

Complimentary

Summer 2017

# OutLook

for the Bay Boomer and beyond...

## by the Bay

Retirement is Great...

**Now What?**

**BLUE CRABS  
AND THE BAY:  
TIME FOR  
CELEBRATION?**

The "Virtual" Yacht Club

**Rid Your Home  
Of Pests Naturally**

**The Lost Art  
Of Doing Nothing**

**UNDERWAY  
ON PADDLE POWER**

**Help Preserve  
Lighthouses  
Of the Chesapeake Bay**

fitness • entertainment • gardening • nutrition



# Letters to the editor

### FAIRY GARDENS

I enjoyed reading Nancy Schaaf's well-written article on fairy gardens in *OutLook by the Bay* -- a great little magazine. Also this month there was an article on biking that I very much enjoyed.

Marion K., (email)

### WORDS

Loved your editorial on all the trees purchased for your grandkids -- picking each one to honor and symbolize their individual qualities. How touching and meaningful. It's amazing how grandparents (grandmothers in particular) are able to draw out and appreciate the distinct strengths of their grandchildren. My grandmother used to whisper different special sayings in each of my siblings' ears. The phrase she shared with only me is forever

tucked away in my heart! Thank you for sharing your heart for your grandkids with me and other readers!

Leah L., Norfolk, Va.

### TREES

Thank you for such a wonderful story on your family Easter celebration with trees. Trees have a lot to do with our clean drinking water and breathable air, i.e., our health. In other words, trees make a difference for us in very personal ways. Over the last decade our nation has lost over 72 million acres of trees. To make up for this devastation, the Arbor Day Foundation and Chesapeake Bay Foundation and others are launching efforts to plant millions of trees. Every tree family like yours and mine can add to our patch of earth to make a positive contribution in our local sensitive

watershed. Applause for your effort! Keep on keeping on.

Ellen Moyer, Annapolis

### EYES

Thank you for the Spring 2017 article on eye floaters.

For two years I have encountered them as a regular every day "partner."

They never go away! It is good to have reaffirmed that they are not a serious condition, but part of the maturing process.

Thank you for the informative article.

Phil F., Arnold

### ERROR

Thanks to R. Hackley of Gambrills who brought our attention to an error in the Spring issue of *OutLook*. An article on *Honoring Special Days* (page 23) listed incorrect contact information. To obtain a flag that has flown over the U.S. Capitol, the contact persons for Maryland are U.S. Sens. Benjamin Cardin ([www.cardin.senate.gov/contact/](http://www.cardin.senate.gov/contact/)) or Chris Van Hollen ([www.vanhollen.senate.gov](http://www.vanhollen.senate.gov)). Our apologies for the error.

A MODERN PAPER STORE

with traditional roots

PAPER IN THE PARK

• Lots of invitations & cards  
• Stationery and thank you notes • Unique gifts • Wrap • Ribbon and much more!

**MENTION THIS AD AND  
RECEIVE 20% OFF ANY ONE ITEM!**

487 Ritchie Hwy • Severna Park, Maryland 21146  
paperinthepark@verizon.net • ph: 410.544.8830  
WWW.MYPAPERINTHEPARK.COM

## Features

- 5** THE LOST ART OF DOING NOTHING
- 7** UNDERWAY ON PADDLE POWER
- 15** 10 QUICK TIPS FOR AN ENJOYABLE SUMMERTIME HIKE
- 18** THE "VIRTUAL" YACHT CLUB
- 31** ENJOY A STRESS-FREE SUMMER
- 34** HAVE A "SENIOR MOMENT" AND CELEBRATE SENIOR CITIZENS DAY
- 38** GETTING BEYOND DISORGANIZATION
- 39** A PLACE IN THE SUN
- 43** A RETREAT WEEKEND AT HOME

## Articles

- 10** DOING THE HONORABLE THING AGAIN AND AGAIN
- 11** TRAVELING WITH YOUR PET
- 12** RETIREMENT IS GREAT ... NOW WHAT?
- 14** MUSIC CAN HELP RESTORE MEMORY
- 16** MAKING A LIST FOR THE BIG MOVE
- 19** HOW TO PAMPER YOUR PET DURING THE DOG DAYS OF SUMMER

- 23** RID YOUR HOME OF PESTS NATURALLY
- 32** LESSONS FROM THE FISHPOND
- 36** WHAT THE STATE DEPARTMENT CAN DO FOR YOU

## In Every Issue

- 2** YOUR THOUGHTS
- 4** FROM THE DESK
- 6** DR. DAVID: DOWNSIZING - UPSIZING
- 13** CHART YOUR COURSE: PROTECT YOUR ESTATE PLAN FROM DISPUTES
- 27** ASK THE UNDERTAKER: TAKE THE TIME TO RECORD YOUR HISTORY
- 40** BAY REFLECTIONS: ON SHARING OUR INVISIBLE SCARS
- 42** DEAR VICKI
- 44** BOOKS: OLD, NEW AND OBSCURE
- 45** OUTLOOK *for* THE BAY: BLUE CRABS AND THE BAY: TIME FOR A CELEBRATION?
- 46** ACROSTIC - SUMMER QUIZ

## Departments

- 8** BAY TREKKING: ESTATE SALE JUNKIES - WELCOME TO CRUMPTON

- 9** BAY ADVENTURE: HELP PRESERVE LIGHTHOUSES OF THE CHESAPEAKE
- 17** BAY NUTRITION: A SUMMERTIME TREAT
- 20** BAY GARDENING: PLANT A SHADE GARDEN FOR SERENITY
- 22** BAY TREKKING: CAPTAIN RACKCLIFFE: MERCHANT, PLANTER, LEGISLATOR
- 24** BAY TREKKING: FLAT-WATER CANOEING ON THE POTOMAC RIVER
- 25** BAY INSIGHTS: MEDICAID: A LONG-TERM CARE PLANNING TOOL
- 26** BAY NUTRITION: SIMPLE SUMMER CLAMBAKE
- 28** BAY HEALTH: TOP SUMMER HEALTH RISKS FOR THE BOOMER GENERATION
- 30** BAY TREKKING: SHAKESPEARE ENTERTAINS ANNAPOLIS
- 35** BAY HEALTH: PROBLEMS THAT CAN ARISE IN THE SALIVARY GLANDS
- 41** BAY HEALTH: THE DOCTOR'S OFFICE VISIT: MAKE IT EASIER ON YOURSELF!



<b>Publisher and Editor-in-Chief</b>	<b>Tecla Emerson Murphy</b> Editor@OutLookbytheBay.com
<b>Managing Editor Mick Rood</b>	<b>Mick Rood</b> MickRood@aol.com
<b>Operations Manager</b>	<b>Cynthia Rott</b> Cindy@OutLookbytheBay.com
<b>Art Director</b>	<b>Emma Stultz</b> Emma.Stultz@gmail.com
<b>Marketing Representative</b>	<b>Marguerite Guare</b> MDGuare@aol.com
<b>Columnists</b>	<b>Dr. Jim David</b> James519@comcast.net  <b>Victoria Duncan</b> Victoria2Write@aol.com  <b>Jessica L. Estes</b> JEstes@ByrdandByrd.com  <b>Ryan Helfenbein</b> Ryan@LastingTributesFuneralCare.com  <b>Elyzabeth Marcussen</b> EMarcussen@HospiceChesapeake.org  <b>Henry S. Parker</b> HspStp@gmail.com  <b>Drs. Passaro and Wooddell</b> www.WPDentalGroup.com
<b>Contributing Writers</b>	<b>Barbara Aiken</b> barbara.s.aiken@gmail.com  <b>Sue Coulson</b> itsacalm@aol.org  <b>Mary Feller</b> rofeller@comcast.net  <b>Phil Ferrara</b> pferrara65@comcast.net  <b>Tricia Herban</b> mtherban3@gmail.com  <b>Ginger Kauppi</b> davidandginger@gmail.com  <b>Peggy Kiefer</b> kinseykiefer@aol.com  <b>Leah Lancione</b> Leah.Lancione@gmail.com  <b>Kater Leatherman</b> KaterLeatherman@gmail.com  <b>Kathryn Marchi</b> johnmarchi1@gmail.com  <b>Kathleen A. McCarthy</b> KMccarthy@dslextre.me.com  <b>Ellen Moyer</b> ellenmoyer@yahoo.net  <b>Vern Penner</b> vernpenner@hotmail.com  <b>Maureen Smith</b> rsmith0636@verizon.net  <b>Louise Whiteside</b> louisemw@wispartel.net  <b>Rev. Chandler Whitman</b> cwhitman@wispartel.net  <b>Joshua Winger</b> jwinger@byrdandbyrd.com  <b>Jack Hovey</b> OutLookbytheBay@aol.com  <b>R.C. Murphy</b> OutLookbytheBay@aol.com  <b>S. Hill</b> OutLookbytheBay@aol.com \$24.95 per year (bimonthly - 6 issues)  <b>OutLook by the Bay</b> 210 Legion Ave. #6805 Annapolis, MD 21401 410.849.3000

ISSN#1948-044X

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

OutLook by the Bay is published bimonthly by OutLook by the Bay, LLC. No part of this magazine may be reproduced in any form without express written consent of the publisher. Information obtained in OutLook by the Bay is protected by the First Amendment of the United States Constitution and is intended for reader interest only. Do not substitute it for the advice of a qualified healthcare professional, legal or financial adviser. Reader discretion is advised. OutLook by the Bay, LLC does not verify the accuracy of any claims made in connection with advertisements and accepts no responsibility for errors and omissions. All rights reserved. Submissions should be sent to editor@OutLookbytheBay.com by the first of the month preceding the publishing date.

## FROM THE DESK



When do kids become adults? This question was posed to us recently, while chatting with one of our daughters who is dealing with a returning graduate. It elicited lots of interesting chatter. Is it when they move out - permanently? Or when they graduate? Graduate from what? High school, college, grad school? And when heading out the door to college, should they be considered independent adults? Most often they think they are, which is evident on returning home for their first break. I remember comments like do you think the RA (resident assistant) in my dorm tells me when I need to return? Our best answer to that question has always been: Is that who's paying your tuition?!

Should adulthood be defined as when full-time employment kicks in? Is it when they are eligible to vote, can drink legally or live in their own apartment? Is there some sort of arbitrary age such as 18 or 21?

Biologically it's when one reaches sexual maturity. Well biologically maybe, but I don't agree, so we'll move on from there. If you are looking for a legal definition, it's when a person has attained the age of majority. Not sure exactly what that means. Checking Wikipedia, it says that does not necessarily correspond to the mental or physical maturity of an individual. And if we're talking legal age, as in majority, in some cases that can be 18, in others such as alcohol consumption in most states it's 21. Maybe adulthood is independence from parents and caretakers. And is independence living alone, or maybe achieving financial freedom? And who's calling it financial freedom? All we bill payers know that's not exactly what we'd call freedom! And as for living independently, statistics say that more than 30 percent of offspring between 18 and 34 are living under their parent's roof.

Then there's the definition of "fully grown." What does that mean - mentally or physically? Is adulthood when one matures? What's mature? One definition says physically it's when one has stopped growing, but mature can also mean sweet, ripe or mellow. (Check your thesaurus, I don't make these things up!) My friend Linda summarized it nicely. She said it's when the frontal lobe has fully developed! Well that's not 'til around 26!

In reviewing the young ones who have departed our home, my definition of when they attained or -- maybe when we allowed them -- to become truly independent adults was the day they were married. The torch was passed. It felt like our job was done, they were educated, teeth straightened and fully employed. Now it was up to their spouse to be responsible and concerned for their care and well-being. They would share the responsibility of getting to work on time, that bills were paid, food was in the house and gas in the car.

And here's a greater defining moment - when those newly minted adults become parents. Perhaps that's one of the most significant moments in achieving adulthood. Suddenly, regardless of how well they were prepared, they are responsible for another living, breathing, hungry human being. My, doesn't that just change one's perspective!

So is that the final answer? Still not convinced, I knew exactly where to go when there is no answer; after all I'm an adult and I know stuff. I turned to the expert who knows everything: "Siri, when does a child become an adult?" Response: "Sorry, I can't find the answer to the question you asked!"

*Tecla*



Are you suffering from technology fatigue syndrome?

If so, and you're not alone by any stretch, you might have forgotten the importance of doing nothing and just being with yourself.

Why? Because it restores balance to your body, mind and soul.

Technology is literally driving us to distraction, a mild word to describe its impact. Second, most of us are sick and tired of having to cram more into our already busy lives. And third, there's all the other stresses that surround us every day, notwithstanding the stuff we inflict on ourselves.

Perhaps its time to take a break, get off the treadmill and lighten your load. You can drop the guilt; nothing on your to-do list is that important. Forget about an agenda or goal; doing nothing doesn't require one. And, let go of the notion that it is a waste of time because, even for an interval, it comes with juicy benefits such as connecting to something other than a keypad.

If the thought of this feels strange, start by doing little nothings, even if it's for five minutes. You want to experience the benefits so that it will begin to pull you back for more "beingness."

## THE LOST *Art* OF DOING NOTHING

*By Kater Leatherman*

Just relax in the present, without distractions. You can even allow your mind the freedom to wander as long as it doesn't cause you stress.

While this sounds simple in theory, the reality is much harder. We're so accustomed to multitasking that doing nothing can make us feel sad, unproductive, guilty or bored. So be patient. At the very least, doing nothing will give you a sense of having more time.

Here are six ways to help you reclaim and enjoy the (almost) lost art of doing nothing:

1. Doing nothing means "no things," so avoid using a screen, i.e., computer, television or iPhone.
2. Sit quietly in nature. Just appreciate its majesty while you breathe and listen to the sounds.
3. Practice doing nothing while you are waiting in line, at the doctor's office, on a bus or waiting for a plane. Just observe what you see. Feel your place in the world.
4. Get a massage, which allows you the gift to receive. Avoid talking to the masseuse or masseur, which defeats the purpose of doing nothing. Talking requires effort and can be draining.
5. Napping is very nurturing to the body, mind and soul.
6. Practice spending time in silence.

*Kater is a yoga teacher and is a professional organizer and home stager whose motto is live simply ... be free. Visit her website at [www.katerleatherman.com](http://www.katerleatherman.com) or email [katerleatherman@gmail.com](mailto:katerleatherman@gmail.com)*

**chesapeake**  
palliative medicine

**hospice**  
of the chesapeake

*Caring for Life*  
throughout the journey  
with illness and loss is  
our mission.

We understand that  
making hospice decisions  
can be overwhelming and  
confusing to patients  
and their families.

Our care team is here  
to help.

[www.hospicechesapeake.org](http://www.hospicechesapeake.org)  
410.987.2003

**Specialized care, compassion and  
encouragement for wherever you are on your  
journey with complex advanced illness.**

**Call 877.920.5472 or visit [cpmedicine.org](http://cpmedicine.org).**

# DOWNSIZING UPSIZING

By Dr. Jim David

Aren't our minds amazing? It's so interesting that our minds are able to stay relatively young and open to life as we age, while our bodies seem to deteriorate at a faster rate. Of course, we each age mentally and physically at our varying unique rates.

Home downsizing is a relatively new phenomenon. In the past, people generally stayed in their homes until death or moved in with family. Nowadays, with some of us relatively more affluent, we relocate to 55-and-above communities and eventually to continuing care retirement communities (CCRCs). On the other hand, we frequently hear stories of individuals and couples who have overstayed in their homes and are sadly unable to keep up with the demands of independent living.

With the wide range of resources now available to us as we or our loved ones age, we can thoroughly enjoy life regardless of our age. The pivotal dimension, as always, is upsizing our mental outlook as we downsize our living arrangements.

Research has revealed our preeminent American value as individualism. We may not be consciously aware of subscribing to "rugged individualism," but it is manifested in our rampant social isolation. The 2000 best-seller, *Bowling Alone: The Collapse and Revival of American Community* by Robert D. Putnam, describes this reality. The greater sense of community present in active adult communities and CCRCs offers a pleasant counterbalance to our isolationist tendencies. These communities enable balancing individualism with connecting with others. This reminds me of the Latin saying, "Virtus stat in medio," virtue stands in the middle way.

Retirement communities excel in offering opportunities for intellectual stimulation, social engagement, exercise classes and equipment, emotional support and spiritual pursuits. Sounds like a resort spa! Live in perfect harmony!

In attune with 10,000 "baby boomers" retiring daily, resources are proliferating. If you wish to remain in your home, join the Village Movement where you will be a part of a caring community of neighbors helping neighbors. Call 410.235.3171 or visit [www.vtrnetwork.org](http://www.vtrnetwork.org) to learn about the National Village to Village Network.

Also, if you decide to age in place, take advantage of Universal Design, which creates templates for spaces suitable for older people and people with disabilities. Remodel your stairways, bathrooms and kitchens to achieve convenience, safety and economy. Also investigate home health care services and adult day centers. Visit [www.retirementlivingsourcebook.com](http://www.retirementlivingsourcebook.com)

Whether you decide to age in place or move to a retirement community, you may be wise to enlist the services of an aging life care professional. This specialist can evaluate your situation, provide resource information and guide you on your journey. Visit [www.aginglifecare.org](http://www.aginglifecare.org)

Choosing the right place to live involves a myriad of considerations. A prime factor will be your medical status. If you are wealthy and healthy, an active adult community fits. A less affluent but healthy person may choose an independent living community, which usually consists of rental apartments. Assisted living communities are appropriate for those needing some level of assistance to accomplish daily living activities. Whatever your choice, obtaining legal advice from an elder law attorney is prudent.

Choosing a CCRC is particularly wise for those of us who are anticipating gradual medical impairment. (I guess that is all of us!) It is a challenging, complex process, as so many variables must be addressed, including location, cost, proximity to family, friends, current health care providers and place of worship, environmental quality, institutional financial stability and values, number of residents, programs offered and parking.

Because women live an average of eight years longer than men, approximately two-thirds of CCRC residents are single women. Two-thirds of residents never go on to assisted living or nursing home levels of care due to the growing availability and sophistication of home health care services. Most CCRCs are fee for service so having long-term care insurance works well. There is no need for long-term care insurance in a lifetime care CCRC.


Even though most information we seek is readily available online, some of us find it pleasant to have a hard copy in our hands. I recommend the commercially produced *Guide to Retirement Living Sourcebook*, which has mid-Atlantic regional editions for Maryland, Delaware Valley and Metro Washington, D.C. Visit [www.retirementlivingsourcebook.com](http://www.retirementlivingsourcebook.com) or call 1.800.394.9990.

Whether we age in place or downsize, upsizing our minds is a critical necessity. Upsizing is simple to understand but sometimes difficult to do. It requires deep levels of self-awareness, self-reflection, positivity, openness, courage, determination, strength, commitment, self-caring and love of all types.

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

Abundance is meant to be shared.



A man wearing a white long-sleeved shirt, a white bucket hat, and a backpack is standing in a dense forest. He is looking towards the camera with a slight smile. The background is filled with green trees and foliage.

# UNDERWAY ON PADDLE POWER

By Phil Ferrara

Every day vast continental air masses sweep eastward across the United States. As their moisture and temperature conditions change, cold and warm fronts bring us our weather, sometimes sunny, a few days stormy. Here in the Chesapeake Bay region we are blessed by temperate weather, plentiful sunshine and ample rain.

Just to our west lie the gently sloped Appalachian Mountains. They moderate our weather, accumulate the snow and rain, and allow water to flow gradually east through a myriad of rivers, ponds and tidal estuaries.

