturally because they grew up in healthy families, while other people need lots of coaching or learning about feelings.

## Levels of Feelings

Stop and listen to how people talk. Most of us routinely confuse thoughts and feelings. We use the phrases “I feel like,” or “I feel that.” In each instance, we can substitute, “I think,” and the sentence still makes sense. We use the word “feel,” but we don’t connect with how we feel. For example, “I feel like this chair is too

hard,” instead of saying, “I think this chair is too hard. I feel very uncomfortable in it.”

We do this because we’re probably moving too fast to connect with how we feel and perhaps we’ve learned to hide our feelings because so many people haven’t cared about our feelings.

The central reality is that how we feel at any given point in time is who we are. If people don’t tune into our feelings they don’t tune into us. If they don’t tune into us we probably don’t want to have anything to do with them. The formula for understanding this principle is, “I feel (followed by a one-word label) equals I am (followed by one word).” For example, if you feel frightened or lonely or excited, it equals you are frightened, lonely or excited. We call this listening with “the third ear.” Each communication we receive from another will have both a cognitive and an affective component. Our third ear tunes into the affect.

Of course, few of us have been educated about feelings. We are taught to be rational, cognitive and evaluating.

## Changing Feelings

We may believe that we can’t really change how we feel. Yet psychology research informs us that we are able to change how we feel by changing our thinking or what we do with our body. If we go for a walk or do push-ups we’ll probably feel different. If we change our thinking from, “I can’t do anything right,” to, “I do some things well and other things not so well,” our feelings will change.

## Deeper Feelings

So, the three words, “I feel” or “I am” followed by a one-word label of the feeling, constitute the essence of two huge human challenges. They are being assertive and being intimate. Many if not most of us occasionally struggle with speaking up for ourselves and revealing who we really are (how we really feel) to another person.

The pivotal skill is learning to connect with our deeper feelings, the feelings beneath the feelings. Visualize layers of

an onion or a bull's eye target. At the outermost layer we place anger. We call it the most superficial feeling. It never really gets us anywhere. If someone treats us in a disrespectful manner, we most likely feel angry, but underneath the anger we may feel hurt, disrespected, ignored, unimportant, discarded or invisible.

Getting in touch with our deeper feelings takes time and practice. Men tend to more strongly defend against feeling their deeper feelings. It's OK for little girls to cry, but little boys must hold in their feelings.

## Owning Our Feelings

Commonly we say, "You make me so mad." The difficult-to-understand truth is that the other person will do and say things that spark or ignite feelings in us, but the specific feelings that arise come from our history or uniqueness. The informed or healthy or self-responsible phrasing is, "I feel \_\_\_?\_\_\_ when you do or say \_\_\_?\_\_\_."

Two or more people may experience the same stimulus, but have very different response feelings due to their uniqueness. One may feel curious, another perturbed, another combative. Owning our feelings is self-responsible. Blaming the other person for how we feel in response to what they have said or done is irresponsible. This is probably hard to grasp.

## Roots of Feelings

This last point about feelings is even more difficult. When we

arrive at our bull's eye feeling, i.e., the deepest feeling we are able to discover, it will originate in our childhood. Feeling that deepest feeling fully will construct an emotional bridge in our brains that will connect us to the roots or the origins of our feeling.

If we chronically felt abandoned, unloved, invisible or unheard in our childhood, the other person's behavior will activate that core feeling, but we may only be able to connect with our anger. This is why so many marriages end in divorce. The spouses feel the anger, but fail to connect with the real issue -- the core hurt feeling from their childhood.

So we can see how important empathy is. If the other person lacks the ability or is unmotivated to care about how we feel, we have a most distressing dilemma.

## Final Thoughts

Learning and practicing the language of feelings is akin to learning a foreign language. It takes a lot of dedication and practice. The results are worth the effort because we will have increased self-awareness and self-valuing as well as deeper emotional intimacy with others. Initially, we will probably "think" our feelings, but eventually we will thaw out and feel our feelings. Healthiness entails feeling all our feelings fully, but not getting stuck in or fixated on them. Be passionate! Enjoy!

