

Complimentary

Early Spring 2019

Outlook

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

WHAT DO YOU TRULY LOVE DOING?

PANSIES FOR YOUR SPRING GARDEN

fitness • entertainment • gardening • nutrition

TINY HOUSES
GAIN MOMENTUM

CELEBRATING MARYLAND DAY

IS IT TIME
FOR A RETREAT
OR GETAWAY?

CHOOSING YOUR BEST
RETIREMENT LIFESTYLE

Letters to the editor

RACHEL CARSON

Kudos to *OutLook by the Bay* for bringing Rachel Carson's fantastic pioneering work of the early '60s to light again for the rest of the world. I am an "aging hippie" who read *Silent Spring* and *The Sea Around Us*. If not for her groundbreaking "backyard research" and the Kennedy administration that took notice of her work, it would not have spurred us along to the later decades of environmental awareness.

Thanks for the fantastic and truly interesting and important articles and works the magazine does on many levels to spark our interest, take us back to "memory lane" and to satisfy those that are curious and hungry for off-the-beaten-path information on many life levels and issues. The best magazine ever. Who knew a local magazine could be so great and have such profound thought-provoking journalism?

P.S. I notice that her last name was spelled "Carlson" in your article and also referred to as "Carlson" in "Letters to the Editor." As I am sure you know by now, that was a typo. It is Rachel Carson, not "Carlson."

Thanks,
Sharon S., Annapolis

MIRACLE ON ICE

I so enjoyed Kater Leatherman's article about that now-famous hockey game. I always appreciate her insights and writing style, and looking back at a triumphant event in our lifetime was a treat.

Cindy L., by email

I really enjoyed the article on the 1980 US Olympic hockey victory over the USSR. Certainly a bright bit of history, and especially appreciated today. Positive.

Dave B., by email

CHAUTAUQUA

So enjoyed the Winter issue of *OutLook*. It is amazing. I enjoyed reading every article, but especially the one on the Chautauqua institution. I lived in Erie, Pa., a short distance from the institution and often attended classes and concerts. I remember seeing Anne Murray and Wynona Judd as well as attending a class on the Civil War that was quite informative. It is a very peaceful place that offers entertainment, crafts and informative classes.

I also enjoyed the Old English prayer article. Very good advice for living a happy life.

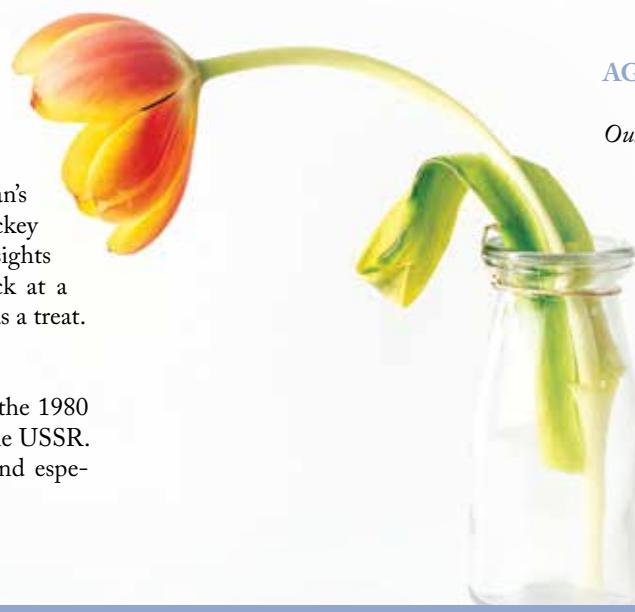
Nancy S., Murphy, NC

ELLEN'S ARTICLES

Just a note to let you know how much I appreciate all the research that goes into Ellen's writing in such informative articles. I am learning so much.

Thanks to her for all she does to teach us about the area in which we live.

E. Dodge, Annapolis



Enjoyed Ellen's article on the city's forts because I've been interested in that subject since the '70s.

Here are some others that were a part of our history: Fort Severn, which replaced the early battery at Windmill Point; and Fort Madison, near the small boat basin (probably the one you called Biemans). Both were masonry forts built in 1810 and mounted about 10 cannons each. Both were still up after the Civil War and their traces disappeared sometime around 1900.

Also, on the hill overlooking the small boat basin is a now-preserved earthen structure called Fort Nonsense. The Navy and I got it put on the National Register in 1985.

Eric S., sent from my iPhone

APPRECIATE

On Jan. 14, 2019, I had total knee replacement. So I have had time to read your magazine more thoroughly. I am filled with awe and appreciation for your Herculean endeavor. It's a masterpiece!

Peace,
Jim D., sent from my iPad

AGING GRACEFULLY

Thanks for your Grace-filled article in *OutLook by the Bay*. It made my day!

We need more laughter in our life!
Peace,
Sue D., Silver Spring

CORRECTION

The recipe on page 23 of the Winter issue of *OutLook* should have read Swiss Cheese Fondue, not Sweet Cheese Fondue.

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On the Cover:

Cathy and Rick Sheahan have been residents of the Annapolis Historic District for 26 years. Cathy is an artist, with focus on portraiture and printmaking. Rick is a registered professional engineer and president of Energy Partners, Inc., which he founded 40 years ago to specialize in energy and environment technologies and project development.



OutLook by the Bay

For the Bay Boomer and Beyond...

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FROM THE DESK

We made it through the Winter! And an interesting one it was this year with occasional Summer-type heat all the way over to the iciness that froze us all. And now, Spring is here. Seems like it took a long time, but now with the crocuses bursting out everywhere and the forsythia ready to pop and Easter approaching, it looks like it's for real. And historically, isn't this cleanup time? Maybe not only the inside of our homes, but outside as well? Looking around it seems that most yards need some serious policing from branches dropped during the Winter storms to repairing the lawn with all its bald spots. Then there are the flowerpots stacked up that you thought you might reuse someday -- but didn't. Don't forget the broken watering can that comes close to art deco, but might be better in the trash.

How about the inside? This is where Kater, our favorite cleaner-upper, steps in. She'd probably advise starting in the kitchen. Drawers overstuffed with never-to-be-used-again chopsticks from our New Year's Eve fest, or the three corkscrews and the endless useless coffee scoops. Why do we hang on to this stuff? What're we going to do with it all? Or better, what will our heirs and assignees do with all this clutter?

We all have closets filled with far too much stuff -- shoes that no longer fit, sweaters with moth holes and dresses from another era. Then on his side - military uniforms that he wishes he could still get in to. Yet we're all reluctant to pass them on. Could it be the memories? And if it is, as Kater has suggested numerous times, take a picture and then give the item to Goodwill or the Salvation Army (the clothes, not the pictures).

Isn't it a bit amazing that we spend the first three quarters of our lives acquiring stuff, then the last quarter disposing of it all. One observation is that it actually becomes burdensome to keep up with and maintain all the "stuff" cluttering up our homes and our lives.

Kater would agree with this method: If you're reluctant to part with any of your treasures, start with just one thing a day. She refers to it as daily diminishing in her article on page 17. Each day, toss some of the excess in the trash or if useful, pass it on to another deserving person. Maybe fill a carton with no-longer-used items and deliver it to one of the kid's homes and let them figure it out. They can toss or keep, you don't even have to know.

And then here's a way to get that overfilled attic emptied. Hire an energetic kid to carry everything out of it and deposit it all in the middle of the living room floor. Have empty boxes labeled and ready. Some to the Salvation Army some to the kids, and some for the trash. Should you decide to rid your home of larger items or a heap of things, call the VA - they'll schedule a time that's convenient for pickup.

And did you know that recycling takes an amazing variety of "done with" stuff, like metal or plastic buckets? It's as easy as leaving it at the curb on recycle pickup day. And there's no limit to how much you can put out. If there's something you're not sure of, contact them at your county waste management website for materials accepted.

There are also recycling centers in the area that take electronics and the like. For hours and location, Google your county recycling centers.

If you really do get through all this, then why not a reward? Do something fun -- maybe follow Neil's advice on page 5 and plant a few new Spring flowering shrubs. That would be something to enjoy in the years to come. Or just start with the pansies that he's recommending. There isn't an easier plant that I know of to welcome Spring.

If we can get through this cleaning up, disposing of and making decisions, our heirs and assignees who have to come in to clean up after us will thank us for making their job so much easier. Really, isn't it just the best time of year to get going on this?



PANSIES FOR YOUR SPRING GARDEN

By Neil Moran

Pretty, hardy and plentiful. Thus describes the pansy flower that smiles at us in shades of purple, pink and yellow. With the mild temps in the Bay Area this past Winter, there has hardly been a break in the action for pansies. They flowered right through Christmas.

Pansies, of the species, *Viola*, which includes the popular Johnny-jump-up, are a good choice for early Spring blooms in the Bay Area. This hardy, adaptable bedding plant can be planted from transplants as early as the first of March and will take a light frost. Pansies can also be planted in the Fall.

Violas are adaptable to different soil types and conditions, although they will do best in a sandy loam soil, or soil that has been amended with organic matter. They like to stay moist while at the same time keeping their feet (roots) dry by being planted in well-drained soil.

Plant pansies in full sun or partial shade. Unfortunately, pansies like it cool and don't take the Summer heat around the Bay Area so well; they will lose their blooms and tend to get leggy by mid-Summer.

Plant pansies in beds, borders, containers and baskets. Most varieties grow no taller than eight inches. In the Spring garden they really stand out if grown in the background of white or pink candytuft, or mixed in with early-flowering primroses. They can also be combined with snapdragons, which require similar growing conditions. Consider an appropriate color scheme before mixing pansies with other flowers. For instance, tall, yellow tulips will go well with purple-lavender pansies placed in the foreground. A color wheel will help you complement different colors.

Johnny-jump-ups come in purple, white, yellow and combinations thereof. They will

thrive in gravel and are sometimes discovered sprouting between the cracks of sidewalks. Varieties to choose from include "Bowles Black," which has dark purple flowers with a yellow center, and "Helen Mound," which bears large flowers in the traditional purple, yellow and white combination.

One remarkable variety to look for at a garden center near you this Spring is "Floral Power Gold Purple Wing." This species of viola was introduced not long ago and produces an abundance of round-shaped blooms on compact plants. The purple and yellow flowers are simply awesome!

To keep your pansies flowering profusely, pick the spent blossoms regularly. This practice will cause the plants to branch out more, thus producing more flowers. A light feeding of an all-purpose fertilizer will also ensure a beautiful floral display.

Violas are edible and make for splendid garnishes on salads and desserts. Candied violets can be made by brushing the flowers with whipped egg white, then sprinkling with a superfine sugar. Allow to dry overnight. Now how's that for a culinary treat!

Snails, slugs and fungus are the only pest problems reported with pansies. Fungal problems can be avoided by allowing good air circulation through the flowerbed, or you can treat them with a copper-based fungicide. Control slugs and snails with Escar-Go!, available from **GardensAlive.com** the company that sells "environmentally friendly" garden products.

You may get one more plus out of pansies: Their seeds, especially those of Johnny-jump-ups, will often disperse in the Fall, resulting in some surprises in the Spring. Hopefully they'll land where you want them!

Neil, a horticulturist and freelance writer, can be reached at moranneil@hotmail.com

How much time are you spending on things that don't really matter.

It is always nice to be reminded of the history of our state. Every year, on March 25, we celebrate the founding of Maryland. But how many of us remember the details? How did "Maryland Day" become a legal holiday?

Maryland Day celebrates the anniversary of the first Pilgrims landing on what was to become the Colony of Maryland. In March 1634, approximately 140 European settlers from two ships, the Ark and the Dove, landed on a small island in the Potomac River. They named it St. Clements, after Pope Saint Clement, patron of mariners.

Included in the party were Leonard Calvert, three Jesuit priests, including Father Andrew White, 17 Catholic gentlemen investors and a number of indentured servants. One of the first things the settlers did was to erect a large wooden cross and celebrate the first Roman Catholic mass in the original Colonies. They then took ownership of the new land for their "savior and sovereign lord, king of England."

St. Clements Island was not the final destination of these settlers, however. The site became the temporary base from which they explored upriver until they reached the shore of the New World. Because of the location and the friendly Indians, the group set about building the city of St. Mary's.

There are a few interesting events that preceded this first landing on St. Clements Island. The rich history that surrounds the founding of the state of Maryland goes back to England and a man named George Calvert, the first Lord Baltimore. A little-known fact is that in 1660, George Calvert tried to set up a colony, called Avalon, in Newfoundland. Calvert, a Catholic, was searching for a place where they could

worship freely. He also planned to grow crops for income but the climate was too cold.

On his way back to England, he stopped in Jamestown, a settlement in Virginia. Since the land was to his liking, on returning to England he persuaded King Charles I to grant him land to the north of this colony. As part of the agreement, George named his new Colony "Mary's Land" in honor of the king's wife, Henrietta Maria. The name evolved to "Maryland."

A charter was then drawn up which allowed Lord Baltimore (Calvert) to rule the Colony much like a king. Though the Colonists were still English citizens, the charter allowed them to attend the church of their choice and therefore they no longer had to join or support the English monarch's church with their taxes. Not only was this "freedom of religion" in the Colony, it was also

the first time church and state were separated. The Maryland Colony was the only one where all faiths could worship without difficulty.

Unfortunately, Lord Baltimore died before visiting his colony. His oldest son, Cecil Calvert, inherited the title of Lord Baltimore II and began making plans for the first settlers to begin their journey. He stayed behind in England to protect the charter and chose his brother, Leonard Calvert, to join the expedition and appointed him the first governor of the Maryland Colony.

Now back to St. Mary's City: The settlement was the first in Maryland and was named the capital of the Colony. Over the years it flourished, with a strong tobacco economy and population growth. However, political and religious factions rose up against Lord Baltimore. The king of England intervened and decided to move the capital to Annapolis.

CELEBRATING MARYLAND DAY

By Kathryn Marchi

Bay Bytes

OddInns.com offers lots of information on out-of-the-way and unusual places to stay both in the U.S. and around the world, such as lighthouses, castles, a riverboat, yurt, winery and many other places that might make for an interesting overnight stay.



Thus began the demise of St. Mary's City and no other growth or construction took place until the beginning of the 20th century when archeological excavations began. As a result, this little 17th century city became one of the finest Colonial archeological sites in the country. It was named a national historic landmarks in 1969 and now thrives as a tourist center.

School children from all over the state regularly visit this historic city as part of their Maryland history curriculum. There are costumed interpreters to guide them through the Godiah Spray Tobacco Plantation, the replica of the "Dove," which is harbored on the riverfront, and then inside the original State House, where they can participate in mock trials. Other period buildings have been restored and students can enter them and participate in hands-on activities.

Of course, the general public can visit these same displays as well as other special events set up throughout the year. "Living History," which features re-enactors demonstrating various aspects of Colonial life, is but one of these. Google

"Historic St. Mary's City," where all of the scheduled events are listed. St. Clements Island is also open to the public. It is now a Maryland state park with all of the facilities. Visitors can get to the island from the St. Mary's City area by water taxi. A 40-foot commemorative cross has been erected there in honor of the first landing in Maryland. Google "St. Clement's Island," where all of the details for visiting the site are listed.

It can be said that Maryland Day isn't just about the Pilgrims landing on St. Clements Island back in 1634. In fact, the Maryland State Board of Education proclaimed the holiday in 1903 to honor Maryland history. The Legislature agreed in 1916 and authorized it as a legal holiday.

Marylanders can be very proud of their rich and colorful history. On March 25, why not take a trip to St. Mary's City and St. Clements Island and discover it for yourself?

Kathryn, a former 4th grade teacher in Maryland, enjoys sharing her love of Maryland history and can be contacted at johnmarchi1@gmail.com

Bay Bytes

Looking for a support group for your chronic health problem? Log onto HealingWell.com to connect with others and to find the help you need.

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

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To discover Ginger Cove, please call Joan Williams at 410-224-8141.



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5 SHRUBS TO PLANT THIS SPRING

By Neil Moran

Sometimes shrubs that have been in a particular spot start to look like that old worn-out furniture you donated to charity. Here are a few shrubs that will get your outdoor living room looking new again.

BLOOMERANG PURPLE

REBLOOMING LILAC (*SYRINGA X*):

For Spring flowering and much more, plant this compact, prolific flowering lilac. Boomerang is a Proven Winners selection that is still a little short in supply, due to its newness on the market and popularity. So shop for this one early while supplies last. Bloomerang flowers in the Spring, takes a break through the heat of the Summer, then reblooms right up until the first frost in the Fall.

Bloomerang is a great plant for small gardens. So if you thought just because you live in a small chalet or townhouse you couldn't grow a lilac, think again! When pruned after flowering, it will grow to no more than 4-5 feet tall and 3-4 feet wide. This variety has a heavenly scent, which can be enjoyed in the Spring and again later in the Summer.

Height: 4-5'

Spread: 3-4'

Shape: Upright, slightly rounded

Foliage: Dark green

Fall: Insignificant Fall foliage

Exposure: Full sun

Zone: 3-7

KOREAN SPICE VIBURNUM

(*VIBURNUM CARLESII*):

I think there is something sophisticated about viburnums. The white and pinkish flowers of viburnums convey a sense of elegance, reminding me of the rich colors in a fine linen. The stems of viburnum are strong and mostly upright, conveying a sense of permanence in the landscape. And the fragrance! Let's just say there's hardly a sweeter perfume.

Korean Spice Viburnum is a slow-growing shrub with a rounded habit. The buds are pinkish-red, opening to pure white flowers. They come into bloom in late April to early May, providing a strong and meaningful sense that Spring

has finally arrived. The leaves are green throughout the Summer months and turn red in the Fall. Korean Spice Viburnum is a selection of a native North American species, making it a good choice for a hardy, low-maintenance shrub for your landscape.

Height: 5-8'

Spread: 4-6'

Shape: Upright, rounded

Foliage: Dark green

Fall: Reddish

Exposure: Partial to full sun

Zone: 4-7

LYNWOOD GOLD FORSYTHIA (*FORSYTHIA X INTERMEDIA*):

Forsythia is kind of a standard for Spring flowering plants here in Maryland. Many homes in the area are landscaped with forsythias. Lynwood gold is probably the hardiest of the forsythias and tolerates city life. Deep golden flowers cover this upright plant in the Spring. Spring buds are sometimes damaged in the zone 4 region prior to flowering. Keeping this plant pruned short may help spare the flower buds. Also, plant it in a protected area in full sun.

Height: 5-7'

Spread: 7'

Shape: Upright

Foliage: Deep green

Fall Foliage: Insignificant

Exposure: Full sun

Zone: 4-8

GOLDEN LIGHTS AZALEA (*RHODODENDRON X*):

One of my favorite azaleas these days is the Golden Lights. The flowers are simply gorgeous! It flowers in early Spring and is more mildew resistant than similar varieties of azaleas. It has interesting Fall foliage and won't take up much room in the landscape.

