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Early Spring 2012

Outlook

for the Bay Boomer and beyond...

by the Bay

You Can't Go Back

Easter Basket Basics

Bay Gardening:

Pansies - Harbingers of Spring

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Early Spring TABLE OF CONTENTS 2012

FEATURES

- 7 MODERN CATARACT SURGERY
- 10 BAY GARDENING: PANSIES - HARBINGERS OF SPRING
- 14 SPILLING THE BEANS: COFFEE IS GOOD FOR YOU
- 16 YOU CAN'T GO BACK, OR CAN YOU?
- 24 SPRINGTIME FOR BOAT OWNERS
- 40 TULIP TREES - PERILS OR PARTNERS?
- 45 EASTER BASKET BASICS

ARTICLES

- 6 THE CORETTA SCOTT KING MEMORIAL GARDEN
- 8 TOUCHING THE PAST: FOSSIL HUNTING ON THE WESTERN SHORE
- 12 JOHN COYNE REINVENTS HIMSELF
- 23 YOGA FOR MEN
- 26 THE NATIONAL ROAD, AMERICA'S FIRST INTERSTATE BEGAN IN MARYLAND
- 27 USE THESE EVERYDAY PRODUCTS TO SOLVE YOUR HOUSEHOLD PROBLEMS
- 28 CHANGING OF THE GUARD
- 31 DEEP CLEANING
- 34 LEWES, DELAWARE: NOT JUST THE FERRY
- 41 SEVEN PROVEN WAYS TO CREATE A LASTING BOND WITH GRANDKIDS



IN EVERY ISSUE

- 5 YOUR THOUGHTS
- 15 APP IN A SNAP
- 17 LEGAL INSIGHTS
- 20 ASK THE UNDERTAKER
- 36 BOOKS: OLD, NEW AND OBSCURE
- 38 ART REVIEW: NEUE GALERIE
- 39 GAMES PEOPLE PLAY: LET THE GAMES BEGIN
- 44 DEAR VICKI
- 46 OUTLOOK FOR THE BAY
- 47 ACROSTICS - EARLY SPRING

DEPARTMENTS

- 11 BAY HEALTH: TAKING THE MISCONCEPTIONS OUT OF SHINGLES
- 13 BAY LIVING: ENCORE TO OFFER CLASSES
- 18 BAY DINING: HE COOKS
- 22 BAY LIVING: 20TH ANNUAL CAREGIVERS CONFERENCE OFFERS ADVICE
- 30 BAY NUTRITION: QUINOA
- 32 BAY LEISURE: NAPTOWN BARBAYQ CONTEST AND MUSIC FESTIVAL
- 33 BAY REFLECTIONS: THE JOY OF GIVING
- 35 BAY CONNECTIONS: SERVICE ORGANIZATIONS
- 42 BAY NUTRITION: DO YOU KNOW YOUR GRAINS?



ON THE COVER:

Steve and Jane Frantzich, originally from Minnesota, live on five acres in Gambrills where they enjoy working with the land. Jane, a retired school director, now coordinates the Stephen Ministry program at Calvary United Methodist Church and still finds time to knit, edit and volunteer. Steve, a professor of political science at the U.S. Naval Academy, is the author of more than two dozen books. He serves as president of Books for International Goodwill (www.big-books.org), a Rotary project that has sent over five million books to underserved populations around the world. Together they enjoy their three sons and three grandchildren and travel to many interesting destinations.



OutLook

by the Bay

For the Bay Boomer and Beyond...

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Books versus Kindle? Which will it be? This year, regardless of the love affair my family is having with their respective electronic reading devices, I'll be stuffing books into their Easter baskets. You remember books, there was always a slightly disorderly stack next to your bed with the well-intentioned thought that you'd get to them eventually. Some were on loan from friends, others were gifts and then a few you had carefully chosen at your local bookstore. How could a small electronic screen ever replace this stack with the enticing dust jackets luring the reader to discover the treasure buried inside?

You wonder if this generation raised on electronic wizardry will ever know the warmth that comes from reading a treasured book -- one that's neatly inscribed with the giver's signature, with a long-ago date that conjures up so many memories. Imagine the memories from one signed in a long flowing hand, "Baby girls are so very special, Godmommy Sue." How do you record such lasting sentiments on that small electronic screen?

Our collection includes biographies, travel, romance, war, ancient history and all topics imaginable. Our art books, acquired over the years, are stacked on the coffee table. It's an eclectic mix of styles. Tell me how you could enjoy some of the old masters like Brueghel the Elder on a two- by three-inch screen? Our collection on the front hall table, the spines of which are becoming a bit crumbly with age, are written in an ancient German text. The one with the faded green cover has a barely legible inscription making note of a christening in Dresden more than 100 years ago.

Over the years giving books has been a tradition we're wont to give up. We carry it on, most often with great success. This last Christmas we presented each of our numerous grandchildren with a book. We ignored the fact that everyone over the age of eight was sporting some form of an electronic device. But imagine their delight when they discovered a treasure carefully selected and inscribed just for them. The two littlest, with unbridled glee, unwrapped sticker books. How many of those can be found on a Kindle? Emerson, our young athlete, limped over to collect a vividly illustrated book describing various sports injuries, most of which he understood. Juliet and Katie, the two pre-teen girls, were given books on the their latest passion - creating paper crafts. Alex who spends many hours on imponderables found a book with that exact title and went off into a corner to indulge in his favorite pastime: reading.

As a unique gift for one of their parents, we tracked down and recorded a chain of titles on the 200-year-old property where the young family lives. Along with photos, we had it printed as a one-of-a-kind book that will be cherished for years to come.

For all the doom-and-gloom predictions suggesting the demise of the paper and print form of communications, I beg to differ. Can the tiny screen ever replace the history of a life lived? Isn't that what our books reveal about us? Come into our library. With the floor-to-ceiling shelves, you'll learn more than we could ever share. Open a few covers and read a few inscriptions: Victor Herman -- Michigan, Caroline -- Cape Cod, Penelope -- Pennsylvania, Gunny Hathcock -- Vietnam, Kass -- China, and most of the signatures are accompanied by a few sentences recording a bit of our shared history. Imagine this generation growing up without these indelible memories.

We're looking forward to an afternoon in the local bookstore selecting titles, most recognized from our childhood. What better endorsement than a title we remember. Could a little glowing screen impart the drama presented in an illustrated copy of the *Swiss Family Robinson*, as you turn page after page in anxious anticipation of what happens next. What could ever replace a hard copy of *Alice in Wonderland* or *Gulliver's Travels*? And then there's the joy and remembrance of seeing it on your bookshelf forever more.

So on this Easter Sunday, instead of stale marshmallow peeps and fleeting Cadbury eggs, we'll be bringing velveteen rabbits, hobbits, Jurassic reptiles, boy wizards and imagination all wrapped up in a pile of good old fashioned books!



Tecla

Your Thoughts

LETTERS to the editor



from his days at Gonzaga University to help administer the fundraising and candidate selection activities of this charity. As president of the foundation, I am particularly appreciative of OB's participation with the group. Kathryn captures the essence of the characters about whom she writes in your publication. I look forward to reading future articles about other interesting individuals who reside in our unique area.

Warmest Regards,
P. Abbott
Centreville

DEAR VICKI: COULDA, SHOULDA, WOULDAS

Don't we all feel that way when we reach a certain age? Very much enjoyed "Dear Vicki" in the Winter edition. She somehow makes it all OK.

S. McNaughton
(email)



OYSTERS

I just read your article titled "Bay Creatures The American Oyster." I would like to post a link to it on the Annapolis Seafood Market's Facebook page. We are partnered with the Oyster Recovery Partnership and their Shell Recycling Alliance.

Alex T.
Annapolis Seafood Market
Director of Operations

**Editor's Note: We'll post a link to it on our web page at www.OutLookbytheBay.com*

BRING IN THE CLOWN

It was a pleasure to read Kathryn Marchi's article in the Winter 2012 edition of *Outlook By The Bay* about Don O'Bannon and his career as a clown. OB is a close personal friend and I can assure you that he is a very busy retiree who devotes much time and energy to serving his community. Beyond his clowning, OB serves as the Annapolis chapter representative to the MSSA Scholarship Foundation Board of Directors, adding his experience



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By Tricia Herban

Sojourner Douglass College, just off Route 214 in Edgewater, proudly hosts the new Coretta Scott King Memorial Garden—the first of its kind in the nation. The garden honors Mrs. King's lifetime of nonviolent civil rights struggles and accomplishments that brought to fruition the efforts of Sojourner Truth and Frederick Douglass over a century ago. Mrs. King died in 2006.

The evils of the slavery era and the indignities of Jim Crow laws are a tragic part of United States history, but they are also times to be remembered and reasons to honor those who fought racism.

Years of planning and fundraising led to this monument. Prior to this recognition of Mrs. King, the Dr. Martin Luther King Jr. Committee, chaired by Carl Snowden, commissioned a sculpture of Dr. King, now the centerpiece of the Martin Luther King, Jr. Memorial at Anne Arundel Community College. Several years prior to that effort, many of the same people developed and financed the Kunta Kinte Memorial at City Dock in Annapolis.

Anne Arundel County and Annapolis have long been home to black residents—slave and free. Frederick Douglass' son, Charles, founded the Highland Beach community. Nearby Sparrow's and Carr's Beach were performance venues that hosted famous black artists for much of the last century. And, of course, the Banneker-Douglass Museum on Franklin Street honors the history and achievements of the city's African American residents over the years.

Benjamin Banneker, Frederick Douglass and Sojourner Truth may, in fact, be better known to us today than Mrs. King. In her youth, Coretta Scott was a gifted musician—singer, trumpet player and pianist. A scholarship to Antioch College in Ohio was the beginning of her journey from her home in Marion, Alabama, to Boston's New England Conservatory of Music. While earning a degree in voice and violin, Coretta met a young preacher who was pursuing a Ph.D at Boston University. Coretta Scott and Martin Luther King Jr. were married on June 18, 1953.

In addition to serving as a pastor's wife in Montgomery, Alabama, Mrs. King was active raising four children

The Coretta Scott King

MEMORIAL GARDEN

and furthering her collegiate interest in civil rights. In 1960, the family moved to Atlanta where Dr. King was co-pastor at the Ebenezer Baptist Church and a president and founder of the Southern Christian Leadership Conference. At that time, Coretta gave a series of critically acclaimed fundraising freedom concerts which combined poetry and prose narration with musical selections. All this while staying at her husband's side, she weathered repeated death threats and survived a KKK bombing.

During these tumultuous years, the King children attended school with the children of a current Annapolis resident, Joanna Hanes-Lahr. The school brought parents from adjoining neighborhoods together and they found common bonds not only in their children, but also in their love of music and their commitment to the struggle for equal rights.

Joanna remembers that her son, Chris, was in the first grade with Dexter King in 1968, when Dr. King was shot. He had the idea of cutting daffodils from their garden for the King family. His classmates and their parents joined in and Joanna relates that the next day a station wagon of daffodils was driven to the King home and, "We filled the house with daffodils." Over the years, Mrs. King has thanked her many times, noting that the because of the flowers, "The house smelled of spring instead of a funeral."

Only days after the assassination, Mrs. King resumed the civil rights struggle, going to Memphis to lead the sanitation workers' march her husband had gone there to support. Dr. King's funeral followed that march and opened a new chapter in Mrs. King's life. She carried the banner of nonviolence and racial equality throughout the world, standing with Nelson Mandela when he claimed victory in South Africa's first free election.

Mrs. King founded the Atlanta-based Martin Luther King Jr. Center for Nonviolent Social Change which

has provided local, national and international programs that have trained tens of thousands of people in nonviolent philosophy and methods. In 1969, *My Life with Martin Luther King, Jr.* was published and in 1983 a selection of Dr. King's writings, *The Words of Martin Luther King, Jr.*, was published. Coretta Scott King served as co-chairwoman of both the National Committee for Full Employment and the Full Employment Action Council.

Her family background, educational experiences and personal commitment led Mrs. King into a life dedicated to social justice and peace. A peace that is reflected within the garden dedicated to her memory. With a vine-covered pergola and a water fountain where seating is available for those who want to read or to just sit and contemplate, the sense of peace surrounds all who visit. Dogwood trees, holly bushes, hydrangeas and flowering spring plants abound, which further reflects the gentle and elegant spirit of Mrs. King.

Her important leadership role in the American civil rights movement has been recognized by more than 50 major awards and doctorates from more than 40 colleges and universities. Coretta Scott King's legacy and contributions to human rights and social change are timeless—and so shall they be remembered by all who visit the Coretta Scott King Memorial Garden.

Tricia can be reached at triciah11@verizon.net

To visit the garden

The Coretta Scott King Memorial Garden is at Sojourner Douglass College and fronts onto the parking area. Take Route 2 South to Edgewater. Turn left onto Central Avenue (Route 214) and turn right immediately onto Stepneys Lane. Follow the road as it winds to the right. The college is at 135 Stepneys Lane.

M O D E R N

Cataract Surgery Part 2

By Michael J. Dodd, MD

In the last issue of *Outlook by the Bay*, I reviewed the history of cataract surgery, noting that British ophthalmologist Dr. Harold Ridley pioneered the procedure in the late 1940s. But it was not until 1981 that the U.S. Food and Drug Administration (FDA) approved lens implants as safe and effective. In this article I will review the considerable advances in the design and manufacture of lens implants which have occurred since that pioneer era.

When cataract surgery was first performed, the cloudy lens -- a cataract is an age-related clouding of the normally clear lens in the human eye -- was removed without replacing it. This left the patients very farsighted. The vision could be corrected only with thick, heavy glasses or contact lenses. Many elderly patients did not like the thick glasses which caused a "pin cushion" effect when walking through doorways. Very few post-op cataract surgery patients possessed the manual dexterity to handle contact lenses. Once lens implants were developed and approved, many patients requested them. The early lenses presented difficulties with sterilization techniques and occasional design flaws. Some of these lenses were not well-tolerated by the eye and had to be removed.

During the early years of implants, hospitals had to establish institutional review boards (IRBs) to review and monitor the surgeries to be certain they were safe. Occasionally, the FDA would send out a letter stating that a certain type of lens implant was being removed from the market because of complications seen around the country. At the same time, many companies were competing to make the "perfect" lens implant.

Since those early times huge improvements have been made. First the sterilization techniques have been improved and modern implants are essentially "perfect." There are still a variety of implant shapes and styles, each of which claim advantages. The two basic categories of implants are identified by where in the eye they are positioned. There are posterior chamber implants, which are positioned behind the iris and anterior lens implants, which are placed in front of the iris.

Essentially all primary implants today are placed in the posterior chamber. This position is closest to the natural anatomical location of the human lens and the implant is not visible by a casual observer. This site is associated with the fewest post-op complications. Anterior chamber lenses are a good choice for certain complicated cataract surgeries. They can be seen by an outside observer in many cases and may be associated with occasional minor complications.

The newest development with lens implants today is based on our efforts to manufacture an implant that will focus at different distances. The standard implants are designed to have one focal point. The surgeon and patient decide where to target that focal point. Most patients chose to target infinity so they can drive and watch TV without glasses. These patients must put on reading glasses to read or perform close-up activities. But why not develop an implant that will focus on near and far so no glasses are needed? This would replicate the focusing ability of a young person. The newest implants today are achieving that goal. In fact, we are now in the third generation of these implants.

There are several approaches. One approach creates a series of miniature concentric rings on the optical part of the implant. The incoming light is then focused at slightly different points on the retina, enhancing both distant and near vision. Some of these patients experience halos or glare at night because of the tiny rings. But many experience very good reading and driving abilities.

Another approach is to create an optical part attached to two flexible soft plates which allow the optic to move forward and backward. This movement replicates the natural function of the lens prior to development of a cataract. These patients have no halos, but sometimes need weak reading glasses for fine print.

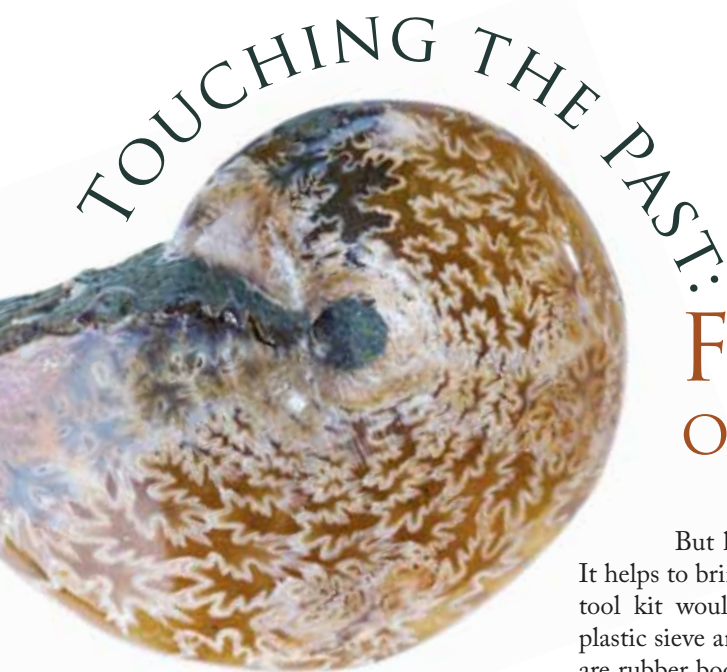
Other ideas are in the design and research phase. One concept is to create two tiny lenses attached peripherally at four points. When implanted in the eye, they will move slightly closer and apart, replicating the natural focusing of the eye. This implant looks very promising and may be approved by the FDA in the next year.

Another interesting idea involves inserting a soft, gel-like substance in a lens shape into the eye. Its soft texture will allow it to change shape and focus at different distances. Another alternative is to insert a lens implant which has a UV light-sensitive pigment in the lens material. Once the eye has healed after surgery, a UV light is shone on the implant for several seconds to activate the pigment and change the shape of the lens. This would allow perfect post-op, 20/20 vision without glasses.

If you are considering cataract surgery, discuss these new and interesting alternative lens implant options with your surgeon.

Dr. Dodd is an instructor at the University of Maryland Department of Ophthalmology and is a practicing ophthalmologist at Maryland Eye Associates. He can be reached at 410.224.4550 or mjdmd1@gmail.com

It's persistence that will get you where you want to go.



TOUCHING THE PAST: FOSSIL HUNTING ON THE WESTERN SHORE

By Tracy Leonard

Imagine a shallow sea covering all of southern Maryland and stretching as far northwest as Washington, DC. Sharks, sting rays, seals, whales and dolphins swim while scallops, clams and snails live in the sand. Crocodiles inhabit the nearby wetlands. The climate is warm and life is plentiful. Such was this patch of North America about eight to 20 million years ago during the Miocene Epoch, long before there was a Chesapeake Bay or its current inhabitants.

While you can't step back in time, you can step exactly where these creatures once roamed. And you can find traces of their remains in the rich fossil beds that line the western shore of the Chesapeake Bay. From Calvert Cliffs State Park north to Brownie's Beach, the cliffs of the western shore yield scores of shark teeth, sting ray dental plates, dolphin bones, scallop shells and many other fossils. Touching the remains of life from more than 10 million years ago almost defies imagination, so searching for fossils along the beaches lining the western side of the Bay makes for an unusually rewarding treasure hunt.

When southern Maryland was under water, shells, bones and teeth of dead animals sank to the bottom of the sea and were covered by layers of sediment. The sea eventually receded. Later the Ice Age came, with glaciers carving deep river valleys where the sea had once been. Finally, the ice melted, leaving the Chesapeake Bay and the eroding cliffs along the western shore behind.