*Dr. Jim David is a practicing psychotherapist in Silver Spring who adheres to positivity in all areas of life. Visit his website at [www.askdrdavidnow.com](http://www.askdrdavidnow.com) or email at [james519@comcast.net](mailto:james519@comcast.net)*



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# EASY RECIPES TO CELEBRATE ST. PATRICK'S DAY

By Barbara Aiken

On March 17, St. Patrick will once again be knocking at the door. We're all Irish on this Kelly green-infused day. Cities all over the United States celebrate in one form or another—from green-tinted beer to rivers dyed viridian, most everyone loves to be Irish for at least one day. Did you know that Savannah, Georgia, has one of the largest if not the largest St. Patrick's Day celebrations? I never knew this until several years ago when I visited Savannah on March 18. I witnessed revelers still wandering the historic streets singing "The Wild Irish Rover." Who knew?

On St. Patrick's Day, I always prepare an Irish-inspired meal while participating in the wearing of the green. The meal always includes tender, flavorful corned beef with horseradish sauce; creamy, buttery mashed potatoes; boiled onions and carrots; cheese-escaloped cabbage and Irish soda bread slathered with sweet butter. A good Irish Guinness goes well here, but perhaps a hard apple cider or nonalcoholic sparkling cider will pair with this hearty fare.

After trying a few Irish soda bread recipes over the years, here is my favorite. Try it, chances are you'll like this rustic, stick-to-your-ribs bread.

## PERFECT IRISH SODA BREAD *Yield: One loaf*

- 4 cups flour plus 1 Tbs. for the currants
- 1/2 stick cold unsalted butter, diced
- 4 Tbs. sugar
- 1 3/4 cup buttermilk
- 1 tsp. baking soda
- 1 extra-large beaten egg
- 1 1/2 tsp. kosher salt
- 1 tsp. grated orange zest
- 1 cup dried currants

Preheat oven to 375 degrees. Line a cookie sheet with parchment paper.

Combine the flour, sugar, baking soda and salt in the bowl of a mixer using the paddle attachment. Add the butter pieces and mix on low until butter is mixed into the flour.

With a fork, beat the buttermilk, egg and orange zest together in a small bowl. With the mixer on low, slowly add the buttermilk mixture to the flour. Combine the currants with 1 tablespoon of flour and mix into the dough.

Transfer the dough to a floured counter and knead it a few times, forming it into a round loaf. Place the loaf on the sheet pan and lightly cut an X into the top of the bread with a knife. Bake for 45-55 minutes, or until a knife or skewer comes out clean. Cool on a rack. Serve warm with butter.

If you like, you can add some green food coloring to your loaf to add a flight of fancy to the preparation.

If you don't have currants, use raisins. If you don't like the flavor that orange zest imparts, omit it or try lemon zest instead. If you don't have parchment paper, use a Silpat or simply spray the sheet pan with Pam.

What about an Irish dessert? Well, there's always Irish coffee or perhaps a simple scoop of vanilla ice cream or frozen vanilla yogurt with a drizzle of emerald crème de menthe. Here's my take on Irish coffee.

## AIKEN'S FAMOUS IRISH COFFEE

- Strongly brewed Espresso coffee
- Demerara sugar
- Irish whiskey such as Jameson
- Lightly whipped heavy cream

Brew as much coffee as you need. Warm an Irish coffee mug or other heat-proof vessel with hot water. Place two teaspoons of sugar in the bottom of the mug. Fill with five ounces of hot coffee. Stir until the sugar is dissolved. Add one ounce Irish whiskey and stir. Gently pour in the whipped cream, allowing it to float on top. If your cream is more firm, just spoon it on. Garnish with a sprinkle of grated nutmeg, cinnamon or crushed chocolate-covered espresso beans.

This is the perfect ending to a perfect Irish-inspired feast. Just sit by the fire or curl up in your favorite chair and sip. If you don't like high-octane coffee, tame it down. Use whatever Irish whiskey you prefer. If you don't have or can't find Demerara sugar, use light or dark brown sugar or regular white granulated sugar. Can't eat sugar? Use artificial sweetener or Stevia. Make this coffee goodness your own.