Height: 4-5'

Spread: 3-4'

Shape: Upright, rounded

Foliage: Dark green

Fall: Foliage bronze-red, variable

Exposure: Full sun

Zone: 4-7

MOCK ORANGE (*PHILADELPHUS X VIRGINALIS*):

Called "Minnesota Snowflake," it's hardy and beautiful, and you just can't beat the fragrant double flowers you'll get. This old-fashioned variety will be a beautiful addition to the landscape. Minnesota Snowflake can be planted in partial shade, but full sun in colder areas is suggested. Allow a little elbow room for the arching branches of mock orange.

Height: 6-8'

Spread: 5-6'

Shape: Arching, vase shape

Foliage: Green

Fall: Foliage insignificant

Exposure: Full sun

Zone: 4-8

PLANTING SHRUBS

Spring is a great time to plant shrubs. In fact, the sooner you plant them after the snow melts the better. In general, plant in well drained, fairly rich soil. If you have really poor soil, dig a hole three times the size of the root ball and fill it in with good topsoil or aged compost. Plant them at the depth they grew in the nursery container; water around the root ball prior to filling in the hole. A slow-release fertilizer applied in Spring will keep them healthy and looking good. A couple more tips: Water well the first Summer after planting and apply a 4-inch layer of wood bark mulch to hold in water and discourage weeds.

Pay close attention to how large and wide your shrubs will be at maturity and make your selections accordingly. Plant a showy shrub in the middle of a landscape bed as an accent plant or in groups of three or five for a more showy effect.

Shrubs are a good investment for your home. And if you treat your Spring-flowering shrubs right this Summer, you'll be in for a real show next Spring.

THE ANNAPOLIS SYMPHONY ACADEMY SETS THE STAGE FOR ORCHESTRAS OF THE FUTURE

By Leah Lancione

For close to 60 years, the Annapolis Symphony Orchestra has presented Annapolis and the surrounding area with extraordinary symphonic experiences. Now, to extend its commitment to promoting music education, it has established the Annapolis Symphony Academy. The community was officially introduced to the talent and artistry of the budding musicians of the Academy during an inaugural concert held in December.

The concertmaster of the Annapolis Symphony and founding director of the Academy, Netanel Draiblate, explains that the 22 students accepted into the first class, which commenced in September 2018, auditioned for their spots in the prestigious program. The Academy affords young strings musicians from middle and high schools (public, private and homeschooled) across Anne Arundel County to receive weekly ensemble training and private individual lessons. They also benefit from monthly guest artist workshops led by professional musicians. Academy students are also given music appreciation opportunities like tickets to Symphony performances.

The Academy was founded with the mission of promoting diversity—both cultural and economic. So half of the youngsters accepted are African American or Latino, and half are not. Likewise, half receive full, need-based tuition waivers regardless of their ethnic background, and half pay a moderate tuition fee. “The Academy provides access to high-quality music education for families who otherwise would not be able to afford it,” says Annapolis Symphony Executive Director Patrick Nugent.

Now in its second 16-week semester, which Draiblate notes “fittingly” started on Martin Luther King Jr. Day, the Academy has already doubled its enrollment. Encouraged by the enthusiasm and support of the community, Draiblate and Nugent agree the Academy is achieving the two-fold goal of addressing the lack of diversity in

orchestras across the nation and giving private instruction and group experiences to talented young musicians who may not have the means. “The Academy is modeling today the diversity we want to see in the orchestras of tomorrow,” Nugent says.

The model is this: Train young musicians so that they get a scholarship or acceptance into an undergraduate program and subsequently a professional career in music. Draiblate hopes that the Academy, with its diverse student body, is setting the stage for future orchestras and their audiences with every race and background represented.

“People sometimes overlook how cost-effective it is for their child to play an instrument in the long run as music training correlates to improved academic performance and scholastic achievement,” Draiblate adds. He says countless studies show that musical training not only enhances creativity, but also stimulates parts of the brain often attributed to acuity in subjects like science, technology, engineering and math (STEM). Research also confirms that playing an instrument fosters social and emotional development. “College recruiters are looking for students with

good grades and leadership qualities that arise from an extracurricular activity such as musical training.”

Fortunately, supporters of the Symphony and the Academy recognize the many benefits that come from music appreciation and education. “We are grateful to Peter Chambliss and Jane Campbell-Chambliss of Annapolis for donating \$300,000 to the Academy for the next six years,”

Nugent says. He reveals the Symphony’s sister organization, the Friends of the Annapolis Symphony Orchestra (FASO), also presented the Academy with nearly \$30,000 from the proceeds of its “Painted Violins” project. Nugent and Draiblate agree that the philanthropic support is integral to the Academy’s continued success and longevity. The plan is for the Academy to include elementary-age musicians next year, and, eventually, expand

beyond Arnold with centers in North County as well.

To learn more about contributing to the Academy, visit www.tunedtoyouth.org/support

The Symphony urges supporters of the arts to attend the next Annapolis Symphony Academy Ensemble Concert on May 12 at 5 p.m. at Temple Beth Shalom. For more information, visit www.tunedtoyouth.org



LETHAL AVOIDANCE

By Dr. Jim David

The young man said to me, "I'm an avoider." I said, "Tell me more." He said that whenever he expects someone will bark at him if he is truthful, he avoids being assertive, self-valuing, honest and self-disclosing. As an example, he anticipates anger from his grandfather if he tells his grandfather that he will not be home for dinner, so he does not tell him his plans. His solution to the problem of his grandfather's anger then becomes a new problem, as his grandfather feels ignored and disrespected.

On the plus side of the ledger, the young man revealed that he is improving daily in being forthright. He says he feels more whole and proud of himself.

Most all of us suffer from some degree or level of avoidance. It could take the form of procrastination or deep-seated denial. Even if the specific avoidance is relatively minor, I label them "lethal" because it will eventually "kill" you in some way.

Let's examine some illustrations of this potentially lethal malady and some strategies or steps to eliminate avoidance, regardless of how minuscule or gigantic it may be.

SOME EXAMPLES

We know a couple that butt heads endlessly because he likes to call people on the telephone and she is vehemently opposed. What are the underlying issues? He savors connecting with friends. She believes that telephoning disturbs or irritates people. The solution? He must strengthen his self-valuing to become less dependent upon affirmations from others. She must change her cognitive stance from "we will disturb them" to "they may feel delighted to hear from us."

A friend's son recently got a traffic ticket for driving while intoxicated. He suffered from lethal avoidance in that he had procrastinated about repairing a twisted rear bumper on his car. The police officer first noticed the unsightly twisted bumper but then noticed erratic driving. An ounce of action in regard to the twisted rear bumper would have probably prevented a DUI.

Avoidance comes in all shapes and sizes. Only in living fearlessly will we free ourselves from avoidance. We are generally highly skilled in rationalizing our avoidances. Sometimes we may be totally unaware of avoiding.

A man told me he did not realize it was abnormal to avoid going to the dentist when he knew he had a painful hole in his tooth. Growing up in his family, avoiding the dentist was an accepted norm.

Sometimes fear keeps us from acting. We anticipate with great clarity and accuracy how the other person will react so we do not initiate a needed action. This frequently happens when one spouse desires a divorce, but the other spouse does not.

Lethal avoidance occurs whenever we think of something we need to do, would like to do, want to do, but we push it down and do our best to ignore it until it pops up again. To be self-masterful, we need to do it right away if possible or write it down, describing when we will do it. And then, actually do it!

ACTION STEPS

The first step in overcoming the *lethal avoidance* habit is to tune into or notice what we are avoiding. Generally this will require some down time or quiet time. Nature intrinsically moves toward healing or wholeness. When we stop to connect with ourselves, the issues that need facing and resolving will bubble up into awareness. Ideally, this self-examination should be done daily.

Once we connect with the issue or issues we are avoiding, the next step is to ask ourselves what is the real issue or underlying issue that keeps us paralyzed or frozen? Your answer or truth is within you. Your answer is the only valid answer. The underlying or real issue might be a firmly held belief or cognitive stance, a fear, low self-valuing, etc.

As an example of this second step, please consider the story of 27 year-old Bob, who has a history of chronic mild headaches occurring every day since middle school when he accidentally banged his head on

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FlyerTalk.com has all the up-to-date information on airport amenities, including parking, hotel reviews and lots of chatting among readers offering all the inside information you might need before catching your flight.

a dumpster door while at school. Bob manages by ignoring the ever-present pain while focusing on whatever task is before him. When asked if he had ever visited a medical doctor for evaluation and treatment, he admitted he had not. He did reveal that about twice a year he has severe headache pain. He has excellent medical insurance. He is very intelligent and very professionally accomplished. After lengthy self-examination, he revealed that he has avoided medical care because he distrusts medical doctors. His cognitive stance precludes treatment.

The third step is identifying what needs to be done to end *lethal avoidance*. Again, the only valid answer is your answer. Certainly there are 100,000 correct or workable answers you could obtain from outside of yourself. But the central idea here is for you to develop an “internal focus of control,” i.e., to believe in yourself and trust yourself.

The last step, the fourth one, is to implement or initiate your decision. When will I do it? Where will I do it? What will

I do? How often will I do it? Who will I do it with? Who will I rehearse with? If ultimately you feel powerless, enlist a friend or see a psychotherapist.

BOTTOM LINE

Please stop and realize the plus side. Once you overcome your *lethal avoidance*, life will be so much more pleasant for you. No more regrets. No more conflict. No more embarrassment.

Your stomach will no longer churn and tighten when you are untrue to yourself. You will sleep soundly at night. You will enjoy getting out of bed and facing each new exciting, rewarding day. Look on the bright side! Practicing *lethal avoidance* is burdensome and unpleasant; eliminating it is joyful, liberating, mood-elevating and energy-producing.

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

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With a large item that you don't care to ship, such as a piano, trailer, furniture, list it on www.5miles.com/q/craigslist where local buyers look for bargains and can come and pick it up.



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IT'S TEATIME

By Leah Lancione

There's a Chinese proverb that says: "Better to be deprived of food for three days than tea for one." Whether you honor teatime every day or just sip it on occasion, you don't have to be a tea sommelier to appreciate its significance. Whether it's green, black, white, oolong or herbal—tea hosts countless health benefits, while also being soothing or stimulating. This popular beverage, second only to water, is consumed all over the world with Turkey taking the top spot when it comes to tea consumption. According to the statistics portal (Statistica.com), the top five tea-drinking countries are Turkey, Ireland, United Kingdom, Russia and Morocco. Though the United States isn't even in the top 20, it is still appreciated by many Americans daily.

What makes tea incredible is that in addition to its pleasant taste, it's good for your health too. If you don't add artificial sweeteners or gobs of sugar, tea packs a healthy punch with amino acids, antioxidants—specifically, polyphenols, as well as vitamins and minerals. So, which tea is the best for you? Well, that's where it gets difficult because they all have different properties that are beneficial. The following is a brief list of the four major types of true teas made from the leaves of the *Camellia sinensis* plant: black, green, oolong and white. (Herbal teas are not actually true teas since they are made from the leaves of fruits, herbs, flowers, barks and spices.)

BLACK TEA

According to the e-book *Tea: Reference to Go* by Sara Perry, which offers more than 50 ways to prepare and enjoy tea, black tea "leaves are placed on drying trays and withered with warm air. They are then bruised and rolled, giving the air and aromatic juices a chance to mix." Since black tea leaves are not fired, the enzymes remain, and oxidation takes place, creating dark brown leaves with the "thick and robust" taste that defines black tea.

GREEN TEA

Fresh green tea leaves are picked and then steamed or pan-fired, removing the natural enzymes, stopping oxidation. Perry's book also says this softens the leaves, protects the green color and helps preserve the natural oils and antioxidants.

OOOLONG TEA

The process for oolong tea is similar to black tea, but the oxidation and withering process is reduced, causing it to have the qualities of both black and green tea.

WHITE TEA

White tea is considered the least processed. Young leaves and buds are carefully dried to avoid bruising or oxidation. Perry asserts that because of that fact, many believe white tea to be the purest form of tea.

HERBAL TEA

Not really teas, but infusions, some of the popular herbal teas include chamomile, peppermint, rooibos, hibiscus, ginseng and chai. The National Institutes of Health's (NIH) online magazine *Healthline* says these flavorful "teas" have many health-promoting benefits:

- Chamomile: used for insomnia and premenstrual syndrome. It also contains anti-inflammatory and antibacterial properties.
- Peppermint: supports digestive tract health, but also has anti-oxidant, anticancer, antibacterial and antiviral properties.
- Rooibos: (from South Africa) is valued for its medicinal purposes and may even promote bone density and prevent heart disease.
- Hibiscus: has antiviral properties and "test-tube studies have shown its extract to be highly effective against strains of the bird flu." It has also shown to have a positive effect on high blood pressure.
- Ginseng: This "spicy and flavorful tea packs a punch of healthy, disease-fighting anti-oxidants." It also helps fight inflammation and stimulates the immune system. This tea also remedies nausea.
- Chai: Chai tea may boost heart health, reduce blood sugar levels, aid digestion and aid weight loss.

For the full list of the top healthful herbal teas, visit www.healthline.com/nutrition/10-herbal-teas#section6

In the book *A History of Tea* by Laura C. Martin, she explains that there is a tea produced in every region of the world. There are teas deemed appropriate for each part of the day or one's mood.

She also describes how tea spread from ancient

China "when raw tea leaves were brewed to make a harsh, bitter concoction used for medicine." Centuries later, better methods of processing and brewing tea were discovered to make it tastier. It spread from China to Southeast Asia, Japan and beyond. The book reveals that Amsterdam was the first European port city exposed to tea in the 17th century. A half-century later tea made its way to London, England, and, Martin confesses, "once Brits found their taste for tea, they were never the same again." It's no secret teatime is still a big deal in England and throughout Great Britain.

Though the United States may be more coffee- than tea-obsessed, it still consumes 7.8 gallons of tea per capita annually. So, if you're looking to sip something delicious and healthy, grab and enjoy a cup of tea.



THE LINK BETWEEN ALZHEIMER'S AND GUM DISEASE

By Dr. Joe Passaro, D.D.S. & Dr. Woody Wooddell, D.D.S.

A privately funded study recently confirmed that gum disease-causing bacteria are present in the brains of people with Alzheimer's, not just in their mouths. What the study didn't confirm, however, is whether gum disease causes Alzheimer's or if it is a result of a patient's inability to take care of their oral health when they have the disorder.

In the study, which was published in the journal *Science Advances*, researchers examined the brain tissue of deceased people with Alzheimer's disease. In the tissue, they found *Porphyromonas gingivalis*, one of the main pathogens responsible for gum disease. They also detected the bacterium's DNA in spinal fluid taken from living Alzheimer's patients.

In addition, toxic enzymes made by the bacterium — called gingipains — showed up in many brain samples of Alzheimer's patients. Brains with more gingipains had higher amounts of proteins linked to Alzheimer's disease, substances known as tau and ubiquitin.

Experiments in mice also suggest a connection between this bacterium and Alzheimer's disease. When the research team infected the gums of healthy mice with *P.gingivalis*, the bacterium later showed up in the brains of the animals. Researchers also found damage to neurons and higher-than-normal levels of the protein beta-amyloid in the mice brain tissue. Beta-amyloid proteins clump together to form plaques in the brains of people with Alzheimer's disease. Some researchers suspect that beta-amyloid is the brain's way of protecting itself against these invaders. If the brain's response is too severe, it may lead to an over-accumulation of beta-amyloid. This could cause the formation of plaques involved in Alzheimer's disease.

Researchers were able to clear the *P.gingivalis* infection in the brains of mice using a molecule that binds to and blocks the gingipains. This also reduced the

production of beta-amyloid and some of the neuronal damage. The researchers suggest that this works because the bacterium relies on the enzymes for gathering nutrients and producing energy. They said this suggests a possible treatment.

But other researchers and doctors caution that it's too early to say that this is the answer to this progressive neurodegenerative disorder. They point to the study's limitations, such as not looking for amyloid deposits in the brains of people, the way the researchers did in mice. The study was also small and still needs to be replicated by other researchers. Many experts stress that Alzheimer's is a complex disease that develops over 15 to 20 years.

Many factors are involved, including age, gender and genetic predispositions.

The authors of the current study have started clinical trials to test a drug similar to the one they used in mice. This is a long way, though, from approval by the Food and Drug Administration (FDA). These trials may give scientists a better sense of the role of *P. - gingivalis* in the development of Alzheimer's disease.

As for dental hygiene, more research is needed to determine what it means for Alzheimer's disease. While it is premature to say that if you don't floss your teeth, you're going to get Alzheimer's disease or if you do floss your teeth, you're going to avoid Alzheimer's, there's enough of a connection that people should exercise a bit of caution.

Gum disease is linked to other health conditions including stroke, diabetes and heart disease. As with Alzheimer's disease, though, there isn't a clear cause-and-effect between gum disease and these other conditions. However, individuals who have gum problems should treat them because all of these things point to the effects of gum disease and oral health on overall health.

...there's enough of a connection that people should exercise a bit of caution.

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Would you like to know if you've gotten the best price out there for your latest airline adventure? Go to www.airfarewatchdog.com to keep an eye on price fluctuations and to find the best possible price.

Dr. Woody Wooddell and Dr. Joe Passaro, located in Davidsonville, offer general dentistry services, and provide expert restorative and esthetic dental solutions. Visit their website at www.wpdentalgroup.com or call 410.956.5555 for more information.

By Kater Leatherman

With approximately 76 million baby boomers living today, there's an aging tsunami on the way. The oldest boomers, born in 1946, are now 73; the youngest, born in 1964, are 55. By 2029, more than 20 percent of the total U.S. population will be over the age 65. True to form, we still remain the trend-setting generation, and how we're going live in retirement is no exception.

Ideally, most of us would like to live independently and for as long as possible. But if that's possible, how do you go about making the best choice? First, consider the four basic living arrangement options for seniors. All have their pluses and minuses and no one choice is necessarily better than the others, only the one that best suits your needs. They are:

1. Going into an assisted living facility
2. Moving in with a family member
3. Communal or co-housing
4. Aging in place

Not everyone has the luxury of being able to afford the \$50,000-plus yearly cost of assisted living, nor would they want to even if they could. If you tend to be a loner, you might find the group environment challenging. It might not be a good fit if you have chronic health problems that require more skilled nursing care. But if you like the idea of a built-in community with a variety of scheduled activities and meal plans, then assisted living is a good choice. Basically, it is best for seniors who don't need full-time attention, yet want access to assistance when needed.

The benefits of a "shared household," i.e., living with a family member, seem obvious. But there are drawbacks. It can put stress on those who are taking care of you, including financial responsibilities, chauffeuring you around and their loss of privacy. Their lifestyle may lack structure, which is important as we age, but you may also find yourself in an environment that isn't accommodating to your needs. On the other hand, being with your family can alleviate loneliness, save you money and give you better care than you might get elsewhere. If there are grandchildren living in the house, interacting with them offers a renewed sense of self-worth, an opportunity to transfer knowledge and the ability to serve as a role model.