But how do you find the fossils? It helps to bring some tools along. A basic tool kit would include a garden trowel, plastic sieve and Ziploc bags. Also helpful are rubber boots for wading. Other fossil-hunting tools include frames fitted with screens for sifting and open hoes covered with plastic mesh. Towels, sunscreen, water, snacks and a change of clothes – all the things you would pack for a trip to the beach – come in handy when fossil hunting.

Then you simply dig and sift the sand on the beach. At many western shore beaches, shark teeth and fossilized bone are mixed in with the shells and sand. Going to the beach at low tide is ideal since more sand is exposed. Digging up to the high tide mark is allowed on Maryland beaches. Because the cliffs erode easily and fall to the beach below, digging in the cliffs is dangerous and not allowed. You should avoid walking directly underneath the cliffs. Wading a few feet into the water and digging into the sand and gravel just under the surface often yields fossils. Digging up some sand, sifting it and sitting on the beach to uncover connections to the past, all the while gazing at the Bay, makes for a relaxing and pleasant afternoon.

Several county and state parks offer access to western shore beaches. Some public fossil hunting sites include:

Brownie's Beach (Bayfront Park)

At the northernmost point of Calvert Cliffs lies Brownie's Beach. Just south of Chesapeake Beach on Route 261, the sand on Brownie's Beach always holds plenty of small shark teeth. Colorful glass beads of unknown origin also mix in with the sand, shells and fossils. The beach is pretty wide with a lot of room for walking, running and digging. From Memorial Day

to Labor Day, admission for non-Calvert County residents is \$9 per person ages 12-54 and \$7 per person under 12 or over 55. The rest of the year admission is free.

Flag Ponds Nature Park

Ten miles south of Prince Frederick is Flag Ponds Nature Park, which has hiking trails, a fishing pier and a sandy beach for shell collecting and fossil hunting. Broken scallops abound, and shark teeth can be found as well. From November through March, admission costs \$3 per vehicle. From April through October, admission costs \$4 for Calvert County residents and \$6 for others.

Calvert Cliffs State Park

Calvert Cliffs State Park, located 14 miles south of Prince Frederick, features hiking trails, picnic facilities, a freshwater fishing pond, playground and beach. Fossil hunting is limited to the narrow beach, which is reached by a two-mile-long hike. The entry fee is \$5 per vehicle for state residents year-round.

If you wonder what you are looking for or have found, Calvert Marine Museum in Solomons has a fantastic display of fossils found in the area.

Fossil hunting on the western shore makes a trip to the beach that is close at hand, ripe with anticipation, and because you never know what you'll find, always unique. With the admission fees low, the sun warm and the beaches uncrowded, Springtime is ideal for taking a trip back in time.

Tracy enjoys sailing and spending time on the Bay. She can be reached at j24usa1968@yahoo.com

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3. Plan dinner party

"The beauteous pansies rise in purple, gold, and blue, with tints of rainbow hue mocking the sunset skies."

- Thomas John Ouseley

By Neil Moran

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

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

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

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

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

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

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

One remarkable variety to look for at a garden center near you this Spring is 'Floral Power Gold Purple Wing.' This species of *Viola* was introduced last year and "produces an abundance of round-shaped blooms on compact, yet vigorous, plants." The purple and yellow flowers are simply awesome!

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

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

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

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

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

Pansies, the Harbingers of Spring



About 1 in 3 Americans
will get shingles
during their lives.

Taking the MISCONCEPTIONS Out of Shingles

A person remains contagious until their blisters have scabbed over.

Shingles is a type of virus that also causes chickenpox.

There is a shingles vaccine that has been approved for adults over 50 years old.

By Robert G. Graw, Jr., M.D.

Nearly one out of three people in America will develop shingles at some time in their lives. Although anyone at any age can develop shingles, half the cases occur in people age 60 and over, making it an obvious health concern of seniors. Also know that anyone who has a weakened immune system from cancer or an organ transplant, is at risk for shingles.

A rash with a variety of symptoms that include pain, burning and itching, shingles is caused by the varicella zoster virus. This is a type of herpes virus that also causes chickenpox, but is separate from the strain of the virus that causes genital herpes. Because of its name and connection to chickenpox, uncertainties and misinformation often surround the cause of shingles.

If a person has had chickenpox, the herpes zoster virus lies dormant in the body for years, even decades. Shingles occurs when the virus is reactivated in the form of a rash, usually affecting just one side of the upper body, but also occurring on the face or larger areas of the body.

While it's not clear what triggers the virus's reactivation, researchers believe it may be linked to changes in the immune system, such as an infection elsewhere in the body, or after physical or emotional shock. Maintaining a strong immune system may help prevent shingles from occurring.

Shingles often starts with a feeling of tingling or pain that can begin up to five days ahead of the rash. This stage is the herpes zoster growing in the nerves, causing the sensation.

Once the virus reaches the skin, the shingles rash appears. Blisters then form that usually scab over in about a week to 10 days. The episode typically clears up in about two to four weeks. Outbreaks may be accompanied by other symptoms including fever, headache, chills and upset stomach.

Until the blisters scab over, the herpes zoster virus can be contagious through contact, so a person experiencing an outbreak should cover and avoid touching the rash to prevent spreading chickenpox. The virus can only be spread through direct contact with fluid from the rash blisters and not by sneezing or coughing.

Frequent hand washing and avoiding contact with premature infants, pregnant women and individuals with compromised immune systems is also imperative. Once a shingles rash crusts over, transmission is much less likely.

Shingles can be treated with antiviral medications and a complement of painkillers and calamine lotion to reduce itching. Prescription antiviral medicines reduce the duration of symptoms as well as the risk of post-herpetic neuralgia.

This complication of shingles is more likely to occur in increased age. Post-herpetic neuralgia is broadly defined as pain that lingers after the herpes zoster blisters have healed, usually after a three-month period. Unfortunately, in some extreme cases, this pain becomes permanent. People with intractable post-herpetic pain can become depressed and are usually prescribed antidepressant medication.

Fortunately, there is good news for older adults. A shingles vaccine has recently been developed and is sold under the name Zostavax. Though not entirely fail-safe, the single-injection inoculation

has been shown to be quite effective. While approved for use in adults over the age of 50, the Centers for Disease Control and Prevention (CDC) recommends the vaccine for every healthy adult over the age of 60.

Regardless of whether or not you have experienced an outbreak of shingles, you are still eligible to receive the vaccination as long as your immune system is strong. The inoculation will greatly reduce the risk of initial or subsequent outbreaks of shingles. Be sure to ask your primary doctor for more information.

Dr. Graw is a practicing physician and the founder and CEO of Righttime Medical Care. He can be reached at rgraw@myrighttime.com

Bits & Bytes

If you would prefer to not be identified by the person you are calling, dial *67 before dialing the number and you will be identified as "anonymous."

JOHN COYNE

Reinvents Himself

By Neil Moran

John Coyne had a good job that could have paved the way for clear sailing into his “golden years.” He was a pharmaceutical sales rep for more than 23 years. Then, with age 50 fast approaching, he joined the ranks of older men and women who lost a job in the Great Recession when his company showed him the door.

“In sales, when times get tough, you’re the first to go,” said Coyne from his home in Marquette, Michigan, a modest-sized town in Michigan’s Upper Peninsula.

Coyne said he had to face the tough reality that other companies would be reluctant to hire an older worker who was accustomed to a decent wage, when they could hire someone younger and bring them in with less pay and benefits. So he started to search for an alternative career.

For over 17 years, while working in sales, Coyne had a sideline business, called U.P. Irrigation. He installed residential irrigation systems in and around his hometown. So he immediately ramped up his irrigation installation business and even added holiday lighting to his offerings.

Knowing this wouldn’t be enough to sustain him and his family and put his youngest boy through college, he kept looking for other ways to pay the bills.



“We promised each of our kids we would pay half of the college costs, and we were determined to do so,” Coyne said.

It was while installing complicated irrigation systems he got the idea to invent a self-draining irrigation system that doesn’t require a professional contractor to install. So that’s what he did. He created his own line of irrigation kits for the professional and the do-it-yourselfer.

Coyne dipped into his savings to help launch his new product, which is appropriately called Auto Rain Lawn Gear

(ARLG). It was a bold move for a 50-something guy who is used to a regular pay check, but Coyne has never looked back.

“I’d like to thank the company who laid me off,” said Coyne without a hint of cynicism. He says he enjoys what he is doing now and doesn’t envy the people he sees going to work, doing the same thing day in and day out.

Coyne believes the future looks bright for him and his company. However, the road hasn’t been easy. Getting a new product to market when you’re an unknown entity in far-flung Northern Michigan isn’t easy, Coyne explained. However, with persistence and a good presentation (a background in sales didn’t hurt), he has managed to get his products on the shelves of some select stores, with more hopefully on the way.

A solid family foundation has helped Coyne through this transition period, a time when many 50-year-olds are simply winding down a career and looking forward to a pension or dipping into an IRA. He said it’s been stressful at times since he was laid off, but it hasn’t put an undue burden on his marriage.

“She’s always been very supportive of anything I do,” said Coyne of his wife, who is a school teacher in the area.

Coyne said he’s had to “reinvent” himself since being let go and he suggests people in a similar situation find a talent they can tap into to make the transition.

Coyne’s invention allows homeowners who aren’t comfortable with complicated home improvement projects to install an irrigation system.

“If you can use a shovel and turn a screwdriver, then you can do this,” Coyne said.

The ARLG irrigation system consists of six different kits to accommodate yards of different sizes and layouts. Detailed instructions come with each kit and there is a helpful instructional video on the ARLG website. “These do-it-yourself kits can save over 70 percent of the cost of hiring a contractor,” Coyne claims. Of course, you can always hire a landscaper or other contractor to install an ARLG kit for you.

The system itself can be installed with a minimum of tools, i.e., a shovel and a few hand tools to fasten parts together. The poly-plastic hose is purchased separately at any hardware store. Because the hose needs only to be buried under the sod, a spade is all you need for digging -- no backhoes or pipe pullers required.

At the moment, Coyne has his kits in several Lowes stores in Michigan and Wisconsin, and of course they are for sale on his website, www.autorainlawngear.com. If Coyne has his way, they’ll one day come to a store near you in the Bay Area.

Neil also reinvented himself after working the same job for 25 years. Visit his website at www.neilmoran.com



ENCORE

TO OFFER CHORAL, BAND, DANCE AND
THEATER INSTITUTES
AT ST. MARY'S COLLEGE OF MARYLAND
AND THE CHAUTAUQUA INSTITUTION

By Jeanne Kelly

You're invited to sail in or arrive by land this Summer to sing, dance, act or play an instrument at St. Mary's College of Maryland on **June 19 to 23**.

Encore Creativity for Older Adults, is the nation's largest and fastest growing choral program for older adults. With 11 chorales in the DC/Baltimore area, including a 50-voice chorale at AACC, Encore is the only Summer "arts sleep away camp" for older adults, 55-plus, to offer participants the opportunity to arrive by "land or sea."

Boaters may cruise into Horse-shoe Bay, anchor and have a fantastic five days learning, rehearsing and performing. Encore will be returning to the beautiful St. Mary's College of Maryland campus for its fifth season, offering a varied program in choral singing. Last year's Encore Chorale Institute attracted 60 singers from around the country. Encore also welcomed local St. Mary's and Calvert County commuters. Exciting new offerings this year will include a band program, collaborating with New Horizons Band, the nation's largest band program for older adults, and a dance/movement program, partnering with the internationally known Dance Exchange, a top-notch theatre program. Encore Institute at St. Mary's College is a premier location where older adults can learn a new art or continue to perfect lifelong skills.

An Encore Choral, Dance/Movement and Theatre Institute will also be offered at the famed Chautauqua Institution in upstate New York, **Aug. 26- 31**, partnering with The Dance Exchange and Stagebridge Theatre, the nation's oldest theatre program for older adults.

The Encore Choral Institute at St. Mary's College, will welcome Krystal Rickard McCoy, music director of St. Maries Musica and the Southern Maryland Encore Chorale. Singers will begin their day with a stretch/yoga class followed by a full choral rehearsal. After lunch, singers will choose from a vocal technique class, a choral sectional or free time. An afternoon choral rehearsal will follow. Repertoire will include spirituals, oratorio selections, Civil War songs and Broadway. All levels of vocal experience are welcomed and singers may sit for rehearsals and performance. Singers will perform the "Battle Hymn of Republic" with the band.

The Encore Band Institute will be directed by New Horizons founder Roy Ernst. Instrumental classes will include an intermediate-advanced band of about 50 players, chamber music groups and a class in creating recreational music events for family and friends. Band participants may choose to take a vocal technique/choral class daily.

The Encore Dance/Movement Institute with The Dance Exchange is directed by Shula Strassfeld, resident artist and healthy living coordinator. The program will include daily warm-up and technique classes, collaboration on ensemble work and development of solos, exploration of composition methods and practice, with a focus on individual movement vocabulary. Incorporation of spoken word and personal story into dance will be studied.

Participants, including beginners and more advanced performers, are encouraged to go at an individual pace that is comfortable and appropriate for them.

The institute is appropriate for a wide range of 55-plus adults, including current dancers, those who have danced in the past and want to be dancing again and those with no dance training but an interest in a structured movement experience.

Students will take the stage and hear the sound of applause – some for the first time. They will experience the excitement of acting, the art of storytelling and the thrill of performance. In the acting portion, they will work together on 10-minute plays and short scenes from famous plays. The actors will learn techniques of developing characters, expressing themselves through movement and voice and learn methods of learning lines. In the storytelling portion, they will tell a personal or traditional story of their choice, expressing character and setting, at the same time learning to hold the audience's attention. The institute culminates in a performance of short plays and stories. The grand finale will be performed by all students on Saturday, **June 23**.

Dorm suites and meals in the college dining hall will be available to all students. Participants will attend concerts presented by professional artists. Friday evening, institute participants will attend the exciting Chesapeake Symphony "River Concert" overlooking the banks of St. Mary's River. Local St. Mary's and Calvert County area residents are invited to attend.

Contact Encore at 301.261.5747 for more information and visit the website at <http://encorecreativity.org> for information on the free concert on Saturday, **May 12**, at 3 p.m. at the AACC Arnold Campus Pascal Center for Performing Arts.



Spilling the Beans

Coffee is Good for You

By Leah Lancione

The National Coffee Association has estimated that 54 percent of American adults are habitual coffee drinkers who consume 146 billion cups a year. Clearly Americans love to partake of a warm (and energizing) “cup of joe,” but questions linger about whether it is a healthy habit. Still, studies have found that men who drink coffee appear to have a lower risk of lethal prostate cancer than other men, and that middle-aged folks who drink moderate (three to five cups daily) amounts of coffee have the lowest risk for dementia and Alzheimer’s disease compared to less or more frequent drinkers. In addition, more recent studies are even pointing to coffee’s role in preventing Type 2 diabetes.

Though the jury may still be out for some, researchers have uncovered that three major compounds found in coffee, caffeic and chlorogenic acids and caffeine, have a beneficial effect on Type 2 diabetes mellitus. This, revealed in an article published on MSN Health (www.health.msn.com/healthy-living/nutrition). The findings suggest that these compounds prevent the substance Human Islet Amyloid Polypeptide (hIAPP) from causing abnormal (and toxic) protein deposits to collect in the pancreas, which occurs in people with Type 2 diabetes. The article also refers to a 2009 study published in the *Archives of Internal Medicine* that reports the “people who drank the most coffee seemed to have the lowest risk of developing Type 2 diabetes. With each cup of coffee consumed daily, the risk of Type 2 diabetes dropped by 7 percent.”

The online medical resource WebMD (www.webd.com) also cites a current study published in the *Journal of Agricultural and Food Chemistry* by Chinese researchers that discloses coffee’s ability to block the toxic accumulation of the protein associated with Type 2 diabetes. The article notes similar findings that show “people who drink four or more cups of coffee a day have a 50 percent lower risk of getting Type 2 diabetes.”

The researchers report that when the three coffee extracts were presented to hIAPP, they all prevented the toxic process and protected cells in the pancreas—with caffeic acid being the most successful. The study also maintains that decaffeinated coffee is effective, maybe even more than caffeinated, since its “percentage of caffeic and chlorogenic acid are higher than in regular coffee.”

In addition to reducing the risk of Type 2 diabetes, a published report from Harvard Medical School (www.health.harvard.edu/press_releases/coffee_health_benefits) describes coffee’s anti-cancer properties and potential to protect against Parkinson’s disease. The report reveals that “coffee drinkers were 50 percent less likely to get liver cancer than nondrinkers.”

Even the January 2012 issue of *Better Homes and Gardens* has jumped on the bandwagon in touting coffee’s health properties. Telling readers to have a “Happy Brew Year,” the magazine notes research validating coffee’s power to protect against heart disease, Type 2 diabetes, and some cancers, but warns against drinking “jumbocinos” (intake of more than four 8-ounce cups a day) and the “high calorie mixers.”

So the next time someone gives you a hard time for cozying up to your morning cup of coffee, “spill the beans” about its health benefits. Or you could just declare you’re taking after T.S. Eliot and “measuring out your life with coffee spoons.”

Bits & Bytes

If you’re tired of waiting on hold and pushing endless numbers that lead to nothing, log onto www.GetHuman.com or DialaHuman.com which will find a contact person to speak with.



APP IN A SNAP

By Gail Fowler

Spring often brings thoughts of returning birds and flowers in bloom. As much as I love both, sometimes it is difficult to recall the name of a bird I see in my backyard, or a lovely flower that catches my eye. As you might have guessed by now, there are apps for that!

My favorite birding app is one called **iBird**, by the Mitch Waite Group. It's an entire field guide, and more, all on your smartphone. There are several versions of **iBird**, covering various geographic regions and more complex search levels. They currently range in price from \$4.99 to \$19.99. These guides contain everything your printed field guide contains, and one important additional feature -- the ability to play a bird's song. Recordings are from the Cornell Lab of Ornithology, and the app's in-depth search feature allows you to identify more than 900 birds by color, shape and habitat, as well as many other criteria.

Other digital field guides are available too. Audubon, National Geographic and Peterson all have apps now. The most notable is **The Sibley eGuide to the Birds of North America**. Until the Sibley eGuide was released, no birding app was as highly rated as **iBird**, especially when comparing navigation and search capabilities. Sibley is now considered a worthy contender.

I use my app often on birding ventures these days. And my not-so-secret hope is that the next generation of birding apps will allow the spontaneous recording of a bird's song, and then have the app identify the bird for you. Wouldn't that be fun?

As for flowers, my favorite app is called **SMM Wildflowers**. While it was designed by the National Park Service for use in the Santa Monica Mountains in California, we have many similar, or identical, flowers in our neck of the woods. Like the birding apps, you can choose a variety of search criteria, such as color, size and shape. The app then displays several possible flowers to compare. The 5,000-plus photos of more than 900 plants are stunning. It is a wonderful and free resource, and this past Fall helped me identify a lovely patch of delicate blue asters in the Appalachian Mountains of North Carolina.

There are other plant and garden reference apps too. **Bot-any Buddy** is a \$9.99 tree and shrub guide that includes more than 2,000 species of plants. Flower Pedia is a virtual encyclopedia for flowers. The full version is \$4.99 and there's a lite version you can try for free.

Someone once said, "The more we know, the more we see." These apps, and so many more, are wonderful visual aids built to help observe and identify the natural world surrounding us.

