

Complimentary

Spring 2019

OutLook

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

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THE SWEET STORY BEHIND
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Letters to the editor

PRESIDENTIAL LIBRARIES

Enjoyed Kathryn Marchi's article on the presidential libraries, in fact my husband and I plan to visit Lincoln's this year. Since it wasn't included in your article, I wanted to mention the Woodrow Wilson Museum and Library in Staunton, Va. It is definitely worth the stop.

Val by email

GARDENING

Congratulations on another great issue of *Outlook*. As I recently moved to North Carolina, I enjoyed the articles on gardening, especially the ones on planting pansies and shrubs, particularly lilacs and azaleas. I am excited about planting my own flower garden. Thanks for yet another great issue.

Thanks

Nancy S., by email

KATER

The latest issue of *Outlook* is great! Really neat stuff. Hope I have time to read it all. I'd like to meet the mysterious Kater. We could use her help!

Steve K., Port Washington, N.Y.

EDITORIAL

So many interesting articles -- you give the reader a wide array of articles to choose from, and your "From the Desk," leadoff article is always positive.

John H., Cedar City, Utah

Bay Bytes

Looking for a new home for your used or even broken electronics such as a phone, computer or iPad? Log onto **Kiiboo.com** They will send you a box and pay for the postage and send a check when the transaction is complete. There's an 18 percent consignment fee and if your treasure doesn't sell, it can be donated to charity.

Bay Bytes

Looking to identify some unknown pill? Log onto **www.webmd.com/pill-identification/default.htm** which has pictures and includes a drug interaction section.

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On the Cover:

Shirley Insley, seen on the cover, grew up on a tobacco farm in Upper Marlboro where she attended classes in a one-room schoolhouse. She later traveled the world with her military husband. Joe Janos, her biking companion, grew up in Eastport, and after 34 years, retired from the phone company. He now enjoys his family and friends. Both are living at Gardens of Annapolis where they have been enjoying an active and fun life.

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Subscriptions	S. Hill OutLookbytheBay@aol.com \$24.95 per year (monthly - 6 issues)
Contact	OutLook by the Bay 210 Legion Ave. #6805 Annapolis, MD 21401 410.849.3000

ISSN#1948-044X

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

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FROM THE DESK



May 1, 2019, marked a milestone as we celebrated the successful completion of the 12th year of *OutLook by the Bay*. A stellar magazine, according to our readers. It's a remarkable accomplishment. We've enjoyed putting it together as much as our readers have enjoyed reading it. And while recently celebrating this milestone with a few friends, one of our favorite writers asked if I was going to continue *Outlook* forever. That gave me pause. My reply was that the fountain of youth had not yet been discovered so the answer was no, not forever, but I hadn't given it much thought beyond that. The question did prompt me to more seriously ponder what will come next. No, this is not a forever project. But wouldn't it be great to see our very popular publication continue in the hands of someone who would provide the same quality articles to those of us in the Bay area as we navigate our advancing years.

Outlook was founded all those years ago on what we have called "a mission for a generation." That mission's goal has been to serve our readers who are newly retired, thinking of retirement and those who are entertaining a whole new and maybe challenging phase of their once over-scheduled and well-managed lives. This phase, often referred to as the "third act," can present lots of new paths to follow that may not have been open earlier. It can be the most interesting, exciting, satisfying, enjoyable and comfortable phase of a productive and busy life. Through our publication, we jumped in to be part of this grand adventure with the assistance of our very skilled and talented writers. They're the folks who have contributed so many creative thoughts, ideas and advice through their columns and articles. We congratulate them on their successes. Thanks to those many writers, our readers have been supported with information, personal values, entertainment and encouragement, which are found throughout *Outlook's* pages.

The readers of *OutLook* are a tough group, by the way. They are extremely well-informed, have stellar backgrounds and have accomplished much, yet they continue to be curious about what else is out there. So after that celebratory gathering, it's time to clarify our thoughts for those readers while asking for help and ideas to continue on this generational mission. The goal would be to find a way to ensure that the publication continues by serving the next generation, as that generation finds itself wanting to know what's available, whether its pursuing a healthy lifestyle or anything else they're curious about for this new phase of life. Perhaps there's an interest out there in continuing this mission to inform and entertain people at this fascinating point in their lives. If so, we invite you to contact us to share suggestions.

Our thought is that the future could include a different, maybe more creative group at the helm, who could infuse more ideas in an already successful venture. We're always available to hear your thoughts and ideas, and would be glad to chat as we negotiate this next phase. Thanks for being part of our continuing success. It's been very satisfying and rewarding, and we look forward to hearing from you.

Tecia

Bay Bytes

For an up-to-date and complete analysis of positions (often seasonal) with the National Park Service, log onto <https://thriftnomads.com/how-find-national-park-jobs-usa/>

CELEBRATE SPRING WITH THE POTPOURRI OF PLANTS AT THE ARBORETUM

By Leah Lancione

The U.S. National Arboretum, managed by the Department of Agriculture's Agricultural Research Service, opened in 1927. Located in Northwest Washington, D.C., the 446 acres are replete with gardens that include trees, shrubs and flowering plants—from azalea, boxwood and daffodil, to day lily, dogwood, holly, magnolia and maple. Open every day except Christmas, from 8 a.m. to 5 p.m., the arboretum features aquatic plants, Asian collections, the Fern Valley Native Plant Collections, a Flowering Tree Collection, Friendship Garden, the National Capitol Columns, the National Grove of State Trees and the National Herb Garden. The arboretum is also the site of many plant research projects and conservation efforts. Admission is free though specific symposiums, workshops, lectures or exhibitions may require advance registration and a fee.

The not-to-be-missed herbarium holds a collection of more than 650,000 samplings of dried pressed plants from around the world. The arboretum is also home to Grass Roots Initiative. The four-year, science-based study is on turf grass. Visitors can learn about the science, history and care of grass. General lawn care information and tips are provided.

The arboretum has a full calendar of events throughout the year. Here are some of them coming up this Spring and Summer:

May 5-June 2 Bonsai Bling: Azalea Bonsai in Bloom. This

annual Spring exhibit showcases the breath-taking Satsuki azaleas in the Bonsai & Penjing Museum (special exhibits wing).

May 11 The 9th Annual World Bonsai Day will be commemorated in the National Bonsai & Penjing Museum.

May 18 (10 a.m.-noon): Natural Dyeing with Indigo and Kitchen Compost is an *herban lifestyles* program held in the Visitor Center Auditorium. Registrants will have the opportunity to take part in a hands-on workshop and leave with two small pieces. Registration and a fee is required.

July 13 (10 a.m.-3 p.m.): Bonsai Basics with Tropical Trees class in the Bonsai & Penjing Museum (Yoshimura Lecture & Demonstration Center). Tools, trees and equipment will be provided. Registration and a fee are required.

Special programs aside, the arboretum is a perfect way to spend a Spring day with walking trails and endless exhibits. There is no food service on the grounds, but bring a picnic and enjoy it at one of the picnic tables. For more information, directions or an interactive plant finder and map, visit www.usna.usda.gov/

And for an evening adventure, log onto www.fona.org/events/fullmoonhikes/ to discover the Full Moon Hikes, which are available at different times each month. But be aware these aren't walks, they're hikes of about three miles. Reserve early, they sell out quickly.

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Gift Ideas

FOR PEOPLE WHO HAVE EVERYTHING - OR DON'T

By Kimberly Blaker

It doesn't matter whether it's your parents or spouse, some people are just difficult to buy gifts for. How many shirts or bottles of cologne can you dole out to a person before those gifts come to feel like worn-out consolation prizes? This year, with both Mother's Day and Father's Day looming on the horizon, why not do something different? Why not treat those on your gift list to something that'll elicit surprise and enthusiasm for your thoughtfulness.

Gadgets. A person can never have too many of these. How about a Bluetooth speaker or headphones, multidevice charging valet, night vision binoculars, heated ice scraper, smartphone Wi-Fi storage, espresso maker or wireless TV speakers?

Sporting event tickets. Whatever your gift recipient's favorite sport, a pair of tickets, particularly to the home team's chief rival, is sure to be a hit.

Concert tickets. Whether the man or woman on your list is a rocker or symphony fan, a pair of concert tickets will be a sure pleaser, especially if you can swing the best seats.

Massage certificates. This luxury is sure to please anyone and can be fairly inexpensive through **Groupon.com**

Chef supplies. Who says kitchen appliances and gizmos are for women only? Plenty of men love being head chef these days. Regardless of gender, if the person on your gift list loves the kitchen, consider a top-quality butcher block knife set, rotisserie, food processor, blender or crockpot.

Remote car starter. This is an excellent gift for both hot and cold climates. With a remote starter, your gift recipient will be able to heat or cool the car before stepping out into unbearable temperatures.

Magazine subscription. Whether the person you're buying for is a sports fan, outdoor person, world traveler, hobbyist, professional or business owner, there's a magazine out there for every niche.

Record player and LPs. These are again gaining popularity. Collectible vintage record players to brand new ones can be found online in all price ranges. Look for LPs at brick-and-mortar vintage record stores, antique malls or online.

Audiobook subscription. If the person on your list loves reading, but doesn't have the time for it, an audio subscription may be the perfect alternative. Your gift recipient can download books to his or her smartphone or iPod and listen while working out or on the drive to work.

Music download subscription. It's nearly impossible to have too much music. Subscriptions for music downloads can be found at Amazon, Napster, iTunes, eMusic and Spotify, to name a few.

Annual nonprofit membership. Make the person on your list a card-carrying member of the National Audubon Society, Earth Policy Institute, Republican National Committee, Democratic National Committee, National Coalition for the Homeless, American Humane Society or whatever organization appeals. Memberships to most organizations include periodicals, among many other benefits.

A trip or weekend away. This gift could be as simple as a weekend nearby for some rest and relaxation to a week-long trip to a favorite destination. Keep your eyes out for travel deals at Travelzoo, Travelocity, Google Flights, Airfairwatchdog and Kayak.

Museum membership. Is your gift recipient an art enthusiast or history buff? If so, look into museum memberships in your metropolitan area. In addition to free entrance, museum memberships typically offer extra perks such as entry into special exhibitions, discounts on special events and periodic newsletters.

Kimberly can be contacted at kimberlyblaker@gmail.com

Bay Bytes

If you have something to sell that you don't want to ship because it's too large or costly, log onto **www.5miles.com** Part of Craig's List. It serves a similar purpose.

As a part of Memorial Day observations this Spring, an Annapolis orthopedic physician, Dr. Sean Mulvaney, will be providing a new procedure free to Special Forces veterans. It's recognition of the fact that orthopedic problems are inevitable for our servicemen and women.

Some background: These injuries impose a major public health problem that can lead to restricted career choices or discharge from the military. Military personnel are generally at greater risk of suffering certain bone, joint and muscle injuries compared to civilians. The first line of treatment is physical therapy and steroid injections. But when these options are no longer effective, or the patient is not ready for major, invasive surgery, the use of micro-fragmented fat is a fresh new option that is supported by strong scientific and clinical evidence. Cleared by the Federal Drug Administration, this medical technology uses a patient's own fat tissue and injects it into troubled areas to support the repair and healing of injured or damaged tissue.

ANNAPOLIS DOCTOR DONATING NEW PROCEDURE FOR VETS

By Mary Laurence

Leading orthopedic doctors across the country have come together to donate the procedure to qualifying, honorably discharged or retired veterans and active duty military. The program is called "A Special Operation for Our Special Forces." On Friday, May 17, Dr. Mulvaney, one of the country's most distinguished military physicians, is providing the free procedure at Regenerative Orthopedic & Sports Medicine (ROSM) in Annapolis.

Dr. Mulvaney is able to use a device to clean the fat that has been harvested from the patient's belly. Once contaminants are removed, he can inject it into the injured area. The procedure is minimally invasive, uses only a local anesthetic and can be done in an hour in the doctor's office. For patients with multiple injuries, the fat from one harvest can be used in multiple areas in the same setting. In the case that patients do need surgery, micro-fragmented fat can be used alongside of it to support the healing process.

The healing potential of fat has been studied for decades. Fat has important reparative cells and structural tissue that can provide cushion, and support the healing process. Fat has a high concentration of reparative cells and *maintains* its reparative properties as you age, unlike similar tissue. A clear advantage of using a patient's tissue is the reduced likelihood for rejection and infection. Fat's debut in orthopedics could be just

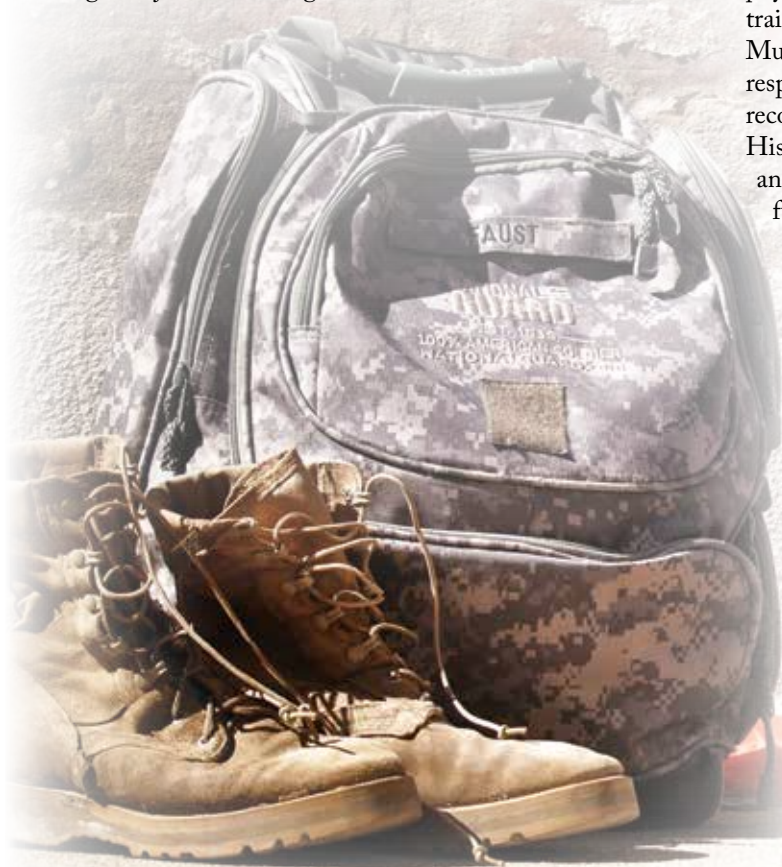
the beginning for this amazing resource.

Micro-fragmented fat is offered by leading orthopedic physicians from the best institutions, with roughly 200 highly trained physicians qualified to perform the procedure. Dr. Mulvaney is happy to be one of them. He is an internationally respected sports medicine and pain physician with an impressive record of service within the nation's Special Operations community. His credentials include 31 years in the military as a Navy SEAL and as an Army physician. Dr. Mulvaney continues to help train future physicians at the Uniformed Services University Health Center in Bethesda, where he is an associate professor of medicine. He currently sees patients at ROSM in Annapolis.

"Being on the forefront of research and technology is important to me," Dr. Mulvaney said. "After serving in the military for the past 31 years, I am committed to delivering ethical and quality care to my patients. I still keep the principles that I learned from the military. I do my own research and fully evaluate technologies before I offer them to my patients. I only offer technologies that have strong scientific evidence."

For Dr. Mulvaney, major invasive surgery is never an automatic assumption for a new patient. "We need to get to the root cause of why you got injured in the first place and address it. If you have a movement disorder, a weak core, or are faced with repetitive stressors, we need to discuss strategies to keep the injury from returning."

Dr. Mulvaney says that if applicable, his first consideration with any patient is physical therapy. Only after that will he suggest other options, fat being among them.



THE RETURN OF THE BOOMER OFFSPRING

By Kathryn Marchi

Much has been written about how the Great Recession of 2007-2009 sent young adult children back to the family home after trying it on their own in the real world. The name "Boomerang Kids" was given them. To be sure, it was a tough time: lack of jobs, inflated housing costs, excessive student loans and credit card debt. Some worked their way out, but others languished, frustrating themselves and their parents.

Even post-recession, the trend of moving back home continues and many of the same reasons can still apply. But, according to current data, the two main reasons "Boomerang Kids" move back in with parents today are to save money for purchasing a home and divorce or breakup. Pew Research Center found in 2016 that 19 percent of the population in the United States had moved back into the family home, creating what we now call "multigenerational living."

Multigenerational living, defined as two or more adult generations living under the same roof, is not a new concept. Parents and their grown children and families have lived together in one dwelling in both Western and Eastern cultures. But in the United States, this trend changed after World War II when rising affluence and a mobile society encouraged the nuclear family. It was understood that grown children cut the "silver cord" and moved out into their own homes. Their parents either decided to "age in

place" or downsize to a simpler, more manageable living space. Much thought was given to a one-floor arrangement with an extra room for a possible live-in helper. After all, due to great strides in medical science, folks were living longer and age-related health changes were inevitable.

Families with this arrangement have said that they are actually enjoying getting to know their adult children in a different way.

Little did folks know that one day their empty nest would be full again. Along with the young adult children coming home, it is now being reported that Generation X adults (those born between 1960 to mid 1970s) are now returning to their parents' homes. How could this happen? We thought all was well and they were in sync with the world order by this time. These are not kids, they are mature adults and their reasons are finances, divorce, illness, job loss or life style changes. It can happen to anyone.

Please don't despair. It's possible this may not be such a bad thing after all. It may be the best "multigenerational living" arrangement you will find. Families that I have spoken to about this are happy to share their experiences:

A job loss brought one man home temporarily, but when one elderly parent became ill it was apparent that they needed their son to stay in order to help around the home -- chores, shopping, pet care, maintenance. He provided a much needed sense of security and assistance. That "extra room" was very handy.

Another family with small children came home to live, though temporally, during a home building project. The young couple took over the cooking and yardwork and the grandparents delighted in getting to know their grandkids even better.

One woman developed an illness and had to relocate to an area where treatment could be obtained; it just happened that her parents lived near by and had that "room" available. She moved into the family home, found suitable employment, and is receiving her treatments. This arrangement provides double security for all concerned.

It doesn't have to be a family member to participate in multigenerational living. One widow who chose to "age in place" had an empty



apartment over her garage. It happened that a middle-aged man needed a place to live so she offered him the space at a lower rate in exchange for house and gardening help.

Often a divorced adult child with children will move in with parents. Couples with children also make the decision to move into the family home, especially when an elderly parent passes away, leaving the partner alone. These situations can result in free child care, in exchange for help with the family home and finances. An added benefit is that children are surrounded and raised by a loving extended family.

Regardless of the situation causing multigenerational living, it is clear to see that this living arrangement can be satisfactory to all concerned. No longer self-absorbed young adults, these older adult children have matured and mellowed. More than likely they have had responsibilities with jobs and family so they are oriented that way and have settled into law-abiding folk. They are respectful of their parents' privacy and will most likely live independent lives. They are willing to pay their own way and take care of their personal requirements -- laundry, shopping, housekeeping, cooking and schedules. And one important aspect that really needs mentioning is that another person living in the house provides the security of having someone in place in case of

an emergency -- health or otherwise.