Co-housing -- the modern term for communal living -- is gaining favor, especially among women. This is about living the way you want, and doing it in a tight, close-knit community with regular social connections that are proven to keep us

HOW WE'RE GOING TO LIVE IN RETIREMENT

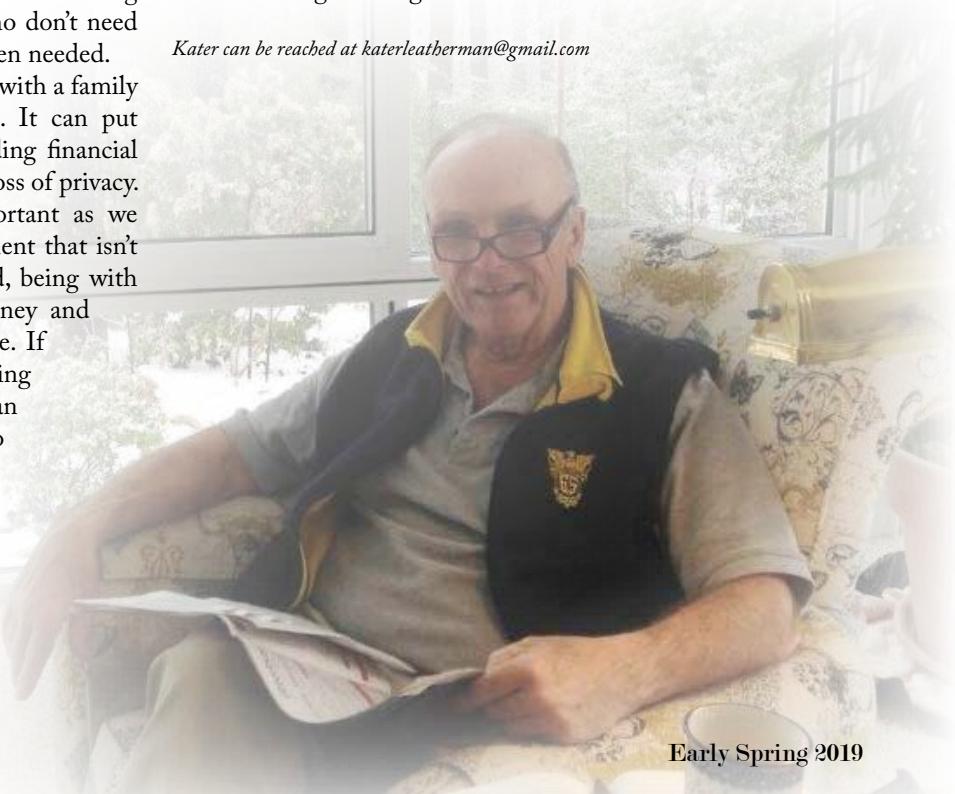
happier, healthier and living longer. Communal living is not what some boomers experienced in their youth -- living off the land, sometimes without heat, plumbing or running water. Now you have a private living space with shared common areas such as a dining room. Shared tasks might include cooking and cleaning shared areas. The downside, of course, is the challenge of living with other people. This option might come down to choosing the

kind of people you want to live and spend time with.

For people who don't do well being uprooted, aging in place gives you a more economical way to live, especially if your home is paid for. Choosing to stay where you are may require modifications to provide a safe environment and greater independence. Consider removal of area rugs to prevent trip hazards, improved lighting and door ramps, if necessary. Additional considerations include adding leveled handles to doors and faucets, installing a walk-in shower, clearing excess belongings, and getting an elevated toilet seat. For difficult tasks, you can hire someone to help out. Eventually, home health care may be necessary to administer medications, prepare meals and help with bathing and grooming.

The quality of our life depends on the choices we make. So, do your homework, take the time to make a list of the pros and cons, and identify the outcome you want to achieve. By making smarter decisions now, we have a greater chance of optimizing our well-being as we age.

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HOW THE TITLING OF ASSETS COULD HAVE A MAJOR IMPACT ON YOUR ESTATE PLAN

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

The one thing that can mess up even the best estate plan is the titling of assets. I cannot tell you how many times a client will tell me they have the best trust or best will that covers everything from tax planning to creditor protection and disability planning for beneficiaries. For many of them, though, it does not matter how good their documents are if their assets are not titled appropriately.

Often, clients will add a child or other family member to their account so if something happens, that joint account holder can access the funds to pay bills. But what are the consequences of having a joint account holder? First, it is important to understand that a joint account holder is deemed to own 100 percent of that account, even if they never contribute any money to it. Not only does this mean they can withdraw all funds without your consent, but it also means that their financial power of attorney can control and/or access your funds. For example, if your son is joint on your bank account and he gets into a car accident and becomes disabled or requires long-term care, his power of attorney (likely, his spouse if he has one, or if he does not, a court-appointed guardian), might legally be required to use those funds for his benefit. Even if that does not occur, if your joint account holder files bankruptcy, gets divorced, or gets sued, that account could be garnished or liquidated. And finally, when you die, that account will automatically pass to the joint account holder, who is under no legal obligation to distribute it in accordance with your will or trust. So, what good was that trust or will?

Similarly, if you name a beneficiary on your bank account – usually referred to as “pay on death” – that account, upon your death, will automatically pass to your named beneficiary. Likewise, any beneficiary you designate on an investment account (“transfer

of death”) or a life insurance or annuity policy will also pass upon your death to your named beneficiary. In these situations, neither your will nor your trust will govern who gets your stuff.

Also, if you have an individual retirement account (IRA) with a beneficiary designated, that account will pass upon your death to your named beneficiary. This could cause any provision in your documents that would allow the beneficiary to stretch out the payments from the IRA over their lifetime, to be ineffective and require the beneficiary to receive all the funds within five years of your death.

Moreover, if you have an account labeled “in trust for,” that account belongs to the individual for which the funds are held in trust. Because the funds in this account do not belong to you, this account will not be distributed in accordance with your will or trust. Rather, you should name a custodian to take over the management of the account upon your death.

And, if you have a trust, it does not mean your assets are now automatically in the trust. Your assets need to be retitled and the ownership changed to the trust. This will require action on your part to go to the bank or other financial institution and fill out change of ownership forms to have the account retitled in the name of the trust. If you fail to transfer the ownership of the assets to the trust, then the trust will not necessarily govern how the assets are distributed upon your death. Also, one of the benefits of a trust is to avoid probate, but if the assets are never transferred to the trust prior to your death, your beneficiaries will first need to go through probate.

Moreover, the probate process will allow creditors to file claims against your estate, which if filed in a timely fashion, those claims must be satisfied prior to any distributions to your beneficiaries.

So, review your assets and make sure they are titled in a way that is consistent with your estate plan.

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

Someday it will all make perfect sense! For now just keep moving forward.

CHOOSING A NEW DOCTOR: QUESTIONS YOU SHOULD ASK

By Louise Whiteside

Have you recently moved to a new community? Is your current doctor leaving the area or retiring? Have there been changes in your health insurance coverage?

There are a number of reasons that you may be looking for a new physician. Your quest may not be easy, since there are many important questions you will want to ask, both of a new office staff and a prospective doctor.

Initially you need to decide what type of physician you are looking for. Do you need a primary health care provider (one who will manage your overall care), or do you need a specialist in a particular area?

HOW DO I SEARCH?

It's best to do your research when you are not under pressure. Don't wait until an illness strikes to look for a health care provider. You may not have enough time to decide on the best place to receive care.

In searching for a future doctor, word of mouth is an excellent resource. Ask friends, neighbors, relatives, co-workers or your present doctor for recommendations. If you have health insurance, call your insurance company and ask for a list of doctors in your area who take your insurance plan.

After some careful research, you will narrow your quest to a few prospective doctors. Now, in order to gain some insight into the type and quality of care you will receive, you may consider making personal visits, or at least phone calls, to prospective doctors' offices.

WHAT QUESTIONS SHOULD I ASK?

Here are questions to ask that will help familiarize you with a future doctor's office and staff.

1. Where is the practice located? Will it be easy for me to get there? Is it accessible by public transportation? How easy is parking?
2. Is this doctor taking new patients?
3. Does he or she accept my insurance coverage?
4. Is the doctor part of a group practice?
5. Who will see me if the doctor is unavailable?
6. Which hospital does the doctor use?
7. Do you offer evening and/or weekend appointments?
8. How long does it take to get an appointment?
9. How long do appointments usually last?
10. Can I get lab work and X-rays done in the office?
11. If I'm more comfortable speaking a language other than English, is there a doctor or nurse who speaks my language?

Following your visit or phone call, ask yourself: Were my questions answered to my satisfaction? Did the office staff appear

helpful and courteous?

If you feel satisfied that the doctor's office meets your needs, it is now time to consider a face-to-face (or at least telephone) interview with the doctor.

NOTE: Inquire whether the office charges for an interview.

WHAT TO ASK A PROSPECTIVE DOCTOR

Here are questions to ask a doctor you are considering:

1. Are you board-certified? What medical school did you graduate from?
2. What is your philosophy of care? Are you treatment-oriented or prevention-oriented?
3. How would you describe your communication style?
4. Do you encourage me to ask questions and express my opinion?
5. Can I call you directly in case of an emergency?
6. Can I schedule a same-day appointment for urgent situations?
7. Do you work with a certain hospital?
8. Are you comfortable with me bringing a friend or family member with me to an appointment?
9. How aggressive are you in ordering tests and prescribing medication?
10. Who covers for you when you are out of town?
11. Do you have any experience with any specific issue or condition which I have?

HOW DO I KNOW IF MY CHOICE WAS RIGHT?

If you are satisfied that your questions have been adequately answered, it is time to ask yourself these important questions:

1. How easy was it for me to talk with this doctor?
2. Do I feel fully informed? Did the doctor explain all diagnoses, treatment options and likely outcomes in a way I could understand?
3. Did I feel I was treated with respect and patience?
4. Was I interrupted before I had a chance to explain my problem?
5. Did I feel I was being listened to?
6. Was I encouraged to ask questions?
7. Did I feel a sense of rapport with the doctor?

Finally, trust your reactions and feelings. When deciding whether a particular doctor is suitable for you, you may want to take some time to develop the relationship before making a decision. On the other hand, you may have an immediate gut feeling that he or she is not right for you.

Feel free to decide whether a physician is not a good fit, and continue your search, if necessary. Your doctor-patient relationship is critical to your health and well-being.

FEELING STUCK WITH YOUR STUFF?

By Kater Leatherman

When solutions don't come, ask questions.

Asking questions is one of the simplest and most effective ways of learning and gaining deeper insights. Eric Schmidt, CEO of Google, has said, "We run this company on questions, not answers." He maintains that good questions stimulate, provoke and inspire.

Good questions can be an invaluable tool for making decisions about our possessions. For those who are sick of feeling bloated with stuff, the sometimes arduous task involves starting. With the best of intentions, we pick something up, knowing that we don't like it, want it or can't use it. Even then, it is not enough to pry ourselves away from it. That's because grief is lurking behind the object and we don't want to feel the pain of having to let it go. We don't recognize the emotional hold that our possessions have on us until we connect to the vulnerability of having to part with them.

The good news is that cutting your teeth on reducing stuff will lighten your load in other areas of life. Recently, a woman shared that when she was upset, her mother would encourage her to organize her closet, thin out her dresser drawers or cull her school papers. Her mother maintained that it was mental therapy, and to this day, when my friend gets upset, she finds relief by organizing something. As Albert Einstein once said, "Nothing happens until

something moves." So why not move your attitude from I can't part with something to maybe I can live without it.

If the answer to any one of following questions is NO, then the item is probably not supporting your life.

1. Is keeping this item going to simplify my life?
2. Have I used it in the past year?
3. Do I love it?
4. Do I really need it?
5. Does this item have a positive memory attached to it?
6. Is there a date or time that I am saving it for?
7. If the item is misplaced, stolen or broken, is it worth replacing or fixing?
8. Would I keep this if I moved?
9. For clothing: Does it fit, make me feel good, is it my style?
10. For paper: does it have a legal or tax purpose?

Cultivate the practice of "daily diminishing." Begin to reduce your reliance on adding things to your life, which brings with it an element of imprisonment. If you do buy, do so with clarity rather than compulsively. And most important, remember that living a peaceful, happy life never depends on how much stuff you own.

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TRAVELERS CONTINUE TO DEAL WITH AIRLINES' BAGGAGE

By Leah Lancione

According to a recent article in the *Wall Street Journal*, which published the 2018 rankings from the "Middle Seat Scorecard" of the eight major U.S. airlines, Delta, Alaska and Southwest took the top three spots. Scorecard categories included on-time arrivals, canceled flights, extreme delays, two-hour tarmac delays, mishandled baggage and involuntary bumping. These categories shed light on just *some* of the current complications travelers face when they choose to travel by air. Topping the list, however, from frequent travelers are the unreasonable fees for excess weight with luggage and the cramped space for seating.

The WSJ article said "eight major carriers included in the scorecard posted an on-time arrivals rate of 78.9 percent, down slightly from 79.6 percent in 2017. Also, the airlines canceled about 5,000 more flights in 2018 than in 2017."

An **ABC10.com** article posted in December 2018 noted that thanks to "rising fees, fuel surcharges, restrictive luggage policies and excess charges, it's no surprise that more than 90 percent of flyers don't like flying." Passengers often feel like there are more negatives than positives when evaluating their flight experience.

The data compiled of the top complaints comes from the Department of Transportation's (DOT) monthly Air Travel Consumer Reports. The Air Travel Consumer Report is a product of the DOT's Office of Aviation Enforcement and Proceedings (OAEP). "The report is designed to assist consumers with information on the quality of services provided by the airlines."

The most recent report was issued on Dec. 14, 2018. After bag limits and various extra charges, the fourth highest complaint pertains to customer service, to wit "rude or unhelpful employees, inadequate meals or cabin service, and bad treatment of delayed passengers." Not surprisingly, the top complaint deals with mistreatment of baggage. Cancellations and then mistakes with reservations, ticketing and boarding take the second and third spots for grievances respectively.

While air travelers' complaints tend to deal with baggage and flight and crew performance, there are far too many who maintain that in-flight accommodations are sub-par as well. From inadequate meals or costly beverage prices to an overall lack of space—airlines have a lot of work to do to earn passengers' trust back.

Although President Trump signed the Seat Egress in Air Travel (SEAT) Act, which mandates the FAA set standards for the size of airline seats, according to USAToday.com, "The agency has one year to come up with minimum requirements for seat width and for space between seats." So, seats and space may not get smaller, but that doesn't necessarily mean it will increase on a broad scale either!

Many travelers feel like airlines haven't improved despite requests to make seats roomier and to increase the size of overhead storage bin sizes and cramped lavatories. **Smartertravel.com** addressed this notion, in an article titled: "6 Airline 'Improvements'—and what we want instead." The site reveals impending improvements like increased overhead storage, food upgrades, a faster boarding process, etc., and then highlights the changes *really* desired by travelers. The requested changes include: recalibrate change fees, eliminate the difference in fare penalties, show seat availability at booking, and more "straight talk" when it comes to flight status.

Clearly the laundry list of necessary changes travelers have for airlines is extensive and wide-ranging. So, what can you do if you have a horrible experience on a flight? Frommers says it's possible to be compensated by an airline for a major travel inconvenience. Tips for being effective with your grievance include:

- Take notes when anything goes wrong, including photos, if possible.
- Try to resolve the problem on the spot.
- Write a good complaint.
- Be reasonable in what you demand.
- Start with official channels. (For example, send an email through the airline's official webpage.)
- If they don't respond, escalate to a handwritten letter using the company letterhead to a specific person.
- Complain to the DOT and/or the Better Business Bureau (www.bbb.org).

Since we, as passengers, can't rely on airlines to remedy all the problems associated with air travel, we can do our part to make the whole experience less stressful. Here are some suggestions provided by the Travel Channel:

- Sign up for TSA PreCheck so you can go through the lines where shoes stay on and laptops remain packed.
- Pack smart by not checking bags unless you're going on a month-long adventure. There's no need to create another reason to wait in line.
- Take advantage of airport apps like Filo, FlySmart and iFly.

Now that we're all aware that flying isn't a stress-free experience like it's often portrayed in the movies or commercials, maybe our expectations will be lower. With lowered expectations, it's possible there will be less disappointment. Maybe we should focus on the destination, not the journey.

A calm sea does not make a skilled sailor.



AGE MATTERS

By Martha Thorn

Remember the age when you started school? Were kissed for the first time? Were allowed to drive? Became eligible to vote? Were legally considered an adult?

Age is just as important to seniors as it is to children. There are certain milestones that you don't want to miss.

Age 55 is one of them. That's when you are eligible to join senior activity centers. The Department of Aging and Disabilities operates seven senior activity centers in Anne Arundel County. They are free to join, and when you join one, you join them all.

As you age, the senior centers help you stay active socially through games, parties, entertainment and making new friends. You can learn about exercising, languages, current events, history, music, art and more by enrolling in Anne Arundel Community College classes held at the centers.

You can improve your health by working out in a fitness room, taking exercise classes and attending workshops focused on nutrition, lowering stress, battling health issues such as diabetes and high blood pressure, improving balance and more.

The centers offer opportunities to travel to historical sites, flower gardens, museums, restaurants, casinos and grocery and department stores. Some seniors attend musicals, take cruises and stay overnight in places such as the Catskills in New York, the Golden Isles in Georgia and Glasgow, Scotland.

Age 60 is another milestone. Center members sign up in advance for healthy lunches served on weekdays at noon at the centers. Seniors under the age of 60 pay \$4.25 for their meal. Those 60 or over are asked "to give generously toward the cost of their meal."

Those age 60 or over can also get a good deal on community college classes. For ages 55 to 60, the quarterly cost is \$40 per class plus an \$80 administrative fee. Seniors age 60 or over take as many classes as they want for a quarterly \$80 administrative fee.

The seniors' Social Security retirement eligibility age, full retirement age and age that will maximize their benefits are also important. According to the web, "If you turn 62 in 2018, your full retirement age will be 66 years and six months. Full retirement age will

continue to increase in two-month increments annually until it reaches 67. You can elect to take benefits as early as age 62 or wait as late as age 70." Benefits are reduced at age 62 and increased at age 70.

Center workshops and specialists from the Department of Aging and Disabilities Information and Assistance can help seniors plan for retirement. Call 410.222.4257 or visit the second floor of 2666 Riva Road in Annapolis.

Another age-critical program that seniors need to carefully research is Medicare. Seniors are advised to contact Social Security three months before they turn 65 to learn about Medicare. Most people have seven months to sign up for Medicare – three months before they turn 65, their birthday month and three months after they turn 65. Others are automatically enrolled in Medicare or have special enrollment periods.