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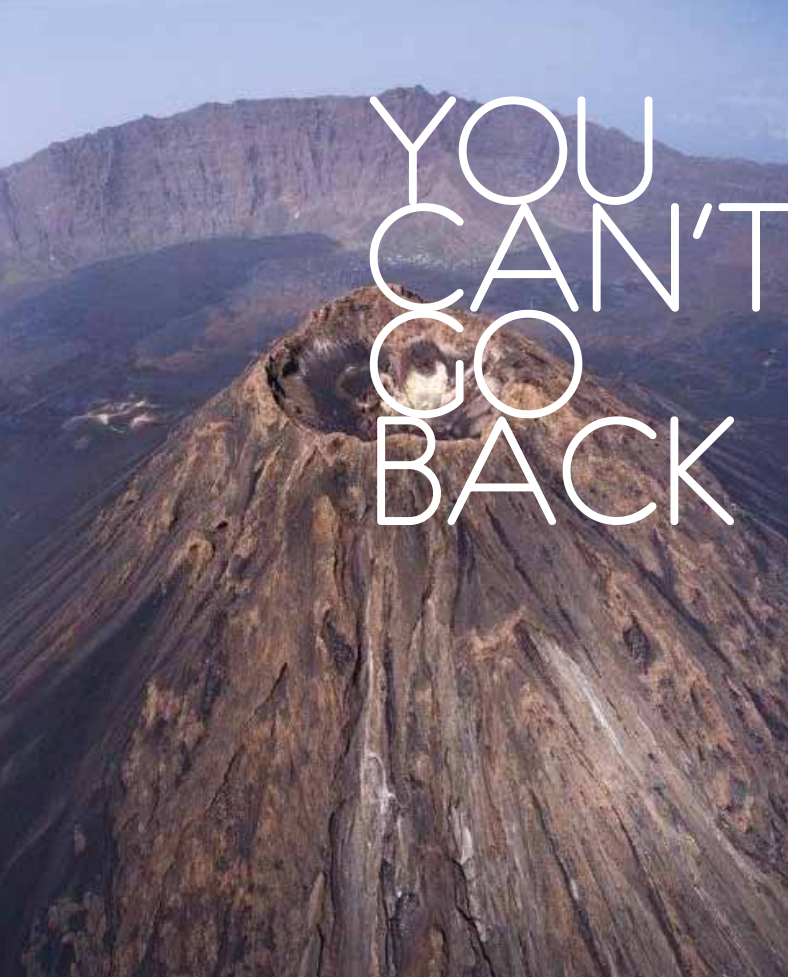


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On a clear day just before nightfall during several months each year, the setting sun would sink behind Fogo and briefly illuminate the profile of the Pico de Fogo. Climbing this prominence became a permanent part of my bucket list but time, duties and reassignments intervened. A small eruption in 1995 resulted in new lava flows at the base of the peak and created uncertainty about hiking in the area. Then, in retirement, I returned to Fogo on board the National Geographic ship *Explorer* accompanying a group of guests on tour with Lindblad Expeditions. To my pleasure, I learned that a few small groups of hikers were again climbing the peak using local guides. Moreover, I met a former embassy local employee who had retired and had purchased his own sailboat. Thus was born the idea that it was time to go back.

First came a flurry of emails to try to get things organized in Cape Verde for laying out a schedule and itinerary. The next step was to recruit a few more adventurers. The choices were obvious: the two Annapolitans who had been a permanent part of my winning Hospice Cup regatta crew. They had already heard so many stories about Cape Verde that they were interested in seeing if any of them were true. Visas and vaccinations followed and suddenly we were off, taking new direct air flights between Boston and Praia by the Cape Verdean National Airline TACV. What followed was sheer adventure.

Several weeks of sailing on board a 47-foot sloop took us to eight of the archipelago's 10 islands and covered almost 400 nautical miles of ocean water. There were a few discomforting bouts with seasickness, a risky moment or two when we lost the boat's automatic pilot and when our double anchors dragged, forcing a midnight departure to reach open water in heavy swells. However, landfall at the different islands and catching up with old acquaintances more than compensated. But the single highlight of the entire trip was the four-hour climb to conquer the Pico de Fogo, which I had so often seen from afar and dreamed of climbing.

A guide was indispensable because the unmarked path to the top jumped from one hard volcanic outcropping to another. Footing heading upward was impossible in any volcanic ash. We couldn't judge the steep distances going up, but none of us wanted to embarrass ourselves in front of the others by quitting the climb. At the summit, the view was spectacular looking down one side into the ancient crater and the other side into the heart of the more recent eruption marked by persistent puffs of smoke in the loose ash. We didn't tarry long. We took a few photos, finished the last of our water and started back down, elated by our accomplishment.

Moral of the story: You can go back and even realize old dreams. It just takes a little determination, preparation, a few good friends and ... a sailboat.

Vern is a former US ambassador who retired to Annapolis and tries to go sailing as much as possible to avoid garden work. He can be reached at vern-penner@hotmail.com

By Vern Penner

There is an old saying, oft repeated, that you can't go back. It means that special situations in life of high passion or adventure can't be repeated or recreated, that certain moments when the impossible becomes possible or when long-held dreams are realized are once-in-a-lifetime occurrences. Of course, reality tells us that time and traditions do make many things impossible to repeat. In military circles, for example, there is the change of command ceremony. The outgoing commander exchanges military colors, salutes his successor and the flag, and departs. He never looks back and never returns. Such thoughts were in the back of my mind when I made the decision to go back to the islands of Cape Verde after more than 20 years. I wanted to repeat what I enjoyed most while living there from 1986 to 1990, and in the process, to fulfill a dream life that had stuck with me since that time.

Sailing at Cape Verde was the thing I liked best and the half-moon, crescent-shaped archipelago of 10 islands located some 400 miles west of Senegal, Africa, is a sailor's paradise. I learned to love blue water cruising while using the embassy's sailboat to make courtesy calls on all the country's islands. The biggest island is Santiago where Praia, the capital, is located. But barely 50 miles downwind in a westerly direction lies Fogo, which offers one of the world's most grandiose landscapes. This island is literally formed from a single enormous volcano with abrupt cliffs rising from the ocean and surf up to the clouds. There is intensive farming and green vegetation on the flanks of the volcano and in the island's center is a massive crater out of which juts a single huge peak resulting from a later eruption. This "Pico de Fogo" is almost 9,000 feet tall and is the highest point of the entire archipelago.

Legal Insights

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 its readers. Individuals with legal concerns should consult with an attorney for advice regarding their specific circumstances.



Somehow I've lost my original Last Will and Testament. What should I do?

First you should continue your search, exploring all possibilities. Did you put your Will in a safe deposit box at a bank or credit union, or in a fire-proof box at home or elsewhere? Could you have deposited your Will in the safe at the Register of Wills? Does the attorney who prepared your Will have it in the office for safekeeping? If you have checked the above locations and are certain that you are unable to find your Will, you should execute another Will and be certain to place it in a secure location, such as in the safe at the Register of Wills in the county where you reside.

If you choose not to execute another Will, which is not recommended, and upon your death, your original Will can still not be located, there is another less desirable option available. Presently under Maryland law, if an original Will cannot be located, an "interested person" (an heir at law or legatee named in the Will), may file a Petition with the Register of Wills alleging that the original Will was lost or destroyed but not revoked by a decedent, and attach a copy of the Will, which the heir or legatee contend is the decedent's final Will. A "Consent" to the admission of the copy of the Will, signed by all interested persons, must be submitted to the Orphan's Court. If the Orphan's Court is satisfied with the petition and documents presented, the Court may order that the copy of the Will be probated under administrative probate procedures before the Register of Wills. Whereas, if the Court does not approve the probating of the copy of the Will, or someone objects to its admission, the estate will be administered

by the Probate Court at a judicial probate proceeding.

In summary, if you are unable to locate your original Will, you should have another Will prepared for you and keep it in a secure location, rather than complicate the probate process for your personal representative and incur additional estate expenses.

I cannot locate my father's original power of attorney. I was going to have another power of attorney prepared for him to sign, however, I do not think that he would understand what he was signing. What can I do?

If you have been unable to locate your father's original power of attorney, but have a copy of that executed document, you may be able to use the copy to manage his financial affairs. I say "may" because financial institutions often require that an original power of attorney be produced.

In the absence of an original or a copy of your father's power of attorney, you could proceed as follows: If you are certain that your father would not understand what he was signing, any power of attorney or contract that he signed would not be valid. To be valid, a document must be signed by a person who has the mental capacity to understand the legal significance of the document to be signed. In fact, under Maryland law, only powers of attorney which are signed and acknowledged by a grantor for the stated uses and purposes, before a Notary Public and two witnesses, are required to be accepted by banks and other financial institutions.

Although it is generally recommended that everyone execute a power of attorney permitting others to handle their financial affairs, in some limited instances, for example, if a disabled person does not have any assets to manage, or has a convenience account or representative payee arrangement established, the absence of a power of attorney may not be crucial. However, under most circumstances a power of attorney should be executed, and if it is not, and assets need to be managed for a principal who lacks the mental capacity to sign such a document, then someone will have to file a Petition with the Circuit Court seeking to be appointed as guardian of the disabled person. Guardianship is an adversary proceeding and the costs and accounting inherent in such an action far outweigh the costs and effort needed to prepare a power of attorney.

Valerie A. Rocco, P.C., is an estate planning, probate and elder law attorney with more than 30 years experience. Her responses to questions are based upon Maryland law. Ms. Rocco may be contacted at 410.266.1009 (Annapolis) or 410.997.4228 (Columbia), or visit her website at www.SeniorsAdviser.com

Bits & Bytes

If you're looking to improve your memory or test your I.Q. or work towards more creativity, log on to www.BrainMetrix.com for lots of fun and interesting challenges.

You are your own worst critic.

he cooks!



By Mat Herban

A perfect Spring meal is chicken paprikash with rice or noodles, accompanied by carrots with lemon, mint and Roma tomatoes. There are lots of days when the sun is out, but the wind is cool. Flowers are budding, but comfort food still fills the bill. On one of those days, think chicken with a yummy mushroom cream sauce and you'll be off and running.

Chicken Paprikash

3 full chicken breasts, boned and skinned
1 1/2 tsp. garlic powder or salt
1 tsp. pepper, white, if available
3 Tbs. olive oil (divided)
3 Tbs. butter (divided)
1 large onion peeled and chopped to 1/4"
1 lb. mushrooms, lightly washed and sliced
1 1/2 cups chicken stock or bouillon cube
1 1/2 cups heavy cream
1 1/2 cups sour cream
1/4 tsp. mushroom powder (optional)
3 Tbs. sweet Hungarian paprika
3 Tbs. chopped parsley

Cut chicken into bite-sized pieces. Season with garlic powder and pepper. In a Dutch oven or large, deep pot, brown pieces in 2 tablespoons olive oil and 2 tablespoons butter. Remove chicken from pan. Add remaining butter and oil to pan and sauté onion and mushrooms until soft. Return chicken to pan with chicken stock, cream and sour cream. Mix in the mushroom powder and sweet paprika. Simmer 30 minutes to blend flavors. Serve over rice or noodles, generously garnished with chopped parsley. Serves 10-12. This is a great dish for the buffet and leftovers freeze beautifully.

Carrots with Lemon and Mint

Some carrot recipes are just awful, but the lemon and mint make this recipe a harbinger of Spring.

8 oz. carrots
2 Tbs. butter
1/2 tsp. salt
1/4 tsp. pepper
1 Tbs. lemon zest (fresh is best)

1 Tbs. turbinado sugar (could use white)
2 tsp. minced mint (fresh)

Peel the carrots and slice them into very thin rounds—or grate them on a wide grater. Boil them for only 5 minutes. Drain carrots well and sauté them in 2 tablespoons butter until they are crisp-tender. Mix together remaining ingredients and stir into carrots. Serve at once. Serves 6-8.



Roma Tomatoes

The nice thing about these tomatoes is that they are quick to fix and very pretty on the plate. Small regular tomatoes would work just fine in this recipe.

6 Roma tomatoes
1 tsp. garlic salt
1/2 tsp. pepper
1 tsp. Italian seasoning or mixed salad herbs (dried)
4 tsps. olive oil or as needed

Cut tomatoes in half. Mix seasonings together and sprinkle cut side of tomatoes, using all the seasoning. Put olive oil in a skillet, preferably nonstick, that will hold all the tomatoes at once. Place tomatoes in pan, cut side down. Cover with a lid and cook on low heat until they are just barely done. Check frequently as it doesn't take long -- 3-8 minutes depending on the size. Remove the tomatoes from the pan with a flat spatula so all the seasoning stays on the tops, and serve flat-side up.

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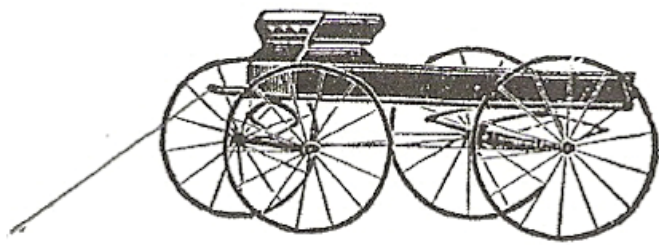


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IT'S POSSIBLE.



Ask the Undertaker

By Ryan Helfenbein

This is the second of a two-part series in which mortician Ryan Helfenbein answers the most frequently asked questions about preplanned funerals from his customers and the readers of his column.

....

•In making my arrangements, can I get specific as to flowers, or what I want to wear (I saw your orange dress ad), or music to be played?

We often get families bringing us music in advance so we have the songs they would want to play in the background and during the services. In regard to clothing, this is also true. We have closets in each of our funeral homes where we have individuals clothing that is to be used when they die. So yes, even if it is that orange dress you have so longed to wear, it too can be noted in advance.

• I might be eligible for a military funeral and burial in a military cemetery. Is there a specific funeral home that I'll need to go to?

Not at all. Any funeral home today can offer assistance with military services in any military cemetery. What you may want to consider is which cemetery and what service option you prefer. For example, if you are considering cremation as your service option, perhaps the columbarium at Arlington National Cemetery would be an ideal place for your remains to be inurned. It is wise to discuss the burial benefits with an undertaker in advance so that you are able to make an educated decision about which option would work for you.

• How long can my burial be put off if it's going to take time to gather the family?

I understand that many people feel the funeral ceremony needs to take

place in a very short period of time due to the deceased remains. Unless religious beliefs require a prompt burial, time is not normally an issue if a family wants to delay the burial. Through preparation procedures that undertakers offer, such as embalming and refrigeration, time is very rarely an issue. Therefore, there is no rush to have services right away, and undertakers can be flexible in allowing time for the family to gather.

• Who writes my obituary? Who contacts the newspaper?

Often the undertaker assists in writing the obituary and almost always contacts the newspaper to run the notice. The key question would be who pays for it and is it included in what the funeral home provides? The cost associated with the newspapers is included in what is called "cash advances" or in non-undertaker terms – outside expenses. These expenses are paid by the funeral home and then passed on to the family. There are no added fees on cash advances.

• I want to be cremated and I have some specific ideas where I want my ashes spread. Can this be made part of the preplanning?

Most definitely. When plans are done in advance, the notations can be made such as where cremains are to be scattered, who is to have them and even costs associated with the scattering ceremony can be covered in the preplanning as well. In addition, it is required by law that every undertaker provides you with the state laws regarding the scattering of cremated remains. This is a two-page document provided by the Maryland Department of Mental Health and Hygiene.

• If I have more than one child, can my ashes be divided among them?

This is actually becoming quite common today. These containers are called "Keepsakes." Keepsakes are smaller urns that come in many options. For example, cremains can be placed in small glass globe(s) that become night lights, necklaces, keepsake charms, wind chimes and even made into a diamond. In addition, keepsakes are also available in miniature traditional urn styles. Whatever you would like, I'm sure it can be done.

• I would very much like to have a celebration instead of a traditional funeral -- as in lots of good food and even a trio playing background music. Can I be specific and prepay this?

This is a very popular movement today. We are finding that families want to honor their loved one in unique ways. For example, some families can choose to conduct the burial service first, then hold a remembrance tribute immediately afterward with friends and family. This tribute would include a themed area designed around the hobbies and interests of that individual. It could include themed food, refreshments, videos, picture boards and in some cases even a martini or wine bar. Some funeral homes are even offering catering services so that all costs are covered through one's preplans. We've made arrangements for a wine toast to be done as the family gathered around their mother prior to cremation, a sunrise memorial service which included coffee and Danish on the Victorian style porch of our Easton funeral home, and another family has prepaid plans for a gospel group to come in and sing "O' Happy Day" at the conclusion of their church service.

If you're not making mistakes - you're not trying anything new!

• If I prepay, does this mean there's no cost-of-living increase and that my family will not have to dole out any further money, regardless of how much longer I hang on?

If in fact it is done correctly, yes, your family has zero financial obligations for prefunded expenses whenever death occurs, no matter how long one "hangs on." You meet with a certified preplanning counselor who has extensive knowledge in this area, however, and not just someone found in the Yellow Pages. Be sure that this is carefully spelled out in the documentation.

• Will we be able to set up a payment plan so we don't have to plunk down all the money at once?

This is entirely up to you. If done properly, there are options available. Expenses can be paid over a three-, five- or even 10-year time frame. Or, you can pay all at once. It's your choice. A common practice we see in our industry is individuals paying a portion now, and the remainder in one year. This allows time to reallocate funds if necessary.

• Is there an additional charge to prepay?

Nope, if anything it is a savings! Typically the undertaker will create an estimate of what it would cost based on your wants and needs at the time. This would include services, merchandise and outside expenses. Once the total cost is determined at today's prices, the family can either pay that in lump sum, or opt for a payment plan, as described above.

• My dream is to be buried at sea. Can that be arranged?

Yes, individuals specializing in this area are available to the funeral industry and are located all along the East Coast. There are laws that govern the location of a burial at sea, as well as certain procedures that must be followed to ensure the burial is conducted properly. This includes everything from the depth of the water, nautical miles from shore and the time that certain government agencies need to be notified.

• If I'm cremated, will I still need to purchase a coffin?

No. The receptacle that funeral homes refer to when families elect cremation is called an "alternative cremation container." This can be as simple as a cardboard box. The requirement by most fu-

neral homes is that they use this container to hold the decedent and it provides a much more respectful means of placement into the cremation unit (or what is called a "retort"). It is cremated with the body. A receptacle choice could be what is called a cremation casket and can range from a pine casket to a solid mahogany casket -- and yes, it too is cremated.

• What assurance do I have that all of my wishes will be carried out?

Good question. On the reverse side of the "preneed contract" that you would receive after making plans with your undertaker, you should see the "performance guarantee." This guarantee should state the following: "the funeral firm will provide the guaranteed services and merchandise selected in the preneed contract unless factors beyond its control prevent it from doing so," i.e., a fire, lost at sea, etc. It then continues: "The funeral firm will furnish the brands or makes of merchandise shown or, if unavailable, merchandise of equivalent quality." Now my favorite part: "If the funeral firm is unable to provide the planned funeral, another funeral establishment may be chosen."

I say this is my favorite part because we need to realize that once you make these prepaid plans it does not require that you use that particular funeral home. You have the right to transfer your plans and money anywhere you want, at anytime.

....

Thank you for submitting these questions and as always, I advise you to sit down with a local certified preplanning counselor in the funeral industry and discuss your plans. This will not only give you the opportunity to educate yourself about the choices you will make, but also help you to work within your budget.

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

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20TH ANNUAL *Caregivers Conference* OFFERS ADVICE

By Mary P. Felter

John's mother keeps losing checks and bills that come in the mail.

Pat's husband doesn't want to take a shower. Or a bath. Or wash his face.