St. Patrick's Day is a celebration suitable for all ages. Watch your local parade, go out and enjoy an Irish meal or stay in and prepare some Irish fare with the family, wear something green, plan a trip to the Emerald Isle or listen to some Irish music. Have fun this St. Patrick's Day. Slainte!

*Barbara has been cooking and baking for more than 40 years. Preparing delicious meals and pairing them with the perfect wine or other beverage is one of her passions. She can be reached at [barbara.s.aiken@gmail.com](mailto:barbara.s.aiken@gmail.com)*

Enjoy – this may be as good as it's going to get.

# Late Bloomer

## HOW TO GARDEN WITH COMFORT, EASE AND SIMPLICITY IN THE SECOND HALF OF LIFE

### LATE BLOOMER: HOW TO GARDEN WITH COMFORT, EASE AND SIMPLICITY IN THE SECOND HALF OF LIFE

By Jan Coppola Bills  
St. Lynn's Press, Pittsburgh (2016)

Gardening as we get older can be a little more challenging, but no less enjoyable. At least that's the premise of a smart little book called, *Late Bloomer: How to Garden with Comfort, Ease and Simplicity in the Second Half of Life*, by Jan Coppola Bills. Bills offers us older folks inspiration and practical advice. It's more about adjusting our perspective on gardening than it is on finding adaptive tools and equipment to make the job easier, although she does offer a few tips on the latter as well.

Bills says if there is a late bloomer's credo it would go, in part like this:

- I will plant only what I can comfortably tend.
- I will not give myself tasks beyond my ability to easily achieve.
- I will ask for help, if necessary.

Instead of a drive for completion and conquering nature, Bills suggests we discover a "deeply soul-pleasing way of gardening." The author defines her perspective of gardening, which borders on the spiritual, with these words: "simplicity, beauty and harmony, comfort and ease, celebrating life with food from your soil, and relaxation and letting go." The latter directive may be hard for many of us who have lived a life defined by how much we can pack into an eight-hour day.

Bills, who runs a landscaping firm in southeast Michigan called "Two Women and a Hoe," asks us first and foremost to garden in such a way that is both sustainable and manageable. We can enjoy gardening more if we practice a "right plant right place" philosophy that encourages the gardener to find the appropriate place for a plant so that it thrives in that location without having to be moved later because it was planted too close to the house or requires a lot of maintenance in terms of fertilizing, watering and pruning.

In Bills' garden, butterflies flutter about and beneficial insects help create an ecological balance that eliminates the need to use chemical insecticides. An added bonus: She can enjoy the comings and goings of these critters from a peaceful perch of her own choosing. The author believes in sustainable gardening that doesn't require any chemical inputs, conserves resources while reducing the amount of work required to maintain a garden.

Proper watering will conserve this precious resource while

saving on your water bill. Weeds and weeding can be reduced or eliminated by planting a full garden bed with flowers and shrubs. And those leaves that we spend so much time raking up or blowing away with a noisy leaf blower? Leave them for beneficial insects to burrow in over the Winter and to break down and become rich humus for our plants. And how about that lawn that needs regular mowing and a lot of maintenance and chemical applications? Let's just say you can grow a lot of flowers and vegetables in this space.

The right tools will make gardening a little easier and more enjoyable and Bills offers up her favorites, including a good set of pruners, tine steel rake and loppers. A mini-D-handle shovel allows a person to get on their hands and knees to dig a shallow hole for planting, rather than working from a bent-over position that is hard on the back. This is something I can appreciate as I tend to stiffen up when working from a slightly bent-over position. A good set of knee pads are essential for those knees that "ain't what they used to be."

In the second half of life most of us have accumulated enough stuff to fill up a football stadium. These items can become recycled art and used as part of an overall garden design: no need to buy more stuff. Bills keeps these forgotten treasures --potential art --out of landfills by recycling them and finding the appropriate place for them among the plants. In fact, she enjoys posting pictures online of her latest find.

