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Spring 2012

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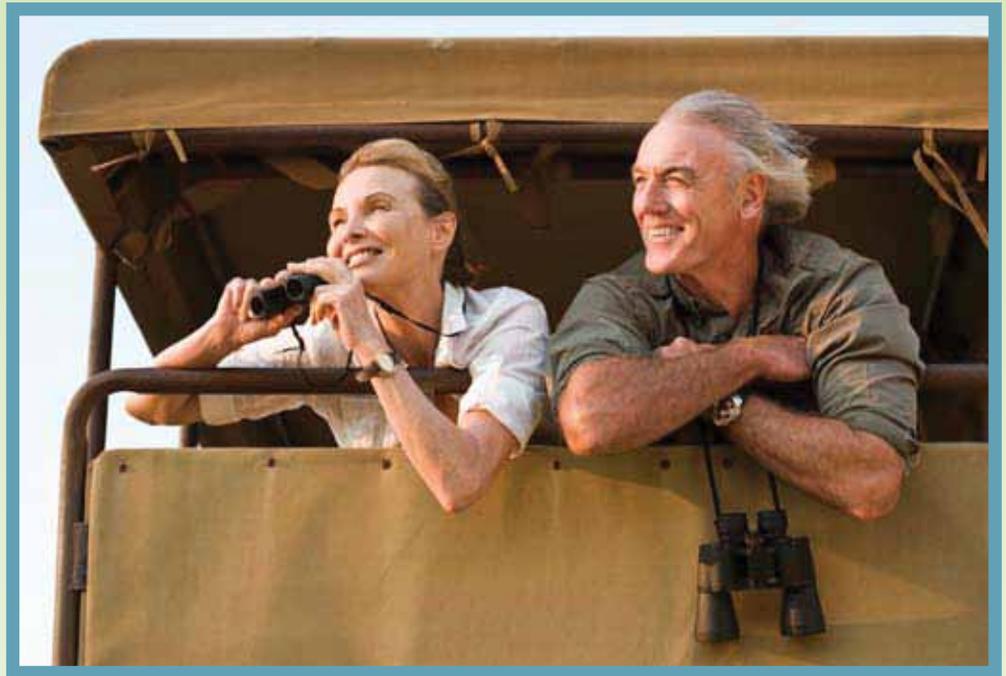
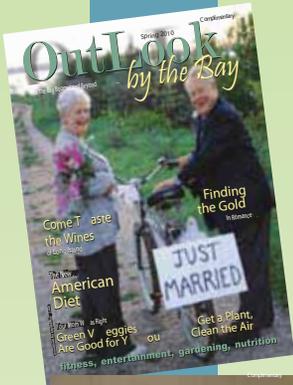
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ON THE COVER:

Two avid golfers, Barbara and Millard Firebaugh, are pictured here enjoying an afternoon at the USNA Golf Course. Barb, a retired teacher for the hearing impaired, is now an active community volunteer. Her husband Millard, an engineer, retired as a Rear Admiral with the US Navy. After living in Boston, Portsmouth, NH, Illinois, Baltimore and Missouri they have chosen Annapolis to settle where they are enjoying both children and grandchildren.



OutLook

For the Bay Boomer and Beyond... *by the Bay*

Publisher and Editor-in-Chief

Tecla Emerson Murphy
editor@OutLookbytheBay.com
410 849-3000

Managing Editor

Mick Rood
MickRood@aol.com

Operations Manager

Cynthia Rott
Cindy@OutLookbytheBay.com

Art Director

Tait Woodward
taitwoodward@gmail.com

Columnists

Victoria Duncan
Victoria2Write@aol.com

Ryan Helfenbein
Ryan@LastingTributesFuneralCare.com

Henry S. Parker
hspsbp@gmail.com

Tricia Herban
TriciaH@erols.com

Legal Insights
Valarie A. Rocco
www.SeniorsAdviser.com

Contributing Writers

Joanne R. Alloway
www.allowayswords.com

Melissa Conroy
o4amuseoffire@yahoo.com

Gail Fowler
gailfowler@gmail.com

Pat Jurgens
4Louises@comcast.net

Peggy Kiefer
Zinkiefer@aol.com

Leah Lancione
LeahLancione@gmail.com

Kathryn Marchi
Marchi-wre@mris.com

Neil Moran
admin@neilmoran.com

Scudder Sodergreen
sasodergreen@aol.com

Louise Whiteside
Louise@OutLookbytheBay.com

Account Representatives

Chris Rott
AdSales@OutLookbytheBay.com
410 849-3000

Mary Kramer, Eastern Shore
essd09@gmail.com
410 725-6350

Anna Marie J. Musterman
annamusterman@comcast.net
410 268-9089

Circulation

Jack Hovey
OutLookbytheBay@aol.com

Photographer

R.C. Murphy
OutLookbytheBay@aol.com

Subscriptions

S. Hill
OutLookbytheBay@aol.com
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Contact

OutLook by the Bay
626C Admiral Drive #608
Annapolis, MD 21401
410 849-3000

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This morning, while busy at my computer, three buzzes went off simultaneously. It could have been the coffee maker, the dishwasher demanding soap, the dryer announcing the load was done or the front door bell. Maybe it was the microwave because I had ignored it earlier. It could also have been my cell phone, which I think is coded with some sort of silly song so that I would recognize it as distinct from all the others out there. However, I quite frankly can't remember which song was downloaded. I'm also not sure if it's still on vibrate where I set it before the meeting I attended yesterday. Now I've got to remember how to switch from vibrate to ring.

Why is nothing simple anymore? With iPhones, iPods, iPads and computers, not to mention the GPS, clock radio and landline phone, how does one cope and stay on top of these many attempts to make our lives easier? When I visited one of my tech-savvy daughters recently, I inquired about her new big screen plasma LED and how she was doing with the programming. And oh my, what a look she did give me. It was one of those moments of "Mommmm," as she was fingering one of the three remote controls trying to turn it on! That certainly was a revealing moment. Our generation is often left with the feeling that we're the village idiots and there she was with her extensive background in all things techno, trying to turn on her new TV.



Our generation struggles mightily to keep up to date and understand each new bit of technology that comes on the market, but as soon as we've mastered the latest gizmo, a newer, "better" version is released. Haven't we all read somewhere, and more than once, that all this wonderful technology will simplify our lives? I'm not so sure that my life has gotten any easier with a temperamental printer, a computer that all too often slows to a crawl, an iPhone that doesn't like it if you're out of range, a camera that wants to override any human commands and a radio now known as a receiver with too many buttons with encrypted names that are in the smallest possible print. A few years ago we were given a DVR player that records favorite programs. We connected it and now it has either recorded every episode of M.A.S.H. since the Korean War began or it's just gathering dust. We're not sure which and I have no idea which button to push to find out.

Why, with all the great brains out there with their impressive degrees, can't they bring back some of the simplicity of life? Really was it so awful to get up and push a button to turn on the radio and then "spin the dial" to find a favorite station? Where does all this new technology stop? As our generation has suspected all along, the good old days really weren't so bad after all. We had time to chat with our neighbor, not text; we dug in our gardens rather than playing virtual games like *Words with Friends*; we came outside on a Summer night to try to be the first to spot a shooting star or name the brightest planet. Now there's an app for that so it's not necessary to memorize the seasonal positions of the stars. And now, instead of roasting marshmallows over coals in our backyard, we make microwave popcorn. I'm wondering if the coming generation is missing something like companionship or good conversation, or the appreciation for natural occurrences like the changing seasons, or walking along the beach (minus the electronics), or just going outside to listen to the birds and the wind blowing in the trees. Do you think they would ever intuitively sense an impending storm brewing on the horizon?

This simplifying our lives with new and better electronics, which in actuality clutters our lives, is beginning to feel like something created by Isaac Asimov. We become automated robots, lacking connections to what's real and what's important. It's as if we must always be connected to our electronics or else we feel disengaged or outside the loop.

The Dowager Countess on "Downton Abbey," a program set in the 1800s, said it best with her classic words: "I hanker for a simpler world. Is that a crime?"

LETTERS

to the editor

CORETTA SCOTT KING

Thanks for sharing the personal story of why Loretta Scott King was so important to Joanna Hanes-Lahr, and further, to let you know we've read all the articles in the Early Spring edition - we've had property near Calvert Cliffs, my brother-in-law had shingles, which affected his eye sight, a friend sings in Encore and on and on and on, we read it all. I understand the Engine 2 diet is all a rage, and a friend is following it faithfully. The diet emphasizes grains and plant-based food. Your grain article is good for all of us to know, etc. And in your editorial, we share your views on the limits of the technical age which can lessen the person-to-person, person-to-book contact.

Your magazine is great!

Sally E., Annapolis

ROTARY

Thanks for the info on service organizations. The article was offered so some readers might consider joining. Well done with a nice pitch for Rotary. However, I was surprised that Rotary was the only organization where it stated that the organization was well-suited for retirees, where in actuality, it's suitable for all adults.

You may know that Rotary is the only service organization that is expanding due to business members in Asia and other non-US countries. In the US many businesses in the past have paid for member dues.

I was formerly a Rotarian and still drop in now and again for a visit.

S. Ehrle, Annapolis

Ed Note: Thank you for your kind note. You are quite correct, Rotary does not consist primarily of retirees. According to Ed Kumian, current president of Parole Rotary, they are a diverse group of men and women who are a wonderful representation of the community with the youngest logging in at age 27.

YOGA FOR MEN

I look forward to reading each new edition of *OutLook by the Bay* and have

always found the articles interesting with some takeaway for me. Your Early Spring 2012 edition was indeed enjoyable. Kater's article, "Yoga for Men," was a treat. I have studied yoga, admittedly not recently, but agree with the premise that some men approach yoga perhaps differently than do women. The classes I took were filled with ladies and it took several lessons before I settled into the practice without awareness of the correctness of my pose or the gender of my classmates. Once I reached that level of "being in the present," only aware of my breathing and inner self, was it possible for me to realize the full benefit of this discipline. While it might be a bit harder for me to do a good tree or dancer pose, I have never lost the calmness and self awareness that yoga teaches.

Bravo Paul and thank you Kater.

J. DiPrimio
From iPad

DEAR VICKI

I enjoy your magazine and read it cover to cover as soon as it comes. Then I reference the articles as I need them. Great information on so many subjects. And all are so well written. Thank you for providing a wealth of information each issue! The last issue had wonderful articles on "seeds" and "quinoa ." And, I am so glad I can LOVE coffee again and not feel guilty! I carry pumpkin seeds and almonds with me all the time for a quick pick-me-up nutritious source of energy. I could go on and on, but since I never got around to writing to you last month with the fantastic Holiday issue, I wanted to do this early.

I just read the "Dear Vicki" column. She is not only a skilled and talented writer, but I think she hit the grandparents piece out of the ballpark! As a loving grandparent of two wonderful and energetic toddler boys, I understand and hear first hand of the challenges of this generation. Raising responsible children with love and curiosity and manners is no easy job for anyone. But grandparents have a very special place in the family. When they take on the added responsibility of becoming full-time day care sitters, unless this is their lifelong ambition, it is very straining on the entire family's dynamics. I understand how grandparents become exhausted and resentful when put in this

situation. We dearly love our grandchildren. I am grateful that my children don't expect me to drop everything to watch my grandsons on a daily basis. I look forward to the times I can help out. And I love the planned sleepovers. However, I still work part time too. Grandparents are special, but we need the right to be just that. Vicki is absolutely correct.

Thank you again for such a wonderful and informative magazine!

Lutie R., Annapolis

WORDS FROM THE DESK

I agree with you entirely. A slightly disorderly stack of books next to my bed will never be replaced by a small electronic screen. Also, giving books is our family tradition beginning way back. This little story illustrates that: I went to see the Annapolis Colonial Players production of the musical *Little Women* not long ago. On returning home I was inspired to find my old beat-up book *Little Women*, beautifully illustrated by Louis Jambor, to compare with the musical version I had just seen. To my delight and surprise (since I had forgotten) my book was inscribed, "To Susan, with love from Granny Harrison, July 9, 1948." That is the only book I have that was given to me by my British grandmother. What a treasure!