Minnie calls her son at 5 a.m., accusing him of stealing her credit card when it's right there in her purse.

Catherine won't go to the senior center to be with other people because "they are too old." She's 85.

What's a family member supposed to do? How do you deal with these types of issues? Where can you get some advice?

You can learn many ways of coping from the Anne Arundel County Department of Aging and Disabilities. The agency offers multiple free workshops and support groups throughout the year which focus on caregiving and caregivers. The National Family Caregiver Support Program offers opportunities for you to learn techniques to help you with caregiving challenges and to gain support from other caregivers as well as professionals.

Once a year the department also hosts a conference where caregivers can obtain information, practical tools and useful resources. You are invited to the 20th Annual Caregivers Conference to be held from 8:30 a.m. to 3:30 p.m. on April 21 at a new location, the DoubleTree Hotel, 210 Holiday Court, in Annapolis.

Because of its educational programs, the conference has grown in popularity and had to be moved from the Annapolis Senior Activity Center in order to provide more space for attendees and exhibitors, says Mary Chaput, director of the National Family Caregiver Support Program. The event is open

to both family and professional caregivers. It again will provide an opportunity to participate in the Virtual Dementia Tour, where you can gain an understanding of what care recipients are experiencing on a daily basis. Reservations are required for this session.

Conference topics include "Legal Needs for Diminished Capacity" as well as "Caregiver Grief: A Constant Companion." Perhaps you also are taking care of your grandchild at the same time you are caring for your elder? Find out more at "Resources for Kinship Caregivers." You also can learn about "Facilitating Communication," so that friends, family, health professionals and caregivers are all on the same page for making decisions and establishing positive relationships.

Surprise! The day includes humor, too. Sessions include "When Generations Collide...Respect Your Others" which addresses the challenges of caring for, and being cared for by – others! "The Caregiver's Dilemma" looks at obligation and responsibility as they meet with and converge with personalities and reality. Learn how to cope and survive through increased awareness and acceptance of the emotional traps involved in being a caregiver. The day concludes with a discussion on finding humor in caregiving and gaining strength through laughter.

The \$15 fee includes a continental breakfast, lunch, light refreshments and printed materials. Social Work CEUs are awarded for an additional fee.

Additional sponsors are the Anne Arundel County Department of Social Services, Active Day Centers of Annapolis and Pasadena, the Alzheimer's Association of Greater Maryland, Gero-Resources LLC, Home Instead Senior Care, and Somerford Place Alzheimer's Assisted Living. Additional vendors and sponsors are being accepted and can call 410.222.4464, ext. 3043, for sponsorship information.

Who will take care of your loved one during the day? You can have *free* respite care provided by Active Day centers. Call 410-255-2879 in Pasadena or 410-573-9100 in Annapolis no later than April 13.

For event information and to be placed on a mailing list for this and other caregiver programs, e-mail caregiver_support@aaacounty.org or call 410.222.4464, ext. 3043. You also can visit www.aaacounty.org/aging Scroll down to the Caregiver section. You can receive some help.

Mary is the public information officer for the Anne Arundel County Department of Aging and Disabilities and can be reached at AGFELT00@aaacounty.org

Bits & Bytes

If you have a few extra hours during the week and would like to spend them productively, log onto www.VolunteerAnneArundel.org to find a volunteer opportunity that would match your interests and skills.

Have you noticed how often adversity precedes growth?

YOGA FOR MEN

By Kater Leatherman

BROGA ANYONE?

No, this is not the latest dance, but the name of a local yoga class for men. These days, women are dominating the yoga studios, so one geared for men stands out in the crowd. However, it hasn't always been that way.

In the beginning, some 5,000 years ago, yoga was only practiced by men; few women were allowed into "the club." But then the 1960s arrived, the decade that changed everything and with it, yoga was officially introduced to the West.

So why is it that so few men now practice yoga?

Enter 52-year-old Paul Malley, who resembles Mr. Clean sans the earring. Wearing jeans, a yellow fleece and Eccos, he arrives for the interview looking fit and confident, probably the result of his 20-year career as a yoga instructor. He tells me over a cup of coffee that his induction into the world of yoga began more than 30 years ago when he was on the high school soccer team. One of the moms took him to a yoga class where he found deeper stretches and the realization that a regular practice could reduce injuries and give him what many people come back for -- the yoga buzz. But what really drew him was the athleticism of it. Today, the number one reason Malley does yoga is because he wants to age gracefully.

"As we get older, many people are thinking more about what they can't do than what they can do. In yoga, we resist letting gravity have its way with our posture. We learn how to stand tall, with integrity, and that's empowering ... I mean, isn't that the way we want to move through life? And, what's worse than not being able to get up off the floor?" And then he sneaks in his signature humor.

"The only time we slouch is when we're on a couch, which can lead to an ouch and possibly a pouch."

Yoga is a sensitive practice, probably the reason that more women do it than men. "Women tend to be more in touch with the subtleties of the body while men are more impressed with bench pressing. They're looking to be strong and tough. They're the statisticians. Women are more sensitive to their total well being."

Sitting with his legs crossed and drinking from a mug that he brought to the coffee shop, Paul tells me that men want to know why they're doing what they're doing. They also want to look like they know what they're doing. That means that they want to know how to do yoga before they take a class.

His most common response when he approaches men about trying yoga is, "You'll kill me."

"Men think stretching hurts; perhaps they have a lower threshold for pain," he says. "Their view of exercise is more about contracting, strengthening, toning. But yoga is about letting go, expanding and lengthening."

Many consider Malley to be a teacher's teacher, and yet he refuses to take himself too seriously. In one class, I practically fell over laughing at his one-liners. He describes his style as outside the box. To feed men's need to understand the logic behind what they're doing, Malley strives to combine technical aspects with playfulness. He also encourages his students to avoid competing and focus more on creating an enjoyable practice.

"Men want quick results. The time required to understand the minutia of stretching requires patience. It can take anywhere from three to six months to get it."

"What does getting it mean?" I ask. "Learning to slow down and accept where you are in terms of your level of flexibility."

Yoga is a metaphor for life and the by-product of all the physical work is more tolerance, patience and inner peace. "You can't be at peace with others unless you're at peace with yourself. People can sense when you're not comfortable in your own skin," he says.

He suggests starting with someone who teaches alignment. "Find a teacher that you like. Maintain a kid-like attitude about your body. And, keep coming back. Doing yoga will help you face your fears in life. With practice, the poses get easier and that builds self-confidence."

*Kater teaches yoga locally and also helps people get organized. She has authored a book, *The Liberated Baby Boomer*, about clearing clutter in all areas of life. For more information log on to www.katerleatherman.com Paul Malley can be reached at www.ridgelyretreat.com*

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SPRINGTIME - for - BOAT OWNERS

By Henry S. Parker

A friend describes the annual ritual of preparing his boat for the Spring launch as a Zen-like experience. While not all mariners perceive this as a calm, meditative undertaking, most boat owners salivate at the prospect of getting back on the water after a long Winter hiatus. And the work required to make this a smooth process can be deeply satisfying.

Are you a boat owner preparing to embark on this ritual? Start with a checklist. Various organizations have assembled such lists for boat owners. (Check examples at the end of this article.) But you will probably want to prepare your own. Depending on your boat, you might include the following broad categories: Hull integrity and condition, safety and navigation equipment, mechanical and electrical systems, standing and running rigging, sails and cosmetic improvement. Let's look at a few key items in each category.

HULL INTEGRITY AND CONDITION

The bottom line here is that you don't want your boat to sink. That's not only embarrassing, especially if it occurs soon after launching with a crowd of spectators on hand to watch the spectacle, but also expensive. Sometimes boats can be ornery and defy any efforts to pinpoint and fix leaks. Anyone who has read Farley Mowat's *The Boat Who Wouldn't Float* (reviewed elsewhere in this issue) can appreciate that. But careful inspection and attention to problems before the boat gets wet usually keeps it out of Davy Jones's Locker.

There is no better time to check the hull, especially below the waterline, than when the boat is still on dry land. After looking for the obvious—nicks, gouges, missing bits or heaven forbid, holes—ensure that keel bolts are secure; carefully examine the propeller, propeller shaft, stuffing box, rudder and rudder post; check through-hull fittings for a tight seal; and replace zincs if needed. Does the antifouling bottom paint need renewal new coat? If so, break out the paint brush—and the wallet. Try to forget the old adage: "A boat is a hole in the water into which you pour money."

SAFETY AND NAVIGATION EQUIPMENT

Do you have what you need, not only for a safe boating experience, but also to instill confidence in your crew and passengers? (After all, a mutiny at sea can ruin your entire day.) Do you have enough Coast Guard-approved PFDs, in good condition, for all hands? Readily available, quick-release life ring with whistle, self-actuating light and adequate line tethered to the boat? Fully charged fire extinguishers? Flares and distress signals (check expiration dates)? Manual bilge pump? Up-to-date charts for your area? Properly adjusted magnetic compass? Marine radio?

A sound-signaling system in case of poor visibility or emergency? Radar reflector? Lots of spare line of various diameters? Are all navigation lights working properly? Is your anchor and ground tackle in good condition and readily available if you have to use it in a hurry? It's not much fun to empty the contents of a deck locker to retrieve a buried anchor in a pitching sea as a drifting boat lurches toward a weather shore.

Make sure you have a fully stocked first aid kit, including a reference manual to guide you through binding a wound, applying a splint or performing an emergency appendectomy -- just kidding. And make a mental note to conduct regular man overboard drills when the boat is finally in the water. Practice will significantly reduce the time to retrieve a person who has gone over the side.

MECHANICAL AND ELECTRICAL SYSTEMS

While it's a good idea for a boat owner to become adept mechanically, some people take to this more easily than others. For the incorrigibly inept, it's best to hire a professional to check out, maintain and make necessary repairs to mechanical and electrical systems (more money to pour into the hole). But if you're sufficiently handy, you can do most of this yourself. And remember that at sea, a mechanic may be hard to come by when something goes wrong.

To begin with, make sure you have the required manuals—and study them. They will help you identify what's what, know how and when a system should be maintained, troubleshoot problems and fix things, but only up to a point. Develop a routine to check batteries, engine oil, transmission fluid, belts, critical wiring, bilge pump, winches, electronics equipment, gauges, the cooling system and hoses and clamps every time you prepare to set sail. Make sure that you have spares for all critical items—like propellers, belts, spark plugs, fuses, and bulbs—and the necessary tools and accessories to make needed repairs. Keep a log for each mechanical system and record maintenance, repairs and for engines, hours of operation. And consider taking a course or two.

Every Spring, it's a good idea to flush the fresh water tank and refill it. Then taste the water. Better that you know, up front, if there is a problem, than to learn

about it from a guest or significant other. Ensure that the galley stove is clean and working well. Most important—and this must be underscored—check the head system to be sure that it is functioning properly, and make sure that operating instructions are prominently posted. Then assume that the instructions will not be read, and that head-related issues will not be reported by embarrassed passengers.

STANDING AND RUNNING RIGGING

Stink—er—power boat owners may skip this section—but may re-read the previous section.

A Springtime routine for sailors should include careful inspection of shrouds, stays, spreaders, turnbuckles, shackles and pins, other fastenings, and blocks and sheaves for signs of corrosion or wear. Also examine all halyards, sheets and rigging lines for evidence of fraying. Apply new tape to cotter pins, turnbuckles and spreaders. Sails—of course thoroughly washed and dried and carefully folded and bagged the previous Fall—should be inspected, bent on and raised to identify any potential problems. And, as long as the sails are set, why not cast off for the maiden voyage of the new year?

COSMETIC IMPROVEMENT

Depending on your perspective, a cosmetic makeover may seem to be the least important aspect of preparing a boat for Spring launching. But many tasks that make a boat look better—including painting and varnishing, polishing fiberglass and metal, cleaning canvas, applying fiberglass gelcoat, oiling teak and painting and waxing—also preserve the boat's integrity and expand its life span.

So you've worked every spare minute for the past two months getting your boat ready for launching, though you don't consider it work. Your communications with your spouse have been largely limited to the cell phone and your kids have forgotten what you look like, especially when you arrive home covered in a dusty layer of old bottom paint. You have checked and double-checked every system, inventoried every item, repaired every questionable piece of equipment. Your boat looks almost as good as the day you began pouring money into that hole. It's a sparkling, mid-Spring morning with the prospect of several days of good sailing

weather ahead. You're ready to launch. Nothing will stand in the way. Or will it? Murphy's Law applies equally, if not more, to boating as to any other endeavor. And what can go wrong defies prediction. A boatyard owner in Maine was prepared to launch a yacht that belonged to one of his best-heeled customers, when a yard worker spied a bird's nest in the boat's exhaust pipe. A mother wren was brooding a just-hatched batch of nestlings. It would be at least a week before the young birds would be ready to fly. The boat owner was impatient. The sea was calling. The yard owner faced a dilemma—to launch or not to launch?

The owner did the right thing; the launching was delayed and the baby wrens were spared. Now that was a Zen-like experience.

Here are a couple of web sites with information and checklists to prepare a boat for launching:

www.boatsafe.com/nauticalknow-how/spring99.htm (from boatsafe.com)

www.boatus.com/boattech/Spring-Prep2006.pdf (from West Marine and BoatUS)

Henry "Hank," a lifelong sailor, marine scientist and retired Naval Reserve officer, grew up on the coast of Maine where his father ran a boatyard. Hank recently fetched up in land-locked Vermont with his wife, Sue, but is still tethered to Chesapeake Bay. He can be contacted at hpsbp@gmail.com.

Bits & Bytes

For all the best information appropriate to this area, on gardening, pests, lawn care, etc., log onto www.hgic.umd.edu/

THE NATIONAL ROAD

America's First Interstate Began in Maryland

By Ellen Moyer

Scenic US

Highway 40 runs from Baltimore to St. Louis. It is America's most historic road. Known as the road that opened the West, it offered opportunity to thousands of pioneers to improve their lot in life. It was the road of hope.

In 1806, President Thomas Jefferson, in an act as important as the Louisiana Purchase, funded the new nation's first interstate highway from Cumberland, Md., to Wheeling, W.Va. The road first known as **Nemacolin's Trail**, was an Indian pathway over the Allegheny Mountains from the Potomac River near Cumberland to the Ohio River to what is now Pittsburgh. Explored by a young George Washington, the path was widened to a military road during the French-Indian War in the 1750s.

For 50 years, Americans seeking new opportunities trekked west on foot or horse through the wilderness on the old military road. By the 1800s the road was no longer suitable to carry the traffic of those answering the call to go west. The westward push demanded a road that could carry Conestoga wagons, stage coaches and livestock. With a stroke of his pen, Thomas Jefferson funded the bill passed by Congress and heavily supported by delegations from Maryland, Virginia and Pennsylvania, thus creating the **National Road** envisioned by George Washington.

Taking five years to build, the road of crushed stone would create a surface friendly to the wheels of heavy pioneer wagons and banish quagmires of mud. It was America's first Macadam road.

Stone masons built bridges with graceful arches across rivers and streams. **The Casselman Bridge**, built in 1813 with a 80-foot span in the new town of Grantsville, in Garrett County, was the largest arched bridge in America. It carried

traffic for 125 years and today is a historic landmark.

Droves of people in carriages or on foot shared the road with thousands of livestock, particularly pigs moving from Ohio east to Baltimore, which by 1830 was America's second largest city. Inns and houses, still visible today, constructed of bricks made on site, offered accommodations and food for weary travelers. New trades and businesses such as blacksmiths, coopers, stagecoach trades and taverns flourished.

The National Road was a busy road. And then the railroads came and the road became quiet until the automobile gave it new life. Nemacolin's Trail, Braddock's Road, the Cumberland Road and the National Highway became US Highway 40, which is America's scenic and historic road of discovery. Today most of the road parallels speedy Interstates 70 and 68.

Traveling the road for a day trip in Western Maryland puts one in touch with the past or with the marvels of today's industry. For early travelers the rocky terrain was a barrier. Today's engineers slice through the earth. I-68 west of Hancock cuts through **Sideling Hill**, revealing an amazing geologic fold with varied colors and 350 million years of rock layers. A visitors center explains the geology of the area, a time

when the continents of North America and Africa collided causing the land to fold like an accordion. Route 40 bypasses the hill several miles to the south.

Still on I-68, **Rocky Gap State Park and Lodge** beckons for a stop to stretch legs and lunch in a room overlooking a lake. The lodge often hosts special holiday events and art shows. But at anytime Rocky Gap is a relaxing place away from the big city. On a night visit s'mores are toasted at a lakeside campfire.

Route 40 moves through the Queen City of Cumberland through La-

Vale and past the old toll gate built after the National Road was handed back to the states for maintenance in 1833. No one traveled west or east without paying tribute to the state of Maryland.

A two-lane highway rolling up and down over the Appalachian foothills passes by **Great Meadows** where Fort Necessity once stood and then arrives at Grantsville and the **Casselman Inn**, built in 1824 as one of the National Road's hoteliers. Outside is a stone mile marker telling how far it is to Wheeling. In fact, at odd places along the road and the Interstate, the ancient mile markers appear. Guest rooms furnished today in antiques still provide a place to stay for the night as they did more rustically 175 years ago.

Penn Alps one mile east serves good home cooking. It houses a gift shop with unique regional crafts for holiday buying and a book store on local history. Also on the grounds are shops with artisans in buildings that were once the log cabins of settlers. Homemade soap, wool-spun items, hand-carved birds and ground flour demonstrate features of our ancestors' way of life 200 years ago. Here too is the historic Casselman Bridge.

The discovery journey on the first road west can last for a weekend. A detour on Rte. 214 to Oakland leads to the restored historic train station or the **Adventure Sports Center** featuring kayaking for Olympic hopefuls or skiing at Wisp or the source of

the Potomac River and more.

Rte. 40 continues westward through Uniontown, Pa., and on to the forks of the Ohio River, which amazingly still follows the old Indian trail opened many, many years before its discovery by explorers heading west. It was the road of hope that sustained a tribe and then a nation.

Ellen, currently a talk show host on WNAV, can be reached at ellenmoyer@yahoo.com or 443.370.1785.

{EVERYDAY PRODUCTS}

To Solve Your Household Problems

By Louise Whiteside

Back in grandma's day, washing windows was a simple affair: She'd pour a little ammonia or vinegar in a pail of water, grab a cloth and, in no time, she would have gleaming windows. And to give her home a Spring freshness, she'd boil a pot of water with orange or lemon peels.

Just for fun, take a stroll down the cleaning or air freshener products aisle in your supermarket today. The array of beautiful, colorful and expensive bottles will amaze you, as their manufacturers make claims for "miracle" cleaning ingredients and exotic apple blossom air fresheners. These attractively packaged products will cost you your hard-earned money and have the potential to cause serious pollution. Grandma knew that what she had at hand was what worked best.

Here is a tiny sample of the hundreds of ways you can use common household products for cleaning, cooking, gardening and enhancing your health and beauty.

CLEANING TIPS

Baked-on foods: Fill your baking dish with hot water, add a few tablespoons of baking soda and soak overnight. The residue will wash right off.

Clogged drains: Mix a cup of baking soda, a cup of salt, and three-fourths cup of white vinegar and pour the mixture into your congested drain. Allow it to soak in for an hour or more, and rinse with a gallon of boiling water. Repeat the process for a stubborn drain.

COOKING TRICKS

Flour cake pans with cake mix: Use a bit of the dry cake mix instead of flour and you won't get a white mess on the outside of your cake.

Bitter coffee: If brewed coffee has become bitter from sitting too long, add a small amount of club soda or a pinch of salt to it.