These conditions permit us to enjoy the adventures and exercise opportunities of kayaking and canoeing throughout the Chesapeake Bay watershed. The National Park Service lists 98 launch sites in its brochure, *Chesapeake Bay Gateway and Water Trails Network*, found at [www.baygateways.net](http://www.baygateways.net). However, this is just the tip of the iceberg. Each Maryland and Virginia county lists numerous other sites in their recreation and parks departments where boaters may launch their kayaks and canoes at public landings or car-top launching sites. For example, in Anne Arundel, there are 20 car-top launching locations [www.aacounty.org/departments/recreation-parks/parks/water-accessibility](http://www.aacounty.org/departments/recreation-parks/parks/water-accessibility). Similar opportunities exist everywhere. Many books provide recommended kayak and canoe trails and are readily available in local libraries and bookstores. A favorite of mine is *Sea Kayaking Maryland's Chesapeake Bay* by M. Savario and A. Nolan.

There are many convenient ways to own or rent a kayak or canoe. Major Chesapeake Bay retailers, including REI, LL Bean and Bass Pro Shops Outdoor World, offer a wide range of sizes and types of small boats. Custom retailers such as Annapolis Canoe and Kayak at 311 Third St. in Annapolis rent or sell boats. They will provide you with thorough advice on the type and size of kayak or canoe to match your skill level and boating intentions.

An effective plan for first-time kayak and canoe users is to rent a boat for an hour or two to validate your interest. Such services are provided at numerous parks and lakes throughout the region. Just a few examples include Lake Needwood Park, Quiet Waters Park, Jonas Green Park and Breezy Point Beach & Campground.

An important aspect of all boating sports is safety awareness and training. Review the requirements of the U.S. Coast Guard

for safe boating with kayaks and canoes. At a minimum, all daytime kayakers must wear a properly fitted personal floatation device, and it is always wise to have a whistle with you for emergency signaling. If you intend to canoe or kayak extensively or take long water trips, consider a training course offered by the USCG

or recommended by retailers.

Proper clothing is another essential consideration. When you kayak or canoe in water at or below 60 degrees, be sure to wear a wet or dry suit for protection against hypothermia. Always wear a hat or skullcap to keep warm or to prevent overheating from sun exposure. In warmer weather, dress in layers with polyesters. Carry dry clothing for emergencies and stored in a sealed bag.

A primary preparation is to know the weather forecast before boating. Radio, TV and online NOAA broadcasts will provide the latest weather information. Go out in small boats only if the forecast indicates fair weather. If you do encounter unexpected foul weather, paddle your kayak or canoe immediately to the nearest safe harbor or shoreline. Know the indicators of sudden, approaching bad weather. They include sudden wind-shifts and drops in temperature, dark clouds appearing on the western horizon or a rapid increase and lowering of the cloud layer.

For more information, review the "Paddler's Safety Checklist" at [www.americancanoe.org](http://www.americancanoe.org). This will acquaint you with a wide range of safety considerations and enhance your boating experience.

One final note: We've had many memorable kayak and canoe experiences, but a particular location remains a spirited memory. Good friend Dave and I explored the upstream portion of Tuckahoe Creek in the Tuckahoe State Park. We parked in the west side lot of Tuckahoe Lake, paddled a third of a mile across the small lake, and then three miles up the narrow Tuckahoe Creek. Thick and overhanging vegetation and myriad wildlife surrounded us. It was serene, darkly shrouded and eerily quiet. A surreal feeling gripped us that we were with Joseph Conrad venturing into *the heart of darkness*.

When you are fully ready to get underway, take in your bowline and shove off from the shore. Paddle away to a new adventure!

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

# Bay Trekking

Are you an estate sale junkie? Have you ever wondered what happens to the detritus of household items after friends and relatives have picked over what we have left behind?

Could be our treasures end up on Maryland's Eastern Shore in the land of Crumpton, once a roaring '20s town on the Chester River, in Queen Anne's County?

For over 50 years, the Dixon family has been selling the valuables of our lives in the largest weekly auction in the world. On Wednesdays, before the day is done, auctioneers will have sold off 6,000 items in consignment lots at a fast-paced 200 lots an hour. On 15 acres of what was once prime peach orchard land, before the blight wiped out the peach industry, household items are laid out like rows of corn across the site.

Happy wanderers roam the field, select a prized possession and wait for the auctioneer in a motorized cart to arrive and begin the count. Bidding starts at \$10 to \$20 and is finished in the snap of your fingers. A brand new bicycle with all the bells and whistles ... "\$40, sold!" An oyster rake, lamp shades, tables and chairs ... "Sold!" What a buyer doesn't want in a lot is left for scavenger picking -- for free. There are no holdovers. I once salvaged a set of 100-year-old books in excellent condition.

More rare antiques are inside the Dixon Auction Barn. The parking lot is filled with trucks of antique dealers who come every week from many states across the nation. I talked with a dealer who comes from New York regularly to buy, and then resells in his Friday night auction. So our special mementos may travel the nation when sold at the Crumpton estate sale.

In rapid succession I saw a 1983 portrait of President Ronald Reagan and Nancy in the oval office sell for \$100, an elk head \$200, a butcher block \$300, a 12-foot antique breakfront \$150.

I bought a 1913 oil painting of a woman for \$50 that I later discovered was painted by American

artist Lilla Cabot Perry entitled "The Green Hat." It couldn't be an original or could it? Finding rare things of value is not unheard of at Crumpton. Antique dealers are not the only buyers. Ordinary people, deal seekers and just gawkers are here too.

The auction is great theater. It's easy to get hooked. Rock Toews, who owns the bookshop on Annapolis' Main Street, is a regular. A local couple I met comes every Wednesday to watch and have lunch at the Amish Market and Restaurant in the Dixon barn. A native of the area whom I spoke with remembered the stories of peaches being shipped up the Chester River to Baltimore and the cannery in Millington. She mentioned that Round Top Farm in Queen Anne's once had 1,100 acres of spectacular blooming peach trees.

Crumpton, the sleepy ghost town on the Chester River, was founded in the 1840s as a ferry spot. It was once a "scandalous town" in the 1920s. It was at the end of the ferry excursion

where illegal brew flowed easily from its three stills. Today, just a mile away at the corner of Route 290 and Dudley Corner Road, that raucous area has been replaced with the land of the lost and found, the world's largest flea market and antique auction.

If you are looking for a new adventure and a walk down memory lane, then reserve Wednesday for a time at Crumpton between 8 a.m. and 6:30 p.m. Head across the Bay Bridge, east on 301 and exit on Route 290 North. Find a treasure. The price is right.

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

## ESTATE SALE JUNKIES, WELCOME TO *Crumpton* *By Ellen Moyer*

**OutLook**  
for the Bay Boomer and beyond... *by the Bay*

**Don't Miss A Single Issue!**  
**Subscribe Now!**

Send To: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Email: \_\_\_\_\_

☐ 1 year (6 issues \$24.95)

☐ 2 years (12 issues \$38.95)

☐ 3 years (18 issues \$52.95)

Please enclose your check made out to:

OutLook by the Bay LLC, 210 Legion Ave #6805, Annapolis, MD 21401



# Help Preserve Lighthouses Of the Chesapeake Bay

By Leah Lancione

For more than 200 years, lighthouses have assisted people in navigating the waters of the Chesapeake Bay. "Since the first lighthouse was placed at Cape Henry in 1792, 74 lighthouses have dotted the shores of the watershed. Today, more than 30 still stand and 23 still aid navigation," according to the Chesapeake Bay Foundation.

For many, visiting and exploring lighthouses is a passion. Not only do these sites serve as historic landmarks, they are focal points for stunning scenic photography. Did you know there is actually a National Lighthouse Day? Well, for those of you who didn't get the signal—it's Aug. 7. On that day in 1789 "Congress approved an act for the establishment and support of lighthouse, beacons, buoys and public piers. In 1989, Congress passed a resolution designating Aug. 7 as National Lighthouse Day.

Maryland's lighthouses within the Chesapeake Bay include:

Concord Point Light, Turkey Point Light, Baltimore Light, Severn Foot Knoll Light, Lightship Chesapeake, Sandy Point Shoal Light, Thomas Point Light, Hooper Strait Light, Cove Point Light, Drum Point Light, Point No Point Light, Piney Point Light, and Point Lookout Light. Virginia's Chesapeake Bay Lighthouses include: Wolf Trap Light, New Point Comfort Light, Old Point Comfort Light, Newport News Middle Ground Light, Lightship Portsmouth, Old and New Cape Henry Lights and Cape Charles Light.

Here are some interesting lighthouse facts from the book *Mid-Atlantic Lighthouses: Hudson River to Chesapeake Bay* by Bruce Roberts and Ray Jones:

- The Turkey Point Light has marked the far northern end of the Chesapeake Bay since 1833.
- Completed in 1855, Seven Foot Knoll served mariners as an active light or day mark for more than 130 years. After being put out of service by the Coast Guard, it was then moved to Baltimore's Pier 5 in the Inner Harbor district where it serves as a museum.
- Cove Point Lighthouse beacon is so bright that it sometimes disturbs the sleep of nearby residents.
- Several U.S. presidents, including James Madison, used Piney Point, in Valley Lee, as a Summer retreat. Consequently, some refer to this old light station as the "lighthouse of the presidents."
- The Sandy Point Shoal Light, visible from the Bay Bridge and Sandy Point State Park, can only be reached by boat and is off-limits to the public.
- Deactivated in 1954, the Hooper Strait Light was acquired by the Chesapeake Bay Maritime Museum in Saint Michaels. In order to move the 44-foot wide structure down the Chesapeake to Saint Michaels, it was cut in half, loaded onto a barge and then reassembled.
- The Old Cape Henry Lighthouse, built in 1789, still stands after more than two centuries. The second tower

was built and took over in 1881. Both are located at Fort Story. New Cape Henry Light is still active today.

- British troops used the Old Point Comfort Light at Fort Monroe as a watchtower during the War of 1812.

For some, their passion for lighthouses extends beyond just visiting or photographing them; they take part in their preservation as national treasures. If you are a lighthouse lover and want to get involved in their upkeep, the U.S. Lighthouse Society has a Chesapeake chapter that offers volunteer projects and group events. Such opportunities include the 11<sup>th</sup> annual

## Aug. 7 is National Lighthouse Day

Maryland Lighthouse Challenge route that will take place this September. Participants can visit nine lighthouses and one lightship and collect commemorative souvenirs from each fascinating lighthouse. Finishers who visit all lighthouses receive a "completion" souvenir

for their accomplishment and for fulfilling the motto "Making Maryland Memories—one lighthouse at a time."

After completing the online form at <http://cheslights.org/about-page/chapter-volunteer-form/>

new members can take part in an assortment of activities, projects and events. Examples include the monthly workdays on Thomas Point Light and other Chesapeake lighthouses, scheduled cruises, educational programs, publicity events and more.

The Chesapeake chapter also maintains an ongoing preservation program to help maintain local lighthouses and their artifacts. The Herb Entwistle Lighthouse Preservation (H.E.L.P) fund is named after its founding president.

For more information, visit <http://cheslights.org> For another useful online resource, if you want to tour any of the local Chesapeake Bay lighthouses that are open to the public, visit [www.visitmaryland.org/list/take-tour-marylands-lighthouses](http://www.visitmaryland.org/list/take-tour-marylands-lighthouses)



# Doing the Honorable Thing Again and Again

*By Elyzabeth Marcussen*

In 1999, Annapolis residents Bill and Rose Lovelace paid a visit to then Hospice of the Chesapeake CEO Erwin Abrams and said, "What can we do?"

Eighteen years later, the answer appears to be, "A whole lot!"

Mr. Rose was so grateful for the care his brother and parents received from hospice providers, he told Rose he wanted to do something for a hospice organization. Now there is a sanctuary, a learning laboratory, a scholarship fund and more that bear the Lovelace family name, all gifts to honor the memory of his brother and parents.

Lovelace's generous gifts are matched only by his enormous gifts of time, including service on the Foundation Board for Hospice of the Chesapeake. That is where he learned about the nascent We Honor Veterans initiative and what would become the signature element of the program – the honor salute. During this brief ceremony held at the home or bedside of veteran patients, military personnel or Naval Academy midshipmen salute the patients, pin them with an American flag and then present them with a certificate of appreciation and a patriotic quilt handmade by community sewing groups. He got involved shortly after the honor salute program began in 2010 and has since facilitated 59 salutes.

The former Army military policeman has an obvious love for the military and can be seen sporting Navy jackets and polos in support of his work with the Navy League. "I love doing it. Some of the experiences I have had are incredible and so rewarding to me to be able to honor these guys and ladies at the end of their lives," Lovelace said.

Lovelace has organized salutes in some pretty interesting places. Perhaps the most unusual was for a 69-year-old veteran's birthday party celebration. This man just loved Fuddruckers. So that's where the party and salute took place. They found a little corner in the very noisy restaurant to honor the man with arcade games blinking and dingding as a backdrop to the ceremony.

One particular salute he will always stay with him was for a 99-year-old veteran who had served in the Navy in World War II and was a professor at the Naval Academy for 50 years. Joined by a contingency of midshipmen, Lovelace asked one of them to find "Anchors Aweigh" on his smartphone.

The man was completely unresponsive and stayed that way throughout ceremony. After the mids had completed the formal salute, Lovelace asked the mid who had found the Navy theme on his phone to play it. From the very first note, the honoree heard

the music and started to lip-sync to the music, singing to it from beginning to end without missing a beat.

"By this time, I think everybody in the room was in tears," Lovelace said. "The significant thing about this is -- that man died that night." It was the last form of communication he would share with his family.

Anybody who shares his affinity for people could volunteer to serve at honor salutes, Lovelace said. It requires a minimal amount of training and time, with most salutes requiring about an hour, though sometimes families turn it into a great gathering with food and storytelling of their loved one's life.

"Bill is an amazing volunteer. Words cannot express how grateful we are to have him be a part of our veterans' initiatives," Veterans Volunteer Services Coordinator Nicole Malatesta said. "He adds the dimension of being a veteran-to-veteran volunteer, which is greatly appreciated by honorees and their families."

Perhaps his service in the Army is what fuels his understanding of how a uniform affects veteran patients.

"The important thing in this program is not me," Lovelace said. "The important thing is the military personnel who are with me. The veteran recognizes and associates with the uniform. And oftentimes we find that he or she will talk to the uniform about their experiences that they haven't shared with their own family."

Malatesta confirmed Lovelace's commitment to finding a way for veterans to tell their stories. "He cherishes the stories of every veteran that he has had the privilege of doing an honor salute," she said.

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



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



# TRAVELING WITH YOUR PET

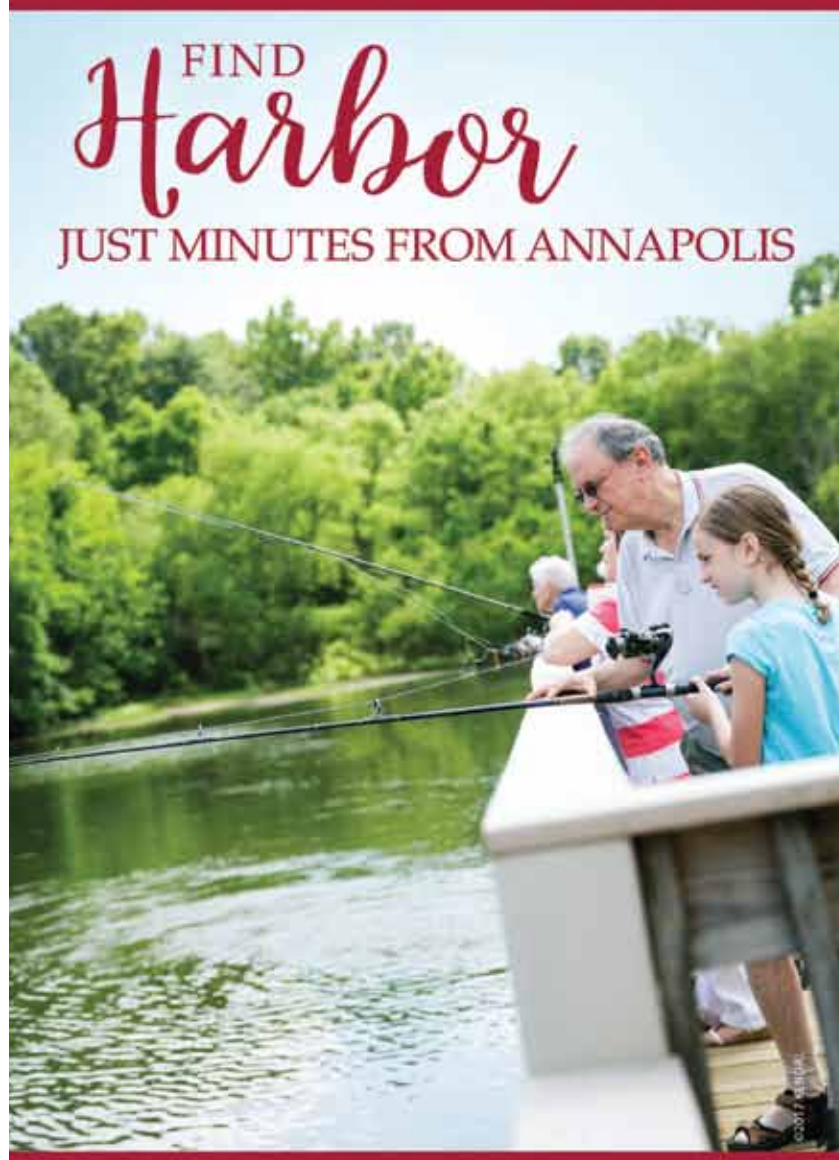
By Penelope Folsom

Many of us wouldn't dream of leaving home without our favorite companion, the family pet. And many of us have run into unforeseen and preventable problems when we bring that pet along. Here are a few suggestions to sidestep possible pet pitfalls:

- Be sure the pet's collar is secure and has all contact information attached. And if you haven't done it already, you may want to investigate the chip, which is often the first thing looked for when a stray pet is found. To bring your pet up to date, log onto [www.humanesociety.org/animals/resources/tips/microchips.html](http://www.humanesociety.org/animals/resources/tips/microchips.html)
- Pack the essentials, including required meds and favorite food. Also, don't forget a small water dish, a gallon of water and the leash. Remember the waste bags and know that biodegradable ones are available.
- Your pet's veterinary record with a list of shots should be included.
- Check to be sure that your destination allows pets. Log onto [www.petswelcome.com](http://www.petswelcome.com) for not only locations that allow pets, but for lots of good information such as local veterinarians and availability of pet day care.
- If you're traveling by car, a pet crate is easiest. And he'll be lots happier and lots less trouble if you line the crate with his familiar blanket. Bring a favorite toy.
- En route, don't forget the all-important exercise. If he's accustomed to being walked during the day or playing fetch, he'll be a lot less trouble if you keep up with his routine.
- Always be sure before entering a park, garden or beach area that pets are welcomed.
- And lastly, as we all should know so well, never leave your pet in a locked and unventilated car.

These few simple things should create a stress-free and enjoyable Summer adventure with your favorite traveling companion.

Summer 2017



FIND  
*Harbor*  
JUST MINUTES FROM ANNAPOLIS

Situated on 125 scenic acres with two miles of wooded and lakeside paths, Collington is a relaxing haven. You'll enjoy retirement here, close to Washington, D.C., Historic Annapolis and National Harbor, with some of the area's finest shopping, dining and entertainment venues—it's where natural beauty meets cosmopolitan culture. And with the security of lifecare, you'll have peace of mind.

***Why Waste a Moment?  
Live Collington!***

**Collington.Kendal.org | 301.893.7049**

*Collington*

**KENDAL**  
AFFILIATE *Together, transforming  
the experience of aging.®*

10450 Lottsford Road, Mitchellville, MD  
A Not-for-Profit Life Plan Community





# "RETIREMENT IS Great ...NOW WHAT?"

By Kathryn Marchi

In retirement, "every day is Friday" as the saying goes. Everyone looks forward to this time of life and many couples plan to accomplish this at the same time. They plan to travel, take long walks together, write their memoirs, visit their children and grandchildren and generally enjoy a life of relative ease without the deadlines and pressures of their careers.