S.H. Cook, Arnold

JOHN COYNE REINVENTS HIMSELF

As a "Yooper" (someone born in Michigan's pristine Upper Peninsula), I was pleasantly surprised to find Neil Moran's excellent story about a Northern Michigan entrepreneur in the Early Spring 2012 edition of *Outlook by the Bay*: "JOHN COYNE Reinvents Himself." In it, Mr. Moran describes John Coyne's location as Marquette, a "modest-sized town" in Michigan's UP -- true enough. However, all Yoopers know that Marquette is also the UP's largest city - a megalopolis with a population of 21,355!

Cheers,
J. Moffat, Arnold

Enjoy Spring with Friends at Outdoor Fairs and Festivals

By Joanne R. Alloway

Spring is a beautiful season that captures our senses: flowers and trees budding, birds chirping, aromas of meats grilling, laughter of children playing. All create the desire to be outside enjoying the wonderful weather and the longer daylight. Before it gets too hot or humid, our region has events for varied interests, so get with some friends and try a few. Here's just a sampling of the area's Spring events:

First Sunday Arts Festival

May 6 and June 3, and ongoing, Calvert and West streets, Annapolis. Arts, entertainment, food and crafts, all together in our beautiful capital. Walk to everything. Free parking at Calvert Street garage. www.firstsundayarts.com/

Anne Arundel County Flea Market

May 12 and June 9, AAC Fairgrounds, Crownsville. New and used home goods, collectibles, furniture, electronics, tools and lots more to see. Food and kids' activities available. Opportunities to sell your stuff, too. www.aacountyfair.org/

Laurel's Annual Main Street Festival

May 12, Oak Street, Laurel. Award-winning parade, music, entertainment, crafts, food, activities for all ages. Everyone loves a parade!
www.laurelboardoftrade.net

Chesapeake Bay Blues Festival

May 19-20, Sandy Point State Park, Annapolis. Nationally recognized blues festival raises money for charities.

This year's proceeds go to Johns Hopkins CAMP FACE, We Care and Friends and Camp Fantastic. A great musical lineup, also a crafts village, food and drinks, don't forget to enjoy the beach.

Details: www.bayblues.org

Baltimore Herb Festival

May 26, Leakin Park, Eagle Drive, Baltimore. This year's herb: rose. Enjoy music, train rides, exhibits, crafts, vendors, lectures and demonstrations. Wagons are welcome.

See: www.baltimoreherbfestival.com

Wine in the Woods

May 19-20, Symphony Woods, Columbia. Celebrating 20 years. Opportunity to try wines of distinction. There are snacks, gift and restaurant providers, music and crafts. A Saturday admission ticket is \$35. Offers lawn seating to an evening concert at Merriweather Post Pavilion.
www.wineinthewoods.com/

Great Grapes Wine & Food Festival

June 2-3, Oregon Ridge Park, Hunt Valley. Showcasing 20 Maryland wineries, plus specialty pavilions for cheeses, grilling, seafood, spices and olive oils. Celebrating its 10th anniversary. Live music, cooking demos, kid area and \$500 'Going with the Grape' Costume Contest! For admission rates:

www.uncorkthefun.com

3rd Annual Annapolis Arts & Crafts Festival

June 9-10, Navy Marine Corps Stadium, Annapolis. All types of art, foods, crafts and entertainment. A spe-

cialty wine and food tent offers shade and rest. Gourmet spices, nuts, dips, candy and sauces available for purchase. Admission: \$8, seniors, \$5 and under 12 free.

www.annapolisartsandcraftsfestival.com

Beer, Bourbon & BBQ Festival

June 15-16, National Harbor Waterfront, Lot G. This promises to be a wild one! Sixty beers, 40 bourbons and tons of BBQ under tents at National Harbor, a fun place to visit. Included in the admission are seminars, live rock and blues, contests, exhibits and even a cigar tent. For admission options log onto: www.beerandbourbon.com/nationaharbor/show-info

Timonium International Gem & Jewelry Show

June 29 until July 1, Maryland State Fairgrounds, Exhibit Hall & 4-H Building, Timonium. This show has a 45-year history with jewelry priced for all consumers. Advertised items are between \$5 and \$500,000. You buy direct from designers. If you need a gift, try this show first. Admission: \$6, but free for military – active and veterans with ID. Also free parking. Log onto www.intergem.com and click on Timonium.

Check out Calendar.VisitMaryland.org/ where they keep an up-to-date list of things to do and places to visit. Most events are rain or shine as it is difficult to reschedule; tents are used for inclement weather. But check online to be sure.

Joanne is an author and freelance writer in Annapolis and can be reached at JRWrite@aol.com

infinity theatre company

PRESENTS A BIT OF BROADWAY
• IN ANNAPOLIS •

By Leah Lancione

Annapolis can boast yet another celebrated attraction: Infinity Theatre Company. Formed in 2010 by its co-producing artistic directors, Alan and Anna Ostroff, the company brings "professional New York City theater to Annapolis." Each year, Infinity pulls together a high-quality team of New York City directors, designers, actors and technicians to the "Nap Town" theater scene. The company debuted with a small tour of the off-Broadway hit *The Fantasticks*. The tour provided the Ostroffs with an opportunity to investigate which area of the country would best support a Summer theater and they chose Annapolis. The shows are planned out and rehearsed in New York City, but Annapolis has been home since last year.

So, what does this mean for Annapolis? Well, people of all ages, whether locals or visitors to the area, can experience theater imported straight from the "Big Apple." Shows, like last year's critically acclaimed productions *My Way, A Musical Tribute to Frank Sinatra* and *Little Shop of Horrors*, are performed at the Children's Theatre of Annapolis (CTA) complex near Sandy Point State Park. This season, Infinity will present *Sisters of Swing: The Story of the Andrews Sisters* by Beth Gilleland and Bob Bever-age (musical arrangements by Raymond Berg and directed by Jay D. Brock) **June 9 to July 1**, and *Dames at Sea* (book and lyrics by George Haimsohn and Robin Miller, music by Jim Wise), **July 13 to August 5**. The Ostroffs say that the musical, which presents tap-dancing sailors and Broadway beauties staging a show on a Navy battleship, also features a band of local Navy musicians.

Both of the upcoming mainstage shows are sure to strike a chord within the hearts of seniors. Alan Ostroff says that amidst catchy tunes, *Sisters of Swing* delves beneath the surface to depict the lives the ladies lived as they travelled the world to bring joy to the homefront during World War II.

Dames at Sea is sure to provide high-spirited fun for grandparents, parents and grandkids. Directed and choreographed by Randy Skinner, a three-time Tony nominee and choreographer of Broadway's *42nd Street*, the show is described as a satire and love letter to Busby Berkeley musicals of the 1930s. This is quite fitting because Skinner has worked with some of the best from the "Golden Age" of Hollywood, including Cyd Charisse, Marge and Gower Champion, Ann Miller and Ginger Rogers.

Infinity Theatre Company is not just a unique entertainment option featuring pro-

fessional actors, directors and designers. Ostroff also describes it as an organization serving the community, conducting local auditions every year. Infinity has also forged relationships with other community theaters including CTA, as well as a partnership with Bay Theatre Company, to offer shows for children this Summer. From **June 16 to Aug. 4**, the two companies will present Saturday matinees of *Stories Live and in Person* and *The Tall Tales of Enoch*.

Infinity also provides opportunities for participation by local professionals. The company offers professional development through master classes, including those with casting director Michael Cassara.

The company prides itself on affordable prices. Infinity is offering seniors a season subscription to both shows for \$43.20—20 percent off the regular senior price. Group rates and a buffet package with a local restaurant are also available. An added bonus: A portion of all ticket sales is donated to the nonprofit CTA.

For more information, call **877.501.8499** or visit **www.infinitytheatrecompany.com** For tickets, visit the online box office at **tickets.completicketolutions.com/INF/Online/**

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Bay Gardening HEIRLOOM SEEDS

By Neil Moran

I'm at the age where I can see how things have changed over time. Some changes are pretty evident, like the old wall phone being replaced by the smartphone with a million apps.

Less conspicuous is the gradual decline of the old vegetable seed varieties our grandparents grew. These old varieties have nearly disappeared as plant breeders have sought to create perfect vegetables, ones that ship well and look great on the shelf. In doing so they've sacrificed taste in some cases, and threatened the diversity of the plant world.

Fortunately, seed savers around the country and world have been collecting the seed from these varieties and exchanging them with other folks. The result is a pretty good collection of heirloom seeds, which much like family heirlooms, have been passed down from generation to generation.

Besides what some folks may see as the novelty of such collections, heirloom seeds are important for a couple of reasons. For one thing, they are open-pollinated, meaning you can plant the seed from the parent plant and grow another plant that pretty much resembles the parent. You can't do this with hybrids or genetically modified seeds. The offspring of hybrids will revert to one or the other parent, and some seeds from genetically modified plants are sterile and won't germinate at all.

The other important characteristic of heirlooms is that they help preserve the diversity of the seed world. Having a diverse seed bank to draw from ensures that if one particular variety of a crop, such as a corn hybrid, succumbs to a crippling disease, such as a fungus or virus, that there

are heirloom and open-pollinated varieties at the ready to replace it or to use to create new varieties.

Another thing about heirlooms is they're fun to grow. Heirlooms often come with a bit of history, like the Winningstadt

warm day. People are drawn to heirlooms for their taste and the fact that seeds from heirlooms can be saved for the following year, saving the home gardener some cash.

The Heirloom Life Gardener, a book written by Jere and Emilee Gettle, is an excellent treatise on heirloom seeds and maintaining biodiversity in the vegetable world. It richly details why it is important to continue our seed-saving heritage and gives practical information on growing, collecting and saving seeds from many varieties of vegetables.

Jere Gettle, who joined the Seed Savers Exchange in 1996, started the Baker Creek Heirloom Seed Co. when he was only 19. Today, the company is comprised of a mail order catalog rich in heirloom varieties and three retail stores in Missouri, Connecticut and California.

Many of the heirloom varieties offered in seed catalogs like *Baker Creek Heirlooms* were originally bred for warm climates in the country, areas with a long growing season, so they should do quite well in the Bay area garden.



HEIRLOOM SEEDS Are Worth Preserving

cabbage, a variety introduced in 1866 by James J. H. Gregory & Sons of Marblehead, Mass.

Heirlooms are also interesting to look at. For instance, in heirloom seed catalogs such as the *Baker Creek Heirloom Seeds*, you'll find tomatoes in all shapes, sizes and colors, as well string beans with splashes of green and purple and some very peculiar looking squash!

You might say that heirloom seeds have gone from the back roads to Main Street. Once quietly traded among a few seed loyalists via the Seed Savers Exchange, they're now popping up in the major seed catalogs like radishes on a

SOURCES FOR HEIRLOOM SEEDS:

Seed Savers Exchange:

www.seedsavers.org

Heirloom seeds:

www.heirloomseeds.com

Burpee:

www.burpee.com

Baker Creek Heirloom Seeds:

www.rareseeds.com

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

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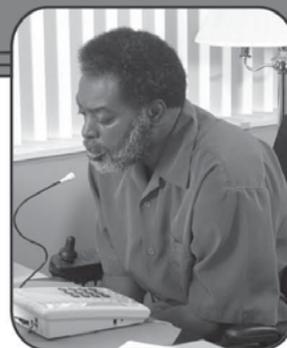


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IT'S POSSIBLE

preventing a bad fall

By Kathryn Marchi

For seniors, a fall can be a serious event. For whatever reason, we fall and injure ourselves and it usually means a long, painful recovery and a step backward in our efforts to stay active. It always diminishes our self-confidence even when we get back to normal.