Easy deviled eggs: Put cooked egg yolks into a zipper bag. Seal bag, mash yolks well, open bag, add remaining ingredients, re-seal bag, and mash thoroughly. Cut off tip of bag, squeeze mixture into eggs, and discard bag.

GARDENING HINTS

Protect bulbs: Before planting bulbs, dust them with medicated baby powder to keep critters from munching them.

Fertilizer from your fruit bowl: Save your banana peels, air dry until crisp and crumbly, and store in airtight containers. At planting time, mix dried peels with garden soil and watch as your plants grow big and strong.

BEAUTY BASICS

Lighten age spots: Dissolve a pinch of granulated sugar in two tablespoons of lemon juice. Apply to each age spot with a cotton ball. Repeat every few days until spots have lightened to your liking.

Lighten hair: Blond highlights will appear if you rinse your hair with a mixture of one-fourth cup lemon juice and three-fourths cup water. Dry hair in the sun for extra lightening.

Give yourself a moisturizing face mask: Mash up a medium-sized ripe banana into a smooth paste. Gently apply to face and neck, let it set for 10 to 20 minutes, then rinse with cold water.

Control dandruff: Follow up each shampoo with a rinse of two cups apple cider vinegar mixed with two cups cold water.

HEALTH HELPS

Treat minor burns: Pour some baking soda into a container of ice water, soak a cloth in the solution, and apply until the burn no longer feels hot.

Soothe a cough and sore throat: Mix one-half cup vinegar, one-half cup water, four teaspoons honey and one teaspoon hot sauce. Swallow one tablespoon four to five times daily, including one at bedtime. (Warning: Children under one year old should never be given honey.)

Relieve pain from insect stings: Make a paste of meat tenderizer and water and apply directly to bee or wasp sting. Non-gel toothpaste works wonders, as well. (If you suspect an allergic reaction to the sting, seek medical help immediately.)



For hundreds of other simple and inexpensive ways to solve household problems, see the following references:

The Reader's Digest Association, Inc. *"Extraordinary Uses for Ordinary Things"* Pleasantville, NY (2005)

Wood, Gayle K. *Easy Does It! "Cheap and Simple Ways to Solve Common Household Problems"* Peachtree City, GA, Frank W. Carwood and Associates, Inc. (2004)

How will you know the outcome if you don't try?



Changing of the Guard

By Melissa Conroy

Lifting up the blue-gray clog as if it was actively infectious, the blonde at my side shook her head and said in a tone of deep approbation, "I don't think so."

Frowning at her, I insisted, "You're going to France for three months and will be walking everywhere. These shoes have good soles and arch supports. Try them on."

"They're hideous," she complained, her face wrinkled in disgust as the shoe in question dangled from her fingertips.

"That's tough," I replied sternly. "Put them on."

She made another face, then reluctantly slid the shoes on her feet, humming the Wicked Witch of the West theme song in a rather pointed manner. Irritated she rose to take the shoes for a test drive. After a couple paces in front of the shoe box fortress I had been erecting around us, she cleared her throat and said grudgingly, "I hate to admit it, but ..." A few more paces, and she added reluctantly, "I actually kinda like them."

I snorted triumphantly. "Told ya so. Here, try these on," I cackled and handed my mother another box. She took one look at the strap-festooned brown leather shoes inside, opened her mouth to form a preliminary protest, then closed it with a sigh. Sitting back down, she meekly swapped out the newly acceptable clogs on her feet for the next pair I was pushing on her, muttering something under her breath about annoying daughters.

"Stop complaining, mom," I ordered. "Trust me on this one."

She sniffed, but I chalked up some of her ire to the fact that both of us loath clothes shopping. We hadn't gone shoe-shopping together in decades, and it certainly wasn't an experience either one of us was keen on repeating soon. However, I have been to Europe twice and knew from experience that mom needed proper shoes, even if the ones I kept pressing on her to try on weren't anything she would have considered if left to her own devices.

As my mother strode over to the low shoe mirror and scrutinized her new footwear, we bickered just a bit more about sock color and pant leg length and I got a little misty-eyed with anticipation. My mother is soon to jet off to Paris for three months to take a course in civilization at the Sorbonne University and immerse herself in the French language. As a Nebraska state-qualified interpreter, my mom has an excellent command of French, but she has never spent time in a Francophone country, something she must do in order to become even more fluent. The time has come for her to expand her horizons, and Europe is beckoning.

Nebraska to Paris is quite a leap, particularly for someone who spent years as a housewife, homeschooling and keeping her four children from killing each other. As the eldest child, I have vague memories of my mother working when I was very little. I remember opening the fridge one morning to find a bowl of oatmeal with a smile made out of raisins greeting me, a loving

touch from a mother who was at work when her daughter woke up. But when the second baby came along and dad began his own business, mom stopped working and spent the next 15 years or so at home. It wasn't until I went off to college that she returned to the work world, foraying into French by making international calls for a research company, attending school to finish her bachelor's degree and eventually becoming a French translator and interpreter.

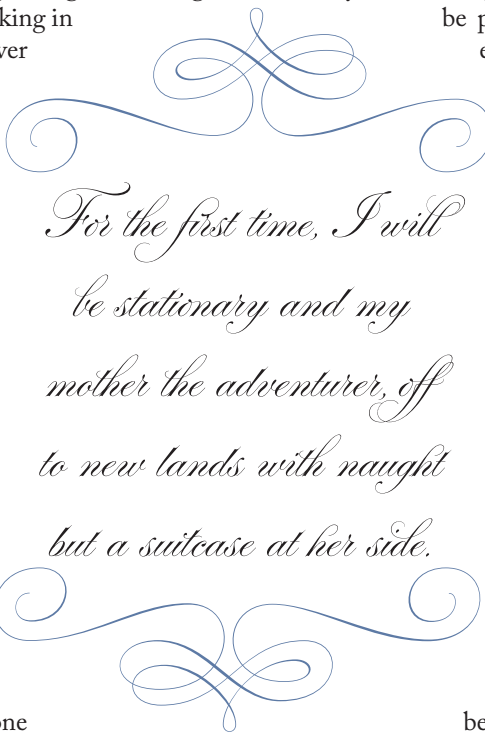
As mom began building a career and resurrecting her French skills, which had lain dormant since college, I was galloping across the world, attending college in Georgia, tramping across Europe for a Summer, kayaking in the Apostle Islands, studying at Oxford. Over the years, my mother and I had endless conversations about my trips, her studies, my plans, her successes. But it was always the same theme: I was packing my suitcase and looking for my passport while Mom was keeping the home fires burning and encouraging me to go. No matter how chaotic my life became, there was always home: Mom was somewhere in her office or puttering around in the kitchen, and dad was in the garage elbow-deep inside an engine. They were always there; solid and reliable as a dam holding back a river, and there to welcome me whenever I returned from my travels.

Now, the axis has shifted. For the first time, I will be stationary and my mother the adventurer, off to new lands with naught but a suitcase at her side. I'm excessively, inordinately proud of her, bragging about her upcoming trip to anyone who will listen and even more proud when people express their approval and excitement. Mom is excited too, but nervous and a trifle sad at the thought of leaving everyone for so long. In 34 years of marriage, she has never been away from my father's side this long. I listen to her fears, but don't let her dwell on them. We make lists and pack her suitcase together, as I dispense hard-won advice about what to bring when you are living in a strange land for months on end. You know, reminding her to bring spare contact lenses and to make sure she has an adapter plug for her laptop.

And I worry, too. My mother detests flying, and every burp of turbulence on the endless plane ride to France will send her white-knuckled with fear. Her knees are not the best, and I well know the endless stairs and sidewalks she will face every day in Paris. She will be living with a family, and I hope fervently that they are kind and respectful of her. It will be lonely at times for my mother, especially since we have a huge network of friends and family in Omaha that she will be separated from by an entire ocean that even Skype cannot wholly bridge.

And there is a tiny sense of wistfulness. My mother is going to a grand adventure that I will not be part of. I can cheer from the sidelines and eagerly track every success and story she encounters, but I will be here in the heartland, holding down the fort and attending to my dad and my one brother who lives at home. But after all, mom did this for me for so many years, staying put so that I could spread my wings. Now it is her turn. Her own adventure awaits while my life has become grounded, connected to the soil and air of the Midwest. My passport lies expired at the back of a drawer. Yet as my mother once did to me, I am pushing her forward, eager to see the person she will become through her travels and excited to hear the tales she will tell when she returns. She will walk the very streets I trod many years ago and see what I saw.

Like me, my mother is beguiled by two ancient temptations: the lure of adventure and the quiet call of home. She has gotten her fill of the latter. Now, the road beckons, and she has heeded its invitation. I will be waiting when she returns.



CHICAGO RIVER: POLLUTION

After city crews dumped green dye into the Chicago River, labor leader Stephen Bailey suggested the "greening" of the river for St. Patrick's Day to Richard J. Daley. What had the crews been monitoring with the dye?

QUIZ-ACROSTIC SOLUTION

A. Cheney	L. Right of way	M. Powwow	N. Oddity	O. Leprechaun	P. Librettist	Q. Uttermost	R. Tight end	S. In a jiffy	T. Ocher	U. Neglected	J. Verdict	K. Emerald
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Good Seed

Quinoa and Your Health

By Melissa Conroy

Our natural world abounds with many delicious grains, cereals and other nutritious crops, yet most people draw many of their calories from only a small handful of them, namely corn, wheat, soybeans and rice. There are many delicious and healthy grains available that many of us have never tried or do not even know about. One particular food that is becoming very popular in the US is quinoa. While not strictly a whole grain, quinoa (actually a seed) is loaded with magnesium, protein, iron and other vital nutrients, making it a valuable and tasty addition to your pantry. If you are looking to develop healthier eating habits without having to survive on tofu burgers, quinoa is a flexible, beneficial addition to your diet and can be incorporated into many different recipes.

We have South Americans to thank for quinoa; it was cultivated in the Andean regions of Colombia, Peru, Ecuador and Bolivia several thousand years ago. Sacred to the Incas, quinoa was called "*chesaya mama*," which literally meant "mother of all grains," and it was one of three principle food sources, the others being corn and potatoes. Because the Incas often used quinoa in their religious ceremonies, the Spanish colonists actively suppressed its cultivation in attempts to spread Christianity. Happily, quinoa survived, but it lost its role as a primary crop and faded into obscurity until people began taking an interest in it again a few decades ago. Today quinoa has become more accepted in the US because of its nutritional content and because it is naturally gluten-free, a huge boon to people with wheat allergies.

Although the nutrition content of quinoa can change depending on how it was grown, here is a quick guide to what is generally found in a cup of cooked quinoa:

- 220 calories
- 5 grams of fiber
- 40 grams of carbohydrates

- 20 percent of your daily value of folate (type of Vitamin B)
- all eight essential amino acids
- 3.5 grams of fat
- 30 percent of your daily value of magnesium
- other trace elements and minerals

It's no wonder quinoa has been called a superfood! To find it, your best bet is going to your local health store such as Whole Foods because quinoa is not quite mainstream enough for most grocery stores to carry it as part of their regular stock.

Once you've obtained some quinoa, it's time to start cooking. In its natural form, quinoa has a bitter coating of saponins; these compounds were actually used by the Incas to make rudimentary soap, so you clearly don't want them in your food. Saponins are normally removed from the quinoa seeds during processing, but trace elements may remain that affect the taste. The first few times I tried cooking quinoa, I didn't realize that you need to soak it beforehand. Needless to say, my first attempts at cooking quinoa were less than tasty and I gave up on trying to cook it for awhile. It wasn't until I read up on quinoa more and tried soaking it before I cooked it that I got a bowl of fluffy little balls somewhat the texture of couscous and with a hearty, nutty flavor. Before you cook quinoa, soak it for about 20 minutes, then rinse thoroughly.

Once properly prepared, quinoa is no more challenging to cook than rice. For every cup of quinoa, use two cups of water. Place water and quinoa in a pan, bring to a boil, then reduce heat, cover and simmer about 15 minutes. When it is cooked, you will see slightly opaque balls and little beige curls in the pot, the curls being the germ of the seeds. Fluff the cooked quinoa with a fork, and it is ready to eat.

You have many different options for incorporating it into meals. Quinoa makes a wonderful breakfast; serve hot

quinoa with fresh fruit or berries and milk on top. Try almond milk for a special treat and add a squeeze of honey for a little extra sweetness. Or add cooked quinoa to a pancake or waffle recipe, substituting it for half the flour, to put some healthy nutrition into your breakfast.

For lunch or dinner, an easy quinoa and beans dish is quick to put together. With approximately two cups of cooked quinoa, add a can of tomatoes (with juice) a can of drained beans (black or kidney work well), and spices (a combination of cilantro, cumin, garlic and chili powder is delicious). Cook for a few minutes over medium heat, then serve.

Quinoa is a great addition to soup, such as a hearty beef and vegetable one. You can also use quinoa as a filler when making meatloaf to help sneak some extra nutrition in with the beef. Quinoa works well in baking – a cup of cooked quinoa added to a grain bread recipe gives it a nutty, hearty taste and increases its protein content.

One of the best sites on the Internet for quinoa cooking tips is www.cookingquinoa.net. A woman named Wendy, who runs the site, is extremely enthusiastic about quinoa and has an abundance of recipes and tips to offer. A quick Google search will also put you in contact with hundreds of suggestions for incorporating quinoa into your cooking. However, one of the best things to do is simply experiment. Quinoa is very versatile and works well with many different flavors and textures, and a little creativity can lead to exciting discoveries.

If rice has lost its appeal and you simply can't face another bowl of oatmeal again, quinoa is a great way to boost the nutrition of your diet and add a new food taste to excite your palate. The Incas' favorite food is clearly on a comeback.

Deep CLEANING

By Pat Jurgens

Fifty years ago young wives hailed the return of warm weather with the Spring housecleaning ritual. Following in their mother's footsteps they threw themselves dutifully into several months of turning the house upside down room by room. I was one of those young women who wiped out cupboards, aired draperies, beat rugs, scrubbed the fireplace and washed walls and light fixtures. It was exhausting, but this was just part of the responsibilities of a housewife and helpmate.

Have you been getting nagging thoughts about Spring cleaning, but like me, lack incentive? At this time of life we're no longer trying to impress anybody, and most of us may not be entertaining much either, choosing to meet at restaurants or elsewhere for socializing. We have boiled housekeeping down to essential chores done irregularly, or when we can no longer stand the mess.

If the whole idea is overwhelming, break the project into manageable pieces. Focus on one part at a time and complete it. You'll have a sense of satisfaction as you go along.

Here's a simplified list
of Spring housekeeping
"to do's."

1. Clear the entry of Winter boots, gloves and hats. An open vestibule or front doorway is more inviting.
2. Unclutter tables and countertops. Fewer well-placed items will give the room a sense of space. Less is more.
3. Dust whatever you can reach – it's easy. Forget the baseboards and ceiling corners. None of our friends can see them anyway.

4. Weed your clothes closet. Pull out anything you haven't worn in the past year and put it in a pile for Goodwill. Someone else will be thrilled to have it.

5. Call the chimney sweep. You don't want to wrench your back cleaning out the firebox.

6. Change the furnace filter.

7. Check the smoke alarm batteries.

8. Get a strong person to pull out large kitchen appliances. Sweep out the dust balls and leftover pizza, and discover a long-lost earring.

9. Wash backsplash behind stove and sink. Wipe kitchen cupboards and major appliances around the door pulls. Get rid of those greasy fingerprints.

10. Wipe off the shelves in the fridge, especially the vegetable trays. You'll notice the difference even if no one else gives a hoot.

If you can't get energized to do any of the above, then hire someone. Or just forget the whole idea and settle back with a good book.

A friend who lived in South America for some years had a maid who was a "deep cleaner." Consuela arrived every morning to painstakingly clean the filigree in the balustrade. It took her days to finish a few feet. While this is amusing, it's a gentle reminder to direct your energies to cleaning the things that matter.

It's also pertinent to think about long-term household organization. If you've been putting off getting your house in order, you're not alone. "Tempus fugit." Time is flying by faster than you think.

And to further get organized, the following will be easier to do if addressed now, rather than later:

1. Get financial papers in order by shredding old tax returns (more than seven years) and investment statements and making a list of your assets, their location, account numbers, etc.

2. Do something about all those photos. You know, the boxes of unidentified and undated pictures of family vacations. At the very least, weed them. If you get ambitious, organize and put them on CD for the kids.

3. Are your children's baby clothes and toys still in the basement? If they haven't been given to grandchildren by now, turn them over to someone who can use them. A battered women's shelter might appreciate them.

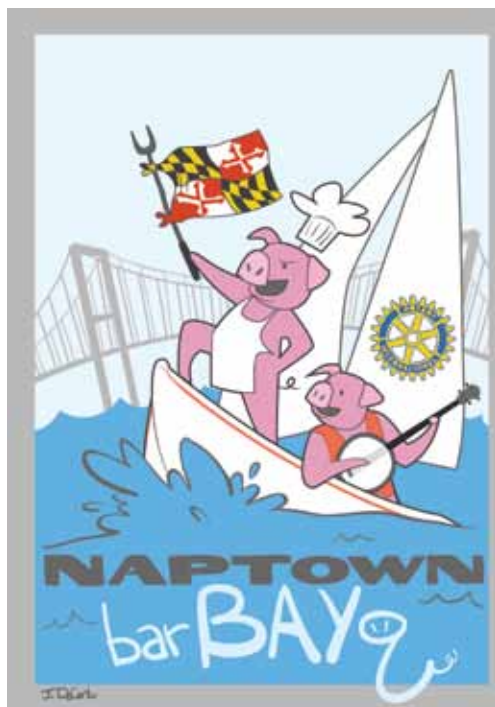
4. Make a list of items of value and heritage. Ask your offspring, or nieces and nephews, what if anything they would like to have. Organize a "give away" party, letting them draw numbers and choose in turn. Or you decide and give those special mementos to them now, while you are still of sound mind.

My mother often suggested a "sponge bath" when there was neither time nor enough hot water for a thorough body cleansing. The sponge bath approach can be adapted to housecleaning; it's just a matter of deciding what needs attention at the moment. It's quicker, more efficient and makes sense at this time of life.

Pat is a writer, daughter, wife and mother who would rather do anything but clean. She can be contacted at 4louises@comcast.net

NAPTOWN

BARBAYQ CONTEST AND MUSIC FESTIVAL



By Buzz Stillinger

If you can't find it here, you can't find it! There is something for everyone at this year's Naptown barBAYq Contest and Music Festival hosted by the Parole Rotary Foundation, Inc., and sanctioned by the Kansas City Barbecue Society (KCBS). This two-day blowout event will be held at the Anne Arundel County Fairgrounds on May 4-5. Forty-eight barbecue teams will compete for top honors and cash prizes. Thirty local and regional bands will perform from two stages. A large Kiddie Korral will provide games and activities for children. Fifty vendors will supply a wide variety of food and drink. The People's Choice VIP will provide tastings from the competitors as they prepare their entries for the judges.

The contest will be decided by judges trained and certified by the KCBS. Formed in 1986, the nonprofit organization has a mission to celebrate, teach, preserve and promote barbecue as a culinary technique, sport and art form. More than 100 people have applied to be certified judges for this Naptown barBAYq. Only a few will be chosen.

Last year's grand champion, 3 Eyz BBQ, will be back again to defend their title, but *CHIX SWINE* & *BOVINE*, who came in second, will be joined by 46 other teams to try to dethrone 3 Eyz. Among the others is *Jacked Up BBQ*, who came in fourth last year. While some competitors join the vendors and make their food available to the public, a special People's Choice VIP ticket purchased for either day will get you into a VIP lounge where all barbeque entries will be available.

