

Complimentary

Fall 2017

OutLook

for the Bay Boomer and beyond...

by the Bay

AUTUMN IN THE KITCHEN

Achieving
Financial
Success

**CRAB FEASTS:
MAY THEY NEVER END**

HA? Historic Annapolis?
What's That All About?

**WHAT TO DO
With Family Heirlooms?**

Fall Into the Season
With Delightful
Pumpkin

What If I'm Satisfied
With A Mediocre Life

fitness • entertainment • gardening • nutrition

Letters to the editor

SHARING INVISIBLE SCARS

A big thank-you to the Rev. Chandler Whitman for, "On Sharing Our Invisible Scars." The last paragraph of her article is so profound. She states, "I wonder what the world would look like if we were all a little more able to share our invisible scars." As her last words say: "I wonder ..."

I do too!

S. Chase, Beaufort, S.C.

Bay Bytes

To enjoy views of the most stunning gardens in the world, go to **GardenVisit.com**. Not only are there fabulous pictures, but all sorts of interesting information on landscaping, design and gardening methods.

EXPLORING PADDLE POWER

Janie and I enjoyed "Underway On Paddle Power." It delivered a lot of information in an appealing way. People who had been thinking about giving paddle craft a try, but didn't know how to approach it, would find all they need in your article. And nice touch beginning with weather patterns—it drew me in. Where is this going? The title says it's about paddling. Nice writing!

Cheers,

Doug N., Annapolis

ON BECOMING AN ADULT

Once again, loved your editorial! I concur with your belief about adulthood. Though I moved out and into an apartment (literally a five-minute walk from my parents), I didn't fully feel like I was "officially" an adult until my wedding. I remember feeling a sense of "whoa," now I'm married and really AM an adult! Yikes! Oh and then when I had that first baby, that scary feeling returned magnified!!! Lol!

Thanks again,

Leah L., Virginia Beach

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On the Cover:

Ruth and Larry Claussen retired to Annapolis from Northern Virginia about 4 years ago to be near children and grandchildren. Inspired to live in such an historic city and learn about Maryland, they began giving tours for Watermark and volunteering in all things history. Their son remarked when they moved into a 1735 home, "This is history with a capital H!"

OutLook

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FROM THE DESK

We've just entered our 10th year of publishing *OutLook by the Bay*. Upon learning of this momentous occasion, my friend Kater asked, "Where'd this come from? Why did you do this? What sort of background did I have in publishing? Had I always been a writer?"

So I fessed up. I have no background in any of this. Which brings us to Carolyn. She's my old roommate from Boston. On seeing one of the earlier issues, her comment was: "I remember you when you couldn't put a sentence together!" Well Carolyn, I still can't, but most people haven't noticed that yet.

What's important here is that we've had 10 years of good people working with us. Really, can you top a Pulitzer Prize-winning managing editor? Or writers who could wallpaper a wall with their various advanced and impressive degrees and who have interests so wide and varied, they can't be slowed down.

How about our readers? They're an extraordinary group too. We hear from them often, most frequently in regard to what an impressive pub we've created. And it is impressive, if we may say so in all modesty. We're focused on a particular segment of the population. Interestingly, this group makes up about 20 percent of the population of this country (ages 55 - 70). We believe they are the most well-traveled and possibly one of the best-educated segments of the population. They're voracious readers, searchers of the truth, well-informed, discriminating in their choices and active participants in life.

Together we've discovered that when one arrives at this grand age, one can finally do something for the pure pleasure of it.

Consider this: We spend the first third of our lives as someone's kid, where we understood that it was to our benefit to take the strong suggestions made as to how we'll live our lives. From there, most often, we become one-half of a couple, and what often follows are dependents that take up the second third of our lives. At this point, we're answerable to lots of people and we work very hard and conscientiously to bring it all to fruition. With luck most of us are successful in the first two-thirds. Then comes the treat - the last third! This can last anywhere from 10 to 40 years. And what a treat it can be. As long as we enjoy good health, good family and good friends, these truly are the Golden Years.

So, back to friend Kater. Where'd this all come from, this fabulous, informative, immensely readable magazine? It sprang up out of a need. There was nothing out there to tell new retirees or people who finally had free time, what to do next. It was all a mystery and it was a path none of us had been down before.

So then what should we be doing? Well Phil, one of our favorite writers, suggests we keep moving either on foot or on bikes. Neil suggests getting involved with gardening and Barbara says we need to travel. Vicki tries to keep us on track with how to peacefully coexist with those near and dear to us. Tricia and Peggy let us know what books are worth reading and Dr. David tells us we're all probably normal and doing just fine. Kathryn is always introducing us to something new and Ellen generously fills us in on the history of the area where we live. And then the good Drs. Passaro and Wooddell have lots of suggestions as to how to keep our sparkling smiles. Leah is an endless source of so much information, it's hard to imagine how it's all stored in one head.

We have great lawyers on board too who never hesitate to answer the tough questions. Then there's Vern - he's an independent soul. He's hard to nail down, but when we do he shares bits of fascinating information. Ryan has a column that we really don't want to read, but we're all drawn in and usually end up laughing. Who says undertakers don't have a sense of humor!

Hank, otherwise known as Henry, does a fabulous job with his *OutLook for the Bay* column, but why not? With his background, he's an expert in the field.

Maureen seems to pick a topic out of the air and fascinates us with her knowledge and Louise always sends us something we hadn't thought of. And there are so many more, too many to mention individually.

But this is what holds us together, this group that keeps our pub interesting and informative. Now back to my old roommate Carolyn. Well nothing has changed since my early days in Boston. I'm still trying. But with this incredible, hard-working and talented group, there's no reason why anyone should notice that I still lack that skill of putting a sentence together.



Just beyond Gate One at the U.S. Naval Academy is a sculpture of an energetic goat. Sculpted by Clemente Spaminato, an artist noted for capturing the sense of movement in sports stars featured in the Baseball, Golf and Football halls of fame, the sculpture honors Bill the Goat, the mascot of the USNA since 1904.

Goats have a long and positive history with the Navy. As pets they were welcomed aboard ships to eat the garbage and provide milk, cheese and butter for the crew. The first animal to circle the globe was a female goat, the pet of Captain Cook, in 1767-68. She was retired after the trip to a comfortable farm. However, she led the way as goats continued to be regular companions aboard ships.

El Cid was one of the first goats for the Naval Academy. He debuted in 1893 as a gift to the academy from the officers of the USS New York for the fourth Army-Navy football game. Navy won 6-3. *Good Luck El Cid* remained and was renamed Bill after the pet goat kept by Cmdr. Colby Mitchell Chester, commandant of midshipmen in 1891 -1894.

Today USNA is host to goat mascot number 36. Goats have appeared on the sidelines of Navy football games for more than 100 years. Once kept on the Navy dairy farm, Bill the goat is now kept in a secret enclave to prevent mischief that began in 1953.

KIDNAPPING BILL

The first dastardly deed occurred 64 years ago when cadets from the U.S. Military Academy kidnapped the Navy mascot. President Dwight D. Eisenhower, a West Point graduate, ordered that Bill be returned. In response, the cadets staged a "goat rebellion" at West Point. The New York newspapers loved the feud over Bill that went as high as the president. Bill was returned and the midshipmen faced

a further insult that year when Army beat Navy 20-7.

Seven years later, in 1960, cadets from the Air Force Academy staged another kidnapping and flew Bill to Colorado. Naval Intelligence tracked him down. This caper was featured in *Life Magazine*.

Army tried kidnapping schemes again in 1995, when Army hijacked three goats -- numbers 25, 27 and 29. The Pentagon ordered their return. In 2002, wearing Grateful Dead T-shirts, Army struck again on Veterans Day. In 2007 Army sneaked in yet again and followed it up with a video tape of the escapade called "Operation Good Shepherd." It was featured on U-tube.

The strangest of all heists occurred in 2012 when Bill was found tethered in the median strip of Army-Navy Blvd. near the Pentagon. The Animal Rescue League found him and returned Bill to Anne Arundel County and eventually back to his home. The kidnappers? It's still a mystery.

So we're coming up on five years since Bill's last calamity. And despite the rallying cry of "Fear the goat!" that may have been first used

on the eve of the Navy-Maryland rivalry renewal in 2005, academy officials want you to know that Bill is very docile. Children enjoy chatting with him and petting him. (Fear the goat was a reaction to Maryland Terrapin fans' "Fear the turtle.")

Historically Bill was good company aboard ship munching garbage and delivering milk and cheese, hardly fearsome. Clemente Spaminato, however, depicts Bill with the speed and muscle dynamics of a true champion. Of course, in football games, speed and muscle count. So, Fear the Goat! Beat Army!

Ellen, a former mayor of Annapolis, can be reached at ellenmoyer@yahoo.com

BILL THE GOAT

By Ellen Moyer



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A cup of hot chocolate sits on a white surface next to a colorful plaid blanket. The background is softly blurred, showing more of the blanket and the cup.

FALL: COOL AIR AND HOT CHOCOLATE!

By Louise Whiteside

Maybe it's that first mid-September morning when you step outside for the daily paper and feel a cool chill in the air. Or perhaps you notice the days turning into nights at a faster pace. Or it might be when you begin searching in the closet for that warm sweatshirt before you venture out for a walk.

Whatever your first reminder, you realize that Fall is showing its colorful face. It will soon be time for a few activity and lifestyle changes, maybe even some changes in your outlook on life.

Whether you welcome Fall or lament the coming of Winter, this time of year does have wonderful characteristics. Here are a few thoughts, which make the season interesting, exciting and comforting, for many of us.

1. It's actually fun inventorying your stash of cool-weather clothes! Which sweaters, jackets or slacks now need to be moved to the front of the closet? Is it time to go shopping for a puffy vest or a new pair of boots?
2. This is a perfect time to go through your cookbook collection and pick out a recipe for a delectable pot of chili or beef stew. A succulent pot roast will seem delicious after all of those grilled hot dogs and burgers of Summer.
3. The outdoors is refreshing when the air becomes crisp and pure. Walking on a wooded path, or even on a neighborhood street, while breathing the cool Fall air, gives a burst of newfound energy and enthusiasm.
4. In some communities, a Halloween hayride for the kids is a yearly event. Instead of the usual trick-or-treat tradition, an afternoon of costumes, candy and a ride for the kiddies in the back of a hay-filled truck can be organized. Family members, and even pets, follow the procession and enjoy the exercise and camaraderie.
5. This time of year presents an opportunity to drive into rural areas for the sheer pleasure of viewing the changing foliage. We already have an oversized box filled with photos of the brilliantly colored leaves, but it's hard to resist taking more pictures year after year.
6. The Fall season triggers the anticipation of the holidays. With the first breath of brisk Autumn air, we can mentally begin to plan for Thanksgiving and Christmas. A Fall craft fair is a great start for early gift shopping.

7. Stopping at a farmer's market during the Fall season is a treat: How nice to hand-select apples, pumpkins and gigantic jugs of apple cider!

There is so much to relish about Autumn and no doubt you have favorite activities of your own. Enjoy a campout. Bake a pumpkin pie. Drink a spiced latte. Slow down from all the busyness of Summer. Savor the brisk outdoors before the cold days of Winter set in.

Celebrate this glorious time of year! And give this recipe a try for a taste of all the Fall has to offer.

PUMPKIN MINI-CAKES

- 1 18-ounce box spice cake mix
- 1 15-ounce can pumpkin
- 3 eggs
- 1/3 cup oil
- 1/3 cup water

In mixing bowl, blend all ingredients. Beat for 2 minutes.

Pour batter into 24 paper-lined muffin cups. Fill each cup 3/4 full.

Bake at 350 degrees for 18 to 20 minutes or until a toothpick inserted in center comes out clean. (Frost with prepared frosting if desired).

Serve with warm apple cider on a chilly Autumn evening!

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ACHIEVING FINANCIAL SUCCESS

By Michael Mitch

Ever ask yourself what is financial success? What does it take to be financially successful? Why is it important? How do I become more financially successful? There are answers to all these questions. Let's see what they look like.

Like most things in life, success rarely happens by accident. It is generally a result of a combination of elements that include focus, effort, habits, knowledge, consistency and finally investment.

Applying these elements, especially in the world of wealth, are the keys to a rewarding financial future. The potential is there and it is waiting for anyone. For those who sit around saying "I wish," the potential can never be achieved.

For those who say I am aware of what I have to do and willing to take the necessary steps, the rewards will follow. As my uncle Pete would often tell me, "doing nothing yields nothing." But the converse is also true.

Sounds easy enough, but again this could be a matter of "easier said than done." Over the years, I have been asked innumerable times for advice about investment and wealth management, insurance and other financial matters, in the hope that there is a simple one-step fits-all. People search for the quick and easy application of the elements that can be easily implemented.

There are many paths to overall financial success; unfortunately there is not one. Just as each of us is individual and unique, so is the path to financial success.

Your path to success is bound by your goals, responsibilities, knowledge, tolerance for risk, time and energy. Through the process of careful assessment, either on your own, or with the help of a financial professional, you can chart a course leading you to a richer more financially healthy future. You could call it the "possible dream."

What is the test for financial success and how do you know when you have achieved a comfortable level? A good yardstick is when it provides the means to achieve security, physical comfort, free time and peace of mind.

If a healthy financial future is important to you, I encourage you to take the steps and you can get there. If you don't want to go it alone, call upon the services of an independent financial professional.

Michael Mitch and Carolyn Insley Mitch, retirement planning specialists, have been caring for client financial needs for over 30 years and can be contacted at Michael. insleyfinancial@gmail.com



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Read our article "The Impact of Soda Drinking On Your Dental Health" in this edition of Outlook!

YOUR LEGAL COMPASS

ASSET PROTECTION FOR INHERITED IRAS

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

In 2014, the U.S. Supreme Court's decision in *Clark v. Rameker* sent shock waves through the legal and financial planning industries. The court was asked to decide whether funds held in an inherited individual retirement account (IRA) were "retirement funds" within the meaning of the bankruptcy statute and thus, exempted from an individual's bankruptcy estate. The court answered this question with a resounding "no" and specifically held that funds in an inherited IRA are not "retirement funds," rendering those funds available for payment to creditors.

The court reasoned that "retirement funds" are monies set aside for a day when one stops working; whereas an inherited IRA consists of funds that may be used for immediate consumption. Prior to this decision, an inherited IRA was considered "retirement funds" and protected from the reach of one's creditors. After this decision, though, it was, and still is, unclear how far-reaching its effects will be.

So, how do you protect inherited IRAs for your beneficiaries? First, it is important to understand the basics of IRAs and required minimum distributions (RMD). Generally, an owner's funds in an IRA will be protected from his or her creditors, but a RMD will not be protected. A RMD is the distribution that must be taken starting at age 70 1/2, which is based on one's life expectancy. Once the distribution is made, that income is not protected unless state law provides otherwise.

When the owner of the IRA dies, his or her beneficiary receives an inherited IRA. If one's spouse inherits the IRA, they can: (1) create a new IRA in their name; (2) roll the inherited IRA into an existing IRA already in the spouse's name; or (3) they can leave the inherited IRA in the deceased spouse's name if the deceased spouse was younger than the surviving spouse so the

payments can be stretched out for a longer period. If the spouse chooses option 1 or 2, the funds in the account will be protected. However, if the spouse chooses option 3, the funds would likely not be protected.

Moreover, if a child inherits the IRA, the child could stretch out the RMDs based on their life expectancy rather than their parent's life expectancy, or the child could take the money all at once. Either way, though, the funds would not be protected from the child's creditors, which may include a bankruptcy court, general creditors, lawsuits and judgments entered against them. The Supreme Court decision also opened the door for Medicaid to recover against an inherited IRA since the federal law allows recovery against beneficiary-designated accounts.

It is possible, though, to protect these inherited IRAs by setting up a trust, which must be drafted carefully so as not to trigger a five-year payout. If the Internal Revenue Service considers the trust as the owner or beneficiary of the IRA, the trust must liquidate the IRA and distribute it within five years of the decedent's death. However, the government will not consider a trust the owner or beneficiary of the IRA if four requirements are met: (1) the trust is irrevocable as of the decedent's death; (2) the trust is valid under state law; (3) the trust identifies "human" beneficiaries; and (4) the trustee provides a copy of the trust to the plan administrator or custodian within nine months of the date of death. If there is the possibility that a non-human can become a beneficiary, e.g., ultimate beneficiary is a church or charity, then the five-year payout rule applies.

Also, it is important to draft the trust in a way that maximizes the payout to the beneficiaries. Generally, the payout is based on the oldest beneficiary's age, so if you have three children aged 25, 30 and 35, the payout will be based on the 35-year-old's life expectancy. But, the trust can be drafted in a way that allows the payout to each child based on each child's respective age, which will maximize the benefits to that child. Finally, it is important to decide how the RMDs payable to the trust will be handled. Giving the trustee the authority to decide whether to make distribution to the beneficiary or to continue to hold the RMDs in trust provides more flexibility and creditor protection for the beneficiary.

Jessica L. Estes is an elder law and estate planning attorney at ERA Law Group, LLC, in Annapolis. She can be reached at 410.919.1790 or via email at jestes@eralawgroup.com

Think of all the possibilities and let that be your guide

THE IMPACT OF SODA DRINKING ON YOUR DENTAL HEALTH

By Drs. Woody Wooddell and Joe Passaro

Ice-cold sodas are sweet, delicious and can really hit the spot. Despite their popularity, it is a well-known fact that soda is terrible for your teeth.

Why is Soda Bad for Your Teeth? Soda is particularly bad for your teeth for two reasons. The first reason, sugar, is the one that most people are aware of. While sugar itself doesn't cause tooth decay, it does contribute to its formation. This is because oral bacteria thrive on sugars. As these bacteria eat the sugars, they produce harmful acids that erode the enamel layer of your teeth, which then leads to cavities.

The highly acidic nature of soda is the other reason it is so bad for your teeth. Most sodas contain citric acid, carbonic acid and/or phosphoric acid. Sodas with specific flavor ingredients may also contain other less common acids. Acid weakens your enamel, which then leaves your teeth susceptible to bacterial attack. Neither sugar nor acid is particularly good for your teeth, so combined, they can be downright destructive.