Before enrolling in Medicare, seniors should talk to State Health Insurance Program (SHIP) counselors. Appointments with SHIP counselors can be made by calling 410.222.4257.

And, of course, no one knows the age when illness or death might occur. Workshops on caregiving, preparing for death and burials can help. The National Family Caregiver Support Program of the Anne Arundel County Department of Aging and Disabilities can help. For information, call 410.222.4375.

What happens when you can't drive, but you want to continue being active? If you're 65 or older, you can take advantage of the Anne Arundel County Office of Transportation's para-transit service. It provides "curb service Monday through Sunday

(except for holidays or service reduction days) to senior centers, medical facilities, employment sites and other locations in Anne Arundel County." For more information about transportation, call 410.222.0022, 410.222.0225 or 410.222.7440.

Do your research and you may find that the Department of Aging and Disabilities and its senior activity centers can tell you about local resources you need.

Martha retired in 2007 after working for 30 years in the Naval Academy Public Affairs Office. She joined the Annapolis Senior Activity Center in 2009, and in 2010 began actively volunteering at the center. She can be contacted at marthathorn@gmail.com

Bay Bytes

Looking for some amusement on a rainy day? Log onto TestMyBrain.org for interesting and mind-expanding fun. Your answers are then used in research. You need not provide your name.

Lighting your yard is almost an art form these days, especially when crime prevention experts advise that a well-lit yard is a great way to protect your property. Short of lighting up the entire area like Camden Yards all night, how do you find the happy medium? And if security is the issue, is a camera system a good investment?

Sensor lights turn on when there is movement in the yard from friend or foe, and turn off several minutes later when movement is no longer detected. Most movement comes from pests -- human and animal -- that will run when startled by sudden bright lights in the middle of the night. How many times have the raccoons created havoc in your yard or have deer come by to nibble on your favorite shrubs? Sensor lights can help curb that behavior. Not to mention that sensor

lights are helpful when we take the trash out and we're out of reach of the light switch. Sensor lights help save on energy too, by staying on for the brief period you specify, instead of running all day and all night.

The good news: You do not need to hire an electrician or have an advanced degree in house wiring to switch to sensor lights. (Of course, if your current floodlights are located out of reach, you might want to think about hiring someone.) What you need can be found at most hardware stores and you'll find an even larger selection online.

With an already existing fixture, screw-in motion sensor switches are the perfect answer. Simply unscrew the current light bulb, screw the sensor into the socket, and then screw the light bulb back in, but this time into the sensor. This requires no further wiring, and will automatically turn on whenever movement is detected. This is also a fantastic solution for garages, closets and

basements, places that tend to be dark and are often accessed for only a few minutes. You will especially appreciate it when your hands are full and the light switch is inaccessible. The sensor for the outdoor floods retails for about \$35, while the indoor sensor bulbs are usually less. Make sure you pay attention to whether the sensor is designed for indoor or outdoor use.

Solar lights are also interesting, in that these are even simpler and they too don't require any additional wiring. Pulling their

power from the sun, they are easy to put anywhere you need them and can be found in complete kits. Many different styles are available to complement your yard or walkway.

And then to take security a step further, there are the outdoor security cameras that

could potentially be very useful. Many options are available: Would you prefer wired or wireless? With a speaker? Would you like to have a wide-angle view? Will one do or would a multipack be more useful? Would you like to have a connection to Alexa? Another plus feature: Versions are now available that can be accessed with your mobile device. Some of these can be installed by the home handyman, but it's best to familiarize yourself with what's involved if it is to be a DIY project before letting that be the deciding factor on your purchase.

The cameras are available online or at Home Depot or other big box stores. Plan to spend \$100 or more, although some versions may retail for less. Before buying, check this website for an excellent study that will help with your decisions at www.safety.com/surveillance-systems/#gref

Whatever you decide -- lights or cameras or both -- it would no doubt be an investment well worth the time and effort.

LET THERE BE LIGHT

By Cindy Rott

Bay Bytes

For all sorts of interesting and different opportunities to volunteer, both here and throughout the United States, log onto www.volunteermatch.org

Bay Bytes

Just before you go out the door on your next trip, take a picture with your iPhone of the stove, the thermostat, the iron and anything else that could have been left on. The picture will assure you that it was, in fact, turned off.

VOLUNTEERING FOR HOSPICE IS A GIFT

By Elyzabeth Marcussen

In a one-hour conversation over coffee, Dianne Doolan used the word "joy" at least five times as she talked about her experience as a volunteer with Hospice of the Chesapeake.

She talked about finding joy in the companionships she has fostered with patients in her five years as a patient care volunteer. Then three years ago, she said she found her real joy in the calm and peace she can provide as a comfort touch practitioner. She said she was a joyful witness to the empathy the 6- to 8-year-old children at Camp Nabi had for one another in the brief but powerful experience of our grief camps for children.

There is little more an organization can hope for in its volunteers, especially when someone like Doolan reflects that joy right back to the patients and families she serves.

Volunteer Services Coordinator Renate Little said she is very confident when Doolan is part of a patient care plan because she is clearly devoted to these patients. "I often share her progress notes with the team because they are so inspiring, hearing about her interactions with her patients," Little said.

Doolan's experience began five years ago when she was assigned to provide companionship to a 100-year-old woman. It was a duty that she faithfully and lovingly continued for nearly

two years. She began to realize new facets of herself. She always knew she was a hands-on people person. It wasn't until she added comfort touch to her volunteer toolbelt that she saw how perfectly it fit with how she connects with people. "This is right up my alley," she said.

An ALS patient she saw for nearly two years said that though his muscles were shot, his nerves were just fine after her first visit. Another man was amazed that she was able to lull him to sleep. One patient said Doolan was the first person to ever rub his feet.

"I've learned so much about myself," she said. "It was wonderful to discover I'm a very calming presence. I seem to know what to do in a situation. I can intuit what to do next."

The refrain, "hospice is a gift," is something we hear from most of our volunteers, and Doolan shared that sentiment. Most profound, however, was this statement: "We are so alive until the last moments. That is huge for me," she said. "I just look at these people, and there is just love."

(Note: Dianne lives in Davidsonville with her husband Ken. Married for 52 years, they have two children and two grandchildren).

Elyzabeth Marcussen can be reached at EMarcussen@HospiceChesapeake.org

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TINY HOUSES GAIN MOMENTUM AMONG SENIORS

By Sharon Schultz

The “tiny house movement” is becoming increasingly popular among retirees who are willing to downsize and live simply in their twilight years. While the trend was initially attractive to singles or married-without-children couples, it has gained more interest among seniors.

Recent surveys suggest that seniors over age 50 account for 40 percent of tiny house owners. Of that number, 30 percent are retirees between the ages of 51 and 70, making seniors an important component in the movement.

But what is a tiny house? Technically, any home under 1,000 square feet is classified as small. Tiny homes average even less square footage, usually between 150 and 400 square feet of living space. They are generally 12 feet wide and 44 feet in length and built on a trailer. The trailer width averages 8 feet, 6 inches and the total, overall height can be up to 13 feet, 6 inches.

Tiny houses are sold in most states and the ever-growing community of tiny house builders will ship a finished home to practically anywhere. Builders like Tiny House Chattanooga, Timbercraft Tiny Homes and Cornerstone Tiny Homes build ready-made park models as well as custom builds.

The money needed to purchase or construct a tiny house reflects its size, making it very affordable. The average cost to build a tiny house yourself is around \$23,000. If you hire a contractor to custom-build one for you, or if you purchase a ready-made park model, the cost would be about \$60,000. Both options each represent just a fraction of the \$385,000 cost of the average US home in 2017.

There are also creative ways to reduce costs on tiny house builds. Some handy, do-it-yourselfers may be comfortable taking on a tiny house construction. Many builders use reclaimed and repurposed materials to cut costs and to reflect individual creativity. Some builders specializing in tiny home construction will work side by side with the owners, again reducing building costs.

Tiny houses can be as unique as the person who owns it. Many construction builds are limited only by imagination, or by the number of square feet available. House styles run the gambit, featuring the ultra-modern, industrial chic, reclaimed rustic, classic craftsman and the list goes on.

The typical tiny home is built on a trailer for ease of mobility, although they may be built on permanent foundations as well. Interiors consist of an abundance of built-ins that make use of every inch of available space. Many homes have either one or two

sleeping lofts that are accessed either by ladder or steps. Tiny houses can have open or semi-open floor plans. Optional main floor bedrooms and living spaces would negate the need for steps or ladders, a plus for both younger and older occupants.

More builders are specializing in tiny houses that are designed specifically for this age demographic. Many senior-friendly tiny houses feature main floor bedrooms, lower kitchen cabinets and countertops and bathrooms that are wheelchair accessible and contain large medicine cabinets. Next Door

Housing is one such company featuring senior-friendly conveniences. MED Cottage, another company targeting seniors, advertises its “Granny Pods” as an alternative to assisted living.

But why go tiny? Freedom! Freedom from expenses, high utility bills, property taxes, etc. Freedom from possessions and clutter. And the freedom to spend more time doing what you enjoy! Most retirees will downsize at some point, when it begins to make sense economically. Living tiny is true exercise in downsizing!

Building tiny homes is a relatively new concept, so many states have not yet adapted their regulatory codes to cover these new builds. Generally, the minimum square footage for dwellings isn't low enough to accommodate tiny

house dimensions. The International Residential Code (IRC) specifies that rooms in one- and two-family dwellings must be at least 70 square feet with ceilings a minimum of 7 feet high. As time goes on, more and more states are beginning to amend their building codes to include tiny homes as the need arises.

In addition to the traditional tiny house placed on an individual lot, actual communities of tiny homes are springing up in some unlikely places. Tiny house communities are housing homeless veterans and being used as independent living facilities. A tiny house community in Michigan is designed to house low-income residents in 250- to 400-square-feet units while a micro apartment building in New York City opens the door for developers to build new apartment dwellings under 400 square feet per unit.

Spur, Texas, was the first community to allow residents of tiny homes built on foundations to have legal ownership of both building and land. It dubbed itself the “Tiny House Capital of America” when the local government voted to relax most of their code restrictions. In Texas they need only submit design plans and once approved, pull the proper permits. Tiny houses may also be built on concrete foundations where tornados may be a threat.

Portland, Oregon, is a popular city for tiny houses because it

permits and supports the building of alternative dwellings, which is how they classify tiny homes in that state. California's zoning laws are also quite conducive to tiny house living. Tiny homes built on trailers, rather than on permanent foundations, are allowed as caregiver dwellings in some California jurisdictions.

Rockledge, Florida, is credited with having some of the most progressive tiny house zoning laws in the country. Many commercial campgrounds also welcome tiny houses on their property. This is particularly true in Florida where there are many campgrounds and resorts due to pleasant weather and the tourist trade.

In 2013, Walsenburg, Colorado, became the first town to amend their zoning regulations to include the building of houses with 120 to 600 square feet of living space. Some tiny houses are put on foundations, but most of them are built on trailers because part of the freedom of owning a tiny house, in addition to lower living expenses and less maintenance, is the ability to pull up stakes when the mood strikes.

Hobs at Blue Moon Rising, located on the shores of Deep Creek Lake in McHenry, Maryland, is an eco-friendly vacation retreat. It is Maryland's first and only vacation-oriented tiny house community. Built by a company called Hobbitat that uses reclaimed, recycled and locally sourced building materials, tiny houses start at \$45,000 and are priced according to size and materials.

Maryland's zoning codes are tailored to individual landscapes within the state and do not specifically address tiny house builds. For instance, a tiny house in Frederick may be either a stand-

alone, full-time residence, an in-law apartment or a home office. Be sure to check building and zoning codes before finalizing your tiny house arrangements.

For prospective tiny house buyers who are still a bit skeptical, there is an alternative that may just seal the deal. There is the option of a lease/purchase, commonly called rent-to-own.

It's a simple agreement with the owner to lease the tiny house for a certain period. Once the lease expires, the lessor then has the right to exercise the option to purchase the home at that time.

Tiny houses with lease/purchase options are generally available from tiny house builders. Typical monthly rent in a tiny home ranges from \$120 to \$460, depending on the cost of the home and the conditions of the agreement.

For more information, there is a plethora of shows and videos that highlight the tiny home. You need to go no further than your own living room and turn on the television. Networks like FYI, DIY and HGTV feature shows like Tiny House Hunters, Tiny Luxury, Tiny House Nation, Tiny House Mansions and Tiny Paradise. Open the YouTube app on your phone and subscribe to Living Big in a Tiny House and Tiny House Tours.

To get a closer look at tiny houses, up front and in person, be sure to note the weekend of Oct. 5 – 7, 2019, on the calendar. That's when the 2nd annual Mid Atlantic Tiny House Expo takes up temporary residence at the Howard County Fairgrounds. (support@tinyhouseexpos.com) Last year, more than 20 different tiny house models were open for inspection with experts on hand to answer questions.

Sharon is a boomer from Anne Arundel County and can be contacted at spcs924@hotmail.com



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Read our article "The Link Between Alzheimer's and Gum Disease" in this edition of OutLook!

Cuba, that mysterious island nation approximately 90 miles from Key West, has been the source of curiosity, worry and an actual threat to the national security of the United States. Most of us recall the missile crisis in 1962; thankfully, that crisis was averted and life went on. However, in 1963, our State Department declared that Cuba was off limits to most Americans. This travel ban would be lifted in 2009 and Americans would be able to visit Cuba on United States government-approved trips. In 2017, when my husband and I saw a Caribbean cruise with a two-day stay in Havana and environs, we booked it immediately. Like many Americans we were curious about this once-forbidden and mysterious land.

On the island, there are many tours to choose from in Havana and the surrounding area: A few that we found interesting:

- A comprehensive bus tour of Havana.
- A tour of Ernest Hemingway's Home (Finca Vigio).
- A walking tour of Old Havana.
- A nightclub tour, featuring the Tropicana Cabaret, Cuba's largest night club.
- A gastronomic tour to sample typical Cuban cuisine

We chose the Havana bus tour and Hemingway's country home for a good introduction to the area in case we wanted to return and tour further. Both of these gave us a good perspective.

On entering the harbor, passengers on a cruise ship get a good view of a 55-foot white marble statue of El Christo, which overlooks the beautiful city of Havana located on the opposite shore. The bus tour would take us to the park setting of the statue.

It took two hours for the ship to dock and another two hours to get through customs to meet tour guides. The officials at the entry point are stern and business-like, but once inside the city, folks are very friendly and accommodating.

Our impression of Havana was mixed. We saw that there were five-star hotels inside the city and more being constructed by the harbor. However, of note, many buildings were shabby and

in need of repair. There is much that needs to be done to bring this city back to its original beauty. There are areas where refurbishing and reconstruction of some of the 19th century buildings is being done and they are quite lovely, however, they have a ways to go.

Of course, no Cuban visit would be complete without seeing the colorful old American cars from the '50s -- Chevys, Oldsmobiles and Fords. The Cubans are quite proud of these automobiles and keep them waxed and in good repair, but don't look too closely under the hoods. Not only are these cars seen on the streets and highways, but they are always gathered wherever a tour bus stops so that tourists can take a ride or simply pose by or in the car -- all for a fee, of course. The tour of Ernest Hemingway's home, which is nine miles outside of the

city, was also a chance to see residential areas along the way. Many homes were in a state of disrepair, but folks were gathered together on doorsteps and corners, and busy with their lives. One highlight was that after the tour we were treated to a Cuban cocktail at one of Papa's favorite bars.

There is much to learn about Cuba and the tour guides are quite candid about conditions there. They told of free education and health care, but daily life is not so free. The cost of living is quite high. Most Cubans cannot afford to buy a house so multigenerational living is common. When a young couple marries, they usually live with one set of parents or the other. The saying goes that in this arrangement, "someone in the marriage is not happy." Consequently, the divorce rate in Cuba is quite high.

Also mentioned was that neighborhoods around Havana only have running water or electricity during certain days of the week. Most houses have cisterns to accommodate their water needs. We also learned that the financial structure in Cuba is an inverted pyramid; Workers and tradesmen have the highest salaries, while professionals have the lowest.

The best way to learn about Cuba, of course, is to visit. Regardless if it's a cruise or another type of guided tour, you will certainly enjoy the hospitality of the Cuban people and will discover their unique culture and lifestyle. Go to your favorite cruise line or Google "Approved Cuban Trips" to see other types of available trips. You may well find it one of the more interesting adventures you've had.

AN INTRODUCTION TO CUBA

By Kathryn Marchi



GETTING TO NEUTRAL: HOW TO CENTER YOURSELF

By Kater Leatherman

Having trouble staying centered in the midst of everything going on around you? Being centered, or getting to neutral, seems to be getting harder and harder these days. One of the biggest culprits is our attachments. Another is the chronically busy state of our minds. And so are the variety of distractions coming in from the outside world, some with an undertow so strong that even a moment of boredom, the start of a demanding task or temporarily being without WiFi causes us to lose it.

Neutrality may seem like a passive way to go through life, but it's anything but. It takes a daily "armor-like" practice to build your resilience against anything that robs you of maintaining a calm, peaceful center.

Everyone on this planet has the same two desires: We want to be happy and we don't want to suffer. So why not strengthen your resolve by disciplining yourself to avoid giving in to temptation? Make it important and pretty soon you will realize that life is much richer in the neutral zone.

Here are 10 ways to spend more time in neutrality:

1. Guard your mind; what you think is what you get.
2. Learn to separate people from their behavior. Underneath all of our conditioning, we are born intrinsically good.

3. Develop a take-it-or-leave-it attitude when tempted to buy something, especially if you don't need it.
4. With all the technology and information, we're in a near-constant state of reaction. Learning to respond starts with a single deep breath.
5. Emotionally, neutrality means accentuating the positive. One solution is to meditate on virtuous objects such as gratitude for the kindness of others, maintaining equanimity toward all beings, or having compassion for yourself.
6. Reduce the need to be right. Let go of fixed plans. Give up the habit of longing for what you don't have.
7. Practice noticing instead of judging.
8. Protect your center. Yes, life can be stressful, but now you are going to avoid situations in which you know have been compromised in the past.
9. To soften physical aches and pains, move your body every-day to get the blood flowing and the lungs active. If you want to stretch and strengthen, you will need to carve out more time.
10. To cultivate spiritual neutrality, allow life to unfold naturally rather than interfering.

While staying centered takes effort and time -- a rare commodity in our modern world -- it also comes with precious rewards. Peace replaces pressure, freedom replaces misfortune and calm replaces controlling things you can't change.

Sound good? Then get crackin' because, well, living life in neutral is waiting for you.