After a recent fall in which I suffered a broken knee, I relived the incident, trying to think of ways to prevent falls. It was worth it to do so because it was surprising to discover how debilitating this particular fall was and the pain (and inconvenience) it caused.

Here are a few ideas that might help you to avoid a painful fall:

PLAN AHEAD. When in a rush, you are more prone to making rash decisions which might get you hurt. Taking a few extra minutes may save you from taking that unexpected tumble.

FOLLOW THE BEATEN PATH. This means staying on the sidewalk and entering areas via the marked pathways. For example, walking over the curb, enter a sidewalk or parking lot where the curb has been altered and marked for walkers.

WATCH WHERE YOU ARE GOING. This does not mean you should always walk with your head down; but just be aware of where you are and note any obstacles in your path. If you walk over a grassy area in particular, watch for uneven ground, holes and objects jutting out of the ground. And find a comfortable place to sit before texting those grandchildren!

KEEP FIT with regular exercise. As we age, our balance begins to wane and one little misstep may cause an unwanted fall. Balance can be improved if a conscious effort is made. Whenever physically possible, participate in exercise programs such as yoga, tai chi and aerobics. These programs will improve agility, strength and balance. You can also try walking, biking and swimming. And you can do simple exercises at home.

Go to www.balance-exercises.com for help and check out your local community college or senior center for classes in yoga, tai chi, aerobics and other fitness programs.

EAT WELL AND REGULARLY. There's no better recipe for a fall than a drop in blood sugar from not eating. Diabetics should be aware of their sugar levels for the same

reason. If you know you're going to miss a meal, carry a nourishing snack with you or in your vehicle. Bringing along a bottle of water is also good for hydration on a hot day.

KNOW YOUR MEDICATIONS. Your doctor or pharmacist can advise you of side effects such as dizziness or drowsiness so you know to use more care with your activities. Be especially careful when mixing over-the-counter medicines with your normal prescriptions. Avoiding excessive alcohol is always wise.

CHECK HOME HAZARDS. It is reported that almost one-half of all falls occur in the home. Secure area rugs with two-sided tape and move electrical cords and furniture or lamps that jut out into traffic areas. The bathroom, said to be the most dangerous room, should have night lights positioned within and along paths where you need to walk at night. It is also a good place to mount "grab" bars. It's important that you use nonslip bath mats. Help unclutter your home by storing items on shelves that are easy to reach without a step stool. Keep all stairways clear. Outside of your home, check for adequate lighting and landscaping hazards. We recently set a stone path alongside our driveway to prevent a stumble over a flower bed edging. Clear a path through your garage if you enter or exit your home that way.

MAINTAIN YOUR HEALTH. Practice preventive medicine by having yearly physicals and eye and hearing exams. Such conditions as anemia or poor eyesight and hearing can result in a serious fall.

DRESS APPROPRIATELY. Make certain that pant lengths are not too long or loose. Make certain that you wear properly fitting shoes that have good support and non-skid soles. Ladies, no very high heels. Keep shoelaces tied and do not walk around in your stocking feet.

CONSIDER A PERSONAL ALARM. Especially if you live alone, a personal alarm would activate help in an emergency. Research has shown that assistance within an hour after a medical emergency is the optimum time for avoiding long-term health problems. Go to www.medicalguardian.com or www.lifealert.com for more information.

Some of these suggestions are very obviously couched in common sense. Others have been carefully researched. All of them can be followed to prevent serious injury from a fall. It's so easy to just live our lives the way we always have, not realizing there are physical and mental changes. So do your best to be proactive and avoid accidents and injuries. In retirement, we still have much to do and there is no time to be recovering from a debilitating fall that might have been easily prevented.

Kathryn, currently recuperating from a broken knee, can be reached at Marchi-wre@mris.com

MACULAR DEGENERATION: SCOURGE OF THE ELDERLY

By Michael J. Dodd, MD

The eye condition known as macular degeneration is now occurring with increasing frequency. This is largely because people are living longer. One hundred years ago the average life span in the United States was about 50 years. Macular degeneration, sometimes called age-related macular degeneration (ARMD), usually does not show up until the age of 65 or older. With improvements in medical care, the average life span is now about 77 years. Not everyone gets ARMD. There is evidence that people who don't smoke, who eat properly (especially vegetables and greens) and people who stay physically active, are less likely to develop ARMD.

These are all things our grandmothers told us. Smoking is a particularly high risk factor. Studies have shown that smokers are six times more likely to develop ARMD than nonsmokers. So smokers beware, not only are you ruining your lungs and heart, you greatly increase the odds of becoming blind as you age.

To better understand ARMD, it helps to know a little about the structure and function of the eye. ARMD is a disorder of the retina. The retina is a very thin tissue that lines the inside of the eyeball. If you could imagine yourself sitting on a tiny light beam as it entered the eye, you would see marvelous things. You would first pass through the clear cornea, then through a fluid-filled space (the anterior chamber), then through the pupil and clear lens into a gel-like substance called vitreous humor.

Let's stop our little light beam here in the vitreous for a moment and look around. As we stare into the back of the eye, we see the retina, a thin, slightly orange-tinted tissue with tiny blood vessels coursing over its surface. The retinal cells, rods and cones, are long and thin, shaped like ballpoint pens, tightly packed together.

To continue the pen analogy, their ball points are imbedded in a pigmented tissue known as the retinal pigment epithelium (RPE). This is where the light rays come to rest and the rods and cones (ball points) pick up the information. The light information is then passed up toward the front of the eye through 10 layers of the retina to the top of the "pens." Here the nerve fiber layer carries the information to the optic nerve, and from there to the occipital lobe of the brain where the perception of vision occurs.

It is curious that the light rays must pass through the 10 layers of retina (the pens) to get to the sensory cells, but this is the way Mother Nature designed things. Below the pigmented cells

is a spongy, vascular tissue called choroid. This supplies oxygen and nutrients to the outer retinal layers. Beyond the choroid is the tough white sclera, which is the protective outer coating of the eye.

The macula is the central part of the retina. Here the "pens" are packed tightest. It is also the place where the number of cones exceeds the number of rods. The rods perceive black and white and the cones perceive color. Because of the high concentration of cones that are tightly packed in the macula, this is the area that is responsible for the finest detail of our vision. The central part of the macula is known as the fovea. This area allows us to see fine print and recognize faces at distances. Unfortunately, this is the common site for the bad effects of ARMD.

The earliest changes of ARMD noted on an eye examination are small white spots known as "drusen." Over a period of years, drusen can coalesce and create distortion and blurring of vision. Small hemorrhages may occur in the macula and cause sudden loss of central vision. This form of macular degeneration is referred to as "wet" because hemorrhages can be seen on examination. The other form is called "dry" because retinal cell death and atrophy of the retina occur without hemorrhage.

In our next article we will discuss the symptoms and treatments for this unfortunate condition.

Dr. Dodd is an instructor at the University of Maryland Department of Ophthalmology and gives volunteer lectures at the Anne Arundel Community College Nursing Department. He can be reached at his Annapolis office at 410.224.4550 or mjdm1@gmail.com



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



Get to Know Your Feathered Friends: Bird Watching in Anne Arundel County and Beyond

By Tracy Leonard

An osprey dives for a fish while a bald eagle swoops in to steal it. A gull cracks a crab on the dock and eats it while a heron stands watch atop a piling. Sparrows twitter, cardinals dance and robins hop, alive with Spring. Every day along the Chesapeake, nature unfolds a unique drama right before our eyes. More than 250 species of birds live in this area over the course of the year, making the Chesapeake region a bird watcher's paradise. Fortunately, bird watching is an affordable and flexible pastime. It can be done anywhere – looking out your living room window, walking at the park or along the docks, hiking local trails or visiting one of the area's nature preserves. And it can be done alone or with family, friends or other birding enthusiasts.

The Chesapeake Bay falls along a major migration route from the Arctic Circle and Canada down to the Gulf of Mexico and the Caribbean. More than a million waterfowl spend the Winter here each year. Shorebirds, wading birds, songbirds and raptors also call the Chesapeake home. Birds commonly seen include osprey, herons, gulls, double crested cormorants, mallards, geese, hawks, vultures, robins, sparrows, cardinals, woodpeckers and finches.

Binoculars and a bird identification book help you to understand what you are observing. *The Peterson Field Guide to Eastern Birds* and the *Stokes Beginner's Guide to Birds Eastern Region* are recommended choices for beginners. A checklist of birds that frequent an area also makes it easier to know what birds are likely to be seen while out bird watching. You can download U.S. Fish and Wildlife Service lists of birds commonly found at national wildlife refuges. The lists for our area include the Patuxent Research Refuge near Laurel. Other resources include: (www.npwrc.usgs.gov/resource/birds/chekbird/r5/patuxent.htm), Blackwater National Wildlife Refuge near Cambridge (www.fws.gov/blackwater/pdf/BLK_Birds_8-08.pdf), and Eastern Neck National Wildlife Refuge (www.fws.gov/northeast/easternneck/pdf/Birdlist2009.pdf).

With so much wildlife to study, bird watching is not only a neat way to connect with nature, but also with friends, family and others in the community. Many local parks and bird clubs sponsor bird watches. Local groups include: The Anne Arundel County Bird Club (www.aabirdclub.org), the Chesapeake Audubon Society (www.chesapeakeaudubon.org) and the Prince Georges Audubon Society (www.pgaudubon.org) These clubs host several field trips a month to local birding hot spots. Some favorite outings are:

Fort Smallwood Park

Hawks make this park at the mouth of the Patapsco River a regular stopover before crossing the open waters of the Chesapeake in the Spring.

Smithsonian Environmental Research Center

Located on the Rhode River, SERC has both hiking and water trails through wetlands and a kayak/canoe launching area. Visitors have spotted eagles and shorebirds. SERC is open Monday through Saturday from 9 a.m. to 4:30 p.m. Visitors are requested to check in at the Reed Education Center.

Jug Bay Sanctuary

Located along the Patuxent River in southern Anne Arundel County, Jug Bay Sanctuary and the adjoining Glendenning Nature Preserve offer access to freshwater tidal marshes and woodlands. Fields of wild rice attract many birds in the Fall, and bird walks open to the public are held regularly.

Patuxent Research Refuge

Spanning parts of Anne Arundel County and Prince George's County near Laurel, the Patuxent Research Refuge and National Wildlife Visitor Center teems with life. Warblers migrate in the Spring while a great variety of waterfowl gather in the Summer. Osprey, geese, ducks, herons, swallows and sparrows, to name just a few, are often observed.

Blackwater National Wildlife Refuge

Located 12 miles south of Cambridge, the refuge hosts the largest breeding population of bald eagles north of Florida. Migrating ducks, geese and swans congregate in the refuge in the Fall and Spring.

Eastern Neck National Wildlife Refuge

Located on an island where the Chester River enters the Chesapeake Bay, the refuge holds geese, diving and puddle ducks, swans, osprey, herons and egrets, among others. Three observation decks within the refuge provide views of wildlife and the Chesapeake Bay.

Another neat aspect of bird watching is that what you see does not have to be for your enjoyment alone. Due to the efforts of the Cornell Lab of Ornithology and the National Audubon Society, ebird.org enables bird watchers to maintain online checklists of bird observations that can be shared with others and included in a comprehensive database of bird observations from across North America and beyond. The [ebird](http://ebird.org) data helps scientists and educators better understand bird distribution across the Western Hemisphere.

The natural richness of the Chesapeake region, the chance to observe some of its creatures in the wild and the opportunity to share that experience with friends, family or even researchers and other enthusiasts can make bird watching a fulfilling hobby.

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



SALAD EATERS, BE WELL-DRESSED!