What About Diet Soda? Because most people only pay attention to the sugar aspect of soda, many think that diet soda is inherently better. However, the truth is that diet soda is still harmful, as it is still just as acidic. And, ultimately, it is the acid

that makes your teeth the most vulnerable.

Other Effects? As described earlier, one of the major effects of drinking soda is an increased risk for developing cavities, but bacterial attacks can lead to other issues as well. An increased number of oral bacteria raise your risk for developing gum disease. And severe tooth decay allows bacteria into your teeth, resulting in infections. Furthermore, bacteria can then get into your bloodstream and cause serious health issues throughout your body.

For the best results, it is best to cut soda out of your daily diet completely. However, even cutting back can greatly help lessen the severity of soda's effects. Just be sure to drink soda while eating a meal or drink a glass of water after the soda, both of which will help to limit the amount of sugars and acids that rest on your teeth. You should also remember to brush at least twice a day, floss daily and don't forget regular visits to your dentist.

Drs. Woody Wooddell and Joe Passaro opened the doors to their dental practice in Davidsonville in 1981. In addition to caring for their patients' dental health by offering general dentistry services, they provide expert restorative and esthetic dental solutions. Visit their website at www.wp dentalgroup.com or call 410.956.5555.

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AUTUMN IN THE KITCHEN

By Kerry Dunnington

When the seasons turn, so do our appetites. The Summer is all about grilling, sinking our teeth into sweet corn from the cob, juicy tomatoes, crispy cucumbers, refreshing salads and the bounty of stone fruit, berries and melons. But as we segue into Fall, we're craving more comfort food dishes that still echo a hint of Summer. Meals that are light and healthy, but substantial enough to be the kind of food we're hankering to eat.

Autumn begins to initiate that transition into cooler weather that makes us long for a bowl of hot soup accompanied with warm bread. It's the time of year when we begin to celebrate inviting aromas that waft through the kitchen and fill our home with the smell of a home-cooked meal. The recipes for fire-roasted, seafood-style chili and honey-glazed cornbread baked in a cast iron skillet are Summer-to-fall classics that provide a perfect transition.

FIRE-ROASTED, SEAFOOD-STYLE CHILI

Fire-roasted tomatoes add a rich, smoky flavor to this robust version of traditional chili made with ground beef. This is a wonderful departure from conventional chili. Here the beans and seafood crowd a highly seasoned tomato broth. Serve with cast iron, honey-glazed cornbread, and a tossed lettuce leaf salad for a completely satisfying, elegant meal your guests won't soon forget. It's best to prepare

this a day in advance to allow the intense flavors to mingle. If the amount of chili seasoning seems too aggressive, start by using 1 tablespoon and then season to your preference. Seafood tends to toughen (especially shrimp) if it cooks too long, so it's best to add the seafood after the simmering process is finished and the soup has cooled. I have also

successfully used lobster and crabmeat as seafood choices.

8 servings

2 Tbs. neutral oil (expeller-pressed canola, high-oleic safflower, or sunflower oil)
1/2 cup onion, chopped
1/2 cup red pepper, chopped
2 cloves garlic, minced
2 Tbs. chili seasoning
1 can (28 ounces) fire-roasted diced tomatoes
2 cans (15 ounces each) cannellini beans
1/4 cup mild salsa
3 Tbs. Worcestershire sauce
3/4 tsp. salt
1 pound cooked crawfish meat, thawed
1 pound large shrimp, cooked and cut into bite-sized pieces
Sour cream if desired

1. In a large pot over moderate heat, warm the oil and sauté the onion, red pepper and garlic until tender. Add the chili seasoning and cook for about 1 minute. Add the tomatoes, cannellini beans, salsa, Worcestershire sauce and salt. Simmer for about 1 hour. When the chili has cooled, add the crawfish meat and shrimp. Cover and refrigerate overnight.
2. Allow the chili to come to room temperature before heating. Serve hot. Pass the sour cream to your guests if desired.

CAST IRON, HONEY- GLAZED CORN BREAD

I rely on this moist and delicious corn bread recipe when a quick bread is needed. The butter and honey act like a glaze, like thin icing on a cake. If you don't have a cast iron skillet, you can use an 11 x 7 x 2-inch baking dish. Whenever I have any leftover corn bread, I cut it in half crosswise, butter the cut side, and cook the buttered side in a skillet until toasty brown in spots.

8 servings

1 1/4 cup unbleached all-purpose flour
3/4 cup yellow corn flour
3 Tbs. granulated sugar
5 tsp. baking powder
3/4 tsp. salt
1 egg
1 1/4 cups buttermilk
2 Tbs. neutral oil (expeller-pressed canola, high-oleic safflower, or sunflower oil)
1 Tbs. butter
Honey

1. Preheat the oven to 350°F.
2. Generously coat a 10-inch cast iron skillet with cooking spray.
3. Combine the flour, corn flour, sugar, baking powder and salt in a large bowl.
4. In a medium bowl, whisk the egg with the buttermilk and oil. Make a well in the center of the dry ingredients and add the liquid mixture. Stir just to combine.
5. Transfer the batter to the prepared skillet and bake for 25 to 30 minutes (check after 25 minutes), or until a toothpick inserted in the center comes out clean.
6. Switch the oven temperature to broil and brown the top for 1 to 2 minutes. While the corn bread is hot, spread the butter evenly over the top, drizzle with a generous amount of the honey and spread it evenly across the top. Serve immediately.

Kerry is the author of "Tasting the Seasons," "This Book Cooks" and "The Seasonal Kitchen." She can be reached at kerrydunnington@verizon.net or visit her at www.kerrydunnington.com

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HA? Historic Annapolis? What's That All About?

HA is an acronym for many entities: small-h historic Annapolis downtown, the historic area and the local heritage area, among them. But in its current usage as a stand-alone name, it is the adoption of locals' original shorthand name for Historic Annapolis, the leading nonprofit preservation and history organization in the city.

In 1952, a group of about 250 Annapolis residents, concerned about the deteriorating condition of their city, gathered at St. John's College to form a new nonprofit organization: Historic Annapolis, Inc. The name has changed over the years, but the mission remains the same: to *preserve* and *protect* the historic places, objects and stories of Maryland's capital city, and to provide engaging experiences that *connect* people to the area's diverse heritage.

The new organization stepped up in 1955 to the challenge of saving an historic house on the corner of Green and Main streets. Pictures of barrister Charles Carroll's home moving up Main Street on its way to a new location on the St. John's campus are among the most iconic of Annapolis images. In 1972, cameras recorded another house on the move: HA arranged the relocation of the Callahan House from College Avenue and St. John Street to a new home on Conduit, where it provides a screen for Hillman Garage.

HA played a less visually dramatic, but equally critical role in the 1965 creation of the Colonial Annapolis Historic District, among the earliest districts listed on the National Register of Historic Places. In addition, HA successfully advocated for the ordinances and zoning requirements that have continued to safeguard the city's unique architecture, welcoming waterfront and scenic vistas. Because of these efforts, Annapolis offers visitors one of the nation's largest surviving concentrations of colonial buildings, in addition to stunning examples of architecture spanning more than three centuries.

The organization's seminal project was the 1965-1974 restoration of the Colonial home and garden of William Paca, a signer of the Declaration of Independence and third governor of Maryland. Other preservation efforts over its 65-year history have protected numerous buildings, from the modest living and work spaces of early craftsmen to the grander homes of notable residents. Today, HA manages 12 state-owned historic properties—a group of buildings that now includes the magnificent James Brice House—as well as its own Historic Annapolis Museum and Store at 99 Main St.

HA is an active partner with other area institutions and

organizations, including Four Rivers: the Heritage Area of Annapolis, London Town and South County. Together they promote the region's historical, cultural and natural assets. HA hosts tours, museum exhibits, educational programs and social gatherings that bring history to life for residents and visitors alike.

A small but dedicated professional staff oversees the many activities that serve the city and its visitors. The preservation department comments on applications submitted to the city's Historic Preservation Commission, monitors protective easements held by HA, awards distinctive plaques to homes that exemplify the city's main architectural styles and maintains the buildings entrusted to its care. The education department offers tours of the historic buildings, after-school and in-school educational programs, a history-based Summer camp program, living-history interpretation for special events and public lectures on a wide variety of topics. It cares for a wide-ranging collection of furniture, decorative arts objects and archival material. The horticultural staff maintains the living plant collection found secluded behind garden walls of the Paca House garden. All parts of the organization come together to ensure the success of three major fund-raising events: the November Annapolis by Candlelight tours of historic

neighborhoods, and two special evenings—Mr. Paca's Girlfriends in June and Blazers Bourbon Cigars in September, when guests can experience the magic of the William Paca Garden with old and new friends.

None of these and the rest of HA's many activities would be possible without the help of our many dedicated volunteers. Lifelong friendships have been forged by volunteers working together on behalf of Historic Annapolis. If you have a skill, talent, interest or passion that you

would like to put to work in support of HA's Preserve.Protect. Connect mission, please contact volunteer coordinator Janet Hall at janet.hall@annapolis.org so that she can connect you with the right organizational niche.

Historic Annapolis's founders acted to ensure that the legacy of the city's past would continue to enrich its future. As a nonprofit organization, HA draws its strength from hundreds of members, volunteers and supporters. We invite you to join us at annapolis.org

Bay Bytes

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Military.com

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

Why You Must Back Up Your Computer

By Leah Lancione

Whether you have a personal laptop or share a PC with your spouse, it is vital that you back up any important information. Computer operating systems are vulnerable to crashes in which data can be completely wiped out, corrupted by a virus or lost due to a natural disaster. Experts at the Massachusetts Institute of Technology say data is the most significant part of your computer, and “an operating system can be reinstalled, along with applications, but it may be difficult or impossible to recreate your original data.”

According to Risc IT Solutions, “Data loss can happen in many ways, the most common causes are physical failure of your PC, accidental error, theft or disasters like fire, flood and dropped coffee mugs!” The site also says that people also tend to save their documents, photos or other important items in one place, a “My Documents” folder or on the desktop, for example.

Once data has been lost, it's either too complicated or impossible to retrieve by anyone other than an IT professional, which can be costly.

IT professionals recommend folks routinely make a copy of their most important files, like account or tax information, personal and work documents, address book contents and, of course, sentimental photos or family memorabilia. These essential files should be stored in a protected system like an external hard

drive that you can access if needed.


So, how do you back up your computer? Well, IT experts at *PC World* say not to worry. The process of backing up a computer is relatively seamless.

One option is to pay an annual or monthly fee for an online data storage like Google Drive (www.google.com/drive/), Carbonite (www.carbonite.com/Computer/Backup/), iDrive (www.idrive.com), iCloud (www.icloud.com), Mozy (<https://mozy.com>) or Microsoft OneDrive (<https://onedrive.live.com>). These sites can service your PC and any mobile devices, so just pick the one that best suits your needs.


Another method described by *PC World* is to consolidate the data from mobile devices onto your computer and then copy all data to an external hard drive. What is an external hard drive, you ask? An external hard drive, per techtarget.com, “is a portable storage device that can be attached to a computer through a USB or FireWire (an external connector like a USB port) connection, or wirelessly.” These devices usually have expansive storage capabilities, not to mention you only pay for it once.

PC Mag lists its picks for the top external hard drives for 2017 as: CalDigit Tuff, LaCie 5big Thunderbolt 2, Seagate Backup Plus Portable Drive, Buffalo MiniStation Extreme NFC and CalDigit T4 RAID. Check out the reviews at www.pcmag.com/article2/0,2817,2400958,00.asp for more information.

For more security, all experts agree that implementing the “3-2-1 Rule” is the best practice for ensuring security of data. This means having three copies, the original files and two copies, with each duplicate kept on a different type of storage, and one of them off-site.



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When We Hear, Our Entire Brain Listens

By Kathleen A. McCarthy

Sometimes parts of conversations are missed, perhaps not every word is heard, and may be some words slide past without you mentioning that you didn't catch what was said. Perhaps as time goes by, you think of it as your own personal time -- quiet time. After all, haven't we heard most everything?

Maybe so. On the other hand, hearing loss is not a change that we should learn to live with. Recent research has found that hearing activates our brain in all areas. It's no longer thought of as a solitary process -- one that if we happen to lose it then our other senses and abilities can take over. When there's hearing loss, there's less brain stimulation, less intellectual thinking, less awareness and less contact with family and friends. Health professionals urge us to protect our hearing from loud noises and use assistive listening devices that will help us hear. The push to make sure that we keep on hearing has been motivated lately by research finding that hearing loss can lead to Alzheimer's disease.

The type of hearing loss that develops as we age is presbycusis (prez-buh-KYOO-sis). It begins early in our 30s and 40s very subtly. By the time we're 65, one in three of us has hearing loss and when we reach 75, half of us mishear what others are saying. We can't hear the wide range and the volume of voices that we once did. High-pitched sounds like the soft voices of women and children as well as sirens, smoke alarms and timers don't register for us. The other part of this change is that, ironically, loud noises are too much for us. We can be jumpy, notice that our ears hurt and can't wait to leave loud events whether it's a noisy restaurant, a get-together or a concert.

Not hearing well makes it difficult to separate sounds fast enough

to know what they are and how to respond to them. When we hear ordinary clatter like a refrigerator closing, a cabinet drawer sliding or a potato chip bag opening, some of us don't recognize them as we once did. Many are hard to identify. Even sounds that come together at the same time -- the chime of a doorbell, fast action in a TV commercial and the ring of a cell phone -- can't be recognized as coming from three different sources. In our everyday lives, there are more sounds than ever. So it's important to hear and know the beeps, chimes, timers, monitors and alarms that are all around us.

Here are tips to protect your hearing so that you keep what you have:

- 1) When you socialize let people know that you hear better in quieter restaurants. Choose a place to sit at a distance from loud music. Sit away from the middle of an activity to reduce the background noise.
- 2) Have the TV or radio on only if you're actively listening to it.
- 3) Sit facing those whom you like to hear. Looking at people as they talk helps us get the full meaning of the words with less straining.

The following are organizations that offer more information about hearing:

- American Academy of Hearing: Age-Related Hearing Loss. **www.HowsYourHearing.org**
- Cleveland Clinic: Healthy Living/Aging/Hearing Loss and Older Adults. **http://my.clevelandclinic.org/healthy_living/aging/hic_hearing_loss_and_older_people**
- Hopkins Hearing Aid: Technology **www.hopkinsmedicine.org/otolaryngology/specialty_areas/hearing/hearing-aids/technology**
- National Council on Aging: Hearing Loss: It's a Family Affair **www.ncoa.org/resources/hearing-loss-its-a-family-affair**
- NIH Senior Health: Hearing Loss Defined. **<https://nihseniorhealth.gov/hearingloss/hearinglossdefined>**

- 4) See a hearing specialist to determine your hearing level. You might already know that the letters S, T and P are easy to mishear. Hearing tests offer specific details on sounds that you don't hear so that you'll know the sounds that require extra effort.

- 5) Keep up on the latest devices that improve hearing. Telephone and TV amplifying devices, along with hearing aids, are now microcomputers, and can be fine-tuned to hear the sounds the way that you'd like to hear them.

- 6) Learn speech reading. It makes it easier to hear in the midst of so much noise that surrounds us.

Kathleen is a health writer based in Southern California. She can be reached at kmccarthy@dslextrreme.com

You might have lived in the Southwest, and now miss the simple serenity of the desert floor. Perhaps you want a conversation piece around the house instead of the usual collection of spider plants, scheffleras, dieffenbachias and rubber tree plants. Or maybe, just maybe, ease of care comes to mind. Whatever your motivation, creating an indoor desert garden can be worth the initial effort. Materials are easy enough to assemble, cacti and succulents are readily available and design ideas are endless. Maintenance should be low.

First, however, there's **location and lighting**. You're looking for up to six hours of sun exposure a day on window shelves, the sill or a table. Otherwise, you will probably need artificial lighting elsewhere in the house. It is also worth remembering that when your desert garden Winters in the house, it does best where it's cool and dry. As for types of displays, these can vary from increasingly popular vertical wall hangings, collections of smaller receptacles like pots and ceramic bowls arranged in a design or a wooden frame hung drawbridge-style from a wall or bookcase.

Containers run the gamut, from pottery to plastic. What's needed is three to four inches of soil. A warning about those otherwise-attractive, shallow ceramics. Because they likely won't have drainage holes, they will require careful watering. But don't shy from being creative. For example, you can achieve an interesting crop-row effect by using a plastic silverware holder. At the end of the article, see websites to browse for presentation ideas.

As for **soil medium**, you want drainage, so a mixture of one-half sand, one-fourth loam and one-fourth peat is generally recommended. This sort of mix is available at garden centers. For a more sophisticated and potentially more sustaining mixture of your own, try one part each of loam, leaf mold and gritty sand, plus one-half part crushed charcoal. To a gallon of this mixture, add a tablespoon each of ground limestone and bone meal. To cover the soil, use a gritty, not smooth sand you can find at fish pet stores, along with colorful pebbles to accent the presentation.

Crucial to the exercise are **water and fertilizer**. During Winter months, you should water only once every three or four weeks to avoid root rot. Use warm, not cool water, to replicate the desert environment. During

the growing season, water more often, but only when the soil is bone-dry. Some use garden-variety, well-diluted tomato fertilizer very occasionally (twice a year), but other experts emphasize the need for a fertilizer with more phosphorus than nitrogen.

Now, to the stars of the show – the **cacti and succulents**. Start by taking the time to visit four or five garden stores to

scout out sizes, colors and textures of cacti and succulents you want. It beats looking at pictures in a magazine. The field trips also let you know what's immediately available. Although its flora is generally too big to fit in your space, you can find inspiration for this in the cactus section at the U.S. Botanic Garden at the foot of the Capitol in D.C. Always a pleasure visiting there.

Think small, you're not looking for a yucca plant that would take up half the living room and poke through the ceiling. For cactus, the spiny branchless ones, look for *thrixanthocereuses*, *mammillarias* and *rubutias*, among others. For the succulents, the smoother, less prickly ones with thick branches, watch for *echeverias*, *crassulas* and *sedums*, among others. Be sure to research their size so that it comports with the scale

of the containers you have in mind, assuring that at least you won't have to replant every several years.