Kater can be reached at katerleatherman@gmail.com

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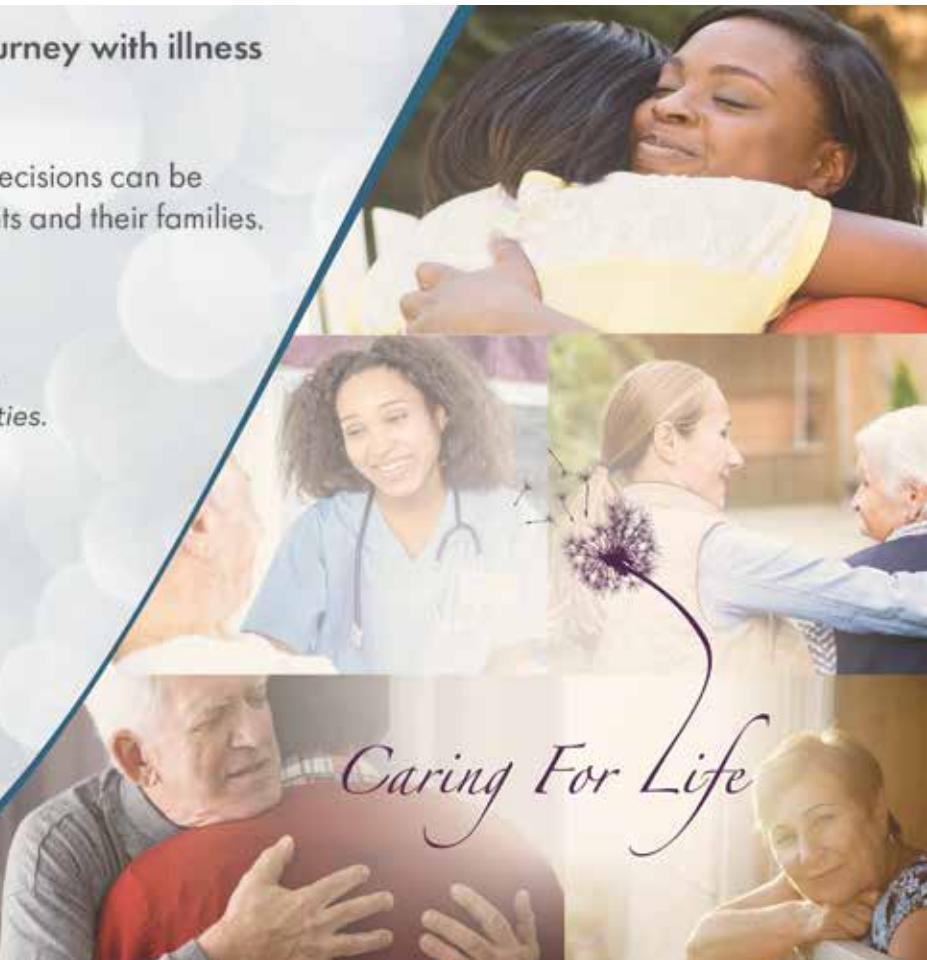
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Caring For Life

CAMP SCOUT WOODLANDS

By Ellen Moyer

Riding down Riva Road, south, past the county office buildings, you may notice a patch of woodlands. A sign, Girl Scout Camp Woodlands, borders a dirt road that leads into a 34-acre forested land and an architectural gem of a structure resembling a teepee.

The octagonal structure built of wood and glass around a hooded fire circle, opened in 1954, and is now being considered for a National Historic Places award. If that is achieved, it will be the only Girl Scout lodge in the nation to earn such a designation.

Lamb Lodge was the creation of a young Annapolitan, Charles Lamb. Fresh out of the University of Michigan, he was commissioned by his mother, Ruby Lamb, the commissioner of Girl Scouts for Anne Arundel County, to design a permanent place for campers to gather for meals, ceremonies and Winter camping on the camp site that was purchased in 1944.

Neither Ruby Lamb nor her husband, Reginald, a math professor at the U.S. Naval Academy, would live to see the dedication of Lamb Lodge in 1954, which was built with volunteer labor from the Naval Academy engineering department. The design of the building was so unique it won an award from the American Institute of Architects, launching the career of young Charles Lamb.

The site, bounded on the west by Broad Creek, a tributary of the South River, which is another tributary of the Chesapeake Bay, was once inhabited by Native American hunter-gatherers, possibly as early as 1000 B.C. Nearby Aisguith Farm harbors an archeological site listed on the National Register of Historic Places as a base camp and shelter site for the hunter-gatherers of the Woodland period.

Early in the 1900s, Camp Woodlands was the Summer retreat home for Helen Betts and her sister, Mary Engel Pennington. Known as M.E. Pennington, she is the person responsible for us being able to eat chicken, eggs, ice cream and other perishable foods free from bacterial contamination. M.E. was a chemist considered the greatest authority on refrigeration in the early 20th century. Over her lifetime she received many

awards and was the first woman member of the American Society of Refrigeration Engineers and the first woman member of the Poultry Society Hall of Fame -- a great legacy for a place that would become a camp for Girl Scouts.

Her journey wasn't easy. Born in 1872 she lived in an age when science was not considered a proper subject for young ladies. Her passion for chemical biology was nurtured by her parents. She was admitted to the all-male curriculum at the University of Pennsylvania by a dean who supported coeducation.

She quickly excelled, earning certificates when no degrees for women were allowed. It was under an "extraordinary case" that she was awarded a doctorate in 1895. In the face of discrimination, she was advised by a colleague to use her initials M.E. when applying for jobs. She went on to become a pioneering female scientist. Camp Woodlands became her refuge from her office in the Woolworth Building in NYC.

By 1944 the sisters were ready to sell their paradise off Riva Road. Ruby Lamb was ready to purchase the site for the Girl Scout Council of Anne Arundel County. M.E left a house used for years as a camp shelter for the youngest of Girl Scouts as well as pathways she'd created for her favorite native flowers.

The first campers came in 1947 and the woodlands site was instantly popular. Today Woodlands serves 19,000 Girl Scouts and is the most utilized scout camp in central Maryland. It partners with the Anne Arundel County school system's outdoor education program, as well as Arlington Echo, the YWCA and a host of other groups. There are six separate campsites, all with circular camp fire pits that symbolize the scout themes of friendship and unity.

Of her Woodland retreat, M.E. Pennington said "this is truly a delectable land with its woods and water and its beauty undisturbed by landscape gardeners or lumbermen. You will find a great many different kinds of trees on the place and some unusual ones. So with many good wishes to the Girl Scouts, we turn Woodlands over to you."

Despite the popularity of the camp, it remains undisturbed woodlands, much as Mary Engel Pennington, Ruby, Reginald and Charles Lamb encountered it and that they would recognize today.

Ellen, a former camp counselor at Camp Woodlands, who was later employed by the Anne Arundel County Council of Girl Scouts, spent memorable days at the camp and later became the mayor of Annapolis. She can be reached at ellenmoyer@yahoo.com

Never lose. Either win or learn.

Recently, I had the opportunity to pick up the guitar after many years of being away from a once-treasured pastime. While I was pleased to remember the basic chords, I was equally surprised to encounter an unexpected obstacle: A case of carpel tunnel syndrome, when coupled with age-appropriate arthritis, made stretching fingers around the neck of the guitar to form the chords more of a painful experience than a pleasurable one. Later, while browsing through a local music shop, I happened upon the perfect solution to this not uncommon musical impairment.

An unusual string instrument was prominently on display. It resembled a dulcimer or a mandolin, but it was neither. It was smaller, slender and lighter, made with a most beautiful wood grain top that appeared to be mahogany.

The unusual instrument, I was to learn, was a recent addition to the music world. The Merlin M4 dulcimer guitar was introduced in the US in 2013 exclusively by Seagull, a Canadian company that manufactures a full line of hand-crafted, high-quality guitars and other string instruments.

Unlike a standard, six-string guitar, the Merlin M4 has just four strings that are played as three – the bottom two strings are strung together and played as one. Also, unlike the neck on a standard guitar that measures 4 3/4 inches in diameter, the Merlin's neck is just 4 inches around. The smaller neck on this instrument, when coupled with only half the strings, makes playing chords on the Merlin very doable for anyone, with or without physical limitations.

Inspired by the dulcimer, the Merlin M4 is classified technically as a portable four-string diatonic acoustic instrument. While like a mountain dulcimer, this new instrument is noticeably smaller and more portable, making it highly recommended for beginners.

The Merlin features a solid, hard-wood mahogany top attached to a three-piece rock maple body. A second Merlin model is also available with a high-quality spruce top instead of mahogany, giving it a more uniform look.

There is some discussion as to whether the two types of wood tops produce two different tones. Some Merlin owners say that the spruce-top Merlin has a louder, brighter tone than the mahogany-crafted one, but not unremarkably so. However, both instruments unanimously own the larger-than-life, soulful sound that is commonly found in dulcimers, particularly in the Merlin.

Seagull guitars are renowned for their expert craftsmanship and quality design. The Merlin M4 is no exception. The strings on

the Merlin are threaded through the body of the instrument to make them more stable while played, keeping them in place for longer periods of time. The satin oil finish used on the wood not only gives it an attractive, protective sheen, it also enables fingers to glide smoothly over the strings while playing to produce the sweet sounds for which a dulcimer is known.

The Seagull Merlin Dulcimer Guitar is highly recommended as an excellent starter instrument for beginners. Some beginners have learned the basics in 30 minutes of strumming and experimenting. The Merlin is tuned in the key of D. The two, highest-pitched strings are strung through the same course and are played as one. The double strings are D, the middle string is A and the lower string is also D, but an octave lower than the higher, two-string D.

Most Merlin owners will say that you won't need formal lessons to learn how to play properly. The instrument comes with a booklet containing chord patterns played on three strings as well as a few songs to start. But the best, most inclusive tutorials may be those found on YouTube. In fact, there is a channel

on YouTube called, "Let's Play the Merlin." Introduced several years ago, this channel has over 10K views, more than 2,330 subscribers, and eight videos at my last count.

Another YouTube channel that is reported to have an incredible library of songs to learn is, "Ryan's Seagull M4 Lessons." This channel has approximately 2,850 subscribers with more than 210 videos that teach the viewer to play folk songs, Celtic ballads, good old rock 'n roll and a lot more.

The original, acoustical Merlin Dulcimer Guitar comes with a choice of a mahogany top or a spruce top. While standard

Merlins are tuned to the key of D, they are also available in the key of G, and/or with electric pickup installed for amplification. There are also models that are specifically crafted for left-handed musicians.

Lastly, recent trends show that more seniors are finding time to discover new interests, or old interests from new perspectives – like music. Whether listening to it, playing it or a combination of both, music has soothed many a tired soul as it continues to be the very soundtrack of our lives.

Seagull guitars are available in stores where musical instruments are sold. I purchased a Merlin M4 for \$129 from Appalachian Bluegrass, located in Catonsville. For more information about Seagull guitars and the Merlin M4, or to purchase one online, visit the manufacturers website: www.seagullguitars.com

Sharon, a writer and photographer, can be contacted at spcs924@hotmail.com

Bay Nutrition

As a food historian, it is very common to find ingredients no longer commonly known or used by most 21st century Americans in older recipes. Acquiring these obscure ingredients can be enormously challenging, but when discovered, they often prove to be very rewarding. Common sorrel (*Rumex acetosa*), falls into this category. It is a perennial herb in the family *Polygonaceae* and comes from the grassland areas of the northern Mediterranean coast, ranging north into Scandinavia. It can also be found in parts of central Asia. On a recent trip to Iceland, sorrel was on the menu of one of the restaurants my family and I visited. As I was explaining what sorrel was, the waiter looked at me in astonishment and exclaimed that I was the first American he ever encountered who actually heard of sorrel.

Sorrel was brought to North America by the settlers, and, as a result, can be found in Colonial American cookbooks and handed-down personal recipe collections. Notably, sorrel leaves contain oxalic acid, which gives this herb an acidic lemony flavor. If picked in the Spring, when the leaves are tender, sorrel is delightful eaten raw in salads. However, by Autumn the leaves can become too tough to eat raw and are better used in sauces. Traditional English *greensauce*, served with meat and fish, contains sorrel, vinegar, lemon juice and sugar. This is just one example of many types of historical recipes for sorrel sauces.

SPRING INTO SORREL

By Joyce M. White

A good local example of an historical recipe for sorrel sauce comes from a handwritten journal, dated 1824, that is attributed to Baltimore socialite, Ann Maria Morris, and her descendants. This recipe is found in the H. Furlong Library at the Maryland Historical Society:

Sorrel Sauce

Wash a quantity of sorrel & boil it tender in as small a quantity of water as you can, strain & chop it, stew it with a little butter, pepper & salt & if you like it high, add a spoonful of gravy. Be careful to do it in a very well-tinned saucepan, or a silver mug, if you have it, as the sorrel is very sour, especially in the Spring.

While most contemporary sorrel sauce recipes use wine or cream as a carrier for the sour sorrel leaves, Morris's recipe instead calls for a nonspecific gravy (implying that any type could be used to complement the meal). While gravy can be used, the flavor of sorrel shines best when made with cream. The following recipe is an adaptation of the historic Baltimore Morris recipe made with cream instead of gravy.

SORREL SAUCE

Yield: 1/2 Cup

1/4 lb. sorrel leaves (make sure all stems and center ribs are removed)
2 Tbs. butter
1/2 cup heavy cream
Salt and pepper, to taste

Directions:

1. Wash the sorrel and rip apart the greens into smaller pieces.
2. Fill a large stockpot halfway to the top with water and bring to a boil. Add the sorrel leaves, cover, reduce heat and simmer for just about 2-3 minutes. The sorrel will be ready when the leaves wilt in the same way spinach wilts (it will lose a lot of volume).
3. Drain the water from the sorrel. Place the sorrel in a colander and press out all of the water using a spoon or rubber spatula.
4. Finely chop the sorrel.
5. Melt the butter in a large (nonreactive) skillet over medium heat. Add the chopped sorrel and sauté for about 3 minutes. Add the cream, salt and pepper and whisk swiftly. Bring to a simmer and then immediately remove from the heat.
6. You can leave it as is, or you can use an immersion blender to puree it. Note: If you blend it you can skip step 4.
7. Serve with lamb, goose, poultry, veal, beef or fish.

Obviously, finding sorrel can be a bit tricky. I have an advantage, as I am the consulting food historian to Riversdale House Museum in Riverdale Park in Prince George's County where sorrel is grown in the extensive gardens there. While most do not have the luxury of a historic garden, it is possible to try growing it yourself or you can scour farmers markets from the Spring to the Fall to see if this taste of history can be found.

Joyce is a food historian and can be contacted at foodhistory@comcast.net

LIFE'S GUARANTEES

By Ryan Helfenbein

It seems that the older we get, the faster time moves. Unfortunately, with that passage of time comes loss. Our friends begin to disappear and we can't help but relate to the obituaries, as those listed aren't much older than we are. The reality is we will all need to plan for that final day. The only question is, are we going to leave everything for our family to figure out, or will we provide them with clear instructions and financially protected plans?

Let's be honest, death is not an if, but a when. It is truly the only aspect of life that is a guarantee. Now, some might argue that death and taxes are both guarantees, but we often hear the news of someone in court trying to avoid taxes. We can't avoid our last breath. As we realize that we cannot skip the end, or perhaps we just attend one too many funerals for people our own age, we cannot help but consider making those final plans so our loved ones won't have to worry about what to do. Questions such as how the cremation and/or funeral expenses are to be paid can be answered well in advance.

For many, this task of planning ahead starts with a visit to the attorney's office. From there we move to the insurance agent and/or financial adviser. After that, we brush our hands off and stand tall because our plans for the end are complete. Well, not quite. Yes, it is important to meet with these professionals so that your property and assets are protected and distributed according to your wishes. But the one professional who seems to be left out of this equation is the one who will be contacted immediately when death occurs.

For example, at 2 a.m. on a Saturday morning of a holiday weekend, will your next of kin be calling the lawyer, financial adviser or accountant? No, it will be one of the dark-suited night owls – the undertaker. It stands to reason that your first step to planning ahead should be with a certified pre-planning counselor. This is a professional who not only holds a state-issued mortician's license, but who has also obtained additional training, experience and certification from the National Funeral Directors Association to help families create advance plans. This certification assures that you are working with a professional who has gone above and

beyond what is necessary in order to attain specialized skills in the field of advanced planning and funeral funding.

When completing advanced plans, this certified undertaker will walk you through options based on what you would want for yourself and develop a detailed plan to carry out those wishes in the future. You will get an estimate of the costs of all aspects of the plan and a detailed explanation. You may also be presented with options for ways to have the plan completely financially protected. Why? Because you will never have to think of it again. No matter where death occurs, no matter what the future cost might be, and regardless of who is overseeing your affairs, when the time comes, all will be in order. No questions, no concerns and absolutely no financial discussion will be needed in the future. In discussing this with a good friend of mine from church, he pointed out that you are now able to leave the memorialization aspects to your family because the business matters are complete.

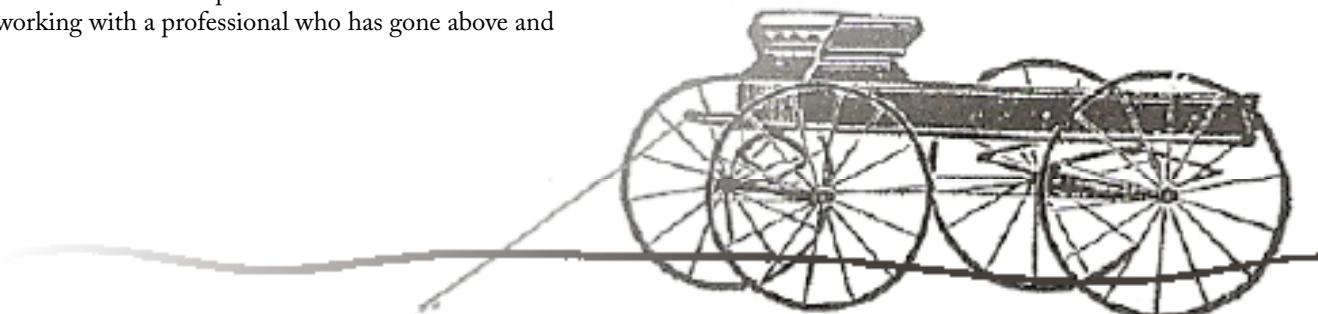
Survivors are able to concentrate on how to remember you through the selection of flowers and photos, the creation of tribute videos and more – all without the concern of how much it will cost.

Planning is something that we all do on a regular basis, but it seems that some things are easier to plan for than others. Planning a vacation versus planning for our own demise would most likely be at two different spectrums of entertainment for most people, but unfortunately only one is a guarantee.

The next time you see that obituary of someone in the paper who has the same birth date as you, wouldn't it be nice to know that if that was to be your own notice, that you have your advanced plans in place?

Ryan, who is 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

We come to
realize that
we cannot
skip the end



LEARN LANDSCAPING FROM THE PROS

By Neil Moran

The Bay Area boasts some pretty awesome residential landscapes. Many of these are designed and installed by professional landscape companies, but installing a professional-looking landscape isn't outside the realm for amateurs.