This change of pace is a welcome relief and couples can finally enjoy each other in this new retirement environment. The novelty of sleeping in and doing whatever one wants, whenever one wants, is a new and refreshing phenomenon.

All of the above probably sounds familiar to many of you who are already retired and beckons pleasantly to those who are planning on it. Indeed, retirement can be a wonderful time of renewal. Activities, for example, can now be done tomorrow or a week from now. But how will you manage this new way of life?

At first blush, couples usually set about learning how to live together all over again. It is very different when neither one of you leaves for work as usual. Both parties are at home and there is a lot of "togetherness," as well as in the car and shopping or going to appointments.

The above routines are novel at first, but after a while, relationships can become quite insular and nerves can get frazzled. What is the answer? I decided to query some of my friends in retirement to see how they coped with some of these issues.

Here are some suggestions to keep retirement fresh and enjoyable:

- If you hadn't been doing it already, divide household chores so that one person is not carrying all of the load. It is perfectly all right for a man to help with cooking, laundry or cleaning. And a woman can certainly put gas in the car or mow the lawn. One husband even chose to do the grocery shopping. This sharing leaves additional time to get out and about to do more enjoyable things together such as eating out, attending a lecture or visiting friends.
- As mentioned above, a lot of "togetherness" happens

in retirement. If you begin to feel you're spending too much time together, find an outside activity such as card games, golf, bowling or club memberships that can be done separately. One couple planned these activities at different times during the day or week. That way, one partner remained at home and enjoyed that time to accomplish personal tasks without interruption. And for heavens sakes, don't feel guilty about leaving a spouse at home; everyone needs some time alone.

- If possible, drive yourself to activities. Depending upon your partner to do all of the driving tends to challenge one's self-confidence for that task. Going with a friend also ensures confidence in exploring new places. Many couples find that only one enjoys a certain type of travel, so it's OK to find a friend to travel with. One spouse I spoke with went on a sailing trip with friends and lo and behold, the other spouse got along fine at home alone. They both had their own stories to share at the dinner table upon return.

If there is a theme here, it would be that it benefits retired couples to find activities that are separate from one another rather than spend all of their waking hours together. Just as it was when one or both were working at a career, these separate activities can provide interesting conversations to share at the end of the day. This keeps relationships fresh and stimulated.

Of course, this does not mean that couples give up activities that they enjoy together. There should be a healthy balance so that they are growing together as a couple, yet nurturing their own individuality and maintaining independence.

Retirement need not be the end, but rather the beginning of a different phase of life with new challenges, personal growth and strengthened relationships.

*Both Kathryn and her husband are retired and nurturing their individuality while enjoying quality time together. She can be reached at [johnmarchi1@gmail.com](mailto:johnmarchi1@gmail.com)*

Give up the guilt. Do you think hanging onto it will provide a cure?



# CHART YOUR COURSE: A LEGAL NAVIGATION GUIDE

## PROTECT YOUR ESTATE PLAN FROM DISPUTES

*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 Joshua Winger

Have you made an estate plan (or maybe just thought about it), but are concerned about whether your loved ones will fight regardless of what you decide? For example, maybe you want to provide in different proportions for different people or remove all people or leave everything to a pet or charity, but you are concerned that those who would receive less, or nothing at all, will prevent your estate plan from succeeding.

While no one can completely stop someone from disputing your estate plan in court, there is much you can do to help ensure the court ultimately will uphold your estate plan.

First, remember that there are two overall ways your assets could transfer at your death: Everything you owned at death is either a probate asset or a nonprobate asset. Probate assets pass via a last will and testament; nonprobate assets generally pass by some other way. Essentially, probate assets are anything that the deceased owned that was not designated directly to a beneficiary. Designated assets include things like life insurance and retirement accounts, which in legalese are called “POD/TOD.”

A common complaint from a loved one who might want to challenge your estate plan is to claim you were not competent when you made your estate plan or that someone forced you to make your estate plan. While it is probably not best to provide every detail, a brief written explanation of why you made your estate plan might be good, such as: (1) if there is someone who you want to leave out entirely and who might claim you forgot about her or him, then specifically name that person in your trust or will (and if you have a trust, you also *should* have a will, but that is another topic) and state at least that you have decided not to leave anything for that person; (2) if you do have both probate and nonprobate assets, acknowledge that fact in your will and confirm in your will that you have both probate and nonprobate instructions to be followed. If you want to provide for charities instead of family, a brief description in your trust or will of how you came to your decision can help your family understand your thought process.

It is also good for your physician to determine in writing whether you are competent when you are

making your estate plan. Then, keep your physician's written confirmation of competency among your estate planning documents, therefore keeping a historical record of your ability to make the estate plan that you made.

Perhaps you are married (or are thinking about getting married), but do not want to provide for your spouse in your estate plan, or at least not entirely. In Maryland, the default is that a surviving spouse has the right to a “statutory share” of one-third of your assets if you otherwise provide your surviving spouse less than one-third. Your surviving spouse has a limited window of time to exercise this right after your death. However, there are a number of factors that affect the statutory share, such as:

- Do you and your spouse already own everything jointly? (Legally, this is called “tenants by the entirety.”) If so, if you pass away while your spouse is living, then your spouse automatically is the sole owner of everything, regardless of your will or POD/TOD designations.
- Do you and your spouse have a prenuptial or postnuptial agreement? If so, depending on what it says, your spouse may have waived many, if not all, rights in your estate.
- Do you have any assets that automatically go to your spouse after your death unless your spouse specifically waives your spouse's right after your wedding? For example, a number of retirement accounts are subject to the federal ERISA law, which states that your spouse can only waive your spouse's right while married. Maybe you have an ERISA retirement account naming your children as the beneficiaries when you die, but you were married at the time of your death, so your spouse automatically gets that ERISA account if your spouse has not properly waived your spouse's right after getting married. For such accounts, a prenuptial agreement simply will not work.

Each situation is different and various professionals, such as attorneys, certified public accountants, certified financial planners and insurance brokers might each have a role in assisting you. Regardless, remember your estate plan belongs to you and deserves proper attention to see that what you actually want happens.

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

# Music Can Help Restore Memory

By Leah Lancione

Think back to your first date with your spouse, your wedding or fond childhood experiences, it's likely each of these memories, whether milestone events or not, are tied to a song. For example, have you ever been in a supermarket when a song from your past comes on the sound system, or it comes on the radio while you are driving, triggering a memory and a flood of emotions? Though you may have to rely on a list when grocery shopping or forget where your keys are from time to time, somehow when you hear particular songs you can recite every single lyric. Not to mention that the songs somehow make you remember very specific details of a certain time and place when or where you first heard it.

On a similar note, how many times growing up or when raising your own kids was music employed to help memorize important information? You don't have to think too hard, even our alphabet is recited and learned through an easy-to-remember melody. Educators often employ mnemonic devices to get youngsters to grasp essential concepts.

With that said, more and more doctors and scientists are looking into the role music can play in helping Alzheimer's patients tap into their stored memories or enhance emotional well-being. Not only are scientists and neurologists exploring how music can help people recall information, but also how it can be a powerful form of therapeutic treatment.

In 2006, Dan Cohen, the executive director of what is now Music and Memory, learned that 16,000 long-term care facilities in the U.S. did not use iPods in treating residents with special needs or dementia. So, he volunteered at a local nursing home to make personalized playlists for residents.

After witnessing the benefits of music with the elderly for years, Cohen's passion became

fully realized, as Music and Memory officially became a nonprofit organization in 2010. The nonprofit goes into nursing homes or elder care facilities and trains staff members and caregivers to use personalized playlists in caring for residents.

With more funding and support, including a 2012 documentary *Alive Inside: A Story of Music and Memory*, Music and Memory has implemented iPod playlist programs in hundreds of care organizations throughout the U.S. and Canada. In addition, many state health departments have adopted the Music and Memory initiative and now provide training to health care professionals.

Music and Memory invites people who want to support the cause, to either donate a lightly-used iPod Shuffle or to purchase a new one to donate. The iPods will go to a resident in a participating nursing home or care facility. To donate, visit <https://musicandmemory.org/donate-my-ipod/>

As scientists begin to publish more research on the positive effects of music on the brain, more long-term care facilities for the elderly may incorporate music therapy programs. Though music is not a cure for Alzheimer's and dementia, it's at least a step in the right direction to find new and better ways to assist people with the disease. The Alzheimer's Association declares "music provides a way to connect, even after verbal communication has become difficult." The association ([www.alz.org/care/alzheimers-dementia-music-art-therapy.asp](http://www.alz.org/care/alzheimers-dementia-music-art-therapy.asp)) provides tips for caregivers or family members to use when choosing music for a person with dementia.

## Bay Bytes

Are you looking for an interesting trail to hike this Summer? Log onto **Alltrails.com** and sign up. It's free and features trails all over the country with maps and detailed descriptions.

## Bay Bytes

If you've pulled off a tick and would like to have it analyzed as to whether or not it carries Lyme disease, log onto **BayAreaLyme.org** for the address of where to send it to have it tested. It's a free service. The site also has factual and up-to-date information on the disease.



# 10 Quick Tips for an Enjoyable Summertime Hike

By Penelope Folsom

It's hot, which is the perfect excuse to stay close to your air conditioner.

But, as we've been told repeatedly, we still need exercise. How 'bout a cool hike, maybe on the Kent Island Bike Trail, or at Calvert Cliffs down to the water, or even off the Skyline Drive. A trail that winds through a cool forest or along the water would be ideal at this time of year.

Mornings or late days are best to avoid the heat of the noonday sun and if you do head out for a hiking adventure, try these tips:

1. Hydrate, of course. But be sure to bring enough to last through the trek. Include lots of ice. Water is probably best, but unsweetened iced tea seems to work well, too.
2. Pack a map of the trail. Apps of the trail may also be available on your iPhone. A good source of maps can be found on [www.Trails.com](http://www.Trails.com)
3. And yes, it's not a bad thing to bring along your iPhone should the unexpected happen. Put it on vibrate or silent. Use it to snap a few pics, eliminating the need to pack a camera.
4. If you routinely wear sunscreen don't forget to use it. A good hat can go a long way to protect against the sun, too. Sunglasses are also worth packing.

5. Insects can be a problem, especially ticks. Use an insect repellent and check carefully at the end of the hike for any unwanted hitchhikers that have become attached.
6. It's always a good idea to have a minimal supply of first aid gear such as blister Band Aids and an antiseptic cream. You won't be sorry if the unexpected happens.
7. Snacks or lunch is always a good idea. It can include granola-type bars or PBJs. The guidelines are: small, lightweight and items that won't melt or spoil.
8. Tissues are handy should the need arise.
9. Try a neck cooler for the hottest of days. They don't work endlessly, but will give some relief. Log onto [www.dickssportinggoods.com](http://www.dickssportinggoods.com) for a description and to purchase.
10. A sturdy walking stick. These are invaluable on rocky terrain or if the ground is wet. An old ski pole, with the basket on the bottom removed, will do.

All these take-alongs require a small but sturdy fanny pack. Many come with one or two holders for your drink(s). They can be found at any camping supply store or go online at [www.rei.com](http://www.rei.com) Most importantly, invest in a good pair of walking shoes. You won't regret it.



**BYRD & BYRD** LLC  
ATTORNEYS AT LAW

**(301) 464-7448**

**[www.byrdandbyrd.com](http://www.byrdandbyrd.com)**



Elder Law  
Estate Planning  
Medicaid Planning  
Asset Protection  
Probate  
Family Law  
Personal Injury

**Not Just Good Lawyers... Good Counsel**

**14300 Gallant Fox Lane, Suite 120, Bowie, Maryland 20715**



# MAKING A LIST FOR THE Big Move

By Maureen Smith

Downsizing is on our mind these days. As much as we love our house, and collections and treasures from our friends, children, parents and grandparents, maybe a simpler lifestyle makes a lot of sense. Think no more house repair, yard work, even house cleaning and cooking.

Lately friends who have taken this big step have made me aware that this move should be undertaken with some sensitivity. A cousin of mine was on a cruise when her children organized the estate sale. While they argued about who would get the harvest table, beautiful leather albums full of family pictures that can never be replaced were sold.

Another friend recently had the same sort of thing occur. She didn't have time to process what was important to keep before the estate sale occurred. She is currently mourning the loss of lovely things she collected through the years, including baskets that she had made. It doesn't help when her husband and children pooh-pooh her feelings, saying "It's just stuff." It is true that we should not let ourselves become attached to things, but it is no less true that these things acquired through the years bring a great deal of comfort as well as memories. The woman of the house is often the one who has collected this "stuff" to make a loving home for her family. So I don't use the term "mourning" lightly.

Perhaps before even considering the downsizing decision, it would be smart

to make a list of things that are keepers. This can be whittled down when you make that final decision and realize what can be accommodated in your new space.

So many of our things have little monetary value, but are loaded with sentimental value. Like the petrified lemon that one of my mother-in-law's sisters was holding when she died at age 3. It has been kept all these years. How can we just toss it? Fortunately one of my granddaughters has said she will be the

"keeper of the lemon."

Recently a friend in Texas wrote that his granddaughter will be wearing his grandmother's high school graduation dress (more than 100 years old) to her high school graduation. If his deceased wife had not opted to keep this treasure, what a beautiful opportunity would have been missed, along with the joy it brought to the grandfather.

In the meantime, take pictures of your important possessions and write down their story. Maybe one item came from a great-grandmother while another was an amazing find at a garage sale. Maybe a quilt or painting you spent many hours bringing to life needs to be considered. The pictures you take will help to bring closure and the things you choose to keep will make your new place a home.

At a recent home sale, a beautiful book was on the dining table for visitors to peruse. It was self-published and full of the pictures of their family items and the stories that went with them. This family had gone one step further to preserve their treasured memories. Now that is a great idea! And then a note from a friend who recently moved: "After you've moved to the smaller place, you begin to realize that life is easier without so many things to take care of, and you tell yourself you did your best to find homes for your treasures - and life goes on."

## Bay Bytes

For free, online crossword puzzles that you might enjoy, log onto [Dictionary.com/fun/crossword](http://Dictionary.com/fun/crossword) It features two levels of skill: regular and expert.

Do you find any satisfaction by living in the past?



# A SUMMERTIME TREAT: LOWER-CALORIE ICE CREAM

By Penelope Folsom

Here's a recipe that your family might enjoy on one of our sweltering Summer days. It's quick, easy, versatile, delicious and you won't have consumed a day's worth of fat and calories in one sitting.

**3 1/2 cups whole milk**  
**2 eggs**

**1 scant cup (or less) of sugar**  
**1 Tbs. vanilla**

Whip eggs until thickened and lemon-colored. Add sugar and continue beating until well blended. Add milk and vanilla and blend. Pour into ice cream maker. As it blends, add any smooshed fruits -- as much as it will handle. When cycle completes, ice cream should be removed from canister and put in a container to store in freezer.

Possible fruits to add: peaches, strawberries, blackberries, raspberries, cherries, blueberries or nuts or any combination.

## FOR VARIETY, TRY ANY OF THE FOLLOWING:

**MINT CHOCOLATE CHUNK:** Add four tablespoons crème de menthe and crushed frozen Oreos at the end of the cycle. Churn just enough to blend.

**COFFEE:** Add three heaping tablespoons powdered instant coffee with the vanilla.

**CHOCOLATE CHIP:** Add one cup mini-chocolate chips toward the end of the cycle.

**MINT CHOCOLATE CHIP:**  
Add crushed-up dark chocolate bar and four tablespoons crème de menthe at the end of the cycle.

**FROZEN YOGURT:** Pour large container of yogurt into ice cream maker. If it's plain yogurt, add a bit of sugar and vanilla. If it's a flavored yogurt, such as vanilla or blueberry, it's usually OK as is, but the addition of the fruit makes for a tasty treat.

## Bay Bytes

For a list of Summertime outdoor concerts and other interesting events in the D.C. area, log on to <https://washington.org/visit-dc/100-free-things-to-do-outdoor-concerts>



# The “Virtual” Yacht Club

By Vern Penner

Powering up on Long Island Sound just after World War II when gas rationing was ending, I witnessed a major surge in recreational boating, both power and sail. Dominant players were the yacht clubs housed in magnificent edifices. I still recall visits to the Port Washington Yacht Club with its legendary Star class fleet of boats and the exclusive Larchmont Yacht Club where American sailing great Emil “Bus” Mosbacher often presided.

The visits left me feeling that there would be few greater rewards in my boating life than to be part of the membership of such prestigious institutions. The allure of the classic yacht club has never faded, but now in retirement I find myself totally satisfied with another type of yachting organization that has become increasingly popular: the virtual yacht club. And I enjoy virtual clubs so much I belong to two of them.

Pick up a copy of the monthly sailing journal *SpinSheet* ([www.SpinSheet.com](http://www.SpinSheet.com)) or *PropTalk* ([www.PropTalk.com](http://www.PropTalk.com)) for power boaters and you can find hundreds of listings of virtual clubs under either club directory or cruising club notes. Some of these are organized by type of boat or by manufacturer, others by location and several appeal to certain religious affiliations or societal groups like the aptly named Singles on Sailboats (SOS). Most have no clubhouse and are totally run by volunteers, elected or self-appointed. Members communicate by email with generally no fixed meeting site, hence the “virtual” designation.

The virtual yacht club offers a simple way to get out on the water at a minimal cost without any overhead. You participate (or not) in whatever activity fits your calendar, inclination or wallet when participatory costs are charged. My two clubs are the Chesapeake Bay Sabre Association (CBSA) and the Back Creek Yacht Club (BKYC). Both run attractive, up-to-date websites.

CBSA was founded in 1978 to serve those who own or formerly owned Sabre yachts, both sail and power. It offers the usual mix of benefits: weekend rendezvous in favorite anchorages, group purchases of clothing and equipment and reduced membership fees in Boat/US. CBSA has a snappy motto: “Life is too short to sail on an ugly boat.” Annual dues are minimal. The club is particularly useful to compare notes on the upkeep of my own Sabre sailboat with other CBSA members who invariably have similar issues. The Back Creek Yacht Club is a more recent arrival on the Annapolis area yachting scene.

BKYC was begun in 2002 with 44 members and a larger mix of powerboats with sailboats of any make.

Now triple in size, the club offers a more ambitious schedule of weekend and midweek events, plus a major cruise.

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

*Vern is a former US ambassador who retired to Annapolis along with his wife Dorothy. He can often be seen sailing the Bay in his sabre Graciella. He can be reached at [vernpenner@hotmail.com](mailto:vernpenner@hotmail.com)*

Life isn't always fair, but it beats the alternative.



# How to Pamper Your Pet During the Dog Days of Summer

By Barbara Aiken

Imagine Fido, fresh and clean after a warm bath, scented with jasmine, wearing a fluffy white robe, lounging on a French blue damask chaise while nibbling a homemade oatmeal treat held between paws that sport freshly clipped and filed nails. Now that's a pampered pooch. Why not pamper your best friend once in a while with a spa day? Your dog gives unconditional love and affection all year long and deserves to be pampered once in a while.

There are many ideas for a spa day for your dog. Of course, there's the grooming and warm bath routine which your dog may or may not relish. What about a massage? Follow that bath or outing to the park with a muscle soothing kneading. You know dogs love to be petted and stroked so it makes sense that many dogs adore the tactile sensation of a muscle-relaxing massage. So you know you're doing it right, and not pressing too hard or annoying your dog, take a class and learn the techniques of canine massage at Anne Arundel Community College. They have a PET 310 class you can look into ([www.aacc.edu/programs-and-courses/personal-enrichment/pet-ownership/](http://www.aacc.edu/programs-and-courses/personal-enrichment/pet-ownership/)).