By Melissa Conroy

As Summer approaches, heavier Winter cuisine makes way for lighter fare, such as fruit salad, grilled fish and the ubiquitous salad. For anyone trying to lose weight or simply eat healthier, a salad is a natural pick, especially as tender young lettuce and other vegetables make their appearance in gardens and farmers markets. But is this leafy dish always the health option it is made out to be?

Sadly, salad often has a “health halo” effect on people. We assume that salad is the naturally healthier option when the opposite is often true. Create a salad piled high with cheese, meat, sunflower seeds, croutons and other high-fat items and your meal choice will be packing the fat and calories in every bite. Restaurant salads are notorious for being health bombs: a Caesar Salad with chicken from the Cheesecake Factory will set you back 1,500 calories and 1,481 milligrams of sodium.

Make your own salad at home or choose wisely at the restaurant, and you can create a healthy, low-calorie salad full of vitamins and fiber. But what you drizzle on top of it can ruin all your good intentions if you are not careful to pick a healthy dressing.

First of all, portion control is extremely important when it comes to salad dressing; most of us drizzle far too much on top. Order a salad at a restaurant and it will either be floating in dressing or come with a half cup of dressing on the side. However, even that is not enough for some folks. I've seen people request more than one container of dressing to pour over their salad. A serving of salad dressing is only two tablespoons, so it is important to measure out dressing until you can get a good eye for what two tablespoons looks like on a salad. Don't drown your salad, and your waistline will thank you.

Even if you are careful to use an appropriate amount of salad dressing, the ingredients lurking in that bottle can harm you. For example, a serving of Hidden Valley Original Ranch Dressing has 14 tablespoons of fat (2.5 of them saturated) and 260 mg of sodium. Additionally, soybean oil is the first ingredient listed, and this dressing also contains a number of other questionable ingredients such as phosphoric acid, xanthan gum, modified food starch, disodium guanylate and a host of other unpronounceable items. It's no wonder that David Zinczenko, editor-in-chief at *Men's Health* and author of the *Eat This, Not That* book series says, “Ranch is one of the most dangerous things you can keep in your kitchen.” Not only is ranch full of calories, sodium and questionable ingredients, it is far too easy to pour liberally over vegetables, pizza, French fries and other foods. I've even heard of people eating ice cream with ranch dressing. On the plus side, you can have your ranch and eat it too: Zinczenko recommends Annie's Naturals Organic Buttermilk, which clocks in at only 70 calories and seven grams of fat per serving.

In general, oil-based salad dressings tend to be healthier, especially since they can be easily made at home without chemicals or additives. Take some olive oil and balsamic vinegar, add some herbs, and you have a healthy, all-natural dressing for your salad.

But this does not mean that all oil-based salad dressings are created equal. Wish-Bone Greek Vinaigrette dressing proudly states “with extra virgin olive oil” on the front label, but the ingredient list tells a different story: “soybean oil” is listed second and “olive oil” is stuck under the category of “contains 2% or less of each of the following,” so you are only getting a tiny amount of olive oil per serving.

Sugar is another concern. Many salad dressings, especially oil-based ones, contain high fructose corn syrup and other sweeteners, particularly because sugar is often used to make up the difference in fat-free or low-fat items. For example, Kraft Original French dressing has only two grams sugar per serving, but Kraft Fat Free French has seven grams. When you are picking a salad dressing, it is important to look at the sugar content. You don't need sugar to enliven your baby spinach and sliced carrots!

If you are on the hunt for a healthy salad dressing in a bottle, salad spritzers are worth investigating. These are salad dressings available in spray bottles so that you lightly mist your salad instead of drowning it. Wish-Bone has a line of salad spritzers, and the Balsamic Breeze Vinaigrette offers only 10 calories and one gram of fat per serving. You can even get ranch vinaigrette in a spritzer for 15 calories and one gram of fat per serving.

Another option is making your own salad dressings. Oil-based dressings in particular are very easy to make: experiment with different olive oil pressings, balsamic vinaigrettes and herbs to custom-blend your own creation. If you are searching for a true taste experience, check out Heavenly Olive Oils & Vinegars at www.heavenlyoliveoils.com. This Kansas City-based company specializes exclusively in olive oils and vinaigrettes. Once you try creations such as Blood Orange Extra Virgin Olive Oil or Blackberry Ginger Balsamic Vinegar, you won't want to settle for ordinary bottled dressing again. Try this easy dressing for a real taste treat.

1/2 cup light olive oil

1 Tbs. sugar

1/3 cup apple cider vinegar

1/4 cup finely chopped onion

1/4 tsp. salt

1 Tbs. poppy seed

Put all ingredients in a jar or salad dressing container and shake well. Store in refrigerator. Two tablespoons of dressing per serving is enough if it's tossed with the salad before it's served.

As you turn to Summer salads, be sparing with croutons and blue cheese, generous with cucumbers and spinach, and choosy with dressings. A healthy, well-dressed salad will lighten your waist, add nutrition and delight your taste buds.



FREE AT LAST

Memorial Day 2012 - Remembering



By Ginny Vroblesky

My father's liberation began with a message on the voice mail. "Is this Alexander Vroblesky? The Alexander Vroblesky who flew B-24s out of Venosa, Italy, and was shot down on Sept. 24, 1944, over Salonika Greece? If it is, my father would like to speak with you. I am Larry Lyons."

Dad never spoke about his experiences in World War II. We knew that he had been a prisoner of war, had escaped, come home, married our mom and whisked her away from family for 20 years of adventure in the Air Force. Only once had I asked him about that time in his life. I had been studying Greece. I wondered if the descendents of the people who helped Paul the Apostle in Macedonia and Philippi could have also helped my dad. I regretted my request because when my dad began to tell me his story, he shook.

"We were flying in a tight formation when ground fire began. The plane in front of us exploded and debris began to entangle our plane." He spoke of bailing out, hiding in a ravine, hearing a dog and

seeing a German soldier with a gun. With hands raised, he was paraded through the streets with the other captured prisoners. His whole body shook as he described being loaded on boxcars on the way into Germany, packed so closely that you could hardly move. Tracer bullets from allied aircraft ricocheted through the cars. You never knew when death would come. The train stopped and all the prisoners were taken off. Chechen rebels came down from the hills and began arguing with the Germans. The rebels' dogs began fighting the German dogs. In the ensuing melee, the prisoners scattered and hid. Dad spoke of being with a small group that included a British commando.

"Who will go with me on this mission," the commando asked, and dad volunteered. The events of that evening sickened him; he never volunteered again. He thought himself a coward because he did not want to sneak up on another human and slit his throat. When he returned home, he put the past behind him.

To us he was the bravest person we knew and he took us to places we would have never gone. We explored coral reefs, running from the incoming tide. We climbed mountains, took the car down unknown roads only to get stuck in the sand, slept at the only available campsite in a national park – one frequented by bears. We never knew that dad carried a burden from the war.

Larry Lyons did call back and gave the phone to his father Reginald. For the first time in 65 years the crewmen of that B-24 began to talk with each other. Ten men flew that mission. All survived and all but the pilot were captured. Most escaped. Since then four had died, two were in nursing homes. But four were still engaged with life. The 485th Bomb Group had scheduled a reunion in Charleston, S.C., and the men and their families vowed to attend. Over the course of the year they talked. They relived their experiences on that fateful day and in their lives over the years. "I feel like I have been going through counseling," my father said. "Even war movies such as *Guns of Navarone* used to give me nightmares and make me shake."

The first night of the reunion, the bomb group held a reception, including a video entitled *Venosa, Then and Now*. The images showed young men living in tents in mud and snow. They were smiling 20-year-olds playing ball, visiting the village. The airfield was a long runway of steel grid work lying in a field. Modern pictures showed pieces of the airfield decorating village balconies or used as doors and fences. This small Italian community had built a monument to the men of the 485th.

At the end of the reception, a tall, white-haired man rose and boomed, "Is Al Vroblesky here? I haven't seen him in 66 years."

Number one rule for worrying - Will it matter in five years?

"I'm Alexander Vroblesky," my dad said as he rose from his chair. Wilson Leon had come from Florida, Homer Jones from Lubbock, Texas, Reginald Lyons from Houston and dad from Maryland. For the first time in 66 years the remaining crew of that B-24 stood together and embraced. They had each chosen to put the past behind and to live fruitful lives. Some had gone back to college and become teachers. One was a minister. Dad had served 20 years in the military and then undertook a new career helping people with real estate. In each case, the men did not discuss their wartime experiences with their family until some event prompted the revelation. Often it was the school project for a grandchild. But here they were, free at last to discuss what had happened to them.

In the hallway, a group of young men and women began to wander by. They were in uniform, bound for Iraq. "Come in and have some cake," someone said, and many did. My nephew, David, had come to Charleston to be at this special event with his grandfather. "This really brings it home," he whispered. "This was about pop-pop's generation. Here is mine." The experience at the reunion was precious to our whole family. In fact, there were more family members attending than the veterans themselves. Some said they had found a new family at the reunions after their fathers had died.

My father rose in one meeting and said how freed he felt by coming, that they had so much to be grateful for. He felt they had been caught up in events they could not control. They had done their best. He had kept as his motto, "Surely goodness and mercy shall follow me all the days of my life," and he knew that this had indeed been true.

The Library of Congress has started a new Veterans History Project asking people to send recordings and photos telling the stories of veterans they know. "It is healing for them to tell their stories," the organizer said. This was true for my dad. He says the Internet enabled the process. People can find each other who could not before. In my dad's case, it also took the care of a loving son to search out his father's old crew members. A phone call

from a former buddy and the gift of shared experiences released my father's heart and mind. It might be harder to travel to get together, but the phone regularly connects these new friends. The whole experience has added zest and joy to their lives. This year the reunion will be in Washington, DC. The oldest crew member is now 94. What an incentive to hold on to life!

Ginny is a freelance writer living in Annapolis and can be reached at rntr2@verizon.net

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VETERANS HISTORY PROJECT

The Veterans History Project is a unique opportunity offered by the Library of Congress to engage generations in preserving personal accounts by American veterans from any war or by civilians who supported them. Perhaps you or someone you knew was part of the USO or served in Iraq. The goal is to record a conversation with a veteran of 30 minutes or longer about any aspect of their experiences. You can also send original photographs, letters, unpublished memoirs, diaries or other material. The goal is to provide first-hand accounts so that future generations will understand the realities of war. For guidelines and further information visit www.loc.gov/vets or call 888.371.5848.

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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.

When is probate necessary? I have heard that it is a long and costly process.

There are a number of misconceptions about the probate process. Before I address the two that you have raised, I will discuss what assets are generally administered through probate. "Probate assets" of a decedent's estate are those assets which do not designate a person or persons to receive those assets upon the death of the decedent. For example, if at the time of your death you own a joint checking account with a living person, or you have a retirement or bank account which names a living person or persons as beneficiary, then these accounts would not become part of your probate assets.

If however, at the time of your death you own a home, which is titled in your name only, and your Deed does not identify a person or persons who are to receive title to your property upon your death, then at the time of your death, your home would become a part of your probate estate and would be distributed to those legatees you have named in your Will. Or if you do not have a Will, that is you died "intestate," your home and other assets titled in your name only without beneficiary designations will be distributed to those persons identified under Maryland law to receive your assets, which coincidentally is a good reason for you to prepare a Will.

Accordingly, it is important when planning for the distribution of your assets, as well as for other reasons, that you review with your estate planning attorney: the titling of your assets to confirm that the beneficiaries named are still alive and that it is still recommended that they receive those assets, as well as who the beneficiaries are, whether they are related to you, and the value of your assets, all of which are relevant to ascertain whether your assets will be distributed to your intended beneficiaries upon your death and for tax planning.