If families decide to try multigenerational living, either by choice or circumstance, there are, however, two caveats: There will be a loss of privacy for all parties. One family said that when that issue arises, they don't stress about it; they consider what is best for their family. The other issue is that a parent can subconsciously take on the role of "parent" again. It's only natural, but can cause unneeded conflict. The secret to avoiding both of these is to acknowledge that the parties are all adults and should respect that status in daily living. It may not be easy at first, but working together, along with an occasional family meeting, can address any issues as they arise.

Depending upon personalities and previous relationship issues, multigenerational living may sometimes not work well at all. Before this type of living arrangement becomes permanent, boundaries should be discussed and a trial period agreed on.

To be sure, it takes the cooperation and sensitivity of all concerned. But the families I spoke with told me that they are actually enjoying getting to know their adult children in a different way. They felt that the mutual benefits far outweigh any problems that may arise.

It certainly can be a "win-win" situation.

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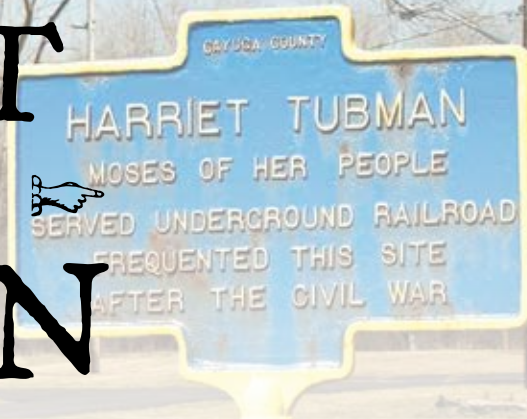
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Caring For Life

HARRIET ROSS TUBMAN



By Ellen Moyer

She was called the "Moses of her People." A woman of uncommon courage with a passion for freedom, Harriet Tubman was born a slave in Dorchester County on Maryland's Eastern Shore in 1822. During her life before the Civil War and her escape to Philadelphia from a plantation on the Blackwater River in 1849, Tubman would return to Maryland 13 times to lead 70 friends and family to safety in the northern Colonies or Canada.

With a bounty on her capture of \$40,000, Harriet Tubman returned repeatedly to Maryland to successfully rescue and guide family and friends through the network of safe houses along the Underground Railroad. It is estimated that by 1850, 100,000 slaves had escaped along the Underground Railroad established by abolitionists early in the 19th century. This exodus led to The Fugitive Slave Act of 1860. Canada then became a destination for rescued slaves.

For runaway slaves of Dorchester, it was a perilous 125-mile journey to the first stop of Philadelphia.

Dorchester County is about 50 percent water, a land of creeks off the Choptank, Blackwater and Honga rivers. It's an area of wetlands and marshes and water snakes and mosquitos. Today Blackwater National Wildlife Refuge occupies 28,100 acres of the county. If you have ever been to Blackwater, located southwest of Cambridge, it would be hard to imagine traveling in the dead of night through swamps that defied dogs determined to find you. Thirteen times "Minty" conducted family and friends from a territory that years earlier had been the haven for Patty Cannon.

Cannon was a notorious evil and illegal slave trader. She was also the leader of a gang that kidnapped free blacks, killed their children and sold them in the South. Patty Cannon was captured at about age 70. As a suspected murderess, she subsequently died

in a Sussex County, Delaware, jail in 1829.

Needing space in a safe territory for her charges, Tubman purchased a home and property in Auburn, N.Y., from State Sen. William H. Seward in 1859. Seward, also from Auburn, and a strong opponent of slavery, was to become secretary of state under President Abraham Lincoln.

On March 25, 2013, Maryland Day, President Obama dedicated 480 acres in Dorchester County as a monument to the life of Harriet Tubman. The site and memorial museum was established under the nation's Antiquities Act, which was created by President Theodore Roosevelt 100 years earlier. It is managed by the National Park Service.

Tubman remained a political activist her entire life. During the Civil War she served the Union Army as a spy. She was aboard a ship in South Carolina in the battle of Combahee Ferry, a Union victory that saved 700 slaves.

After the war she was active with suffragettes and with raising money to aid freed men. Concerned about senior citizens, she established a home for aging widows. (Tubman died in the home in 1913 at age 91.) Her residence, home for the aging and the AME Zion Church in Auburn are also Harriet Tubman National Parks, which were established in 1974.

This Spring, Baltimore will begin free walking tours along the ancient Underground Railroad and sites of interest in the stories of Frederick Douglas and Harriet Tubman.

Tubman attempted her first rescue in Baltimore. Her niece Keeson Bowly and two children were to be auctioned off. It was arranged that her husband John Bowly, a free man, would bid on her. He did and hustled his family off to a

safe house before the auctioneer asked for the money John didn't have. Later in the dark of night a ship, arranged for by Tubman, left Fells Point with the Bowly family for Philadelphia.

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



**The Harriet Tubman
Underground Railroad
Visitor Center recently
opened in Church Creek.**

**It features exhibits, a film,
picnic facilities and a
knowledgeable staff.**

**The visitor center leads
to the Harriet Tubman
Underground Railroad
Scenic Byway.**





NAMING A TRUST AS YOUR IRA BENEFICIARY

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

Most people with individual retirement accounts (IRAs) name their spouse and children as the primary and contingent beneficiaries. There are reasons this may not be the best decision. To understand why it may not be the best decision, it is important to understand the basics of IRAs. Generally, an owner's funds in an IRA will be protected from his or her creditors, but a required minimum distribution (RMD) will not be protected. An RMD is the distribution that must be taken starting at age 70 ½, which is based on one's life expectancy. Once the distribution is made, that income is not protected unless state law provides otherwise. When the owner of the IRA dies, the beneficiary receives an inherited IRA.

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

If spouses inherit the IRA, they can: (1) create a new IRA in their name; (2) roll the inherited IRA into an existing IRA already in their name; or (3) leave the inherited IRA in the deceased spouse's name if the deceased spouse was younger than the surviving spouse so the payments can be stretched out for a longer period. If the spouse chooses option 1 or 2, the funds in the account will be protected. However, if the spouse chooses option 3, the funds would not likely be protected.

Moreover, if children inherit the IRA, they could stretch out the RMDs based on their life expectancy rather than their parent's life expectancy, or the child could take the money all at once. Either way, though, the funds would not be protected from

the children's creditors, which may include a bankruptcy court, general creditors, lawsuits and judgments entered against them. The Supreme Court decision also opens the door for Medicaid to recover against an inherited IRA since the federal law allows recovery against beneficiary-designated accounts.

Another reason to name a trust as the beneficiary of your IRA is to protect government benefits for a spouse who may require or is currently receiving long-term care Medicaid benefits or a disabled child receiving benefits. If those individuals were to inherit even a small IRA, it could disqualify them from continuing to receive benefits. Depending on the amount of the IRA, that may or may not matter, but it pays to be aware of the consequences of such action. Similarly, if a designated beneficiary (1) is a spendthrift, (2) has a drug, alcohol or gambling addiction or (3) has creditors, or any number of other issues, naming a trust could be beneficial to preserve the funds so they are not depleted quickly.

However, if the Internal Revenue Service deems a trust the owner of the IRA, the IRA must be paid out over a five-year period. The IRS will not consider a trust the owner or beneficiary of the IRA if four requirements are met: (1) the trust is irrevocable as of the decedent's death; (2) the trust is valid under state law; (3) the trust identifies "human" beneficiaries; and (4) the trustee provides a copy of the trust to the plan administrator or custodian within nine months of the date of death. If there is the possibility that a non-human (say a church or charity) can become a beneficiary, then the five-year payout rule applies. As long as the above requirements are met, the trust will be considered a "see through" entity and any distributions paid to the beneficiary of the trust will be taxed at that beneficiary's income tax rate.

Also, the trust can be drafted in a way that maximizes the payout to the beneficiaries. Likewise, it is important to decide how the RMDs payable to the trust will be handled. Giving the trustee the authority to decide whether to make distribution to the beneficiary or to continue to hold the RMDs in trust provides more flexibility and creditor protection for the beneficiary. Depending on your situation, a trust might be the better choice for your IRA beneficiary designation.

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A Fair TO REMEMBER

By Kater Leatherman

Nineteen sixty-four was a pivotal year in American history. President Lyndon Johnson did what JFK wasn't able to do -- get the Civil Rights Act passed. The Beatles landed on American soil and debuted on the Ed Sullivan Show. Plans to build the New York City World Trade Center were announced. There was the Berkeley Free Speech Movement, The Freedom Summer and

children and teenagers, it was a more optimistic, innocent time before the country was traumatized by the civil rights strife and the war in Vietnam.

More than 50 million people came through the gates over two six-month seasons: April 22-Oct. 18, 1964, and April 21-Oct. 17, 1965. Public spaces, pavilions, restaurants and displays from exhibitors all around the world were spread out on 646 acres. "Peace Through Understanding" was its theme with the symbol being the great Unisphere, a steel globe 12 stories high that still stands today. For those who attended, the cost to get in was \$2 for adults 13 and older (equivalent to about \$16 now) and \$1 for children ages 2-12.

Visitors could take the subway on the #7 train which cost 15 cents from Times Square to Flushing Meadows Park; its ad slogan was "part of the fun of the World's Fair is the subway special that takes you there." Once inside, modes of getting around other than on foot included a motor train to get an overall view of the fairgrounds. Other rides included the New York State Pavilion with its "Sky Streak capsule" elevators in three observation towers (the tallest at 226 feet high), the Swiss Sky ride that traveled the international area, a boat ride which was part of the UNICEF exhibit, the Monorail, and a nine-minute simulated "helicopter ride" to view a miniature version of New York City.

Highlights included the Eastman Kodak's Pavilion, which offered five photographs that were 30 by 36 feet in size (it was one of the first pavilions to be demolished after the fair was closed) and New York State's "Tent of Tomorrow" Pavilion designed by renowned

architect Philip Johnson. There was the official unveiling of the Ford Mustang by Henry Ford II and a visit from President Johnson, who delivered the address on opening day.

Other popular attractions included the Illinois Pavilion featuring an audio-animatronic, Walt Disney-created, six-foot, 4-inch Abraham Lincoln in a dark suit with facial features based on an actual mask of the president. At the start of a nine-minute performance, he got up from a seated position and walked toward the audience. The Florida exhibit showcased dolphins and seals performing tricks during a special show. The Maryland Pavilion offered an 11-minute motion picture recounting the Battle of Fort McHenry in 1812, a walk on the wharf and a 250-seat restaurant featuring recipes selected from cookbook author and wife of Maryland's governor, Mrs. J. Millard Tawes.

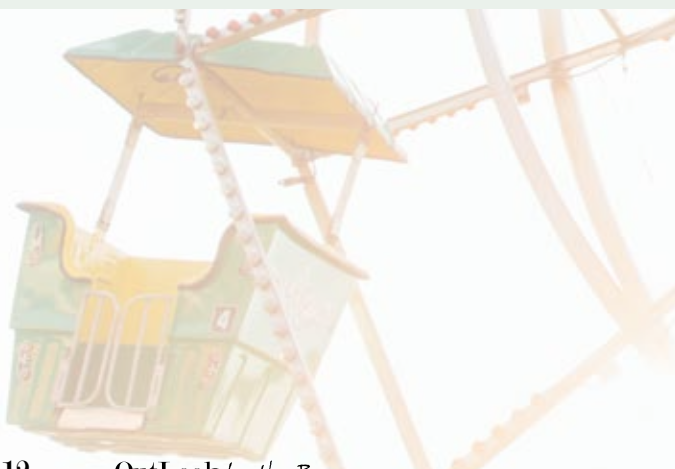
One of the most remembered of all the exhibits was the ride through the General Motors' Futurama, touted as "a journey for



author Ken Kesey and his Merry Pranksters traveled the country on their bus to further spread the word about LSD. And who can forget Muhammad Ali (formerly Cassius Clay) who, after beating Sonny Liston to be heavyweight champion, declared what would become a defining attitude to the world when he said, "I don't have to be what you want me to be. I'm free to be what I want."

Then a beacon of light came to Queens when The New York World's Fair opened five months to the day after President Kennedy was assassinated, while our country was still grieving. Remaining a touchstone for many baby boomers who attended as young

Most remembered of all the exhibits was the ride through the General Motors' Futurama -- "a journey for everyone today into the everywhere of tomorrow"





everyone today into the everywhere of tomorrow.” It included a man walking on the moon with lunar rovers gliding magically over powdered plains, an envisioned global weather station that was far below the Antarctic ice, deserts where waters are desalted and made fresh to nourish crops planted in the sand, a city of tomorrow featuring automated roadways that are safe, swift and efficient, landing ports for aircraft that can take off and land vertically, and a 35-story parking garage.

The 1960s were the Atomic and Space Age, so many of the pavilions reflected a futuristic architectural style. Johnson Wax used its logo to create the shape of their pavilion while US Royal had a tire-shaped Ferris wheel. The General Electric and IBM pavilions were more abstract, including the Westinghouse time capsule pavilion. Building materials, modern at the time, included fiberglass, plastic, stainless steel, tempered glass and reinforced concrete.

At dusk, a new fair presented its magical best. Everything glowed and glittered. Light shows and fireworks sprung from The Fountains of the Planets and the Tower of Light. In the

Vatican Pavilion, New York set-designer Jo Mielziner positioned Michelangelo's Pieta in front of a royal blue backdrop where the sculpture was illuminated with 400 flickering lights attached to a halo and suspended on strings.

Sadly, world's fairs don't seem to have the allure that they once did. Today, the focus is more about solving problems than achieving success. (The 1964 World's Fair embraced the advent of technology and the space age.) In the past, most who attended were wealthy or middle class people willing to travel with their families to see the spectacle. Now, almost everyone has a camera at their disposal. A quick search on the internet to see what lies ahead makes planning and taking a trip seem like too much effort. In addition, there is no profit for the hosting cities. (New York City lost millions of dollars on the 1964-65 fair.)

Still interested? The next World's Fair, or Expo, will be hosted by Dubai, in the United Arab Emirates, from Oct. 20, 2020, to April 10, 2021.

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Sugar and spice are *not* everything nice! Believe it or not, it's good to remember that sugar is bad for you. Dieticians and nutritionists have been communicating the dangers of sugar for years. Whether the public has truly grasped how detrimental sugar is and how it's hidden in almost everything we eat is the question. If you are concerned about good nutrition, it's alarming to hear that food manufacturers "fool" us into consuming their products and disguise sugars they include. For years, food manufacturers have done a good job of funding outreach campaigns that painted fat as the cause for the continuing rise in obesity and chronic diseases. Outside that food chain, other experts have made a good case against sugar.

The online health magazine *verywellfit* reveals, "Knowing that people are avoiding sugar, they (food manufacturers) have come up with lots of different ways to say the same thing." Thus, even if you are trying to reduce sugar from your diet, by avoiding desserts, sugary beverages or other sweets, get ready to memorize all the different names of sugar and be prepared to scrutinize food labels. Sugar is found in many pantry items you wouldn't expect—bread, peanut butter, spaghetti sauce, ketchup, barbeque sauce, salad dressing, and even things like sports drinks and granola bars.

The Academy of Nutrition and Dietetics explains that increased added sugar intake has been linked to dental cavities, obesity, Type 2 diabetes, heart disease and more. It is important to know that the added sugars, syrups and other caloric sweeteners may be called something other than "sugar" on a product label, making it difficult to trim down. "On an ingredient label, sugar may appear under many

names—more than 50 actually. Some of the most common include: cane sugar, evaporated cane juice, corn syrup, high-fructose corn syrup, raw sugar and crystal solids. And don't forget brown sugar, honey, maple syrup and brown rice syrup," the academy says.

The 2015-2020 *Dietary Guidelines for Americans* suggests consuming less than 10 percent of calories per day from added sugars. This guideline found at <https://health.gov/dietaryguidelines/2015/>

explains that when sugars are added to food and drinks to make them taste sweeter, it increases the caloric content without adding beneficial nutrients. In addition to the other names of sugar mentioned here, the guideline also identifies: corn sweetener, dextrose, fructose, glucose, invert sugar, lactose, malt syrup, maltose, molasses, sucrose, trehalose and turbinado sugar.

The documentary "Is Sugar the New Fat?" by Nigel Latta communicates the notion that sugar is largely responsible for the "worldwide explosion of obesity and some of the chronic diseases of our time."

Investigating the claim that sugar is toxic, Latta outlines the "anti-sugar message" of Dr. Robert Lustig, one of the biggest advocates against sugar. Lustig, a pediatric endocrinologist and professor at University of California San Francisco, wrote *Sugar Has 56 Names: A Shopper's Guide* and the most recent, *The Hacking of the American Mind: The Science Behind the Corporate Takeover of Our Bodies and Brains*, as well as others on the topic of sugar. In *The Hacking of the American Mind*, Lustig reveals that even if folks remove all the foods—like desserts—that we associate with sugar—from our diets, "it turns out we'd still be over our limit, because only 51 percent of the sugar in our diet is in the foods you'd expect."

Lustig believes that we're being poisoned by the sugar that is added to our processed foods. "Sugar's not dangerous just because of its calories, or because it makes you fat. Sugar is dangerous because it's sugar," he says, noting the many ailments caused by sugar—diabetes, fatty liver disease, tooth decay, obesity and heart disease, and then likens the addiction to it to substance abuse.

Similarly, in *The Case Against Sugar*, written by investigative science and health journalist Gary Taubes, the author explores the rise in consumption of sugar through the generations. He explains that as soon as it was introduced to a population, just like when it's

FINDING SUGAR IN DISGUISE


By Leah Lancione



given to a baby, it quickly became something people craved. In the chapter “Drug or Food?” Taubes explains that very little research on the addictive nature of sugar was done until the 1970s, but that it is known that “sugar does induce the same responses in the region of the brain known as the “reward center”— technically the accumbens—as do nicotine, cocaine, heroin and alcohol.

Taubes also confirms that manufactures have been hiding sugar in our food for years. He says, “From the 1980s onward, manufacturers of products advertised as uniquely healthy because they were low in fat or specifically in saturated fat (not to mention, “gluten-free, no MSG and 0 trans-fat per serving”) took to replacing those fat calories with sugar to make them equally, if not more, palatable, and often disguising sugar under one or more of the fifty-plus names by which the fructose-glucose combination of sugar and high-fructose corn syrup might be found.”