Homework is also helpful because forming your desert in larger shallow containers is a little like discovering which fish will get along together in an aquarium. Some succulents, for example, may need a little more water than their cactus cousins.

A succulent or cactus secret: If you love the blooms many of these varieties produce, you might try to buy them with flowers already on. It can take years to see your own blooms indoors. Also, water a little more often when these plants are flowering.

You can Google "desert garden inside" for ideas and here are some specific websites where you can get ideas on how to start a desert-scape:

- www.wikihow.com/Grow-Cactus-Indoors
- <https://gardeningknowhow.com/ornamental/cacti-succulents/scgen/>
- <http://www.etsy.com/search?q=succulent+frame>
- www.bhg.com/garden/...plans-ideas/make-a-living-succulent-picture
- www.hgtv.com/.../create-an-indoor-desert-garden

Mick Rood, the managing editor of this publication, fondly remembers the indoor desert garden his late father maintained in his coop apartment building that overlooked Central Park in New York City. He lived out the latter part of his life in Tucson, the desert all around him.

BRINGING THE DESERT INDOORS

By Mick Rood

Bay Bytes

AmericanHiking.org offers a huge amount of information on hiking trails throughout the US as well as volunteer opportunities for your next vacation.

U.S. history buffs the world over are intimately familiar with the midnight ride of Paul Revere. Even some Brits will confess to knowing the poetry, if not the facts describing the 25-mile overnight horseback ride of the Revolutionary War patriot, silversmith and propagandist. The “one if by land and two if by sea” story sets the scene for the first historic clash in April 1775 between armed British regulars and armed rebel irregulars at Lexington and Concord.

It was Revere, using only one horse, who sounded the alarm that the “redcoats” were coming. And the rest, they say, is history. Or is it? Like bookends on the shelf, another rider made a similar dash for freedom’s sake more than six years later, only this time to end the war. Moreover, once again the fate of a nation not yet born hung in the balance to be determined by a man riding through the night. His name was Tench Tilghman.

The Tilghmans were an early English settler family who owned or controlled major properties on the Eastern Shore of Maryland adjoining the Chesapeake Bay. The rich soil, easily cultivated, produced bumper crops of wheat, corn and tobacco. From the Bay came a bounty of fish, oysters and crabs. Trade with Europe was highly profitable for numerous landowners, so much so that the area financed a significant portion of the rebellious American war effort. One of Tench Tilghman’s neighbors was Robert Morris, who became the first U.S. minister of finance.

It was not by chance, therefore, that Gen. George Washington chose Tench Tilghman to be his aide-de-camp shortly after the war’s outbreak. Tilghman helped keep what little support in the Colonies was available flowing to the Continental Army. But he had other qualities. He knew the coastal area from Connecticut to the Carolinas where most of the decisive war action took place. And Tilghman spoke French, the language of Washington’s key ally.

The six years of war that followed Revere’s cries of alarm were particularly harsh on significant portions of the Colonial population. Upward of 20 percent fled into Canada. Another 20 percent were said to have lost homes, livestock and possessions to the random violence and hatreds stirred up by the rebellion. Whole areas of frontier were depopulated by marauding Indians, while coastal towns were subject to bombardments at any time from the British fleet.

Six years of indecisive warfare reduced a Continental Congress to a group of bickering petty politicians promoting

personal or state agendas. Congress had moved to the relative security of inland Philadelphia, but disunity was in the air. Several states threatened to withdraw from the confederation to settle their own individual fate with King George. It seemed likely by 1781 that the 13 colonies would never form a United States. Then came Yorktown and Tench Tilghman.

In a stroke of military genius, Washington bottled up Gen. Cornwallis and his entire army on the Yorktown peninsula. Fortuitously, the French fleet arrived and demonstrated unusual vigor in keeping British vessels from evacuating their forces by sea. This forced Cornwallis to surrender together with more than 5,000 regulars who stacked arms to the tune of “The World

Turned Upside Down” courtesy of the Continental Army Fife and Drum Corps.

’Twas a famous victory, but Washington recognized the political significance of notifying Congress immediately before it fell apart. Time was of the essence, but Philadelphia lay over 400 miles away across several lines of British forces. Who knew best the lay of the land? Tench Tilghman, of course, and he was immediately dispatched.

Riding almost nonstop, the saddle-sore aide-de-camp reached the City of Brotherly Love in a record three and one-half days. Rumor has it Tilghman used the cover of night to twice cross British army picket lines. It is also said

that he used eight horses in the process of his epic ride. News of Cornwallis’ defeat raised flagging congressional spirits, maintained unity among the 13 states and resulted shortly in a peace treaty ending the war (or rebellion depending on which side of the Atlantic you were from).

What happened to Tench Tilghman? He died several years later unknown and unacclaimed. He is buried in a family plot outside Oxford. On the original square obelisk, which marks the site, two horses are prominently engraved on each of the four sides. No poet penned an ode to Tilghman’s heroic feat and the Congress quickly forgot his glorious journey. Other than that, Oxford townspeople still complain of political perfidy. Congress never paid Tilghman for this out-of-pocket travel expenses and rejected his claim for \$280 because it was not authorized in advance. Moral of the story: politicians and the public were as fickle and perverse in 1781 as they are in 2017.

Vern is a former U.S. ambassador who retired in Annapolis along with his wife Dorothy. He can often be seen sailing the Bay in his Saber 27 Graciella. He can be reached at vernpenner@hotmail.com

Tench, Who?

By Vern Penner

Bay Bytes

Log on to **MyHeritage.com** to build your family tree, discover what’s already been recorded or try the DNA test kits (cost involved) to discover your family history.

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

10 FACTOIDS YOU MAY NOT KNOW ABOUT PUMPKINS

By Penelope Folsom

1. Pumpkins formerly known as "pepon," probably originated in Central America. Indians used them not only as a foodstuff, serving them dried, baked or boiled, but for medicinal purposes to treat such things as parasites.
2. Pumpkin, supplied by the Indians, was one of the three foods that probably kept the Pilgrims from starvation during their first Winter. The other two foods were corn and fish.
3. Pumpkin seeds contain valuable vitamins, minerals and omega-3 fatty acids and can be served toasted with a sprinkling of seasoning for a delicious snack www.cooks.com
4. It takes about 40 to 100 days to grow a pumpkin, depending on variety and size. They require lots of water and sun, but once established require little care as anyone can attest to who has had volunteer pumpkins growing where last years' pumpkins were tossed.
5. For a pumpkin patch in your area where you can pick your own, log onto <http://pumpkinpatchesandmore.org/>
6. The largest recorded pumpkin weighed over 1,800 pounds and was grown in Minnesota.
7. Pumpkin can be served broiled, boiled, fried, baked, stewed, stuffed and in soup. It is interchangeable with squash in most recipes.
8. Little pumpkins "spookies," are used primarily for decoration. They can be combined with odd shaped gourds and a few Autumn leaves for an interesting table decoration.
9. Pumpkin is a good source of vitamins A, C and E. It is loaded with beta carotene and has no cholesterol and boasts less than 50 calories per cup.
10. Jack-o'-lanterns were probably introduced to this country by the Irish and Scotch who also carved faces on turnips or beets to scare away evil spirits. For a source of interesting ways to carve your own jack- o'-lantern, log onto www.marthastewart.com/275573/pumpkin-carving-and-decorating-ideas/

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Being Respectful About Paying Your Respects On Social Media

By Sarah Montgomery and Joy McCrady

In the era of the telephone, there was an implicit understanding of the hierarchy of grief. Those closest to someone who died would call a loved one or close friend to share the news or receive comfort. Unlike with social media, no one else was listening in on the conversation. Today, the news of a death can be shared minutes later to hundreds, even thousands of people, before those closest to the deceased have had a chance to wrap their heart and minds around the loss. With this instantaneous communication, it's important to consider a new type of etiquette when it comes to sharing information on someone's death. Think of our family, friends and acquaintances in a concentric circle. Those who are closest to the loss are in the middle of the circle, or the nucleus. The next level out may be friends and family who aren't as close – perhaps former schoolmates or cousins. The next circle out may be neighbors, co-workers, etc. One more ring out are mere acquaintances. The outer ring would be people who barely know the loved one, if at all. It is always those in the nucleus of the circle who have the privilege and burden of posting an RIP message. Those in the nucleus get to decide the language to use and the details to share – or not share.

For those of us further out in the concentric circles, we must be patient and respectful to give those deepest in the grief circle time and grace to process their loss. We should hold off from speculating and resist the temptation to share before the time is right. We must wait until the inner circle has shared. Then we can offer condolences and other care and comfort to those in the center.

However, in the age when news about deaths are posted over a variety of media from police reports to community alerts, it can

be almost impossible to avoid hearing news of a loss before the immediate family. So, consider the following before creating or commenting about an RIP post:

If you are not in the nucleus of the circle, wait. It is the respectful thing to do.

If you are in the nucleus of the circle, take the time you need. While a quick post can deter misinformation, sharing the message that you want to share is just as important. The Emily Post Institute suggests that family members can turn off the comment capability on their social media walls to give them more time and space to craft a message. Those in the nucleus can also create a private group in order to send pieces of information to a specific group of people. This can give the family some sense of control in the timing of the messaging even, when in some cases, certain information may have already been released by other sources.

When in doubt, wait. Wait until you hear the news from one of the family members or close friends. Families can often experience a sense of betrayal if they find out about the death through social media, from a stranger or someone who was only an acquaintance of their loved one.

For more information, contact:
Chesapeake Life Center
90 Ritchie Highway, Pasadena, Md.
and 9500 Arena Drive, Suite 250,
Largo, Md.
www.chesapeakelifecenter.org
griefinfo@chesapeakelifecenter.org
888.501.7077

Bay Bytes

To donate your old running or walking shoes that will be distributed to those less fortunate, log onto **Soles4Souls.org**. Shoes are accepted from individuals, your group or a business and can be mailed or dropped off.

Sarah Montgomery, is coordinator of children and family programs and Joy McCrady, is a bereavement counselor for Chesapeake Life Center, a program service of Hospice of the Chesapeake.

It doesn't really matter who you were. Who are you now?



What Does Mary Say?

By Mary Chaput

A question often asked by individuals who are suddenly thrust into the role of caring for a parent, spouse or other frail individual is, “Are there any resources or support services available?” As the Anne Arundel County National Family Caregiver Support Program kicks off another year of caregiver educational workshops, we hope to answer that question by sharing information on the Department of Aging and Disabilities programs and services.

On Sept. 7, at 6:30-8:30 p.m., a workshop entitled, Meet the Staff – Discover the Programs, will be held at the Annapolis Senior Activity Center, 19 S. Villa Ave. This presentation will be repeated on Sept. 14, at 1-3 p.m., at the department’s North County office, 7320 Ritchie Highway, Glen Burnie. During both sessions, a panel of program managers will present an overview of individual programs after which attendees will have a chance to speak one-on-one with department staff. Programs described will include:

- **Information and Assistance (I&A)** staff are the gateway to the many programs at the department. Even when you don’t know what questions to ask, I&A specialists will help you navigate systems and resources and make sure that you speak to the right folks. Several I&A staff have also trained as certified options counselors, able to help individuals to define their long-term goals and collaboratively develop a path to get to those goals.
- **Community Care Partnership Programs** provide many in-home services to individuals who are medically and financially eligible.
- The **Respite Care Referral Program** maintains a registry of self-employed caregivers. Although they are not department employees, a background check is conducted on each worker (annually) and they receive initial and ongoing training by the department. The workers provide in-home care, allowing family members to take a break or to maintain their employment.
- The **National Family Caregiver Support Program (NFCSP)** facilitates monthly caregiver support groups, caregiver education programs, an annual caregivers’ conference and caregiver appreciation events. When funding is available, the program provides stipends to family caregivers for respite care or supplemental needs or grants for an emergency response system for those who at risk of falling.
- The **Telephone Reassurance Program** provides daily well-check phone calls to seniors and adults with disabilities 365 days a year.

- **SHIP, the State Health Insurance Assistance Program**, assists clients with understanding Medicare benefits, supplemental options, Part D and Medicare Advantage options.
- The **Assisted Living/Senior Housing Program** administers a subsidy to financially and functionally eligible residents residing in assisted living facilities and offers public information about regulatory requirements and housing options for seniors and those with disabilities.
- **Ombudsman Program** staff advocate for residents’ rights and good quality long-term care. They also educate the public on long-term care facilities and services.
- The department’s **Nutrition Program** provides nutritious meals at community sites throughout the county.
- Seven of the local **Senior Activity Centers** provide a variety of educational opportunities, health screenings, recreational activities and hot nutritious lunches. The **Senior Center Plus** program provides some personal assistance for frail seniors to participate in senior center activities.

If you are unable to attend one of the September workshops, you can pick up a copy of the *2017-2018 Services for Seniors, Individuals with Disabilities, and Caregivers Directory* at area libraries, local stores, county senior activity centers, or at the Department of Aging and Disabilities offices in Annapolis and Glen Burnie. You can also view the online version at our website (www.aacounty.org/aging). The directory provides brief descriptions of department programs as well as a multitude of community resources.

The 2017-2018 Caregiver Educational Workshops schedule can be found in this edition of *Outlook by the Bay*. For more information or to register for upcoming workshops, go online to www.aacounty.org/aging or call 410.222.4375. If you wish to be added to the National Family Caregivers Support Program’s mail/email list to receive information regarding workshops, support groups, conferences or other events, call 410.222.4375 or email caregiver_support@aacounty.org

Mary can be contacted at AGChap01@AACounty.org



What to Do With Family Heirlooms

By Kater Leatherman

This is what makes it feel like there is no satisfactory resolution.

You don't want to use the hand-embroidered luncheon napkins made by your great aunt because they might get ruined. You're downsizing and have no room for your mother-in-law's tea cup collection, your father's baby crib or the trunk of your grandfather's uniforms and assorted paraphernalia from World War I. Or how about the box of unsolved mysteries -- photographs of relatives you don't know because there is nothing written on the back

Some of us feel responsible for keeping our family memories alive for future generations. Others feel a sense that we are betraying the person who gave something to us or who it belonged to. We feel as if someone lives on in that thing and, if we can't find a good home for it, where will it end up? And with whom? What if we make a mistake by passing it off? For the majority of us, however, it's our emotional attachment that makes it impossible to let them go, even though we are not enjoying them or they have no use.

Indeed, surrendering our heirlooms cuts deep. So, how do we detach from those emotionally charged objects without leaving claw marks on the wall? I believe that it comes down to keeping the memory alive. Here are six ways to tame the pain around handling things that are nearly impossible to part with:

1. Loan things out with the condition that the item be returned to you if that person no longer wants or needs it. This might be your childhood rocking chair that a niece, nephew, grandchild or godchild can use. This way, you can also "visit" the object.
2. To keep a tangible, visual memory of an object alive, take photographs of things that you don't want to keep anymore. Or, have someone record you holding the possession while you talk about it.

3. For those heirlooms that you really want to keep, get them out of hiding and showcase them or use them to decorate. Frame and hang old photographs. Make a shadowbox. Store interesting items such as your parent's love letters, old brochures, road maps or your grandmother's birth certificate in a nice basket and place it on a bookshelf. Leave vintage magazines on your coffee table. Fur coats can be made into teddy bears. One way to preserve the memories associated with a variety of things is to save a piece of the heirloom. Keep a swatch or make a small pillow from the fabric of your mother's wedding dress. Cut squares from old fabrics, T-shirts, uniforms, blankets, and childhood clothing to make a patchwork quilt or wall hanging.
4. If you are a collector, keep one or two representative samples.
5. Keep what you want and disperse photographs, family papers and assorted memorabilia to cousins, siblings, nieces and nephews.
6. Sell your heirlooms. Donate them to a charitable organization or, if they are historical, to a museum or university. It helps to soften the blow if you can find someone who cares for it or who is interested in its history.

As a last-ditch effort to let go, ask yourself, "Would the relative who owned this rather I keep it or exchange it for something that could enrich and/or bring more pleasure into my life?"

Kater is an organizing specialist and home stager. Visit her website at www.katerleatherman.com or email katerleatherman@gmail.com

You're your own worst critic – Would anyone else hold you to such high standards?



2017-2018 Family Caregiver Education Workshop Schedule

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

Some days, during "the best we can" still falls short of what we would like to be able to do, but life isn't perfect on any front – and doing what we can with what we have is the most we should expect of ourselves or anyone else.
(Fred Rogers)

Come join us as we learn together and support one another on this caregiving journey.

	Location	Presenter	Topic
9/7/17 6:30-8:30pm	Annapolis Senior Center	Dept. of Aging & Disabilities Staff	Meet the Staff – Discover the Programs
9/14/17 1:00-3:00pm	North County Office	Dept. of Aging & Disabilities Staff	Meet the Staff – Discover the Programs
9/19/17 6:30-8:30pm	North County office	Dept. of Aging & Disabilities Staff	Communicating through Behaviors Experiential Workshop
10/5/17 6:30-8:30pm	Pascal Senior Center	Kim Burton, Director of Older Adult Programs, MD Coalition on Mental Health & Aging	Caring for Someone with a Mental Illness
10/17/17 6:30-8:30pm	North County office	Dept. of Aging & Disabilities Staff	Communicating through Behaviors Experiential Workshop
11/2/17 6:30-8:30pm	Annapolis Senior Center	Jennifer Fitzpatrick, MSW, LCSW-C	The Stages of Dementia
12/5/17 6:30-8:30pm	North County office	Dept. of Aging & Disabilities Staff	Communicating through Behaviors Experiential Workshop
1/23/18 1:00-3:00pm	North County office	Dept. of Aging & Disabilities Staff	Communicating through Behaviors Experiential Workshop
3/1/18 6:30-8:30pm	Pascal Senior Center	Ann Morrison, RN, PhD	Different Types of Dementia
3/13/18 6:30-8:30pm	North County office	Dept. of Aging & Disabilities Staff	Communicating through Behaviors Experiential Workshop
4/5/18 6:30-8:30pm	Annapolis Senior Center	Arnold, MedPark & Empire Professional Pharmacy & Medical Equipment Staff	Is your Loved One's Pharmacy Keeping Up?
4/17/18 1:00-3:00pm	North County office	Dept. of Aging & Disabilities Staff	Communicating through Behaviors Experiential Workshop
5/3/18 6:30-8:30pm	Pascal Senior Center	Ben Ogundip, PT	The Mechanics of Caregiving
5/15/18 6:30-8:30pm	North County office	Dept. of Aging & Disabilities Staff	Communicating through Behaviors Experiential Workshop
6/7/18 6:30-8:30pm	Annapolis Senior Center	Hospice of the Chesapeake	Understanding Palliative Care

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

To register for *Communicating through Behaviors*, call 410-222-4375/4339.