You may be surprised after reviewing the titling and beneficiary designations of your assets that most of

your assets will not be subject to probate administration upon your death. Even if you do have assets that are subject to probate administration, the costs which you are concerned about are not excessive in Maryland, as they are in other states. For example, if the value of your probate assets is \$1 million dollars, the fee due the Register of Wills is \$1,000, whereas that fee is only \$400 for a probate estate valued at up to \$250,000. In addition to the Register of Wills' fee, several hundred dollars must also be paid to secure a Nominal Bond and for publication costs, provided, however, your Will authorizes the purchase of a nominal bond. The largest expense associated with the probate process is the Personal Representative's commission/Attorney fee. This combined fee, however, is subject to a limited dollar amount, and must be approved by the Register of Wills. Personal representatives generally do not seek a commission and some attorneys will agree to provide services to an estate on an hourly basis rather than request the entire fee authorized under Maryland law.

Also, if you are concerned about the alleged "long probate process," there are procedures which can be undertaken which will reduce the time in which an estate needs to be administered. An experienced probate attorney can assist in this regard.

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Do I need to file my Will with the Register of Wills?

No, you are not required to file your Will with the Register of Wills. You may however, deliver your Will to the Register of Wills for safekeeping. Every Register has a safe in their office in which original Wills may be placed. Currently the cost to deposit a Will is \$5. This fee is much less than what it would cost you to obtain a safe deposit box at a bank or credit union. Another advantage of depositing your Will with the Register is that it will not get lost or disappear, as sometimes happens. In fact the first place that is checked to uncover a Will in the event of a person's death is the Register of Wills'

office in the county where the decedent resided at the time of their death. Any Will deposited with the Register of Wills will remain in a sealed envelope and will not be available for public disclosure during a person's lifetime, as the envelope will only be opened by the Register of Wills when they are presented with a certified Death Certificate evidencing the death of the testator or testatrix.

Although there are a number of good reasons for depositing your Will with the Register of Wills, there are some disadvantages. For example, if you would like to keep all of your important legal documents in one place, e.g., your Power of Attorney, Living Will, Deed, etc., you will not be able to deposit these documents with the Register as they only accept Wills for safekeeping. You would have to locate another secure location to store these other documents. Also, it may pose an inconvenience to you, for the reason that whenever you revise or replace your Will, you should retrieve your prior Will from the Register of Wills, which necessitates a trip.

It is important to note, however, that although individuals are not required to file their Wills with the Register of Wills during their lifetime, upon their death, any person who has custody of their original Will is required by Maryland law to deliver that Will to the Register of Wills where the decedent resided at the time of their death.

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

Anne Arundel County Register of Wills: registers.maryland.gov/main/annearundel.html
Maryland Register of Wills:
www.registers.maryland.gov/

{FAVORITE TRAVEL WEBSITES}

By Edree Hovey

Below are our favorite websites for travel. You may be familiar with some of them. Tap into a few and review all the information available. Most offer wonderful full-color catalogs you may want to order. We've listed them alphabetically to make it easier to navigate.

{ 1 } [Amtrak.com](#)

Travel the old-fashioned way by train. Tickets can be purchased for multiple stops allowing the passenger to disembark for touring or vacationing and then board again when it's convenient. There's also an auto train that will take car and driver to Florida. And if traveling over night, there are sleeper cars.

{ 2 } [AvalonWaterWays.com](#)

Travel through the waterways of the world on large ships or smaller boats. Float down the Yangtze River for 10 days or the Rhine for five days to two weeks.

{ 3 } [BackPacker.com/hikes](#)

Enter the name of the area that you'd like to visit and an amazing list of adventures will pop up.

{ 4 } [BackRoads.com](#)

Active vacations for singles, families or groups offering biking, walking, kayaking or camping.

{ 5 } [BareBoat.com](#)

Both captained or bare-boat cruises offered worldwide including the Caribbean, South Pacific or Mediterranean.

{ 6 } [CountryWalkers.com](#)

Guided or self-guided walking adventures throughout the world rated easy to challenging, also offering family and women-only tours.

{ 7 } [CruiseCritic.com/reviews](#)

An excellent source of all things cruising. Well worth logging onto before booking your next cruise.

{ 8 } [CruiseShipJob.com/instructors](#)

The best way ever to travel. Teach a course and receive a deeply discounted trip.

{ 9 } [GCT.com](#)

Trips to every corner of the world. Form your own group or join one of theirs. They offer last-minute deals and are particularly attentive to solo travel.

{ 10 } [GoAheadTours.com](#)

Tours are priced to include air fare, so no surprises. Group and referral discounts offered on trips to six continents focusing on cultural discovery.

{ 11 } [Mtsobek.com](#)

Offering small-group, active adventure travel throughout the world. Cruising, rafting, trekking and safaris -- they have it all.

{ 12 } [NationalGeographic.com](#)

A wonderful learning experience through upscale travel with the experts on hand to guide.

{ 13 } [OatTravel.com](#)

Adventure travel throughout the world. Solo-friendly with a free roommate matching service.

{ 14 } [OdysseySunLimited.com](#)

Small-group travel, no more than 24 per trip on affordable jaunts throughout the world lasting from 11 to 22 days.

{ 15 } [PriceLine.com](#)

You've seen the ads and now it's time to try to determine if it really works. Name your location and your price. A wonderful source of last-minute deals.

{ 16 } [REI.com](#)

Offers adventures off the beaten path in backpacking, cycling, kayaking, climbing and cruising all over the world

{ 17 } [RoadScholar.org](#)

Formerly ElderHostel, a well-known not-for-profit adventure travel group featuring lifelong learning in all 50 states and over 150 countries. Prices are generally reasonable.

{ 18 } [ShawGuides.com](#)

A personal favorite. It's an up-to-date online source for more than 6,000 learning vacations offered worldwide.

{ 19 } [SierraClub.org/outings/national](#)

An environmentally friendly outdoor adventure group. Its mission is to explore, enjoy and protect the planet on more than 300 trips per year.

{ 20 } [SmithsonianJourneys.org](#)

The premier adventure travel group. From group and family adventures to private round-the-world tours, they have it all and on a grand scale.

{ 21 } [TransitionsAbroad.com](#)

Interesting site that has a huge amount of information on working, volunteering, vacationing, studying or living abroad. Also connected to many other informative sites.

{ 22 } [TSA.gov](#)

Transportation Security Administration. Log onto this site for all the latest rules and updates and regulations governing air travel, mass transit, railroads, highway and maritime travel.

{ 23 } [Untours.com](#)

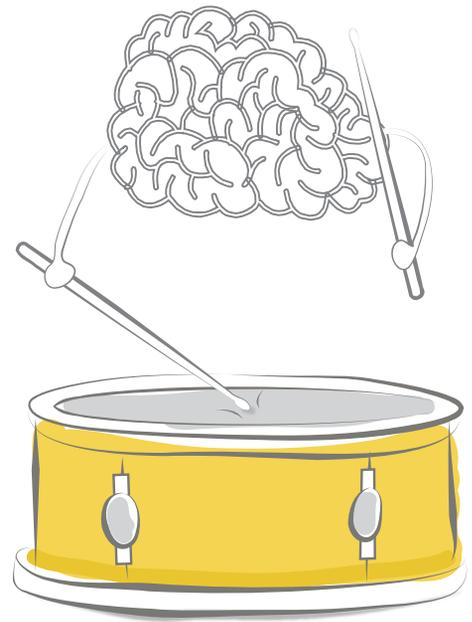
Independent travel in Europe, the United States and Argentina. Untours makes the arrangements for you to stay in a cottage, apartment or farmhouse and will assist with trip planning and travel arrangements.

{ 24 } [VolunteerGuide.org/volunteer/vacations](#)

Not for everyone, but if you feel led to save the rhinos or build a home for Habitat for Humanity, this would be the site to peruse. Typically, fees are involved and run from \$50 to a few thousand dollars. In some cases it involves sleeping in a tent and preparing your own food.

DRUMMING for the brain

LEARNING A NEW MUSICAL INSTRUMENT AS AN ADULT



By Peggy Kiefer

Wouldn't you be intrigued by the name "Drumming for the Brain," a class featured in a college noncredit catalog? I was. Coming from a family of drummers (not by blood line, but by marriage) I felt compelled to investigate. My husband, son and grandson were or are talented drummers and I thought maybe a little of this would rub off on the "older generation." So I took a deep breath and signed up.

Being a confirmed coward, I persuaded two of my friends to take the class with me. And that is how we found ourselves in a class of nine very intimidated women and one not very brave man, ready to "increase our brain power" by learning how to drum. It sounded pretty easy. That was our first mistake. The instructor took a deep breath when he saw we were all senior citizens and passed out wooden boards with three square sponges and a square piece of wood glued on them, along with two real drumsticks. Noticing the very strange looks he was getting after we took a look at these strange contraptions, he informed us that this would be our practice drum set for the next six weeks.

It turned out that no one in the class had ever played the drums before except in a kindergarten rhythm band, so that made us all feel a little less intimidated. We started with a lesson on whole, half, quarter and eighth notes, which I had at least heard of from piano lessons many, many years ago. Then he turned on a slow jazz CD and had us count the beats we heard on the song. That was pretty funny, as it seemed that everyone heard different beats. Well, our intrepid instructor didn't bat an eye, and said it looked like we needed to learn how to count the beats in a piece of music before progressing any farther. I think our dreams of a late-life second career playing in a band had faded a bit by this time.

But he didn't give up, and neither did we, and by the end of the class we were all drumming on our makeshift drum set somewhat together. We got many strange looks from other students passing by the windows, but we pushed on.

We all took home our practice boards remembering our instructor's suggestion that we look through our CD collections and try to find some music we could practice with. Well, I made the mistake of asking my 15-year-old grandson to help me with

my budding interest. (He has been playing drums since he was 7 and is in the high school drum line, wind symphony and jazz band.) After dissolving into fits of laughter, he settled down and showed me some sheet music for drummers. This didn't look like any music I had ever seen when playing the piano and he explained that drum music has its own special score that does not look like the music of other instruments.

Then he took a look at my "practice" drum and burst into another fit of laughter. Lesson learned: It's dangerous to ask a teenager for advice on a subject in which he is an expert and you are a rank beginner. But he did come around somewhat, and helped me figure out the beats to one of the jazz songs I had chosen to practice. I thought, "I'll show him!" vowing to practice and not mention drumming again until I could at least follow the beat of a song.

As you might have guessed, or I probably wouldn't be writing this article, I and those of us in the class that didn't give up and drop out, became rather proficient at basic drumming to fairly simple jazz or popular songs. None of us have discussed forming a band or trying out for "American Idol," but we did all sign up for the second section of the drumming class. My two friends hung in there with me and we are going to give a trio drum concert to my nonbelieving grandson as soon as we get up our courage. In the meantime, I keep practicing and haven't mentioned a word to him, and I'll have to give him credit for not asking.

I strongly suggest to all "boomers and beyond" to go for it if you want to learn a new instrument. Just be prepared for some strange looks and possible laughter from children, grandchildren and friends. It's fun and it really does make you think and help your brain stay active.

Many colleges, as well as senior centers and adult schools, offer enrichment noncredit classes, so it isn't too hard to find a class to learn a new musical instrument. The most common classes offered are for piano and guitar. I have learned that none of the folks I asked regretted taking a music class and all are having fun. And isn't that what life is all about?

Who Says Asphalt Has To Be Boring?

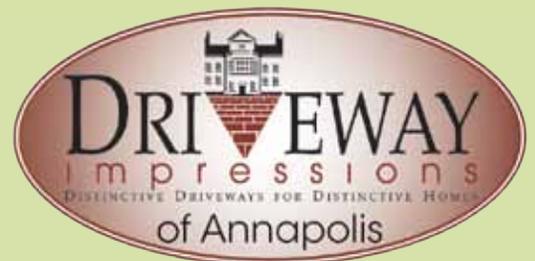


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TRY THESE "STAY-YOUNG" TIPS

By Penelope Folsom

If like most boomers, you're in an ongoing battle to stave off the effects and signs of aging, give these tried and true suggestions a whirl and see if you don't feel better and look better too.