Another way to pamper your dog is to make some homemade treats for him. There are lots of treats on the market. Some are nutritious and tasty and others are nothing more than fat pills. Some are definitely created with humans in mind. You've seen those highly decorated cookies in the posh pet boutiques. They look tempting enough to serve at a tea party. With minimal effort, you can bake some "good for him" treats at home. This is a bone recipe that I frequently use and I haven't met a dog yet who doesn't salivate over them.

## Bowser Bones

Yield: About 2 to 2-1/2 dozen.

1 cup regular oatmeal (not instant)  
1 egg  
1/3 cup vegetable oil  
2 Tbs. peanut butter  
2 tsp. wheat germ

1-1/2 cups hot water  
3/4 cup corn meal  
3 cups flour  
2 tsp. honey  
4 tsp. molasses

In a large bowl pour the hot water over the oatmeal and let stand 5 minutes. Add the remaining ingredients, except for the flour, and stir. Add the flour and mix to combine. Knead 3-4 minutes adding more flour if necessary to make a stiff dough. Roll out to 1/2" thickness and cut into shapes using a dog bone-shaped cookie cutter. Bake on greased or parchment-lined baking sheets at 375 degrees for 50-60 minutes or until brown. Bone appétit!

Bone-shaped cookie cutters for these treats can be found at a local pet shop or online. Or use cookie cutter shapes you have at hand or make simple circles with a drinking glass or tin can in the appropriate size for your dog. Your dog won't care what shape they are; he'll just be happy you made special goodies just for him.

A spa day for your dog may be a trip to the park or a day of water play at the lake, the river or in the backyard pool. Check around natural bodies of water for anything that could injure your friend such as sunning snakes, broken glass or other dangers. If you don't have access to a natural body of water or a swimming pool, consider purchasing a kiddie pool for your dog to play in. Another possibility is simply to let your dog run through the lawn sprinkler. You may want to join him. Don't forget sensitive skin out in the hot Summer sun. Dogs with thin hair, bald patches or light skin can burn quickly. Ask your veterinarian for the best product for your dog's sun protection.

Dogs give so much, so reward your friend with some special pampering throughout the year. You know what your dog loves most, so work those routines into your schedule. It's the least you can do in return for his companionship.

*Barbara has been around animals all her life, including horses, sheep, cattle, chickens, rabbits, dogs and cats. She can be reached at [barbara.s.aiken@gmail.com](mailto:barbara.s.aiken@gmail.com)*



# PLANT A SHADE GARDEN FOR *Serenity*

By Sue Coulson

At one time, I lived in a townhome. It was an end unit and had a fairly large backyard shaped like a fat “L” flipped over. There was a six-foot privacy fence around it. You walked out of the house onto a gray-slate patio and faced a mature crab apple tree.

When we moved into the house, we brought a Bloodgood Japanese maple with us from our old home. It went into the garden in the middle of the far fence where it was quite happy and grew to about 20 feet.

On one of our early Christmases, we bought a living pine tree (I no longer remember the species) and it was planted in the front corner of the yard. So, it wasn't long before we had a shady back yard. I had never gardened for shade before, so this yard was a challenge, one I came to love for its peaceful feel.

Typically, plants that prefer a shady or partially shady home are less flamboyant than those that prefer full sun. Their colors are softer. Their flowers are often more delicate. A shady or partially shady garden is one for relaxation and quiet, not boisterousness.

## TREES FOR SHADE

The trees that prefer shade are generally called understory trees. They grow beneath tall shade trees such as oaks and maples. Japanese maples (*Acer palmatum* or “Bloodgood”), dogwoods (*Cornus florida*) and redbuds (*Cercis canadensis*) are popular examples. While they can be grown in sun, they would prefer a shaded situation. A north-facing yard where they don't get full afternoon Summer sun is helpful if the tree is not growing under other trees. For sunnier spots where you want shade beneath, try a sourwood (*Oxydendron aboreum*). This lovely tree is native to North America and grows to about 25-30 feet.

## SHRUBS FOR THE SHADE GARDEN

There are wonderful shrubs to choose from for shade gardening as well. We all know the wonderful azaleas. These popular evergreen shrubs, members of the rhododendron family, prefer some shade. In full sun, they struggle and often attract white flies. Azaleas come in every shade imaginable from yellow to red to white and every shade in between.

Kalmia, the mountain laurel, is another lovely shrub that grows in shade. They are native to the eastern United States. Their pink or white flowers are often seen dotting the woods as you drive along the highway in Springtime.

Hydrangeas are a favorite. You can choose the mophead types (macrophylla) such as the popular blue Endless Summer (*H. macrophylla*). A lovely pink variety with sturdy stems is

Invincebelle Spirit II (*H. arborescens*). The ever-popular Annebelle (*H. arborescens*) with its huge white flowers is a showstopper.

Hydrangeas also come in other varieties. The lacecaps are more loose and graceful and fit nicely into a woodland setting. They also come in blue, white and pink.

The oakleaf hydrangea (*H. quercifolia*) has conical white flowers. Vanilla Strawberry (*H. paniculata*) is a yummy looking plant with pink and white blooms.

If you prefer solid green for your shade garden, you can't go wrong with Otto Leuken laurels. These easy-to-grow shrubs, can be sheared, but look better if pruned with hand-held clippers to maintain their natural look.

A less known shrub for shade is Leatherleaf Mahonia (*M. bealei*). Its leaves have sharp points similar to hollies. If planted as a hedge, they give security – no one would try to walk through them twice! In the Winter, they sprout yellow flowers, which evolve into blue berries that look like clusters of grapes.

## PERENNIAL FLOWERS FOR THE SHADE GARDEN

A neighbor had violets growing in her backyard and she shared some of them with me. They loved the shade and spread out under the Japanese maple, covering the ground with lovely green leaves and splashes of purple blooms here and there.

In the raised bed under the back window, I planted bleeding hearts, a perennial with lovely deep rose flowers with white tips. Other possibilities included dicentra, toad lily, heucheras (coral bells), foam flowers or barti primrose with its pretty lavender and white flowers.

There are a wealth of astilbes to choose from. These lovely plants with their spikes of flowers come in many shades of pink, from deep to light pink to white. As a border plant or a grouping, their lovely spikes come forth during the Summer when little else is blooming in the shade garden. Bergenia is another favorite with deep pink flowers that look somewhat like an azalea.

If deer aren't a problem where you live, hostas are a wonderful addition to the shade garden. They come in a myriad of colors from solid green, blue green and variegated green and white or



green and yellow. They flower on tall stems far above the leaves in shades of lavender and white. Hostas are hearty and easy to grow.

Lily of the valley is an ancient plant with fragrant white bell-shaped flowers ranged along the stems. They thrive in partial shade and a moist soil, although they can tolerate dry conditions as long as watering is frequent. Greene (*Convallaria myuscul*) is native to North America and makes a wonderful, naturalistic ground cover. Lily of the valley should be planted in the late Fall for Winter dormancy. They are, however, poisonous, so should be used with care around small children or pets.

Is there anything drearier on a cold, gray, late-Winter day than looking outside at the last of the slush? The trees are bleak and barren; the evergreen shrubs are trying to brighten the scene, but with little success. Then you see a spot of color along the border and realize it's your Hellebores bravely blooming and saying goodbye Winter, hello Spring! And you feel your spirits lift like the happy blooms of the Lenten Rose.

Hellebores are one of my favorites shade plants. Commonly called Lenten Rose, they come in many colors from white to black with pinks and reds in between. Once

established, they are a carefree plant, but they do not like to be transplanted, so treat them tenderly when first siting them in your garden.

## ANNUALS FOR THE SHADE GARDEN

While perennials are wonderful for their return each year, their downside is a short bloom period. That's why the Summer annuals are so popular. A number of them grow hardily in a shady situation. A very popular annual, impatiens, will add color all Summer long in the shade garden. They come in many colors from red to white and all the shades of pink in between. If you have an extra shady spot, white impatiens will brighten it up until the leaves drop in the Fall.

Alyssum is another white-blooming annual that can be grown in that shady spot, with or without the white impatiens. But for more color, you might want to try begonias. These are hardy plants with pink or white or red flowers and a variety of leaf colors. Others plants to try include fuchsias, wonderful in hanging baskets, lobelia for a touch of blue, snapdragons for a variety of colors or, in the Spring and Fall, pansies that come in every color of the rainbow. Pansies do not like hot muggy Summers, but will Winter over in many climates.

## ESTATE PLANNING AND ELDER LAW ATTORNEYS SINCLAIRPROSSER LAW, LLC

- ◆ Revocable Living Trusts
- ◆ Health Care Directives
- ◆ Medicaid Planning
- ◆ Power of Attorney
- ◆ Estate Administration
- ◆ Tax Planning
- ◆ Probate/Guardianship
- ◆ Special Needs Planning
- ◆ Elder Law
- ◆ Last Will and Testament



From left to right: Attorneys Nicole Livingston, Jon J. Gasior, Colleen Prosser, and Victor A. Lembo

*Sign up for our Free Estate Planning seminars at [www.sinclairprosserlaw.com](http://www.sinclairprosserlaw.com)*



Offices in Annapolis, Bowie, Millersville and Waldorf

Members of American Academy of Estate Planning Attorneys and National Academy of Elder Law Attorneys

(410) 573-4818 OR (301) 970-8080 · [WWW.SINCLAIRPROSSERLAW.COM](http://WWW.SINCLAIRPROSSERLAW.COM)

# CAPTAIN RACKCLIFFE: MERCHANT, PLANTER, LEGISLATOR

*By Ellen Moyer*

In 2004 it was described as vandalized, in shambles, overgrown and an abandoned derelict of a building. It hadn't always been that way.

Just 250 years ago it was the most impressive brick manor house along the Atlantic Coast. Situated on the highest ridge on the low-lying coast, the site afforded expansive views across Sinepauxent Bay to Assateague Island and the Atlantic Ocean.

Capt. Charles Rackcliffe, merchant, planter and Worcester County legislator, built this home in 1742 on land patented to his grandfather in 1689. The earliest Colonist in the lower Eastern Shore, Rackcliffe built it not only for his view but to be seen by other shipping merchants participating in the Atlantic trade. The captain's plantation prospered as merchants stopped at Rackcliffe (originally named Genesar) to purchase salt, shingles, tobacco and food. This in exchange for fine fabrics and furnishings for Charles' jewel of a home. For hundreds of years ships had plied the inland waterway of Sinepauxent Bay, which was sheltered from the rugged Atlantic Ocean. Rumor had it that Sir Francis Drake visited the area, but there was a documented stop by Giovanni da Verrazano in 1524. He described the area in a letter to the king of France. Others visiting Sinepauxent Bay were Spanish galleons, marauding pirate ships and English man-of-war ships.

Early into the 1800s Rackcliffe prospered through both the Revolutionary War and the War of 1812. Then in 1818, a hurricane devastated the area. It caused the silting in of Sinepauxent and closed it forever to deep draft ships and boats. Thus ended Rackcliffe's place in the Atlantic trade.

The Rackcliffes disappeared and the property changed hands many times through the 19th and 20th centuries. It was purchased by the Maryland Department of Natural Resources in 1996.

Tom Patton, a Berlin resident active in heritage and coastal waters preservation and a descendent of the Rackcliffes, saw the rare opportunity. The restored Rackcliffe could tell about early Colonial coastal living. He envisioned a place where children and adults could have fun in an educational adventure of yesteryear. In 2004, Patton formed the Rackcliffe House Trust and proceeded to raise a million dollars to restore the tumbled down, decrepit, once-magnificent manor house.

Three acres and a 50-year lease were secured from the State DNR. While it seemed impossible, in 2012 Rackcliffe House, restored to its original grandeur, opened to the public.

Rackcliffe is a house museum, the only one of its kind opened to the public on the mid-Atlantic Coast. Visitors can walk to it on a trail from the Assateague National Seashore Visitor Center or drive up the short Tom Patton Road. The grounds are open year-round to see the brick Flemish bond structures and the garden, which had provided food and herbs for medicinal use.

Tours inside the mansion of the spacious rooms and many fireplaces are available from May to October. And of interest is the ongoing archeology study.

Tom Patton's vision, passion and commitment to offer a memorable educational and fun experience through the stories that a restored Rackcliffe Manor could tell has been accomplished. The house is a hop and a skip from Ocean City.

On your annual trek to Maryland's coastal resorts or Assateague Island National or State Park stop by this unique place and participate in coastal life as enjoyed by the first Colonial settlers.

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

## Bay Bytes

For senior discounts, check out **RetiredBrains.com** and click on discounts or go to your iPhone app and type in "Senior Discounts" and pick whichever app fits your style. Some are free, others have a small charge.

## Bay Bytes

If you're looking for a dog sitter or house sitter, or are interested in becoming one, log on to **TrustedHouseSitter.com**. It features locations all over the world.



Summer pests are inevitable, but ridding yourself of them with toxic chemicals is not. Here are some tried-and-true tips and tricks for holding the critters at bay without damaging your health or the environment:

## MOSQUITOES

If you have a pool, birdbath, pond or any form of standing water in your backyard, mosquitoes will find it. These bloodsuckers are a nuisance that can make you itch furiously from just one bite. More importantly, these insects carry West Nile virus, dengue fever and other diseases. For more on that, go to WebMD's "Bad Bugs: Identifying Bugs and Their Bites" slideshow. Not to mention, itching the bites on your skin can set off a skin infection. Thankfully, Terminix, the well-known pest control company, has manufactured a nontoxic method for eradicating and preventing mosquitoes in your backyard. According to a *Bloomberg Businessweek* article, the "Targeted Sugar Bait" doesn't contain any dangerous pesticides since the active ingredient is garlic oil along with sugar from date juice, orange juice and other sources. The company will apply the bait to your property on a monthly basis.

## TICKS

Ticks are dangerous insects that can carry diseases, particularly Lyme disease and Rocky Mountain spotted fever. Though it's always smart to keep your body as covered as possible when you're in deeply wooded or grassy areas, there are other precautions you can take as well. Many experts recommend applying a tick repellent with DEET (N,N-Diethyl-metatoluamide) to your skin and clothing, but if you want a natural method without the potential side effects, consider applying a permethrin product to your clothes. The Centers for Disease Control's Agency for Toxic Substances & Disease Registry reports that DEET has been found to be slightly toxic to birds, fish and aquatic invertebrates, but has very low toxicity potential in mammals." If that statement leaves you a little uneasy, use the permethrin method instead.

According to tick experts, "permethrin is virtually nontoxic to humans and no systemic effects have been reported. In Environmental Protection Agency and Food and Drug Administration tests, it was uncommon to have any skin reddening, rash or other irritation" after using permethrin. Used as a repellent or applied to clothes, it will typically last two to six weeks. Check it out at [www.tickinfo.com/permethrin.htm](http://www.tickinfo.com/permethrin.htm)

## HOUSEFLIES

To call house flies a nuisance is an understatement. Just leave your door open for a minute or two and these dirty bacteria-carrying insects are trapped indoors buzzing around forever. Most of the approaches to getting rid of flies don't involve harsh

chemicals, however, and the following techniques don't require a fly swatter either.

**Maids.com** reports that by simply putting out a plate with a ripe apple or citrus fruit with 20 or more whole cloves plugged into it, your fly situation will be kaput in a short time. These "fragrant pomanders" can do the job for weeks. In addition to the fragrant pomander, having lavender outside as well as in your home can deter flies. Also beneficial is burning lavender oil or using lavender plug-ins or candles since flies detest the smell.

## ANTS

According to the Orkin Man (the pest company's mascot), ants can enter your home through the tiniest crack and leave an invisible chemical trail of pheromones so their buddies can follow them into the kitchen or anywhere else food or water may be present. If you don't want to use one of the foul-smelling ant killers laden with harsh chemicals, try using a 50-50 solution of

white vinegar and water in a spray bottle to wipe out ants and their tracks. Also use this solution to wipe down your pantry, cabinets and counters or anywhere that food crumbs may gather.

At **greenecoservices.com** it explains that spraying with soapy water or liquid peppermint soap will dispose of ants and keep them from coming back. The website also lists 20 more ways to get rid of ants naturally.

## SPIDERS

OK, so bugs can be an annoyance, but spiders, on the other hand, can be downright dangerous. You can find a natural room spray formula at **greenecoservices.com** for deterring spiders. Mix a couple of drops of Seventh Generation dishwashing liquid with five to 15 drops of lemon oil (lavender oil and other essential oils can be mixed in as well) and spray in corners and dodgy areas where you may have seen spiders or where they may visit. Pest control experts claim spiders don't like the smell of certain oils, specifically including lavender, peppermint, rose, citrus, cinnamon, tea tree, citronella and eucalyptus. Here are two recipes:

### RECIPE 1

- 10-24 drops essential oil—lavender, rose geranium (particularly for ticks), coriander seeds, peppermint and/or citronella.
- 2 Tbs. vegetable oil
- 1 Tbs. aloe vera gel (optional)

### RECIPE 2

- 25 drops essential oil (from the list above)
- 1/4 cup water or organic apple cider vinegar

There are also online retailers such as **Eartheasy.com** and **NaturalhealthyConcepts.com** that sell nontoxic and organic pesticides and repellents so you don't have to make them yourself. Not to mention, well-known superstores like Home Depot also offer organic home pest control options.

# RID YOUR HOME OF PESTS NATURALLY

By Leah Lancione

# FLAT-WATER CANOEING ON THE POTOMAC RIVER, An American Legend

By Ellen Moyer

It seemed it had been forever that I had wanted to canoe America's rivers, especially the ones steeped in our nation's history. As a novice canoer, I also wanted to avoid rapids. Flat water for dummies, that was my style.

My home state of Maryland, one of the original Colonies, seemed like a good place to start, where the Potomac River separates us from Virginia, which was the first Colony. The river, so proclaims a review in *The Washington Post*, "is richer than any other in American legend."

New Colonists busied themselves with settling the Potomac tidewater and making fortunes on tobacco sold to England. It would be 100 years before anyone paid much attention to the upper Potomac and that someone would be a young surveyor and wilderness explorer, George Washington. He saw the river as a route to connect with the Ohio River and the way west. He also saw a territory rich in resources such as pig iron, grain and cattle, which was important to the cities of the East.

In his lifetime Washington never faltered in his vision, investing not only his thoughts but also his money in western lands and in companies that were building a canal around the falls and in a road to traverse the mountains to the Ohio territory.

Reviewing the map of the river I found a flat-water stretch between Paw Paw and Little Orleans on the upper Potomac. Our local Department of Natural Resources assured me the river was pretty tame in this area. There is a campground and canoe access site at Paw Paw where we could meet our DNR staff guide with the canoes.

Paw Paw, a town named after the fruit once abundant along the river, is a sleepy village with a gas station, a small restaurant and not much else but the campgrounds and the canoe access site. Created because of the construction of the C&O canal and its rival the B&O railroad, which bordered the river 180 years ago, Paw Paw was once a thriving boomtown. A tannery and one of the country's largest apple orchard businesses thrived here too. Six trains a day stopped at the town's depot.

The nearby Paw Paw tunnel, a C&O canal water course built to avoid six miles of the Potomac River bends, was dubbed a wonder of the world when it was built in 1836. It tunneled through

mountains for .6 miles, was walled with 6 million bricks and took 14 years to build. Floods stopped canal traffic in the 1940s. By 1971, passenger service on the railroad was discontinued.