Sponsored by:

Somerford Place Annapolis, Annapolitan Assisted Living, Home Instead Senior Care, Spring Arbor at Severna Park, ComForCare Home Care, Regent Health Care, FutureCare Chesapeake, Atria Manresa, Senior Helpers of Annapolis, P-B health Home Care Agency, Inc., and Genesis Health Care.

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

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

Experiencing the St. John's Community Seminars

By Charles Green

If you live in Anne Arundel County, you've probably heard of the unique program at St. John's College, also known as "the Great Books school," where every student reads and discusses classic works of literature, philosophy, politics, history, math and science from the Western tradition in seminar, discussion-based classes. Have you ever wanted to take a class there, and see what it's like? Through the Community Seminars, you can get the best parts of the St. John's experience, without having to worry about grades.

Billed as "great books – great minds – great discussions," Community Seminars are run just like the undergraduate and graduate seminars, with students around a table, discussing a book and a tutor (what the college calls its professors) asking an opening question to help guide the discussion. The question is open-ended to spark a wide-ranging conversation about the book and the issues it raises. There's no right or wrong answer, and it's perfectly acceptable for students to think out loud, clarifying their thoughts as others ask for explanations.

As everyone comes to the seminar with different life experiences, knowledge and beliefs, the tutors encourage participants to focus on the book, which everyone has in common, and not, say, what any particular student might know about the author's background or the time period the text was written. As tutor and longtime Community Seminar leader David Townsend has said in his introductory remarks, "it's like a jazz improvisation group," as students figure out the work as they discuss it. He's also made an analogy to the Marine Corps, in that "we leave no one behind" in trying to understand the material.

The college always offers a wide variety of interesting books for the Community Seminars. This Fall there are seminars on *Moby Dick*, the major plays of Anton Chekhov, *Paradise Lost*, several dialogues by Plato, Hart Crane's poetry, Lucretius' *On the Nature of Things*, *King Lear*, *Twelfth Night*, the stories of Alice Munro, and *Frankenstein* and *Dracula*. Participants needn't be experts on the texts, but they should have read them before the class and to have thought about them. Indeed, the tutors aren't experts either; tutor Eva Brann writes that they are amateurs "in the best sense of the word, from the Latin for love." They're

readers who love these books, who have read them many times and thought deeply about them. That helps the seminar become, in the college's tagline, "A community of learners."

The college offers several different options for participants. There's a Year of Classics, formerly called Executive Seminars, which meet once a month for a year on the St. John's campus, in D.C. and other cities. The readings for these are usually organized around a theme of sorts. This year it's "Nine Essential Moments," with authors from the heart of the St. John's program, such as the Bible, Sophocles, Montaigne, Shakespeare, Darwin, Dostoevsky and Elizabeth Bishop.

Weekly Classics meet once a week for several weeks, many times up to seven or eight weeks, discussing either one long book or several books by one author. They are held in Annapolis, at St. John's. Weekend Classics, also held on the college's Annapolis campus, and meet for three sessions over one weekend, Saturday and Sunday, with lunch provided on Saturday. They usually take several relatively short works to discuss. They also offer Summer Classics, held at the Santa Fe campus, for a week at a time for three weeks, where students can take up to two seminars a day, one in the morning, and one in the afternoon. In between, they have lectures, film screenings and concerts at the Santa Fe Opera.

As someone who's taken Community Seminars for more than 10 years, I've always enjoyed my time there, from discussing interesting, and sometimes unusual books, to the lively discussions, which leave me deep in thought long after the last class. I have enjoyed as well the people I've met in the seminars who are from all walks of life. It's a wonderful opportunity for the greater community to see what St. John's is all about in a low-pressure, encouraging environment. For more information and to register, please visit www.sjc.edu/annapolis/programs/community-seminars. Be warned that once you take one, you might find yourself hooked, and signing up for them every semester.

Charles received his M.A. from the Graduate Institute of St. John's College and is a freelance writer and editor. He can be reached at cgreen2066@aol.com

We're running out of tomorrows.

BOOMER FEST 2017

Boomer Fest 2017, an over-50 lifestyle expo, is coming to the Severna Park Community Center on Friday, October 13 from 11 a.m. to 5 p.m. This not-to-be-missed FREE event offers a wealth of valuable information, entertainment and fun. Boomer Fest 2017 will feature more than 40 exhibitors and boasts an assortment of workshops and seminars to be held throughout the day. Inside the expo you can chat with a wide variety of senior living focused resources such as housing representatives, lawyers, transition and “next step” specialists, celebration planning and home maintenance professionals. Impactful dementia simulation sessions are being planned by BrightStar Care.

Anne Arundel Medical Center will be on site with a health resource village offering an array of medical assessments and information including: blood pressure screenings, nutrition education, cancer prevention and the palliative care/Conversation Project. Flu shots will be offered if available.

AARP Maryland and Anne Arundel Community College

are among Boomer Fest’s valued partners and will not only be exhibiting but hosting key educational sessions.

Other Boomer Fest highlights include:

“Appraisal Roadshow” by nationally known antiques and art appraiser, Todd Peenstra. Bring your family treasure to his booth to discover its value.

Adding to the fun, food trucks will be serving up yummy goodness and the Assistance League of the Chesapeake will be featuring coffee from the always popular Baltimore Coffee & Tea Co.

Transportation Services provided by Anne Arundel County Dept. of Transportation. To sign up, call 410.222.0022. Members of the Anne Arundel County senior activity centers may sign up at their local center.

Mark your calendar and plan to join us for this exciting extravaganza showcasing the latest strategies, products and services for older adults, baby boomers, caregivers and their families.

For more information log onto **www.OutLookbytheBay.com** or visit our Facebook page - BoomerFest2017 or call Jacqueline Reid Ploof at 703.863.1275.

Friday, Oct. 13, 11 a.m. – 5 p.m.
Severna Park Community Center
623 Baltimore Annapolis Blvd.
Severna Park

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Retirement Spirituality: RETIRING, NOT EXPIRING!

By Dr. Jim David

Recently a good friend who is a certified financial planner (CFP) decided it would be relevant and meaningful to include a workshop on spiritual and psychological aspects of retirement as part of his firm's annual retirement planning seminar. He knew that I enjoyed exploring the notion that truth is one and that a valid psychological truth will be congruent with a valid spiritual truth. I also thought about how many of us are living longer and what we can do to have a more meaningful life as we age.

LONGEVITY

I remembered that a few years ago my wife and I attended a Smithsonian seminar on aging hosted by Dr. Robert Butler, the first head of the National Institutes of Health (NIH) Department of Aging. The research panel gave us startling statistics on the increasing number of us who will live into our 80s, 90s and 100s. If we retire in our 50s or 60s, what do we do with 30 or 40 years of retirement? Will golf be enough?

The number and percentage of people age 65 and older will virtually double from year 2000 to 2030. The number grows from 34,991,753 to 71,453,471 and the percentage of the population from 12 percent to 20 percent. Centenarians in the United States are estimated to double every decade. How do we retain a satisfying quality of life?

SPIRITUALITY

What is spirituality? How do we become more spiritual? Plus, each of us probably subscribes to a different definition of spirituality. Here we are proposing three main components. The first is that truth is already within each of us. It is ingrained or intrinsic to us. Second we must be still (achieve silence and solitude) to connect with our truth. The third is the spirituality of "the now." This means that in each act or interaction, we are either positive or negative, kind or unkind. We live totally in awareness, enabling a strong and clear sense of choice and freedom and intentionality in what we say and do. Here are some practical steps to strengthen our retirement spirituality.

PRACTICAL STEPS

Let's begin with the idea that we need to be very selective about what we take in with our five senses. Whatever we take in will stay with us so we need to be aware of whether we are taking in uplifting material or disgusting, demoralizing, depressing material. Whatever we take in, we are stuck with it!

Many of you may know about the federal government volunteer program, the Senior Corps of Retired Executives (SCORE), which provides mentoring for novice business owners.

Here I am using SCORE as an acronym for outlining some practical steps in achieving a spirituality of retirement. This will be concise.

The **S** in SCORE includes socialize, reconnect with your spiritual roots and retain physical intimacy if possible. Social research is unanimous about the unhealthiness of social isolation. Sometimes we throw out the baby with the bath water by disconnecting from our spiritual roots, which may have some solid value in them. Having physical touching as long as we live is powerfully enriching. We tend to shrivel up without it.

The **C** in SCORE refers to community. Be involved! Participate! Contribute! Volunteer! Retired people are making huge contributions to community well-being by volunteering. Remember the Prayer of Saint Francis, "It is in giving that we receive." We probably will have to push ourselves to get out of our comfort zone. It is easy to vegetate.

The **O** is for "Outdoors spirituality." Again, research solidly supports that our overall health is enriched by regular exposure to nature. Our souls and bodies are soothed by being in a forest, on an ocean shore, along a creek or river, or high in the mountains. Make time to drink in trees, sky, water, birds, etc. Our spirituality is how we live each moment.

The **R** is for reflect. Taking the time to reflect entails embracing solitude and silence. Psalm 46 says, "Be still and know that I am God." This can only be understood and absorbed through experience. To use a cliché, talk is cheap. To grasp this reality requires mindful management of our electronic stimulation. Our addiction to smart phones, TV, internet, Facebook or movies constitutes an impenetrable barrier that precludes connecting with our core or true self. We refresh our hearts by making time for reflection, leisure, prayer and recreation.

The **E** is for exercise, which sparks the production of the neurotransmitters that elevate our mood. Walking in nature multiplies the benefits of exercise. Of course, the challenge is to make a decision, a commitment, to regular exercise. Look better! Feel better! Be healthier!

A CLOSING THOUGHT

We are made for relationships. We are social animals. An ideal forum for developing a spiritual path is membership in a small faith-sharing group. Eight to 10 members is ideal. The longer the group stays together, the greater will be the trust and depth of sharing. My wife and I have been in such a group for more than 30 years. It is life-giving!

Dr. David is a practicing psychotherapist in Silver Spring. Visit his website at www.askdrdavidnow.com or email at jimsue63@gmail.com

Annapolis Symphony

Opens Another Masterworks Season

By Joanne Alloway

Where else could you go this concert season to see a world-class, Ukrainian-born Israeli violinist, a trumpeter who also leads the Navy Band Brass Quintet, an internationally acclaimed classical guitarist from Cuba, a young virtuoso cellist who debuted in concert at age 11 and a California pianist who doesn't spend much time in San Jose because he's touring the world?

Nowhere else but at Maryland Hall for the Creative Arts when the Annapolis Symphony Orchestra (ASO) opens its 2017-18 Masterworks Season in October. In choosing these artists and their selections, Music Director José-Luis Novo says he values "music that is meaningful and important, but also that will thrill and delight our loyal audiences." Novo starts his 13th season with ASO, the longest service of any director here.

Opening the five-program Masterworks season on Oct. 6-7 will be the Israeli violinist Vadim Gluzman, who will perform Shostakovich's *Violin Concerto No. 2* with ASO, along with other compositions by Eastern European composers including Kodály and Dvořák. Prior to the 8 p.m. concert, there will be a Prelude party at 5:30 p.m. featuring international foods and an open bar. An Encore party at 10 p.m. will offer specialty cocktails and delicious sweets. The Eastport Oyster Boys will entertain at this event.

Next up on Nov. 17-18 will be Christopher Sala, principal trumpet with the symphony, leader of the Navy Band Brass Quintet, and an award winner at international trumpet competitions. He will play Eino Tamberg's *Trumpet Concerto No. 1*. The other pieces on the program include Beethoven's *Symphony No. 1*, Barber's *Adagio for Strings*, and Schubert's *Symphony No. 4*.

On Friday, Dec. 15, the symphony takes a break from the Masterworks series to present "Holiday Swing!" featuring the

trumpet of Byron Stripling. The annual holiday pops concert will be full of yuletide joy featuring standards you expect.

The Masterworks Season resumes on March 2-3 when Cuban classical guitarist Manuel Barrueco will perform Rodrigo's *Concierto de Aranjuez*. Other selections include Montsalvatge's *Sortilegis*, Debussy's *Iberia from Images* and Respighi's *Pines of Rome*. An additional performance will be repeated at Strathmore Music Center in North Bethesda on Sunday afternoon, March 4, at 3:00 p.m.

On April 13-14, cellist Julian Schwarz, who will use an instrument made in 1743, plays Lowell Lieberman's *Cello Concerto*, a new work commissioned by the Annapolis Symphony. The other offerings will include Roussel's *The Spider's Feast* and Tchaikovsky's *Symphony No. 5*.

On May 4-5, ASO welcomes back California pianist Jon Nakamatsu, who won the Van Cliburn competition in 1997. For his return performance, Nakamatsu will play Rachmaninov's *Piano Concerto No. 2*. Other pieces on the program include Mozart's *La clemenza di Tito Overture* and Brahms' *Symphony No. 1*.

Later in May on the 12th at 2 p.m. the symphony will present its annual family concert featuring the Magic Circle Mime Co. In the presentation, three musicians and a conductor's assistant try to outwit a fearsome wolf that threatens the orchestra and audience. Prokofiev's musical tale, *Peter and the Wolf*, springs to life.

ASO Executive Director Patrick Nugent says acoustical improvements made at the 725-seat Maryland Hall have created a more intimate environment for audiences. That, along with modernized climate control being added this season, makes the facility more worthy of the world-class artists who grace the stage, as well as the 70 ASO musicians.

For information on tickets go to www.annapolissymphony.org or you can call the ASO box office at 410.263.0907.

Bay Bytes

Are you interested in taking a college-level course from the comfort of your own home? Log onto EDX.org or OYC.Yale.edu. Many of the courses are free.

Fall INTO THE SEASON WITH Delightful Pumpkin

By Barbara Aiken

Many folks proclaim Fall as their favorite season. In the culinary world, one of the bastions of Fall cooking is the pumpkin. Some people think of the pumpkin as a fruit and others consider it a vegetable. However you classify the rotund pumpkin, it lends itself to both sweet and savory delights. So many scrumptious treats are made using edible pumpkin or good canned pumpkin puree: pie, soup, ice cream, cookies, cake, bread, muffins, spreadable butter, pancakes, pudding stew and more. In a world where just about any food is available at any time of the year, including pumpkin in a can, it's not a food eaten much at any time other than Fall.

There are countless pumpkin varieties and more being developed each year. Those that lend themselves well to cooking are such favorites as sugar pie, big cheese, fairytale and Jack-Be-Little. For ease of preparation, canned pumpkin is a quick and easy option, however, if you want to try a pumpkin stew, you'll require the real thing. Ask at your grocer or farmers market for the best pumpkin variety to suit your needs. Remember, not all pumpkins make for good eating.

One of my favorite deserts during the Autumnal phase is warm, sticky, sweet bread pudding. Try this pumpkin version, resplendent with the flavors of the season.

Pumpkin Bread Pudding Topped with Caramel Sauce

Yield: 6 to 8 servings

For the bread pudding:

2 cups half-and-half
1 1/2 tsp. pumpkin pie spice
1 15-ounce can pureed pumpkin
1 1/2 tsp. cinnamon
1 cup plus 2 tablespoons dark brown sugar
1 1/2 tsp. vanilla
2 large eggs
10 cups 1/2-inch cubes Challah bread
1/2 cup golden raisins

For the caramel sauce:

1 1/4 cups dark brown sugar
1/2 cup unsalted butter
1/2 cup whipping cream

Extras:

powdered sugar
whipped cream
vanilla ice cream

Preheat oven to 350 degrees. Whisk half-and-half, pumpkin, dark brown sugar, eggs, pumpkin pie spice, cinnamon and vanilla in large bowl. Fold in bread cubes. Stir in golden raisins. Transfer to 11 x 7-inch glass baking dish. Let stand 15 minutes. Bake until a wooden skewer inserted in the center comes out clean—about 40 minutes.

While the pudding is baking, prepare the caramel sauce. Whisk brown sugar and butter in a heavy medium saucepan over medium heat until butter melts. Whisk in cream and stir until sugar dissolves and sauce is smooth—about 3 minutes.

Sift powdered sugar over the bread pudding. Serve warm with caramel sauce. You may want to add extra decadence with a cloud of whipped cream or a scoop of vanilla ice cream.

This bread pudding isn't heavy in texture and the flavors meld perfectly. If you don't want the caramel sauce, omit it. To cut preparation time, purchase a ready-made caramel sauce at your grocery store.

When buying canned pumpkin puree, be sure it is simply pumpkin. Don't purchase a puree laden with spices. I like the golden raisins here as they add to the Fall glow of this dessert. If you don't have them, use dark raisins or omit. This bread pudding keeps well in the refrigerator and warms up nicely in the oven or microwave.

Save the seeds from your pumpkin. It's easy to roast them in the oven for a tasty and healthy snack. The seeds must be well cleaned and rinsed of any pumpkin residue; pat them dry with paper or clean kitchen towels. Toss a cup of pumpkin seeds with one tablespoon of butter or vegetable oil; add salt and other seasonings you like to taste. Spread them out in a single layer on a cookie sheet. Roast in a 300 degree oven for about 15-20 minutes. Small seeds may roast more quickly than larger ones. Check them during the roasting process for doneness. They should be crispy to the bite when ready.

You can eat the seed and shell if it's nice and crisp or crack open the outer shell and nibble only the inner seed. Use them to garnish pumpkin soup or add them to a salad for a bit of crunch. Store the seeds in an airtight container for a few months or in the fridge for up to six months.

Embrace the Fall season and experiment with the versatile and delightful pumpkin. This year, veer from the comfort zone of pumpkin pie and enter the realm of pumpkin possibilities.