Fortunately, Healthline explains that we don't have to fret about the sugar that is naturally found in whole foods, like fruits and vegetables that contain beneficial nutrients. To learn diet tips for avoiding sugar as much as possible, check out *Zero Sugar Diet* by David Zinczenko, *Get the Sugar Out: 501 Simple Ways to Cut the Sugar out of Any Diet* by Ann Louise Gittleman or *The 21-Day Sugar Detox Daily Guide* by Diane Sanfilippo. You can also learn about the Sugar Busters! Diet on WebMD at www.webmd.com/diet/a-z/sugar-busters-what-it-is



The Healthline website lists various forms and names of sugar at (www.healthline.com/nutrition/56-different-names-for-sugar#section10).



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REBOOT YOUR ENERGY, DECLUTTER YOUR COMPUTER FILES

By Kater Leatherman

You may not want to believe this but cleaning out your computer files will make you feel better. If you wouldn't necessarily do it because they take up a lot of memory or you've run out of storage space, you should do it to clear out the old data to make room for the new. It's an energetic thing and we don't always know how it improves our mood, only that it does.

While computer files don't crowd our physical space, they can become disorganized and look so chaotic that we don't know what we have, or worse, we can't find things easily. Decluttering your technology will help remedy this problem.

This is not much different than going through an old box of memorabilia. It can be fun to go back and reread things you kept over the years, noticing what you've chosen to keep, and seeing how your life has changed. Emails also fall into this category. While you're at it, just for kicks, return the best ones to the person who sent them to you in the first place.

Begin by deleting your download

folders, unused programs and any applications that you will never use. Check for any files that you may have saved to more than one location. Let go of any YouTube videos and

movies that you have watched. Organize your music by genre. Go into your photo library and, while you're reminiscing through those thousands of pictures, delete any duds or duplicates. Press the delete button on any that don't love you back with a positive memory. And don't forget your contact list where you will surely find people who have died or names of people who are no longer in your life -- business or personal.

Just as you would with your paper files, organize your e-files. Create large, main folders, i.e., personal, to-do, work, current projects, etc., then create smaller, sub folders. A file naming system is important and should be meaningful. "Document" or "new folder" is too vague. Sometimes including a date is helpful, especially when you need to search for

something. If possible, avoid creating a miscellaneous file which is the place where you dump things because you don't know where else to put them.

Added tips include creating one large master folder on your desktop and, if you want, labeling it "desktop." This gives your screen a clean, visually uncluttered look when you open it. Choose an attractive desktop background, even a plain color, or change the one you currently have. Keep the screen and keyboard on your computer clean. Empty the trash at the end of the day and regularly clear your browsing history.

Decluttering your computer is a good thing to do on a rainy day, if you are temporarily bedridden, or need a project to take your mind off of something. This is an opportunity to get real with the fact that what you keep holding onto is not only taking up space in your computer, but crowding your head and impacting your productivity as well.

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... get real with the fact that what you keep holding onto is not only taking up space in your computer but crowding your head and impacting your productivity as well.



Are you winding down? There's so much more that you could do.



A Menagerie Of Comfort: PARROTS, FERRETS AND A CHAMELEON

By Elyzabeth Marcussen

As Alex Rose walked toward the common room of the Glen Burnie Health and Rehabilitation Center holding a pet carrier, the first thing she heard wasn't, "Hello!" or, "Hi, can I help you?" Over and over again, she was greeted with, "Does it talk?"

Admittedly, her parrot's beautiful green, red and orange plumage and head-bobbing dance begged the question. The answer is, yes, Jubilee, a 2-year-old Macaw, can talk, but not on prompt. Not yet. Macaws can live to the age of 80 and she is but a toddler who is still learning.

Rose handles Jubilee deftly, because she brings an interesting perspective to pet therapy. She has 41 different animals from all over the world that are part of her company, Ferrets and Friends Educational Entertainment. She also is a licensed graduate social worker with a master's degree in social work who has learned that certain animals' behaviors are perfectly matched to the needs of a hospice patient.

This became evident when Rose took Jubilee from her carrier. Jubilee was quiet and curious about the growing crowd who came to see a special guest of Hospice of the Chesapeake, patient Nelson Aten. After time spent walking about on a table, Jubilee climbed onto Rose's forearm, hopping on for the ride to Aten's arm. His grin, which was nonstop since the Macaw arrived, grew wider and his face lit up. "Hey, there, buddy," he said. Jubilee rubbed her beak on his shoulder. He gently patted her on the back.

Then he and his brother, Donald Aten, began to reminisce about the time Nelson had a raccoon and a squirrel as pets. Rose said that it is a privilege to be able to experience these

moments with her animals and patients. Not only does it create a memory, but it often brings up memories. "There is something sacred about it. It's a special time in their lives."

Rose came to Hospice of the Chesapeake through its partnership with the nonprofit organization Pets on Wheels. When she signed on as a volunteer, she was told to pick an organization to work with and was drawn to the nonprofit hospice and palliative care organization, thanks to a class she took on death, dying and bereavement while working on her master's degree at University of Maryland Baltimore.

Rose's expertise with animals and as a social worker helps her to choose from a rather eclectic menagerie the right type of pet to take on visits. Chameleons are small and easy to handle, whether someone is lying down in a bed or sitting up. Ferrets are easygoing, quiet and attentive. And then there is Jubilee, who is fast becoming a healing arts rock star.

"Alex Rose and her parrot have become famous among our clinical staff because of the excitement her visits spark," said Terri Fevang, Hospice of the Chesapeake's healing arts volunteer services coordinator. Just as with the organization's therapy dogs, the Ferret and Friends animals know when they are working, taking cues from Rose. They go through training and certification and must be able to safely respond to stimuli that could upset other animals who haven't been trained. And they pick up cues from patients, too, knowing when to be playful or when to be quiet and cuddly.

Fevang said there's a natural bond that exists between humans and animals that provides comfort and peace when very little else can. Families and staff report seeing patients who have been previously unresponsive smile, move and even speak during their visits with pets. "The impact of our pet therapy program on our patients is an amazing and beautiful thing," Fevang said.

Elyzabeth Marcussen can be contacted at EMarcussen@HospiceChesapeake.org

Bay Bytes

Log onto **www.ElderCare.ACL.gov** for all the information you could want on services available through the government for older adults and their families, including housing, care giving, transportation, elder rights and many other services.

RELIVE YOUR YOUTH AT CAMP —FOR GROWN-UPS!

By Leah Lancione

If you like the idea of hiking through the woods, kayaking and sitting around a campfire, it may be time to relive your days at Summer camp—the grown-up version. The great thing about adult Summer camp is there are no counselors forcing you to do this activity or that. If zip lining, archery practice or arts and crafts are not your thing—no problem. You can choose to opt in or out of any scheduled activities. Trendy adult camps often feature exhilarating recreational options like stand-up paddle boarding, dance classes, yoga and more.

Club Getaway in Kent, Connecticut, now in its 40th year, is situated on 300 acres in the Berkshire Mountains. The popular camp runs weekends from Memorial Day through early October. The website claims, “When you come to our adult Summer camp, it’s like an escape for your inner child.” Featuring too many daily activities to mention—from water sports to mountain biking and hiking, tennis, kickball and evening parties—there is something for everybody. If you want to learn something new, there’s salsa classes, cooking classes, wine tasting, and more. All onsite activities, entertainment and parties are included in the price.

Don’t worry about the accommodations; forget about the buggy, sweltering cabins you may have stayed in as a youth camper. Club Getaway offers three types of “rustic chic” cabins (quad, triple and double) that include daily housekeeping and fresh linens.

Meals are prepared by expert chefs, who are ready and able to accommodate any special dietary request, from kosher or vegetarian to gluten-free diets. No outside alcohol is allowed, but wine is included with dinner and alcoholic beverage connoisseurs are welcome as the camp offers a pub hike, Beer Pong, Bloody Mary Bingo, Slap Cup and more to wet your whistle.

For more information, or to book your weekend at camp, visit www.clubgetaway.com or call 860.927.3664.

Another camp for grown-ups is Camp No Counselors (CNC). This is an “all-inclusive, weekend-long sleepaway camp for grown-ups—as seen on ABC’s “Shark Tank.” The New York location is nestled in the northeastern tip of the Endless Mountains of Pennsylvania.

CNC offers classic Summer camp activities like archery, billiards, canoeing, nature hikes, ultimate frisbee, tubing,

dodgeball, basketball, arts ‘n crafts, a climbing wall, color war and a talent show, to name a few. The site also features a 35-foot waterslide and water trampoline in the private lake, a zip line and a swimming pool. After a full day of land or water activities, the evenings are capped with “epic themed parties.”

All activities, access to the open bar and food is included in the price. The CNC accommodations are spacious bunkhouses that contain a full bathroom and bed linens.

If you want to “play like a kid, party like a grown-up,” visit www.campnocounselors.com to register for a Summer weekend stay at Camp No Counselors.

If your idea of a weekend getaway camp revolves around self-improvement, empowerment and getting reinvigorated, and you’re a woman, check out Campowerment (<https://campowerment.com/>). The four-day Campowerment retreats are sleepaway camps “designed to empower grown-ups to get kid-happy.” The idea is women participating in fun and inspiring activities led by “celebrated thought leaders” to help them learn how to connect to each other and themselves and, ultimately, to live better lives. Campowerment boasts that “by the end of the weekend, we’ve (campers) built ourselves a powerful network through conversation about who we actually are, not who our

titles make us believe we’re supposed to be.” It’s a rule that campers are not to say what their profession is within the first 24 hours.

Campowerment is open to individuals or groups. Regular adult camp activities like hiking, color war, happy hours, high-ropes challenges, games, cooking demos, dance, as well more spiritual-type endeavors like

journaling, yoga, meditation and expert-facilitated circles for sharing.

The accommodations are purposefully very basic: 10-12 bunk beds in cabins, running water, linens and electricity. Some rooms have restrooms, others are down the hall.

The three “robust meals” (a total of nine per weekend) include healthy fare; fresh fruits and roasted vegetables, salad bars with homemade dressings, Mediterranean-style trimmings and various protein choices. “Smart snacks” are also available at Campowerment and all dietary restrictions can be accommodated. There is also bartended “stacked” happy hour.

A Campowerment women’s weekend will set you back \$1,599, but the camp proclaims it’s a “once-in-a-lifetime” experience that fosters sisterhood. Locations vary, but this year, Campowerment will be held in Ojai, California, Nov. 1-4. There are also mini-Campowerment events as well as custom retreats available. Check out the YouTube video on their homepage. Campowerment CEO Tammi Leader Fuller says “the goal is for women to find their passion, find out what makes them happy, and then give them the tools to get there!”

There are adult camps across the country, and with a little research on the internet, you can determine which suits you best.

designed to
empower
grown-ups to
get kid-happy

STUDIES LINK ORAL HYGIENE TO HEART HEALTH

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

A study presented at the American Heart Association's scientific sessions in November 2018 suggests that brushing your teeth twice a day for at least two minutes may lower the risk of cardiovascular diseases. Previous studies had found a link between heart disease and periodontal disease, a condition marked by gum infection, gum inflammation and tooth damage. This new study looked at whether a person's tooth-brushing habits were associated with their risk of having or dying from a heart attack, heart failure or stroke.

Researchers asked 682 people about their tooth-brushing behavior. After adjusting for various factors, they found that those who said they brushed less than twice a day for less than two minutes had a three-fold increased risk compared to those who said they brushed at least twice a day for at least two minutes.

Dr. Shogo Matsui, the study's lead researcher at the Institute of Biomedical and Health Sciences at Hiroshima University in Japan, said the findings suggest "poor oral health, based on daily teeth-brushing behavior, is associated with poorer heart health. It's possible that longer tooth brushing might reduce this risk, but the new study was not designed to prove cause and effect." Cardiologists believe the science supports a potential connection between dental health and heart health. According to Dr. Ann

Bolger, a cardiologist and professor of medicine emeritus at the University of California, gum disease is one of the diseases "where the body may be in a sort of continual state of inflammation, and this seems to be a very powerful predictor of cardiovascular disease."

A separate study published in the October 2018 American Heart Association journal *Hypertension* found that gum disease appears to worsen blood pressure and interferes with medications to treat hypertension. Poor dental health also poses a risk to people with heart valve problems. Certain heart valve infections can be associated with poor oral health.

All of these studies are a good reminder that the mouth is an important part of a person's entire health and simple, daily behaviors that improve health are incredibly important. The American Dental Association recommends brushing your teeth twice a day for two minutes with fluoride toothpaste. This low-risk, low-cost option offers many benefits to your overall health.

Dr. Woody Wooddell and Dr. Joe Passaro are located in Davidsonville. In addition to caring for their patients' health by offering general dentistry services, they provide expert restorative and esthetic dental solutions. Visit their website at www.wp dentalgroup.com or call 410.956.5555 for more information.

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SEA SALT COLORS



By: Nancy J. Schaaf

Exotic salts create a delightful culinary experience. Home and restaurant chefs value the distinctive qualities of gourmet salts and the ways these salts enhance the flavors of food. Extracted from seawater all over the world, the different mineral compositions and algae change the color and flavor of the seasoning. Other than white, sea salts offer a stunning array of colors and shades ranging from green and red to gray or black. Textures vary from fine to coarse, plus flaked, crystal-like or crushed. All types of salt contain a mix of sodium and chloride, but sea salt naturally includes trace amounts of other minerals, which gives it variations in taste. When used in moderation, finishing foods with natural salts can make nutritious eating more enjoyable.

“Good salt has a tremendous impact on the flavors of various foods,” explains Dave Joachim, author of *The Science of Good Food* and founder of Chef Salts, a line of premier seasoning blends. With a myriad of culinary salts available, choosing just the right one is a challenge. “Each type of salt has unique qualities,” Joachim advises. “Differences in color, flavor and texture are created by the mineral and moisture content of the salt, the size and shape of the crystals and even the harvesting methods used.”

From a culinary perspective, sea salt possesses many desirable benefits. Added salt enhances the sensory quality of most food, making it taste better. Sea salt, esteemed for its distinct flavor, is an added ingredient to countless recipes. The larger, more granular types of salt have a saltier taste. Some popular types of gourmet salt found in markets today are Himalayan pink salt, Hawaiian red and Hawaiian black and Celtic Gray.

Himalayan salt is found in and around the Punjab region of Pakistan. Known as “pink gold” or “pink sea salt,” it comes from ancient sea beds in the Himalayan mountains. A rich iron

content gives the crystals a natural pinkish or light reddish tint. If observed through a microscope, the crystals form exquisitely flawless geometric patterns. Formed over the last 250 million years, pink Himalayan salt has been called the most beautiful salt in the world.

Himalayan salt is rich in nutrients and minerals. Gourmet cooks and food lovers prefer pink Himalayan salt because of its richer, fuller flavor. High-quality Himalayan salt is versatile and delicious. Chefs find that Himalayan salt enhances the flavor of omelets, stir-fry, steak and salads. The texture of Himalayan salt tends to be coarse, making this a popular final touch or garnish on top of dips and potatoes. Because of its granular texture, it is used in brine and marinades.

Red Alaea sea salt, or Hawaiian red salt, is harvested from the pristine deep ocean waters off the island of Molokai. Hawaiian red sea salt contains alaea, a volcanic clay that enriches the salt with iron oxide, giving the salt its beautiful brick-red color. The clay imparts a subtle earthy flavor that naturally seals in the moisture of meats when roasting and is delicious on prime rib and pork loin. Prized by chefs for its unique color and earthy taste, Alaea is perfect for brines, spice rubs and seasoning grilled seafood and vegetables. With more than 80 different minerals, Red Alaea salt adds a rich flavor to soups and stews. This beautiful sea salt has a brittle, crunchy texture, making it a dramatic and tasty finishing salt. Sprinkle over salads or use to top breads. This sea salt is gaining popularity as a topping for chocolate desserts and ice cream for an impressive presentation.

Hawaiian black lava salt comprises a blend of sea salt and volcanic charcoal and is esteemed for its dramatic color and smoky flavor. This scrumptious salt is used for adding complexity

Abundance is meant to be shared.

to the finest culinary creations. In addition to its superb flavor, there is a nutritional advantage of black lava salt. Infused with activated charcoal, this sea salt assists the body in removing harmful impurities and is exceptional in essential minerals to help maintain the body's normal functions.

Black Hawaiian sea salt adds a unique black color, silky texture and tasty flavor to culinary dishes. The contrast of color makes dishes visually interesting. Gourmet chefs hold black salt in high regard because its rich black color and crunchy grains add a striking finish to any meal and pair well in full-flavored dishes. This delectable salt adds a truly unique flavor to roasted vegetables, soups, stir-fry dishes and barbeque. Try this seasoning as a finishing salt on seafood, pork and chicken.

The garnish of black sea salt on the rim of a cocktail glass creates a stunning presentation. This salt is available in coarse grain, which makes it ideal for grinders.

Celtic sea salt is hand-raked in Brittany, France, where the natural clay and sand create moist, mineral-rich crystals. Its natural gray color comes from the minerals in the clay lining the salt ponds. Potassium, magnesium and calcium are abundant in this salt, which restores electrolyte balance with its alkalizing properties and can help prevent muscle cramps.

Gray salt gained fame in the mainstream culinary world in the last few years with its smooth sweet flavor. Celtic sea salt crystals enhance the taste of any dish. French sea salts are ideal for use on salads, cooked fresh vegetables and grilled meat. French gray sea salt is available in coarse or fine grain.

Experiment with different natural salts to discover what suits your palate. There are few nutritional differences among gourmet salts. The main distinctions involve texture, grain size and flavor. Whichever type of salt you enjoy, do so in moderation. The American Heart Association recommends limiting sodium to less than 2,300 milligrams a day, or about one teaspoon.

While savoring salt in sensible quantities, remember that, "We eat with our eyes, too," Joachim says. "We can appreciate the beautiful crystal structures of the different kinds of salts. They're astonishingly varied—large flakes and tiny grains; pyramids and delicate, flat chips. Like snowflakes, there's an endless variety."



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Read our article "Studies Link Oral Hygiene to Heart Health" in this edition of Outlook!

HOW TO PREVENT BURGLARY

By Kimberly Blaker

It's something almost everyone has experienced. You're nearly asleep when suddenly, you're startled by a strange noise. Instantly, you're paralyzed, fearing an intruder.

Fortunately, most of the time those bumps in the night turn out to be little more than the icemaker or house settling. Nonetheless, according to statistics from the U.S. Department of Justice, approximately 3.7 million burglaries occur each year. Worse, someone is home 28 percent of the time. Of those, 7 percent fall victim to violence.

So how can you protect your home and yourself? Prevention is the best line of defense. But it's equally important to be prepared and know what to do should a burglary occur when you're at home.

BURGLARY PREVENTION

DOOR SECURITY

Yes, the front door is one of the most common entry points for burglars. In fact, it isn't uncommon for burglars to knock on the front door to see if anyone's home.

There are several things you can do to prevent unwanted entry into your home through doors. First, keep your doors locked at all times, whether you're home or not.

Also, install a deadbolt on all doors. Proper installation is crucial to your security. So follow the manufacturer's instructions to a T. Better yet, have locks installed by a locksmith.