We parked in the campsite and launched our canoes into the clear water to follow the six miles of river bends the Paw Paw tunnel had eliminated. The river is not deep and the water bore no muddy residue. Stones on the river bottom stand out clearly visible through the sparkling water. Occasionally a large fish followed us. The forest creeps down the steep banks on the Maryland side of the river. Meadows open on the West Virginia, once Virginia, side of the river.

It is easy to imagine deer and bear coming to the water to drink. It was also easy to imagine Piscataway Indians, who built fishing weirs here, watching from the ridge above. We saw neither.

We canoed under the first of several abandoned western Maryland railroad bridges that once competed with the B&O for the coal transport from the mines of far western Maryland. The rail line is now a trail that connects Pittsburgh with the National Park Service C&O Canal Towpath Trail to Washington, D.C.

The bends of the Potomac course through remote land. Green Ridge State Forest now covers this area and bordered the river for most of our journey. Primitive campsites and 200 miles of dirt roads attract hikers to this still-remote area.

We ended our 15-mile paddle at the 15 Mile Creek Riverside Park at Little Orleans. It's a town of two buildings, a general store and a bar with plenty of beer, a hunter's weighing station and an abandoned blacksmith shop. It was once a busy supply stop for the canal boats. The railroad passed here too. The old road to Oldtown still exists and is great for a bicycle ride.

We had covered 15 miles of flat water without seeing another person. With tired muscles, we headed back to Berkeley Springs to the Country Inn for a restorative soak in the hot mineral waters and a massage at the State Park Spa, which has been providing this for 80 years. Red wine and dinner and good conversation with friends ended this perfect day following the land and river as George Washington saw it over 250 years ago.

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



# MEDICAID: A LONG-TERM CARE PLANNING TOOL

*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

Medicaid is a needs-based benefit available to individuals who are within certain income and asset limits to help pay for their long-term care. In the Baltimore-Washington metro area, nursing home care costs an average of \$10,000 to \$12,000 per month. Most people do not receive that much income monthly, especially those who are retired.

Moreover, it is more likely than not that one will require some form of long-term care in their lifetime. And, unless a person has long-term care insurance or enough assets to supplement their income to cover the cost, they will probably have to apply for Medicaid. Generally, health insurance will not pay for this type of care.

Medicaid is a federal program that is administered by each state. Although the federal rules provide the basic guidelines for Medicaid eligibility, it is up to each state to implement and interpret the federal rules. So, each state's rules are different. There are three basic criteria that one must meet to be eligible for Medicaid: (1) technical eligibility, (2) medical eligibility and (3) financial eligibility.

Technical eligibility is met if you are: (1) aged 65 or older, blind or disabled, (2) a U.S. citizen or resident alien and (3) a Maryland resident. For Medicaid purposes, you are considered a Maryland resident if you are admitted to a long-term care facility in Maryland. Medical eligibility is established when a person requires skilled nursing care or assistance with at least three activities of daily living. The activities of daily living include walking, bathing, dressing, eating, transferring and maintaining continence. Most people meet both the technical and medical eligibility criteria if they reside in a long-term care facility.

However, the third criteria – financial eligibility – looks at an individual's income and assets. So long as a person's income is less than the monthly cost of care at the facility, they pass the income test. But, the asset rule requires that a person not have more than \$2,500 in countable assets. Countable assets include bank accounts, investment accounts, stocks, bonds, retirement accounts such as IRAs, college savings plans (529 plans), real estate that is not one's primary residence and that is not income-producing, and whole life insurance policies with face value of

more than \$1,500. If the total face values of all countable policies total more than \$1,500, then the cash values of the policies will be considered countable assets for Medicaid purposes.

Because of the \$2,500 asset limit, most people – the middle class – must “spend down” their assets below \$2,500 before they will be eligible for benefits. At \$120,000 per year or more for nursing home care, that will not take long. And, even though the state does provide some spousal protection, it is minimal.

Further, once an individual meets the three basic criteria, the state then looks back five years from the date of the application to see if they have given away assets for less than fair market value. The five-year period during which the state has the right to look at all your financial records, including bank statements and tax returns, is called the “look-back” period. If the state finds that you have given away assets for less than fair market value during the look-back period, it will total all the gifts and then divide by \$8,684, which is the average monthly cost of nursing home care in Maryland. The resulting figure is the number of months that a person will be under penalty and for which the state will not pay benefits. Rather, an individual will have to pay privately during that penalty period. But, because the penalty does not start until one has applied for and been approved for benefits, their assets already have been spent-down and they have no funds with which

to pay during the penalty period. This is not a situation in which you want to be.

There are, however, asset protection strategies that are available to preserve one's assets while still qualifying for Medicaid. These can include the use of asset protection trusts, single-premium immediate annuities in the case of spouses, personal care contracts, promissory notes and strategic gifting. To be clear, though, strategic gifting is not giving away up to \$14,000 per year to any number of individuals. That is a tax planning strategy and those gifts could be subject to penalty.

If you have not already planned for your long-term care, it is never too soon. Given that most people do not have long-term care insurance and that approximately 70 percent of people over age 65 will require some form of long-term care in their lifetime, long-term care planning should be part of their estate plan -- especially Medicaid planning, if you intend to leave any assets to your beneficiaries.

*Jessica L. Estes is an elder law and estate planning attorney at ERA Law Group, LLC in Annapolis. She can be reached at 443.906.3566 or via email at [jestes@eralawgroup.com](mailto:jestes@eralawgroup.com)*

## Bay Bytes

If you've pulled off a tick and would like to have it analyzed as to whether or not it carries Lyme disease, log onto **BayAreaLyme.org** for the address of where to send it to have it tested. It's a free service. The site also has factual and up-to-date information on the disease.

# SIMPLE SUMMER CLAMBAKE

By Barbara Aiken

Most of us enjoy cooking outside, picking crabs with friends and family, picnicking in the countryside, or enjoying a boardwalk hot dog with everything, but have you had a clambake lately? I fix this simple meal at least a few times each Summer. What fun to sit around a table and be expected to play with your food. Kids and the kid in every adult will have a gleeful time enjoying a clambake.

The traditional clambake has a long history in America. It is believed that Native American tribes living in New England used the clambake as a means of cooking large quantities of food, such as clams, lobster, fish and other foodstuffs. A pit was dug in the sand and lined with hot rocks and coals. The food to be cooked was added and covered with a layer of fresh, wet seaweed and more hot rocks and coals. This was allowed to steam until the food was done. This method of cooking was most likely passed along to the Pilgrims and the tradition remains.

For those who don't live near the seashore and want a quick meal without digging in the sand, try this stove-top clambake. I have used this recipe for years and it never fails to please.

## STOVE-TOP CLAMBAKE

Serves 6-8

- |   |   |
|---|---|
| 1 pound kielbasa, thickly sliced        | 1 bay leaf                                    |
| 2 ears corn, each cut into 8 pieces     | 2 tsp. crushed red pepper flakes              |
| 4 pounds littleneck clams               | 1 thinly sliced medium onion                  |
| 1-1/2 pounds medium shell-on shrimp     | 1 head of peeled garlic cloves, thinly sliced |
| 2 Tbs. toasted coriander seeds          | 2 Jalapeño chilies, thinly sliced in rings    |
| 1 Tbs. toasted cumin seeds              | 1 thickly sliced lemon                        |
| 2 tsp. kosher salt                      | 1 bottle of dry white wine                    |
| 1 cup fresh cilantro leaves for garnish |   |

Heat a small, heavy-bottom skillet over medium-to-high heat. Add the coriander and cumin seeds. Toast over medium-to-low heat for a few minutes, tossing occasionally until lightly toasted. Be careful not to burn.

Place the kielbasa, corn, clams and shrimp in a large pot or Dutch oven with a lid. Add the coriander, cumin, salt, bay leaf, pepper flakes, onion, garlic, jalapeño chilies and lemon. Add the wine, cover and bring to a boil over high heat. Toss ingredients

lightly, re-cover and simmer over medium heat for about 15 minutes or until the clams open. Discard any unopened clams—they could make you sick.

Serve from the pot or transfer into a large decorative bowl or onto a platter and garnish with fresh cilantro leaves. Alternatively, drain the liquid and pile the clambake

onto a plastic tablecloth or a table covered with heavy brown paper. At the end of the meal, just gather up the plastic cloth or paper around the discards from your meal and toss.

If you don't want the extra calories from kielbasa, use a light or turkey version or some other sausage of your choice. If the spice mix is not to your liking, prepare one of your own. Jalapenos are too hot for some, you can use a milder pepper in their place. Cilantro is a "love it" or "hate it" herb. If you're in the "hate it" camp, use flat leaf parsley instead.

This is wonderful served with a warm loaf of crusty, rustic bread such as sourdough or ciabatta and a platter of crudité.

You can add some dipping sauces such as cocktail sauce, or a bowl of sliced lemons for squeezing. Ice cold beer, Pinot Grigio or Riesling go well here. You may like to pair this meal with refreshing sangria. Choose a simple desert such as ice cream cones, sherbet or fresh fruit.

Add an old-fashioned touch to your table that makes a lot of sense -- finger bowls. For each diner, fill a small-to medium-sized bowl with warm water and add a slice of lemon, fresh mint or a pretty flower from your garden. Place a bowl at each place setting and provide some paper towels or napkins for easy cleanup. For years I've used finger bowls for "sticky" meals like ribs and lobster.

They make messy meals a little more manageable.

Try this simple, tasty and fun clambake during the hot Summer months. I'm sure you and your family and friends will be glad you did.

*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)*



# Take the Time to Record Your History

By Ryan Helfenbein

Each year I participate in our local middle school's career day. This year, an eighth grader asked if my job has an emotional effect on me. I told her that, yes, there are situations that become extremely emotional, but then surprised her by telling her just how rewarding my job could be when a family truly embraced the story of their loved one's life. If an 80-year-old dies, the funeral industry has had a tendency to focus on the death of that person, where I try to focus on the countless people who were touched by the journey of this person.

Any funeral director can hand a family a standard photocopied document to fill in the blanks and make a notice for the newspaper. But for years, we've advised our clients to write their own life histories, i.e., obituaries, well in advance. "Take the time now to record your history for future generations," my father would always say. This provides a much more memorable write-up than the standard boilerplate. When you take the time in advance to start this process, you are not only able to create a legacy that can be passed down for future generations, but a story of remembrance that all can share.

So how do you write one of these life histories? Actually, it is easier than one might imagine. First and foremost, don't think – just write. Write how you would tell your tale, add personality, uniqueness, funny stories and most importantly

adventures in your life with which family and friends can emotionally connect. Start with your childhood, telling stories about you growing up, where you were raised, what schools you attended and what accomplishments and even hurdles you had in your early childhood.

From there, you will want to cover your extended education, military service, marriage and family life. Include what you enjoyed doing with your children as they grew up, favorite trips taken as a family and with your spouse, and where you made your home together. Lastly, include your later years, right up to the present. All along the way, do not shorten any story, memory or life adventure. People enjoy reading things that they can picture. Create the picture of your life and share experiences with your friends and family.

One tip: Always be sure to include dates and places in your life history. People may not be able to connect to your high school, but can connect to the fact that they may have graduated the same year as you. By doing this, people are better able to follow your life and connect the dates, allowing future

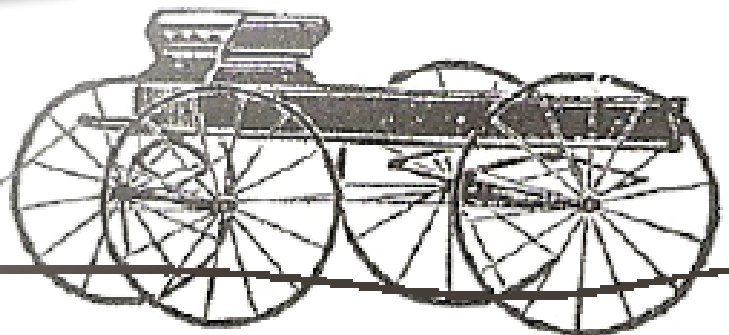
generations to more clearly understand your family's story.

This Summer while relaxing at the beach or pool, go ahead and grab your drink of choice, two note pads and enjoy some time recording your life history. Writing it today will help ensure that your service will be a true reflection of your life, and not solely an observance of your death.

## Bay Bytes

To preserve that collection of photos, slides or negatives or even to convert your 8mm to a DVD, log onto **DigMyPic.com** or **ScanMyPhotos.com**. Both offer a wide variety of services on saving your lifetime of memories.

*Ryan, who is owner, supervising mortician and preplanning counselor at Lasting Tributes on Bestgate Road in Annapolis, can be reached at 410.897.4852 or at [Ryan@LastingTributesFuneralCare.com](mailto:Ryan@LastingTributesFuneralCare.com)*



# Top Summer HEALTH RISKS for the Boomer Generation

By Leah Lancione

Although Winter is a dangerous time for older adults thanks to cold and flu season and the wet or icy roads and walkways, Summertime also has its share of hazards that can mean a trip to the emergency room if you're not careful. Some potential Summer health problems to keep in mind:

## DEHYDRATION, HEAT EXHAUSTION AND HEAT STROKE

Though a person can get dehydrated any time of year, it's more common in Summertime since people tend to be more active outdoors in warm weather. To prevent dehydration, it's important to drink cool, clear fluids—especially water—and to take breaks indoors or in shade. It's also recommended to plan activities when the heat isn't so intense.

Dehydration, wearing tight or heavy clothing, exposure to high temperatures and vigorous activity or drinking alcohol can lead to heat exhaustion, which is a condition with "symptoms that include heavy sweating and a rapid pulse as a result of the body

overheating." (See [www.mayoclinic.org](http://www.mayoclinic.org)) At this point, the body is unable to properly cool itself, and without prompt treatment it can lead to heat stroke.

WebMD ([www.webmd.com](http://www.webmd.com)) explains that heatstroke is the most severe form of the heat-related syndromes -- "when your internal temperature rises to dangerously high levels." The medical site reveals that though your skin gets hot, you stop sweating and may even pass out or experience hallucinations or seizures. Heat stroke requires immediate medical attention. Symptoms include: elevated body temperature above 103 degrees Fahrenheit, rapid pulse or heart rate, loss or change of consciousness and hot, red, dry or moist skin.

The National Institute of Health's (NIH, [www.nih.gov](http://www.nih.gov)) National Institute of Aging (NIA) also warns that people who take multiple

medications, particularly diuretics, sedatives, tranquilizers or heart and blood pressure drugs, can experience reduced sweating and dehydration.

## FOOD POISONING

WebMD also cautions folks who take advantage of the Summer weather by hosting or attending picnics or BBQs to pay close attention to food that can spoil and become dangerous in hot temperatures. Items of concern include dairy, eggs, anything with mayonnaise and raw meat. The site notes, "Food poisoning puts about 300,000 people in the hospital every year, hitting its peak in the Summer months."

The Department of Agriculture says foodborne illnesses (or food poisoning) do increase during the Summer because bacteria grows faster in the warmth and humidity. The USDA ([www.fsis.usda.gov](http://www.fsis.usda.gov)) says, "Given the right circumstances, harmful bacteria can quickly multiply on food to large numbers. When this happens, someone eating the food can get sick." It's best to not eat food that's been sitting outside for more than two hours—one hour if the temperature is over 90 degrees.





The USDA suggests taking the following precautions to prevent food poisoning:

- Wash your hands often, as well as the surfaces where you'll be preparing foods.
- Wrap raw meat securely and keep it stored away from other food items to avoid cross contamination.
- Use a meat thermometer. Just because something being grilled looks done on the outside, doesn't mean it's fully cooked and safe on the inside. Steaks should be cooked to a minimum internal temperature of 145 degrees, ground beef and pork to 160 degrees, and poultry to 165 degrees.
- Keep everything refrigerated as long as possible. Keep cold food cold. Store perishable items in an insulated cooler packed with ice, with whatever you're going to eat first at the top of the cooler.
- If you want to keep leftovers, make sure those that are perishable have been stored on ice or refrigerated.

## SUNBURN

Summer means spending time outdoors, at the beach, boating or staying cool in the pool, but it also means the possibility of getting a sunburn. In addition to practicing safety by wearing a broad spectrum (protection against both UVA and UVB rays), use sunscreen with an SPF of 30 and reapply at least every two hours. Also, wear a wide-brimmed hat and other protective clothing. It's advisable to stay out of the sun, if possible, during the hours when UV rays are most. According to [Sunsafetyalliance.org](http://Sunsafetyalliance.org) the sun is more intense when it's highest in the sky between 10 a.m. and 4 p.m.

## OVER-ACTIVITY

It is easy to overdo it in the Summertime when the grandkids are around, the pool is open or your lawn and garden require your added attention. Though it's healthy to remain active at any age, it's important to be aware of your fitness level and not over extend yourself when it's hot outside. Consider applying cool, wet washcloths to your neck, forehead or armpits sporadically during

physical activities in the heat. Also, be sure to rest more indoors during the hottest times of the day, preferably in air conditioned spaces.

## ALLERGIES

You may think that pollen and other allergens only offend in the Spring, but they are in the air during the Summer and Fall as well. The Asthma and Allergy Foundation of America ([www.aafa.org/page/pollen-allergy.aspx](http://www.aafa.org/page/pollen-allergy.aspx)) says most of the pollens that cause allergic reactions are from trees, weeds and grasses. The AAFA says "grasses are the most common cause of allergy with ragweed being the main cause of weed allergies." Others culprits include: sagebrush, pigweed, lamb's quarters and tumbleweed. The AAFA notes that birch, cedar and oak trees also produce "highly allergenic pollen." See your physician if you experience any of the following symptoms of seasonal allergies: runny nose and mucus, sneezing, red itchy, watery or swollen eyes, or nasal congestion.

The AAFA suggests these precautions to prevent an allergic reaction to pollen:

- Limit outdoor activities when pollen counts are high. This will reduce the amount of pollen allergen you inhale and minimize your symptoms.
- Keep windows closed during pollen season and use central air conditioning with a HEPA (high efficiency particulate air) filter attachment. Do this in your car as well.
- Take allergy medicine before pollen season begins. This allows the medicine to prevent the body from releasing histamine and other chemicals that cause symptoms.
- Bathe and shampoo hair daily before going to bed to remove pollen from your hair and skin and keep it off bedding.

This Summer, be cautious, but celebrate the longer days, the warm weather, vacation time with grandkids and all the other joys of Summer, for as William Shakespeare so aptly noted in his Sonnet 18, "And summer's lease hath all too short a date."

# Shakespeare Entertains Annapolitans

By Maureen Smith

A few years ago I went to see a Shakespeare play in the courtyard of Reynold's Tavern. This was my introduction to the Annapolis Shakespeare Company (ASC). Last year we purchased season's tickets for opening nights at a fundraiser for the Assistance League of the Chesapeake. This entitled us to the after-play parties where we could meet and visit with the actors and director. What a treat!

Since that evening at Reynold's Tavern, I have seen many of their productions and am always amazed at the quality of the acting -- many performed in their first venue called the "little black box" off Chinquapin Road. ASC has now moved to a much better and more deserving place at 1804 West Street. This new home will allow them to expand their educational programs to include more classes, camps, internships and a high school Shakespeare festival. It will be a new and welcomed cultural destination for our neighborhood with ample free parking, intimate theater spaces and comfortable seating for their Broadway-quality productions.

Annapolis Shakespeare Company was founded by Sally Boyett in 2010. She's an East Texas prodigy who by the fifth grade was writing and directing her own plays in the family garage. Today, after years of experience, Boyett continues this passion here in Annapolis. At the age of 16, she was one of only two students invited to apprentice with the New York City Ballet. She turned down this opportunity since her parents felt she was too young to enter the dancing world of New York City. Still she became an accomplished ballerina performing in Dallas, Houston and New York City.