Like painting a picture, the beauty of gardening is being able to create something that is uniquely yours. Whether it be a small garden bed or a full-scale landscape, gardeners take pride in putting their personal touch on their horticultural creations.

And like any artistic endeavor, the budding landscaper or weekend gardener can learn a lot from the pros. Here are some suggestions from the experts on how you can paint your masterpiece in plants.

DESIGN LIKE A PRO

Understanding and applying the principles of landscape design alone will transform your yard from a hodgepodge of plants to something that is appealing to the eye. When I design a landscape on paper I use the principles of landscaping as a checklist. If I've included all of these principles I'll at least have something that will appear to have a rhyme and reason to it, and occasionally, I even surprise myself with something that looks superb!

flexibility as well.

"What looks good on paper may not always look good on your site," says Kelly Karp, a landscape designer. "Set all your plants out first, make it look good, and then plant them in the ground."

MAKE AN IMPRESSION

Like a beautiful painting, a landscape should elicit emotion in the viewer. Even if you don't see yourself as a "creative person," by following the design principles you can create something that looks pretty good.

"Design principles are responsible for how you feel, what you see and how you move through a landscape," says Karp. He says good use of the principles of line, form, color, texture and scale will increase the enjoyment that comes from a space. "Leading the eye through a landscape with these principles will leave the user visually pleased," Karp says.

Focalization: The landscape should have a feature that stands out and will draw the eye. This could be an attractive accent plant, such as a flowering crab apple, a water feature or a mass of eye-catching annuals or perennials. The plants surrounding the accent plant, or focal point, should draw the eye to the focal point.

If you don't take a chance, how will you advance?

Balance: One side of the landscape should carry the same visual weight as the other. Landscape pros design landscapes that are either symmetrical or asymmetrical. A landscape is said to be symmetrical when one side is identical to the other, in terms of the plants or landscaping used. It is said to be asymmetrical when each side is different, but still carries the same weight as the other in terms of plant height and spread.

Rhythm, line and repetition: Proper planning will ensure that there is continuity among the different areas of the landscape. The plants you install in the landscape should follow a logical flow or pattern in relation to the other plants as well as physical structures in the yard.

The pros use repetition to help the eye work through the landscape and to add formality where desired. This can mean a row of alternating plants (such as a spirea, then a barberry, repeat), or a grouping of an odd number of the same plants, such as three day lilies.

Proportion: Schutzki suggests taking an inventory of the site, noting the physical structures as well as existing plants on the property. This will help determine the size and shape of the plants to be added to the property and the size of the landscape itself. In other words, make sure the features you add to the landscape are in proportion to each other and to the physical structures on the property, most notably the house.

Simplicity: This is an important principle and perhaps one that enthusiastic plant lovers may have a hard time following. Keep it simple! The eye can only "digest" so much. If a landscape feature has too many competing plants, it's a little hard for the eye to take it all in. Try to limit to 6 to 10 different plants to make it easy on the eye.

Unity: This is the principle that ties it altogether. If you've used the above landscaping principles as a checklist, your design will have unity and will look like it came right out of the pages of a gardening magazine.

RIGHT PLANT, RIGHT PLACE

"The overall basis for all plant use in the landscape is right plant, right place," says Schutzki. He says there are several factors to consider in making this determination, including examination of the soil type, the amount of sunlight the plant will receive, drainage and exposure to prevailing winds. It is also important to match up the plant to the soil type. Very few soils are native anymore, according to Schutzki, so it is important to know the pH of the soil and be mindful that an acid-loving plant, such as

rhododendron is going to require a more acidic soil (in the 5 range) than, say spirea and most other plants, which grow just fine in a 6-6.5 pH soil.

SOIL PREPARATION

Unfortunately, our soils are often compacted and otherwise not in the best of shape for planting. Matt Esch, owner of Esch Landscaping, says for a new installation following the construction of a house, his crew will excavate 10-12 inches of the existing soil and add amendments of compost and peat moss before planting. On existing landscapes you can simply dig a hole for each plant and add amendments of compost and topsoil. Dig the hole about two times deep and wide as the root ball and fill in with the appropriate amendments.

"Take time to prep the ground for the installation of the plant materials," Karp says. "Proper hole size and depth are important, along with the soil makeup. There is no sense in planting a specimen plant in poor conditions. It is always better to spend a little extra time at installation, rather than planting twice."

PRO PICKS

While plant selection should be specific to location and soil type, the experts know some plants generally do better than others in the landscape. Shannon Fischer, a landscape designer, reveals some of her favorites.

"We know what works and what doesn't," she says. What has been working for her includes Wine & Rose Weigela (*Weigela florida* -- "Alexandra"), some of the dwarf spireas, for example, Shirobana spirea (*Spiraea japonica*) and limelight hydrangea (*Hydrangea paniculata*). While not a big day lily fan, Fischer says the Pardon Me Day Lily (*Hemerocallis*) is one she would choose because it's reliable and sports an exciting deep red bloom throughout the Summer.

By combining the tips from the pros and tapping into your inner Picasso you can have an award-winning landscape and the envy of the neighborhood.

Neil is the owner of Haylake Landscaping and can be contacted at nrmoran188@gmail.com

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NORTH TO ALASKA: IT'S WORTH THE TRIP

By Peggy Kiefer

Is this the year when you'll finally get to visit Alaska? If so it's not too early to make a Summer plan. Glaciers, wildlife, wilderness and mountains—these are the four most common reasons that vacationers choose Alaska. Our 50th state is very large, larger in fact than Texas, and it is a near-impossible task to see it all, but well worth catching the highlights.

A cruise is the most popular way to visit Alaska, but some of the most interesting sights are inland, and can only be seen via other modes of transportation. Most cruise ships visit the **Inside Passage**, and this is a beautiful part of the state. But it is in the southwest part right next to Canada, so you do not get to see any of the interior of Alaska. Many of the most visible and beautiful glaciers are found in this area. Most cruise lines take their guests into one of the glacier bays, such as Hubbard Glacier, College Fiord or Glacier Bay, which give you an opportunity to walk on them or take a flight to observe glacier "calving." This is a wonderful treat, as large chunks of ice come tumbling off the main glacier with a thunderous sound as they hit the water and break into hundreds of pieces. It is here in the Inside Passage that you are most likely to see whales, which return to Alaska to feed for the Summer.

The ports visited in the Inside Passage vary with the cruise line, but the most common are Ketchikan, Juneau, Skagway, Haines, Sitka, Wrangell and Valdez. **Ketchikan** is the self-described "Salmon Capital of the World," where it is possible to buy any of the many types of salmon. It is also known for its large collection of totem poles. Unfortunately, it is also one of the wettest places in the Inside Passage, averaging over 160 inches of rain a year. The state capital, **Juneau**, has the distinction of being the only one that cannot be reached by car or train. Needless to say, there are many private planes and licensed pilots here. The well-known Mendenhall Glacier is located just outside of town. It is also possible to take a ride on a dog sled pulled by the same

dogs that traverse the state during the Winter months and that participate in the world-famous Iditarod race.

Skagway is an historic gold rush town. The downtown looks like a movie set. There is a vintage White Horse and Yukon narrow-gauge railway, which makes a three and-one-half hour trip from Skagway to White Horse and back. The scenery on the ride is spectacular. **Haines** is known for its bald eagles, which often roost by the dozens in plain sight of visitors. It doesn't have the charm of some of the other ports, but offers amazing scenery, as it is literally surrounded by mountains.

Sitka is in a beautiful location overlooking the Pacific Ocean. Overshadowing it is Mt. Edgecombe, an extinct volcano that reminds many travelers of Mt. Fuji in Japan. It is also the first non-native town where a Russian fort was established, giving Sitka a Russian feel to it with its Russian heritage and culture.

Wrangell is a small, rather old-fashioned town that still clings to some of its old customs. Very few cruise ships stop here. It is the only Alaska fort to have existed under three flags -- Russian, British and American. It was also an important port for fur traders and gold miners.

Best known for being the terminus of the Alaskan pipeline, **Valdez** is the most northerly ice-free port in the Western Hemisphere. It was named after a Spanish explorer and was a boomtown during the gold rush. In 1964 Valdez was badly damaged by a massive earthquake. The city was rebuilt on a new site on more stable ground. Many travelers end their Alaskan vacation here and return down the Inside Passage, so they only see a small portion of this magnificent state. A cruise can also take you to Anchorage and then you can venture inland by train or bus to Mt. McKinley (Denali), which is the tallest mountain in the Northern Hemisphere, and then farther north to Fairbanks.

If you choose to spend some time in **Anchorage**, the state's largest city, it has been called Alaska's New York City and has all



the amenities of other large United States cities. It has a wonderful museum, an extraordinary performing arts center and a vibrant social life and arts community. It does not have the "Alaska feel" of the rest of the state and could be any city in the country if you forget about the frigid Winter temperatures and long dark Winter days. Of course, the flip side is that you have very few hours of darkness in the Summer. But it also has the traffic jams and fast food restaurants that you won't find in the rest of the state.

To many visitors, one of the highlights of the Alaska adventure is taking the domed car train from the port where many ships end the cruise, which is different for the various cruise lines and even different ships from the same cruise line. To travel to **Denali National Park**, it is about an eight and-one-half hour comfortable train ride in cars with large dome windows. There are panoramic views of the mountains and scenery, and if you are one of the lucky 30 percent, you will see **Mt. McKinley**, which the Alaskans call "Denali," meaning the great one. Denali National Park is one of the most visited and most loved of all the sites in Alaska. Visitors come away with a feeling of awe and appreciation of true wilderness. If you are fortunate, you may see a moose with twin calves, nesting bald eagles and maybe a herd of caribou.

In Denali there are a myriad of activities, ranging from the more sedentary to the very active. The visitor center is a good starting place. Not only are there fascinating exhibits about Alaska and the park, but also there are ranger-led talks and hikes into the wilderness. You can also hike on your own after registering

with a park ranger. The only complaint most people have is the large crowds who are all trying to enjoy this beautiful place. The campgrounds are reserved months in advance and RVs fill many lots. To escape the crowds, the second half of September is a good time to visit when most tourists are gone. By then, the bugs have pretty much gone as well. Be aware that mosquitoes are especially plentiful and hungry in the Summer.

If you have more time, or are feeling more adventuresome, it is a four-hour train ride to Fairbanks, the second largest city in Alaska. In the Summer it has very pleasant weather, with an average temperature of 70 degrees. However, in the Winter it is so cold that the parking meters have electric plugs because vehicles have heaters around their engines. At the end of June, there are 23 hours of daylight, while at the end of December there are 23 hours of darkness. In the Summer a paddleboat takes visitors for a ride on the Chena River, stopping at a dog sled kennel and an Indian village. The University of Alaska, Fairbanks, has an excellent museum with many Alaskan

artifacts. You can also pan for gold and keep what you can find after sluicing dirt around a tin plate. For the truly adventuresome, private planes will transport you to the remote northern parts of the state. This, however, is something not usually tried by the average visitor.

It is impossible to describe this beautiful and enormous state in one article or visit it in just two weeks. But for the trip of a lifetime, with magnificent vistas and wonderful adventure, visit Alaska, the "Last Frontier."

At the end of June in Fairbanks there are 23 hours of daylight

If you have yet to hear about CBD oil, brace yourself because if it's not everywhere already, it's about to be. On his national television show Dr. Oz has called it boom time for CBD. Let's help demystify what it actually is and isn't.

CBD is known as cannabidiol and is one molecule of the infamous cannabis plant; surely you have heard of a more notorious part of the plant called tetrahydrocannabinol, which is commonly referred to as THC. THC is what causes people to get "high." CBD does not contain any of this psychoactive ingredient so it will not get you high if you ingest it. CBD has gained a tremendous amount of traction in wellness circles and beyond, because of some intriguing medical research results.

It is important to note that research into this young and budding industry's products has been limited. However, there have been substantive results suggesting that CBD oil can actually help slow seizures for people with epilepsy. For that reason alone, researchers and scientists are taking note. Now that the federal law allows it, as of December 2018, there will surely be more testing to provide the basis for sound advice. Scientists can now research a once-federally illegal product without risking losing their licensing.

It all began in 1988 when scientists discovered the endocannabinoid system (ECS), which is what keeps our body in balance (homeostasis). The ECS has receptors all over our bodies that unlock our body's power. CBD and THC bind to those receptors and help support us. That is why many people are reporting that adding CBD to their daily supplement regimen is a no-brainer. CBD health benefit claims include that CBD is an anti-inflammatory, relieves chronic pain, acts as an anti-depressant and helps with anxiety and insomnia.

CBD is now being added to a myriad of products, from face creams and edibles like gummies and even coffee. The list just continues to grow. You can find CBD anywhere really, but

unless you are a medical cannabis patient, they do not sell CBD at Maryland dispensaries yet. In addition, they make CBD for pets that can also benefit. Traditionally, CBD is administered sublingually, underneath the tongue as a tincture. But because it has such a strong taste, the market has jumped in to reflect that, hence the edibles and variety. That said, CBD taken orally is how it is at its most effective because of its fast absorption rate.

CBD is legal in all states and is treated differently than medical

cannabis where 30 states currently have laws allowing medical use of that product. That said, the FDA does not regulate the CBD market, so as Dr. Oz says, it's a bit of a wild, wild West out there. Not all products are alike and sometimes that old adage, you get what you pay for, is true. While CBD products can certainly be costly, that is not the primary factor to consider. Here are some other things to consider: Always read labels. Look for companies that have their products tested both internally and through a third party.

Hemp oil has no CBD in it, however, that does not mean it doesn't offer its own benefits.

As everyone's biochemistry is different, there is no one-size-fits-all way to start on a CBD journey. That's why it is important to talk to your doctor and health care provider to help get you started.

Dr. Oz has said that in the case of CBD, it's rare that he gets so many calls from people saying that something has helped them. So don't let the lack of research scare you away. Don't let the notion of getting high or ingesting THC get in your way either. CBD may be able to help you. Be aware as more research becomes available in this fast-paced industry.

Molly is an award-winning reporter and freelance writer. She can be contacted at Lauryssens@aol.com



WHY NOT TAKE A HIKE?

By Edree Hovey

Can there be anything more pleasant on a Spring day than walking in the woods or along a trail, enjoying the spectacular emerging foliage and fresh air? And could it get any better than to share the day with like-minded people? If this is your idea of a way to spend a pleasant few hours once or twice a week, there's a group out there that's right for you. The Mountain Club of Maryland (MCM), founded in 1934, is the oldest hiking club in Maryland and boasts more than 800 members.

The focus of the club is to have fun while enjoying exercise in friendly and supportive surroundings. MCM offers more activities than any one person could ever do. Typically there are three different hikes offered on Wednesdays, with a few scheduled on weekends. And then a spinoff group was created that meets on Mondays with a focus on lunch with other friendly hikers.

Choices of hikes range from easy to difficult, featuring walks or hikes for people of varying abilities. A list is published with dates and meeting places, and emailed out to the membership three times per year, letting you pick and choose just what would work for you.

A good example of choices for a typical Wednesday would be an easy five-mile hike on one of the Patuxent trails, or a seven-mile hike in the Gunpowder Falls State Park, or for the more ambitious, a 12-mile hike in Cunningham Falls State Park. Saturday hikes tend to go a bit further afield. For example, there's an upcoming 16-mile hike at Buzzard Rocks in the Massanutten

Mountains. There are also occasional overnight backpacking hikes offered, such as the upcoming 16-mile trek through George Washington National Forest. For those more attuned to paved trails, there are walks in Baltimore and Terrapin Park on Kent Island.

Occasional canoe and kayak trips are also scheduled. One that has been scheduled for a weekend this Spring will be on the Eastern Shore. A couple of parties are planned each year, including the upcoming annual mountain club meeting and picnic, which will take place in the pavilions in Patapsco Valley State Park.

Hikes are rated in the bulletin with designations such as easy, moderate, hard or strenuous, with a guideline of the expected distance of the hike. You are also advised if it will be fast-paced and if there will be stream crossings or elevations.

Other than good friends and great exercise the MCM, an all-volunteer group, participates in the upkeep of trails in the area. Active the year round, they partner with such groups as the Appalachian Trail Conference, assisting in a continuing effort to maintain and renew trails such as sections of the 2,000-plus miles of the Appalachian Trail.

Dues run between \$15 and \$25 per year, depending on membership classification such as single, family or senior. Guests are always welcome.

For an abbreviated list of upcoming hikes and for membership information, log on to www.mcomd.org

Bay Bytes

Before buying your next concert tickets, check out **StubHub.com** or the app for tickets that are both bought and sold. Purchasing tickets may be at a discount, or sell the tickets you can't use.

By Rev. Matthew Hanisian

In late November I attended a weeklong conference about system change in organizations. The focus of the conference was centered on the theory and application of Appreciative Inquiry, which "... is about the search for the best in people, their organizations, and the strengths-filled, opportunity-rich world around them."

At the start of the conference our facilitator posed to the group what seemed quite a simple and straightforward question. As the seconds ticked rapidly by, it became evident that it was a more complex question than we first realized. Here is the question: "Aside from spending time with your family and friends, what is the one thing you truly *love* doing?"

As you read this article, I'd like to ask you the same question: "Aside from spending time with your family and friends, what do you truly *love* doing?" Give yourself a bit of time to think it over. For me, 15 events, activities or experiences immediately popped up. Perhaps you are experiencing this same reaction even right now. I became aware that I was having a difficult time narrowing down what it is that I truly love doing.

After time was called, we went around the group and revealed to one another what we truly love to do. Some of the answers my other group members shared were about things that gave them a good deal of satisfaction or that were connected with a particular accomplishment.

When it was my turn to answer, I spoke about my love of restoration. Taking things that seem to be, or in point of fact *are*, inoperable, worn down, broken or seemingly valueless and restoring them to their former glory. As an example, for the past five or six years I have taken great delight—love even—in restoring antique straight razors. I love working for sometimes weeks on end with a project razor, taking it from being a rusty and dull 150-year-old piece of metal to being shiny with a mirror finish, and being, well ... razor sharp.

WHAT DO YOU TRULY LOVE DOING?

... we all have value, even if we are at moments a bit dull and rusty on the outside

Thinking more about this since, I concluded that I love finding the hidden value in things, in people, in moments, sometimes when others can't see the value. Looking for and seeing the potential for beauty that lies beneath, or seeing how with some work and persistence, what is seemingly dull and rusty can be useful and valuable -- something I truly love to do.

As an Episcopal priest, I've come to believe that God sees us in this way: We all have value, even if we are at moments a bit dull and rusty on the outside. We all have value, even if at first that value is seemingly hidden beneath the external qualities of age, or appearance or mannerism. What I've found is that when we only look "skin deep," we probably end up missing out on conversations that would delight us, in people who would astound us, and in relationships that would enrich us.