Barbara has been delighting friends and family with her cooking and baking skills for more than 40 years. She can be reached at barbara.s.aiken@gmail.com

Decedents Sitting Up and Other Tales

By Ryan Helfenbein

When it comes to Halloween, my family has always been the go-to source for unique costumes. Perhaps it's due to our line of work, or simply the fact that this industry breeds creative thinkers. Whatever the reason, we often end up creating the neighborhood kids' costumes. It is also common during this time of year for people to ask questions about my family's profession.

Hollywood has certainly done its part to raise unusual questions, and the tales we tell around the camp fire simply exacerbate these visions. "Do you believe in ghosts?" is a common one, and I can assure you that if I did, I wouldn't be an undertaker.

"Are you scared of the dark?"

Well, my wife says that I am.

"Do decedents frighten you?"

As my father has always said,

"It's the living you need to

worry about." Finally, the

priceless, "Can individuals sit

up after they pass away?" I've

heard that one more times than

I care to count.

Whether it is a graveyard as the source of Frankenstein's brain or a coffin for Dracula to

rest in, the undertaker has always had some sort of role to play when it comes to scary movies. Hollywood loves the ever-so-popular act of a "man rising out of casket." As a matter of fact, it is not uncommon for people outside of Hollywood to have reported this occurring. Just recently, during a presentation, a woman told a story of seeing this with her own eyes. In addition, a fraternity brother of mine told a similar story of the same thing happening when he was a child. With this said, in the over 100-plus combined years my family has spent in this industry; we have yet to see such levitation. Nor have any of my family members come in contact with an undertaker who has seen it in "real life."

How has this myth become so ingrained in movies and folklore, or better yet, why do so many people state they've seen this occur? Maybe it's a tall tale that dates back to the days before modern preparation (embalming) or even modern medicine? This could be true as there were many mechanisms created for the prevention of a premature burial. Maybe it is a case of mind over matter, as the repeated images in scary movies create suggestions in our minds. Or, as some people say, "Perhaps it is due to air build-up or even rigor mortis." Maybe that's it. Rigor mortis takes place in the body after death and can cause the muscles to tighten, perhaps even contract, making the individual sit up. But wait a minute here, according to the book *Forensic Taphonomy: the*

Postmortem Fate of Human Remains by William D. Haglund, " ... rigor mortis does not cause muscular contraction and, Hollywood movies to the contrary, dead bodies do not sit up, grasp objects, or walk about due to rigor."

Looks like that the question is finally answered. Or is it? It was reported a few years ago that just prior to a funeral, a decedent in Brazil allegedly sat up, turned to the assembled mourners, asked for a drink of water, then laid back down. According to the *Christian Post News*, the decedent in question was rushed to the hospital where he was pronounced dead -- for a second time.

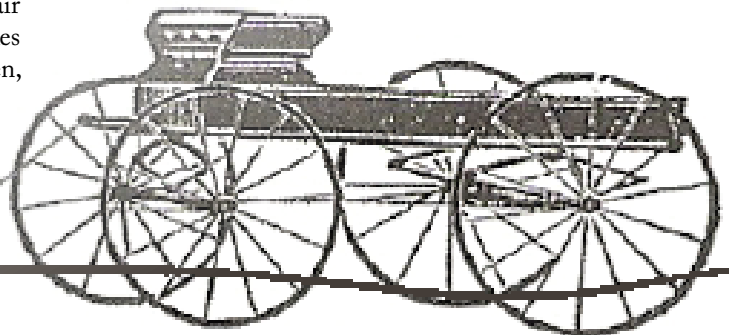
It may well be that the individual was not deceased the first time. In addition, the family must have had a difficult time doing the services for a second time, because that funeral director most likely turned in his license, headed out of town and is now far removed from this line of work.

... a decedent in Brazil sat up, turned to the assembled mourners, asked for a drink of water, then laid back down.

So a body cannot sit up after death. Then what about hair and fingernails? Don't they keep growing after death? Believe it or not, this is another question I've often heard. But again, this is another popular misconception. What gives the impression of hair and nails growing is the fact that the skin shrinks a bit after the embalming process is completed. This is due to dehydration that occurs shortly after the procedure is finished. So, another myth exposed.

As the costumed trick or treaters arrive on your doorstep this year, perhaps you'll find yourself thinking of other questions concerning the art of undertaking. But let's hope that rather than conjuring up eerie thoughts of what may or may not occur after death, you're thinking, "Wow! I wonder if the undertaker made that costume too?"

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



Cruising down the romantic and grand rivers of the world, unpacking once, learning from knowledgeable guides, eating gourmet meals and drinking fine wine, making new friends and enjoying the comfort of a hotel on the water with a view, these are some of the joys of river cruising. Many of you may have enjoyed ocean cruises on large luxury liners or smaller more intimate vessels. Perhaps you've discovered that ocean travel isn't for you. You may not relish the idea of seeing a watery highway surrounding you with nothing but nausea-inducing waves to land your eyes upon. If that sounds like you, or even if you love ocean cruising and are looking for something a bit different, think about trying a river cruise on one of the many beautiful rivers around the globe.

There are a plethora of river cruise lines to choose from such as: American Cruise Lines, American Queen Steamboat Company, AMA Waterways, Avalon Waterways, Crystal Cruises, Disney, Tauck, Uniworld and Viking. Some cruise only in Europe, some only in the US and some specialize in exotic locations such as China and South America. As you begin your research, you'll see that though they are similar in many ways, each cruise line has its own special flair and flavor. There's a wide range in price, services and stateroom sizes and configurations. Do you want a French balcony, a veranda or a suite with a wraparound deck? Do you want to cruise a river in Europe or the US, or one in another area of the world? What amenities are you looking for on board?

Did you know that often river boats raft up to each other when in port? You may have a stateroom with a balcony only to be blocked by another ship or you may have nothing interesting to see if port side is in an industrial area. Cruising is usually at night, so most likely you won't be using your balcony at that time. A more economical French balcony may do the trick for you, depending on your travel itinerary.

Were you aware that river vessels glide under a number of bridges? If the level of the river is too high, your hotel on the water won't be able to pass. Low water levels can adversely affect your journey as well. You may be forced to disembark and take a motor coach to your next destination. This is something that you should at least be aware of and although it can happen, most passengers enjoy the experience. On some vessels the captain's station will hydraulically descend into the belly of the ship in order to make a tight squeeze.

There may be locks to pass through. This can be fun and interesting to see. These may be negotiated during the day or night while you're resting. Occasionally you may feel a tap in the dark as your vessel nudges a lock wall. The engineering wonder of a lock system is fascinating to experience.

There are many excursions to choose from and you'll be given a list of what's available, what's included and what costs extra. Consider booking what interests you as soon as possible as these trips fill up fast. Sometimes unplanned side trips pop up during your voyage. Take advantage of any interesting, spur-of-the-moment opportunities that come your way. You may want to plan some excursions of your own. The concierge can help you with this.

On most riverboats you'll share a table with fellow passengers each evening. There may be an option for more intimate dining depending on the cruise you choose. If you journey with a group, you may want to grab your table early so that your travel mates are able to sit together. Those who travel alone or couples will enjoy meeting

new adventurers each evening and swapping tales of the day or past trips. Wine with dinner may or may not be included. There may be a captain's dinner, farewell evening or a cocktail get-together. Bring along a smart casual outfit for these occasions. Gentlemen usually don't need a jacket, only a nice dress shirt and slacks. The atmosphere is casual and the emphasis is on getting out and about to enjoy your adventures. You may have the opportunity

to book your own restaurants in cities along the way. Consider your venue and the need for dressier attire.

River cruising is a memorable way to see the world from the Mississippi to the Nile. Delve into the myriad adventures that river travel offers and find the journey that tickles your fancy.

Over the years, Barbara has traveled on cruise ships and riverboats of various sizes. She is a big fan of riverboat travel and the usually calm waters they ply. She can be reached at barbara.s.aiken@gmail.com

RIVER CRUISING BASICS

By Barbara Aiken

- American Cruise Lines, www.americancruiselines.com
- American Queen Steamboat Company, www.americanqueensteamboatcompany.com
- AMA Waterways, www.amawaterways.com
- Avalon Waterways, www.avalonwaterways.com
- Crystal Cruises, www.crystalcruises.com
- Disney, www.adventuresbydisney.com
- Tauck, www.luxury.travelpackages.com
- Uniworld, www.uniworld.com
- Viking, www.vikingcruises.com

After polling many of the seniors out there as to what their secret was for living a longer, healthier, happier and more productive life, here are the most consistent and popular thoughts:

1. Smile. We all have challenges, but a positive attitude goes a long way in dealing with life's issues. Life is good, and you got up this morning, which beats the alternative. Look around. There's so much to be grateful for.

2. Take your vitamins.

There are probably endless bottles of these diet supplements that you purchased for one reason or another. Now they are just gathering dust. Check the expiration date. Remind yourself why you purchased them and then toss the old and purchase new if needed. Keep them where you will see them and be reminded to take them.

3. Get a good night's sleep.

This may involve dropping that hour-long afternoon nap and it could mean taking the time for a short walk before bedtime. Getting on a schedule for getting to bed and then getting up at a similar hour each morning will help in establishing a routine. Spend a few minutes gauging how much sleep you need and then stick to it. Most experts agree that eight hours is about right for most people.

4. Stay hydrated. You've heard this before, but do you do it? It's not so difficult. Fill your favorite drinking cup with water and keep it with you. It can also be one of those sippy bottles with a nozzle that are good for eliminating spills. Water can be flavored with tea or even a splash of lemonade to keep it interesting.

5. Watch what you eat. Pay attention to what goes in your mouth. Mindless eating just adds pounds and can add to poor health. Why not munch on carrot sticks or a banana when the hungry horrors take over? Spend more time in the kitchen preparing nutritious food. It's fun, sometimes challenging and we all have to eat, so it could provide a good

starting point with your next conversation.

6. Keep up. Technology seems to be updated and changed as often as we change our socks. Much of it is interesting and fun and a challenge to grasp. Where would we be today without our computers and iPhones? Well, that was all done on a learning curve. Keep up with it and if it's difficult to master, find a young person to help, or take a course.

7. Keep moving. Find an enjoyable alternative that gets you off the couch: golf, yoga, tennis, walking with a friend, the local gym or spend 15 minutes every few hours stretching. We all need it and most of us don't do it often enough. A good starting place is to turn off the TV and find something to fill your time.

8. Have a purpose in life.

What do you especially enjoy? Being with people? Volunteering at a homeless shelter? Love kids? Take those grandbabies to a ballgame or volunteer at a local school. Or contact your local hospital -- they love volunteers. Studies show that people who have a focus or purpose have a more rewarding and often longer life.

9. Keep learning. So many courses, so little time. Google any local college and type in *continuing education*. There are

more than a dozen colleges just in the Bay area. Most love senior learners and offer a plethora of interesting courses (and in some cases travel opportunities). Chances are you'll meet like-minded people.

10. Be a people person. Get out there and meet others. Strike up a conversation the next time you see your neighbor. Take a trip and chat with fellow travelers. Join a book discussion group or start your own. Attend a seminar. Really, there's no excuse for not becoming part of what's happening.

Not surprisingly you could no doubt add to this list of your personal favorites. But use this as a stepping-off place in the search for how people manage to live a healthier, more satisfying and longer life.

10

Best Tips To Enjoy Life More Fully

By Penelope Folsom

GET READY FOR AUTUMN BIKING

By Kathryn Marchi

Autumn is in the air and the Summer heat and humidity are a distant memory. Folks begin to look ahead to getting outside and enjoying cooler temperatures and the changing colors. What better way to spend time with Mother Nature than biking through the woods and country roads?

Before you head out, however, it's time to get your bike out and give it a *safety check*: Tires, brakes, headlights, chain and guard and safety reflectors. For a more thorough check it is probably a good idea to take your bike to a local bike shop.

Whether you are a serious biker or just enjoy riding around your local community, safety is paramount. Any piece of equipment can break down and cause a fall or other injury.

If your bike is in good mechanical repair, the next issue becomes your own *personal safety*. The following is a list of some of the basic equipment that should keep you safe and comfortable as you ride. Consult your local bike shop or go online for these items:

- Helmet: a must.
- Portable pump (and/or spare tube for longer trips)
- Water bottle
- Lights
- Foam padded seat
- Sturdy shoes with rigid soles
- Suitable clothing for all weather conditions, no loose and flowing fabric.
- Gloves

Now that we have a well-equipped bike and rider, the next very important item is being aware of *safety on the road*:

- On a public road, bikers are tasked with the same "rules of the road" as motorists.
- Cyclists must always be on the alert.
- At intersections, hand signals must be given before turns.
- Avoid riding too close to parked cars; a suddenly opened car door can knock riders off their bikes.

When riding on a bike trail or path, the following rules must be observed:

- Always keep right.
- Always pass on the left and give a warning "on your left."
- Observe speed limit of 15 mph, unless posted otherwise.
- Cyclists should always yield to all other trail users.
- Respect the rights and privacy of adjacent property owners.

These are your basic rules, but if you want to learn more, look for a course in bike safety. Your local bicycle shop or a cycling club, such as The Baltimore Bicycle Club, offer such courses.

After reading this article, take your old clunker bike out for a ride. If you decide to take cycling more seriously, it's time to visit a bike shop and tell the salesperson what type of biking you want to do. Ask what's available in your correct frame size. You'll find that there is a correlation between the bike seat height and your height as well as your arm length to the handlebars, so adjustments might have to be made to suit you.

The salesperson will also provide instructions on how to use the hand brakes and gears so that you can take a test ride before signing on the dotted line. Of course, the shop is happy to provide you with every available accessory. Hopefully you are already well armed with information from this article.

Also consider a different bike that has become popular over the past few years -- the "adult" tricycle. It is being used by seniors, folks with balance problems and handicapped individuals. This tricycle is quite easy to operate because it has a step-through mount; the rider can rest both feet on the ground when stopped, and no matter how slowly it moves, the rider will not lose balance.

WEBSITES:

- www.bikewashington.org link to Cross Island Trail on Kent Island and Balto/Annapolis Trail in Severna Park
- www.baltobikeclub.org links to bike safety, group rides, special events, calendar of events
- www.dnr.state.md.us search biking or bike trails.
- www.seniorcycling.com bike tours available.

Whatever your choice, riding a bicycle can be lots of fun. If you start out slowly with casual rides around your neighborhood with a few friends, you may work up to joining an organized biking club for longer jaunts on the many bike paths and trails that are available in our area.

Besides the fresh air and camaraderie, regular cycling is one of the best exercises for your body. It's easy on the joints, increases muscle strength and circulation, helps with weight loss or maintenance and relieves stress!

Kathryn is enjoying life on the Eastern Shore with her husband Dennis and can be reached at johnmarchi1@gmail.com

Roscoe Rowe was a man with personality-plus. It was his friendly, outgoing personality that propelled him, a Republican, into the office of Annapolis mayor in 1949. During his term the city grew as Eastport, West Annapolis and Parole were annexed into the city on the promise of water and sewer services, which he delivered. A new entrance road into the capital was planned and then, in 1952, Roscoe died in office. Pallbearers included the governor and the superintendent of the Naval Academy. And that road? Well, despite state resistance, it bears his name, continuing a tradition throughout the city to name city streets after some of its famous leaders.

Amos Garrett, born in England in 1671, became the area's richest planter and merchant and, in 1708, the city's first mayor. He is remembered by the road that bears his name, which parallels the old railroad line that crossed Spa Creek into Truxtun Park. That railroad line also ran through West Annapolis where roads such as Norwood, Giddings and Melvin represent the area's earliest Colonist and city leaders.

John Norwood arrived in 1650 and patented 230 acres along the Severn known today as Wardour. He was the first sheriff of Anne Arundel County. Later, in the 1860s Luther Giddings bought what was then the Pinckney estate. George Melvin helped lay out the town of West Annapolis for the Giddings sisters. Interestingly, one of Jonathon Pinkney's sons, a lawyer and president of the Annapolis-Eldridge Railroad, also has his name - Somerville - on a road in Parole near the City and County divide.

Historic Annapolis street names tell the story of this city's colonial beginnings. The block-long Francis Street was named for Francis Nicolson, Anglican and governor of Maryland. He moved the State Capitol from St. Mary's City to Arundel Town in 1694 and renamed Annapolis for Princess Anne, the future queen of Britain. He left his imprint on the town, designing our unique circles as well as a plan for our city. He is also credited with creating the first King William's School, which would become St. Johns College.

The main thoroughfare of Duke of Gloucester Street recognizes the only surviving son (who died at age 11) of Queen Anne. She had 12

unsuccessful pregnancies and four infant deaths. Prince George of Denmark was her devoted husband and he too has an Annapolis street commemorating his life.

Hyde Alley is named for Anne Hyde, mother of two queens - Mary and Anne. Anne was the wife of King James II. She, ironically, was considered too much of a commoner by the royal court. She died at age 34.

And then there is King George Street. There were four Georges. Number one was the first Hanover king. There is a street bordering the Naval Academy bearing

that name. King George II was his son, nicknamed "the king who wasn't there" when the power of Parliament grew. The longest living monarch before Queen Victoria was the bipolar but respected King George III, who lost the American Colonies in the War for Independence. He was insane in his later years and his gifted but self-indulgent son, King George IV, who served as regent and as an extravagant king, much disliked by his peers and the people.

During this time English clergyman Jonathan Boucher served as rector of St. Anne's from 1762 to 1775. Loyal to the king, he returned to England where he died in 1804. His name is immortalized along the avenue bordering Spa Creek in Eastport.

Howard Digen Alley in Eastport remembers an Annapolis alderman who survived on the beaches of Normandy. Sam Lewnes Way, is in recognition of the patriarch, a Greek immigrant of the Eastport Lewnes family.

So what's in a name? Check the street names in your area and explore what they tell you about the early history of your neighborhood and the almost forgotten people who left their imprint on our lives.

Ellen, a former mayor of Annapolis, can be reached at ellenmoyer@yahoo.com

WHO'S ROSCOE?

By Ellen Moyer

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

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GHOSTLY HAPPENINGS



By Leah Lancione

Annapolis is known for many things: serving as the seat of the Continental Congress in 1783-84, being the oldest state capitol in continuous legislative use, dating back to 1772, and for being the home of the U.S. Naval Academy. Some may not know, however, that Annapolis, in the form of St. John's College, is purportedly the stomping grounds of a few resident ghosts. Established in 1696, the third oldest college in the U.S., this coeducational liberal arts college features programs centered on the classics.