Boyett's theater training began at the University of Houston Theatre Department under the direction of Dr. Sydney Burger, founder of the Houston Shakespeare Festival and the Shakespeare Theatre Company in Washington, D.C. At 18, Sally was in the Broadway production of *42nd Street* with the original

cast. Later she was invited to do a big stage show for Disney, which led to five TV specials. She spent the next 12 years doing professional theater in New York. Whether directing, acting or choreographing, Boyett's credits seem endless.

Along with Dr. Sydney Burger, another influential figure was Susan Stroman, an American theater director, choreographer and performer who has five Tony Awards. These associations sparked her interest in creating the Annapolis Shakespeare Company.

The creativity of the ASC is exemplified by often placing Shakespeare's plays in a modern setting while retaining the Elizabethan vernacular. *As You Like It* was set in the 1930s; *Romeo and Juliet* in the 1940s; *Much Ado About Nothing* in the 1950s; *Twelfth Night* in Hollywood's 1920s era, complete with a Charlie Chaplin character. Hamlet wore a hoodie and tennis shoes, a nod to today's young audiences.

Although the focus of ASC is on Shakespeare, it also presents a variety of classics such as Oscar Wilde's *The Importance of Being Earnest*, Thornton Wilder's *Our Town*, Jane Austin's *Pride and Prejudice* and new works and adaptations such as *Alice and the Book of Wonderland*. For a holiday treat, try *It's A Wonderful Life: A Live Radio Show* or ASC's new adaptation of Dicken's *A Christmas Carol*.

ASC is a regional theater company with eight Helen Hayes Awards recommendations, offering more than 200 live performances annually. They serve Anne Arundel

County as the largest professional arts provider in our schools. As a nonprofit enterprise, it provides extensive educational outreach partnerships with local performing and visual arts programs and county public schools.

Maureen travels far and wide to enjoy good theater. She can be reached at [rsmith0636@icloud.com](mailto:rsmith0636@icloud.com)

## Mark Your Calendars

**The Complete Works of Shakespeare (Abridged)**  
runs every Tuesday evening – through Sept. 26 at Reynolds Tavern

**The Tempest**  
(Three weekends) July 7- July 23  
Charles Carroll House

**Alice and the Book of Wonderland**  
Main Stage, July 29-Aug. 20

**Much Ado About Nothing**  
Main Stage, Sept. 29 – Oct. 29

**A Christmas Carol**  
Main Stage, Nov. 25 – Dec. 31

**Blithe Spirit**  
Main Stage, Jan. 26 – Feb. 25

**The Glass Menagerie**  
Main Stage, March 16 – April 15

**Kiss Me Kate**  
Main Stage, May 4 – June 3

For more information go to  
[www.annapolishshakespeare.org](http://www.annapolishshakespeare.org)  
or call 410. 415.3513.

So it didn't work out today – why not try again tomorrow?



# ENJOY A STRESS-FREE Summer

By Edree Hovey

Looking for a more stress-free Summer this year? Try these ideas to help you enjoy the dog days of July and August.

- It's not too late to sign up for a Summer camp including those listed on [www.GrownUpCamps.com](http://www.GrownUpCamps.com). The choices are endless and the site can be searched by personal interest such as music, games or sports.
- Hydrate with something great like homemade iced tea with a slice of lemon, or have an icy cold glass of lemonade or come up with your own new refreshing drink. Have you heard of an Arnold Palmer? It's half lemonade and half iced tea.
- Buy a hammock and a good book. Hire someone to hang the hammock for you.
- Exercise gently and early, as in an early morning walk. Invite a couple of friends along, it makes it much more interesting.
- Accept an invitation to go sailing. Bring a picnic created by one of the local restaurants.
- Spend a day at the beach under an umbrella. Bring your favorite beach chair, a big towel for a nap, a couple of cold drinks and some light reading.
- For a few days or even a week, go to a spa such as the Foxfield Inn in Charlottesville [www.Foxfield-Inn.com](http://www.Foxfield-Inn.com) or the Skytop Lodge in the Poconos [www.SkytopLodge.com](http://www.SkytopLodge.com).
- Invite your family for dinner, but take them out to a restaurant with an outdoor seating area. Let the

restaurant do the cooking and cleanup.

- Pick up some really good fluff that you've always meant to read. Put a book cover on it so no one has to know what it is. Find a comfortable chaise under a tree and bring a cold drink.
- Enjoy lots of the local fruits such as blueberries or peaches or watermelon from a local farm stand. Get them chilled and enjoy.
- Spend an afternoon becoming reacquainted with your library, browsing and enjoying all that it has to offer such as DVD rentals, downloadable books, magazines and books on tape.
- Download an old movie from Netflix and invite friends over to watch. Send out for Chinese food.
- Take a huge pad of paper and go outside to the coolest spot you can find, bring a comfortable chair and start to write your memoir.
- Take in a matinee. Enjoy some popcorn and a cold drink too. Consider it dinner, then the calories don't count!
- Download some music such as Vivaldi or the soundtrack from *The Last of the Mohicans* from Pandora or iTunes to enjoy while you're busy with some task. Time will pass more quickly.

Best of all, spend time enjoying the relaxing, carefree days of Summer. Invite family or friends to come along and enjoy it with you.

You've Always Said You Wouldn't Be  
Caught Dead In That Dress.

**You'd Better  
Tell Them Now!**

  
**Lasting Tributes**

Estates, Memorials & Cremations  
CREMATION & FUNERAL CARE, P.A.

Quality Service... Affordable Pricing  
410.897.4852



Preplanning takes care of all the decisions so your family doesn't have to.  
[www.LastingTributesFuneralCare.com](http://www.LastingTributesFuneralCare.com)





# LESSONS from *Fishpond*

*By Ginger Kauppi*

Outings with the grandchildren (or grandnieces and nephews) can be harrowing, delightful and often downright exhausting. You just hope everyone gets home unbruised and unbloodied. But in addition to safeguarding their physical well-being, these experiences can enhance the kids' emotional health. Grandparents are in a unique position to help our adult children who may be tired, stressed or otherwise limited in their efforts to meet the psychological needs of their children.

When we post their pictures on the fridge, and compliment them on their manners, their achievements and their thoughtful behavior, we are certainly building self-esteem. The hugs and kisses and pats on the back assure them of our love. But equally important are the day-to-day interactions that pass almost unconsciously as we help guide children through everyday activities or special events that we plan for them.

Take a typical family outing to the neighborhood fair: lots of rides, junk food galore, kiddie games of skill and chance. Having volunteered at many church fairs over the years, I admit to a bit of spying. While the conversations discussing food and rides are entertaining and revealing, it's the drama at the kiddie games that most fascinates me. The interactions between parent or grandparent and child reveal volumes about patterns of child-rearing, particularly the subtle messages concerning competence and adult expectations.

A neighborhood fair is a learning lab for decision-making. Consider the array of choices for a preschooler: beanbag toss, catching ducks in a net, fishing with a magnet on a string. These pose a lot of decisions for a young child, but choosing a game to play is really not too difficult a task for a preschooler. It may take longer for a child to decide than it would for an adult to assess the choices and potential for fun and success, but the average preschooler can handle it. Left alone to decide, a child might derive a certain sense of pride in determining his or her agenda

for the day's excursion. But alas, in the majority of cases, this is not to be. The zealous parent jumps in to speed up the process. After all, there are many games to try and at this rate, the fair could take all day! Besides, there are people waiting, and what will they think if you have an indecisive child who cannot decide about what game to play first? So the anxious parent rushes in to program events to move quickly from one activity to the next, scripting the sequence according to adult notions of what should appeal to a child.

Whoa! Why the rush? Why not slow it down and put the focus on the purpose of the day: fun. Instead of trying to orchestrate the fun for the kids, we can allow time for decision-making and maximize the acquisition of an important developmental task.

Deciding what game to try is second in difficulty only to deciding what two-cent prize to choose for your success at the fishpond or ring toss. Here is a real dilemma. Often parents recognize the potential for an agonizingly long process and move into a smothering helpfulness mode: "How about this one?" "You like red." "You like rings." "This would be better." Consider the unspoken message: "You are too slow. You can't make up your own mind. You are incompetent." Watching these scenes, I inwardly cheered for the child who tenaciously clung to his right to choose, who refused to be rushed. It was wonderful to hear a grandparent quietly comment to a child, "There sure is a lot to choose from," while waiting patiently for the child's decision. Unfortunately, I rarely saw such patience.

Well, what's wrong with speeding things up a bit, you may ask? For one thing, when we make all the little decisions for our children, we rob them of the feeling of competence in deciding something for themselves. Without that sense of competence, self-esteem and self-confidence suffer. Competence is assessed through performance, self-evaluation and feedback from others. Even the most capable child may feel incompetent if others

*Rule #1 while worrying – Is this going to matter two years from now?*



continually jump in to make decisions for them. When young children make small decisions successfully, they are better able to face bigger, more complex decisions later in life. Choosing the flavor of Jell-O or jam at the supermarket, or selecting an outfit to wear to school may seem like insignificant tasks, but to a preschooler, these are practice sessions in learning judgment. Making decisions, however small, is also an exercise in independence, a chance to feel in control in an appropriate context. Preschoolers have little control of their lives. So why not allow more opportunities for independence into our encounters with our grandchildren?

In addition to revealing much about decision-making, the kiddie games evidence much about expectations and involvement in the child's success. Consider the fishpond: A child's wading pool, filled with water; Styrofoam fish with paper clip noses floating face down on the surface. The task is to haul in a fish using a rod with a magnet attached to a string. The number printed on the fish's underside indicates a category of prizes from which to choose. The rules are simple; there really are none. There is no time limit. No fishing technique is prohibited. Everyone is a winner.

Yet the overwhelming majority of parents I observed could not allow their child to complete the task unassisted. Over-direction abounded: "Here, let me steady the string." "Not so fast."

"Let me help." "Let me show you how." Many parents guided the rod with one hand. One parent even seized the fishing rod from the child and "hooked" a fish, proclaiming, "See, mommy did it!" Well, of course, mommy can do it! Mommy can do everything better. But did that child need yet another illustration of that, even on his own turf? I wondered how these children were processing the messages they were receiving about their parents' confidence in their abilities. How did that translate into feelings of competence and self-esteem?

Granted, I witnessed only a few isolated incidents in the lives of a relatively small number of youngsters and their elders. But my hunch is that these small exchanges are representative of the tone of too many parent-child interactions at home, at the supermarket and at the playground for hundreds of families in our community and beyond.

These outings with children allow we grandparents opportunities to bolster self-esteem by acknowledging competence and achievement, and allowing for independent decision-making. Even a kiddie-pool fishpond can provide some critical lessons, if we just take the bait. At the next fair you attend, how will your grandchild fare? What lifelong prizes will he or she reel in?

*Ginger retired from teaching and as a parent educator. She can be reached at davidandginger@gmail.com*



**ERA**  
**Law Group, LLC**  
A New Era of Attorneys

**(443) 906-3566**

- ESTATE PLANNING AND ELDER LAW
- ASSET PROTECTION AND MEDICAID PLANNING
- FAMILY LAW
- PROBATE
- VETERAN'S BENEFITS
- PERSONAL INJURY

1997 ANNAPOLIS EXCHANGE PARKWAY, SUITE 300, ANNAPOLIS, MARYLAND 21401

# Have a “Senior Moment” And Celebrate Senior Citizens Day

By Leah Lancione

According to [timeanddate.com](http://timeanddate.com) some people celebrate Senior Citizens Day on Aug. 14, since it was on that day that President Franklin Roosevelt signed the Social Security Act in 1935. However, in 1988 President Ronald Reagan officially declared Aug. 21 to be National Senior Citizens Day. It is not recognized as a public holiday, but rather an observance. Senior Citizens Day is a time to honor and show appreciation for remarkable seniors' contributions to society. In addition, the national observance is meant to bring awareness to the health, social and economic issues affecting older citizens.

Across the United States, various events and promotions are held on Senior Citizens Day at senior centers, within clubs or even retail stores.

**Attend an event at a local senior center or assisted living facility.** Check the Anne Arundel County Department of Aging and Disabilities at: [www.aacounty.org/departments/aging-and-disabilities/senior-center/](http://www.aacounty.org/departments/aging-and-disabilities/senior-center/) for the list of senior centers and contact information.

**Plan a special day out (or in) with a baby boomer relative.** Many restaurants and businesses offer special discounts and promotions in celebration of Senior Citizens Day.

**Start a family history project and share it with your kids and grandkids.** For this project, you have the opportunity to interview other family members and collect stories and photos. Grandkids will get to hear your stories and see photos from a time that is vastly different from their world.

**Engage boomer relatives to tap into technology.** Start a family Facebook page or set up a Skype account so you can interact with your younger loved ones, especially those who live far away. If you're not tech-savvy, invite your child or grandchild to give you some tutorials. Before too long, you'll be showing off your skills on social media with the hashtag #SeniorCitizensDay.

**Host a senior party or senior appreciation event.** Maybe host a “senior prom” with decorations, dancing to oldies-but-goodies, corsages, punch (spiked or not) and dates dressed in their finest. Another fun activity is to have participants submit a baby photo in advance for a guessing contest of who's who.

**Have a movie night** and watch old family videos with kids and grandkids. Videos of past holiday celebrations or vacation experiences will likely provide a healthy dose of nostalgia and moments of laughter.

**Sign up a loved one (or yourself) for a continuing education course.** Anne Arundel Community College offers senior adult courses at a discounted rate in partnership with the eight Anne Arundel County senior centers. Topics include history and heritage, computer technology and healthy living. AACC also offers many noncredit “personal enrichment” courses, some of which are free to seniors (60 or over).

**Thank a senior mentor.** If there is an older person who helped you along the way -- a teacher, babysitter or former classmate -- consider sending a handwritten note thanking them for their contribution to your life. Be specific. Note the specific actions the mentor performed and how it impacted your life.

**Learn, cook and share a family recipe.** Everybody remembers at least one dish from their childhood that can instantly conjure up memories. Whether the meal was delicious or simply routine, e.g., “Taco Tuesday,” the food is a link to the past. Rummage through your recipe box to find that dish, no matter how old-fashioned and involved it may be. Tap into your inner Julia Child and cook with love. Have your granddaughter or grandson help. During the prepping, mixing and cooking, weave in stories that pertain to special mealtime memories of the past.

**Have a senior sweat-it-out session.** Some fitness establishments offer free workouts in honor of National Senior Citizens Day. Last year Planet Fitness invited folks over 60 to work out at no cost for a week following the national observance.

**Have your place of worship recognize seniors.** Though Aug. 21, falls on a Monday this year, your place of worship can honor older congregation members the day before. If your church has a men's or women's groups, why not arrange for them to host an after-service brunch to show appreciation of older members. Getting younger members involved might be good.

Whatever you decide to do in observance of National Senior Citizens Day, make sure to take time to recognize all that you and other seniors have done in the third chapter of your life. Let's change the common expression of “having a senior moment” into one with a positive connotation. Instead, having a “senior moment” means to stop and ponder just how important the contributions of our mothers, fathers, grandfathers and grandmothers, friends and mentors, etc., have been in making the world a better place.

Remember the wise words of writer and feminist Betty Friedan, “Aging is not lost youth, but a new stage of opportunity and strength.”



# Problems THAT CAN ARISE IN THE Salivary Glands

By Drs. Woody Wooddell and Joe Passaro

Your salivary glands are responsible for producing about a quart of saliva each day, so they are obviously pretty important for your oral health. However, like other parts of your body, they can experience problems. If you notice unusual swelling in your mouth or neck, it could be due to a problem with your salivary glands.

The salivary glands are found in and around the throat and mouth. The major glands are known as the sublingual, submandibular and parotid glands, and despite their different names, they all secrete saliva into your mouth from various locations.

In addition to these main glands, there are a variety of tiny glands known as minor salivary glands that can be located in the inner cheek, lips and linings of the throat and mouth. They serve a vital function in your mouth by producing saliva that will keep your oral cavity moist, initiate digestion and protect the teeth from decay.

Salivary flow obstruction most commonly occurs with the submandibular and parotid salivary glands, and generally this obstruction is due to the formation of stones. Sialoliths, or salivary stones, are the most common cause of swollen glands, and they consist of buildups of saliva deposits that have crystallized.

When they block the ducts, saliva won't be able to exit, and it will back up into the gland to cause swelling and pain.

This pain is usually inconsistent, felt in one gland, and will worsen with time. Unless you are able to clear the blockage, the gland will usually become infected.

Another possibility is that you may have an abnormality with the duct system that connects the major salivary glands in the mouth. At times, these ducts may develop small constrictions that can reduce salivary flow. When this occurs, obstructive symptoms and infection may result.

If you are experiencing a problem with your salivary glands, an infection may be the culprit. When they are enlarged due to infection, you could be left with red and painful swelling around the glands. There are a variety of infections that could affect this part of your body:

Viral infections: Certain viruses can also impact the salivary glands, including mumps, the flu, echovirus and Coxsackie virus. Swelling

of the salivary glands is commonly associated with mumps, occurring in up to 40 percent of all infections. Symptoms may include fever, joint pain, muscle aches, headache and swelling to the side of the face.

Bacterial infections: These types of infections most commonly affect the parotid gland, and they typically cause swelling on one side. Other symptoms could include pain and fever, malnutrition and dehydration, heightening your risk of developing one of these infections.

Secondary infections: It is also possible that you may develop a secondary infection of the salivary glands due to the nearby lymph nodes. The lymph nodes are structures found in the upper neck that can become sore if you have a sore throat. Many of these nodes are actually located on or within the major salivary glands.

Cysts and tumors can also cause problems with the salivary glands. If an injury or infection blocks the flow of saliva, a cyst can develop, and this can interfere with speaking and eating. Tumors are more uncommon, but Warthin's tumors and pleomorphic adenomas can both affect the salivary glands.

If you are concerned that you might have a problem with your salivary glands, be sure to inform your dentist.

*Dr. Woody Wooddell and Dr. Joe Passaro, located in Davidsonville, have been caring for their patients' dental health since 1981. Visit their website at [www.wpdentalgroup.com](http://www.wpdentalgroup.com) or call 410.956.5555 for more information.*

# What the State Department Does for You

By Vern Penner

U.S. citizens currently hold more than 128 million passports, according to State Department statistics, and 73 million Americans took trips abroad in 2016. The Summer vacation period is a good time to remind ourselves of the role of the State Department in providing for the care, safety and security of our citizens abroad. This is a primary mission at State and the responsibility for it rests principally with the Bureau of Consular Affairs (CA) and the Office of Overseas Citizens Services (OCS). During my time supervising this office, local wags sometimes referred to it as the “4-D” office, which stood for the destitute, detained, disappeared or deceased. None of these are happy occurrences and the office had a global reach, running a 24/7, year-round operations center with a heavy caseload in my time and what must be an eye-popping workload today.

Anyone can become destitute overnight if their currency, documents and iPhone are stolen or lost. This happens so often that it is a frequently used vacation-time email scam from a “friend” talking of a perilous situation that can only be saved by a cash loan. My advice in such cases? Don’t even answer without verifying the situation from other sources.

If you are involved in a case of real distress, know the location of the nearest U.S. embassy or consulate and describe your circumstances to the American consular officer or local national specialist. Recognize that State has no loose change to handle penniless Americans, whatever the merits of their case. In the largest cities of the world, however, there is often an American club, which maintains a small welfare fund for assistance to stranded fellow citizens. But many times, it only takes a phone call through State Department channels to have friends, family or employers respond.