Gardening, like any endeavor, requires a certain degree of knowledge to do it right. Bills provides the information gardeners need in this compact volume to be a successful gardener. She covers all of the basics of gardening, from plant selection to shade gardening. She also generously shares her experience as a landscape professional, admonishing the reader to choose healthy plants for your appropriate hardiness zone. The six basic design tips presented in the book will help the reader put together a garden that is both functional and appealing to the eye. She presents this information in a way that is easy to understand with color photos to illustrate.

Bills was inspired to garden and start her garden business after her brother Michael died. His untimely death provided a lot of the perspective she now has for gardening and life in general. She says after her brother died she replaced her corporate high heels for Wellies and never looked back.

*Late Bloomer*, like the magazine you're reading, helps us find that perspective we need to live well in our second half of life, in and out of the garden.

~ Neil Moran

# BOOKS:

## *Old, New and Obscure*

### **MEMOIRS OF A MAIN STREET BOY: GROWING UP IN AMERICA'S ANCIENT CITY**

By Ralph Crosby  
Anaphora Literary Press, Hephzibah, Ga. (2016)

Did you grow up in Annapolis, or are you a "New Annapolitan"? *Memoirs of a Main Street Boy* will probably appeal to boomers or beyond (especially beyond) in a similar manner.

Being one of the former "beyonders" and growing up in Severna Park close to the time that Ralph Crosby has written about in his memoir, this book brings back many memories of old-time Annapolis.

Ralph Crosby grew up right in the center of Annapolis in a third floor apartment at 183 Main St. above stores that still line the street. He remembers his adventures and antics as a young boy as well as the diverse activities that ranged from pool halls to the Naval Academy, St. John's College and all the way to the historic halls and rooms of the Maryland Capitol.

One advantage of this book is that you can skip chapters and come back to them and not lose the thread of the narrative. You can put it down and return to it without feeling you have missed anything. The table of contents is a big help in navigating the history of Annapolis as seen by a young boy growing into manhood. Many memories will be evoked by "Living with the Four Signers," "Navy Football, Friends and Heroes," "Growing Up-from Depression Baby to Wartime Youth," just to give a sampling.

It is especially interesting to note that many things haven't changed in the 70-plus years covered here, even with the change in the names of the stores and restaurants, it is still charming, picturesque and has the same storefronts that Mr. Crosby walked by and looked at from his third floor apartment.

The chapter on "Annapolis Racial Journey: From Kunte Kinte to Thurgood Marshall" is especially timely and might encourage interesting discussions between old-time residents and "newbies." This is one area that has seen quite a bit of change since the author's youth. He mentions the segregated movie theaters, restaurants and schools and contrasts them with present-day living. And some of the things he mentions changed the face of Annapolis.

Since Crosby has lived and worked in Annapolis all his life, he has many friends and associates whose names will be familiar. He morphed from a Baltimore journalist to a Washington correspondent to a magazine writer to his current position as

chairman of Crosby Marketing Communications, a company with offices in Annapolis and Washington, D.C. Some of these friends are interviewed in the book and add to its contemporary interest.

Perhaps you will find, as I did, that it is intriguing to see how Annapolis has changed, but has not changed in the years discussed in this memoir. If you want to feel more in touch with the pulse of this vibrant town, read, enjoy and reminisce with *Memoirs of a Main Street Boy*.

~ Peggy Kiefer

### **HILLBILLY ELEGY: A MEMOIR OF A FAMILY AND CULTURE IN CRISIS**

By J.D. Vance  
Harper, Reprint edition (2016)

This *New York Times* best-seller deserves its recognition. I had to wait about two months to get it from my local library. Recently there were 268 copies in circulation with 765 requests outstanding. You might want to read it because everyone else is! In fact, there are several excellent reasons to open *Hillbilly Elegy*.

First of all, it is a good read. J. D. Vance is a skillful writer, and because he is writing about his own experiences, his quotes ring true and his images are engaging. Second, the book is the inspiring story of a boy who makes good against the odds. It is a contemporary Horatio Alger tale. Third, this book may help the reader understand the recent election and the current political perspective of those with modest educations, jobs and family backgrounds.

All the insights in this book could probably be gleaned from sociological studies, welfare rolls, foster care reports or hospital admissions records. But this book provides the context for understanding lives of inherited failure, violence and insular family loyalty. As Vance puts it, "There's a lack of agency here—a feeling that you have little control over your life and a willingness to blame everyone but yourself. This is distinct from the larger economic landscape of modern America."