In *Haunted Annapolis: Ghosts of the Capital City*, Mike Carter and Julia Dray, local historians, detail an intriguing side of St. John's that goes beyond its atypical curriculum and quirky annual rite of Spring, the Annapolis Cup croquet match with the neighboring Naval Academy. Still more fascinating than the croquet match and subsequent lawn party, are tales of supernatural occurrences on the campus.

Carter and Dray offer a detailed recounting of ghostly visitations at SJC. The fact that SJC is recognized for its forward-thinking students and faculty only make the rumors of ghosts from the past lurking in timeworn buildings and monuments even more beguiling.

One of the most eerie paranormal manifestations involves McDowell Hall, which over the years served as library, dormitory, dining gallery and classrooms. As history tells it, during the Civil War McDowell Hall also was also used by the Union Army as a camp for prisoners-of-war and by the U.S. Medical Corps

as a field hospital. Herein lies the bizarre phenomena.

Some have reported seeing faint images of tents at night beside McDowell Hall and Civil War surgeons frantically tending to bloody wounded soldiers.

McDowell Hall has had two fires—in 1909 and 1959. Whether students or faculty have always been aware of these fires is unknown, but there are many accounts of people smelling the scent of burning wood and trying to enter through shut doors only to grab hot knobs. Sounds of footsteps on the stairs and the murmurs of voices in corners throughout the hall are also common.

Elsewhere on the campus lies The Carroll Barrister House, now the office of admissions and alumni services. This building, built circa 1724 for surgeon Charles Carroll, one of the most affluent men in Colonial Maryland at that time, has also produced reports of paranormal activity.

The Carroll Barrister House remained in the family until 1831 and then was moved to the SJC campus in 1955, now facing King George Street. This house, which is also notably "one of the few surviving examples of early 18th century architecture," is also known for ghostly footsteps up and down the stairs. *Haunted Annapolis: Ghosts of the Capital City* reveals that most believe the footsteps to be those of Carroll's housekeeper tending to her daily duties. Security guards patrolling the premises also testify to hearing a woman's voice in the pantry and electronic appliances suddenly shutting on and off.

Whether these scenarios are true or just outlandish fables passed on from class to class, we may never know. But then you may decide to embark on one of the celebrated Walking Ghost Tours of Annapolis to hear the rest of the story.

Bay Bytes

To learn all about any medical issues including latest treatments, clinical trials or to discover how others handle their diagnosis and treatment, log onto **SmartPatients.com**

FALL QUIZ-ACROSTIC
Fear of the number six six six began with the Book of Revelation's assertion that the number of the beast is six hundred threescore and six. Which U. S. President had his last home address officially changed from six six six?
NUMEROLOGY: RONALD REAGAN
A. Nixes
B. Unites
C. Maymash
D. Extra
E. Rush hour traffic
F. Odds
G. Lotbed
H. Oversexed
I. Ghostish
J. Youth hostel
K. Reflects
L. Onbown
M. Ninfeth
N. Andrax
O. Leads
P. Dirtypan hands
Q. Rooths cheese
R. Enns
S. Atwad
T. Gibberish
U. Amss
V. Next of kin



SELLING YOUR HOME? | HERE'S HOW TO GET IT CAMERA-READY

By Kater Leatherman

Thinking of putting your house on the market? You might be wondering what the best time of year is to do it. Spring is often considered ideal, but so is the Fall, especially after the kids go back to school. Generally, sales slow down when people are distracted by holidays, vacations and graduations. The bottom line is that your home will sell at any time if you do the following:

1. Personal items can be a distraction to a potential buyer. Remove animal trophies from the walls, and anything political or religious. Remove anything on the refrigerator door. Pack away family pictures, awards, certificates and diplomas. The buyer needs to notice your house, not your things.
2. A good rule of thumb is to have at least 50 percent of all surfaces clear.
3. Hide unsightly trashcans under the kitchen and bathroom sinks.
4. Box up one-third of the stuff from your bookshelves. With what is left, create a display of hard-bound books, one or two framed "neutral" photos, attractive bowls or vases, wicker baskets and small antique items.
5. Be aware of having too much furniture, which makes a room look small. Removing throw pillows and arm caps from sofas and chairs gives them a cleaner look. Store bed shams, stuffed animals and unnecessary bed paraphernalia in a closet. Thin out your storage spaces and closets; the less you have, the bigger they will look. You're moving anyway, so you might as well begin to emotionally prepare by packing now.
6. Fix anything that is broken. Buyers will disengage if they see something that needs to be repaired. This includes walls and tiles with cracks, rooms painted in wild colors or covered in odd wallpaper, missing outlet covers, walls that need to be touched up and floors that are scuffed.
7. Remove fake plants. Live plants are OK, but they should make a statement. If they don't look healthy, then remove them.
8. To avoid visual confusion, you want a buyer's eye to rest when they walk into the room. This is done by providing a focal point. It can be a floral arrangement in a den, a special painting over the living room fireplace, a nicely styled bed with an attractive spread and a mix of prints and patterns for pillows, or a dining room table with an appropriate centerpiece.
9. Clean your home from top to bottom. Wipe fingerprints from the walls and cabinets, have the carpets cleaned or replaced and wash the windows. In some cases, remove the window treatments, especially if they make a room look dark or small.
10. First impressions are important, so make sure that the yard and exterior of the house looks picture perfect.

If you're not up to doing this yourself, choose a realtor who will include the cost of hiring a stager in the listing package. Either way, stage it well and it will sell.

Kater is an organizing specialist, home stager and the author of four books. Visit her website at www.katerleatherman.com or email katerleatherman@gmail.com

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Wonders of Washington County

By Barbara Aiken

You can almost smell the gunpowder, hear the crackling wood from camp fires, see the bloodshed, feel the scratchy wool of military uniforms against your skin and taste the dust of battle. Washington County is alive with the past and the Civil War. Though the Civil War was a tragic period in our history, it's a period that holds a deep fascination and historical presence for many.

On a recent visit, the first stop was the Pry House (1844) in Keedysville, now a Civil War field hospital museum. It was commandeered by Union commander Gen. George McClellan for his headquarters during the Battle of Antietam, the bloodiest day of the war when more than 23,000 went missing or were killed or wounded. The exhibits are informative; you'll feel the presence of the soldiers who made their way to this place in the Fall of 1862. You can visit the barn where the operating theater was assembled.

The Newcomer House (1780), located nearby, was part of a mill and farm complex. Its outbuildings served as a hospital for Union soldiers following the Battle of Antietam. Today it houses the heart of the Civil War Heritage Area Exhibit.

Antietam Battlefield is a place of great emotion for many who visit. Do you have ancestors who faced this tragic day of conflict? The visitor's center holds exhibits and a film presentation. You can rent an audio tape tour of the battlefield which can be walked or driven. Linger over the Sunken Road, Burnside Bridge and the Dunker Church.

Head to Hagerstown and visit Rose Hill Cemetery where 2,467 Confederate soldiers of the Battle of Antietam are buried. Only 346 were identified. These soldiers were exhumed from mass graves in the area and interred here. Tour the Hagar House (1739) built by German immigrant Jonathan Hagar, the founder of Hagerstown. Nearby is the Museum of Fine Arts, one of the best small museums in America. Idle over their more than 6,500 art objects.

In Clear Spring, along the National Road, you'll find the curiosity of the Wilson Village Store. Rufus Wilson created it in 1847 as a general store, feed store and post office. The pot belly stove is the heart of the place. Children will marvel at the glass containers brimming with "penny candy." Try the hand-cooked potato chips, they're addictive.

Clear Spring is home to Knob Hall Winery, located in a 200-year-old bank barn. Tastings of their many varietals are

offered. You may find this a welcome break from historical overload.

Ft. Frederick (1756) is a little farther down the road in Big Pool. Built to protect our western frontier during the French and Indian War, it was later used to imprison British soldiers during the War for Independence. You'll discover period-clad folks as part of the living history program and encounter demonstrations such as cooking, musket firing and sewing.

Nora Roberts fans will want to make the pilgrimage to Boonesboro and visit the Turn the Page Bookstore. You may catch a glimpse of Nora and you can purchase one of her autographed books or enjoy a coffee.

The oldest monument (1827) to our first president is located atop South Mountain in Washington Monument State Park. Firmly rooted, it's worth the short hike to take in the panoramic view.

Crystal Grottoes Caverns is a must-see. These natural caverns are said to have more formations per square foot than any other. The formations are magical and you can imagine a variety of creatures lurking in the shadows. Access is easy, it's walkable and the footing is secure.

There are many nice restaurants in the area. I visited The Press Room in Shepherdstown, West Virginia. The cozy eatery, located in a building

that once housed a printing press, serves creative, fresh and delicious fare. The staff is friendly and attentive. You may like to try the Old South Mountain Inn (1732) near Boonesboro or Schmankerl Stube in Hagerstown.

Though not in Washington County, while in Shepherdstown, seek out the Little House (1928) on the campus of Shepherdstown University. Built as a class project, this doll house of a stone structure will enchant you and the little ones you may have in tow.

During my Washington County visit I spent two nights at Sharpsburg's Jacob Rohrbach Inn (1804). This charming five-bedroom inn has one dog-friendly cottage which I enjoyed with my pooch. The friendly innkeepers, Chris and Amy Vincent, are a wealth of knowledge of the area. Delicious and beautifully presented breakfasts are a super way to start a busy day of sightseeing.

Washington County is a great destination for a day or weekend away. It has something for just about everyone.

Barbara enjoys traveling as often as possible and can be reached at barbara.s.aiken@gmail.com

VISIT

- Antietam Battlefield at www.nps.gov/anti/index.htm
- Crystal Grottoes Caverns at www.crystalgrottoescaverns.com/
- Hagerstown at www.visitthagerstown.com/
- Little House at www.shepherd.edu/lib/shwebsite/historic_tour/littlehousebarn_campus.html
- The Newcomer House at www.heartofthecivilwar.org/newcomer-house
- The Pry House at www.civilwarmed.org/pry/
- Wilson Village Store at www.mountaindiscoveries.com/images/ss2015/wilsonstore.pdf

EAT & DRINK

- Knob Hall Winery at <https://knobhallwinery.com/>
- The Press Room at <http://shepherdstown.info/eat/press-room/>

ACCOMMODATIONS

- Jacob Rohrbach Inn at <https://jacob-rohrbach-inn.com/>

BEING SATISFIED WITH A MEDIocre LIFE

By Leah Lancione

French Author Francois de La Rochefoucauld is noted for saying, “Mediocre minds usually dismiss anything which reaches beyond their own understanding.” Author Joseph Heller wrote in *Catch-22* that, “Some men are born mediocre, some men achieve mediocrity, and some men have mediocrity thrust upon them.” These quotes, and many others by prominent figures, suggest the idea that mediocrity is to be avoided, that nobody should “settle” for mediocrity.

Though striving for excellence is noble, there is something refreshing in accepting that “there is beauty in simplicity.” First, mediocrity is subjective. A quiet, simple life and retirement may be the rewarding pinnacle of a long and arduous career or years of worthwhile, but challenging child-rearing, for example. Some people may have chosen to devote their entire lives to simply enjoying life and its blessings without aspiring to “greatness.” The infinitely talented and beautiful actress Audrey Hepburn was once quoted as saying “The most important thing is to enjoy your life, to be happy. It’s all that matters.” She earned fame and fortune, but inner happiness was what was important to her.

Let’s be clear. The Wikipedia definition of mediocre is “of only moderate quality; not very good.” So, not exceptional, but also not terrible. To me, the space between first-rate and horrendous leaves a lot of room for a meaningful, albeit modest, life journey. Many have said, “It’s not just about the destination, but the journey along the way.” This is a profound realization to reach. So, if your “mediocre,” “simple” or “average” life is fulfilling to you, well, you’ve hit the jackpot!

The Chinese philosopher Confucius declared, “Life is really simple, but we insist on making it complicated.” Life can be enjoyed without all the trappings of wealth, success, notoriety, etc., and anything else society may attribute to a superior life. Holding to that is notable. Does it mean giving up all together and not working hard at anything? No. It is the mindset of being grateful for what you have and being content in your current situation. Be happy, put one foot in front of the other,

do what you love, love those around you, and appreciate each breath.

This philosophy or way of life is nothing new. In Italy, the expression “La dolce vita (‘the sweet life’)” means living a life of pleasure and simple luxury, enjoying the good things in life. So, if a relaxed pace and not sweating the small stuff is your approach to life, mediocre does not have to be a pejorative word. “Ordinary,” “simple” and “commonplace” are instead synonymous with an uncomplicated, calm, quiet—even peaceable life.

Conversely, if you’re the typical go-getter or overachiever, you may balk at the idea of settling for mediocrity. You were the

guy or gal in the office who routinely came in to work early and left late because you were determined to reach either individual or company goals. Maybe your sleep, personal relationships and health even suffered for the continual pursuit of success. If the result was a promotion or a raise, the sacrifices may have been

worth it to you and the end justified the means. However, if you desire a simpler life now that you’re retired, let go of the inflated standards and adopt a more laid-back attitude. The payoff may be an easier way of life with more fun, flexibility and serenity.

Unquestionably one of the smartest, most talented individuals in history, Leonardo Da Vinci, stated that “Simplicity is the ultimate sophistication.”

Bay Bytes

A wireless solar spotlight, ideal for flag display or driveway or any other dark areas that would benefit from being lit up can be purchased at Maxsainnovations.com. It will stay lit for five to 10 hours depending on setting.

Put the pill makers out of business – eat right and get some exercise.

By Ellen Moyer

From Summertime and into the Fall, it's crab fest time. In Seattle, citizens may be feasting on Dungeness crabs, but here in Chesapeake country, the blue crab, the Maryland state crustacean, reigns supreme. From backyards and waterfront restaurants, a pungent, spicy, mouthwatering aroma pervades the Bay. Picnic tables everywhere are covered with brown paper and stacked high with orange-colored, steamed blue crabs crusted in Old Bay seasoning. With beer at the ready, hands go to work with mallets and paring knives to pull the meat from these six-inch creatures that make their home in the Chesapeake Bay.

There are 850 species of crabs, which are exoskeleton crustaceans, which live in all the oceans and fresh waters of the globe. They represent about 20 percent of all marine harvests. Historically, the Chesapeake has been the center for the blue crab, surpassing all other East Coast areas in harvests for more than a century.

The crab began its journey toward our picnic table 200 million years ago during the great eco changes of the Jurassic Era, the Age of Reptiles, when dinosaurs roamed the land. At one time seine fishers of the lower Bay considered this tasty succulent a nuisance clogging their nets. It is in the south Bay area where females lay two million eggs that wiggle and squirm to become the *Callinectes sapidus* - beautiful swimmer - that migrate north to waters with less salinity.

At one time these beautiful swimmers were so plentiful they were given free in the bars and pubs of Baltimore. Dipped in powdering spices, the crabs encouraged patrons to drink more thirst-quenching beer.

But it was a German Jewish spice maker who forever changed the way we would eat crabs. Gustav Brunn fled Nazi Germany in 1939 after a short stay in Buchenwald Concentration Camp, bringing with him to America his hand-driven spice grinder, a wife and two children. Landing in Baltimore he found a job at McCormack Spice Company located at the head of Baltimore Harbor. He lasted three days. He was ousted when it was discovered he was Jewish.

Brunn, spice grinder in hand, set up his own shop across from the Baltimore wholesale fish market and prepared spices for pickles and meats. Crabs were new to him, but noticing their popularity, he set about developing a spice that would revolutionize the way we eat crabs. Old Bay seasoning and crabs go together like birds of a feather.

CRAB FEASTS: MAY THEY NEVER END

**FISHERMEN
CONSIDERED THIS
TASTY SUCCULENT
A NUISANCE THAT
CLOGGED THEIR NETS**

Originally, the "delicious brand shrimp and crab seasoning" name in 1939 was too ho-hum to attract attention. Baltimore City in 1940 was alive with the 100-year celebration of the Baltimore Packet Boat Company that shepherded mail and passengers in fine style up and down The Chesapeake Bay between Baltimore and Norfolk. Nicknamed the Old Bay Line, Brunn captured the excitement of the festivities and christened his new 13-spice secret blend, Old Bay, packaged in a yellow

and blue tin still used today.

It remains a secret recipe held now ironically by Brunn nemesis McCormack Spice which purchased Old Bay in 1990.

Baltimore Spice remained in the Brunn family for 50 years until 1985, when Gustav, in his 90s, sold it. At the time the business had \$40 million in annual sales for its seasonings. With Brunn's spice operation and McCormick's, Baltimore became the second largest spice port after New York City.

Old Bay, the Baltimore icon, finds its way into bloody marys, Herr's Old Bay chips, boardwalk burgers and fries, the galleys of Navy ships and the kitchens of great chefs. But it remains most closely associated with the crab.

In 2014, to celebrate the 75th anniversary of Old Bay, Maryland brewery Flying Dog created an Old Bay Ale, "Dead Rise." Flying Dog in Frederick is the largest craft brewery in Maryland, and is an ale drink companion on those long picnic tables of Old Bay-encrusted blue crabs.

At one time crab picking houses lined the shores of the Bay and its tributaries. McNasbys in Eastport, now the home of the Annapolis Maritime Museum, was the last on the Western Shore.

Cambridge boasts the world's oldest crab picking house, JM Clayton Company. The Bay's offshore Islands, such as Smith Island, are home to watermen who have made their living harvesting the blue crabs for centuries. Cantler's Riverside Inn on Mill Creek in Annapolis (where watermen meet), proudly proclaims five generations of Cantlers who have worked the sea food industry.

Since 1990 the crab population has been at risk, given a 70 reduction in the past few decades. Harvest calculated in tons and in revenue dropped proportionately. Bay waters continue to feel the effects of climate change and storm water pollution, jeopardizing among other things, our crab fest rituals.

It would be hard to imagine a time when the crabs from the Chesapeake Bay will no longer be available. Somehow, the Flying Dog and other ale and beer establishments will go on without them. But that Old Bay ... ah the aroma. It will bring back those memories of family feasting on the bounty of the Bay, on that sideways-walking, beautiful swimmer, the blue crab.