According to CA figures, State answered more than 31,500 welfare or whereabouts inquiries in 2016. If the problem is the issuance of a replacement

or emergency passport to return to the U.S.,

that can also be handled if proof of citizenship can be verified. But there are no free rides from State. When all efforts fail, repatriation loans are available which require repayment before obtaining replacement documentation. CA facilitated in fiscal year 2016 the safe return home using lowest-fare means of 1,218 U.S. citizens holding one-way passports.

a significant number of people who “disappear” overseas actually want to disappear.

The “whereabouts” category covers the annual disappearance of untold number of Americans. Almost every embassy or consulate, especially in popular tourist locations,

receive emails, letters or phone calls requesting help to locate a missing relative or friend on a fairly frequent basis. This is caused not only by the 70-plus million trips Americans annually make abroad but also by the fact that 9 million U.S. citizens reside overseas. A disappearance inquiry usually starts with telephone calls to local government or police agencies or to other people depending on the information submitted in the case. One complication is the freedom of information and rights to privacy legislation that the U.S. Congress has passed in recent years. You can imagine the anguish of a distraught parent when told that their disappeared son or daughter has been contacted, but the specific location or telephone number cannot be provided without the express approval of the “disappeared” person. It has been my experience that a significant number of people who “disappear” overseas actually wanted to disappear.

Then there are the U.S. citizens in jail, some serving sentences and some awaiting trial. One duty of the U.S. consul in such cases is to make every effort to ensure that the detainee is not being discriminated against because of American citizenship, but is receiving all possible legal defense offered to the local population, which may differ considerably from U.S. standards. All 270 American embassies and consulates are required by regulation to maintain a list of local lawyers (and doctors) who have agreed to work with U.S. citizens and treat Americans. Consular officers can assist with the transfer of funds to pay legal fees, food or

## Bay Bytes

Try any of these websites to locate a vacation spot in a private home or apartment: [Airbnb.com](https://www.airbnb.com) or [Booking.com](https://www.booking.com) or [Wimfu.com](https://www.wimfu.com)



medicine to those incarcerated. In fiscal year 2016, State Department personnel made 10,629 visits to Americans in jail.

Death cases are almost always difficult to handle because it is a tragic event and usually unexpected. The State Department officially documents each death and immediately notifies family and friends to assist in making arrangements for the disposition of remains and effects. This can get complicated when local funeral requirements and habits differ widely from U.S. practice or when some effects preparatory for shipping home include illegal drugs or pornography. CA recorded the deaths of 10,600 U.S. citizens who died overseas in fiscal year 2016.

The deceased, detained, disappeared or destitute are all in a day's work for State Department consular officers overseas. Fortunately, the consular workload is not always tragic. For almost a year, I served as the consular "baby" officer during a major American troop rotation and registered during my term of duty more babies than were born that year in the state of Alaska.

## Bay Bytes

To find the lowest price of products, check **RetailMeNot.com** Type in the store or name of product you're searching for. Coupons and/or discounts will pop up.

Thankfully, the local American Wives Club outfitted my small waiting room with bassinets, toys and books that would be the envy of any preschool nursery. Last year, CA registered 65,450 overseas births of U.S. citizens.

Consider these two travel tips. I never go abroad without a photocopy of my passport

face page with photo and opposite page with signature tucked in my suitcase and separate from my passport to help verify my citizenship in case the passport is stolen or lost. With so much turmoil currently in the world, check out the State Department's website at **travel.state.gov** and consider enrolling in the free STEP – Smart Traveler Enrollment Program. Bon Voyage!

*Vern was the former deputy assistant secretary of state for overseas citizens services from 1983-1985 and served as a foreign service officer in the Department of State for 39 years before retiring to Annapolis and his sailboat. He can be reached at vernpenner@hotmail.com*



**WOODDELL & PASSARO**  
Restorative and Esthetic Dentistry

Dentistry is our passion.

We proudly provide the highest quality dental care for routine and complex treatments as well as exceptional service to our patients. New patients are always welcome!

– Dr. Joe Passaro & Dr. Woody Wooddell

3102 Davidsonville Road | Davidsonville, MD 21035

410.956.5555 | [www.wpdentalgroup.com](http://www.wpdentalgroup.com)

Read our article "Problems That Can Arise in the Salivary Glands" in this edition of Outlook!

# GETTING BEYOND DISORGANIZATION

By Kater Leatherman

Feeling chronically disorganized? Unable to solicit cooperation from those you live with? If it's disconcerting to walk into your home and not have it the way you want, then pray for the day when you wake up sick and tired of being sick and tired. That's what it can take to change.

Choose the area that is causing you the biggest headache. If you aren't sure, look at what you are resisting and then go for it. Take the first next step. And then the next one, and keep going until "the headache" is gone.

The real work is always unraveling our attachment to things that we no longer love, want or need. Holding onto stuff is one way to avoid the discomfort of having to let something go. That is why telling ourselves that we might need it someday is so effective.

Clearing clutter is best accomplished without people who are also attached to the clutter. Parents, partners and little people will rarely let you throw anything out. Remind them that you are the one who gets stuck with being the caretaker for all the stuff they don't want to part with. So, be ruthless: The less you have, the less you are responsible for.

If you can't part with your wedding dress, cut a swatch and make a small pillow out of it. As a gift, pair a decorative plate that you no longer use with a batch of homemade cookies. Dismantle your mother's silver tea service and, as a memory reminder, use the creamer for a flower vase and the sugar bowl as a container for something. This might make it easier to part with the rest.

Find a home for things you don't want. Keep one representative sample if need be, take pictures of it, but make your peace and say goodbye. If something doesn't support what you want, let it go.

In the process of letting go, you may ask, "Am I making a mistake?" "Will I miss it?" "Can it be replaced?" Yes, you might make a mistake. Yes, you might miss it. Yes, it might be irreplaceable, but every "yes" is saying "no" to what you really want.

Beginning today, buy only necessities until balance is restored. Every time you acquire something that you don't need -- even if it costs you \$1 -- the price goes up when you consider the hassle and time needed to return it. Commit to the one-in, three-out guideline. Don't accept other people's stuff unless you really, really want it since it's twice as hard to get it out the door as it is to bring it in.


With focus and footwork, the piles will shrink, the closets will breathe a sigh of relief and you will feel better. Restoring order allows you to live your priorities, strengthen your personal boundaries and enjoy your home more.

*Kater is a professional organizer, home stager and the author of *The Liberated Baby Boomer*, *Making Peace with Your Stuff*, *The Paper Diet* and *Messages for Mindful Living*. For more information, go to [www.katerleatherman.com](http://www.katerleatherman.com)*

## Bay Bytes

For those tricky questions about your Summer garden, download the app **Garden Answers** to your iPhone. Ask a horticulturist questions or take a pic of a plant and have them identify it for you or provide advice on a plant that's not doing well.





Summertime is here! Ready to slather on the sunscreen and pull out the brimmed hats and long sleeves? Well, maybe not so fast. Being overprotected from the sun in such an intense way can shortchange us and can create a vitamin D deficiency. D is known as the sunshine vitamin. Didn't we all learn that in eighth-grade biology? It's the only vitamin that is known as a disease fighter. To do its job it needs sunshine to get started. One-third of us are low in D and not getting enough sun.

Public health researchers are concerned about our low levels of vitamin D and they link it to our lifestyle. We are indoors 90 percent of the time. Previous generations made it a routine point to be outside in the sun. For them it was a must. It was unthinkable to not go outside. Getting some sun gradually, for short periods several times a week, was a way to stay healthy. Historical records show that those who sought some sunshine were healthier than those who didn't go outdoors.

### SUNSHINE IN MODERATION

Being careful to not overdo it in the sun reduces the risk of skin cancer. When we're in strong sun for any extended period, we need to protect ourselves from the sun's ultraviolet radiation with sunscreen lotions and sun-blocking clothing. Many skin cancers appear because of overexposure to ultraviolet radiation. They can be small dry patches, lumps or raised areas that are white, brown or red. This link between sun overexposure and skin cancer is now understood to involve many factors such as genes, skin type and where we live on the planet, which all help determine the intensity of ultraviolet radiation. Keep in mind that there's one type of skin cancer, melanoma, which can be found on areas of the body that never see the sun. It can show up as a mole, a freckle or a spot or with a change in size or shape.

Health researchers stress that the benefits of sunshine are beginning to outweigh the idea of shunning the sun to avoid skin cancer. The latest sun safety guidelines are similar to what people did

years ago. Bit by bit, take in the sunshine. The advice now is not a license to roam under the sun all day. Researchers suggest 10-15 minutes in a nonburning sun several times a week. So at least it's not necessary to dash from the car into buildings, or hurry from the shade of one tree to the next, or seek cover under awnings. We

can take in and enjoy the sun in moderation.

Most of vitamin D is used to help the body absorb calcium. Calcium, essential for bone health, is transported only by vitamin D. Back to our eighth-grade biology. Without D, calcium is useless. Bones undergo a nonstop process of using calcium and vitamin D to fill the inner structure of bones. This combination of calcium and D protects against osteoporosis (weak bones) and osteomalacia (painful softening of bones). Both health

conditions can occur because bones can't keep their shape without this combination of calcium and D. They become brittle, thin and bent.

Recently it's become clear that sunshine offers more health benefits than previously thought. Scientists now know that sunshine by itself or together with vitamin D works to prevent disease. And if we do have certain health conditions, being in the sun slows down the damage. A 2016 report found that avoiding sunlight can mean losing out on its healing effects. Sunshine helps lower the risk of colon, breast and prostate cancers. It also works to oppose inflammation, which is a very harmful process in heart disease, diabetes and hypertension.

What's more, that sunshine does a lot of housekeeping for us. It keeps our circadian rhythm, our 24-hour clock, on track so that we feel more rested. Our wake-sleep cycle is balanced by natural light. At night our brain releases melatonin so that we sleep soundly. During the day serotonin is produced by the brain to keep us alert. Getting some sun also strengthens the immune system. What's more it increases blood levels of our own natural opiates – endorphins. As scientists work to figure out exactly what role sunshine plays in good health and disease, we can go ahead and keep healthy by taking in a moderate amount of sun. Check with your medical care expert on what would work best for you, then get out there and enjoy our Summer days.

# A PLACE IN THE SUN

*By Kathleen A. McCarthy*

# On Sharing Our Invisible Scars

By Rev. Chandler Whitman

As we gathered in the chapel for our final day of school, students and teachers took their places for what we call "moving up." Teachers have pre-selected a text to share with students before they 'move up' to the next grade, literally moving from those seats they occupied in chapel this year to the coveted spaces of where they will sit next year. Readings ranged from Harry Potter to Dr. Seuss with a bit of the Psalms scattered in as well.

As our fourth grade teacher took her place behind the lectern, she began by reading from *Wonder*. The book from which she chose her excerpt often causes some tears. She began. She made it a few sentences in before pausing to hold back a few tears. Another sentence passed, and another pause. After a few more sentences, the pause was longer. Out of the quiet rang 20 smaller voices. Her students were reading in her place, when she was no longer able.

One of the joys of being a school chaplain includes the different books that make it onto my long and never-quite-completed reading list. While I love the books of the adult world, there is something I treasure about those books written at an easier reading level that still carry some of the world's biggest truths. The one that stands out to me from this past year is *Wonder*, which one of our fourth grade students loaned to me.

The book begins this way, "I know I'm not an ordinary ten-year old kid." Auggie is a rising 5th grade student born with mandibulofacial dysostosis who is beginning his first year of mainstream schooling at Beecher Prep. Auggie shares that he will not describe his face because whatever we are thinking is likely not even bad enough.

His face carries with it the story of his birth, as well as the

many surgeries since then. The scars he carries on his face are public and can't be hidden. In reference to the scars he is unable to hide, Auggie remarked, "I wish every day could be Halloween. We could all wear masks all the time. Then we could walk around and get to know each other before we go to see what we looked like under the masks."

I can't help but reflect on what it means to be defined by the scars you carry around. They are present whether or not you want to share them with your neighbor; they shape how people first see and know you. But physical scars are not the only ones we carry around. Scars come in all shapes and sizes. Some are visible, like the ones that Auggie wears daily. And some are invisible, like depression, addiction or grief.

Whether they are visible or not, scars tell a part of our story. While Auggie is forced to share that story every day, those of us who carry silent scars can walk around without anyone knowing, without ever sharing. Or, we can choose to be vulnerable and share those parts of our story.

When our fourth grade teacher stood in front of the school, she became vulnerable, knowing she was sharing a part of herself with all of us gathered. As the tears came, she did not feel ashamed or alone, but instead she was lifted up by the voices of her own students.

I wonder what the world would look like if we were all a little more able to share our invisible scars. I wonder what the world would look like if we were all a little more vulnerable in times that we are told to be strong and tough. I wonder what the world would look like if we were all a little more supportive of those who shared their scars. I wonder ...

*The Rev. Chandler Whitman is the assistant to the rector and chaplain of St. Martin's-in-the-Field Episcopal Church and School in Severna Park. She can be reached at [cwhitman@stmartinsinthefield.org](mailto:cwhitman@stmartinsinthefield.org)*

*Complete Funeral Plans from \$4,495*

**BARRANCO & SONS, P.A.**  
SEVERNA PARK FUNERAL HOME

*Conveniently located along the Eastern Shore,  
Baltimore and Annapolis Corridor*

*Over 55 years of service to the community*

[www.barrancofuneralhome.com](http://www.barrancofuneralhome.com) 410-647-2400

**SUMMER QUIZ-ACROSTIC**  
During The Great Train Robbery, thieves stopped a mail train en route to London by switching a green signal to red. Afterward, in their hideout, the robbers left behind incriminating fingerprints on a game they played using some of the millions of pounds they stole. What was the game?  
**FAMOUS HEISTS: MONOPOLY**  
A. Fiddling  
B. Arrest warrant  
C. Micrograph  
D. Oddities  
E. Upwardly mobile  
F. Staged  
G. Hero worship  
H. Engineering  
I. Intriguingly  
J. Schadenfreude  
K. "Thou shalt not steal"  
L. Side by Side by  
M. Maui  
N. Observation tower  
O. Nettle  
P. On the phone  
Q. Parliament  
R. Out of Time  
S. "Lightning"  
T. Year of the Cat  
U. "Fiddling"  
V. Schadenfreude  
W. "Thou shalt not steal"



# The Doctor's Office Visit: Make It Easier On Yourself!

## TIPS TO HELP MANAGE YOUR TIME WITH YOUR DOCTOR:

By Louise Whiteside

Do these patient complaints sound familiar?

"My doctor seemed in an awful hurry to rush me out of the office last time I was there. I wonder if he even heard what I said."

"I waited an hour in the doctor's waiting room, and then another 45 minutes in the examining room, before I saw my doctor. Don't they realize that our time is just as valuable to us as theirs is to them?"

Yes, most of us can relate to those sentiments. Some of us even dread going to medical appointments for fear of feeling as if we're part of a herd of cattle.

Well, unfortunately, these problems cannot be completely resolved. Doctors, on the average, see somewhere between 20 and 25 patients per day. They regularly get impromptu emergency calls. Some patients require more time than anticipated during a given examination. Patients often arrive late for their appointments, setting the office schedule behind. However, there are a few situations that you and I have within our power to resolve. Here are a few suggestions to facilitate your next visit:

Be on time for an appointment. If you're a new patient, this may mean allowing time to fill out forms and provide insurance information. Even when you're a returning patient, this means being in the exam room, ready to be seen by your doctor, at the scheduled appointment time.

Bring written questions. Have a plan, going in for your appointment. Some patients get anxious once face-to-face with their doctor, and leave before they remember to ask all their questions. In addition, you may have experienced a symptom a week or two ago, which doesn't immediately come to mind. Write it down beforehand; your doctor can more accurately diagnose your condition when you've kept a running record of your symptoms.

Take notes during your visit. It helps to have something to go back to and reference after your consultation. Write notes or record the conversation on your phone with the doctor's permission.

Bring a family member, caretaker or good friend to your visit. This is particularly important for elderly patients, who may have more sophisticated medications or treatments that are hard to remember. It also helps to bring in all medications a patient is taking, rather than trying to remember prescription names and dosages.

Be honest. Your doctor needs to know the truth about your health, even about symptoms or topics that may seem uncomfortable or embarrassing. Again, this information you provide allows your doctor to give accurate diagnosis and treatment.

For a same-day appointment: The best time to call is between 10 and 11 a.m. At this time, the office will know about afternoon cancellations. If your same-day request is urgent, make that clear to the receptionist.

Be willing to speak first with the nurse. The nurse can often answer your questions. If the nurse thinks your question needs to be addressed by the doctor, your call will be referred to the doctor.

Schedule appointments for the early morning or right after lunch. These are the times when the doctor is more likely to be on time, so you will wait less time. (Point of information: Wednesday is the slowest day in most offices.)

Schedule your annual physical exam in late Spring or Summer. Most people are fairly healthy, and the doctor's office is quiet at these times.

Try to avoid December appointments. It's cold and flu season. Also, people want to use up their insurance benefits before the end of the year.

Call ahead of time if you have a late-day appointment. Is the doctor on schedule, and what is the best time to show up?

Request paperwork ahead of time by mail or e-mail. This will help you save time during your visit.

Double-check before leaving for your appointment. Are lab results in? Does your insurance cover this visit?

Avoid appointments on Mondays and Fridays. These are the busiest days in most offices.

Try to limit your visit to no more than two issues. Most doctors won't have time to focus on a long list of ailments during one visit.

Notify the office if you are canceling or running late. This will allow the staff to reschedule.

Do an attitude adjustment! Patience is golden. The staff is trying hard to accommodate you. Rudeness and pushiness only make their job harder.

You can look for another doctor. You may be justified if your doctor is chronically late.

Doctor's office visits are usually not fun, but with a little effort they can be a cooperative project. Good luck and good health!

### REFERENCES:

Goudreau, Jeff, M.D., FACP. "Maximizing Your Time." *Healthy Living Made Simple*.  
Sam's Club, March/April 2017  
<http://www.prevention.com/health/doctors-office-backs>



Vicki

Dear Vicki,

My husband and I tried to plan a family vacation and it backfired. We offered to treat our three grown children and grandchildren to a week's vacation this Summer. We suggested a beach trip, but were flexible within reason to their wishes. First, there was dissension over the date. Once that was resolved -- no easy feat -- things broke down over where to go. One son has a favorite beach that offers a kid's camp, which the other child-free son and daughter-in-law don't like or need, and then our unmarried daughter objected because she preferred a more urban scene with good restaurants and night life. Finally, we pulled the plug on the whole idea, but not before I found myself wringing my hands in despair. Your take on this?

Right now, give yourself credit for generously trying to plan a wonderful treat for your family. According to experts, 15 percent of us baby boomers are making travel plans that include our extended families. But this year? Let it go and regroup. If you want give it another try, make the decision first and stick to it. Another approach would be to solicit a larger number of suggestions from your family and winnow that down to two or three choices. The majority of votes wins. The losing proposition can be tabled until another time, if you so choose. This increases the risk of conflict, but may work for you. In the end though, this is your gift so you make the decision. Remember that you can't please everyone, so you may as well please yourself!

Dear Vicki,

You have mentioned your family in this column so maybe you can't help me. I'm a widow with no children. I'd like to travel and have the means to do so, but am reluctant to go on my own. I can't even eat at a fast-food restaurant alone! I eat in the car because I don't want people looking at me as a loser.

## NO GOOD DEED GOES UNPUNISHED

As the old adage goes, "No good deed goes unpunished!" When it comes to such issues, I've learned that it's best to make the decisions prior to offering a gift to your family. For example, you might want to say, "We planned to rent a house for the family at the Outer Banks this Summer. Who wants to go?" Case closed. The place is chosen and the possibility of conflict diminishes greatly. You might even want to pick out the house ahead of time to further simplify the decision. If there is grumbling, politely listen and respond with, "I hear your concerns and we'll take them into consideration another time."