Pondering the reasons for low high school graduation rates and rare college graduation among Appalachian whites, the author says that there are two mindsets about those who "make it." First are the lucky ones, born into wealthy families with connections. Second are the kids like him, "Born with brains and couldn't fail if they tried. Because very few in Middletown fall into the former category, people assume that everyone who makes it is just really

smart. To the average Middletonian, hard work doesn't matter as much as raw talent." He continues, "You can walk through a town where 30 percent of the young men work fewer than twenty hours a week and find not a single person aware of his own laziness."

These quotes just hint at the experiences discussed in this book. Vance is a survivor. Strong, caring adults reached out to him and because he was able to listen and trust them, he gradually developed self-esteem, confidence and a broader world view. He graduated from Ohio State summa cum laude with a double major and worked two jobs throughout his college years. Subsequently, he became editor of the *Yale Law Journal*. And now he is—well, you will find out when you read the book.

~ Tricia Herban

### THE GENERAL AND MRS. WASHINGTON: THE UNTOLD STORY OF A MARRIAGE AND A REVOLUTION

By Bruce Chadwick

Sourcebooks, Inc., Naperville, Ill. (2007)

Treat yourself to a delightful read that is a true story about decent, caring people. George Washington really was a dignified gentleman; Martha Washington really was a devoted and courageous wife.

From the first day of their marriage, Martha put her trust and her wealth in George's hands. She relied on him to manage her estates, which he did very capably, watching for properties to purchase to expand their holdings. Over the years, Washington's

modest plantation home was expanded by gardens, out buildings (including a distillery) and the flanking wings that characterize Mount Vernon today.

But well before that, Martha was content to move in, turning her back on White House, her elegant home near Williamsburg. Not only was Mount Vernon a much smaller estate, but it was located on the frontier. However, Martha faced the future confidently, bringing her children with her as she moved from widowhood to marry a man devoted to his property and to the idea of serving in the military.

Martha was modest in appearance and temperament, though by no means shy. In fact, she took amazing initiative during the war years, starting sewing circles in communities across the Colonies to provide uniforms and socks for the destitute soldiers. Having been inoculated against smallpox, she visited the troop hospitals fearlessly. Every Winter of the war, she moved into camp, creating a social scene for the officers' wives while her very presence provided inspiration and encouragement to the troops.

As they moved into the roles of president and first lady, the Washingtons continued their low-key affability. Ceremony was kept to a minimum, though Washington was always a model of style. Martha frequently filled in for her husband in social situations when he withdrew early and guests considered her most gracious.

Martha and George were a devoted couple and together defined the roles of president and first lady. Their story truly illustrates the power that individuals can have on others.

~ Tricia Herban

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# Welcome Spring

By Nancy Lincoln Reynolds

The morning is one of the privileges of living on or near the Bay. Or dawn, more precisely. As the sun rises at last to replace a receding night, the horizon appears as the glittering, lighted rim of a cup. My imagination envisions a lid being lifted slowly from a chalice, allowing light to flood its interior. One can almost imagine the Creator peering inside to check on us, to see how we have fared through the darkness. Overhead, heavy clouds yield to an increasing spill of sunlight and soon our world is exposed in detail.

The emergence of Spring and Summer is often about such contrasts of dark and light. There is a sense of renewal as hibernation gives way to new life, and we find ourselves enabled and energized to live with vitality and hope. The impulse is to rush into the warmth and shining: to plant, plan, clean, sort and start over. These are all good responses and certainly worth pursuing. It is likely these impulses, instinctual or devised, have perpetuated regeneration over the eons. This is perhaps especially true on the Bay, where water influences our understanding of eternal things.

But there is a reason that the sun rises slowly rather than popping suddenly into place in the sky. Its journey over the horizon allows all creation to adapt and wake up to what is revealed. Appreciation for the darkness that has held us, tested us and built our endurance and character, deserves some thoughtful reflection. And that takes time. It gives voice to the worn clichés, "darkness before the dawn" and "clouds with silver linings." Light would be of less value without its partner, darkness.