Ellen, a former mayor of Annapolis, can be reached at ellenmoyer@yahoo.com

Letting Go for the Future

By Rev. Dr. Amy E. Richter

Do you ever look at the things you own and ask these questions: Does having this thing reflect my core values and help me live them out or impede me? Would someone else benefit from having this thing more than I do? If I don't let this thing go and someone else has to dispose of it, what will they wonder as they decide whether to keep it, give it away or trash it? Would they ask what on earth is this thing, or why on earth did she keep it? I ask these questions because I want to let go of some things, and sometimes, it's hard to let go.

The first question, about promoting or impeding my core values, focuses on the present. The last question, about what will happen if someone else has to dispose of my stuff, focuses on the future in which a kindly relative does the sorting, giving or dumping. But I realize that my approach to letting go of things focuses primarily on the past. Things stir up memories, connect us with people and experiences from the past, and remind us of sweet occurrences we might otherwise forget. I fear that in getting rid of the reminder, the memories will fade. Or worse, and far less logical, that in letting go of the thing connected with a particular person, especially if that person has died, I am somehow disrespecting the person.

What would happen if I think more about the future? What would I keep? What would I give away? What should simply be gotten rid of because it's of no use to anyone, except in reminding me of the past?

Many wise people have counseled thinking of your future self when making decisions about daily actions and habits. For instance, if I do this particular thing on a regular basis for the next five years, will my future self be better off or worse? Will I be happier? Healthier? Poorer? Disappointed? Likewise, if I keep all the clothes that are currently taking up space in my closet that

I don't regularly wear, will my future self still be standing in front of the closet looking in and thinking, if I have this many clothes, why don't I have anything to wear? Will my arm just be more tired from all the times I've taken something out and thought, "Nah," and stuck it back in?

I'm thinking here, though, of something on a more spiritual plane. I recently read Marilynne Robinson's novel *Lila*. The character Ames says, "Things happen for reasons that are hidden from us, utterly hidden for as long as we think they must proceed from what has come before, our guilt or our deserving, rather than coming to us from a future that God in his freedom offers to us." This is part of a larger and beautiful theological argument, but it has me trying a new experiment as I declutter and de-access. I ask, not just will my future self be enhanced by having this thing, dusting this thing, treasuring this thing or taking this thing for granted; but rather, if there is a grace that is reaching to me

from the future and intends deep and abundant joy for me, does having this particular thing help me embrace the future the Holy holds out to me? Or will my hands be too full to grab hold? Will I be able to accept the opportunity that is being offered, or will there be the need to say no, or not yet, or no, until I find a new home for

...will my hands
be too full
to grab hold?

this thing that I own? I believe, that by keeping some things, I'm better equipped for what lies ahead. But other things are starting to feel weighty and unnecessary when I consider them from the point of view that there is a divine power that not only wishes me well, but wants me to be free to embrace the future. Since that future ultimately includes the people I "love but see no longer," as a prayer in the Episcopal *Book of Common Prayer* puts it, maybe it's safe to start letting go of some of their stuff. Maybe then, when I see my grandmother again, her first words won't be, "I can't believe you kept that thing all these years. I would have thrown it out long ago."

The Rev. Dr. Amy E. Richter is the rector of St. Anne's Church in Annapolis and can be reached at ARichter@StAnnes-Annapolis.org

Bay Bytes

For some Fall family fun, check out pumpkinpatchesandmore.org/MDpumpkins.php. Locations are listed of pick your own pumpkins, as well as recipes and farm fun for the Fall.

Most of us remember when we were young that our moms told us to eat our carrots because the vegetable would be beneficial for our eyesight. I thought it just a clever way of getting me to eat carrots, but mom was right. Research shows that eating vegetables such as carrots and sweet potatoes, which are high in beta carotene, a form of Vitamin A, do contribute to good eye health.

People are now more proactive about their health by making lifestyle choices that benefit aging. Maturing well by having a healthy body and mind is important for living well and experiencing a rich quality of life. It is never too late or too early to begin a program to improve the quality of life.

Autumn is a gorgeous time of the year, exploding with colorful leaves of red, orange and yellow. Just as the earth's trees and flowers burst with the Fall colors, so do fruits and veggies. Autumnal pleasures are numerous, especially the seasonal fresh produce.

Certain food groups are recognized for helping you age well. These super foods contain nutrients with high amounts of antioxidants, vitamins and minerals that contribute to healthy aging. Carbohydrates are an essential part of a healthy diet, as all the body's cells require them for energy. Choosing healthy sources, such as fruits and vegetables, offers the most benefit. Vegetables and fruits are among the healthiest carbohydrate sources because they contain fiber, vitamins, minerals and antioxidants. A diet with this focus can lower blood pressure and help reduce the risk of heart disease and stroke.

Compelling evidence exists to support the claim that fruits and veggies are healthy carbohydrates. A study researched by the Harvard-based Nurses' Health Study and Health Professional Follow-up Study, which included 110,000 men and women who were

followed for 14 years indicated that a diet comprised of five or more servings of fruits and veggies a day can lower the risk of heart disease and stroke. These foods prevent certain types of digestive problems and help to control blood sugar. Specific components of fruits and vegetables may protect against cancer. Research from the Health Professionals Follow-up Study suggested that tomatoes may help protect men against prostate cancer because tomatoes contain the phytochemical lycopene. The World Cancer

Research Fund and the American Institute for Cancer Research suggest that leafy greens, garlic and onions probably protect against cancer affecting the throat, esophagus and stomach.

A variety of fruits and vegetables is important since no single fruit or

vegetable provides all the vitamins and nutrients needed by the body. Bright-colored fruits and vegetables are beneficial as they contain antioxidants. To get the proper recommendations of nutrients and vitamins, you should eat an assortment of colors.

Try dark leafy greens, bright red and orange as well as white fruits and vegetables.

Seasonal Autumn fruits and veggies are the perfect addition for meals because their nutrients are vital for protecting vision, lowering blood pressure and maintaining healthy skin. Plus, cooking these foods fills the house with savory aromas and warmth from the oven.

HARVEST HEALTHY

By Nancy J. Schaaf

Celebrate the change of seasons by including some healthy Fall cooking. Adding cranberries, pumpkin and apples to your standard recipes is an easy way to incorporate fresh Fall produce.

CRANBERRIES

- add to traditional stuffing mix
- toss into salads
- bake into a cranberry nut quick bread
- create a fresh cranberry relish

PUMPKIN

- add to soups
- use in pumpkin pancakes
- pumpkin pie

APPLES

- add to salads,
- toss into stir fry veggies
- eat just as they are

Recommendations are for five to nine servings of fruits and vegetables daily. And again, know that the colors of the produce indicate their health benefits.

Fruits that are red, such as apples and cherries, and red vegetables, such as tomatoes, are rich with lycopene, which protects against prostate cancer and heart disease. Apples are a good source of fiber and cherries are a great source for vitamin C and potassium.

The purple fruits, such as concord grapes, reduce the risk of cancer and are good sources of vitamin C and E. In addition, these are beneficial for healthy aging.

Cauliflower, pears and turnips, the white fruits and vegetables, contain allicin and selenium which help maintain healthy cholesterol levels and protect against heart and liver disease. Pears are an excellent source of dietary fiber and a good source of vitamin C, while turnips are low in sodium and an excellent source of Vitamin C.

Orangish squash, including butternut and acorn, pumpkin and sweet potatoes, contain antioxidants and carotenoids, which protect against heart disease and cancer. These also aid the immune system. Pumpkin is an excellent source of vitamin A, as are sweet potatoes, which also are a good source of fiber and potassium and are high in Vitamin C. Butternut squash is sodium-free, a good

source of fiber, potassium and magnesium, and an excellent source of vitamins A and C.

While relishing a slice of pumpkin pie at Thanksgiving, consider that this versatile Fall vegetable is a nutritional dynamo. Pumpkins are high in carotene, which protects against vision loss, heart disease and cancer. Pumpkin seeds, which can be eaten raw, baked or roasted, are particularly rich in zinc, which helps prevent prostate problems.

The green fruits and veggies such as Brussels sprouts, butter lettuce, broccoli and key limes include phytochemicals that facilitate the building of strong bones and teeth and are good sources of fiber. Brussels sprouts, a good source of dietary fiber and folate, is high in vitamin C. Butter lettuce such as Boston and Bibb are excellent sources of vitamin A and good sources of vitamin C and folate.

Not only are fruits and vegetables rich in phytochemicals, but they also contain vitamins, minerals, fiber and are low in saturated fat. Choosing five to nine servings daily of fruits and vegetables is an excellent way to help your body stay healthy. Take advantage of the Autumn harvest, fill your plate with color and color yourself healthy.

Nancy is a retired RN and educator who enjoys travelling, reading, golf and swimming. Reach her at nanjan30@hotmail.com

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

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FENG SHUI PRINCIPLES: CAN YOU APPLY THEM TO YOUR LIFE?

By Kater Leatherman

You have been forewarned. *Feng shui* can be very complicated.

There are compass directions and elements and the Bagua that contains a star for each of the nine squares with each star representing a specific energy -- either positive or negative. Then, every year the stars move into a different compass direction, shifting the energy.

For simplicity's sake, let's just get to the heart of how *feng shui* principles apply to life. Basically, it's a philosophy that promotes a home environment where you can have contentment, abundance and balance. The idea is that in doing so, these qualities will rub off on you and your approach to life.

Beginning with the front entrance, known as the mouth of the home, how does it feel to open the door and step into your home? What impression are you making when you present yourself to the world? In both cases, you probably want to exude positive energy so make the entrance look cheerful, well lit and uncluttered. If you cultivate a bright, enthusiastic attitude, the logic is that what you give out comes back. Plus, the world desperately needs it.

Since your home represents many things, including your outlook on life, walk into the living room. Often called the "small house," the living room represents your entire home. If it rests like a museum, the sofas are covered with plastic covers, or there are relics too precious to touch, what might this say about your ability to embrace life fully? Are you wearing your life or living it? Note the word *live* is in *living* room.

If you have a home office and want to sustain a more favorable, productive work environment, periodically purge your files. Why? Because excess

paper attracts negative energy. If it clogs your work space, most likely it is energetically suffocating the closets of your mind. It is also important to place your desk with a wall behind you for support. In life, notice if you resist asking for support. Sometimes our culture values independence too much, even to the point of dysfunction.

Houseplants are used to disguise harsh angles in *feng shui*, but they are not recommended in the bedroom. At night, they can give up carbon dioxide and absorb oxygen from the air. Metaphorically, take note of the people in your life who suck your energy and are toxic to your well-being.

While we're in your bedroom, notice if you have problems sleeping. If so, change the placement of your bed. Then consider shifting the direction of your life if it isn't in the flow. It doesn't have to be major. Sometimes, a little tweaking -- whether it's the direction of your bed or the course of your life -- can make a big difference.

In *feng shui*, the kitchen is all about prosperity. Notice your counter space, or lack of it. Are the inside of your drawers and cabinets a mess? There's a connection with kitchen clutter and financial debt. To avoid obstructing the flow of Chi, or life force, stop buying appliances or gadgets for exotic recipes that sounded good at the time but most likely you will never make.

While you're taking inventory, remove any objects that are associated with negative memories. Who needs more reminders to burden the heart? More is a chore, so reduce volume. If you are holding onto material stuff, what are you holding onto internally?

Feng shui is goal-oriented, so creating a home that feels happy, balanced and harmonious can be a valuable foundation for your life as well.

Kater teaches yoga and is an organizing specialist and author. Visit her website at www.katerleatherman.com or email katerleatherman@gmail.com



Tall Ships and Sea Shanties

By Ellen Moyer

"What shall we do with a drunken sailor? Early in the morning." This might seem an appropriate lyric for a town that prides itself as "a sailing town with a drinking problem" or is it a "drinking town with a sailing problem?" Whatever, this is a song of the past, a sea shanty, sung by sailors aboard merchant ships while doing manual work of a heavy nature like raising a mainsail.

This was no simple task. To be successful, men with muscles of steel were required to work together to accomplish what may have been impossible to do without the coordination supplied by song.

Usually the leading shanty-man began with a call to action, "What shall we do with a drunken sailor?" And the action begins, men pulling on the halyards, hand over hand, singing in unison "Away, hey-ho and up she rises early in the morning."

Annapolis, 300 years ago, was the lead port in the Colony of Maryland. Dock Street was a ship's chandlery. Merchant ships from England, Holland, Spain and France lined Spa Creek and the Severn River. Music wafted over Annapolis harbor from a chorus of men as they lifted anchor and set sail for other ports of call.

One of the earliest of sea shanties was the Russian Volga

Boat Song. It dates to 1200 AD, maybe earlier, and was used to synchronize the work of men rowing freight barges up the river. "Yo, Heave, oh; yo, heave, oh; once more, once again, still once more, yo, heave, oh."

Perhaps what we know about sea shanties comes from this song first listed in a book of folk songs printed in 1866, when Igor Stravinsky made an orchestra arrangement and Russian opera singer Feodor Chaliapin popularized it in the early 1900s. The League of Nations donated proceeds from the song's publication to the relief of two million Russian refugees displaced in World War I. Rachmaninoff sang it. Arthur Fiedler and the Boston Pops played the Volga Boat Song in New York City in 1937. Glenn Miller jazzed it up with the 1941 hit. This is quite a finale for a song that began as a way for poor landless peasants to make a living centuries earlier.

However, when tall sailing ships, replicas of yesteryear, come to visit Annapolis, can there be any comparison to a once-upon-a-time harbor alive with music as men of the merchant marines worked in unison? "Hey-ho and up she rises."

Ellen, a former mayor of Annapolis, can be reached at EllenMoyer@yahoo.com



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BOOKS:

Old, New and Obscure

WORKPLACE GENIE: AN UNORTHODOX TOOLKIT TO HELP TRANSFORM YOUR WORK RELATIONSHIPS AND GET THE MOST FROM YOUR CAREER

By Natalie Canavor and Susan Dowell
Skyhorse Publishing (2017)

Imagine having your own personal therapist, life coach or some other influential force (say, a powerful genie) on hand when life's most challenging moments push you to the limit. Well, Natalie Canavor and Susan Dowell's *Workplace Genie* is just that: a guide for people wanting to improve relationships and resolve interpersonal issues at work.

The book helps readers not only to properly diagnose intense work situations and relationships with bosses and co-workers, but also helps them to assess their own responses and patterns that contribute to an unsatisfying work environment. The practical techniques and activities presented in the book show people how to play a part in building a better work environment. Techniques like reframing challenges, goals and criticism; evaluating personal triggers and patterns; restructuring perceptions; visualizing the "emotion thermostat" and square breathing—to name a few—are effective strategies for professionals to achieve their goals. From the get-go, Canavor and Dowell invite readers to participate in an active, rather than passive, reading experience by engaging in self-analysis and then actually writing down and thinking about answers to questions posed.

As all the techniques in *Workplace Genie* are derived from psychology principles, the "action strategies" conveyed are viable, not just in the workplace, but in everyday life. The authors express their mission to help readers achieve work goals and, "on a deeper level," to become more "open, empathetic, and creative." The result is readers are equipped to prevent certain unwelcome scenarios or disagreeable relationships in the workplace or any setting. With a new mindset making them aware of destructive reaction patterns, unproductive responses and misaligned perceptions or

assumptions, they can now interact with others in a more realistic and symbiotic fashion.

Easy to read and chock-full of practical advice, human resources in any workplace should give *Workplace Genie* to every employee.

~ Leah Lancione

THE JAPANESE LOVER

By Isabel Allende
Simon and Shuster, New York (2015)

Anyone who has read *The Hotel on the Corner of Bitter and Sweet* should enjoy and identify with *The Japanese Lover*. It describes the displacement of Japanese Americans during World War II, as did the first novel, but with a different approach. It deals with two completely different persons, a Japanese gardener and a privileged Jewish girl named Alma Belasco, who comes to California from Poland to escape Nazi persecution. She is sent by her wealthy parents to live with her equally wealthy aunt and uncle. There she meets Ichimei Fukuda, a talented gardener who works for the Belasco family in California.

Your heart aches for the Fukuda family as they are shipped off to an internment camp to "protect the American people and also protect the Japanese from persecution and distrust." One passage in the novel, which depicts the feelings of the Japanese as they gave up their lives and property to live in relative poverty, is worth considering.

"The families gave themselves up because there was no alternative and because by doing so they thought they were demonstrating their loyalty toward the United States and their repudiation of Japan's attack on Pearl Harbor. This was their contribution to the war effort."

Isabel Allende gives an excellent comparison of the life of the Belascos, a very formal family, with the Fukudas, who are recent immigrants and respect their Japanese heritage and tradition while trying to become involved in American life.

Inevitably, chemistry between Alma and Ichimei becoming fast friends and future lovers continues throughout the novel.

Entering into the plot is a young woman, Irina Bazili, who has a troubled past that is slowly revealed in the book. She comes to work at Lark House, a retirement community where Alma lives in her later years. Alma and Irina become good friends. Irina and Alma's grandson, Seth, form a relationship and the two of them try to investigate Alma's mysterious Japanese lover, who seemingly is sending gifts and letters, but has not been seen.

Ms. Allende spends some time exploring the life in the internment camp where the Fukudas spend several years. She demonstrates how Ichimei's mother takes over and shows leadership while his father slowly fades into himself. She also explores the experiences and tragedies of World War II and how they affect both families.

Alma does marry another, as does Ichimei, as they are separated for many years. *The Japanese Lover* shows how these spouses coexist while the long affair of Alma and Ichimei is evolving. Moving between past and present can be a little confusing at first, but it does seem to work with the plot.

This novel does an interesting job of showing the aging process, which might really strike home to seniors. The author does it in a positive way, but makes you think about your own life, as many of us have lived through the period depicted in the book.

~ Peggy Kiefer

READY, FIRE, AIM! AN IMMIGRANT'S TALES OF ENTREPRENEURIAL TERROR

By Charles Ota Heller

WriteLife Publishing, an imprint of BQB Publishing Co., Virginia (2017)

Terror was a fact of life in Charles Ota Heller's early life during Nazi occupation during World War II. Hidden by friends, he avoided the fate of family members during the Holocaust, but the impact of that childhood, brilliantly told in his first book, *Prague: My Long Journey Home*, lingered even after his family's escape from communism and emigration to the United States.