Similarly, when it comes to offering money for a wedding or other major expense, take the reins before conflict rears its ugly head. For example, "Here's the amount we have budgeted for your wedding," rather than leaving it open-ended and subject to haggling over specific expenditures. When our son and daughter-in-law bought their first home, we wanted to give them a housewarming gift. Instead of offering to buy them a piece of furniture, which may have been much costly than we liked, we offered a specific amount of money meant to go toward the purchase of whatever piece they wished to buy.

But you might ask, "Shouldn't my children just be appreciative and reasonable?" Well, definitely. And in a perfect world, it would be so. That our children might fail to live up to this mark could be an article on its own. You might want to read this essay for an interesting viewpoint: [www.townandcountrymag.com/society/money-and-power/a9868987/how-not-to-raise-a-spoiled-child/](http://www.townandcountrymag.com/society/money-and-power/a9868987/how-not-to-raise-a-spoiled-child/)

## SOLO TRAVELER

It's true that I have a family, but I've also traveled alone, at times, mostly to professional conferences. My short response would be to find some friends to travel with, but that would be an inadequate answer. Friends are not always available, may not have the means to travel or may not have the same travel interests. When that is the case, I suggest looking at group tours, which are now available for every interest from cooking to bicycling to history, etc. These group tours are a great way to meet people and they almost always include several other people traveling as singles.

The deeper issue is your fear that people will look at you as a loser because you are alone. I encourage you to see a licensed counselor, social worker or psychologist for help in resolving this painful issue because it is beyond the scope of a short answer. Such a strong belief is very limiting and isolating and can contribute to a number of psychological problems. Cognitive behavior therapy is a simple and very effective way of overcoming such fears and negative beliefs. It is readily available without any side effects. There is no need for you to continue to live with this crippling belief, so don't delay!

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



# A Retreat Weekend at HOME

By Kater Leatherman

Sometimes we just need to drop out, find our center, and get into the zone ... especially, when the thought of air travel, pricey accommodations and planning months in advance begin to thwart our best intentions.

Why not think about taking a weekend "away" at home? You can do it alone - or with your partner - as long as both of you basically want the same thing.

Benefits include having the familiarity, convenience and comforts of home. Not so great is the lure of technology and

those nagging "to do" lists, unless checking something off of it is relaxing and feels rewarding.

This is time to decompress and enjoy yourself. There's no place to go, no one to please and nothing to do except what you want. Everything is by your own choosing. You might decide to putter, nap, catch up with someone on the phone, watch movies.

While retreating in this way may sound heavenly, being without distractions can make us uncomfortable because we are so accustomed to being busy. Avoid the need to quell the feelings. Instead, just notice the discomfort, then close your eyes and breathe deeply until it eases up a bit.

Here are seven ways to create a weekend home retreat for yourself:

- Even if you are doing this with your partner, spend some time in solitude.
- Prepare simple, nutritious meals.
- Hire someone to come and give you a massage.
- Find the time to take a luxurious bath using salt crystals, essential oils and/or scented candles.
- See if you can let go of needing to know what time it is.
- Refrain from checking your emails every 15 minutes.
- Take some time to stretch; it will help to release residual tightness, tension and stress.

Hopefully, by the end of the weekend you will know the true meaning of there's no place like home.

*Kater, an author, yoga teacher and professional organizer, can be reached at [katerleatherman@gmail.com](mailto:katerleatherman@gmail.com)*



## Is Cremation a Consideration?

Pay tribute to your loved one by placing their cremains in a Lakeside Cremation Bench, a Private Bench Estate, a Private Columbarium, a personalized Pedastal or in a glass niche located in our stunning Chapel Mausoleum. We offer a serene and restful place for everyone.

Call *Lakemont Memorial Gardens* at **410.956.3060** to make arrangements or just stop in and have a cup of coffee. We offer park tours and pre-planning seminars.

We are located at  
**900 W. Central Avenue**  
**Davidsonville, MD 21035**



# BOOKS:

## *Old, New and Obscure*

### **SECRET NO MORE: A TRUE STORY OF HOPE OR PARENTS WITH AN ADDICTED CHILD**

By Lisa Hillman

Apprentice House Press, Loyola University Maryland, Baltimore (2017)

As our nation struggles with the opioid crisis, a new book provides insight on how one family handled the challenge. Lisa Hillman, a well-known Annapolitan and hospital administrator, writes honestly about her family's terrifying journey after learning her son Jacob was addicted. The book begins with a call from a teacher who shocks her by using the word "marijuana" in the same sentence with her son's name. Immediately, she thinks, "Not my son."

Lisa and her husband Dick, a former city mayor, face overwhelming fears for their son and his future, their own reputations in the community and perceived threats to her occupation. At a fundraiser, she wonders if hospital donors will stop contributing to major capital campaigns if they know she has an addict for a son. Their challenge is a "secret" from everyone except medical professionals. But they ask the same question as any parent with an addicted child: Where is a road map to recovery? Sadly, one doesn't exist.

The tension is palpable throughout each chapter. As the Hillmans muddle through denial, shock and shame while frantic for help, they attend court hearings and Al-Anon meetings and talk with psychologists. They learn of Jacob's use of oxycodone, questionable friends, lying, misuse of money, his job losses and his lack of confidence. Just when it seems Jacob gains control, he relapses. Even while at a top-notch rehab facility in Maryland, he has access to drugs.

Readers will be relieved that after long-term, in-patient care, Jacob is a recovering addict who now lives an independent life in Florida. His mother writes, with prayer and support like AA and Al-Anon, she *can* look forward. She concludes that if her "secret no more" tale helps just one parent to survive the addiction crisis in their lives "and prompts them to seek help for themselves, even if they cannot help their loved one, I will be glad to have shared it. Jacob will, too."

- Mary P. Felter

### **DEEP WAKE - THE LAST CROSSING OF THE LUSITANIA**

By: Erik Larson

Penguin Random House (2015)

The passenger liner Titanic got all the publicity, but the Lusitania, another luxury liner, described "as richly appointed as an English Country house" sailed from New York in May 1915 and never reached its destination in Liverpool.

Erik Larson has written a riveting account of the deliberate sinking of this ship with many infants and children aboard by a German U-boat. The captain of the Lusitania, William Thomas Turner, believed that the gentlemanly rules of warfare, which for many years had protected passenger liners from attack, would keep the Lusitania safe. But he underestimated the German determination to change those rules. A sadistic submarine captain was planning to torpedo as many non-German ships as possible.

The passengers felt very much at ease on this sailing, even though a notice had appeared in the New York papers warning that travelers sailing on British ships did so "at their own risk." A combination of many things determined the fate of this luxury liner, including fog, a closely guarded secret and a chance turn.

So why did the Titanic get all the attention, a book, a movie and many exhibits around the country? Was it the fact that it was an iceberg that caused its demise, instead of a torpedo? We just don't know, but Erik Larson, a prize-winning novelist, captures the drama, suspense and pure human evil that led to this disaster.

He also gives us a riveting history lesson of the presidency of Woodrow Wilson and his personal problems, and of the antiwar sentiment in the United States before World War I, known as the "Great War."

Larson also takes us into the lives of many of the passengers, both the wealthy first class as well as the second-class and economy passengers. This novel is well researched, as are all of Mr. Larson's books. We feel we know many of the people on the ship, their secrets and personal lives, and we care about them.

Even though *Deep Wake* is nonfiction, the book reads like a thriller, encouraging the reader to find out "what happened and why."

~ Peggy Kiefer

Why wind down now? Why not get back out there and share all that you've learned.



Few experiences match the pleasure of joining family and friends for a feast of steamed blue crabs on the sunny deck of a waterfront restaurant on Chesapeake Bay.

And then the bill arrives.

Recent price spikes have put the Bay's favorite seafood beyond the reach of many consumers. Higher costs are linked to declining blue crab populations. Some observers have even predicted the demise of the region's most valuable fishery. But there are promising signs that crabs are on the rebound.

The blue crab, *Callinectes sapidus*, the rough translation of which is "tasty, beautiful swimmer," is immensely important to the Chesapeake region's ecology, economy and culture. It's a critical, "keystone" species in the Bay's complex food web. Its larval, juvenile and adult stages feed a large variety of shellfish, fish and birds. In turn, blue crabs consume a potpourri of bottom-dwelling mollusks, small crustaceans (even, sometimes, each other), dead fish and sundry detritus. It's the most important commercial species in the Bay, accounting for half of the nation's total blue crab landings, with an annual dockside value of at least \$50 million. And, quick, can you think of anything that better symbolizes the Bay's image and heritage?

In 1989 Maryland and Virginia established an annual Winter dredge survey to estimate the population of blue crabs in Chesapeake Bay. The Bay-wide assessment, conducted between December and March when crabs burrow into the mud, samples 1,500 randomly selected sites using a six-foot-wide crab dredge.

In 2008, with 20 years of data on hand, scientists confronted a startling picture. From 1998 through 2007, the Bay experienced significant reductions in blue crab populations. The declines were across the board: for crabs of harvestable size, for adult males, for females of spawning age and for young crabs. It was clear that, with existing harvesting pressure, populations were no longer sustainable. It was time for action.

Maryland and Virginia officials responded vigorously and cooperatively -- somewhat surprising given a history of blue crab management disagreements between the two states. They immediately enacted new regulations to rebuild the stocks. These included a one-third reduction on catch limits of female crabs and extending the spawning season "sanctuary" period. In addition, Virginia shut down the Winter dredge harvest for female crabs. Maryland did not do so, but did shorten the Fall harvest period.

By 2010, populations had rebounded, a trend that has largely continued for all crab classes. The 2016 survey estimated a Bay-wide crab population of 553 million, the fourth highest since the survey began and almost twice the amount in 2008. The 2017 data showed the highest level of spawning-age females in the survey's history. Scientists have concluded that the Bay's blue crab stocks are now stable and resilient.

Cause for celebration? Experts predict that 2017 will be a banner year for crab harvests. Officials have been quick to credit

the improvements to the new science-based management regime. Some have even argued that it's time to loosen harvest restrictions, including the reopening of Winter dredging in Virginia. The 2008 regulations have certainly played an important role in the recovery of crab stocks.

But the picture is more complicated. Even the recent "recovery" years have shown anomalies. In 2013 and 2014, there were steep drops in total crab population. Adult females were way down from 2012-2014. And the abundance of juveniles dropped by more than 50 percent from 2016 to 2017, the same year that saw record numbers of spawning-age females.

So what's going on?

Obviously harvesting pressure isn't the only factor. Crab numbers are also a function of the crustacean's life history, predation, cannibalism, disease, environment and weather. The crabs' post-2008 recovery may be related to expansion of submerged aquatic vegetation and recent mild Winters. But the unique biology of crabs also plays a critical role.

The population dynamics of blue crabs are complex and unpredictable. An

egg-bearing female crab ("sponge crab") gives birth to some 2 million microscopic larvae (zoeae) in late Spring. This takes place near the mouth of the Bay in the relatively salty water required by larval crabs. Winds and currents then sweep the planktonic zoeae into the open ocean where they undergo several molts until they resemble a tiny, hard-shelled lobster (a "megalops").

The megalops descends to the sea floor and migrates back into the Bay where it grows into an immature crab ("first crab"). From hatched egg to first crab takes about two months. In another two years or so, the crabs will be sexually mature and ready to harvest. But very few make it to that stage. Even when favorable winds and currents carry late-stage larvae back into protected Bay waters, only a small percentage survives. When unfavorable conditions prevent their return to the Bay, that number may drop by 90 percent, meaning significantly fewer juveniles and harvest-sized crabs down the line.

So what's the relative role of weather, compared with management practices, in affecting blue crab populations in the Bay? The bottom line: We don't know. But two take-away lessons seem evident. First, we must learn more about the complex interactions among blue crab biology, weather and climate, and the physical oceanography of the Bay. Second, until we gain much better understanding of blue crab population dynamics, it would be prudent to maintain present management practices.

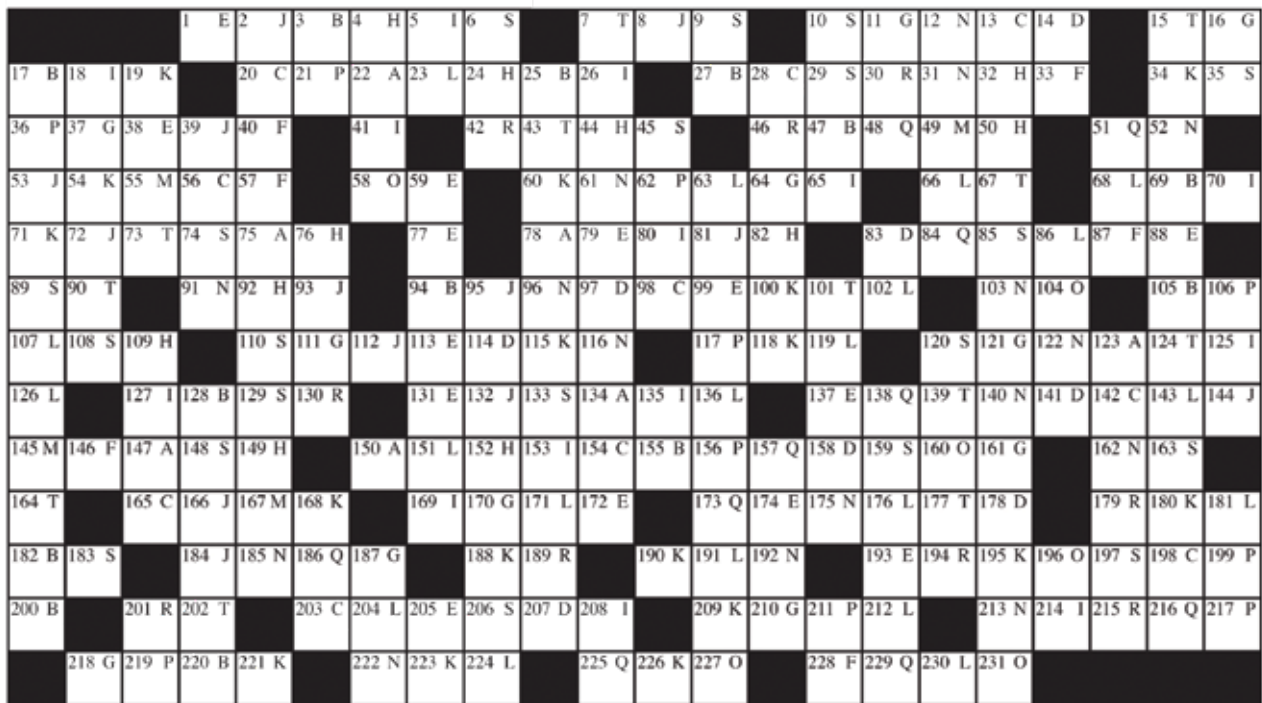
Want to learn more about the Bay's most iconic creature? William Warner's *Beautiful Swimmers* is a great place to start.

*Henry S. Parker is an adjunct associate professor at Georgetown University. He can be reached at hspshp@gmail.com*

## BLUE CRABS and the Bay: Time for Celebration?

By Henry S. Parker

# SUMMER QUIZ-ACROSTIC



Copyright © 2015 Sheila Haak

## Directions

1. Read the definitions and supply the correct words over the numbered blanks.
2. Transfer the letters to the corresponding squares in the diagram.
3. Reading left to right, the completed diagram poses a trivia question. Words are separated by black squares.
4. Reading down, the first letters on the numbered blanks give the subject category followed by the answer to the trivia question.

**NEW!**  
Quiz-Acrostics Book 2,  
published by Puzzleworm  
is now available at  
amazon.com  
Sheila can be reached at  
acrostics@aol.com or  
visit her web site:  
www.quiz-acrostics.com

- A. Tweaking the truth
- B. Law enforcement writ (2 wds.)
- C. Instrument that measures train speed
- D. Curiosities
- E. Moving up the ladder (2 wds.)
- F. Arranged
- G. Adulation (2 wds.)
- H. Designing
- I. Obstinately
- J. Satisfaction felt at another's misfortune
- K. Eighth commandment (4 wds.)
- L. Musical revue that includes songs from *Follies*, *Gypsy*, and *Company* (5 wds.)
- M. Location of Haleakala
- N. Lookout (2 wds.)
- O. Provoke
- P. Calling (3 wds.)
- Q. Lawmakers
- R. 2003 Denzel Washington film (3 wds.)
- S. 1970 David Bowie Song (2 wds.)
- T. 1987, 1999, or 2011 in Vietnam (4 wds.)

150	134	22	123	147	75	78								
94	3	155	128	200	27	69	220	25	47	17	182	105		
142	154	56	20	198	165	98	13	203	28					
114	207	178	141	14	158	97	83							
205	38	99	77	79	1	174	172	193	59	131	137	88	113	
33	146	87	228	57	40									
170	187	16	64	218	121	11	161	210	111	37				
24	82	149	4	152	92	32	109	44	50	76				
70	65	169	125	41	5	208	18	153	80	135	214	127	26	
184	72	8	166	112	81	144	95	53	132	2	93	39		
190	118	54	115	34	226	100	195	71	19	188	221	180	209	
	168	223	60											
126	151	102	119	23	176	224	143	63	171	66	212	68	204	
	86	136	191	107	181	230								
167	145	55	49											
61	122	213	192	140	31	175	116	103	162	52	96	185	222	
	12	91												
104	231	58	160	196	227									
36	199	117	106	217	156	219	21	62	211					
173	229	157	216	84	48	186	51	138	225					
215	179	46	201	189	130	194	42	30						
45	29	85	133	35	163	74	148	6	129	120	108	183	110	
	89	9	206	197	159	10								
67	177	164	101	90	202	15	73	124	139	43	7			



# BOOMER

## ENJOYING LIFE AFTER 50

# *fest*

Friday, October 13  
11 a.m. - 5 p.m.

Severna Park Community Center  
623 Baltimore Annapolis Blvd.

**FREE ADMISSION & PARKING!**  
**OPEN TO THE PUBLIC!**

### Free Health Screenings

Gather info, talk to professionals and attend seminars:

- Financial Planning
- Active Living
- Health & Wellness
- And so much more!
- Legal Services
- Travel & Leisure
- Caregiver Advice

### Entertainment

Giveaways

Fitness & Cooking Demos

Food Trucks

Visit [www.OutLookbytheBay.com](http://www.OutLookbytheBay.com) for more details!



For exhibitor info please contact Jacqueline at [Jacqueline@ceosolutions.org](mailto:Jacqueline@ceosolutions.org) or 703.863.1275

PRESENTED BY OUTLOOK BY THE BAY  
DEVOTED TO THE INTERESTS OF THE ACTIVE CHESAPEAKE BAY AREA BABY BOOMERS





## Independent, Active, *Living at its Finest*

Stop by today and  
tour our beautiful  
community!  
Monday-Friday  
8:30am-5:00pm

**WELCOME TO GARDENS OF ANNAPOLIS, A PREMIER 62 AND BETTER COMMUNITY** that offers residents an active, worry-free lifestyle. This locally owned and operated community features on-site amenities including:

- No Entrance Fees
- Transportation Services
- 24-hour Emergency Services
- Spacious apartments well-equipped with emergency response system and full size washers and dryers
- Community areas including dining room with evening meals available, hair salon, game and billiards room, movie theater, library, computer center and bistro
- Bocce Ball and Shuffleboard Court
- Fitness Room and Wellness Center
- Resident Activity Director

**Call today! 410-295-5644**  
[www.gardensofannapolis.com](http://www.gardensofannapolis.com)



931 Edgewood Road, Annapolis, MD 21403