I share with you a poem entitled, *Beneath the Dawn*, by James W. Donnelly, author and spiritual guide:

*Just beneath the bright rays of the morning sun,  
as they breach the glow that is the dawn which  
heralds our new day,  
lies a band of soulful darkness,  
obscured from our view by the brilliance  
of those first golden spears of light that crest the  
ridge. Given our ready acceptance of the mountain  
vista, we aren't attentive  
to what should be acknowledged in that darkness—  
even if we are inspired enough to take note—  
for the moment can be so brief  
and the transition so seamless in its yielding  
to the emerging brilliance of our new day.  
But that is the very problem.  
For what happens, at such a moment as that in our  
life, can be too easily forgotten, if not lost,  
as the sun rises over the horizon and  
dazzles the rest of our life's day  
so that we move on  
with the challenge of living into our future,  
forgetting, or not being willing to deal with, what  
we really should know about  
what happened to us  
in that darkness beneath the dawn.*

## Bay Bytes

While traveling it might be fun to pick up a part-time job for not only extra cash but becoming immersed in another culture. For information log onto **WorkAway.info** or **BackDoorJobs.com**

Welcome, Spring. Celebrate, Summer. May we drink them like new wine that fills our cups, but not before taking in the deep draughts of aged and seasoned refreshment.

Nancy is the associate pastor at Woods Presbyterian Church in Severna Park. She can be reached at [nreynolds@woodschurch.org](mailto:nreynolds@woodschurch.org) or 410.647.2550



Dear Vicki,

Months ago, after a family death, my husband and I had a falling out with his brother and his wife. Frankly, none of us were at our best and I think this was a misunderstanding exaggerated by the funeral stress. Prior to this, I thought we had a good relationship and since we live in the same town, I'm eager to be able to enjoy each other's company again. I've suggested that we get together to talk this through because we were all at fault. We are reasonable people with affection for each other and I see no reason that this can't be accomplished. The men are on board, but my sister-in-law refuses to discuss the issue. She says that we just need to get over it and go on. At the same time, she is cool, distant and I know, in my heart, that this is not over. I feel flummoxed, sad, angry and wrongly blamed. It's like I've hit a stone wall with her. Who is right? Should we just bury a painful argument or should we try to resolve it?

Dear Vicki,

My wife suffers from a chronic illness, mostly kept in check with medication and good self-care. She chooses not to share her health challenges with casual acquaintances. I'm not sure if it is a consequence of her illness or if it is something she inherited, but she has dark circles under her eyes that even makeup doesn't fully mask. Too many times, she hears, "You look SO tired!" This comment doesn't help and only makes her feel worse about herself. Can you please ask your readers to keep their comments about one's appearance to themselves?

### GETTING PAST A STONEWALL

That's exactly what you've done: hit a stone wall. In fact, there is a clinical term for your sister-in-law's behavior called "stonewalling" and it is very detrimental to any relationship. Stonewalling is a destructive communication style that happens when one party withdraws from an interaction. It is both a method of self-defense and a passive-aggressive power play. In other words, she won't talk about it, so she has all the power. Sadly, nobody wins like this.

John Gottman, one of the most respected marriage researchers in the country, calls stonewalling one of the "Four Horsemen of the Apocalypse of Marriage," along with criticism, defensiveness and contempt. In other words, these four behaviors often herald the demise of a marriage -- or of any relationship for that matter.

Burying a nasty argument is not going to work, but neither can you force your sister-in-law to talk and work things out if she flatly refuses. Your only course of action is to meet her where she is because it is not safe to have an intimate relationship with someone who practices stonewalling. If she is cool and detached, be pleasant but avoid investing in or expecting much from this relationship. You are correct in that this is not over and it will most likely come up again in a negative way in the future. Old arguments like this never die. They just fester until something occurs when they erupt and cause more damage.

Your sister-in-law is not ready to have a close relationship with you and may never be unless something happens to force her to deal with her maladaptive communication style. Take care of yourself!