Readers of Heller's *Ready, Fire, Aim*, are introduced to those childhood lessons in terror. Of an interminable investigation of his company, CADCOM, by the FBI (on a trumped-up charge), he writes, "I didn't survive the Nazis and escape from the Communists so that I would be subjected to arbitrary punishment by faceless bureaucrats in America." Terror continues to surface over the years of challenges and triumphs.

The title words immigrant and entrepreneur are highly significant to the author. As a 13-year-old arriving in the U.S., Heller spoke two words of English. Before disembarking, his father impressed on him two things. (1) "Forget everything that happened to you on the other side of the Atlantic." (2) "A year from now, I want you to speak (English) without an accent."

Heller took his father's advice to heart. He returns often to the impact his father's advice on many topics. The immigrant thread, easy to lose sight of as these "tales" of business and

academic successes and challenges unfold, is skillfully woven through the book.

"Mr. Entrepreneurship," Heller's media-created name, sums up his achievements, not only in starting and running businesses, but in using his knowledge and experience to guide others. Tales from entrepreneurial trenches seamlessly incorporate his personal life and feelings. His signature style -- clear, self-deprecating and compelling -- reveals much. His devotion to family and respect for family history shines through. In a satisfying development, he powerfully documents the experience of allowing long-ignored memories to flood in.

I recommend this book to all readers for its appealing narrator, meaningful content and its sensibility to not engage in self-pity and to learn from mistakes. I recommend it most of all as a portrait of an American dreamer.

~ Susan Moger

MESSAGES FOR MINDFUL LIVING IS SPRING CLEANING FOR YOUR SOUL

By Kater Leatherman (2017)

Author Kater Leatherman's most recent book, *Messages For Mindful Living*, is a quick read as each topic discussed spans no more than two pages. Though the prose is short and to the point, topics such as "Simplicity," "Clean Living," "Tolerance" and "Hallway of Life" are insightful and illuminating. I recall being given a book of "proverbs to live by" as a young girl with notable lessons from Benjamin Franklin, Confucius, the Bible, Oscar Wilde and more. Like this beloved reference tool, Leatherman's book is one that provides practical and powerful principles for many situations: aging, experiencing grief, handling betrayal, managing money, living in the moment and offering sympathy or empathy.

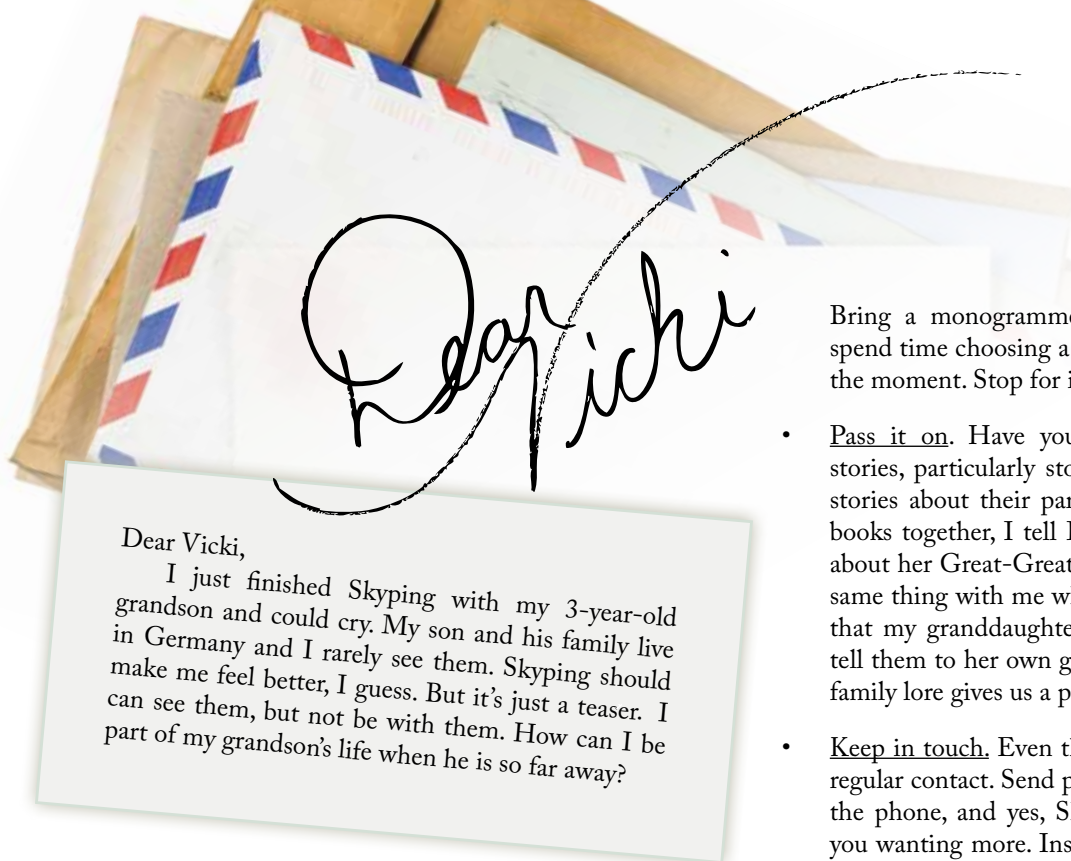
Readers may be able to whiz through *Messages For Mindful Living*, but I advise otherwise. Read each topic, pause, and then meditate on the message and how it can be applied to your life. Or, read it at your own speed, but keep it tucked in your purse, beside your bed or somewhere it's accessible when you need a moment of clarity or some sage advice. The format is refreshing and user-friendly in a world Leatherman describes in the introduction, "the age of information overload."

Though this book is heavy in meaning, it is not cluttered with wordy text or hard-to-understand metaphors like some self-help books. Rather, this book inspires personal introspection and decluttering of the mind and soul, as well as one's physical surroundings. In *Simplicity*, Leatherman says: "Simplifying your inner life will affect your outer life." Such wisdom is delicately woven throughout other sections that also reveal how creating boundaries, 'rightsizing' your home, living in the here and now, and pausing to meditate and being grateful can be cleansing and reviving for the human spirit.

Messages For Mindful Living is available for purchase at Katerleatherman.com and at Ridgely Retreat in Annapolis.

~ Leah Lancione

You made it through the first two-thirds. What's your plan for the closing third?



Bring a monogrammed book bag or bookmark and spend time choosing a book that reflects his interests of the moment. Stop for ice cream afterward!

- Pass it on. Have you noticed how much kids love stories, particularly stories of when they were born or stories about their parents? At bedtime, after we read books together, I tell Daisy stories about her daddy or about her Great-Great-Aunt Daisy who used to do the same thing with me when I was small. Someday, I trust that my granddaughter will remember my stories and tell them to her own grandchildren. Such passing on of family lore gives us a precious glimpse of immortality.
- Keep in touch. Even though you are miles apart, foster regular contact. Send post cards, small packages, talk on the phone, and yes, Skype. Such video calls can leave you wanting more. Instead of focusing on the negative, turn it around. View this as evidence of the love you feel for your grandson and be grateful for another way that you may reach him. The upside is that Skyping will help your grandson recognize you. Thinking on how difficult it must have been for wagon train families who left their loved ones behind, perhaps forever, never fails to stop my own self-pity in its tracks. Thank goodness for technology!
- Make it count. When you visit, make it count, but don't turn the trip into a monstrosity where everything is orchestrated and has to be perfect. Balance! Strive for relaxed fun, and above all, be flexible! Leave behind regrets over the limited time and stay in the present by practicing patience, acceptance and gratitude. Connect through ritual and repetition, one-on-one time, and the passing on of stories and love. Plan a memorable outing or two but, more importantly, spend time together on a craft, hobby, or game that is yours alone. Need some ideas? Just remember what you loved to do as a kid.

LONG-DISTANCE GRANDPARENTING

Grandparenting. It's not like it used to be. Grandma and grandpa most likely don't live next door, ready to give hugs and share Sunday suppers. When we gave our children wings, we also gave them license to fly anywhere. Now, so many of us realize that they have done just that, and worse yet, they've taken our grandchildren!

Take heart. You can build a close relationship with your grandson even though you have little time together. It will take extra effort, but will be worth it. The grandparent bond is important in providing memories that nurture these loved ones long after we are gone. Use these ideas to build connections:

- Repeat, repeat, repeat. Children love to do things again and again. Do you remember reading and re-reading your son's favorite book to him, probably to the point that you wanted to scream? It's the same with your grandson! Choose a silly ritual, pet name or special song that belongs to the two of you—and then play it up. For example, my granddaughter, Daisy, knows that we practice yoga together. It's not like any yoga you'd recognize! I give our poses crazy names and we end up twisted together on the floor laughing our heads off. In between our visits, she recalls this and looks forward to doing it again. Even though she is young, she associates yoga with me and more importantly, remembers the special time we share.
- Single them out. Make it a point to spend time with each grandchild alone. Particularly for a child with siblings, one-on-one time counts. It may be more practical to function as a group, but the focus on just one grandchild will help him or her feel special and worthy. They too, will be focused on you, rather than a sibling or cousin. Even a quick trip to the nearby library can be festive.

Grandparenting is a joy and we baby boomers and beyond bring to this life stage the same intensity, focus and desire we applied to earlier developmental milestones. We know how we think it should be and how we want it to be. Yet, this journey is not ours alone. We raised our children and now it is their turn to make choices that shape our proximity to our grandchildren. We can fight it, bemoan it or we can embrace our opportunities. Make no mistake, those opportunities are still there! We may have to look harder, adapt to new technologies and employ advance planning, but it is still possible to be an involved grandparent who provides an invaluable source or security, enrichment and love that will last a lifetime.

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

EXPLORING THE BAY:

A Learning Adventure in Your Own Backyard

By Henry S. Parker

In 1608 Capt. John Smith and 14 crewmembers ventured into Chesapeake Bay. Lured by stunning natural beauty, a cornucopia of wildlife, and mysteries lurking in every hidden cove and creek, they explored the vast estuary in their 28-foot open sailboat, called a shallop. That Summer they mapped over 3,000 miles of coastline, compiled reams of information about the region's human inhabitants and scientific features, and laid the foundation for the settlement of North America by Europeans.

Smith and his crew were intrepid explorers and keen observers but, of course, they did not “discover” Chesapeake Bay. Native Americans had occupied the region for millennia, accumulating a wealth of knowledge about its geography and natural history. Smith's voyages barely scratched the surface of this knowledge. Intensive scientific research has since filled gaps. But many Americans remain ignorant about the most important body of water on the continent.

Chances are you already know something about the Bay and are curious about learning more. You've probably done some reading and have wandered along the shore, maybe even sailed in its open waters. But have you had a game plan for learning? Would you like one? Then why not conduct your own voyage of discovery? You won't need a shallop and a crew of strong sailors. A canoe or kayak will do, and you can definitely go it alone.

A good plan starts with research, so let's review some basic information. With an area of 4,480 square miles and nearly 12,000 miles of shoreline (Smith explored barely one-fourth of this), it's the nation's largest estuary. What's an *estuary*? In a nutshell, or call it a clamshell, it's a semi-enclosed body of water where incoming fresh water mixes with the tidal sea. The Chesapeake estuary was formed more than 12,000 years ago when melting glaciers drowned the valleys of waterways that flowed to the coast. Major

ivers, including the Susquehanna, Potomac, Patuxent, James, York and Rappahannock, and many smaller streams, still drain into the Bay from a six-state, 64,000-square-mile watershed.

Like most estuaries, Chesapeake Bay is shallow, averaging 21 feet deep. The shallow depths allow abundant sunlight to stream through the water column and enable thorough mixing of the nutrient-rich fresh and salt water. These factors create fertile growth conditions for the plankton that are the nutritional foundation for more than 3,600 species of plants and animals. And the Bay's sheltered waters provide ideal nursery grounds for marine life, contributing to an annual seafood harvest of nearly 500 million pounds.

But these factors have a downside. Protected waters can also make great seaports. Small wonder that seven of the world's 10 largest cities border estuaries and that one-third of the U.S. population lives and works in their vicinity. Fifteen million people—over 70 percent of the populations of Maryland and Virginia—reside in coastal counties around the Bay. Many million more occupy or travel through its watershed, farm its bordering fields or visit its coastal attractions. The upshot?

Crippling quantities of pollutants and sediments are discharged into the estuary. And the oceanographic conditions that enable high fertility also trap the harmful materials, endangering the Bay's marine life.

But it's not too late to reverse this trend. Expanded knowledge and understanding—by all of us—will be key to saving the Bay.

Are you ready for your voyage of discovery? Let's begin with a tour of the Chesapeake's coastal wetlands. We'll cast off in the next issue of this magazine.

...5,000 miles of
shoreline along the
Chesapeake Bay

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

Bay Bytes

There's a reason why they use grams instead of teaspoons on the ingredient list of packaged food. No one wants to know that 30 grams of sugar found in their morning yogurt is close to 7 teaspoons. Do the math: 4.2 grams equals 1 teaspoon.

FALL QUIZ-ACROSTIC

1	I	2	B	3	Q	4	E		5	J	6	K		7	V	8	Q	9	M		10	A	11	E	12	C	13	G	14	H	15	D		16	P	17	I	18	H		
		19	C	20	Q	21	L		22	E	23	G	24	D		25	T	26	S	27	I	28	D	29	M		30	L	31	A	32	E	33	J		34	Q	35	T		
36	R			37	L	38	J	39	H	40	V		41	V	42	E		43	N	44	T	45	H	46	V	47	J	48	O	49	D	50	B	51	G	52	M	53	U		
54	N	55	T	56	L	57	G	58	Q	59	M	60	A	61	L	62	V		63	J	64	P	65	U	66	Q		67	M	68	I	69	J		70	P	71	E	72	C	
73	T	74	Q	75	H		76	I	77	E		78	D	79	E	80	O		81	G	82	Q	83	S	84	J	85	K		86	S	87	U		88	O	89	R			
90	N			91	E	92	B	93	P	94	F	95	D	96	Q	97	S		98	N	99	J	100	R	101	D	102	K	103	C	104	Q	105	E	106	T	107	H		108	N
109	V	110	O			111	B	112	T	113	V		114	B	115	N	116	C	117	K	118	P		119	J		120	H		121	P	122	K	123	D	124	I	125	V		
126	G	127	M	128	N	129	J			130	C	131	E	132	P		133	C	134	M	135	F		136	G	137	P	138	R	139	I		140	M	141	F	142	R	143	H	
		144	C	145	P	146	F	147	E	148	A	149	K	150	I		151	Q	152	V	153	S	154	U	155	E	156	T	157	P	158	O	159	K	160	J		161	Q	162	I
163	D	164	B	165	T	166	K	167	H		168	S	169	E	170	L	171	U		172	Q	173	P	174	A		175	P	176	E	177	D		178	A	179	M	180	S		

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Directions

- Read the definitions and supply the correct words over the numbered blanks.
- Transfer the letters to the corresponding squares in the diagram.
- Reading left to right, the completed diagram poses a trivia question. Words are separated by black squares.
- 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. Water spirits of German folklore | 10 | 60 | 174 | 31 | 148 | 178 | | | | | | | | | |
| B. Imprudent | 92 | 164 | 114 | 50 | 111 | 2 | | | | | | | | | |
| C. Hodgepodge | 72 | 116 | 103 | 130 | 12 | 144 | 19 | 133 | | | | | | | |
| D. Breaking news (2 wds.) | 101 | 24 | 78 | 95 | 163 | 123 | 177 | 49 | 15 | 28 | | | | | |
| E. Commuters' obstacle course (3 wds.) | 4 | 11 | 22 | 79 | 91 | 105 | 71 | 147 | 32 | 169 | 131 | 42 | 77 | 176 | 155 |
| F. Likelihood | 141 | 146 | 94 | 135 | | | | | | | | | | | |
| G. Urged | 136 | 51 | 81 | 13 | 23 | 57 | 126 | | | | | | | | |
| H. Libidinous | 39 | 45 | 14 | 75 | 120 | 107 | 18 | 143 | 167 | | | | | | |
| I. Wrymouth | 27 | 68 | 76 | 150 | 139 | 1 | 17 | 124 | 162 | | | | | | |
| J. Budget lodging for backpacking tourists (2 wds.) | 160 | 5 | 119 | 63 | 99 | 33 | 38 | 84 | 129 | 69 | 47 | | | | |
| K. Ponders | 122 | 102 | 6 | 159 | 166 | 117 | 85 | 149 | | | | | | | |
| L. Yokes | 170 | 21 | 37 | 61 | 30 | 56 | | | | | | | | | |
| M. Cole Porter song: "Down in the Depths on the ____ Floor" | 52 | 179 | 29 | 9 | 59 | 134 | 127 | 67 | 140 | | | | | | |
| N. Possible component of germ warfare | 108 | 128 | 98 | 115 | 43 | 54 | 90 | | | | | | | | |
| O. Shows the way | 158 | 80 | 48 | 110 | 88 | | | | | | | | | | |
| P. Occupational hazard for kitchen workers (2 wds.) | 145 | 173 | 16 | 118 | 121 | 157 | 93 | 64 | 137 | 70 | 132 | 175 | | | |
| Q. Italian dairy product (2 wds.) | 58 | 20 | 104 | 151 | 66 | 34 | 3 | 161 | 8 | 74 | 96 | 172 | 82 | | |
| R. Chiefs in Islamic countries | 36 | 142 | 89 | 100 | 138 | | | | | | | | | | |
| S. Attached | 83 | 153 | 168 | 86 | 180 | 26 | 97 | | | | | | | | |
| T. Jabberwocky | 165 | 156 | 73 | 25 | 44 | 106 | 112 | 55 | 35 | | | | | | |
| U. Faulty | 65 | 171 | 154 | 53 | 87 | | | | | | | | | | |
| V. Close relatives (3 wds.) | 62 | 46 | 113 | 7 | 41 | 152 | 40 | 125 | 109 | | | | | | |

What if I never... Fill in the blank!

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