Many security experts recommend double cylinder locks, particularly for doors with glass panes, sidelights or those within 40 inches of a window. A cylinder lock requires the use of a key on both sides of the door. For that reason, cylinder locks pose other safety risks and can be an inconvenience. As a result, most people end up leaving the key inserted in the deadbolt on the interior, which defeats the purpose of a cylinder lock.

The safer option is to install a solid metal or wood door with a peephole. If you have a sidelight, consider eliminating it and framing in the area. Alternatively, you can add decorative iron security bars to the sidelight. Security window film can also prevent entry, or at least slow down a burglar.

PATIO DOORS

Typically, sliding glass doors don't come with very secure locks. But there are a variety of locks available for sliding doors, such as keyed patio door locks and security pins. A security bar or wooden dowel placed in the door track will also add a good layer of protection.

As with sidelights, security window film will make the glass more difficult to break. Decorative security film will also add privacy. Before you purchase security film, do your research. The thicker the film, the more effective it is in preventing glass breakage.

WINDOWS

First, make it a habit to lock your windows every time you close them, even if you plan to reopen them later. Otherwise, it's easy to

forget about them when you leave or go to bed.

The latches that come with most windows do offer some security. But did you know skilled burglars can pry open windows secured only by these latches? Therefore, keyed window locks or other security window locks add an extra layer of protection.

Also, as with sliding doors, a wooden dowel can be wedged in the window track. Security window film will also slow down burglars or prevent glass breakage.

Decorative iron security bars are another option. But it's crucial they have easy fire-release hardware so you can escape in the event of a fire. Bear in mind these can also slow down firefighters from being able to make a rescue.

Finally, don't forget about your basement windows. Small burglars can and do enter this way.

SECURITY ALARMS

At one time, security alarms weren't an affordable option for most people. But today, there are window and door alarms to fit nearly every budget.

Although security alarms don't block access, they can be a deterrent. Some would-be burglars avoid homes with a security system sign posted outside. Many burglars, however, realize people often post signs when they don't have a security system and that most people often don't arm their systems.

Security alarms do have several benefits. Many burglars are scared off when an alarm sounds. Also, you'll be alerted if someone does enter your home. Depending on the alarm and service plan you have, it may put in a call to the police as well.

Before you purchase security alarms, do your research, and get the best you can afford. Most security alarms don't alert you if a window is broken, only if it's opened. But there are glass-break alarms on the market.

Wireless alarms are often very affordable since you don't have to pay for installation. You'll need to replace your batteries regularly, but they still add a level of security and offer peace of mind.

LIGHTING

Make sure all entry points to your home, including windows, are well lit. This serves as a deterrent and also makes braver burglars more visible to you, neighbors or passersby. If you don't want lights on all the time, install motion lights.

A very affordable option is wall-mount solar lights. These cost only \$25 for a half a dozen lights.

Indoor lighting also deters burglars by creating the perception someone is home and awake. So leave one or two lights on in main rooms of your home at night or when you're away.

OTHER PREVENTION TIPS

Don't hide a key under the doormat, planter or on a hook nearby. Burglars know people commonly hide keys this way.

Keep shrubs and trees around your home trimmed, particularly

**SOMEONE IS HOME
28 PERCENT OF
THE TIME WHEN A
BURGLARY OCCURS**

near access points, so burglars don't have a hiding place.

Install window coverings on all windows and close them at night so burglars can't see in.

If you have a garage door opener in your car, keep your car locked at all times. Also, make sure the opener isn't in view. Better yet, keep it in your home.

Don't forget to lock the door from your garage to your home. Many burglars are able to access garages that are locked or secured by garage door openers.

WHAT TO DO IF YOU'RE AT HOME

Being prepared is crucial to reduce your risk of being a victim of violence. First, consider ways you can escape your home safely.

Two-story homes or apartments that aren't at ground level pose an added challenge. So an escape ladder stored in an easily accessible spot is a worthwhile investment. You can also use the ladder to escape a fire.

Also, sleep with your bedroom door locked at night. Because bedroom door locks are easy to pick, consider installing keyed doorknobs.

A safe room in your home is a good plan. Choose a room, closet or bathroom that's easily accessible, particularly if a burglary occurs at night. A room with an escape route is optimal. Install a deadbolt on the door. For better security, hang a solid wood or steel door on the room. If possible, keep an extra phone in there. In the event burglars do try to enter the safe room you're in, they likely will realize you're in there. So tell them "we've" called the police, so they don't think you're alone.

Carefully consider the pros and cons of keeping a weapon near your bed or in your safe area. Realize that guns are likely to be turned against gun owners in home invasions.

Even weapons such as a knife or pepper spray can increase your risk, depending on many variables. First, most burglars don't intend to cause harm. But if they feel threatened, things can quickly escalate. You also don't know if the burglar is carrying a gun or other weapon. Know that pepper spray has a high incidence of not working. Even when it does, the mist can end up in your own eyes and anyone else's nearby. Try to remember it's a good idea to sleep with your car keys next to your bed. If you hear a burglar, hit the panic button. Sometimes this will scare off an intruder who fears neighbors will awake. Your phone is another good bedside companion.

If a burglar is at your door and hasn't yet gained access to your home, tell him through the locked door that you "and your husband" are home and have already called the police. Then immediately dial 911.

If you think a burglar is already inside your home, grab your phone and lock yourself in a room, preferably one with an escape window. Be as quiet as possible and call 911. Give dispatch your address first, followed by the details. That way if your call is disrupted, dispatch knows your location. Then stay on the phone until dispatch informs you police have arrived and it's safe to come out. At that point, if there's an escape route in the locked room you're in, it's time to get out. Remain on the phone with dispatch.

Finally, once you've developed a safety plan and backup plan, practice them so you're prepared in the event of a burglary.

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Tea Parties & Taxes

By Kathryn Marchi

Tea parties have been around Maryland for more than 300 years. In this context, the term does not refer to the political tea party movement. It does refer to the Colonial response to new tax laws levied on the American Colonies by the British in 1765. This was done without any dialogue with the Colonists, hence the term “taxation without representation.” The taxation began after a war-weary and financially strapped Great Britain had fought the French and Indian War alongside the Colonists. In 1763, when that war was over, Britain decided to pass additional tax laws on the Colonies to help defray the costs, hence the Stamp Act, which the British repealed when the Colonists refused to pay. However, England later levied more taxes on the Colonies. In response to this, the Colonial businessmen decided not to buy any of English taxable goods. Instead they stored them for selling later.

As you no doubt remember from high school, it did not change soon enough, so they began sending the merchant ships back to England. This did alter the law somewhat, but the tax on tea remained in the form of the Tea Act of 1773. This allowed only one company, The British East India Company, to sell tea in the Colonies without paying tax. The colonists felt that this was one-sided and as unjust as the original taxes. Tea was a very important commodity to the Colonials -- a British custom they carried with them.

So when their tea was being taxed, it became a symbol of their opposition to unjust tax laws and lack of representation.

Women in the Colonies were the main tea drinkers. Deprived of the Indian and Chinese teas they had brought from England, they devised their own little protest. They drank apple cider or sweet buttermilk or herbal teas using mint or raspberry and mulberry leaves. Legend has it that some ladies in Boston had a “tea party” at which they served water.

Throughout the Colonies, men began planning protests against the unfair taxation. The Sons of Liberty was formed in Boston and on Dec. 16, 1773, 130 Colonists boarded three ships in the harbor. It took three hours for them to dump 342 chests of tea in the water. It closed the harbor.

After this incident, the tea party concept came to Maryland. Chestertown, a thriving port and social center on the Eastern Shore, joined the protest. In support of the Boston Tea Party, a group of town leaders in Chestertown met and put forth their

grievances in a document known as the Chestertown Resolves. It said that even though they still considered the English King George III to be their sovereign, any taxes levied upon them without representation was unconstitutional. They further pledged not to purchase, sell or drink any tea that came from England.

Local legend has it that during the daylight hours of May 23, these patriots boarded the brigantine Geddes and threw its cargo of tea into the Chester River. (This was unlike their Boston counterparts who disguised themselves as American Indians and dumped their tea in the dead of night.)

Since 1968 this event has been reenacted with a festival that is held during Memorial Day weekend. Thousands gather for craft shows, food and a taste of history. This year the event will be held on May 24-26.

Log onto

www.chestertownteaparty.org
for information on this year's
tea party in Chestertown.

Events will include Colonial
crafts, flag raising, strolling
minstrels, kid's events, military
demonstrations, good food,
wine tastings and much more.

Five months after the Chestertown event, another protest was carried out in Annapolis. On Oct. 14, 1774, the brig Peggy Stewart arrived in the harbor. It contained cargo from England, which included 53 indentured servants and one ton, or 17 packages, of tea. Since the tea had been listed on the customs declaration, a tax had to be paid on it before any of the other cargo could be off-loaded.

Anthony Stewart, the owner, agreed to pay the tax on the tea because he wanted the servants to disembark. If they had to return to England with the ship, their lives would be

in peril due to rough Autumn seas. Because of this guarantee of payment, they were sent ashore. A series of meetings was held and citizens became enraged over the tea tax payment and made threats against Stewart, his home and business. (It is said that no mention had been made to the public of the live cargo and his reason for payment of the tax.) In reaction, Stewart offered to burn the ship and its contents.

This was enough to satisfy the angry mobs and the Peggy Stewart and her cargo of tea were burned to the waterline. This became known as the Annapolis Tea Party. There were more tea parties in the Colonies during this time and all of these acts of defiance sent a strong message of the Colonists' deep commitment to opposing the unfair taxes being levied on them. Eventually this dissension led to a deterioration of relations between the Colonies and England. And as our American history courses have taught us, this led to the Declaration of Independence and finally, the Revolutionary War.

It's not how busy you are. It's what are you busy with?

ITALIAN ARCHITECT SHAPES COLONIAL ANNAPOLIS

By Barbara Goyette

Did you know that some of the most beautiful and famous historic buildings in Annapolis owe their origins to an Italian architect? Even in the 1700s, Marylanders participated in a global marketplace of goods and ideas. As they sought to develop their own distinct culture, they drew on European styles from as far back as Roman times and adapted them to life in the New World.

That's how Andrea Palladio, an Italian architect born in 1508 in Padua, came to influence the architecture and interior design of the Hammond-Harwood House and Chase-Lloyd House on Maryland Avenue in Annapolis. Palladio himself drew on Roman principles of design; in turn, William Buckland, an English-born indentured craftsman in the Colonies, studied Palladio's *The Four Books of Architecture* when he was commissioned to build a grand home for Matthias Hammond in 1774.

Matthias Hammond was a dapper and very wealthy 25-year-old when he was elected to Maryland's Colonial legislature in the 1770s. Desiring a house in town where he could entertain – and where he hoped to welcome a new bride – he commissioned William Buckland to design and build it on four acres near the State House. Already a series of beautiful and impressive homes graced Annapolis streets: the Brice House (1773), the Paca House (1763) and the

Maryland Avenue. Hammond's property sat directly across from the Chase-Lloyd House and that's how he came to hire Buckland.

Buckland had steeped himself in architectural style, pouring over books and developing his own designs adapted to life in the Colonies. The Hammond-Harwood House represents the highlight of his career and also the pinnacle of Georgian era building in the city. The other houses built in the 1770s and earlier had been stately, but Buckland's design for Matthias Hammond showed perfect symmetry and a sense of proportion that distinguished him as a true architect for the ages. Hammond-Harwood House seems to be modeled after Palladio's Villa Pisani, a five-part villa in Montagnana, near Venice in Italy.

The Italian villa whose composition inspired the design for Hammond's house had five parts: a main block, two hyphens and two wings. According to Palladio, a perfectly proportioned house reflects the status of its owner. With Buckland's design, the main block where the owners live is larger, more imposing, and hyphens and wings are for service purposes – the kitchen, laundry, offices, servant quarters. The site on which the house is built is also important – and Hammond's was to be on an axis between the State House and the wharf on the Severn River where the Naval Academy stands now.

The front door at Hammond-Harwood House is famous among tourists and residents alike, as it surely was during its earliest years. Decorated with intricately carved wood, the design shows Buckland's supreme expertise as both architect and artist. Roses spill down from each corner, an egg and dart border surrounds the curved entrance and laurel leaves span the area under the triangular top. The doorway is flanked by columns, popular in the Anglo-Palladian style. Researchers have concluded that the door panels were faux, painted to look like mahogany – a technique also used by Thomas Jefferson on Monticello's interior doors.

Inside the house, the elaborate and intricate moldings and mantelpieces and the unusual window embellishments designed by Buckland all survive. Together with the exquisite exterior of the house, the interior designs and their execution brought the grace and elegance of Italy to Annapolis.

William Buckland did not live to see his masterpiece completed. He died in 1774, and the work was finished by his apprentice, John Randall. However, the house stands today as he and his patron planned it. It remains a legacy of Palladian tradition interpreted by an innovative designer.

The Hammond-Harwood House is now a museum open to the public, containing a superb collection of paintings, furniture and decorative arts from the late

18th and early 19th centuries. The reputation of Annapolis as a city with Colonial architecture and well-preserved buildings spanning the centuries ensures its place as a tourist destination – but also makes it a city where its own residents can live right alongside history.



Chase Lloyd House (1774) are primary examples.

Buckland was born in Oxford, England, in 1738. Growing up, he was surrounded by beautiful buildings in classic styles by eminent designers like Sir Christopher Wren and William Hawksmoor. At age 14, Buckland traveled to London, where he learned

joinery. He then immigrated to America to serve a period as an indentured craftsman. He worked at Gunston Hall in Virginia and around the Tidewater region before being hired to finish the interior woodwork and decoration at Chase Lloyd House on what is now

Beginning April 1, the Hammond-Harwood House at 19 Maryland Avenue is open daily except Tuesdays. Hours are noon to 5 p.m., with tours on the hour from noon to 4 p.m. The garden, gift shop and special exhibition are free; there is a small admission charge for a tour of the house. Many special programs and events are scheduled throughout the year. Check at www.HammondHarwoodHouse.org for programs and events or 410.263.4683.

Bay Travel

If the idea of keeping track of your grandchildren in a busy airport, appeasing a bored teenager on a long car ride or listening to your grown child and spouse bicker over directions sounds like torture, stop reading. For many, however, traveling as a family is a fun adventure. Intergenerational travel doesn't have to be strenuous if a few ground rules are established during the planning phase before the excursion. Here are a few tips from travel experts for making family travel enjoyable for all parties— young and old.

In a recent article in *Travel & Leisure* Valerie Grubb, author of *Planes, Canes, and Automobiles: Connecting With Your Aging Parents Through Travel*, says, "It's important to think about the different needs of everyone in your group, so the more active members can run as hard as they want, while others can have a more relaxing pace—and everyone has a good time." Issues like budgets, childcare expectations, desired activities and even individual trip objective/expectations should be discussed before the tickets are purchased or bags packed.

Grubb says that it's important to discuss money matters before you're on the vacation so it's predetermined who is paying for what. Instead of waiting until you're in the restaurant to fight over who is getting the check, it might be a good idea to establish during the vacation planning phase who is going to pay for the flights, accommodations, meals and activities, etc., so there's no confusion. Just because you are treating the family to the airline tickets, doesn't mean you have to foot the whole bill for the vacation. Or maybe the family is staying in your time-share for the vacation, but everything else needs to come out of their own savings account!

Another good tip is to pick a destination that has activities appropriate for all ages and activity levels. Since intergenerational travel means a trip entourage that may include little ones who are full of energy, they would enjoy a day at the beach or theme park, while grandparents may like or may need to explore sights at a more leisurely pace. Not to mention, your trip may include teenagers who want to hit every Instagram-worthy spot before investigating the local nightlife! Grubb explains that it's beneficial to declare up front that it's OK for family members to split up based on their desired itineraries and abilities. "You want to make sure older folks and younger folks can each go at their own pace and do what's interesting to them." Maybe, plan to meet up at specific times—whether for dinner each day or a fun family activity appropriate for all. It bears repeating: Vacations are

for family bonding; you do not have to spend every moment together!

Also, if very little ones are along, it is not acceptable for grandma and granddad to be the babysitters for the entire vacation. Come up with a schedule for all parties to have an opportunity to spend time with the kids and without. Don't forget, toddlers and school-age children are often picky eaters who do not wish to sit in a fancy restaurant to try out

the local cuisine. While it's nice to give your grown son or daughter and their spouses the chance to have dinner sans children once or twice while you babysit, you and your mate deserve the same adult couple liberties while on vacation. Maybe try negotiating with your teenager to babysit at times or look into for-hire childcare available at **care.com** or **urbansitter.com**.

Some resorts do offer in-house childcare as well. Just make sure to check in advance what's accessible and confirm that childcare providers are background-checked and well-referenced.

If you do volunteer to sit out a particular activity, and agree to babysit the younger family members instead, travel experts say it's wise to be prepared with activities to pass the time pleasantly. In the book *Travel Wise With Grandchildren*, author Mary Rodgers Bundren offers tips for circumventing the "are we there yet?" questions or even "I'm bored" comments. For example, she recommends buying postcards from various sights and attractions you visited on the way to your destination so that later you can play a game of "Postcard I Spy" by hiding them around the hotel room, camper van or vacation home.

Another activity to keep toddlers and/or school-aged kids amused is to create a vacation journal. Kids who can write can jot down details about their trip encounters while little tots can draw them. If you want it to be interactive, write notes or comments to your grandchild about what they've written or your own observations to go along with theirs. Also, take lots of photos together in front of memorable spots so you can add them to the journal later.

If you're up for making your family trip full of educational opportunities, books like Bundren's offer games that are learning adventures. Also, check out Amazon's hoard of backseat travel games at **www.orientaltrading.com**

Travelpulse.com features top spots for family travel due to their family-friendly attractions: Disney World in Orlando, Florida, Mexico, Costa Rica, Hawaii and Italy. Also top-rated for a family adventure is taking a cruise! Wherever you choose to go with your clan, cherish every moment since memories will be made that will last a lifetime!

IT'S A FAMILY AFFAIR: TRAVELING WITH YOUR KIDS AND GRANDKIDS

By Leah Lancione

Cherish every
moment since
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a lifetime!

MAKING YOUR CUT FLOWERS LAST

By Louise Whiteside

You've just received a gorgeous bouquet of flowers, as a token of love, friendship, appreciation or just for being you. They may be fresh cut from your neighbor's garden or an FTD delivery right to your door, and suddenly your household is filled with a new vibrancy.

Of course, you'd like your lovely gift to last as long as possible. Following these simple steps will assure that your blooms last as long as they can:

1. Begin with a clean vase and good quality water. Once a flower has been separated from its root system, it will need your help in keeping bacteria from entering its vascular system, and keeping it hydrated. Use clean, lukewarm (100 to 110 degrees F.) water.