Our society, it seems, increasingly places high value on those who are youthful, energetic, beautiful, and seem to "have it together all the time," while placing far less value on those who don't seem to meet those ideals. What happens is that we marginalize people who don't fit the ideal, who forget things occasionally, who tell the same stories we've heard before, or who sometimes simply come across as boring. Do you know someone who at first seemed to fit that bill? When we choose not to see past the surface we could be missing out on a person or a relationship that could be incredibly valuable in our lives.

Who in your life has deep value for you, who is precious to you, who the rest of the world at first blush might simply pass over? Find that person and tell him or her how much they mean to you, how precious they are to you, how much you appreciate them. In doing so, you'll undoubtedly make their day, and in the process you'll end up loving them all the more as well.

The Rev. Matthew Hanisian is the rector at St. Martins in the Field, Severna Park, and can be reached at mhanisian@stmartinsinthefield.org

Bay Bytes

For everything you've ever wanted to know about eyes, such as dry eyes, floaters, pink eye, macular degeneration, remedies and just about anything else, log onto AAO.org/eye-health

ASPARAGUS ANNOUNCES SPRING!

By Nancy J. Schaaf

There are a few events that announce the arrival of Spring: crocuses and daffodils bloom, robins and other songbirds return and fresh asparagus arrives in the market. One can indulge in eating this vegetable all year due to crops flown in from around the world. But in North America, asparagus is a harbinger of Spring. It is the first veggie that sprouts in a home garden and Spring is the only season when fresh crisp asparagus appears in grocery stores and farmers markets.

Not only is it a tasty vegetable, but its health benefits are numerous. It is a good source of folate, which aids in the formation of blood cells and prevents birth defects. In just a half-cup serving, asparagus has the highest folate content of all vegetables. This veggie is rich in Vitamin A, which helps form and maintain healthy teeth, skeletal and soft tissue, mucus membranes and skin. Asparagus is also a good source of vitamin C, which is needed for healing wounds and repairing and maintaining bones and teeth.

Asparagus contains no fat, no cholesterol and is very high in fiber. Low in calories at just 40 calories per cup, its fiber makes asparagus an excellent choice for foods highest in prebiotic fiber. These indigestible carbohydrates ferment in the large intestine and provide food for bacteria keeping the gut healthy and improving the absorption of nutrients.

In the produce aisles of the grocery store or at the farmers market, two colors of asparagus may be found in addition to the standard green. White asparagus, grown in the absence of sunlight to prevent chlorophyll from developing, is a little sweeter and has less fiber than green asparagus. Fruity flavored purple asparagus has thicker spears, but when cooked, it turns green.

Asparagus is incredibly versatile. You can prepare asparagus grilled, roasted, baked, braised, pureed into soup, raw in a salad or steamed with butter and herbs. This produce is fantastic in a variety of combined ingredient recipes, and is a scrumptious vegetable where a simple preparation will suffice. It is a phenomenal side dish and it is incredibly quick and easy to make. Sauté asparagus spears and serve by adding a few minced herbs to liquefied butter. Several herbs are especially suitable for bringing out the taste.

One good choice is fresh chives sprinkled on the sautéed spears. The slight bite from the chives goes well with lemon-flavored butter. This chopped herb can be added to any recipe calling for asparagus.

The fresh taste of lemon is one of the flavors that works best with asparagus. Squeezing lemon juice over the spears is especially

delectable as citrus brings an intensity to asparagus. A similar benefit is achieved from lemon balm as the citronella aroma from lemon balm pairs well with other spices and seasoning. Lemon balm is a great addition to any asparagus recipe that also contains eggs, as the flavor of the lemon balm complements both foods.

Another herb that matches up is dill, which is often used in pickling the asparagus. But adding some chopped fresh dill to the butter before tossing with the steamed spears is also a great way to combine the two flavors. Dill is an herb that doesn't overpower the fresh taste of the vegetable, but adds a subtle flavoring.

Black pepper is an obvious choice for seasoning asparagus because it goes with almost every savory food. The herbal quality is greatly complemented by the citrus and pine notes from black pepper. Its spicy heat creates a delicious flavor. It is best to grind the peppercorns just prior to sprinkling them over the spears.

When shopping at the store or at the farmers market, be sure to pick up a bundle of this tasty Spring veggie. With simple preparation, asparagus is both elegant and healthy.

GRILLED WASHINGTON ASPARAGUS

Ray's Boathouse, executive chef Paul Duncan

Ingredients:

- 1 lb. fresh asparagus
- 1 Tbs. extra virgin olive oil
- 1 Tbs. shaved Parmesan
- 2 tsps. kosher salt
- 1/4 tsp. fresh cracked black pepper
- 1/4 each lemon zest
- 6 basil leaves, sliced thinly

Wash and rinse asparagus thoroughly, trim 1/2-inch off the end of the stem. Place the asparagus into a mixing bowl, add oil, salt and mix well, let stand for 2-3 minutes. Place the asparagus on the grill at medium high heat, allow the asparagus to get color from the open flame, which will give a unique charred flavor. Once color is achieved on one side, flip the asparagus over and repeat. When cooked but still al dente, remove from heat and place on a plate or platter. While still warm add Parmesan shavings, lemon zest and pepper. Finish with fresh basil and serve.

Nancy is a retired registered nurse and educator who enjoys writing, traveling, riding motorcycles, exercise classes and cooking. She can be contacted at nanjan30@hotmail.com

In the end you'll only regret the chances you didn't take.

Standing For Safety: How to Avoid Falls

By Carolyn Campbell

My mom once told me about Ruth, a girl who kept falling down. When mom and her friends walked along, suddenly, Ruth wasn't with them. "We looked back. There was Ruth. She fell on the ground and was trying to stand up," mom recalled. Her friends helped Ruth to her feet and then they were on their way. The happy ending was that Ruth later became a fashion model. Mom told me that story to give me hope. Like Ruth, I was a girl who fell often. I frequently had skinned knees when I was little.

Although I clearly remember most of those falls, I don't remember the last time I fell as a grownup. Falls are more serious for adults. Each year, thousands of people fall who are 65 and older. Falls are the most common cause of injuries to seniors. One fall doubles the chances of another fall. And even when adults aren't hurt, falls are still scary. Sometimes adults will avoid activities where they previously fell, in hopes of it not happening again. Home—a place where we all truly want to be safe—is where more than half of these accidents happen. Whether you're at home or on the go, the following suggestions can help prevent falls.

Clear up the clutter.

It's easy to trip over clutter. Ask a friend or family member if you need help to clear walkways in your home. Remove anything that could be hazardous, especially from hallways and staircases. Items such as phone or power cords, loose carpet, stacks of newspapers and magazines, slippery throw rugs, pet bowls and weight scales can get in the way. One woman left her dishwasher door open to let her husband know it was empty—but then she fell over that. Repair, get rid of or move possible fall hazards.

Install handrails and grab bars.

These are important safety devices that can really make a difference in your home. Grab bars are helpful in the bathroom. Consider having them installed on both sides of toilets and



bathtubs as well as in the shower. Handrails promote safety in halls and stairways.

Avoid wearing loose clothing.

While comfort is often a priority, those ample sweats or baggy stretch pants can also pose a fall hazard if they are loose enough to droop to the ground. Choose adequately hemmed and better fitting clothes that don't bunch up or reach the floor.

Don't walk around in the dark.

While you may feel that you know your house well enough to avoid turning on many lights, dim lighting can create another major fall hazard. As you get older, you need more light to see. Install brighter lights where needed, especially over stairs and in hallways. Nightlights in bedrooms and bathrooms offer safer guidance at night. Make sure light switches are in easy-to-reach places, and at the bottom and top of any stairs. Turn on the lights before getting up to move around. Keep flashlights in a convenient place for when the power goes out.

Consider wearing shoes both inside and outside.

Wearing shoes helps with balance. Avoid the temptation to walk barefoot or wear slippers.

Socks might feel comfortable, but they can create a risk of slipping. If the idea of wearing shoes inside is too uncomfortable, consider buying non-slip socks that have grips on the soles of the feet.

Stay away from slippery situations.

Showers and bathtubs, along with floors in bathrooms, kitchens and porches, are very dangerous when wet. Use self-adhesive, nonskid mats or safety treads in bathtubs, showers and pools. Use nonskid rugs on bathroom floors and nonslip pads under rugs

on bare floors. Secure throw rugs with double-sided tape.

Single levels are safest.

Consider living on one floor if possible. While handrails contribute to safety, there is still a significant risk of falling on the stairs. If you must use the stairs to carry out your daily tasks, remember to be extra careful and limit the number of times you use stairs.

Move more carefully.

Sometimes people fall at home by moving too quickly from a standing to sitting position and vice versa. Preventing falls caused by this is as simple as moving slowly. Take a moment to pause after moving from sitting to standing and vice versa. Take a moment when moving from lying down to sitting. Also pause before using the stairs, whether going up or down.

Keep them close.

Keep items you use often – food stuffs, dishes, clothes -- where you can reach them. This way you won't have to climb on a stool.

Know the side effects.

Read the labels on medicines that you take, or check with your doctor or pharmacist, to learn if any of these products could make you feel dizzy or tired. That can make falling more likely. If you have side effects, write down when they started and let your doctor know. He might adjust your medication or dosage.

Have your eyes checked.

Have your eyes checked at least once a year, and be sure to update your glasses if needed. If you have bifocal or progressive lenses, sometimes these types of lenses can make things seem closer or farther away than they really are. You may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking.

Stay strong.

Weak legs raise your odds of a fall. Keep fit to give your body a stable foundation. Even a daily walk can make a difference. Do exercises that make your legs stronger and improve your balance. Tai chi is a good example of this kind of exercise.

Know the risks and side effects.

Ask your doctor or health care provider to evaluate your risk of falling and talk with them about specific things you can do. Once your home is a safe zone, you're likely to have fewer accidents. You can move around with more confidence and a renewed sense of independence. But talk to your doctor if you're having any trouble. She may refer you to an occupational therapist, who can come to your home and advise you on how to make changes.

While I fell a lot when I was in elementary school, there's a reason why I don't fall as often anymore. I feel free to take my time. I walk at a pace that feels natural to me. Back in third grade, I ran a lot. I'm no longer in such a rush. Back then, I tried to be fast. Now, I try to be safe.

Carolyn is the author of three books and many magazine articles and can be reached at carolync@sisna.com

Bay Trekking

As Winter is on its way out, you may be feeling a bit stir-crazy thanks to so many months spent indoors. If that's the case, there are getaways and retreats within a few hours' drive that can provide you and your guests with quality time in an exciting new locale! Since you may not have the time or budget for a full week's vacation, but need some rest and/or recreation, here are some weekend destinations in the mid-Atlantic region.

SHENANDOAH NATIONAL PARK

The website The Financial Diet (<https://thefinancialdiet.com/10-best-affordable-weekend-getaways-mid-atlantic/>) highlights Shenandoah National Park in Virginia's Blue Ridge Mountains in its list of "10 Affordable Weekend Getaways in the mid-Atlantic." The park is described as a spot with accommodations for every style and budget, whether you are camping or staying in a hotel, Shenandoah also offers a wide array of activities. Potential pursuits include hiking, walking, horseback riding, bird-watching or just reconnecting with nature and relaxing.

With 200,000 acres of protected land



that features cascading waterfalls, deer and other wildlife, majestic mountain views, trails for exploring and more, you can't go wrong. Skyline Drive is the famous 105-mile highway that runs the length of Shenandoah National Park with breathtaking scenic views and overlooks for Instagram-worthy pics the whole way.

Just 75 miles away from Washington, D.C., Shenandoah National Park is perfect for a weekend getaway. The National Park Service website for Shenandoah, www.nps.gov/shen/index.htm is a good place to start when planning your trip. The site contains information about fees, lodging, guided tours, operating

hours for facilities and visitor centers within the park, weather alerts, trail maps and more.

STANDARDVILLE, VA.

Just two and one-half hours from Annapolis and a short distance from Shenandoah National Park, Getaway (<https://getaway.house/>) has an "outpost" in Standardville, with two- or

four-person cabins nestled in the Blue Ridge Mountains. The "hand-crafted hideaway" features a lockbox for cellphones, hot showers, a two-burner stove, climate control, i.e., a fan or A/C and heat for cold temps, a campfire grate/firepit, shampoo and conditioner, basic kitchenware, queen beds, a radio with wireless speakers and a sink and drinking water.

Getaway cabins are small (140-200 square feet), but the company claims

they've been designed to include everything that is essential and nothing that isn't. The getaways are "designed to be minimal." Once you book a cabin (other destinations include New Hampshire, New York and Georgia), driving directions and the address and entry code to the cabin are emailed. Checkin is 3 p.m. and checkout is 11 a.m.

LANCASTER, PA.

A two-hour drive from the Annapolis area, Lancaster, Pennsylvania, otherwise known as Pennsylvania Dutch Country, is known for its handcrafted Amish goods and attractions, excellent food, historical heritage and fun activities. Home to the second-largest Amish settlement, visitors can experience buggy rides, visit working farms and one-room school and country homesteads, stroll through villages with or without a tour guide, or shop in country stores.

Dutch Haven is Lancaster's first tourist attraction and offers locally made food, crafts, furniture, souvenirs and more. It is also famous for being the place that made "Shoo Fly Pie" famous. Also in the area is the indoor "Bird-in-Hand" Farmers Market that

Today do one thing that will improve the life of someone else.

features homemade food and crafts. Similarly, the “Locally Made Food Shop” invites visitors to sample or purchase baked goods, snacks, cheese, jerky, jams, coffee and more.

With a growing arts scene, Lancaster has more than 40 galleries, museums, and artist studios with weekly and monthly events. Happenings include a weekly “Coffee and Art Crawl” and an annual “Arts Walk.” This year, the ArtWalk will be held May 4-5. The first Friday of every month the “streets of downtown Lancaster burst into a lively celebration of the arts.” For more information, visit <https://lancastercityartgalleries.com>

In addition to the many historic sites, Amish attractions and shopping venues, Lancaster County is home to 28 covered bridges. Grab your camera for charming photo ops.

As for dining options, Lancaster has become renowned for its “farm-to-table” cuisine with restaurants that range from family and Amish-style to fine dining and even smorgasbords or all-you-can-eat buffets.

Visitors can also choose from a variety of lodging options: bed and breakfasts, log cabin rentals, campgrounds, farm bed and breakfasts or hotels.

WASHINGTON, VA.

If experiencing a bread and breakfast is your thing, **VacationIdea.com** says the Foster Harris House in the historic village of Little Washington “combines a passion for good food

and a love of cycling to offer a unique retreat surrounded by some of Virginia’s best vineyards.” At just and hour and one-half away from D.C., the Foster Harris House is a luxury bed and breakfast within Virginia’s horse and wine country, set against a backdrop of the Blue Ridge Mountains. The Foster Harris House website proclaims: “guests indulge in the luxurious feel of a five-diamond resort surrounded by the irresistible charm of an intimate, historic home.” The website also extols the “panoramic views of the Virginia countryside” as well as numerous activities nearby to keep you busy: hiking, horseback riding, boutique shopping, antiquing and wine-tasting at award-winning wineries. Folks also enjoy the local casual and fine dining at restaurants as well as cafes, taverns and distilleries in the area.

The Foster Harris House also offers special adventure packages for guests staying one or two nights (Monday-Thursday). Packages include guided adventures for the young or “young at heart.” Packages include hiking, rock-climbing, cascading and a basic outdoor skills course. For more information, visit www.fosterharris.com

The weekend getaways listed here just a sampling of what’s out there just a few hours away. Check out websites like www.retreatfinder.com/Directory/United_States/MidAtlantic.aspx for more suggestions to relax, recharge or experience a new area!

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BOOKS: *Old, New and Obscure*



DEAD WAKE: THE LAST CROSSING OF THE LUSITANIA

By Erik Larson

Crown Publishers/Random House (2015)

Erik Larson is a gifted writer and researcher. He can tell a tale and infuse it with human emotion, experience and empathy. *The Garden of Beasts* and *Devil in the White City* are two of his other books and this is just as intriguing.

Dead Wake chronicles the sailing of the Lusitania with all its contrasts, notably the stark differences between the elegant passengers' first-class lifestyle and the untrained seamen pressed into service due to wartime demands for soldiers in the field. The book also details in riveting complexity the process of decoding Russian and German dispatches and the life and experiences of U-boat crews. In fact U-boat commander Walter Schweiger becomes one of the main characters and he is as good at what he does as the Lusitania Captain William Thomas Turner was slipshod.

It had been generally known that Winston Churchill was impatient for an attack on the United States or some other disaster that would bring the United States into the war, thereby saving Britain. But this book is still a shocker. The Admiralty knew that Schweiger, a U-boat ace, was tracking the Lusitania but did not warn Turner, nor did it send escort boats to protect his ship as she began to enter British waters.

And once the Lusitania sank, rescue boats were told not to rescue the survivors out of fear of a second torpedo attack. Those omissions are only part of the picture, as the passengers had not been properly trained to use their life jackets. Many died upside down in the water. Even though *Dead Wake*'s readers already know the ending, the journey to that ending is an education and a compelling read.

~ Tricia Herban

MARILLA OF GREEN GABLES

By Sarah McCoy

William Morrow (2018)

Marilla of Green Gables is a gift to those who have loved the books in the *Anne of Green Gables* series written by Lucy Maude Montgomery. In a prequel of sorts, we learn about the younger years of Marilla and Matthew Cuthbert, the elderly farm brother and sister who adopted Anne. Author Sarah McCoy, with the blessing of Montgomery's descendants, imagines an answer to a

question of Anne's. In Chapter XXXVII of *Anne of Green Gables*, Marilla mentions that she and the father of Anne's beau Gilbert used to be friends. "People called him my beau." Anne asks, "Oh Marilla -- what happened?"

Using the language and format patterns of Montgomery's series, McCoy's story starts on the Cuthbert farm when Marilla is 13 and Matthew 21. Matthew already has the responsibilities of an adult, helping his reticent father Hugh. Tragically her mother Clara dies giving birth, and Marilla is forced to take on the household duties. Her mother's twin sister Izzy stays briefly to help, but then returns to her dressmaking business in St. Catherine's.

Marilla slowly adapts to the role of housekeeper, aiding Matthew with farm work after their father dies. When Matthew's school friend John Blythe is hired to help with the farm work, he and Marilla develop a deep friendship. It would ruin the suspense to reveal what happened to their relationship. However, Marilla's outspokenness and family pride play a role.

In addition to Marilla and John's story, we see that often Marilla pushes against the boundaries of what is expected of a young woman. After a trip to an orphanage in Nova Scotia with the Lady's Aid Society, Marilla learns of the work of abolitionists in eastern Canada. Soon she is deeply involved, reconnecting with her Aunt Izzy. Over the course of the next years, John returns to Avonlea with a wife. His friendship with Marilla is reestablished, and he joins with them to assist with their work for Canaan, the underground railroad name for Canada.