This is the second annual Naptown barBAYq hosted by the Parole Rotary, which raises money through this and other activities throughout the year and provides grants to local nonprofit organizations. This year grants will be given to the Pediatric Emergency Department at the Anne Arundel Medical Center and the Boys & Girls Clubs of Annapolis & Anne Arundel County Summer Camp Scholarship Program.

"We're doing it for the kids," says Don Chomas, festival director. "Our vision is to assist youth today so they can make a difference tomorrow. It is highly appropriate that we have selected these great local benefactors that help our young people."

Funds received by the AAMC Pediatrics Department will help support the new pediatric emergency room. Approximately one in six patients, or 13,000 patients annually, who enter AAMC's emergency room are seen in the Pediatric Department. Bright, beautiful and fun, this dedicated unit will help the department's young patients feel right at home in a comforting, child-focused and reassuring environment.

"Our goal is to provide comprehensive, high-quality pediatric care that respects every child's developmental, social and emotional needs," said Megan Siegel, a child life specialist. "All of our pediatric health care professionals work closely together as a team." Learn more about the Center at www.aahs.org/womens/pediatrics.php?nav=p

Funds received by the Boys & Girls Clubs of Annapolis & Anne Arundel County (BGCAA) will be used

to send young people to Summer camp. The BGCAA offers youths from the ages of 5 to 18 guidance-oriented character development programs conducted by a professional staff. The clubs reach out to kids who cannot afford, or may lack access to, other community programs. The clubs are open every day after school and during the Summer. Dues average \$20 per school year and less than \$200 for a seven-week Summer camp.

BGCAA's six clubs serve more than 2,400 youths each year. By providing nutrition programs and hot meals that help keep kids healthy, educational initiatives that enhance their performance in school and character-building efforts that instill the importance of community service, BGCAA continues its mission of preparing the next generation for success. Learn more about BGCAA at www.BGCAA.org

Rotary is a worldwide network of members who try to change lives in communities. Made up of more than 34,000 Rotary clubs around the world, Rotary International forms a global network of business, professional and community leaders who volunteer their time and talents to serve communities locally and around the world.

For more information about the event and the Parole Rotary Foundation, Inc., please visit www.barBAYq.com or call 240.432.3903, or visit Facebook by searching "Naptown barBAYq," follow on Twitter @barBAYq, or search YouTube for "Naptown barBAYq." Information is updated frequently.

Wounded Warriors - Richard Smith will be sponsoring admission for our wounded warriors to attend the contest and festival.

**PASSIONATE ABOUT PORK?
BRAGGIN' ON YOUR BRISKET?**

Then you are invited to the Naptown BarBAYq & Music Festival at the Fairgrounds on May 4-5.

The joy of Giving

By Rabbi Ari J Goldstein

For just a moment, imagine this scene. You and your spouse have lived a happy life. It hasn't been perfect, but then again, what life is ever perfect? Still, you are content. And, now that your kids are older, you have begun traveling to various places you only dreamed about when you were younger. On a trip to Morocco, on a day when you were feeling particularly adventurous, you are walking through the desert and you chance upon a cave. You explore the cave for a moment and then your eyes fix themselves upon a shiny piece of metal. You approach it and observe that it is an oil lamp. So you dust it off to see if there are any inscriptions on it. And then, poof! Out comes a genie. The genie looks at you and says, "I shall grant you one wish. However, this wish is only for you. You cannot wish money for your children." The genie looks at you and says, "What'll it be?"

How would someone pick his wish? What would you pick? Would it be more money? Maybe, but you are already content. Do you need the extra money? Would it be better health? Again, maybe, but for how long?

Would you wish to meet someone you admire? Or would you wish to have an experience you always dreamed of? Perhaps, but both of these wishes are fleeting. Once the experience was completed, the wish would no longer be.

I believe that with sufficient reflection and thought, the wish we might all choose is that we, as individuals, would not be forgotten. In other words, our greatest wish is that after we die, we are remembered.

One such way of ensuring memory is through charitable giving. Before I continue, let me be clear about the fact that I only know the basics concerning taxes and estate planning. I do, however,

understand the human condition. And I know about the things our hearts yearn for. And I know with certainty that charitable contributions keep one's memory alive. In fact, it was the Nobel laureate, Elie Wiesel, who said, "One's only possessions are what one gives away." In essence, Wiesel was pointing out that our gifts are the only permanent possessions we have, for they remain in our memory as they continue to help others.

But ensuring that you are remembered is not the only reason to be charitable. Studies have shown that it feels really good to give money to worthy causes. Many studies have concluded that the good feeling is among the strongest feelings we have. In truth, this is not hard to imagine. What would bring you greater happiness, taking a trip to Hawaii or solidifying the foundations of a local institution? What would bring you more joy, buying a new TV set or feeding a family for six months? The answer, when put in that context, seems clear. Indeed, we feel good when we contribute.

There are those who believe that charitable giving comes from a purely altruistic place. I do not believe this to be true. When we give, we most certainly

get something in return. For some of us, giving creates an element of permanent remembrance, whether we are establishing a future memory of ourselves, or we are honoring loved ones that came before us with the gift of memory. Often times charitable giving gives us a good feeling in return. The good feeling that comes from the simple release of the endorphins in our bodies. Other times, the feeling comes from knowing we have made the world a better place. Indeed, charitable giving is not purely altruistic.

There is one final reason to give, most notably to institutions. When you are charitable, you inspire others to be charitable. You are a leader in an effort to make the world a better place. In fact, if your gift inspires someone else to give, then, in the end, your gift is exponentially greater than the original amount.

My hope for you is that you are in a position in your life to be charitable. And, of course, that you act upon that ability. By doing so, you will make yourself, and the institution, feel wonderful.

Rabbi Goldstein serves at Temple Beth Shalom in Arnold and can be reached at tbsrabbi@comcast.net

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NOT JUST THE FERRY

By Peggy Kiefer

Have you associated Lewes, Delaware, with the Cape May Ferry? I know, for me, it was always where I got on or off the ferry when I visited Cape May, New Jersey, a popular vacation spot. Little did I know what a jewel was waiting to be discovered in the charming historical town of Lewes.

Lewes dates back to the 1600s, when Henry Hudson discovered the point of land separating the Atlantic Ocean from the Delaware Bay. It was not a happy beginning; the settlers were massacred by a local tribe of the Lenni Lenape Indians. In 1682 what is now the state of Delaware was conveyed to William Penn and Lewes was founded. It was named after the town in Sussex, England, and is pronounced loo-iss.

If you are interested in history, there is not only a walking history tour, but also a maritime history trail for all the boaters. The maritime trail not only covers the Delaware Bay, but also the Lewes and Rehoboth Canal.

For land lubbers, the visitor center and the Chamber of Commerce, both of which are right in the middle of town, have friendly docents to help you plan a guided tour, your

own walking tour or a trolley tour.

On a recent visit, we opted for all three. The **trolley tour** gives a good overall view of the downtown area, which is quite picturesque as well as historic. Most tourists enjoy shopping, so a walk up and down the main streets (Front St., Second and Third streets have the most interesting shops) is a nice break between tours. There is a good choice of restaurants here too, for a quick snack, a cup of coffee or a gourmet meal.

As history buffs, we chose to buy the **Lewes Museum Passport** for \$10, which entitled us to a docent-led tour of the three most historic homes in Delaware, plus the old doctor's office, school, life-saving station and general store. Seeing some of the archaic medical instruments in the doctor's office was eye-opening; they were still used into the 1940s.

But let's not forget another important part of a Lewes visit, the beaches. **Cape Henlopen State Park** is located one mile east of the town. It has a 4-mile beach, beautiful ocean and bay vistas, a nature trail, a bird sanctuary, a nature center, fishing pier, bathhouse and even basketball courts. A whole week could easily be spent here. It also boasts of the Great Dune, purported to be the highest sand dune between Cape Cod and Cape Hatteras. And let's not forget the fishermen. There is saltwater fishing offered by charter boats along the canal, or boaters can use a state boat ramp that is conveniently located.

Lewes is also only six miles from Rehoboth Beach attractions that include shopping outlets. Bethany Beach is only 15 miles away, and Fenwick, 20 miles.

For boaters interested in the **Maritime History Trail**, there are a series of 10 interpretative signs that can be viewed between the Delaware Bay and the Lewes-Rehoboth Canal. With more than four centuries of Lewes maritime history, this is an opportunity to learn about many interesting events that have happened along this trail.

There are several charming inns, hotels and bed and breakfast homes that are a convenient walk from downtown. A particularly historic and interesting place to stay is the Inn at Canal Square. It was built as a private home in the late 1800s and in the years since has had many uses. During World

War II and for several years afterward it was a nightclub for the service men stationed nearby. It was converted to a hotel in the mid 1980s, and in 2000 became the lovely Inn at Canal Square. Open year round, it has packages that change with the seasons.

Let's not forget the **Cape May-Lewes Ferry**, a picturesque 90-minutes ride across the Delaware Bay. Be sure to make a reservation if you are planning to take your car on the Ferry during the Summer months as it's a very popular way to travel between the two locations. Walk-ons can usually be accommodated without reservations. There is a shuttle service in both Cape May and Lewes to take you to and from the towns and the ferry terminal. The schedule changes depending on the day of the week and the season, so be sure to check before making your plans.

With year-round activities planned including Christmas and New Year celebrations as well as many Fall activities, you can visit any time of year. However, ferry service cuts back in the cooler months, so always be sure to call first (800.643.3779) before setting out, or check the website **www.CMLF.com**. For further information, the Lewes website is **www.historiclewes.org**. For the Inn at Canal Square, the contact is **www.TheInnatCanalSquare.com** or 800.644.1911.

The drive from the Annapolis area is an easy two hours on mostly picturesque back roads after you leave Route 50.

Think of Lewes, Delaware, for a fun getaway with a little bit of everything for all ages at almost any time of year.

SERVICE ORGANIZATIONS: Which One Is Right for YOU?

By Joanne R. Alloway

Did you know that service organizations were originally fraternities of middle class and professional men, bound together for business. Did you know that some even met secretly? Over time their focus changed from business to bettering communities. Providing charitable works locally was a response to societal, economic and population changes. The organizations grew rapidly, and today there are millions of service club members in 206 countries worldwide. To get an idea of which one might suit you, here is a summary of the information on the largest clubs.

THE LIONS CLUB

The Lions Club is estimated to have 1.38 million members. Their mission is, "We Serve." Primary projects involve conservation of sight, hearing and speech, youth outreach, disability awareness, international and economic issues. Founded in Chicago in 1917 by Melvin Jones, the Lions Club is for any age and anyone who wants to give to others. Membership is "by invitation," however, rarely is anyone turned down. The invitation usually comes from another member. Benefits of being a Lion include friendship, learning new skills, making an impact on the lives of others, energizing your retirement and just plain fun. Weekly meetings are held in Pasadena, Centerville and Bowie. It's possible to start up a local Lions Club under the tutelage of a parent club if one is not in your area, which makes service projects more targeted to specific communities. For details, visit www.lionsclubs.org

THE ROTARY CLUB

The Rotary Club was founded in 1911 by Paul Harris in Chicago. There are 1.2 million Rotarians worldwide. Part of their mission is to provide service to others and advance world understanding and peace. Rotary's signature projects include the worldwide eradication of polio, annual

youth exchanges, scholarship programs, international studies, literacy programs and local campaigns. Any Rotarian may sponsor a new member. Membership criteria varies slightly by club, but generally include professionals and managerial men and women. Limits on percentages accepted from each profession exist within clubs. Dues are usually paid semiannually and meetings are weekly, often at restaurants. Members are required to attend 60 percent of the meetings, participate in service projects, provide leadership and attend fundraising events. The benefits of Rotary are substantial: making a difference in the lives of others locally and globally, attending conferences, building and enhancing professional knowledge and working with business and civic leaders. Retirees are well suited to be Rotarians. Clubs located in this area include Annapolis, Parole, South Anne Arundel County and West Anne Arundel County as well as a local evening group. Visit www.rotary.org for more information.

KIWANIS CLUB

Kiwanis Clubs comprise 240,000 members globally. Kiwanis, an Indian term loosely translated meaning 'we trade' or 'we share talents' was organized in Detroit, by Allen Browne in 1915. Its mission, "Serving the children of the world," is to meet the needs of the hungry, homeless, sick and disadvantaged populations everywhere, fundraising for pediatric research, and their global initiative - wiping out maternal and neonatal tetanus. When serving children, improving quality of life and encouraging leadership and service among members, are key. Organizations they have partnered with to achieve goals include UNICEF, Boys and Girls Clubs and March of Dimes. The average age of members is 57, but Kiwanis is open to everyone. To become a member, attend a meeting and inquire about joining or be sponsored by another member. Local Ki-

wanis Clubs meet weekly in Annapolis, Severna Park, Mayo, Crofton and Odenton. For more information, www.kiwanis.org

THE KNIGHTS OF COLUMBUS

The Knights of Columbus was founded by Father Mike McGivney in New Haven, Conn., in 1882 as a mutual benefit society to provide insurance and benefits to Catholic families when the breadwinner died. Today the insurance policies are still a relevant and desired benefit. Catholics were then forbidden by the church to join other clubs such as the Freemasons. There are over 1.7 million Knights worldwide, making it the world's largest Catholic fraternal organization. The K of C motto is, "In service to one, in service to all." Knights raise funds for physical and developmental disabilities, those seeking religious vocations, honoring those who served, a national blood donor program and alignment with the Catholic Church's platforms. Membership is restricted to practicing Catholic men. For these individuals, it's a way to enhance faith while helping charitable causes. K of C Councils meet in Annapolis, Arnold, Edgewater, Severna Park, Glen Burnie and Pasadena. See www.kofc.org for details.

There are also American Military service organizations including: the American Legion www.legion.org with 2.4 million members, Veterans of Foreign Wars, www.vfw.org with 1.5 million members and AMVETS with 180,000 members can be researched at www.amvets.org. These are open to honorably discharged American veterans for nominal dues and all contribute service in different capacities for the military.

Joanne is an author and freelance writer who lives in Annapolis. She can be reached at www.allowaywords.com

BOOKS:

OLD, NEW AND OBSCURE

PRAGUE: MY LONG JOURNEY HOME

By Charles Ota Heller
Abbott Press (2011)

Local author Charles Ota Heller begins his compelling memoir with scenes of his early childhood in Nazi-occupied Czechoslovakia. Throughout years of persecution and hiding, with his education interrupted multiple times, his family splintered and his safety threatened, Heller survived and thrived to fully embrace the American dream of success. This is the story of his journey, but it is so much more. It is the story of a loving family, of blood ties, of devotion and of the strength of the human spirit.

Early on, this well-written narrative pulls the reader into a complex and sinister world as seen through the eyes of a young boy from a mixed marriage. With a Catholic mother and Jewish father, Heller, raised as a Catholic and unaware of his Jewish roots, becomes one of the “hidden children.” The author’s voice is authentic and clear as he describes his confusion at the taunts of his former friends, his grief at losing his beloved great-grandfather, his anger at the restrictions imposed upon

him for his safety and his longing for his absent parents. Much later, his memories will make you smile as he recounts his first taste of Coca-Cola and confesses his enduring fondness for Spam—a staple of the CARE packages that sustained his family in the refugee camps.

If you are searching for a World War II era memoir to read, you can find books that recount more harrowing scenes of violence and more moments of high stakes drama. That is not to minimize the danger and profound losses that the author’s family suffered. But what makes this book stand out from the others is not those types of details. Rather, it is the author’s ability to firmly plant the reader within the time period and to expertly weave the often tragic and sadly neglected history of the Czech Republic around a central gem of a story of survival.

Your heart will be moved as you follow this family’s struggle, sacrifice and courage. And you will be left with feelings of warmth and admiration as you see how the author, with integrity and courage of his own, confronts and resolves his past with his present. Don’t miss this book, which was recently awarded the “Mark of Quality” by *Writer’s Digest*.
~Vicki Duncan

THE BOAT WHO WOULDN’T FLOAT

By Farley Mowat
Starfire Publishing (1984)

Early in his career, the acclaimed Canadian writer, Farley Mowat, traveled more than 1,000 miles from Toronto to the tiny fishing village of Muddy Hole, Newfoundland, to buy an old sailboat. Arriving in a thick fog he made the purchase, essentially sight unseen, after the boat owners had loosened him up with copious offerings of near-lethal Newfoundland rum.

There are two reasons to read this book. First it is a rollicking, hilarious—and true—tale. Second, any boat owner who has been frustrated by the idiosyncrasies of his own vessel will take comfort in knowing that at least one other person has had it much, much, worse.

When Mowat finally laid eyes on his purchase, his romantic vision of a classic, pretty little wooden schooner dissipated in the cold Newfoundland air. Up close, in Mowat’s words, “she looked as though she had been flung together by a band of our Paleolithic ancestors...equipped only with stone adzes.” And she smelled worse than she looked: “In truth, she stank. Her bilges had not been cleaned since the day she was built and they were encrusted with a glutinous layer of fish slime, fish blood and fish gurry to a depth of several inches.” Then Mowat learns that this thick slurry is the only thing keeping the boat afloat. But, ever the optimist, he insists on naming his vessel *The Happy Adventure*.

Even non-sailors will enjoy this book. Mowat is a keen observer of land and seascapes, and of human nature and manages to find humor in even the most desperate circumstances. I laughed until I ached while reading passages about the misfortunes he endured while trying to sail his unseaworthy and ornery boat. And I can think of no better compliment about a book—I plan to read it again.

~ Henry S. Parker

STEVE JOBS

By Walter Isaacson,
Simon & Schuster, New York (2011)

Steve Jobs, the biography written by Walter Isaacson, is as much about the history of technology and multimedia as it is about the founder of the Apple Corporation. Isaacson, who also penned biographies of Albert Einstein and Benjamin Franklin, was approached by Jobs in 2010 to write his memoir. Isaacson had Jobs’ blessing to spare no details in telling the story of his business and personal life.

The Apple founder, who once referred to himself as “mercurial” (others may have used a different descriptive), was widely known for mood swings that could bring people to tears, but also help to push them to achieve feats of creativity and productivity they never thought possible.

The biography begins appropriately enough with Jobs’ upbringing in Mountain View, California, a town near



Palo Alto where Jobs would later live with his wife, Laurene and three children. Jobs was the son of two ordinary people who adopted him at a young age. Before Jobs entered kindergarten he could read words and it wasn't long before his parents and teachers realized the young Jobs was both gifted as well as rather demanding.

It was his father, a machinist who fixed up old cars, who taught his son to appreciate perfection in workmanship (that would later become an obsession), whether it be painting a stockade fence or refurbishing an automobile. His aptitude for technology became evident when he started tinkering around with the electronics of the cars his dad worked on. His business acumen, which he acquired without books or business workshops, would come a little later.

Jobs was introduced to his first computer at the age of 12. He quickly fell in love with the budding technology and joined the Hewlett-Packard Young Explorers Club. While with the club he approached the then president, William Hewlett, for parts for a computer he was working on. Hewlett was so impressed he offered Jobs an internship at his company that Summer.

Jobs, a Zen Buddhist, came of age during the '60s and identified with the counterculture of that era. This association may have contributed to Jobs' quest to veer from the corporate way of creating and marketing technology products.

His quick rise with Apple, spurred on after he and Steve Wozniak created the first Apple computer in Jobs' garage, made him a millionaire while still in his mid-20s. However, his mercurial attitude and stubbornness also resulted in an unhappy parting in 1985 with the company he created.