2. Use the fresh flower food usually provided by the florist. Fresh flower food has been developed to simulate the flower's original environment. Although you may be tempted to use a homemade recipe (such as aspirin, sugar or apple cider vinegar), it's best to leave the flower's nutrition to a professional florist. Fresh flower food, normally enclosed in an accompanying sealed packet, contains the following ingredients, which are necessary for your flowers' maintenance: (a) sucrose (sugar), as a source of energy; (b) an acidifier, to help balance the pH of the water; (c) a microorganism inhibitor, to retard the growth of bacteria; and (d) agents that draw out salts, dirt and debris.

3. Cut stems and remove excess foliage as soon as possible. Re-cut the stems using a sharp knife (not scissors), cutting on an angle, to allow for the best hydration. Remove leaves that will be below the water line; these will deteriorate and rot, causing growth of bacteria and fungi.

However, do not remove leaves that will be above the water line, as these are necessary for the flowers' hydration process.

4. Check the water level daily, and replenish it as needed. Exchange cloudy water for fresh. Refill the vase with the correct proportions of water and flower food.

DO:

Always use a clean vase and quality water.

Always use the fresh flower food included with your floral delivery.

Always re-cut flower stems as soon as possible after delivery.

Always remove the leaves below the water line.

Always check the water level daily and top it off.

Always remove any flowers that look wilted or less than fresh.

DON'T:

Do not use a homemade substitute for flower food, such as aspirin, sugar or bleach.

Do not remove foliage along the stem length, above the water level.

Do not place flowers near fresh fruit or cigarette smoke since both produce ethylene gas, which shortens flower life.

Do not place flowers in direct sunlight, on a windowsill, near a heat register or near any source of excessive heat.

Do not use flower food in crystal or metal containers because the acid in the flower food will react with metal, including the lead in crystal.



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ABRAHAM MASLOW'S HIERARCHY OF NEEDS

By Dr. Jim David

Recently I had total knee replacement surgery. I noticed during the first few weeks after the surgery that my normal ability to pray and meditate disappeared. This alarming diminishment of my normal ability to quiet my mind and relax my body I attributed to post-surgical pain and discomfort.

This reminded me of Abraham Maslow's theory of human motivation labeled "Hierarchy of Needs," first postulated in 1943 when he was teaching at Brooklyn College. The theory is graphically presented as a Christmas-tree shaped triangle. The most basic human needs are at the base of the tree with higher-level needs toward the top of the tree.

In this article we will examine Maslow's hierarchy of human needs from individual and societal perspectives as well as paths to becoming the best we are capable of being. Unless our lower-level needs are met to some degree, higher-level needs are largely unattainable. This is a pivotal point to keep in mind, as we consider the self-actualizations of ourselves and others.

PHYSIOLOGICAL NEEDS. Our most basic, non-negotiable human needs are drinkable water, pathogen-free air, food, shelter, sleep and clothing. For most of us this is a non-issue. But for 42 million Americans who struggle with chronic hunger and 821 million people globally who lack enough food to live active, healthy lives, food insecurity is paramount. (www.mercycorps.org) One-fourth of all Americans drink water from systems that do not meet safety laws. Worldwide, 2.1 billion of 7.6 billion lack access to safe drinking water systems, according to a recent *National Geographic* article.

SAFETY NEEDS. What do we need to feel safe? Are we worried about terrorist attacks, mass killings in schools, churches, mosques, synagogues and entertainment centers? Do we need to live in gated communities to feel safe? Besides our need for personal security, we have needs to feel safe that we will have our job and health care needs met.

In our country we are very fortunate to have a very low rate of unemployment, but we have many workers without traditional job benefits such as retirement pensions and medical insurance. It is difficult to attain higher-level needs if our most basic needs are not met. Some people do it. Most of us do not.

LOVE AND BELONGING. Wow! What would we do without friendship, intimacy, family and connecting with one another? Many people achieve this level of need without achieving the physiological and safety needs just mentioned. Some people

living in the most wretched imaginable situations, such as the Nazi concentration camps, have been able to be generous, kind and caring. See *Man's Search for Meaning* by Viktor Frankl.

ESTEEM. When the preceding three need levels are fulfilled, we are better positioned to enjoy self-respect, self-esteem, status, prestige and feelings of accomplishment. Some of our esteem needs come from others and some are hopefully self-generated. How fragile and frail we are in valuing ourselves!

SELF-ACTUALIZATION. In Maslow's original theoretical model, self-actualization was the end point or epitome of need fulfillment and human growth. Self-actualization encompasses the desire and energy to become the most that one can be. It entails achieving one's full potential within one's uniqueness. It requires self-awareness and self-acceptance as well as adequate time and resources to engage in creative activities while activating our Homo sapiens' innate curiosity. For many years the U.S. Army had a slogan, "Be all you can be!"

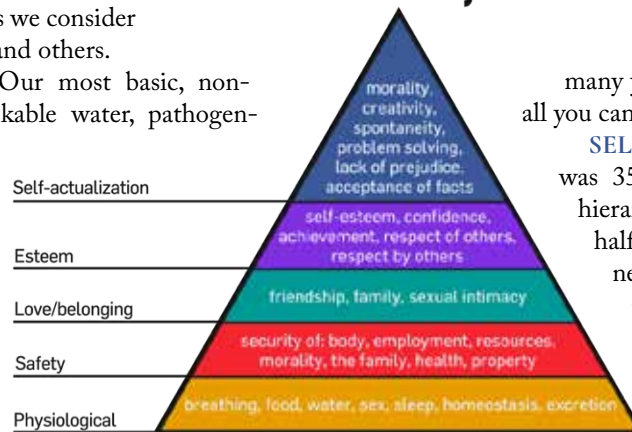
SELF-TRANSCENDENCE. Maslow was 35 years old when he completed his hierarchy of needs. During the second half of his life, he awakened our human need to transcend our individual self-absorption. In self-transcendence we see ourselves as part of the broader universe. We see beyond our individual well-being to the needs of us all. Our life becomes meaningful and purposeful as

we feel part of something bigger. We develop joint strategies to fight climate change, hunger and poverty locally, nationally and globally.

STEPS TO SELF-TRANSCENDENCE. Ideally, each of us has developed our own personal path to self-transcendence. Some examples are walking in the woods, quiet time or reading with time to reflect. Maslow taught that the way to reach transcendence is mindfulness or flow. It requires quieting the mind to achieve observing without judging, experiencing without thinking. This is done to achieve a broader perspective that curtails "either-or," black-and-white thinking. It opens the mind to new perspectives, creativity and love. It basks in "both-and" thinking where each opposing stance has some validity and compromise plus consensus is achieved. It reduces judging and blaming while seeking to understand. This activates our ability to not only look after ourselves, but to see we are part of something bigger.

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

Maslow's Hierarchy of Needs



PEACE OF MIND - WHEN ALL IS IN ORDER

By Ryan Helfenbein

Wouldn't it be great to go out and buy something, say your dream car, while you can afford it at today's prices? You make the arrangements to buy it, but then pick up the latest model 10 years down the road. You'd save thousands of dollars.

Well you can do that now with something you not only want, but need: funeral expenses.

If we take a moment and look at a comparison of funeral costs from year 2000 to 2019, we find that they have increased nearly 80 percent. If we go back in time to 1986 and compare costs to the average of today, we find that according to the Bureau of Labor Statistics, funerals have increased more than 227 percent! This is not abnormal to us, as just about everything around us increases year after year.

The difference is, with the one expense we will all incur. Why not save money by paying for the services of tomorrow at today's price? After all, if we lost 227 percent in our investments over a 30-year time frame, you can bet that our financial adviser would be receiving a not-so-pleasant phone call. Through prepayment of a funeral your family need not be concerned about price increases and you can have the peace of mind that your estate planning will remain unchanged due to the cost of your final expenses, as they are already paid for and complete.

When it comes to prepayment, many have the question: What if I prepay and then move or the funeral home goes out

of business? This is where the Forethought by Global Atlantic program comes into play. It is a vehicle of insurance used by the funeral industry to secure money in advance so that your money is held solely in your name, tied to your funeral or cremation plan. This in turn provides you with the freedom to take your plan to any funeral home across the country. For example, it's kind of like paying for that dream car now here in Maryland where I live, but in the future walking into a Florida dealership and picking up the keys to the car. The Forethought program offers flexibility to go to any funeral home of your choosing no matter where life may take you.

OK, so I prepay for the funeral of tomorrow, today. When

I die, my family then calls and does what? Their decisions now are minimized to when the event is to be held and what customization they'd want for the cards, flowers and programs. With everything completed well in advance, your family members' main concerns need only be to determine what to wear to your final farewell. Rather than a discussion of how much is needed to be paid and by when, collecting of vital statistics and choosing caskets or urns, your family need only be concerned with

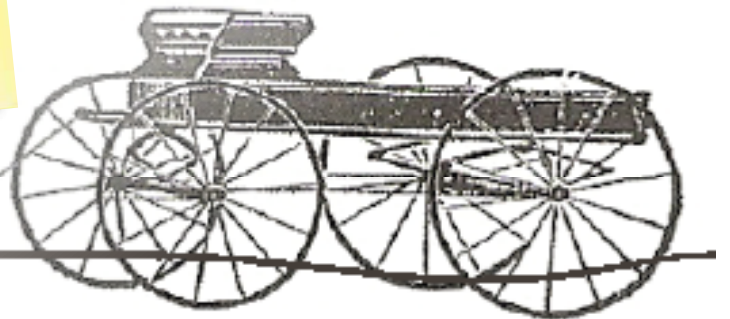
the memorialization aspects and not the business decisions. In addition, the undertaker is often able to provide a refund to the family due to accrued interest on the prepaid monies. The concept of prepaying for funeral expenses offers much more than the elimination of financial discussions, it delivers a level of peace of mind for the family, knowing all is in order well in advance.

... prepaying offers
much more than
the elimination of
financial discussions ...

Bay Bytes

Happiness is supposed to increase with age. But if you find this to be illusive, try these two sites which have suggestions that could help to improve your life: **SeniorCenterWithoutWalls.org** or **Connect2Affect.org**

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



If you never leave your comfort zone how will you know what else you can do.



10 SECRETS FOR A SUCCESSFUL GARAGE SALE

By Carolyn Campbell

A garage sale can be a great way to weed out toys and free your home from clutter. Jeff Lenci, known and respected as the “garage sale guru,” has hosted and shopped at many garage sales and had the following suggestions for achieving garage sale success:

1. What is the definition of a garage sale?

“A garage sale is an opportunity to both make money and dispose of items that you haven’t used in at least two years, and will probably never use again,” Lenci said. “One man’s junk is another man’s treasure. A garage sale is a great place to sell items such as toys, old fry pans, toasters, mixers, old clothing and furniture.”

2. How should I prepare in advance for my garage sale?

Preparation and proper pricing are crucial. “Take enough time before the sale to gather all of the items you haven’t used in two years,” Lenci said. “Save boxes and grocery bags so that your buyers can use them to carry their items home.”

Through personal experience, he discovered that merchandise sells better if it’s arranged on tables rather than lying on the lawn or in the driveway. Clothes are more likely to sell if they are hanging on a line.

“Keep in mind that some garage sale shoppers are only looking for certain of types of goods,” he said. “Organize your possessions with similar items together in a specific area -- clothing in one area, toys in another, kitchen items in another, all sporting goods together.”

3. How should I price items?

Proper pricing, Lenci said, can make the difference between earning \$200 and \$2,000 at a garage sale. As a rule of thumb, he said, items should sell for between 20 and 25 percent of their price if purchased new.

For example, if an electric fry pan costs \$20 today, a used electric fry pan should sell for \$5 at a garage sale. If you don’t know the current price of a new item, Lenci says to check a mail-order catalog, consult a company website or “cruise through a store.”

When pricing items, he says, visit an office supply store and buy a roll of “theft-proof” labels.

“Put a price on everything,” he said. “Even pricing amounts — \$1, \$3, 50 cents — are less complicated, so that you don’t have to deal with pennies, nickels and dimes.”

He adds that there will likely be miscellaneous items, such as small toys, glass jars or kitchen items that are too small to label. He suggests marking these with a colored marker, such as red for \$1 items or green for those that cost 50 cents. Place these together in a produce box for display.

Lenci suggests labeling all items a day in advance of the sale.

4. Are there items that shouldn’t be sold at a garage sale?

At one garage sale he visited, Lenci saw a box of six water glasses priced at 50 cents per glass. They were actually Waterford crystal worth \$75 each.

“Items that have substantial value, such as Oriental rugs, full sets of china, valuable art work or antiques should not be sold at garage sales,” he said. “If you have an item such as an old watch or piece of rhinestone jewelry you think may be valuable, consult with a consignment shop before selling it at a garage sale. Consigners will pay you 70 percent and take 30 percent. They know what price such items will bring.”

5. How can I promote my garage sale?

Lenci distributes fliers to the neighbors on his street a week or more in advance of his garage sale to invite them to join in the future sale.

“If you invite your neighbors to join with you, you can

advertise your sale as a multifamily garage sale, which has greater appeal to buyers," he said. "You can also split the cost of the advertising with other families."

Lenci added that Saturday is "the only day" to hold a garage sale.

He also advises running a classified ad in a main local newspaper or newspapers the day before and the day of the sale.

"Keep your ad to two lines," he said. "List the date, time and address of the garage sale and note 'no early birds.'"

6. Should I provide directional signs?

More than half of the people who visit your sale will find it by simply driving around looking for sales.

"It's important that you place a large sign on the main thoroughfare," he said.

He advises using a piece of fluorescent poster board and writing only "Garage Sale" and the address with a directional arrow.

"Place a similar sign at each intersection or turnoff," he said. "A trail of signs is like providing a trail of bread crumbs for people to follow."

7. How should I handle early birds?

Early birds are buyers who buy the newspaper when it comes out at midnight, Lenci said. They map a route of which garage sales they plan to visit the next day. At 6 or 7 a.m. their goal is to shop the sales, sweep up all underpriced merchandise and resell it themselves — often at the Sunday swap meet the next day.

"They may knock on your door the night before the sale and ask to look around or they'll stop at your house at 5 a.m. with a heartrending excuse such as their mother's funeral is that day," he said. "Tell them that no one is invited to view the sale items until the official opening time."

He suggests that 8 a.m. is a typical time for a garage sale to start.

8. How much change should I have on hand?

Be sure you have enough on hand to at least make change for \$100. "A common early-bird tactic is to gather a stack of stuff and then hand over a \$100 bill, knowing that most people

don't have that much change," he said. "When you say you don't have the change, the reply is often, 'I do happen to have a twenty.' If you give them \$100 worth of goods for \$20, you've lost. And when you do have the change, they'll suddenly not want everything they've picked out." Don't accept checks from anyone you don't know, he advises. "Many checks from unscrupulous buyers are bogus," he said. "And if they are fake, how will you collect on them? The police have bigger crimes to worry about."

9. What about people who want to argue over a price?

"Be firm about prices," Lenci said. "You are in business to get fair value for what you are selling."

He suggests telling buyers who offer lower prices that everything that hasn't been sold by 5 p.m. will then be sold at half price.

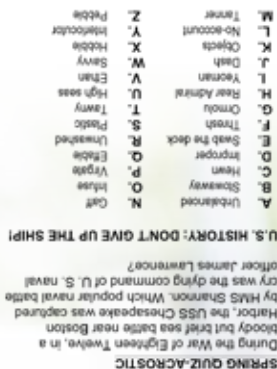
"If they want the item, they will come back for it," he said.

Meanwhile, another buyer might pay full price for the item before then. Most garage sales experience a flurry of morning buyers, and are sparsely populated by 3 p.m. He suggests phoning a favorite charity to donate all items that haven't sold by 5 p.m.

10. What is the main difference between a garage sale and an estate sale?

While a garage sale is an opportunity to dispose of those items you haven't used in at least two years, an estate sale is an obligation to dispose of a person's entire belongings. If you conduct your own estate sale, Lenci advises, pay an antiques appraiser an hourly rate to price items before the sale.

"Particularly at an estate sale, be sure there is a controlled entrance and exit," he says. "Otherwise, one-third of what you have to sell will walk away."



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SELF-EMPLOYMENT IDEAS FOR AFTER RETIREMENT

By Kimberly Blaker

For a variety of reasons, many older Americans aren't retiring. According to the U.S. Bureau of Labor Statistics, 32 percent of Americans ages 65 to 69 were employed during the second quarter of 2017. In the 70 to 74 age group, 19 percent were working. While financial necessity is one big reason many people won't retire, others are choosing to stay employed simply because they want to. According to Maurie Backman, in *3 Reasons to Work During Retirement*, generating extra income, saving on leisure costs and warding off depression top the reasons many seniors choose to remain in the workforce.

But working after retirement age doesn't necessarily mean seniors are punching time clocks. According to data from the Kauffman Index of Entrepreneurship, in 2016, 24 percent of new entrepreneurs were ages 55 to 64 years old.

If you plan to keep working, the good news is there are plenty of opportunities for self-employment that don't cost a bundle to get started. Here are 19 jobs you can start from home, most requiring minimal to no investment to start up.

Professional Organizer. Are you obsessed with keeping your cupboards, drawers, closets and garage organized? If so, you might be surprised to learn that most people are not. Here's where your organizational skills can earn you a living. Between those who don't know how to organize and others who don't have the time to deal with it, there's a huge market for such services.

Consulting. What's your area of expertise? Whatever it is, there are likely plenty of people or businesses that could use your advice. To get your brain churning, here are a few examples of consultant services to consider: financial, business, social media, legal, career, technology, public relations, human resources, strategy, marketing, information technology, management, childbirth and interior decorating.

Pet Sitting. For animal lovers, this has become a particularly popular form of self-employment. With the rising cost of pet boarding and traveling, pet owners with a desire to reduce the stress on their pets, will hire sitters and are willing to pay good money for the service.

Tour Company. Whether you live in a big city, historical town or scenic area with state parks and national monuments, there's likely a need for tour guides, which can be a lucrative business. You can provide either walking or driving tours to visitors and residents while sharing your knowledge of the area and sights with them.

Social Media Management. If you're savvy with social media, companies large and small are in need of your talents. Social media management includes setting up social media accounts and writing ongoing interesting and shareable posts.

You'll also respond to social media messages and comments to build and maintain the company's relationship with its followers.

Blogging. If you love writing and have the skill to write engaging posts, you'll discover every type of business imaginable has or needs a blog. Just look for businesses related to your area of expertise. If you're an expert researcher, that's all the better, and the sky's the limit.

Content Writing. This is another high-demand writing job. Businesses of all kinds need well-written website content that describes their products and services, as well as related content to increase targeted traffic. For most companies, search engine-optimized (SEO) content is a must. So, if you have this skill, you already have the edge over many writers.

Wedding Planner. Does the idea of helping couples with one of the most important and romantic days of their lives make your heart skip a beat? Wedding planners help couples with every aspect of their wedding and reception, from invitations and the wedding party's attire to the cake, reception hall and entertainment.