*Vicki Duncan is a licensed professional counselor and welcomes your questions. She can be reached at Victoria2write@aol.com*

### CONSCIENTIOUS COMMENTS

Consider it done! Kudos to you for being a husband who is sensitive to your wife's feelings. I totally agree with you on this point. Although such comments are often well-meaning and spring from concern, they serve no purpose other than to demoralize the recipient. If one has dark circles, has lost or gained an unwanted amount of weight, or has had some other negative change in their appearance, I am quite sure they are well aware of that. To have it noticed and pointed out is awkward at best and hurtful at worst. We often have no knowledge of the personal struggles of other people and to make a negative observation about their appearance is insensitive. Please folks, if you can't say something positive, don't say anything at all!

**FALL QUIZ-ACROSTIC**  
Which meronette, star of his own children's television show in the nineteen fifties and originally voiced by Burlito Bob Smith, had forty-eight freckles, one for every state of the contiguous United States?

**EARLY TELEVISION: HOWDY DOODY**

M.	Inboud
L.	Shari Lewis
K.	Boos
J.	J. Vukan
I.	Ether
H.	Little Rascals
G.	Estelle
F.	The Flintstones
E.	Young
D.	Lasse
C.	Rin Tin Tin
B.	Arnette
A.	Emie
N.	Off the grid
O.	Niche
P.	Hobos
Q.	Othman
R.	WHIT
S.	Deli
T.	Yoo-Hoo
U.	Davy Crockett
V.	Oner
W.	Owes
X.	Duff
Y.	Yog



# THE STATE OF THE BAY: GREEN SHOOTS OR STATUS QUO?

By Henry S. Parker

On Jan. 5, the Chesapeake Bay Foundation (CBF) released its latest, two-year, assessment of the health of Chesapeake Bay. Some saw the results as a cause for celebration. Others weren't so sure.

Since 1998, the foundation has conducted annual or biennial assessments of Bay conditions, assigning numerical scores from 0 to 100 for 13 separate water quality and environmental indicators in three categories (pollution, habitat, and fisheries), and then averaging the results (100 represents the pristine conditions described by Captain John Smith in the early 1600s). The 2016 score was 34, the highest since the evaluations began and a two-point improvement over 2014.

Cause for celebration? Thirty-four out of 100 would normally be a failing grade, but CBF rated it as C-, largely based on its conclusion that a "saved bay" would have a score of 70. Of note, the index has crept up steadily over the past 18 years and nearly every indicator improved between 2014 and 2016 (blue crabs were 10 points higher). And some would argue that, with rising populations and ever-expanding development, even a steady score would be a success.

But the Bay has a long way to go, even to get to 70, the target score for 2050 to restore the Bay to the conditions of the 1960s. While this may be achievable, there are worrisome signs. For one thing, the area of forested buffers—essential for keeping pollutants from entering Bay watersheds—declined for the first time. More problematic, states in the Chesapeake Bay watershed (Virginia, Maryland, and Pennsylvania account for 85 percent of the watershed) are struggling to meet their commitments to reduce pollution—including financial commitments.

It's not easy to find out how much money has already been spent to clean up Chesapeake Bay—it's far easier to uncover projections of how much additional funding is needed. But in a comprehensive study in 2013, *The Capital* found that, in *Maryland alone*, expenditures by state, federal, and non-governmental organizations had already exceeded \$15 billion. A recent analysis by the Chesapeake Bay Commission projects that, over the next 7-10 years, Maryland, Virginia, and Pennsylvania will need to spend another \$18 billion to significantly improve the Bay's health.

Are these funds justified? With all the money spent to date, the Bay is still on life support. But that doesn't mean we've wasted resources. It's exceedingly difficult to measure return on investment when it comes to improving the environment. And it's not hard to make the case that, without the substantial funding, the Bay would have deteriorated even more.

In a recent article in Chesapeake Bay Magazine, John Page Williams relates an interesting analysis by Tom Simpson of the University of Maryland's College of Agriculture and Natural Resources. Simpson argues that a waterman should expect to annually spend 2.5 percent of the value of his equipment—boat and pickup truck—to keep it in good running order. Based on a 1987 study, adjusted for inflation, the total economic value of Chesapeake Bay now exceeds \$750 billion. Applying the waterman's figures to the Bay as a whole would translate into an annual maintenance budget of \$18.7 billion. And demonstrable improvements in the health of the Bay would likely increase the value of the estuary.