His next venture was an attempt to build a computer mainframe geared toward education. The company he founded, NeXT, never quite became a household word. However, his venture into digital technology pointed him in another direction—film animation. He was able to form a marriage between art and digital technology to create computer animation for the megahit, *Toy Story*. The rest, as they say, is history, as the company he helped launch, Pixar, went on to make many more box office hits with Disney.

Along the way Jobs experienced ups and downs fit for a millionaire. He

had relationships with the likes of Joan Baez, experienced difficulties as a new father, and fretted so much over the quality of the material things he bought that he only sparsely furnished his home, mostly because he couldn't find the furniture that met his expectations for perfection.

A vegetarian throughout his life, he was persnickety about where he ate and often rudely dismissed restaurants (and the staff) that didn't measure up to his expectations. He dealt with the people who intersected his business life in much the same way.

Jobs was also a very generous man who bought houses for his parents and the mother of his first child, and compensated those whom he hired with bonuses for creating the next innovation in quality, design and usability.

Apple was built on providing quality products and an equally quality user experience. During Jobs' absence it concentrated more on profits than quality. In 1997 Jobs returned to the helm of Apple and once again pursued his ideals. The results were the iPad, iPod and iPhone.

From an entrepreneurial perspective, this college dropout was not only a creative genius, but intuitively knew what people wanted before they did. To this end he drove headlong and fearlessly into his creative visions, caring more about the quality and uniqueness of his products than making money. Because of this drive for perfection, the money followed naturally.

I found Isaacson's book to be not only a great read, but a way to fill in a few blanks on the evolution of technology, particularly as it pertains to the way we communicate and entertain ourselves. Isaacson's account of Jobs will probably stand as the best account of this man who, as mentioned in the inside cover of the book, "revolutionized six industries: personal computers, animated movies, music, phones, tablet computing and digital publishing."

Steven Paul Jobs was born on Feb. 24, 1955, and died Oct. 5, 2011.

~ Neil Moran

HUNTER

By Robert Bidinotto

Avenger Books, Chester, MD (2011)

Local author Robert Bidinotto wrote and published this well-written,

fast-paced thriller earlier last year. It was his lifelong dream to write a book and, with his wife Cynthia's blessing, he was able to do just that.

Influenced by other thriller authors such as Mickey Spillane and Stephen Hunter, Robert put his thoughts and ideas on paper and began developing the character of Dylan Hunter, a freelance, renegade journalist who writes incendiary articles about injustice created by the inmate commutation policies of our justice system.

Dylan was particularly incensed by the plea bargaining systems that set criminals free and the rehabilitation strategies and subsequent release of violent prisoners that enabled them to be placed back into society. He felt that these practices were not working and violated victims' rights. His articles for a local newspaper were meant to show this and created many enemies.

Enter Annie Woods, a CIA operative working in special operations with the Counterintelligence Center. A "mole" has been apprehended in that organization and Annie is brought in for his interrogation. At the same time, five brutal crimes occur throughout the Washington, DC, area.

As the story unfolds, the CIA and a Violent Crimes Law Enforcement Unit begin their individual investigations of these seemingly unconnected events and find that there is a common thread linking them all together. Dylan Hunter uses his investigative skills as a journalist to do his own digging to find the link and continues to publish his expose' of the flawed legal system.

From the first page to the last, it is difficult to put this book down. The twists and turns of events keep the reader involved and wanting to solve the mystery before Dylan does. The story line not only contains murder, violence and an unlikely romance, but also touches on social commentary about our nation's criminal justice system.

This debut novel has been well received and many readers will want more of Dylan Hunter. *Hunter* was selected Nov. 27 by Amazon Kindle editors as their No. 1 "Editors' Pick." The book was also listed on the Kindle bestseller lists and featured in the *Wall Street Journal's* "Top 10 Fiction Ebook" bestseller list.

~ Kathryn Marchi

ART VIEW: THE NEUE GALERIE

IS WORTH A TRIP TO NEW YORK CITY

By Tricia Herban

House museums are very special, so special that they have a special name. A house museum is a building that was once lived in as a home and contains the collected art of one of its owners. In Washington, DC, the Phillips Collection is a noted house museum, as is the Kreeger. The former was owned by Duncan Phillips and the latter by David and Carmen Kreeger. In New York City, The Frick Collection comes to mind; it was originally the home of Pittsburgh coke and steel industrialist, Henry Clay Frick.

However, it is another New York City house museum to which we turn—The Neue Galerie, located on Fifth Avenue, a couple of blocks north of The Metropolitan Museum. This landmark building was constructed in 1914 by Carrier and Hastings, the same firm that built the New York Public Library. Its original owner, industrialist William Star Miller was succeeded by Mrs. Cornelius Vanderbilt III. Ronald S. Lauder purchased the mansion in 1994 to house the works he had collected with art dealer and museum organizer, Serge Sabarsky.

Several years ago a Gustav Klimt painting, *Adele Bloch Bauer I*, from 1907, made headlines when it was acquired. It sold for a reported \$135 million and Ronald Lauder purchased it to be shown between a pair of sculptures by George Minne, as it had once been in the Bloch Bauer home in Vienna.

The Neue Galerie specializes in the period 1894–1929 with paintings, drawings and sculpture as well as holdings of furniture, many pieces of silver by Josef Hoffmann, as well as exquisite broaches and pendants. While the museum isn't exclusively devoted to works from Vienna, it has extensive holdings by Egon Schiele—guache with crayon—as well as Oskar Kokoschka.

Lauder's interests were widespread, including a life-sized limestone sculpture of St. John the Baptist dating from the 15th century. A lamb is seated

on a Bible in the saint's hands. Its tightly curled fleece is juxtaposed with the undulating curves of the man's robe and the ringlets of his hair. The piece stands in quiet serenity, on the second floor landing, just outside the armor room.

An entire room is devoted to exquisite armor, with several horses completely covered in engraved and gilded steel. A series of shaffrans, armored nose pieces that protected the horses, provide the opportunity to study these tournament items as elegant accoutrements, designed to reflect the wealth and protect the life of their owners.

It is impossible to hint at all the works on display and the current exhibition only runs through April 2, 2012. The collection is wide and varied, currently presenting a wall of Matisse bronzes—major works that are also on display in the garden of the Museum of Modern Art (New York) and the Hirshhorn (Washington, DC). Four of Van Gogh's reed and brush drawings in ink and graphite show the artist in a medium possibly even more expressive than his oil paintings. In an era prior to copiers and scanners, Van Gogh frequently enclosed ink drawings in letters to his brother Theo and others to show them what he was working on.

On the wall opposite the Van Goghs, seven works by Georges Seurat in conte crayon provide a clear understanding of his style. Four works by Pablo Picasso represent several periods of his production: 1904, *Woman with a Raven* (guache and pastel); 1920, *Portrait of Stravinsky* (pencil); 1923 *The Bird Cage* (oil); 1936, *Bull and Horses* (pen and ink).

A recent letter from Lauder, who is currently president of Neue Galerie, says, "It is impossible for me to imagine my life without my works of art ... I owe a special debt of gratitude to one of my mentors, the late Serge Sabarsky. In the 10 years before Serge died, we shared the dream of one day creating a museum together. ... I like to think that what the Neue Galerie has

become, with its quality and dedication to excellence would have fulfilled his expectations and made him happy."

The six areas of Lauder's collection are: medieval art, arms and armor, Old Master paintings, 19th and 20th century drawings, fine and decorative art of Vienna 1900, and modern and contemporary art. In addition to presenting works from the Lauder collection, the museum has presented 29 different exhibitions varying in subjects.

In addition to exhibitions, the museum presents lectures, recitals, films and members' events that range from receptions to book signings, private lectures and parties. The book store as well as The Design Shop are both remarkable.

Wonderful art and a fine bookshop in a fabulous house, that would be enough to merit a visit. But if you enjoy Viennese pastry or cooking, there is an equally compelling reason to go there. Not one, but two dining rooms are available and you can enter without paying admission to the Galerie. Either is a delightful experience—and a short walk from the crowded dining at the Metropolitan Museum.

LOCATION: 10048 Fifth Ave.
New York, NY 10028

MUSEUM HOURS: Monday,
Thursday–Sunday, 11 a.m.–6 p.m.


SHOP HOURS: Monday, Wednesday–
Sunday, 11 a.m.–6 p.m.

CAFE HOURS: Monday and
Wednesday, 9 a.m.–6 p.m.,
Thursday–Sunday, 9 a.m.–9 p.m.

CONTACT: www.neuegalerie.org
ADMISSION: General \$20; students
\$10; children under 12 not admitted;
children under 16 must be accompanied
by an adult.

LET THE *game* BEGIN!

By Leah Lancione

 Wikipedia calls online gaming “a technology rather than a genre; a mechanism for connecting players together rather than a particular pattern of game play. Online games are played over some form of computer network, now typically on the Internet.” Games online can be played alone or multiple players can compete. Some Internet gaming sites offer free registration while others charge a fee. Sites like WWW.POGO.COM or WWW.ADDICTINGGAMES.COM and WWW.GAMEHOUSE.COM as well as Facebook offer both options.

Examples of Pogo offerings include card games like solitaire, board games like Scrabble and Monopoly, as well as the puzzle games Poppit, Mahjong Garden or Mahjong Safari. Other popular diversions include Lottso! Express, a bingo-type competition, and WordWhomp in which players “whomp” gophers while spelling as many words from the set of letters they are given before time runs out.

For those not into gambling or unable to splurge on a trip to Vegas or Dover Downs, Pogo has a host of Casino games like Texas Hold'em Poker, “Turbo 21” and “Ali Baba Slots.” Players can transform themselves into virtual “high rollers” without spending a dime or moving from the comfort of their living room.

At WWW.ADDICTINGGAMES.COM gamers can play more than 3,000 puzzle, arcade, shooting and sports games for free. This site also adds new games daily. Another great place to find games for a PC, Mac or even a mobile device, like an iPad, iPhone or android phone, is WWW.GAMEHOUSE.COM which offers free trials before requiring membership to the site. This site is also perfect for those nostalgic to play games they may have had at the arcade or boardwalk during their youth. There is even an online community of fellow gamers looking to forge ongoing rivalries.

The Web presents countless gaming sites that can provide hours of fun, fantasy and stimulation. Not to mention that participating in games can keep the mind sharp. Even AARP ([HTTP://GAMES.AARP.ORG/](http://GAMES.AARP.ORG/)) has Web pages devoted to brain cell-stimulating games like Sudoku, checkers and backgammon, as well as crossword puzzles and other amusing and thought-provoking diversions. The site has a tab solely dedicated to “Brain Games.”

Another benefit of playing games online is the opportunity to include family members in the action. The website Grandparent Games (WWW.GRANDPARENTGAMES.COM),

through a webcam and voice connection (microphone), enables a grandparent to play “age-appropriate” activities with their grandchild. Although a webcam allows the grandparent and grandchild to see each other during the interaction, it is possible to play the games without one. Also, a phone can be used in place of the microphone voice connection if that’s not an option either. The site claims activities are “designed to engage children and keep their attention.” To create a free account, the grandparent is simply required to fill out their name, email address and country, and then to create a login name and password.

The social media network Facebook is also a great place online to link friends and family in brain-energizing games. Deal or No Deal, Words with Friends and \$100,000 Pyramid are some of the entertaining games that can also get neurons firing. Family Feud is fun and the whole family can participate in guessing answers. Just think of the quality family time that can be shared, while also exercising the brain, by recreating the popular TV game show!

If exercising the brain is the main goal, the website WWW.LUMINOSITY.COM has created games specifically for improving cognitive processes including memory, problem solving, attention and more. According to their website, “Luminosity has partnered with researchers at Stanford, UCSF, Harvard and Columbia, among other prestigious universities and health care organizations, to provide cognitive training services.” Users must register and become a subscriber/member to gain access to certain services on the site. Fees are either based on one-time or subscription payments. This top-rated website is just another opportunity for gamers to have fun while boosting their brain power.

Bits & Bytes

To purchase de-stress items such as reclining chairs, massagers, back care products and many more devices you may not have thought of log onto www.unwind.com

Take time to make life better for someone else.

TULIP TREES

- Perils OR Partners? -

By Ginny Vroblecky

"I would be afraid if I lived in an area with tall trees," my mom said after the last spate of storms. Many of the trees that fell on houses or power lines were tulip trees, sometimes called tulip or yellow poplars. "Is there something about these particular trees that makes them susceptible to wind throw?" I wondered.

"Tulip trees are actually more of a forest tree," Jan van Zutphen, the City of Annapolis' environmentalist told me. "They grow straight up, tall and lanky." Their shape compared to that of an oak explains why tulip trees may be more vulnerable in high winds. The weight and spread of their branches are concentrated high in the crown rather than spreading low and wide. So should you go out and trim all your tulip trees to look like oaks?

Tulip trees are indeed trees of the forest, but often in a forest that began as a field. They are the tallest of all our Eastern forest trees, sometimes reaching over 150 feet in height. They can live 250 to 300 years, although the Liberty Tree at St. John's College may have been more than 400 years old when it had to be cut down in 1999. Tulip trees remind us that our background environment is the great Eastern Deciduous Forest that once stretched from New England to Florida. Early settlers regarded them as a sign of good, fertile soil. As the largest member of the magnolia family, they have lovely, tulip-like, orange and green flowers high in their crowns in early spring and roots sensitive to heat, cold and soil conditions. Bees pollinate their flowers and tulip tree honey is considered a delicacy. Tiger Swallowtail butterflies flutter around their branches, spawning a new generation of tulip tree-fed caterpillars.

In the early years, our country was the treasure trove of new plant specimens for wealthy gardens in Europe. Tulip trees began to grace English estates by 1629, introduced by John Tradescant and his son, John the Younger. John Evelyn, author of *Sylva, or a Discourse of Forest Trees* published in 1664, mentioned the trees with "a very peculiar shap'd leaf" and wrote "I wish there were more of them." Our early pioneers used them to build houses or to line their wells. The wood does not taint the taste of water, and is among the lightest in the forest -- easy to hollow, shape and use.

HEALTHY FORESTS

Tulip trees, like all other plants, are 'eaters of light,' using the energy from the sun to force carbon dioxide to combine with water, creating food for all of life. In the process, they incorporate or 'lock up' carbon in their bodies. When the leaves fall or plant parts die, the nutrients they have stored are released for reuse by tiny creatures in the soil. Much of the carbon remains locked in the soil as organic matter or attached to minerals. The ability to capture and hide carbon dioxide is one of the reasons the Maryland Climate Action Plan cited healthy forests and trees as "our single most cost-effective tool for mitigating climate change."

While the tulip trees roots hold the soil in place, their leaves, in connection with the surrounding atmosphere, are acting as a powerful water pump. Water is drawn through the roots up

into the trunk and leaves. Some is used to combine with carbon dioxide. The rest is released, along with oxygen, into the atmosphere as water vapor. Ten percent of all the moisture in the air originates from plants. No wonder a green, leafy neighborhood is cooler and fresher than a bare field. A well-forested area is also better able to put rain to its intended use -- recharging the underground water supply, nourishing plants, freshening nearby streams.

Tulip trees at a Maryland landfill helped develop a new set of pollution detective tools for scientists. The researchers discovered that the tulip trees not only absorbed contaminants along with the groundwater, but stored them in their tree rings and heartwood. Over the years studies have spawned an array of tree detective techniques, called phytoforensics, which enable scientists to more quickly, easily and cost-effectively detect pollution in the soil, water or air.

PROTECTING THE BAY

Maryland is so committed to the value of trees in protecting our Bay environment that it has set goals for the extent of forest buffers along our streams and the number of new trees planted on public or private lands. We are a pragmatic people and often cannot see benefits right before our eyes. The US Department of Agriculture Forest Service developed a benefits calculator to visually demonstrate the value of each tree around our properties. (www.trees.maryland.gov/calculator.asp)

Maryland has also challenged its citizens to plant an additional 50,000 trees a year to make the state a healthier, greener place to live. As incentives, state government offers a coupon to help defray the cost of a new tree and invites you to register your tree as one more step toward the goal. (www.trees.maryland.gov) The Bayscapes program has a wide variety of suggested plants and trees appropriate for your property. (www.fws.gov/chesapeake-bay/bayscapes.htm)

Tree-mendous Maryland (www.dnr.state.md.us/forests/treemendous/volunteer.asp) offers an array of ideas to help plant trees on public land in your community. And for the cost of a dinner, you could plant a whole hillside of trees to help restore productivity to the land in places like Haiti, Tanzania and Thailand. (www.plantwithpurpose.org)

So, how do you equip your tulip tree to remain a partner and not a threat to your home? Jan van Zutphen certainly recommends monitoring the health of these trees closely. Give them a yearly physical, much like your own, but by a certified arborist. Be especially careful during times of extended drought. A tulip tree will draw in its resources, letting you know it is stressed by dropping leaves and branches. Nevertheless, they live long and prosper well here in our Bay area.

Ginny is a co-author with Nick Spencer and Robert White of the recent title Christianity, Climate Change and Sustainable Living and author of Changing a World through a Garden, due out later this year. She can be reached at rntr2@verizon.net

seven proven ways to create a lasting bond with grandkids

DON'T WE ALL WANT TO CREATE A SOLID AND LASTING RELATIONSHIP WITH OUR GRANDKIDS? SOMETIMES IT'S NOT SO EASY WHEN THEY'RE FAR AWAY. OTHER THAN DAILY SKYPE SESSIONS AND LOTS OF TEXT MESSAGING AND "FRIENDING," HERE ARE A FEW OTHER WAYS TO TIGHTEN THAT ALL-IMPORTANT BOND.

1. Find a particular interest that you both enjoy, such as a character like Tarzan or a favorite ice cream or local park, or a shared love of horses, or something as easy and fun as playing a card game. Many games, such as *Words with Friends*, can now be played electronically, no matter the distance.

2. When the opportunity presents itself, listen, without sharing any of your vast store of wisdom and without criticism. Hear them out. Ask questions and work toward complimenting and encouraging.

3. Create and share a tradition. For example, a Hershey kiss on their pillow when they spend the night, or a different nutcracker statue given each year just before Christmas as part of their very own display. For each birthday give an age-appropriate magazine subscription -- they'll think of you when each new issue is delivered.

4. Have a uniquely special time between you such as a silly song you sing together or going to a movie or touring a museum or attending a children's production at a local theater. How about bringing out sketch pads and doing art together such as creating a painting or making a birthday card?

5. Let them help with your chores or tasks such as washing the car or cooking dinner or setting the table, planting flowers or mowing the lawn. For young ones,

these don't comprise the work we envision, but rather something fun to do.

6. Introduce them to something their parents don't have time for: woodworking, knitting, sewing or cooking. It doesn't have to be perfect, we all started somewhere.

7. With the help of SnapFish, put together a calendar or a book using pictures of the fun you've had together.

The secret is to bond as soon as possible. My friend Jane had an angel doll that sat on the window sill and watched over her granddaughter whenever she spent the night. When her granddaughter left for college she asked Jane if she could take it with her. Not only did that well-worn and well-loved doll bring up many happy memories, but it provided a lasting connection between the two.

Register Now!

Anne Arundel County's

Caregivers' 20th Annual Conference

DoubleTree Hotel
210 Holiday Court
Annapolis, MD 21401

Saturday
April 21, 2012
8:30 am—3:30 pm

This event is brought to you by the Anne Arundel County Department of Aging & Disabilities, Active Day Centers of Annapolis and Pasadena, the Alzheimer's Association of Greater Maryland, Gero-Resources, LLC, Home Instead Senior Care, and Somerford Place Alzheimer's Assisted Living.