Event Planner. If you have excellent organizational and time management skills and a business acumen, this might be the perfect fit. Event planners coordinate every aspect of a meeting or convention, and sometimes social events as well. Planners arrange the location, catering, speakers and printed materials for events and more.

Home Staging Consultant. According to the real estate industry, well-staged homes sell faster and for more money. Yet, when it comes down to it, most homes are anything but show-ready. If you like home decorating and rearranging furniture, this might be right up your alley. You can offer consulting services or do the staging yourself.

Travel Agency. Despite the ease and cost-effectiveness of buying and scheduling travel online, there's still a good demand for travel agents. Many people prefer using an agent because of the travel advice agents offer, as well as for arranging complicated travel plans. So if you love to travel and helping people, this might be just the right business for you.

Website Design. Have you built a website for yourself or someone in the past? If so, and you have a knack for design along with excellent computer skills, this might be just the home-based career you've been waiting for. With Wordpress in particular, website design is relatively simple yet offers designers unlimited options.

Project Management. If you're an idea person with good management skills, this career is worth considering. Can you take a project and run with it and see it through to completion? As

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

a project manager, your role is to put together and lead teams through projects. You'll also be in charge of creating project budgets and managing their costs, and ultimately, making most of the projects' decisions.

Bookkeeping. Small businesses often have only a few hours worth of accounting per week or month. So it isn't feasible or necessary for them to hire an employee for the task. This is where you can step in and offer your services. Landing just a few business accounts could quickly provide you a full-time income working from home.

Personal Trainer. If you're a fitness buff and enjoy motivating others, this might be just the career for you. Personal trainer certification programs run between \$400 to \$1,000. Upon completion, you can either work as a personal trainer for a fitness corporation or independently.

Teaching Online Courses. Here's a wide-open opportunity because courses can be taught on just about anything. Do you have a passion for something? What are your areas of expertise, educational background or special skills and talents? Chances are there's something you're great at and qualified to teach. Here are some ideas to consider: a hobby or craft, computer skills, photography, web design, writing, professional development, how

to play an instrument and dog training. The list is endless.

Recruiting Agency. Because of the challenges and time involved in finding qualified applicants to fill high-level positions, many companies now use recruiters to help fill those roles. With the current low unemployment rate, businesses are finding it increasingly difficult to find qualified candidates on their own. So why not step in and help them?

Catering. Do you live for making delicious and eye-appealing food? If you've got excellent culinary skills, you can offer your catering services for wedding receptions, corporate events, graduation parties, bar mitzvahs, luncheons, anniversary parties and a host of other occasions.

Life Coach. If you enjoy helping people improve themselves, here's the perfect opportunity to make the most of your skill. Depending on where you live, there may be educational requirements for this career. So do your research. But if you're good at setting goals and developing personal plans, solving problems, understanding what motivates people and offering sound advice, this career is worth pursuing.

Kimberly is an author and freelance writer. She can be contacted at kimberlyblaker@gmail.com

BE A MIDSHIPMEN SPONSOR

By Cindy Rott

Midshipmen at the United States Naval Academy come from all over the United States and some even hail from foreign countries. They arrive in Annapolis for plebe Summer, and are immediately immersed in tradition, discipline and rigor, including the area's extreme humidity and heat, which many are not accustomed to. After a grueling seven weeks, they are finally given liberty to leave the "Yard."

Many midshipmen are happy to escape the confines of the Naval Academy and are grateful to have a place to go. Many of them will visit their sponsor. The sponsorship program at the USNA is a way for locals to invite midshipmen into their home. This has been a long-running program, which offers mids a welcome break from the academy. The mids are often allowed "liberty" for a few hours or even an occasional weekend.

Anyone who lives within 30 miles of the Yard can become a sponsor. The mids do not require anything fancy, and as plebes are not allowed to have a car, they will probably need a ride. The academy has a thorough questionnaire and will try

to match sponsors and midshipmen based on similar interests. After sponsoring mids for years, like many of the sponsors, we have built lasting friendships. Technically a sponsor is just for plebe year, but relationships are forged and often continue for decades. My family sponsored mids, when I was still in school. Recently one of our many former mids, who is now retired from the Navy, hosted us for a visit in Florida!

What do sponsors do? They provide a place for mids to go, almost a home away from home. Often for an afternoon but occasionally for a weekend or over a holiday. Generally they are low-maintenance. Our current mids like to eat, do laundry, nap and play games. Often they are just so happy to be away from the regimented and tightly scheduled life that lying on the couch is a treat. Experience has shown that signing up to sponsor two or more midshipmen works out well as they are so often busy, that some don't have time for frequent visits.

To sign up to become a sponsor, log onto www.usna.edu/Sponsor/index.php where details, including a sponsor application, are available. Sponsors do need to attend a quick orientation meeting so that they are aware of the rules. It is the military, so there are rules that need to be followed. The academy will then match sponsors to plebes and arrange a get-together at the end of plebe Summer. From there, you can exchange phone numbers and welcome your new mids into "the family."

For most it has proven to be a worthwhile and rewarding experience both for the families who become involved and for the mids, many times very often leads to lifelong friendships.

Cindy, a longtime sponsor of midshipmen, can be reached at CMRott@aol.com





FOXGLOVES: BEAUTY, MEDICINE, POISON

By Barbara Aiken

Foxglove, what an unusual name for a majestic Summer biennial. To the best of my knowledge, foxes do not wear gloves even to the swankiest fox gatherings. The Latin for this beauteous plant is *digitalis*, relating to thimble or finger of a glove—think digit. It is also known by other monikers such as Witches' Fingers, Fairy Thimbles, Fairy Caps and Dead Men's Bells. The flowers resemble the fingers of gloves, caps and thimbles. Or, if these bell-shaped flowers are ingested, perhaps the result will be dead men.

This woodland plant has roots going back thousands of years. It has been a staple of the English cottage garden and of the refined gardens of the aristocracy since the 15th century. It entered the U.S. in the early 1700s. Despite its normal two-year life span and short flowering period of a week to 10 days, this plant is a favorite of gardeners despite its reputation as one of the world's most dangerous medicinal plants.

There are more than 20 species of *Digitalis purpurea*, which is native to Eurasia and North Africa. This variety grows 4 to 5 feet tall and is the one most often found at local nurseries. The woolly foxglove or *Digitalis lanata* hails from Hungary and Turkey and grows 2 to 5 feet tall. *Digitalis lanata* is considered invasive and is the more toxic of the *digitalis* plants. The woolly hairs on its stems and leaves can irritate the skin. Avoid planting this variety in your garden.

You'll want to be aware that all parts of the foxglove plant, including the miniscule seeds (a single plant can produce over 2 million seeds during its life), are poisonous to humans and animals. Ingestion can, in rare cases, cause death. Don't plant them where children, dogs, cats, other pets or livestock may be tempted to sample them. Wild animals seem to know this plant is harmful and usually steer clear of it. You may consider wearing gloves when handling these plants.

For the most part, *digitalis* is considered a biennial, but can be a perennial and flower every year. During their first year, they produce only leaves. These plants are difficult to start from seed and resist transplanting. They prefer well-drained, rich soil in which to stretch their roots. An area of dappled shade in a sheltered spot works best as they tend to bend under heavy rain

and blooms wilt with oppressive heat. Staking may be necessary and planting them near a supportive wall or fence is helpful to keep them erect. Once established, they produce delightful flowers in shades ranging from white to purple and pale pink to orange to enjoy in early Summer. These showy gems are a favorite of bumblebees; plant them and be entertained by bees gorging themselves on foxglove pollen and nectar.

Despite being highly toxic, the foxglove has been used in herbal medicine since the Middle Ages. The heart medication, digoxin, is made from the leaves of *Digitalis purpurea* and most often from the more potent *Digitalis lanata*. This plant has been used to treat swollen glands, coughs, epilepsy, edema and other ailments. Folk healers are credited for using the properties of the foxglove plant to treat certain maladies including dropsy. English physician William Withering (1741-1799) is credited for using the foxglove plant to treat dropsy or swelling of the body due to the excessive fluid retention due to heart failure.

It is said the fauvist painter Vincent Van Gogh was administered this drug for his epilepsy. Yellow-hazed vision can be a side effect of its use and it is thought to be possibly responsible for Van Gogh's abundant use of the color yellow in many of his works.

There are accounts of murderers through history who have used the foxglove plant to kill their victims. The "Angel of Death,"

Charles Cullen used digoxin to murder some hospital patients in his care. In some of Agatha Christie's murder mysteries, *digitalis* was the poison of choice: In *Appointment with Death*, *digitalis* in a syringe. In *Crooked House*, *digitalis* in a cup of cocoa.

The enchanting foxglove is a fascinating plant with a lot of history and mystery. Consider planting some in your garden for the vibrant hues and bee-attracting qualities. Just remember to plant them where they will do no harm. Do not attempt to use any part of this plant as a self-help remedy.

Barbara has planted a wide variety of perennials over the years and though she loves the beauty of foxgloves, hasn't had much success with growing them. She can be contacted at barbara.s.aiken@gmail.com

... PLANT THEM
WHERE THEY WILL
DO NO HARM

Are you satisfied with the person you're with when you're all alone?

What Is Whole30?

By Cindy Rott

The Whole30 Program is a restrictive eating plan that despite recently making the list of worst diets, is extremely popular and many people embrace it wholeheartedly. Whole30 is a short-term reset to stop bad eating habits and food cravings.

The plan eliminates sugar, flour, alcohol, dairy, legumes, grains and sugar substitutes. The first question is, what is left? The answer is meat, poultry, fruits and vegetables. The plan also has several rules such as no weighing yourself, minimal snacking and absolutely no cheating. I'll admit my first thought was I would never be able to go a whole month without many of my favorite foods. The Whole30 experts would counter that argument with it is only 30 days, and aren't you worth it?

The premise is that stopping many bad habits, such as snacking in front of the TV and eliminating foods that are known to cause inflammation will teach you what foods work best for you and which foods cause negative effects. Doing it for a month will break these habits and will retrain your brain to think before you eat.

Of course, you have to decide for yourself what diet is appropriate. And it may give you pause that some nutrition experts have labeled Whole30 as "unsustainable" and possibly unhealthy. I can only tell you how it worked for me.

There is a ton of information on the internet with recipes and suggestions as well as a book on how to accomplish this 30-day challenge. A friend dared me to do it and we set a start day. We counted every day down together and shared suggestions, hints and recipes to get us through the challenge. Using the buddy system definitely made it easier.

In truth, I found it difficult to stay focused and to plan my meals instead of just grabbing what was easy. Melissa Hartwig, founder and author of the book, *The Whole30: The 30-Day Guide to Total Health and Food Freedom*, puts how challenging it is into perspective: "It is not hard. Don't you dare tell us this is hard. Quitting heroin is hard. Beating cancer is hard."

So I drank my last glass of wine and ate a plate of pasta and began the challenge. Despite being sorely tempted, I was able to complete the 30 days. I experienced a number of NSVs, which in Whole30-speak means non-scale victories. Since I was not 'allowed' to weigh myself for 30 days, I was constantly on the lookout for NSVs, hoping to justify why I was doing this to myself. By day three I was already sleeping better and I could see that my skin looked more radiant. When the challenge ended and I once again stood on the scale, I couldn't believe, how much weight I had dropped.

There were also a number of lessons learned that I still follow most days, such as:

1. Salads can taste good without cheese.
2. Eggs for breakfast start the day off right.
3. Salad dressing is super-easy to make without adding sugar.
4. Zoodles (zucchini noodles) make a great pasta substitute.
5. Sweet potatoes can be served at every meal.

With bathing suit weather rapidly approaching, why not give Whole30 a try. Perhaps it will work for you as it did for me.

Cindy, a freelance writer, can be reached at cmrott@aol.com



Bay Bytes

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WOMEN BRING THEATER TO ANNAPOLIS

By Ellen Moyer

The performing arts thrive in Annapolis. They have since its earliest beginning when the town was called the "Athens of America," the cultural center of the Colonies.

In the early days, West Street was alive with theater. The first theater companies from England performed here even before the first permanent theater in the Colonies was built in Annapolis on West Street in the 1700s. On Duke of Gloucester Street, the Presbyterian Church Sanctuary began its life as a center for the performing arts. And then the "grandest of all" theaters was built (until it burned early in the 1900s) where Hillman Garage now stands. Gov. Ritchie dedicated the vaudeville Circle Theatre, now offices for lobbyists on State Circle, in the 1920s.

Two blocks away, the city's first opera house, located on Maryland Avenue, performed the popular operettas of the time. So Annapolis is steeped in the entertainment of live stage theater. If you are a theater goer, you can thank several women.

Colonial Players, the oldest of community theaters of the 20th century, had its beginning in the City USO/ Recreation Building, now condos, for the 1949 celebration of the city's 300th anniversary. Rebecca Medford Clatanoff, a fifth-generation Annapolitan from Eastport, chaired a committee that brought the play "The Male Animal" to the center.

The Clatanoffs owned Wilkins Clothing on Main Street and were active in the community. Rebecca Clatanoff served as president of Severn Town Club and on boards of Historic Annapolis, the YWCA and The 21st Century Club. The first and only lifetime member of the Hospital Board of Directors, her name adorns a building at the AAMC for her "53 years of unselfish dedication."

Annapolis artist Anne Marie Esson's portrait of her welcomes those who enter the building. Her initiative with the play in 1949 did not end then, but continued as Colonial Players under the leadership of Elizabeth Moss, corporate officer for 10 years.

By 1955 Colonial Players was ready to own its own place. An abandoned auto shop on East Street was purchased and redesigned into the theater in the round you can visit today.

Joan Baldwin, active with Colonial Players, was a visionary who saw an opportunity to expand theater entertainment in the city. Under her guidance in 1966, the garden of the closed Carville Hall Hotel launched "Theatre Under the Stars" with the popular Broadway musicals "Brigadoon" and "You Can't Take it With You."

By 1967 the new Annapolis Summer Garden Theatre was

established in another abandoned shop on Compromise Street in the middle of the harbor area. The new home, the Shaw Blacksmith House, first built in 1696 and rebuilt in 1782 after a fire, was the shop of cabinetmaker John Shaw, who also oversaw construction of the State House dome. Baldwin had a phenomenal ability to harness people around a cause and volunteers cleaned out years of dirt, pigeons, wagon wheels, stable residue and refurbished the forlorn building into the theater we have today.

She was the first president of the volunteer board that focused on bringing musical theater during the Summer to full-house audiences. Carolyn Kirby, who followed her interest in the performing arts with the Talent Machine and Children's Theatre, has been president for many years of the "Theatre Under the Stars," the Annapolis Summer Garden Theatre.

Newer additions to the thriving community scene include professional theaters Compass Rose and Annapolis Shakespeare Theatre, both initiated and led by women.

Lucinda Merry Brown, a Duke University magna cum laud graduate in English, and a graduate of the American Academy of Dramatic Arts in New York City, trained at the Pittsburgh Playhouse. She brought her interest in outstanding production quality and teaching theater to Annapolis some 20 years ago.

Despite a reputation that convinced the Helen Hayes Awards to add Annapolis to its geographic judging area, Compass Rose, has not had a permanent home, having been shifted from West Street to Eastport to West Street again. Today it is on board for a long-term lease to repurpose the school on Hilltop Lane from Kneseth Israel.

Sally Boyett directs the city's newest theater, Annapolis Shakespeare Theatre located at 1804 West Street. The 8,000-square-foot space has been redesigned to offer a cabaret, a 97-seat stage area and classroom space.

From a small town in Texas, by 5th grade the girl with the theater interest was writing plays and staging performances in her garage with neighbor kids. However, Boyett had a passion that compelled her to become a professional actress and dancer with the Houston and Dallas ballet companies and eventually on Broadway, national and European tours.

So when you venture out to a night of enjoyment at Annapolis theaters, thank your stars -- and the women who have enhanced your cultural quality of life.

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

WHAT ARE YOU THINKING?

By Kater Leatherman

Everyone has thoughts, you know those random, sometimes unpredictable “gnats” that show up without your permission. These thoughts are like uninvited houseguests, and if we allow them in, they can steal our peace, joy and happiness.

Yet, it isn't the first thought that causes us trouble. but what we choose to do with it. We can let it dissolve into clarity of the mind and come back to the present moment. Or we can follow it, exaggerating it into something that causes us internalized suffering such as anger, jealousy, fear, anxiety, worry and self-criticism. Always choices.

First thoughts also activate obsessive/compulsive behavior, winding us up until we gotta have that new-better-bigger thing, or having to eat the gooey dessert that we know will send us off the rails or saying something that has irreparable consequences. Again, more unhappiness in the form of remorse and/or regret.

Of course, negative thoughts often take us down a rabbit hole, spoiling the mood. But even positive thoughts can escalate into excitement over an upcoming event, grandiose idea or perceived outcome. Then, if things don't work out as we imagined, we find ourselves disappointed or even despondent. Best to stay on an even keel.

While thoughts may seem real -- real in the sense that they're happening now -- they aren't necessarily the truth. If you're feeling stuck in your life, it may be that you are believing something that isn't true. Therefore, not believing a thought might lead to freedom.

Here are some additional thoughts about thoughts:

- You'll know when you're in a thought loop because rarely is it rational, realistic or predictable.
- An out-of-control mind is never a happy mind, nor is it peaceful.
- Since thoughts offer an effective way for us to escape into the past or future, keep putting them back on the “conveyor belt” so you can live more in the present.
- You are not your thoughts nor do they define who you are. Think of them as merely things, which is all the more reason to avoid giving them any importance or too much attention.
- In meditation, we're not suppressing our thoughts nor are we attaching ourselves to them. We're in neutral, observing. With practice, they will begin to loosen their grip because you are getting better at remembering to come back and take a breath.
- “Thoughts are best perceived as the servants of the mind rather than the dictatorial master.”

Bay Bytes

Many restaurants in the Bay area offer happy hour specials such as 1/2 price drinks or hors d'oeuvres. Some starting as early as 4 p.m. and often last until 8 p.m. Check the individual restaurant's website for details.