1 GET MOVING.

How many times have you heard that before? But are you doing it? All the great gurus who know about such stuff are now saying it can be as little as 10 minutes a day. Thirty minutes is better, of course, but what's keeping you from doing it? Need some inspiration and a few facts to back it up? Log onto www.doctoroz.com/videos/10-minute-exercise-ideas

2 STOP THE FAST FOOD AND ELIMINATE ALL SUGAR.

And if it came out of a can, don't eat it. Try preparing your food from scratch. It's fun, it's creative, it's healthy. Do it.

3 GET SOCIAL.

There have to be people out there that you like. Get to know them and make new friends of people with whom you share a common interest. Social people live longer.

4 LEARN SOMETHING NEW.

You've got the time. Take up something you've always wondered about. Do you have a secret desire to dabble in oil paints, learn Chinese or play the violin? Do it. The goal doesn't have to be Carnegie Hall. Do it for sheer pleasure and keep those brain cells from dying off.

5 VOLUNTEER.

There are more than enough places that would love your help and where you could share your field of expertise. Search www.VolunteerAnneArundel.org for endless opportunities.

6 TAKE YOUR VITAMINS.

You've read all the studies, now all you have to do is apply their conclusions. Vitamins are not doing you any good sitting on the kitchen shelf.

7 GIVE UP BAD HABITS.

You know the ones. Too much TV, smoking, driving too fast, sleeping too much, drinking more than you know you should, snacking and sitting too much. Try turning over a new leaf and get your life under control.

8 DON'T RETIRE FROM LIFE.

Find something that peaks your interest and embrace it. Become active in the Boys and Girls Club, raise chickens and sell the eggs or teach a course somewhere -- on a cruise ship would be nice, or at a local college or senior center.

9 CLEAN UP AND CLEAN OUT.

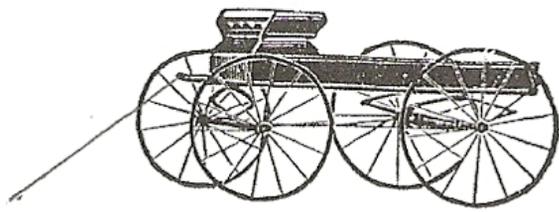
Look around at all that stuff you've acquired over the years. Now all it's doing is weighing you down. It all needs dusting, cleaning organizing or repairing. How about getting rid of it. Give it to some well-deserving young person or a shelter that could use it. It's freeing to declutter. For help go to www.katerleatherman.com

10 KEEP UP.

Learn the latest technology. Embrace all the crazy electronics. If you're not familiar yet with the iPhone or iPad, go get one and find a 10 year old to show you how to use it. It will open up a whole new exciting and challenging world. Stay abreast of current events. Read more.

It's time to take charge of your life and there isn't a better occasion than now. If it helps, join a group or find a like-minded friend. This is the time to take charge and get going. Procrastination is not an option when it comes to good health and long life.

Have you noticed that it's harder to accept what you didn't do, rather than what you did do?



Ask the Undertaker

The Making of a Lasting Tribute

By Ryan Helfenbein

Undertakers have noticed the increased popularity of so-called immediate disposition services, when the body is cremated immediately or buried directly after death. No services. No ceremony. Obviously, we have examined this express means of disposition and asked ourselves why. At a conference of undertakers recently, I heard it explained best by a presenter, who said, "It is common for all of us to avoid something that we have never dealt with before, as it naturally generates a negative response in our minds."

We realize deep down that death will occur to all of us. Based on the heart-breaking feelings that are often associated with a loss of a loved one, it is natural for us to want to avoid it. Think about it: We see on TV families escorting their loved ones while grieving deeply in the streets of other countries. We saw the emotions of Whitney Houston's family while the pallbearers escorted her casketed remains from the church. Watching this outpouring of emotion often makes family members try to think of ways to spare their loved ones this sort of pain. They may think that an immediate disposition will accomplish that.

Fortunately, some undertakers recognize the value of a meaningful tribute to the life of a loved one. This is expressed by families holding ceremonies at their favorite pub or community facility rather than their place of worship. We are noticing more families incorporating special songs, photos and videos in the services they design today, placing less emphasis on death and more importance on life. We are even observing funeral establishments providing themed food and favorite wines rather than a bowl of mints and a water cooler.

Overall, we are noticing an increase in the way undertakers are providing assistance when someone experiences a loss – much more than just selecting merchandise and choosing a date for

the service. Let me share with you a few examples of how undertakers are providing these lasting tributes for families today and assisting in telling the story of the person who passed away:

A funeral home in the Midwest had a well-known local pass away who had a deep passion for baseball. Knowing this, the undertaker took it upon himself to learn about the individual and created a life tribute that actually received national recognition earlier this year. The undertaker used a baseball hat as the register book for people to sign, played "Take me out to the ballgame" as people left the church and provided each guest a box of Cracker Jacks with the decedent's photo on it rather than preprinted cards with a verse on it. This type of personalization placed the emphasis on the things the decedent loved so much, and provided a unique life tribute that will be remembered. It was a way to share this gentleman's life story, providing a sense of comfort for all who attended.

Another example is a little closer to home. Just last year, our firm organized services for a past president of the Maryland State Funeral Directors Association who also was a previous owner of a local funeral home. George absolutely loved the Christmas season and it was important to family members that they celebrated this time of year together one last time. On

learning this during visitation times prior to the funeral, our staff created Christmas morning for the family. We had an 8-foot Christmas tree near the front of the room and his two 10-foot nutcrackers standing at attention on either end of his casket. Mr. and Mrs. Claus greeted visitors as they entered the room, Christmas carols were playing in the background and guests were served punch and cookies. In taking the little bit more of time to talk with the family, we were able to tell George's story through the wonderful expressions of Christmas.

It is only natural to want to spare your loved ones pain, but it is important to provide them with an opportunity to grieve. Some unique undertakers today are stepping out from the way "it's always been done" and are truly helping families develop a unique tribute to a life lived. Be sure to learn about all options available and select a funeral provider that specializes in developing ways a life can be remembered. A quick decision may not be the right one. As my father has always said, "We only get one chance to do this right."

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

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Keep Your Brain

S ti M ulated Long

A fter R etiremen T

By Leah Lancione

THE

Maryland Department of Aging reveals that of the 5.3 million people in Maryland in 2000, 15 percent were over the age of

60. The percentage is expected to increase to 25 percent of Maryland's projected population of 6.7 million by the year 2030. So the question is, how do these baby boomers and senior citizens make it in the fast-paced world of the Internet, hyper media, social networking, radical advances in medicine and science and world-changing current events? The answer is they remain active, sharp, involved and continually learning.

For three active and savvy senior citizens; Maggie Brinsley, JoAnn Rich and Paul Schatzberg, keeping up with the times and expanding their knowledge have much to do with their involvement in Anne Arundel Community College's (AACC) Peer Learning Partnership (PLP).

The PLP, which started in 2004, has approximately 200 members. They share their knowledge and skills in the arts and sciences for six-week academic courses that range from "Western Philosophy," "Introduction to Great Books," "Stress and Body," "Development of the Sympho-

ny," "Queen Victoria and the House of Hanover," "Presentations with MS PowerPoint" to "Maryland History." These are a few slated for this Spring and Summer. Currently, over 50 courses are offered with plans to expand the program this Summer.

Maggie Brinsley, a retired professor and former assistant dean of Towson University's College of Graduate and Continuing Education, was integral in the formation of the PLP. She helped lay the groundwork for the PLP to "provide opportunities for intellectual growth for retired people and others with eager minds." Serving as the partnership's first president, she also facilitated such courses as "Women in American Politics," "Gender Stereotypes in American Films" and "1776, the Road to Revolution."

The PLP is self-directed with a committee that devises classes by surveying members and assessing interest. The committee also finds volunteers within the membership to lead classes.

The PLP is also a source of social interaction with the popular "Fridays with Friends" discussion groups, as well as other social and cultural events and guest lecturers.

PLP seniors enjoy the camaraderie with other participants who are also on a quest for more knowledge. Brinsley recognizes the importance of continued

education, admitting that "for many of us, retirement comes as a sharp change of pace in our lives, and we may find that we no longer have a circle of invigorating colleagues. Learning about new subjects is always stimulating, as is sharing with others who are equally enthusiastic and knowledgeable."

The PLP is comprised of learned course facilitators and instructors as well as volunteers who serve as committee and board members and discussion leaders. The "Fridays with Friends" discussions produce passionate dialogue on issues such as current events, science and technology, books, music, history, films, travel and art. An example of an upcoming discussion topic centers on financial issues in which students will analyze the current economic issues facing the U.S.

JoAnn Rich, a retired history and government teacher and librarian, finds preparing for and teaching courses rewarding and mentally stimulating. She does extensive searches online and in the library for pertinent materials and prides herself in sharing relevant stories and characters with students.

Vigorously involved with the PLP, Rich chaired the Curriculum Committee for two years and now serves as secretary for the PLP board, in addition to teaching at two senior centers. Her com-

What special occasion are you saving all that stuff for? Why not use it now or give it away?

mitment to the PLP as an instructor is noteworthy as she fully invests her time and energy. For instance, for a class titled: "Jane Austen's Regency Britain," she read more than 50 books, watched countless DVDs on Austen's life and even traveled to Bath, England, last year.

The symbiotic experience the PLP facilitates between instructors and students learning together as peers is significant because, "unlike an 18-year-old freshman, seniors take courses to enhance their well being, make friends and grow intellectually and emotionally," she says. Seniors feel more comfortable taking courses with other seniors who have similar life experiences, and they can relate to discussion topics.

Paul Schatzberg, a retired chemist for the Navy lab in Annapolis, has expanded his expertise and shares it with others by facilitating and actively participating in PLP courses. He confesses that giving courses has been both inspiring and demanding, because the preparation requires a lot of work. A true scholar, Schatzberg values the academic discourse and social interaction that PLP provides.

Though he already has a master's of arts from St. John's College and continued his graduate education at the Baltimore Hebrew University, Schatzberg is devoted to being a lifelong learner. He says PLP students learn from each other "not only what is intellectually exciting, but how to be with each other creatively and to compromise when there are disagreements." He says that PLP courses on cryptology, impressionist art, music, advances in medicine taught him a great deal.

Schatzberg has also shared his personal history with the PLP's history group that meets monthly to discuss issues. A particularly poignant presentation he offered, entitled "Leaving Vienna," was the account of his family's perilous departure for the U.S. in 1939 after the Germans marched into Vienna in 1938.

Schatzberg also teaches courses on "How to Age Well" for the aging department that focus on physical fitness, mental alertness and social interaction.

The department also offers affordable health and fitness classes, as well as health screenings and wellness seminars, through the state's 113 senior centers

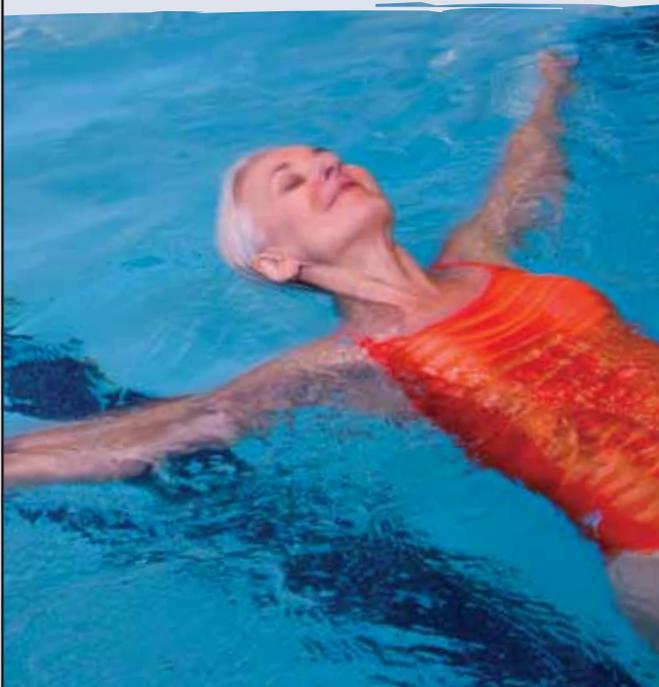
(www.aging.maryland.gov). These centers offer yet another opportunity for older citizens to stay mentally and physically active

As JoAnn Rich says, "People don't become hermits when they retire. They still want to remain involved in the community and to interact with others. Their brains need to be stimulated." For more information on AACC's Peer Learning Partnership, call **410.777.2325** or visit www.aacc.edu/plp

Bay Bytes
 For a comprehensive and categorized list of links to assist in genealogical research, try www.cyndislist.com It's huge and it's lots of fun to poke around.