Rich with descriptions of Prince Edward Island in the mid 1800s, the novel is part travel enticement, part history of Canadian independence and abolition of slavery, but mainly a story to answer Anne's question. Even if the reader is not familiar with the *Anne of Green Gables* series, this is a well-written historical novel about a strong young woman coming of age in a turbulent time.

~ Mary Barbera



THUNDERSTRUCK FIDDLE

By Leslie Askwith

Blurb (2017)

While going through historical records in the basement of the historical society in Woodstock, Vermont, in search of whatever she could find about her great-great-grandmother, Mary Cobb, Leslie Askwith made an astounding discovery. Among a treasure trove of Cobb memorabilia was a thick sheath of papers containing 13 years of journals by Charles Morris Cobb, a "hill-farm boy" and notable musician who lived in the 1850s. He was a cousin of Askwith's.

What she discovered was a first-hand account of life in a hardscrabble hill farm community, told in great detail by a boy who "felt so compelled to record every detail of his life that he considered it useless labor to play a game of cards unless he kept a record of the proceedings."

Askwith brings the details of Cobb's life to light in her book *Thunderstruck Fiddle*. She has pieced together a fascinating story from the quill-and-ink writings from Cobb's original journal.

Cobb is an enduring figure with a sort of awkward grace and self-deprecating view of himself -- and sometimes a cynical view of those around him. Starting when he was 13, he tells of growing

up dirt poor and describes the people who lived and labored along Rum Street, which was "worlds away" from the prosperous village of Woodstock, Vt.

"Our house was poor," he wrote. "In Winter my ink froze and had to be thawed on the stove. When it rained, water dripped from the ceiling and made a puddle within two feet of my writing stand."

Cobb vowed to lay down the truth in his writings, even if it meant saying negative things about his neighbors.

"I didn't know how to describe the neighbors without dwelling on their bad qualities and habits," Cobb wrote.

In *Thunderstruck Fiddle* readers get an unfettered look at what life was like for the less affluent in 19th century America. Money was in short supply, precipitating a system of bartering and "horse swapping" to acquire the necessities of life.

Cobb's musical aspirations, his trials and triumphs and ultimate rise out of poverty make for a heartwarming story.

~ Neil Moran

THE ALL-GIRL FILLING STATION'S LAST REUNION

By Fannie Flagg

Random House, New York (2013)

If you have ever read one of Fannie Flagg's books, such as *Fried Green Tomatoes at the Whistle Stop Cafe*, you know that you will have many moments of laughter as well as poignancy. She is one funny lady and it is shown in *The All-Girl Filling Station's Last Reunion*.

But lest you think this is a comedy, think again. You will also learn about women pilots who flew for Women Airforce Service Pilots (WASP), who were usually deliberately ignored or forgotten by men and by history. They were the ladies who ferried the planes around the country and the world for the airmen to fly during World War II. Most people I asked had never heard of them. Neither had I. The plot is rather complicated and much happens to the main characters in this very captivating novel.

We have Mrs. Sookie Poole of Point Clear, Alabama, who is not who she thought she was all of her 59 years. Then there is her flamboyant mother, Lenore Simmons Krackenberry, who will probably keep you laughing and scratching your head with her antics. You will appreciate your own mother after reading about what her daughter Sookie puts up with. To give you an idea of how she dresses, her children and grandchildren call her "Winged Victory" as they said she looked like an ornament that should be on the hood of a car!

Sookie's life-changing discovery takes her to California, the Midwest and back in time to the 1940s to discern who she really is. During this trip of discovery she meets a fascinating woman named Fritz Judabralinski, who takes over the family's gas station with her three sisters when all the men go to war. These are also four of the women who become WASPs. There is quite a bit of the story that tells about these trail-blazing women.

Lest I spoil the plot and surprises in this enlightening book, I can't describe too much. But I highly recommend it if you are interested in a novel that has you laughing, wondering and learning. Plan to stay up late, as it is hard to put down.

~ Peggy Kiefer



SELF-CRITICISM

What we learned in grade school bites again. Do you remember how you felt in third grade when you answered a question incorrectly or when your paper came back covered in red ink? Most of us felt embarrassed, at the least, and ashamed, at the worst. What assumptions did we learn about making mistakes? Probably, we internalized that students who made regular mistakes were lazy numbskulls—or something to that affect. We also learned that the way to succeed at school and, maybe in life, was to never make any mistakes. Such is the path to becoming perfectionistic overachievers.

These lessons were valuable on one hand, learning not to daydream on a sunny, Spring afternoon instead of doing the assigned math worksheet. But we may have gotten stuck in the need to be always right. We don't like being wrong because that might mean something is wrong with us. We insist on our "rightness" even in the face of proof to the opposite because it makes us feel intelligent, virtuous and safe.

This attitude has social and psychological consequences. Holding tightly to the feeling of being right means that we can't admit that our spouse may have had a point when he insisted on putting an unexpected bonus into a safe investment rather than the stock market, even if that proves to have been the smartest move. Insisting on being right builds walls of resentment and makes for a reputation as a know-it-all, or worse, a bully. Clinging tightly to our "rightness" means that we close our ears to the other side of a political debate and, in fact, leads us to demonize the

Dear Vicki,

At work, I vouched for a provider who ended up not delivering up to expectations. The mistake caused inconvenience, but no financial consequences to the company, but I'm disappointed in myself. I was so certain I was right that I ignored some red flags and even some objections from others. Seems like I shouldn't be so bothered by this—but I am. What's up with this?

other side of the aisle. This can cost us friendships and prevent any spirit of collaboration or compromise.

More deeply, these internal feelings of being right are an unreliable reflection of what is actually going on in the world. Reality is more fluid and more nuanced than what we simply feel by looking through the subjective lenses of our own eyes. When we refuse to even consider that we may be wrong, we end up hurting ourselves, others and sometimes, our environment or community. We also close ourselves off from the possibility of wonder. There is a whole world out there and so much to discover. It is a wonder-filled world—if you can admit that you have something to learn.

Let up on the self-criticism. Making mistakes is part of being human. If you think about it, all of our books and movies are about people who made mistakes. So, the next time that urge to insist you are right grabs you, take a deep breath, relax and say, "Hey, you may have a point. I may be wrong. Let's talk about it."

For an excellent video on mistakes, check out: www.ted.com/talks/kathryn_schulz_on_being_wrong

Some days it's just a bad day, not a bad life.

Dear Vicki,

My friend, call her Sue, has lots of opinions about my life now that I'm a widow. She's been widowed for quite a while and considers herself to be the voice of experience. Well, yes, but it is her experience. Not mine. She can be very pushy. Short of ending the relationship, which I don't want to do because we are neighbors, how can I get her to back off?

a roll, thank her and change the subject to redirect the conversation. Example: "Thanks for that information, Sue. I'll keep it in mind. Hey, did you know there's a new restaurant opening up downtown?" If Sue returns to the same old saw again, a more direct approach may be needed. I find that warmth can often soften a firmer boundary: "I really appreciate how much you care and know you have a lot of experience in being a widow. I need to make this decision in my own way, but I do value your input." Then change the subject.

What if this still doesn't work? Then, employ a blunter approach: "Thanks, Sue. I hear your concern, but I'm uncomfortable in debating this. Let's just agree to disagree and get on to lighter things we both enjoy discussing." Holding your line and keeping your interactions short and pleasant should help her back off and help you get a little breathing room.

As irritating as this can be, it helps me to remember that pushy people are really just insecure and want to feel safe and appreciated. Sometimes, I purposely ask them for a recommendation or piece of small advice I know I can use and that they will enjoy imparting. Often just that little positive regard will be all they need to settle down, feel validated and let you live your life in peace!

Vicki Duncan is a licensed professional counselor and welcomes your questions. She can be reached at Victoria2Write@aol.com

PUSHY FRIEND

Well, maybe she'll read the answer to the previous letter. But people who are as insistent as Sue often are compensating for feelings of inferiority and may not see themselves as being pushy or opinionated. They just think they are right and have your best interests at heart.

You need a plan! Being practiced in the art of changing the subject is a helpful skill. Always have in mind something that can be used as a conversational traffic light. When Sue gets on

A TISKET, A TASKET, WHAT'S IN YOUR BASKET?

By Penelope Folsom

Easter, although well into April this year, is already sneaking up on us. Are you ready? It's not just for kids. Anyone can get an Easter basket, including your grandmom in a nursing home, the guy alone next door or as an anonymous gift left on the doorstep of a lucky recipient. The basket can be stuffed with lots of different goodies or a theme basket such as one focused on gardening or cooking.

Here's a quick-and-easy list of a few creative ideas that could work - something other than the usual sugar treats:

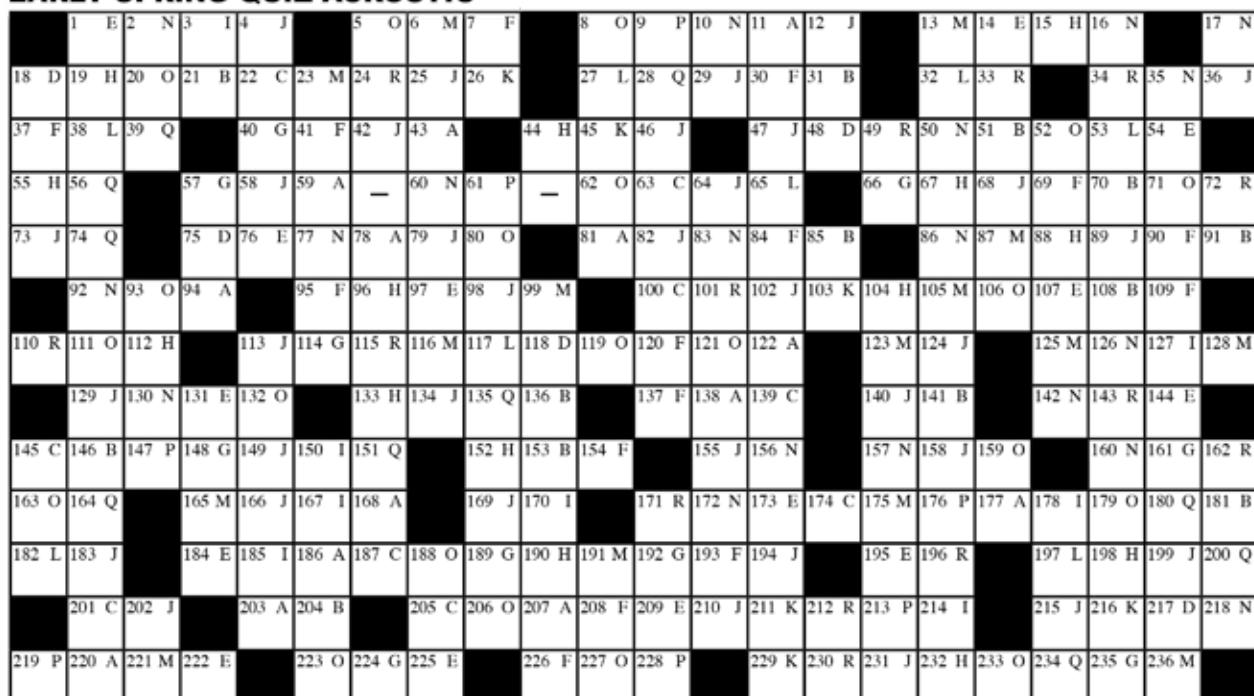
- Tickets to a movie, play or exhibition.
- Small potted plant or flowers such as pansies that can be planted in the garden.
- Bubbles are fun for anyone.
- Blank notebooks.
- Gift card to a favorite store or restaurant.
- Natural soaps or small tubes of hand cream.
- Games such as "Bananas" or any card game.
- A gift card to iTunes is fun for anyone with an iPod.
- A year's subscription to a magazine that reflects their special interest.

- Jewelry such as plastic bracelets for kids or a bit of serious "bling" for an adult.
- Wooden spoons with jars of interesting herbs and spices.
- Seed packets of flowers such as bachelor buttons or forget-me-nots or pumpkins for kids.
- Paperback or small novelty books.
- Fresh fruits, pastries or an interesting box mix.
- Any type of ball -- even adults can enjoy a game of catch.
- Pack of mechanical pencils, pens or markers.
- Small jigsaw puzzles.
- Age-appropriate crossword puzzles.
- Art supplies including sketch pens and pads of paper

Try tucking any of these items or a combination of a few into an interesting basket, or a beach pail for a child, or a colorful watering can for the gardener or even a straw hat filled with decorative colored grass.

Whatever you choose, a container filled with goodies is fun for anyone.

EARLY SPRING QUIZ-ACROSTIC



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Directions

1. Read the definitions and supply the correct words over the numbered blanks.
 2. Transfer the letters to the corresponding squares in the diagram.
 3. Reading left to right, the completed diagram poses a trivia question. Words are separated by black squares.
 4. Reading down, the first letters on the numbered blanks give the subject category followed by the answer to the trivia question.
- A. Aquarium resident (2 wds.) 81 186 59 203 168 11 138 207 122 43 94 220 78 177
 B. Animation technique (2 wds.) 108 31 146 204 51 85 136 70 153 141 21 181 91
 C. Offended 201 145 139 187 63 22 205 174 100
 D. 1930 Nobel prize winner, physics 18 118 217 75 48
 E. Leno's onetime nemesis (2 wds.) 225 14 209 107 54 76 97 173 184 144 222 131 195 1
 F. 1937 Pulitzer Prize novel (4 wds.) 95 137 109 7 226 120 84 41 193 69 208 30 37 90 154
 G. Explanatory note 66 192 224 57 40 189 148 161 114 235
 H. Dictionary giant (hyph.) 190 112 67 96 19 152 15 44 198 55 232 133 104 88
 I. Feelings 150 3 185 178 127 170 214 167
 J. Sherman Brothers' double-speak 46 82 113 4 64 68 158 25 166 124 231 98 129 140 183
 K. Appetizing 73 89 134 58 202
 L. Easily accomplished task 211 45 229 216 103 26
 M. Wordsmiths' "handbook" (2 wds.) 38 182 65 53 197 32 117 27
 N. Of top priority (6 wds.) 175 123 13 191 125 105 99 6 221 128 23 87 165 116 236

Quiz-Acrostics

Books 1 and 2,
published by
Puzzlemom, are available
at amazon.com
Sheila can be reached
at acrostics@aol.com
or visit her web site:
www.quiz-acrostics.com

- O. Solanum dulcamara (2 wds.) 50 172 86 10
 P. Fool 8 233 121 71 206 119 106 62 163 132 5 188 179 20 93
 Q. LSD (2 wds.) 52 159 111 223 80 227
 R. King of Rock 'n' Roll (3 wds.) 228 219 147 61 9 213 176
 200 180 135 28 56 74 234 39 164 151
 230 34 162 171 33 110 143 72 115 101 24 49 212 196

TINY DYNAMOS IN THE BAY

By Henry S. Parker

They're minuscule, so small you need a microscope to see them. They can't swim, glide or dive. Most would find their sex lives boring. They won't grace the cover of a popular magazine, and they'll never end up on a sushi platter. They're at the bottom of the ocean food web, essentially fodder for larger sea creatures. Even their name—phytoplankton—is a mouthful.

Yet these one-celled, photosynthetic, aquatic organisms may be the most important life forms on earth. They deserve our appreciation, and our study. They're far more alluring than they seem at first glance. And their future may be in peril.

THE TEEMING SEAS

Phytoplankton are staggeringly abundant. A single quart of seawater may contain a million cells. Worldwide, they likely outnumber the stars in the known universe. Because they need light to grow (photosynthesis requires light energy, carbon dioxide and water), they live only in a thin layer at the ocean's surface, where the sun's rays can penetrate. But they thrive in shallow, well-mixed coastal waters like Chesapeake Bay where nutrients are plentiful. You can see this for yourself, especially in the Spring and early Summer when local waters may resemble a brownish-green soup that nourishes the estuary. As a fundamental food source for other marine life, phytoplankton undergird the Bay's status as a giant seafood factory and one of the most productive water bodies on earth.

THANK YOUR LOCAL PHYTOPLANKTON

With every breath you take, you can be grateful for phytoplankton. They produce one-half to three-fourths of the world's oxygen—a byproduct of photosynthesis. Their huge numbers and high productivity fuel most of the life in the sea. They play a key role in the global carbon cycle, removing vast quantities of the greenhouse gas, carbon dioxide, from the atmosphere and "storing" it in the oceans as organic matter. Mostly because of phytoplankton, the oceans contain 50 times as much carbon as the atmosphere, and absorb about 30 percent of the carbon dioxide released from burning fossil fuels and other human activities. Without phytoplankton, our world would be much warmer.

So maybe they won't make a popular magazine cover, but phytoplankton are gorgeous. If you viewed a sample under a microscope, you'd see a beautiful array of symmetrical forms, some looking like tiny torpedoes, others like baubles and beads,

still others linked together like jeweled chains. One especially abundant group, the diatoms, have shells made of silica, literally living in glass houses.

Now, about their sex lives. By and large they reproduce without benefit of a partner, either by splitting in two or shedding tiny spores. That *asexual* process might sound boring, but they're not averse to mating: two cells may fuse together to produce offspring. Not exactly fifty shades of gray, but it works for them.

PHYTOPLANKTON IN PERIL?

... WE'RE MORE INFORMED
ABOUT THE SURFACE OF VENUS
THAN ABOUT THE VAST MARINE
ENVIRONMENT THAT NURTURES
AND SUSTAINS LIFE ON EARTH

What if the phytoplankton disappeared? Would oxygen drop to life-threatening levels? Would atmospheric temperatures soar? Would ocean productivity plummet? These scenarios may not be far-fetched.

In 2010, scientists at Canada's Dalhousie University came to an alarming conclusion: The global population of phytoplankton had dropped by 40 percent since 1950. The researchers blamed rising sea surface temperatures caused by human-induced global warming. Subsequent studies questioned the extent of the decline, and scientists are debating the precise causes and the ultimate consequences of the reduction. Regardless, there is strong consensus that ocean plankton populations are dropping and that the changing climate is implicated.

PHYTOPLANKTON AND YOU

You won't soon find yourself gasping for breath, making plans to move to the poles, or selling your car to afford increasingly scarce seafood, but phytoplankton numbers are falling and we are all affected. Fortunately, we can do something about it.

Our most consequential role? *To be strong advocates for expanded marine research.* We need much better information about the extent, causes and consequences of phytoplankton population declines. In turn, this can lead to effective mitigating actions.

Currently our investment in marine research is woefully small—a drop in the bucket of federal government expenditures. The oceans make up more than 70 percent of the earth's living space, but we spend more on space exploration than on studying the seas. No wonder that by some accounts, we're more informed about the surface of Venus than about the vast marine environment that nurtures and sustains life on Earth. We can no longer afford this neglect. Our future may hang in the balance.

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

Photo credit: Richard Kirby. Source: <https://www.smithsonianmag.com/science-nature/vanishing-marine-algae-can-be-monitored-from-a-boat-with-your-smartphone-2785190/>



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