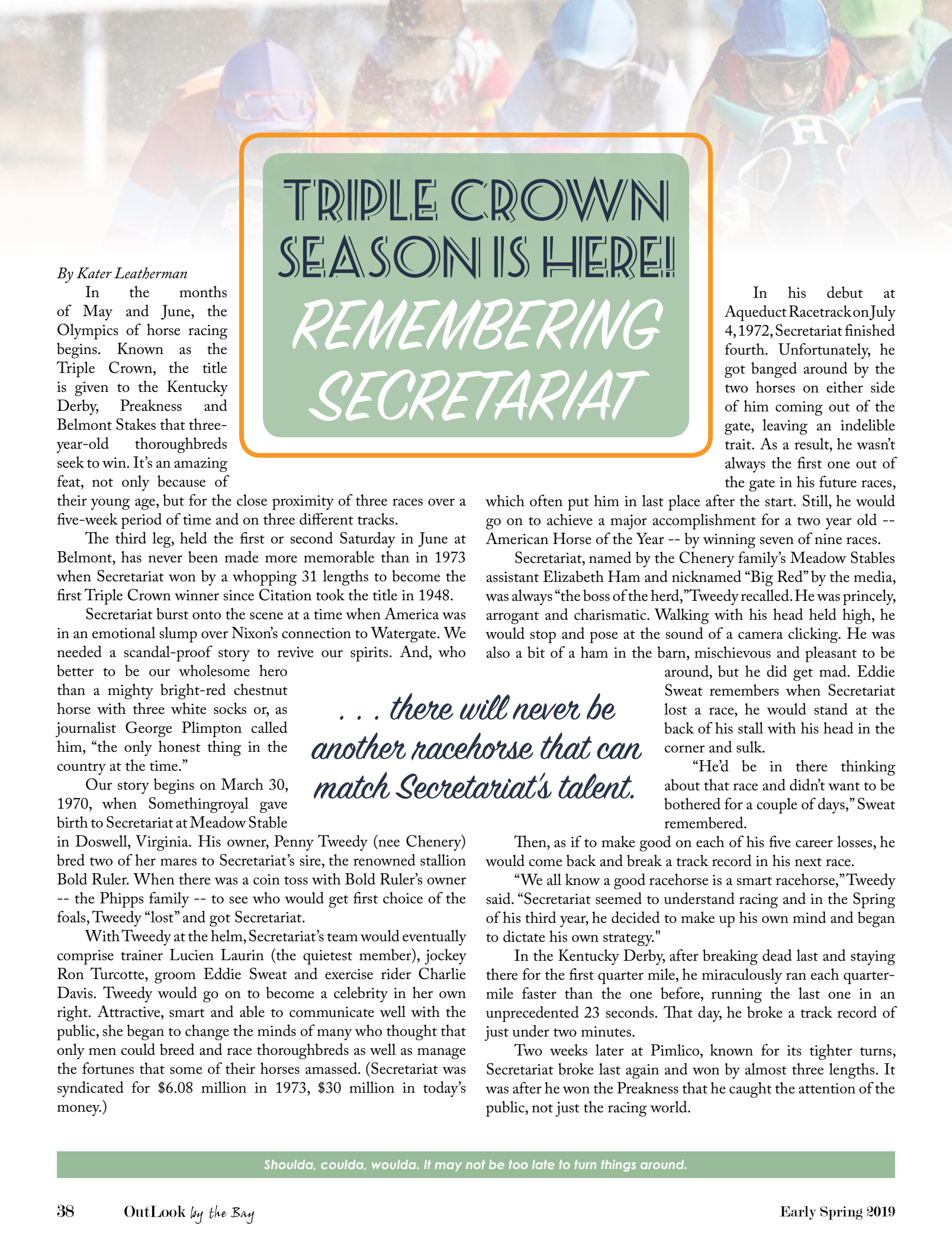
Bay Bytes

Tired of bad movies? Looking for something worthwhile to watch tonight on your streaming service? Log onto www.rottentomatoes.com/top/bestofrt/ for a list of the top 100 movies of all time, which includes a short synopsis and year it was produced.

Of all the things that we have to deal with in life, perhaps our thoughts exercise the most influence over us. How you handle them determines the quality of each present-moment experience, especially when they first enter the doorway of your mind.

Kater can be reached at katerleatherman@gmail.com

Rule #1 for worrying – Will it matter five years from now?



TRIPLE CROWN SEASON IS HERE! *REMEMBERING SECRETARIAT*

By Kater Leatherman

In the months of May and June, the Olympics of horse racing begins. Known as the Triple Crown, the title is given to the Kentucky Derby, Preakness and Belmont Stakes that three-year-old thoroughbreds seek to win. It's an amazing feat, not only because of their young age, but for the close proximity of three races over a five-week period of time and on three different tracks.

The third leg, held the first or second Saturday in June at Belmont, has never been made more memorable than in 1973 when Secretariat won by a whopping 31 lengths to become the first Triple Crown winner since Citation took the title in 1948.

Secretariat burst onto the scene at a time when America was in an emotional slump over Nixon's connection to Watergate. We needed a scandal-proof story to revive our spirits. And, who better to be our wholesome hero than a mighty bright-red chestnut horse with three white socks or, as journalist George Plimpton called him, "the only honest thing in the country at the time."

Our story begins on March 30, 1970, when Somethingroyal gave birth to Secretariat at Meadow Stable in Doswell, Virginia. His owner, Penny Tweedy (nee Chenery) bred two of her mares to Secretariat's sire, the renowned stallion Bold Ruler. When there was a coin toss with Bold Ruler's owner -- the Phipps family -- to see who would get first choice of the foals, Tweedy "lost" and got Secretariat.

With Tweedy at the helm, Secretariat's team would eventually comprise trainer Lucien Laurin (the quietest member), jockey Ron Turcotte, groom Eddie Sweat and exercise rider Charlie Davis. Tweedy would go on to become a celebrity in her own right. Attractive, smart and able to communicate well with the public, she began to change the minds of many who thought that only men could breed and race thoroughbreds as well as manage the fortunes that some of their horses amassed. (Secretariat was syndicated for \$6.08 million in 1973, \$30 million in today's money.)

In his debut at Aqueduct Racetrack on July 4, 1972, Secretariat finished fourth. Unfortunately, he got banged around by the two horses on either side of him coming out of the gate, leaving an indelible trait. As a result, he wasn't always the first one out of the gate in his future races,

which often put him in last place after the start. Still, he would go on to achieve a major accomplishment for a two year old -- American Horse of the Year -- by winning seven of nine races.

Secretariat, named by the Chenery family's Meadow Stables assistant Elizabeth Ham and nicknamed "Big Red" by the media, was always "the boss of the herd," Tweedy recalled. He was princely, arrogant and charismatic. Walking with his head held high, he would stop and pose at the sound of a camera clicking. He was also a bit of a ham in the barn, mischievous and pleasant to be around, but he did get mad. Eddie Sweat remembers when Secretariat lost a race, he would stand at the back of his stall with his head in the corner and sulk.

"He'd be in there thinking about that race and didn't want to be bothered for a couple of days," Sweat remembered.

Then, as if to make good on each of his five career losses, he would come back and break a track record in his next race.

"We all know a good racehorse is a smart racehorse," Tweedy said. "Secretariat seemed to understand racing and in the Spring of his third year, he decided to make up his own mind and began to dictate his own strategy."

In the Kentucky Derby, after breaking dead last and staying there for the first quarter mile, he miraculously ran each quarter-mile faster than the one before, running the last one in an unprecedented 23 seconds. That day, he broke a track record of just under two minutes.

Two weeks later at Pimlico, known for its tighter turns, Secretariat broke last again and won by almost three lengths. It was after he won the Preakness that he caught the attention of the public, not just the racing world.

*... there will never be
another racehorse that can
match Secretariat's talent.*

Shoulda, coulda, woulda. It may not be too late to turn things around.

At Belmont Park, on June 9, 1973, nearly 70,000 people showed up to watch what would become one of the most celebrated athletic performances of all time. Even though it was the largest dirt track in America, measuring the mile and a half distance of the race, Secretariat was going to show the world what he really had to offer. This time, he didn't start from behind. By the half mile, he began to pull away from the pack. Rounding the final turn, Chic Anderson announced, "He is moving like a tremendous machine ..." leaving four horses in the dust and tears in the eyes of many who witnessed what had never been done before.

Secretariat had become a national celebrity, appearing on the covers of *Newsweek*, *Time* and *Sports Illustrated*. He was named Horse of the Year for a second time. Penny Tweedy remembers that period as "one of enormous pressure, and terribly wearing." Within the growing frenzy of interest that comes with fame -- eager journalists, interviews, glaring cameras -- she was having an affair with Secretariat's trainer, Lucien Laurin.

"It was a tremendous experience for me to go through the Secretariat years, and I just really wanted to let people know what it's like to have a top horse and no one to turn to," she confessed about the affair. She would divorce her husband, John, late in 1973 and later be known again as Peggy Chenery.

On October 28, 1973, Secretariat won his last race in the Canadian International at Woodbine in Toronto, before retiring the following month. He won 16 of his 21 starts. Today, he still holds the record for the fastest times in all three Triple Crown races and remains the fastest horse on dirt from 1-3/16 to 1-5/8 miles in history.

On Oct. 4, 1989, America's wonder horse was euthanized as a result of laminitis, a chronic and very painful hoof disease. He was 19. The autopsy found that his heart weighed approximately 22 pounds (the heart of the average horse weighs about 9 pounds). He is buried where he spent his retirement years, at Claiborne Farm in Paris, Kentucky.

Meadow Stables was sold in 1979. Groomer Eddie Sweat, who formed the strongest bond with Secretariat, died in 1998 followed by trainer Lucien Laurin in 2000. Two years ago, Penny Chenery passed away at the age of 95 of complications from a stroke and exercise rider Charlie Davis died of lung cancer in 2018. The only member left of Secretariat's team is jockey Ron Turcotte, who was paralyzed after a racing accident at Belmont Park in 1978.

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THE QUIET HEALING REVOLUTION OF GUIDED IMAGERY

By Caroline Oakes

Belleruth Naparstek. What a name. What a person. What a phenomenon.

Belleruth Naparstek is a psychotherapist, author and guided imagery pioneer whose guided imagery CDs and other recordings have become a healing phenomenon.

Mainstream health and mental health institutions are now endorsing the research-proven approach of Naparstek's guided imagery recordings for the healing of life-altering emotional conditions including depression, chronic pain, chronic stress and trauma-related anxiety.

Her unusual name is now synonymous at top hospitals worldwide with revolutionary, non-invasive, *science-based* healing that patients and medical professionals alike have described as "life-changing."

So, what exactly is guided imagery?

Guided imagery, either conveyed in person or through a recording, is a gentle but powerful technique that focuses and directs the imagination in a way that brings the mind to a state of relaxed focus, to what Naparstek describes as "a kind of calm but energized alertness."

In this ordinary but profound mind-state, our brainwave activity and our biochemistry shift, and we're capable of more rapid and intense healing, growth, learning and performance.

"To heal your body, it helps to use your head," says Naparstek, who uses new brain research in designing the format of her guided imagery components. "We now know that even 10 minutes of imagery can reduce blood pressure, lower cholesterol and glucose levels in the blood, heighten short-term immune cell activity and lessen pain, anxiety and depression."

Research studies at Cleveland Clinic and Blue Shield of California have found that fear of upcoming surgical procedures can be significantly abated by her guided imagery, and replaced by a sense of protection and support, which aids in less blood loss, better surgical outcomes and more successful recovery capacity.

So if you or someone you know is facing an important upcoming surgery in the near

future, consider taking a look at Naparstek's Successful Surgery Guided Imagery CD, knowing that health care giants including American Red Cross, the U.S. Veteran's Administration, Aetna U.S. Healthcare, Kaiser Permanente, United Health Care, GlaxoSmithKline and nearly 2,000 hospitals, mental health centers, recovery clinics and veteran centers are all now distributing her recordings to their patients prior to surgery.

Naparstek's gentle way of shifting perspectives toward healthy outcomes is as enlivening as it is calming and therapeutic. I love the way Naparstek closes some of her guided imagery recording sessions. In her quietly powerful cadence, she encourages her listeners to affirm the shifts in consciousness that have taken place during the gentle, guided imagery session, and then she says,

"... You know in a deep place that you have

done important, healing work

... that you are better for this.

... And so you are."

Caroline's articles have appeared in OnBeing.org the Huffington Post and other publications. More of her work can be viewed at www.carolineoakes.com

Belleruth Naparstek's recordings can be found online at Amazon.com and at HealthJourneys.com The recordings can be downloaded to your phone or computer via the online iTunes store.

Bay Bytes

Are you looking for insight on prescribed medical tests and suggestions on how to proceed with different medical issues? Log onto www.choosingwisely.org/patient-resources/ for lots of information on problems, side effects and reasons to proceed with, or decline, testing.

GARDEN CLUB STILL GOING STRONG

By Sharon Schultz

When the Meade Area Garden Club rescheduled its popular Springtime bus trip to the Philadelphia Flower Show in Pennsylvania, it was the first time in about a decade. This Spring, the bus will instead take the club to another favorite horticultural stop – Longwood Gardens, also in Pennsylvania.

In years past, the garden club traditionally visited Longwood Gardens at the end of November or the beginning of December when the gardens and greenhouses are decorated with lights, Christmas trees and other holiday-themed items.

The reason for the deviation from tradition is a special exhibit at Longwood Gardens, the Orchid Extravaganza. While there are 2,600 in-house orchids grown at Longwood Gardens that are on display daily, the extravaganza brings even more varieties and specimens to the mix. Many of the orchids displayed come from private growers and have not necessarily been seen by the public. The special exhibit features approximately 5,000 potted orchids of all types, sizes and colors, almost twice the usual number of plants.

Longwood Gardens is just one in a tri-state area that the Meade Area Garden Club visits. In the past, the club has toured horticultural landmarks such as the National Arboretum, Hillwood Estate and Gardens and Brookside Gardens. Over the years, the bus trips have become a popular and important benefit of club membership.

Established more than 40 years ago, Meade Area Garden Club was originally called the Post Garden Club, an extension of what had been the Fort Meade Officers' Wives' Club.

One early member who came to Ft. Meade as a war bride after WWII recalls the club was functioning in the early 1960s. At that time, the post oversaw its own landscaping and grew flowers and plants, a task that fell to the Post Garden Club whose volunteers staffed the greenhouse.

When the Army base decided to close the greenhouse during the late 1960s, the Post Garden Club volunteers took over the operation. In the 1970s, they formerly detached from the military base and became a private organization. Eventually, that change coupled with changes in post security, particularly since

9/11, made it increasingly difficult for nonmilitary garden club members to gain access to the base. As a result, the meetings were moved to the Jessup Community Hall so that more members could easily attend. Soon afterward, the name of the garden club was changed from the Post Garden Club to Meade Area Garden Club to reflect the club's new headquarters and to acknowledge the communities surrounding it.

The organization continues to strive to provide its members with an assortment of interesting and knowledgeable experts to speak and give presentations on a variety of topics.

Past speakers have included master gardeners and garden center employees, florists, botanists and biologists, all of whom share information about plant types, their care, flower arrangements and ecology.

In addition to the popular bus excursions and the monthly speakers, the club also sponsors seasonal workshops throughout the year. Members may learn how to make wreaths and gingerbread houses in the Winter months or to build terrariums and fairy gardens in the Spring.

Meetings are held on the third Friday of each month at Jessup Community Hall at 2920 Jessup Road in Jessup. Members typically take the Summer off from club activities. When they return in the Fall, many have their own horticultural experiences to share with an interested membership.

Each month, club members rotate responsibility to supply snacks for the meetings. Many of these recipes are showcased in the cookbook that the nonprofit group sells as a fundraiser. In the past, profits from cookbook sales were used to buy an AED defibrillator for the Jessup Boy's and Girl's Clubs, and another for Jessup Community Hall. A substantial donation was made to Wounded Warriors at Fort Meade from cookbook profits as well.

The Meade Area Garden Club is open to anyone with an interest in gardening. Dues are \$20 annually. For information about joining please call Membership Chairwoman Jennifer Garcia at 443.949.8348.

Sharon is a writer/photographer and a proud "Bay" boomer from Anne Arundel County who can be contacted at spcs924@hotmail.com

... Workshops are an opportunity to learn how to build terrariums and fairy gardens or how to make wreaths and gingerbread houses

You may not have found it yet, but that's no reason to quit.



BOOKS:

Old, New and Obscure

AS BRIGHT AS HEAVEN

By Susan Meissner

Penguin Random House, New York (2018)

The latest novel from Susan Meissner, a California writer, is about a subject that most people have little knowledge: the Spanish flu that caused so many deaths around the world in 1918. This could be a depressing, grisly subject, but it is handled from the perspective of a family in Philadelphia, which adds human interest and reader involvement to the story. It takes place in the final year of World War I, describing how one family dealt with the pandemic.

Ms. Meissner chose the city of Philadelphia as the focus of the novel because it was one of the cities hit hardest by the disease. More than 12,000 people died there as a result of the flu in a short period of time and there was evidently no vaccine or medication to prevent its spread. It is thought the city was so hard hit because many troops were stationed there and brought back the disease after fighting overseas. Also, the city, against medical advice, sponsored a large parade to raise bonds for the war and boost morale. There were more than 200,000 people attending and the disease spread rapidly.

Pauline and Thomas Bright and their three daughters, Evelyn, Maggie and Willa, moved from the small town of Quakertown, Pennsylvania, to the bustling city of Philadelphia in order to give the children a chance at a better life. Unfortunately, the Spanish flu reached North America just months after their arrival. The novel is divided into the perspective of the three girls and their mother, told in the first person, a chapter at a time.

(An interesting fact comes up: The outbreak is that the Spanish flu did not actually start in Spain, but probably received its name because Spain was the first country to mention it in its newspapers.)

The Brights moved to Philadelphia at the invitation of Thomas's Uncle Fred, who is unmarried and childless and is the owner and proprietor of the Bright Funeral Home, which he hopes to turn over to Thomas. The funeral home plays an important part in the story, both in the involvement of the family and its importance during the pandemic.

Maggie seems to be the main focus of the story. It is because of her that many of the subplots develop.

Pauline, the mother, is preoccupied with death since her infant son died of a defective heart just before their move to Philadelphia. It reminds the reader of *The Book Thief*, in which death is a constant presence. The death of the infant deeply affects the family and plays an important part in the plot. There are some parts of the novel that seem a bit contrived and hard to believe and the ending leaves one "hanging," but maybe that's because there will be a sequel.

~ Peggy Kiefer

IMPERIAL TWILIGHT: THE OPIUM WAR AND THE END OF CHINA'S LAST GOLDEN AGE

By Stephen R. Platt, Alfred A. Knopf (2018)

Upon opening *Imperial Twilight*, one might expect to be on the verge of battle, the war between the Western traders and China's imperial dynasty. But no, one is shifted back in time to learn how it all began—the history of Western trade with China, a history as Stephen Platt presents it, as a rather one-sided bargain.

It appears quite clear that the English East India Company provided a critical source of tax income for the overextended economy of the British government, as it traded silver for the highly profitable purchases of Chinese tea and silk. Initially this trade provided mutual benefits to China and England. But once opium from British India became a commodity, the balance of trade shifted dangerously to the Western economies and began bleeding China of silver taels, the currency it needed to support the Chinese economy.

This is an exceedingly complex story as it involves not only English traders, but also the French, the Americans and the Portuguese. And events in England and on the Continent were reflected across the world in China. For example, when the British defeated the French in 1795, the resultant trading vacuum in China created an opportunity, quickly exploited by the Americans. In addition, in this age of slow sea travel and written communication, it would take a year for official communications and correspondence from Canton to London to be returned. Major events in China and the British prime minister's response to them would be afterthoughts by the time news reached the China coast.