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BRING YOUR "A GAME"

TO SOME OF THE REGION'S FINEST COURSES

By Leah Lancione

If you're already an avid golfer but haven't ventured beyond your favorite fairways or you're a rabbit (a new player in golf lingo) and want to play some of the Bay area's finest courses, the following list contains a few worth giving a shot. Legendary golfer Sam Snead, the all-time leader in PGA tour wins, was credited with the insightful comment, "Practice puts brains in your muscles." So if you hold true to such a credo, it's time to get the Winter rust off the sticks and get out and play a round.

BULLE ROCK

If you want to experience a course that was rated 59 on *Golf Digest's* "America's 100 Greatest Public Golf Courses" list as well as ranked among "The Nations Top 50 Golf Courses" by Zagat, hop in your car with the rest of your foursome to Bulle Rock in Havre de Grace. Bulle Rock was also named No.1 on the **Golf.com** list of the "Best Golf Courses You Can Play in Maryland." Located off I-95, the course boasts that it is "235 acres of golf heaven." The website says Bulle Rock is considered the top ranking public course in Maryland. Bulle Rock has hosted the McDonald's LPGA Championship.

The rates are: \$130 or \$118 for a caddy round (walking only). All rates include greens fee, cart fee, unlimited use of driving range before play, unlimited use of short game area and putting green, use of locker room and all applicable taxes. The off-season (Dec. 1-March 31) rate is \$79.

For more information, call **410.939.8887** or visit **www.bullerockgolf.com**

QUEENSTOWN HARBOR

Just a few miles from the Chesapeake Bay Bridge, Queenstown Harbor features 36 holes of championship golf on two layouts -- The River and The Lakes. This club is known as a "premier golf destination" due to its breathtaking views of the

Chesapeake Bay. Queenstown is No. 5 on the **Golf.com** list of state links.

In season (April 1-Nov. 1) rates for the River Course are: Monday-Thursday, open-2 p.m., \$89; after 2 p.m., \$75; Friday-Sunday, open-11 a.m., \$119; 11 a.m.-2 p.m., \$89, and after 2 p.m., \$79. Rates for the Lakes Course are: Monday-Thursday, open-2 p.m., \$62; after 2 p.m., \$52; Friday-Sunday open-11: a.m., \$72 and 11 a.m.-2 p.m., \$57. Golfers who want to play both courses in one day can do so for \$125 on weekdays and \$160 on weekends. All rates include cart fees and driving range/practice facility privileges.

For more information, call **800.827.5257** or visit **www.qhgolf.com**

HUNTER'S OAK GOLF CLUB

Hunter's Oak Golf Club in Queenstown claims to be "classic Old Scotland" on Maryland's Eastern Shore. *Golf Digest* voted this semi-private club among the top 15 courses in the State.

Located on a self-proclaimed river plantation, Hunter's Oak is a par-72 Scottish-style links golf course with 27-holes of championship golf with PGA instructors on staff.

For more information, call **410.827.3499** or visit **www.HuntersOak.com**

SWAN POINT YACHT & COUNTRY CLUB

Though it's about an hour and a half from Annapolis, Swan Point Yacht and Country Club in Swan Point may be worth the drive considering it was voted No. 13 in *Golf Digest's* top 15 courses in Maryland (2011-2012).

In the late 1980s, the club was transformed from just nine holes along the Potomac River to a full and challenging course by renowned designer and Augusta National Golf consultant Bob Cupp. The website claims that "on 12 holes, either

water or marsh can come into play" and the scenic course provides golfers with the added bonus of spotting deer, herons, osprey and bald eagles.

Rates from April through November are: Monday-Tuesday \$39, and Wednesday-Friday \$49 (for seniors); Saturday, Sunday and holidays \$79 (lower rates available for after 2 and 4 p.m. as well as for just nine holes). There are also "play all day rates" available. All prices include green and cart fees and range balls. For more information or to book a tee time, call **301.259.0047** (ext. 6 for tee times) or visit **www.swanpointgolf.com**

EISENHOWER GOLF COURSE

Anne Arundel County's first public golf course, Eisenhower in Crownsville, features 220 plush acres of "wooded landscape" around lakes and creeks. The 6,659-yard course is comprised of "plush fairways" suitable for players of all skill levels.

Rates for seniors (walking) are \$24 on Monday-Friday and \$28 on Saturday-Sunday and holidays, and \$32 (riding) on Monday-Friday and \$39 on Saturday-Sunday and holidays. Rates are also available for nine holes.

Eisenhower also offers personalized instruction for individuals and groups. A bonus facet is that Eisenhower Golf Course is "certified as a Cooperative Sanctuary" by Audubon International.

For more information, call **410.571.0973** or visit **www.eisenhowergolf.com**

RENDITIONS GOLF COURSE

According to **golfmaryland.com** Renditions Golf Course in Davidsonville "is a unique collection of holes that are replicas of famous holes on courses that have been part of golf's "Grand Slam" events." The course pays homage to golfers

who have won major tournaments. In addition, the website claims to provide golfers with an opportunity to experience Augusta National's "Amen Corner" and TPC Sawgrass' famed 17th hole, the challenging par 3 island green that has sunk more golf balls than a Jack Nicklaus putter.

Like most courses, Renditions requires proper attire. The dress code for both gentlemen and ladies is a collared golf shirt, dress slacks or Bermuda shorts and nonmetal spiked golf shoes.

All rates include greens and golf cart fees: Monday-Thursday \$45, and Saturday-Sunday and holidays \$59. Twilight (1:30 p.m.) rates are Monday-Thursday \$35 and Saturday-Sunday and holidays \$45. Online tee times can be reserved through the golf course tab on the homepage.

Another unique offering at Renditions is a Global Positioning System (GPS) to ensure all golfers play within four and one-half hours or less. The GPS helps golfers track their "pace of play" as well as proper yardages to pins, bunkers and hazards.

For more information, call **410.798.9798** or visit **www.renditionsgolf.com**

BAY HILLS GOLF CLUB

For a club that's right outside Annapolis, Bay Hills Golf Club in Arnold offers 18 holes on a course with "wooded rolling terrain." According to the website, "Players must place a premium on strategy and shot placement to conquer the six doglegs, 52 bunkers, and water" so it's perfect for golfers wanting to perfect their skills. Bay Hills also features lush Zoysia grass adding a lavish appearance.

And new this year, they are offering a "thank you" program for veterans with substantial discounts. Log on to their website for details.

Additionally, the Senior Golfer's Club creates a "Home Club" for seniors, entitling them to free warm-up balls, drinks, organized events, a USGA-approved handicap service and a Player's Club Corner.

For more information, call **410.974.0669** or visit **http://bayhillsgc.com**

BLUE HERON GOLF COURSE

If you want to experience "Great Maryland Eastern Shore Golf" and you're on a budget, Blue Heron Golf Course in Stevensville is a good choice. According to the website, Blue Heron was originally a nine-hole short course that was transformed by Richard Mandell Golf Architecture to an 18-hole course on the site of the original holes with additional land around Price Creek inlet and wetlands. Considered a "challenging executive golf course," *Golf Range Magazine* named Blue Heron Golf Course one of the "Top Ten Short Courses in America" in 2006.

There are a few reasons why Blue Heron Golf Course is a "hole in one," including the low rates for seniors, \$12 for nine holes and \$18 for 18 holes if walking, or \$18 for nine holes and \$30 for 18 holes if riding. Blue Heron also offers a reasonably-priced "golf and lunch" special that includes golf, cart and lunch (Wednesdays and Fridays from 8 a.m.-3 p.m.). Additionally, Blue Heron is home to a senior league as well as leagues for men, women and mixed for players of all abilities.

For more information, call **410.643.5721** or visit **www.blueherongolf.org**

For a complete list of public or semi-private courses in Maryland, visit **www.golfmaryland.com**



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ENJOY THE OUTDOORS, BUT BE VIGILANT OF TICKS

By Leah Lancione

Maryland was one of many states this year to experience a mild Winter and early Spring with unseasonably warm temperatures. For many, the temperate weather conditions mean more time spent outside. Unfortunately, as the Associated Press has reported, the mild Winter means “ticks have started stirring earlier this year as they wake from their dormant state and begin searching for meals of blood. Therefore, people should be aware of the parasites as they head outdoors.”

So, what are ticks and how are they dangerous to humans and their pets?

According to the Centers for Disease Control and Prevention (CDC), ticks are arachnids, spider relatives that survive by eating blood from their hosts. Ticks can pass infections from one host to the next, including humans. Some of the diseases caused by tick bites include: Lyme disease, anaplasmosis, Ehrlichiosis, Rocky Mountain spotted fever and Southern Tick-Associated Rash Illness.

The CDC has listed the following as the most common symptoms of tick-related illnesses:

- Fever/chills
- Aches and pains (including fatigue, headache, muscle aches or joint pain)
- Rash (distinctive to the tick-related disease).

Since ticks are more active in warmer months, the CDC advises taking extra precautions by avoiding wooded areas, brushy fields and any high grass or buildup of leaves. The center also recommends using a repellent with at least 20 percent of DEET, as well as putting permethrin on clothing (not on skin).

The online encyclopedia Wikipedia defines *N,N*-Diethyl-*meta*-tolua-

mide, DEET, as a slightly yellow oil that is the most common active ingredient in insect repellents. It defines Permethrin as a common synthetic chemical widely used as an insecticide, acaricide, an insect repellent. Note: It is not known to rapidly harm most mammals or birds, but is dangerously toxic to cats and fish.

The Environmental Protection Agency also lists a number of effective repellents with citronella (an insect-repelling essential oil) or DEET at cfpub.epa.gov/oppref/insect Some companies even offer repellents in the form of wipes instead of a spray.

The Maryland Department of Health and Mental Hygiene (DHMH) describes other outdoors defense measures including: wearing long pants and long sleeves, tucking shirts into pants and pant legs into socks (when gardening, for example), wearing light-colored clothing and checking daily for ticks.

Many health and nature websites, like the Missouri Department of Conservation (MDC), explain that ticks are ill-equipped to fly or run to chase sources of food. “The tick has developed a more sinister method of attack—waiting. So ticks are often lingering in grasses, leaves, mulch or shrubs to latch onto a “blood meal.”

Though the health website WebMD reveals that “most ticks do not carry diseases, and most tick bites do not cause serious health problems,” it stresses the importance of removing a tick from the skin as soon as it is found on a person or pet to avoid contracting a disease or infection that could be transmitted from the tick during feeding. The proper way to remove a tick from the skin, and what to do with it following extraction, is described at

www.anapsid.org/lyme/removingticks.html

We’re told the best method involves using sharp-pointed tweezers especially made for this purpose, “grasping the tick as close to the skin as possible and as close to its embedded mouthparts and pulling it out straight with a slow, steady motion.”

The Lyme Disease Research Foundation says that Lyme disease is “the most commonly reported tick-borne infection in the U.S., making hundreds of thousands of people sick every year.”