A day full of useful and educational information and resources for both family & professional caregivers.

Cost: \$15

Social Work CEUs will be awarded for an additional \$10.

Register on-line at www.aacounty.org/aging or call 410-222-4464 ext 3043.

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

Do You Know Your Grains?

By Susan G. Singleton

Many fashionable diet theories today counsel people to avoid carbohydrates, calling them a culprit in America's obesity crisis. This is a huge and faulty generalization. By looking at the delicate, thin bodies of most Japanese people, who consume high-carbohydrate diets composed of large amounts of rice and starchy vegetables, it's impossible to conclude that all carbohydrates lead to weight gain.

Whole grains have been a central element of the human diet since the dawn of civilization, when we stopped hunting and gathering and settled into agrarian communities. Until very recently, people living in these communities on all continents, had lean, strong bodies. In the Americas, corn was the staple grain, while rice predominated in India and Asia. In Africa, people had sorghum and millet. People in the Middle East enjoyed pita bread and couscous. In Europe, it was corn, millet, wheat, rice, pasta and dark breads. Even beer, produced by grain fermentation, was considered healthy. In Scotland, it was oats. In Russia, they had buckwheat or kasha. For generations, very few people eating grain-based diets were overweight.

People today are gaining weight because they eat too much artificial junk food. If Americans were eating bowls of

freshly cooked whole grains and vegetables every day instead of processed junk food, people would not be getting fat. Whole grains are some of the best sources of nutritional support, containing high levels of dietary fiber and B vitamins. Because the body absorbs them slowly, grains provide long-lasting energy and help stabilize blood sugar.

Incorporating whole grains into your diet is simple, but be sure to pay close attention to the ingredient list and nutritional facts on all packaged goods to ensure you're buying quality grains. Look for products that list whole grains (whole wheat, whole grain barley, etc.) as one of the first ingredients. To avoid confusion in the supermarket buy 100 percent whole grain products or purchase whole grains on their own and add them to dishes yourself to attain their goodness while adding texture, chewy crunches and a nutty flavor.

The number and variety of whole grains readily available continues to grow. While we're accustomed and familiar with whole oats, brown rice and popcorn, areas of the world such as Africa, the Middle East and South America have been enjoying bountiful ancient and whole grains for centuries.

Bring some diversity to your table in 2012 with these powerhouses:

Wheat Berries

This grain works well for those who can handle gluten. These whole kernels are a good source of fiber and iron. They contain lignans, which are plant nutrients that may help reduce the risk of breast cancer. They

have a chewy texture and a sweet, nutty flavor. Use as a side dish or in cold grain salads. Also works well as a pilaf, breakfast cereal or in soups and stews.



Wheat Berries

Bulgur

This is parboiled wheat that is dried and ground to both a fine or medium grind. It is best known as the grain in the Middle Eastern salad tabbouleh. A good source of manganese, it is essential for calcium absorption and bone health. Use as a meat substitute or added to pilafs, soups and baked goods.

Spelt

An ancient grain that is sweeter and more digestible than regular wheat. Those with a gluten intolerance sometimes find this an acceptable alternative to wheat and it's also higher in manganese and B vitamins. It is most often found as an ingredient in breads and pasta, but can also be found in health food stores as a whole grain.

Farro-farro

This grain is quickly gaining popularity for its stellar nutritional profile. Lower in calories than wheat berries and boasting twice the fiber of brown rice, Farro may help to

stabilize blood sugar, lower cholesterol and stimulate the immune system. Offering a complex, earthy flavor and creamy texture, it can be prepared risotto style, or used in soups, pastas and casseroles.

Amaranth

This tiny grain is higher in protein than most other grains and it's a great source of lysine, an amino acid that's lacking in other grains. It helps the body absorb calcium and also promotes tissue growth and repair. Amaranth contains no gluten and has a peppery flavor. Try it as a hot cereal or in baked goods, casseroles, pancakes and as a rice substitute.



Millet

Millet

A delicate grain that is gluten-free and rich in magnesium, folic acid, calcium and potassium, it also contains gut-friendly probiotics. It's also a good source of disease-fighting antioxidants. Used as a staple in African and Indian diets, it can be used in recipes that call for rice, or in baked goods, or formed into patties and cooked as a hot cereal.

Bits & Bytes

Are you traveling and want to bring Fido along? Log onto www.DogFriendly.com or PetsWelcome.com for lists of pet-friendly hotels and parks, etc., that would welcome your pet.

Freekeh

These kernels are harvested while young so it has a higher concentration of vitamins and minerals than brown rice and up to four times the fiber. Use as a rice or pasta substitute or in soups and burger patties.

Kamut

A staple in Egypt, kamut contains selenium, an immune system-supporting trace mineral. Use it in flour form in baking or use the grain in pilaf-style dishes, salads, soups, stews and stir-frys.

Quinoa

This is one of the most versatile grains and can easily be used in place of rice or couscous. These small seeds with a fluffy texture and mild flavor are high in protein and gluten-free. They come in yellow and red varieties.


Teff

An Ethiopian grain used to make injera--the signature flatbread in that country. Teff is a source of bone-building calcium. Slightly crunchy in texture with a rich brown color, it can be used in baked goods, soups and stews, hot cereal, polenta and porridge.


Most of these grains are readily available at your local supermarket and can almost certainly be found at health food and specialty stores. Recipes are plentiful on the Internet and popular cooking sites these days.

Storage Tip: Whole grains contain natural oils, so they can go rancid quickly. Store in an airtight container in a cool, dark place, ideally a pantry or refrigerator, where they will last for three to six months.


Susan is a certified holistic health counselor and life coach and can be reached at susan@healthylifeconsulting.com



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Don't worry about people from your past. There's a reason they didn't make it to your future.



Granny-Nanny Woes

I usually dislike self-help articles because they always make their advice sound so easy, when it usually is anything but easy! But this time, I'm desperate. I babysit for my only grandson 10 hours a day for five days a week while my daughter works. They need her money and I initially was happy to help out. Before I knew it, I was a full-time granny-nanny. Although I dearly love my grandson, he's a two-year-old handful. I've given up all of my own activities and feel a bit resentful. My daughter just told me she's pregnant again and I'm horrified. I don't think I have the energy to keep up with two little ones, but don't know how to bow out.

Let me first tell you about a paradox that took me a while to learn. It's a pretty simple but profound bit of wisdom. *When you choose the easy path, life often becomes harder. But when you choose the harder path, life usually becomes easier.* This applies to so many things in our lives. For example, if you choose the effortless path of being a couch potato and eating junk food, you often develop health problems. But when you choose the more challenging option of exercising and eating nutritious meals, your health improves and life becomes more enjoyable. Be attentive and take note of how many instances where this axiom proves to be true.

In your situation, imagine that you had discussed some boundaries with your daughter about baby-sitting expecta-

tations---before your first grandson was born. You may have found that conversation difficult, but it certainly would have been easier than finding yourself overtaxed and resentful as you are now. But please don't beat yourself up! You had well-meaning intentions and it's not too late to change your course.

Babysitting for our grandchildren can be a joyful experience that fosters an important bond between us and these little ones. It is also a generous gift of our time and resources to our grown children. Like any gift, it should be given freely with an open heart, free of resentment and obligation. When grandparents become full-time babysitters, the arrangement may provide significant financial assistance, but it robs parents of the opportunity and responsibility of standing on their own. Doing so is an important developmental milestone. Furthermore, as you've discovered, it leads to feelings of resentment and can inflict serious damage upon family relationships.

So what's a devoted, concerned and frustrated grandparent to do? Strike a balance between being supportive and maintaining some healthy boundaries that allow you to have a life of your own. You deserve it! With a new baby on the way, it is imperative to discuss your needs and boundaries with your daughter now. We can't expect our adult children to read our minds. If they are assuming that we will provide more assistance than we like, it is our own responsibility to speak up.

Deciding upon boundaries and communicating them can be one of those "hard" tasks that, when accomplished, paradoxically make our lives easier and more manageable. Whether the question is about full-time sitting or just an occasional night out, saying no is never easy, but it is necessary if we are to be loving and respectful to ourselves. Use the strategies below to help you start making changes. If you still feel stuck, please consult a counselor. One or two sessions may provide all the support you need to move in a direction that is healthier for everyone.

- Believe that your needs count.
- Let go of any guilt and decide how much time you are willing to sit.
- Be honest and direct. Explain your limitations and availability.
- Acknowledge your adult child's disappointment if you reduce your availability or say no to a specific request. For example, "I understand that this change will be difficult for you." Remain kind but firm about your own boundaries and needs.
- Keep a calendar by your phone and use it. If you're asked to sit when you have plans, simply say so. It's unnecessary to explain those plans unless you wish to do so. If you just were looking forward to a quiet day alone, those are plans too.
- Be flexible. If there is an emergency, try to pick up the slack.
- Enjoy your time with your grandchildren—as we know, they grow up too fast!

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

Bits & Bytes

Are you looking for the ideal place to live? Log onto www.BestPlaces.com for interesting studies and statistics on climate, crime rates, retirement incentives and other criteria that would influence your decision.

Easter

Basket Basics

It's not just for kids. Anyone can get an Easter basket, including your mom in a nursing home, the guy alone next door or an anonymous gift left on the doorstep of a lucky recipient. The basket can be stuffed with lots of different goodies or a theme basket can be created such as one focused on gardening or cooking.

To avoid sugary treats, try these inexpensive and different items tucked in the basket's green grass:

- Small potted plant.
- Bubbles are fun for anyone.
- Gift card to a favorite store, restaurant or iTunes is fun for anyone with an iPod.
- Magazine with a year's subscription.
- Natural soaps or small tubes of hand cream.
- Jewelry such as plastic bracelets for kids or a bit of serious "bling" for an adult.
- Wooden spoons and interesting herbs and spices.
- Tickets to a movie or play or exhibition.
- Seed packets: flowers such as bachelor buttons or forget-me-nots. Pumpkins for kids.
- Paperback or small novelty books.
- Blank notebooks.
- Any type of ball-even adults can enjoy a game of catch.
- Pack of mechanical pencils or pens or markers.
- Small jigsaw puzzles.
- Age-appropriate crossword puzzles.
- Games such as "Bananas" or any card game.
- Art supplies.

Any of these items can be combined to tuck into an interesting basket or, for that matter, a beach pail for a child or a colorful watering can for the gardener or even a straw hat filled with decorative colored grass. Whatever you choose, a container filled with goodies is fun for anyone.

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BAY CREATURES:

The Osprey

By Henry S. Parker

It's a sure sign of Spring. Sometime in late February or early March, when the monochrome land still wears its gray-brown mantle and it seems as if Winter might go on forever, a high-pitched *cheep, cheep* cry and a flash of black and white overhead herald a change of seasons. The ospreys are back.

The annual return of the ospreys is as reliable as the eventual arrival of Spring, but the birds have endured a long and difficult journey back to the Bay. Like human snowbirds, they have Wintered down South, on large islands in the Caribbean, in rivers and lakes in Venezuela and Colombia, and in tributaries of the Brazilian Amazon. In late Winter, responding to cues both ancient and mysterious, mating-age birds take wing and begin the annual trip back to North America. One migration route, to the northeastern U.S., takes birds along Virginia's eastern shore and on into the Chesapeake. If you are in the right place at the right time, you might see more than 100 ospreys at once, winging over the mouth of the Bay on a sunny March day, perhaps in company with other raptors like bald eagles and hawks.

If you live close enough to the Bay to observe ospreys in the Spring, take time to watch the show. The first arrivals are males who have bred before. Experienced females show up a few days afterward, followed a bit later by first-time breeders. Ospreys tend to mate for life (though "divorce" may occur if mating is unproductive).

Ospreys nest near water, in large trees or on manmade structures, including specially-built platforms, navigational aids and, in one case, on the struts of an old submarine communications tower on Greenbury Point, near Annapolis. Breeding pairs often reuse previous nests, reinforcing them with new supplies of sticks, dead branches and miscellaneous flotsam and jetsam. Nests may grow to several feet in diameter and weigh more than 1,000 pounds. First-time breeding males find

a suitable location, build a nest and hope to attract a mate. Young females consider nest location and quality when selecting a partner.

Male ospreys make admirable husbands, taking the term "breadwinner" to a new level. They not only procure food—overwhelmingly live fish—for the pair, but directly feed their mate both before and during the nesting period. Anyone who has watched an osprey catch a fish will not soon forget the sight. "Hovering on beating wings," as the ornithologist Roger Tory Peterson put it, the bird remains semi-stationary as it scans the sea for prey. When it spies a fish it folds its wings back and with outstretched talons, plunges swiftly toward the water. It may completely submerge or, with a quick, sweeping motion of its claws, seize the fish just below the water's surface. Before transporting the fish to the nest, the osprey repositions it, with head facing forward, for greater aerodynamic efficiency. Male ospreys are busy fishermen. To sustain himself, his mate and an average brood size of three young birds, he must catch nearly three pounds of fish a day—equivalent to five to eight medium-sized fish.

Females lay two to four eggs, incubate them for about six weeks, and brood the nestlings for another 40 days or so. New-born chicks are tiny and helpless, weighing only about two ounces. But on a steady fish diet, they grow fast. About eight weeks after hatching the fledglings begin to fly, and then learn to fish on their own. Once the young birds become independent, by early August or so, their parents begin the migration back to the south. The juveniles follow a couple of weeks later. Young ospreys do not undertake the return, late-Winter migration back to North America until they are at least two years old. They don't start breeding until they are about three.

With more than 2,000 pairs of ospreys now nesting in the Bay—the largest concentration in the world—we could easily take these birds for granted.

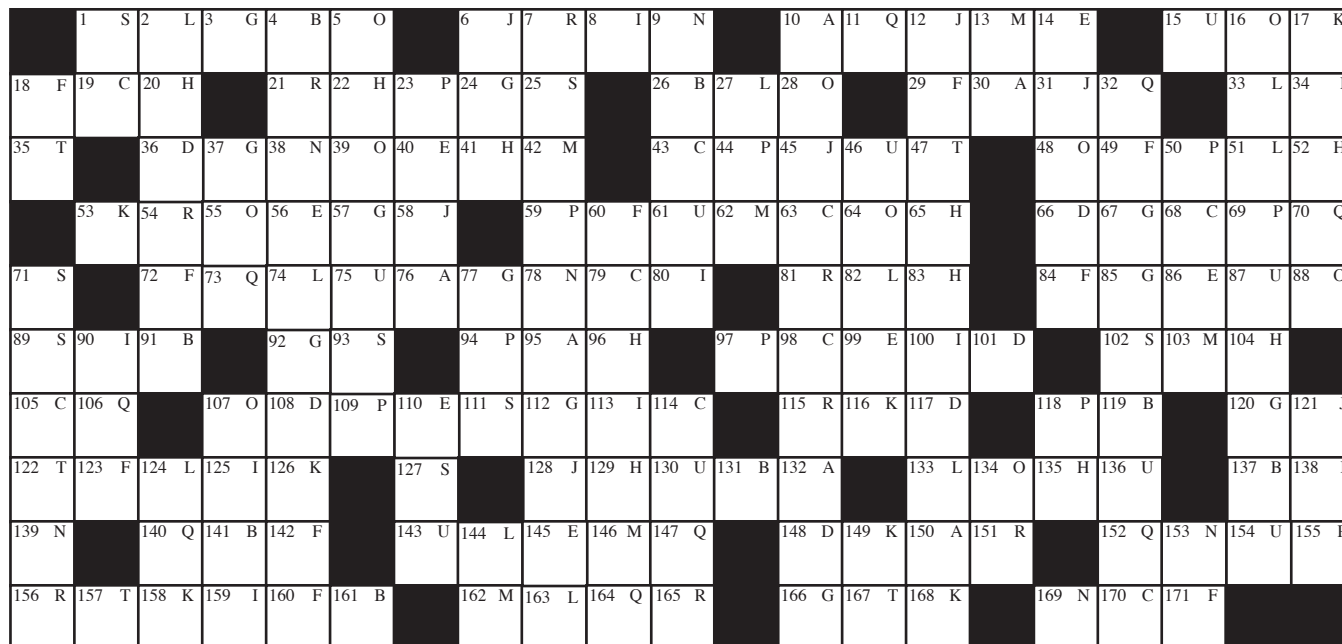
But they were not always so abundant. As recently as the 1960s ospreys suffered steep declines and some observers feared that they would completely disappear from the East Coast of the U.S. Scientists soon implicated the widespread use of DDT. The pesticide became concentrated in fish, and then in ospreys—at the top of the aquatic food chain. The result: thin, easily broken egg shells and clutch failures. After DDT was banned, osprey populations recovered.

So can we—and the ospreys—breathe easier now? Not necessarily. The birds still face a variety of threats, including increasingly abundant predators, like raccoons; exploding populations of competing species, like Canada geese and mallards; disturbance or harassment by humans; exotic diseases; and accidents owing to run-ins with man-made objects like electric wires, sailboat masts and monofilament fishing lines. The most serious threat may be food shortages. Overfishing and declines in water quality can reduce fish stocks to levels that are unsustainable for healthy osprey populations. This is already happening in parts of the Bay.

What can you do to help protect Chesapeake Bay's ospreys? To start with, learn all you can about these iconic creatures and about the environments that sustain them. Do your part to preserve and improve the Bay's water quality. And make it a point to enjoy ospreys in the wild, if you can. But if you can't travel to where the ospreys live, you can always visit them virtually, thanks to a live webcam at the Blackwater National Wildlife Refuge in Cambridge, Maryland. Just go to www.friendsofblackwater.org/camcentral.html and check out the bald eagles while you're at it.



EARLY SPRING QUIZ-ACROSTIC



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Directions

1. Read the definitions and supply the correct words over the numbered blanks.

2. Transfer the letters to the corresponding squares in the diagram.

3. Reading left to right, the completed diagram poses a trivia question. Words are separated by black squares.

4. Reading down, the first letters on the numbered blanks give the subject category followed by the answer to the trivia question.

A. President of the Senate, 2001–2009

B. Porcupine

C. They smile on March 17 (2 wds.)

D. Cross

E. Hostile

F. Work out (3 wds.)

G. Combine effectively

H. Changed plans

I. Ignorant (3 wds.)

J. Judgment

K. Yeats' homeland: ____ Isle

L. Land used for public utilities (3 wds.)

M. Meeting

N. Deviation

O. Elf

P. Author of opera's text

Q. Of the highest degree

R. Offensive position in football (2 wds.)

S. Instantly (3 wds.)

T. Orange-yellow pigment

U. Overlooked

10 95 150 30 76 132

137 131 26 161 4 141 119 91

68 43 98 105 63 19 170 79 114

36 101 108 66 148 117

40 56 99 145 110 14 86

84 171 60 29 160 72 123 49 18 142

92 85 112 37 24 77 166 120 67 3 57

104 96 129 52 22 135 65 41 83 20

159 90 8 34 100 80 138 125 113

45 12 58 128 121 6 31

168 17 149 158 116 53 126

144 163 74 82 33 51 2 133 124 27

62 42 146 162 103 13

153 139 169 38 78 9

48 64 107 5 28 39 134 55 16 88

69 44 50 97 23 109 94 155 59 118

73 106 164 70 11 152 32 147 140

156 7 21 165 81 54 151 115

111 25 1 127 89 102 93 71

157 122 167 35 47

154 87 75 130 46 143 136 61 15

Please visit amazon.com to order Sheila's book, **Quiz-Acrostics: Challenging Acrostic Puzzles with a Trivia Twist**, published by Puzzleworm.

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

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