For this reason, the British emissaries in China often felt ignored and ill-advised, leading them to take unilateral action in opposition to the dictates of the home country. *The Opium War* is the quintessential example of these miscommunications.

Miscommunication could, in fact, be a subtitle for this book. Since the Chinese forbade foreigners from learning their language, the English traders were at a severe disadvantage until a few hardy souls risked death to become conversant. In addition, the custom of *kow towing*, or bowing to the floor, required in audiences with the emperor, led to defiance and insult on both sides, becoming an issue that overshadowed important diplomatic communication. The English wanted open trade and the Chinese wanted to protect their country from foreign contamination and from the evils of opium that, over the years, had become a scourge that robbed the country of its industrious laborers as well as hard currency.

The reader of *Imperial Twilight* will see inescapable parallels between the past and the present—though that is not the purpose of this work of historical scholarship. The tale is fascinating in its own right.

~ Tricia Herban

Visiting the town of Ewell on Smith Island, located 10 miles off the coast of Somerset County on the Eastern Shore, it was clear that the community is struggling to stave off the creep of higher water levels while holding onto its proud past. The island's ever-increasing flooding has led to the stark reality of wading through town in bare feet, a decline in the population, and subsequently, a landscape dotted with abandoned homes and vehicles. However, amidst these trials there exists a gracious hospitality served up with cheer to the tourists who want to experience a glimpse of island life and its delicious local culinary traditions sourced from the Chesapeake Bay. The crown jewel is the Maryland state dessert, Smith Island Cake.

No visit to the island is complete without a slice of this island's famed eponymous cake piled eight to 12 layers high and lathered with luscious icing. While the exact origins of Smith Island Cake might never be discovered, there are some interesting theories about its delicious development.

The old-style Smith Island cake recipe promoted by the Smith Island Cultural Center is related to a common late 19th century-style recipe called jelly cake, comprised of dense yellow cake stacked in multiple thin layers spread with jelly. A unique local variation of this recipe is found in Mrs. B.C. Howard's 1873 cookbook, *Fifty Years in a Maryland Kitchen*. In Howard's recipe, the cake layers are iced with chocolate fudge instead of jelly and appropriately called chocolate jelly cake. The origin of Howard's recipe is not known, but it may have been the basis for what evolved into the classic Smith Island Cake, made with yellow cake and chocolate fudge icing, though these cakes are now made in a variety of flavors.

Additional folklore about the cakes suggest that they were made as tokens of remembrance from wives to their watermen husbands who took them on the Autumn oyster harvest. This makes some sense because the thin layers iced with the moist fudge allow them to stay

fresh for extended periods of time. In addition, native Smith Islander and veteran Smith Island Cake baker, Janice Marshall, says Smith Islanders used Sears & Roebuck portable bakers that measured only 12"x12"x12." These small bakers sat on top of wood-burning stoves, and according to Marshall, were not efficient enough to cook thick cake layers, hence thin layers were made instead. Similarly, Marshall remembers that these cakes were usually only made in the cooler months when the stoves were in use, during Christmas time or other Winter holidays.

Janice Marshall also believes that in the early 20th century, the cakes usually only had about six layers, which coincides nicely with earlier jelly cake recipes. Notably, the number of layers may have increased over time due to the island's annual cakewalk fundraiser. Each year competitors vied to make the most attractive and appealing cake, which may have sparked the island's obsession with building lofty cakes with as many layers as possible.

Another feature the classic Smith Island Cake recipe contains is the use of canned milk to make the cake batter and the fudge icing. The 1981 edition of *Mrs. Kitching's Smith Island Cookbook* explains that there was little access to fresh milk brought in on the ferryboat. Likewise, Smith Island cakes are now often made with boxed cake mixes and commercially made frosting because it can be hard to find good cake flour and other ingredients on the island.

A visit to the beautiful and historic Smith Island is well worth the trip. If you cannot get to the island, you can evoke its atmosphere by trying your hand at making its famous cake. The official cake recipe can be found on the Smith Island Cultural Center website at <http://smithisland.org/smith-island-cakes/>

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

SMITH ISLAND CAKE: THE SWEET STORY BEHIND MARYLAND'S STATE DESSERT

By Joyce M. White





FAMILY ESTRANGEMENT

Maybe not a plague, but I see a definite trend toward an increase in the number of young adults initiating estrangements from their parents. Unfortunately, *narcissism* is the psychological catchword of the day and is often thrown about indiscriminately. I too, know of heartbreaking cases of well-meaning parents with estranged adult children. Although neglect and abuse may be a culprit in estrangement, many of these situations involve parents who really did their best to raise their children well and don't approach a clinical definition of abuse or narcissism.

Dr. Joshua Coleman, an expert on parental estrangement, calls this trend a "silent epidemic" because of the shame parents often feel when their children have cut off contact. In our culture, he observes, an estrangement seems to indicate that parents have done something terrible—but that is often not the case.

A discussion about the root causes would be complex and involve factors such as social mores, demands of entitlement, financial expectations, substance abuse, broken families, celebrity examples that normalize estrangement and far too many other issues to examine here. The more important issue is about how to support parents who feel like they've been blindsided by an unwarranted freight train of pain.

A good way to begin is to avoid judgment and to develop empathy. Empathy is the ability to imagine walking in someone else's shoes, but it goes beyond that. It involves giving another your full attention and really trying to understand where they are coming from. Seek out opportunities to spend time with your sister and with your hurting friends. Often people who are in

Dear Vicki,
Is there some kind of awful plague going around?
I have two friends who have estranged offspring.
Additionally, my niece just cut off contact with my
sister because of a list of perceived grievances and has
called her mother a narcissist. All of these parents loved
their kids and tried very hard to be good parents. I
don't get it and don't know how to support my sister.
What's going on?

this much pain withdraw, so be the person in their lives to reach out and say that you care about what they are enduring. Remind them of the times when you witnessed them being good parents to children they loved.

Help them to realize they are not alone by acquainting them with resources. Dr. Coleman has an excellent website, www.DrJoshuaColeman.com and I also recommend his book, *When Parents Hurt: Compassionate Strategies When You and Your Grown Child Don't Get Along*. For another helpful book on this subject by a life coach and a mother who has dealt with estrangement herself, I recommend *Done With the Crying: Help and Healing for Mothers of Estranged Adult Children* by Sheri McGregor.

Sometimes friends and families may avoid saying anything because they don't know how to respond. The important thing is to just be there and show that you care. A sample script would be: "I'm so sorry you are going through this. I remember you as being a very concerned and caring parent. How can I best support you right now?" Even if they don't have a clue as to what you can do to help, continue to reach out to them regularly. An estrangement is as painful as a death and sometimes may be more difficult because of the loaded judgments and lack of resolution. Thank you for caring and for being there for your sister and friends.

When all is said and done, will it matter that you were here?

Dear Vicki,

I'm not your usual reader, I guess, but could use some suggestions. My father recently died and he had a special relationship with my preschool-aged son. Because I'm a single mother, Pops was the only man in my son's life and he was a daily presence. I know my son is grieving, but I don't know how to help him. Can you help?

HELPING CHILDREN GRIEVE

I'm so sorry for your loss and for your son's loss. It sounds like your father was an important part of both of your lives. Thank you, too, for asking an important question.

People often flounder when it comes to dealing with death and children. Our instinct is to protect them from the reality and that can actually impede healing.

Be open and honest and choose simple, clear language about death and dying. Avoid euphemisms such as "passed on," which can be confusing to young children. Allow yourself to express your own grief. Children mimic adult behavior and if they observe that you are acting stoically, they will try to do the same thing. If you

are sad, expressing that will give your son permission to show his feelings and grieve in his own way. Be prepared, he may be angry or frightened. There is no "right" way to grieve and meeting his emotions and questions in a calm, truthful way will reassure him that his feelings are acceptable and that death is a sad, but natural part of life.

There are some excellent books that you may want to read with your child. A classic is *The Fall of Freddie the Leaf* by Leo Buscaglia. Do a Google search or ask your children's librarian for other choices. Reading a book such as this will open up a much-needed conversation and encourage children to ask the questions that are on their minds.

Talk about "Pops" so your son can maintain that connection and work through his grief. Share your own memories of your father. And include your son in some ritual to honor Pop's life and to acknowledge his death. Perhaps you can work together to make a scrapbook of memories or plant a tree or flowers in his memory. If you decide upon the latter, choose a hardy tree or perennials. Kids think literally and it would be hard for him to see that a tree he planted in remembrance has now perished too.

Lean upon others for assistance, as needed. If you have a faith tradition, ask your pastor or rabbi for guidance on teaching your son about your beliefs concerning death and the afterlife. Trust yourself and if you believe your son could benefit from outside help, ask your pastor or your physician for a referral to a counselor or bereavement specialist. And take care of yourself too -- grieving is hard work! Make sure that you are getting the support you need so you can be there for your son.

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

KEEP YOUR BRAIN FIT WITH MENTAL EXERCISES

By Carolyn Campbell

As a healthy adult, to help maintain the cognitive "brain" abilities you have, work on retaining them through mental exercise, advises Dr. Kathy Barnett, a clinical psychologist. She suggests incorporating the following mental exercises into your everyday life:

- Review your calendar of upcoming events without looking at it, and then check your accuracy.
- Work crossword puzzles in the newspaper.
- Read.
- Play board games.
- Google "memory skills" or "mnemonics" to find websites that will track your progress and provide brainteasers and attention-getters.

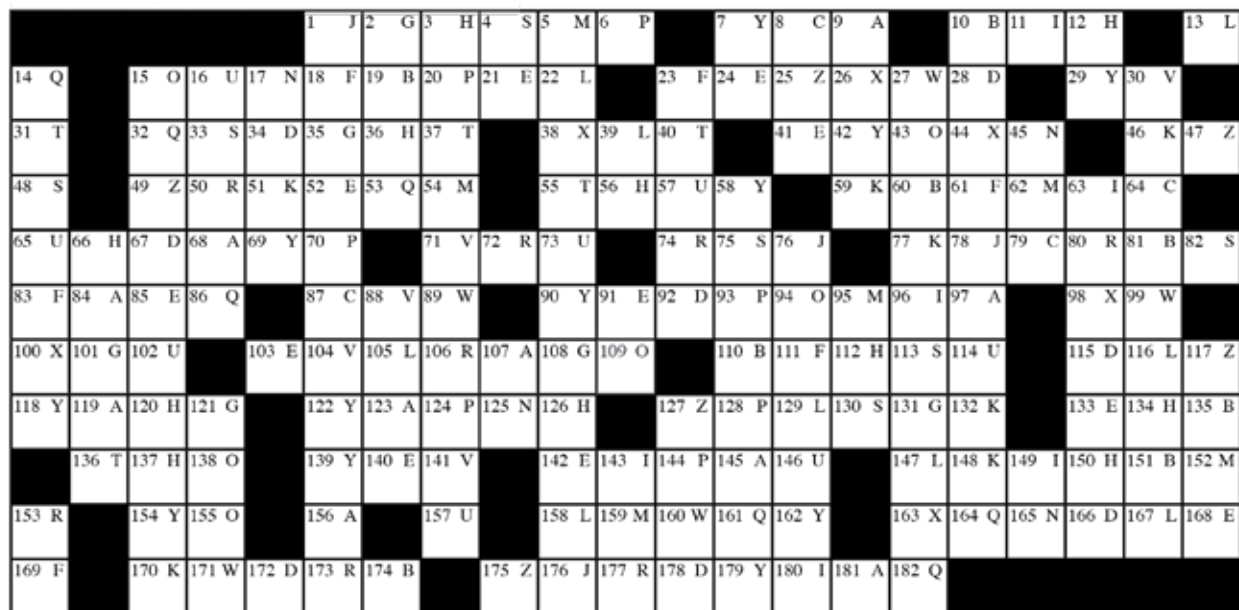
She explains that current research has not yet indicated that brain function can be enhanced after specific types of memory

(cognitive) loss have already occurred. "Current studies indicate that a person cannot exercise his brain and bring about general improvement after certain disease processes or 'brain insults' are present."

"However, in general, using the (mental abilities) you have, whenever you can, is important," Dr. Barnett says. As a healthy adult, you can help keep yourself sharp and help maintain your present ability.

"The first step in acquiring memory about a task or event is to attend to what you are doing, both physically and cognitively. Face the task. Do only one task at a time, allowing your mind to focus on what you are doing instead of splitting your attention," she says. "Multi-tasking is a myth. Production decreases and error rates increase with multi-tasking. A healthy adult can improve attention by turning toward a task, which can result in increased recollection afterward."

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.

Quiz-Acrostics and Quiz-Acrostics Book 2, published by Puzzleworm, are available at amazon.com

Sheila can be reached at acrostics@aol.com or visit her web site: www.quiz-acrostics.com

- A. Insane
- B. Unauthorized passenger
- C. Chopped
- D. Out-of-place
- E. Arrrrrgggghhhh. Mop! (3 wds.)
- F. Separate grains or seeds
- G. Mosaic gold
- H. Naval commissioned officer (2 wds.)
- I. Naval petty officer
- J. Hurry
- K. Disagrees
- L. Good-for-nothing (hyph.)
- M. Leather worker
- N. Fishing hook
- O. Permeate
- P. Straight, long, and slender
- Q. Utterable
- R. Soiled
- S. Credit cards
- T. Of a light brown color
- U. Open waters of an ocean (2 wds.)
- V. Mr. Allen or Hawke
- W. Adroitness
- X. Limp
- Y. Conversational partner
- Z. Small stone

156	107	68	84	119	123	145	181	9	97
174	19	60	110	151	10	81	135		
8	79	87	64						
166	172	92	178	34	115	28	67		
103	24	91	41	52	140	21	142	168	133
23	18	169	83	61	111				
35	121	101	108	131	2				
12	56	137	3	120	36	150	112	134	66
143	96	63	149	11	180				
1	176	76	78						
148	59	170	132	77	51	46			
158	13	105	147	167	116	39	22	129	
62	159	152	5	54	95				
17	125	165	45						
43	109	155	94	138	15				
124	144	70	6	128	93	20			
182	164	14	161	32	53	86			
74	106	177	50	80	72	173	153		
82	33	48	75	130	4	113			
40	31	136	55	37					
114	16	146	65	157	73	57	102		
141	71	104	88	30					
89	171	27	160	99					
100	163	98	38	26	44				
29	122	7	179	58	162	69	90	118	139
117	47	49	127	175	25				

When all is said and done – will it matter that you were here?

CELEBRATE THE BAY!

By Henry S. Parker

In 1608, on first sighting Chesapeake Bay, Captain John Smith said, "...heaven and earth never agreed better to frame a place for man's habitation." Some 370 years later, James Michener declared, "Chesapeake Bay is like a beautiful woman. There's no humiliation from which she cannot recover."

The Bay has experienced plenty of humiliation since Smith's visit—polluted waterways, degraded fisheries, sea battles, piracy (in 1718 Hampton, Virginia, residents mounted Blackbeard's head on a pole), oyster wars, even incursions of German U-boats during World War II. But the nation's greatest body of water has recovered from every insult. To this day, you'd be hard-pressed to find a better place to live than the Chesapeake Bay area.

What makes the Bay so special? Its size for one. It's the country's largest estuary, with a 64,000-square-mile watershed, spread over six states and the District of Columbia, and inhabited by 17 million people and 3,600 plant and animal species. Its sinuous shoreline, meandering from Havre de Grace to Hampton Roads, would stretch 11,538 miles if fully straightened out—the distance from Baltimore to Perth, Australia.

Moreover, the Bay is one of the most productive environments on Earth. Its well-mixed, nutrient-rich shallow waters fuel a commercial fishing industry with nearly \$2 billion in annual sales and a saltwater recreational fishery worth almost as much. If you include economic activity from other Bay-related activities, like recreation, tourism and shipping, the total is nearly \$1 trillion.

When it comes to recreation, residents and visitors can experience virtually every conceivable outdoor activity. Where else can you hike, bike or swim from a sandy beach in the morning, go whale-watching, sailing or deep-sea fishing in the afternoon and, late in the day, take a sunset cruise or kayak through a gentle salt marsh as ospreys and otters settle in for the evening? The Bay boasts an abundance of natural areas, parks and wildlife refuges (including 15 *national* wildlife refuges).

After an energetic outdoor day, you'll have earned the right to indulge in one of the area's greatest pleasures: eating and drinking. If seafood is your fancy you can crack crabs and glut on oysters on a waterfront deck. If you prefer upscale dining, check out one of the area's many fine restaurants and old inns. (In a nod to Michener, try the Robert Morris Inn where the famous author stayed and raved about the crab cakes.). Sample a local microbrew or selection from a Bay area winery (Google Chesapeake Bay Wine Trail). Room for dessert? The area boasts a number of creameries with rich, homemade ice cream. And don't

pass up a trip to Baltimore's Little Italy to feast on Italian pastries (Vaccaro's is a favorite purveyor).

When weather discourages outdoor recreation, plan a bit of indoor exploring. Visit a lighthouse, tour the U.S. Naval Academy or take in a museum (these include the Chesapeake Bay Maritime Museum in St. Michaels, Md.; Naval Academy Museum; Calvert Marine Museum in Solomons, Md.; Annapolis Maritime Museum; Harriett Tubman Underground Railroad State Park and Visitor Center; the world-class Baltimore Art Museum and The Walters Art Museum; and the stunning Nauticus and Battleship Wisconsin in Norfolk, Va.). Don't miss the National Aquarium in Baltimore. Consider a walking tour of downtown Annapolis, Baltimore's Inner Harbor or some of the charming old towns on the Eastern Shore of Maryland (Easton, Oxford, St. Michaels, Chestertown or Rock Hall) or Virginia (Cape Charles, Onancock, Irvington or Urbanna). Yes, there's lots of great shopping. And, yes, if all else fails, you can always eat and drink.

Now, back to the humiliations and insults. It's true that Chesapeake Bay continues to face substantial environmental and water quality challenges. How could it not, with 17 million surrounding residents, with two of the five major seaports in North America anchoring its shores, with 50 major tributaries from multiple states discharging wastes into its waters and with ocean shipping, commercial fishing, recreational boating, military facilities, a variety of industries, large-scale agriculture and residential communities competing for space and resources within its watershed? One might wonder how the Bay could survive at all.

But the Bay is surviving and thriving, in large part because of growing public awareness of threats, improved scientific understanding of

how to protect its waters and an ongoing commitment to cleanup and restoration. Though unusually heavy rains caused a setback in 2018, the Chesapeake Bay Foundation's annual report cards have noted steady improvement in the Bay's water quality in recent years.

So celebrate the sustained hard work and commitment to maintaining and improving this important estuary. Celebrate *your* role in raising awareness of the importance of this effort. Celebrate your choice to live near and enjoy this remarkable body of water. And, above all, celebrate the Bay.

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





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