Still, no matter how well justified, no one expects a yearly commitment of anything close to \$18.7 billion. Even if the money was there and we knew exactly where to apply it to assure the best results (it isn't and we don't), accountability would be challenging. How do you accurately relate changes in the Bay's condition to specific expenditures?

There are things we can—and must—do *now* to improve the Bay's health. Among the most important is to expand forest buffers. These consist of trees and other vegetation that trap nutrients and pollutants; help keep streams cool; stabilize streambeds; and create habitat and food sources for wildlife. The Chesapeake Bay Program has set a goal of buffering seventy percent of watershed waterways (see [www.chesapeakebay.net/issues/issue/forest\\_buffers](http://www.chesapeakebay.net/issues/issue/forest_buffers) for more information). This is particularly important in Pennsylvania, which contributes almost half of the nitrogen—largely from farmlands—that is carried into Chesapeake Bay.

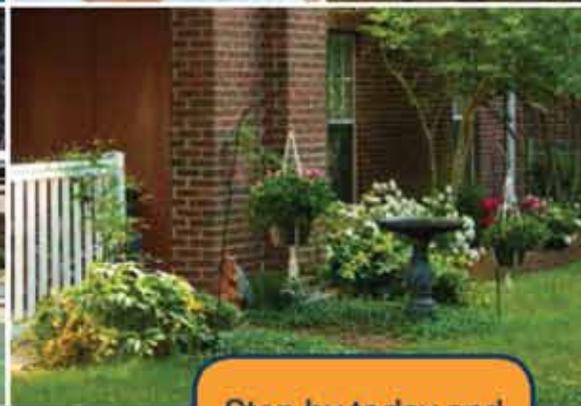
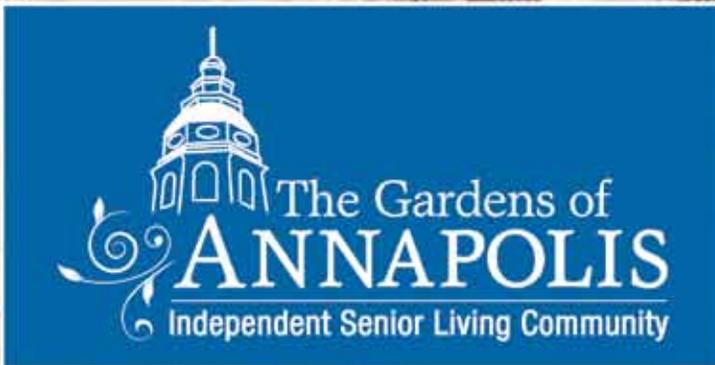
Equally important, we must do more to educate and engage farmers in efforts to clean up the Bay. For the most part farmers operate under very small profit margins. Understandably they may be reluctant to spend money on new environmental programs mandated by governments. But farmers are also good land stewards—they couldn't survive if they weren't. It's not in their best interest to have their valuable soil and nutrients end up in Chesapeake Bay. Farmers in Maryland and Pennsylvania already file required annual nutrient management plans, but better communication and more collaborative efforts among farmers, scientists, and regulators to identify and implement cost-effective land management practices will go a long way toward saving the Bay.

And what can you do? Stay informed, communicate with legislators and decision-makers, and demand accountability.

*Henry S. Parker is an adjunct associate professor at Georgetown University. He can be reached at [hpspbp@gmail.com](mailto:hpspbp@gmail.com)*

## Bay Bytes

Having trouble seeing at night? There's a flashlight on your iPhone. On the Apple flick your finger up on the screen. A box will appear. Touch the flashlight picture – Instant light. On the Android say, "OK Google flashlight on."



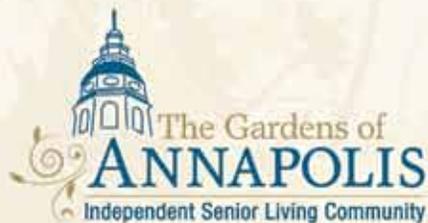
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