The CDC affirms that in 2009 Lyme disease was “the 5th most common nationally notifiable disease and in 2010, 94 percent of cases were reported from 12 states,” one of which was Maryland. The center explains that the disease is “transmitted by the bite of an infected black-legged tick, which must be attached for at least 24 hours for transmission to occur.”

THE MAYO CLINIC POINTS OUT THE FOLLOWING AS SYMPTOMS (THOUGH THEY DO VARY) OF LYME DISEASE:

- A rash that starts as a small red bump and expands to a bull’s eye pattern with a red outer ring surrounding a clear area.
- Flu-like symptoms: fever, chills, fatigue, body and headaches.
- Migratory joint pain (especially the knees) accompanied by swelling.
- Neurological problems (possibly paralysis of one side of the face), numbness or weakness in limbs and/or impaired muscle movement.
- Irregular heartbeat, which is less common.

It is important to consult a doctor if any symptoms arise following a tick bite.

THE U.S. NAVAL ACADEMY MUSEUM

By Tricia Herban

Museums traditionally have a dual role in society: displaying objects and telling their story in addition to preserving and protecting art and artifacts. The museum at the Naval Academy is committed to both goals and, not surprisingly, it is perhaps the primary place to learn about the naval history of the United States.

Founded as the Naval School Lyceum in 1845, the museum began as a “collection of historic and natural objects, scientific models and apparatus, and works of art brought together for study and discussion.” In 1849 the Navy’s historic flags were sent to Annapolis for care and display. The Navy Department forwarded war trophies, artifacts from research expeditions and diplomatic memorabilia after the Civil War.

Annapolis was fast becoming the primary repository for naval history, gaining the collection from the New York Navy Yard in 1888, the collection of the Boston Naval Library and Institute in 1921 and a steady stream of donations from interested groups and private individuals. Located in its own building since 1939, Preble Hall recently underwent a multimillion dollar renovation. Scholarship and design now join hands to chronologically present 17 major topics in 7,644 square feet of space.

Upon entering, your attention is drawn to Commodore Oliver Hazard Perry’s flag emblazoned with the words, “Don’t Give up the Ship,” a phrase that has come to be synonymous with the bravery, commitment and loyalty of the United States naval command. From there, you can review the displays from the present to the past—beginning with space exploration and ending with George Washington’s navy, or begin with the early days of John Adams and John Paul Jones and travel to the present by way of the War of 1812, the Barbary wars, the Civil War, the Spanish American War and so on through Korea and Vietnam.

A third way to view the collection is to focus on the history of the Naval Academy itself. Here, one sees the evolution of military training, from the apprenticeship approach, learning hands on amid the “ropes,” to the school founded in 1833, where mathematics used in celestial navigation, gunnery and coastal survey were taught. Finally in 1845, Secretary of the Navy George Bancroft converted Annapolis’ Fort Severn into a school for midshipmen and the U.S. Naval Academy was born.

The collection is enhanced by the careful selection of artifacts and the use of 21st century technology to present them. Memorabilia can be overwhelming and lose relevance, but not here. Text panels and interactive video are integrated into the story line. Thus the portrait of Oliver Hazard Perry brings to life a discussion of the Battle of Lake Erie.

The South Seas expedition of Lieutenant Charles Wilkes (1838-42) is of interest for its scope—six vessels, four

years and 85,000 miles in the South Pacific -- but also for the “artifacts, relics, plants, botanical drawings and geographical information” that were brought back. In fact, the physical record of this Antarctic circumnavigation became the basis of the Smithsonian Institution. Remarkably, Wilkes’ charts were called upon a century later to assist in the amphibious Pacific campaigns of World War II.

Preble Hall houses two related collections of equal significance: The Beverley R. Robinson Collection of historical prints and the Rogers Ship Model Collection. The Robinson collection includes more than 6,000 prints, textiles, recruiting posters, ceramics and newspapers that have recorded naval history. Many of the prints and newspaper cartoons were contemporaneous with the events they represent, providing a vital window into the way events were perceived at the time.

The Rogers Ship Model Collection is beautifully presented on the second floor of Preble Hall. Ensnared in glass cases, these finely detailed wooden models illustrated exactly how warships were made. These “dockyard models” were built by official order of the British Royal Navy’s administrative council at a scale of one quarter inch to the foot. Today’s fiber optic equipment is leading to exciting new discoveries of miniature instruments and furnishings hidden from view in the ships’ interiors.

Of less scholarly interest, but no less human interest, is one of the country’s significant collections of bone model ships. They were crafted by French prisoners of war who were imprisoned in England during the Anglo-French wars 1756-1815. The models were made from bone saved from the men’s beef rations and, while not built to scale, they display great artistry and workmanship.

Location: Preble Hall at the U.S. Naval Academy, Annapolis

Hours: Monday-Saturday 9-5, Sunday 11-5.

Contact: 410.293.2108 or

www.usna.edu/Museum/visitor.htm

Admission: free

Getting There: To enter the Naval Academy, visitors must show a valid photo ID—driver’s license, passport, etc., at the Academy Gate. Gate 3, at the intersection of Hanover Street and Maryland Avenue, is the entrance closest to the museum. However, it is often closed so call ahead.

AMBLING ALONG THE BLUE RIDGE



LOOKING FOR A SLOWER-PACED VACATION?

By Ellen Moyer

Try the Blue Ridge of Southwest Virginia for mountains that will "cast a tranquilizing spell over your senses." Mountain cabins and B&Bs are plentiful.

Via scenic two-lane highways, the Meadows of Dan just off the Blue Ridge Parkway in tranquil Patrick County, is 350 miles from Annapolis. Shunning the Interstate highways, the slow lane is a landmark travel route. Route 15 from Frederick passes over the Potomac River near an obscure Civil War monument marking the Battle of Balls Bluff. It also passes funky antique shops, horse farms, historic Leesburg, the mansion of Oatlands and the trail of Mosby Raiders to Route 29 near Warrenton. Route 29 goes south on the eastern side of the ever-present Blue Ridge Mountains through historic Charlottesville and Lynchburg to Route 460 to Bedford.

Bedford, Virginia, listed on the

National Register of Historic Places, sits in the shadow of the ancient Peaks of Otter, three prominent peaks in the mountain range to the West. It is in this valley where the highest peak of Sharptop supplied Virginia's stone contribution to the Washington Monument and where Thomas Jefferson built Poplar Forest in 1806 as his personal retreat. He called it his "best dwelling," a place of escape to enjoy the "solitude of a hermit." He too found the Blue Ridge tranquil and restorative of the soul.

Crisscrossed with Civil War trails, there is also an awe-inspiring not to be missed WWII National D-Day memorial. Bedford lost more of its sons per capita on the beaches of Normandy than any other place in the country.

Continuing south on Route 122, it passes over Smith Mountain Lake, a 20,000-acre playground for water sport

enthusiasts. Then it passes the Booker T Washington National Monument. Here on the Burroughs tobacco farm, the nation's foremost black educator, founder of Tuskegee Institute, was born in 1856 and lived for the first decade of his life.

The Crooked Road, Virginia's 253-mile music heritage trail begins on Route 40 at Rocky Mount. Early morning jam sessions at the local Dairy Queen celebrate the music traditions mountain folks passed down through generations. The Blue Ridge Institute and Museum commemorating the past folkways of the mountain people rises out of the fields and hills at Ferrum College, a Methodist school founded in 1913.

This is rural country. In the 1920s it was the world's leading bootlegging region. Patrick County, named for Patrick Henry, who declared "give me liberty or give me death," a sentiment that embodies the souls of the county's self-sufficient folks. Founded in 1791 the population today is 19,517.

The county seat of Stuart, named after the reputed "greatest Calvary leader" of the Civil War, Maj. Gen. Jeb Stuart, was born here. R.J. Reynolds, the tobacco manufacturing king, also lived here. NAS-CAR had its origins here where it created



the souped-up cars used to outrun the 1920s revenueurs.

Route 40 meets Route 8 at Woolwine. A corner shop, Rose Window, offers a collection of stained glass, furniture, jewelry and art work from local artists. Part of Southwest Virginia's Artisan Network, it is a sister organization of the Crooked Road. From here the road begins the climb up the mountain, past an old 1930s CCC camp. The road twists and turns snakelike up thousands of feet to the Blue Ridge Parkway south to the Meadows of Dan and a 100-year-old restored farm house lodging.

Inside the comfortably furnished house, a handwritten note on the wall says that the "lights went on June 29, 1949." A wraparound porch gives a commanding view of the broccoli farm across the lane and the six pickers who harvested the spears for bins that were loaded into a 16-wheeler and carted away by noon.

The farm land and the fresh mountain air spell relaxation and leisurely venture to explore the surrounding area. Mabry Mill, a shortened name for Mayberry on the Parkway, is the most photographed mill in the country. It also boasts the best breakfast and pancakes around. The site is a place for discovery. National

Park Service staff demonstrate spinning, forging, apple cooking, cart making and grinding of flour. Fiddlers play and local followers, who carry their shoes in special cases just as bowlers do, put them on to flat-foot, a dance that resembles an Irish jig and clogging. Couples both young and old never seem to tire.

Back near Meadows of Dan, Andy Griffith's grandfather sold ginseng at the general store in 1890. His name was Mayberry and today, the Mayberry Country Store sells homemade jellies. And yes, its name was used in the TV series set in Mt Airey, North Carolina, 35 miles south.

Nearby parishioners built one of the mountain area's famous stone churches under the watchful eye of the evangelizing Presbyterian minister Robert Childris, the "man who built mountains."

The Poor Farmers Country Store sells fresh fruit and vegetables, cheese, honey, jams, jellies, pickled everything, Nehi sodas, homemade pastries and ice cream. A large collection of books appeals to a variety of interests. Nearby Chateau

Morrisette, the winery that features the owners Labrador dogs on the label, offers good eats and weekend jamborees. Dining out at the eclectic town of Floyd, the area's mecca for Friday night country music, offers down-home meat and potatoes or organic foods as well as local art. Dining in or out is a culinary treat.

Along the rhododendron-lined parkway, pull-offs provide areas to view the valleys and rolling mountain tops. The most spectacular view is on Route 58 at

Lovers Leap. Looking down is breathtaking with a top-of-the-world feeling.

Patrick County and the Blue Ridge is dropout country. It is characterized by an unhurried, simple life of neighborly communities that are close to, but distant from the hectic lifestyles in the bigger cities.

School starts early here on Aug. 11. On Aug. 13, a fire destroyed the elementary school built in 1939. Within hours, an army of volunteers, three generations of people who had attended the school, were busy outfitting a gymnasium for classrooms and bringing supplies so school would open on Aug. 16. An army of neighbors, not waiting for someone else to do it, helped to put life back together in sparsely populated Patrick County.

The Blue Ridge is a perfect place for a vacation in the slow lane and as Thomas Jefferson found, the place to restore one's soul.

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

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TAKE A POSITIVE ATTITUDE INTO "revitalization"

By Linda M. Ferrara

Imagine yourself luxuriating on the deck of a boat, riding gently at anchor off Saint Michael's shore. A glass of wine and good friends accompany you while you gaze at the rainbow of color typical of a Chesapeake sunset. Or imagine enjoying a Friday night happy hour at one of the popular saloons that gird the waterfront of historic Annapolis. Better still, contemplate the forest air and avian calls while striding without a care along the trails of the Jug Bay Wildlife Sanctuary, a Chesapeake treasure.

Are these utopian experiences? No, you are envisioning "revitalization," what could be a well-conceived and implemented retirement. Knowing that I retired several months ago, friends have asked how I approached that transition into revitalization after more than 40 years as an educator, the last 12 as an elementary school principal in the Bay area. I loved and respected the students, my peers and the education profession itself. But it was finally time to have time for myself.

So first and foremost, it starts with a positive attitude. Realize that the world is still an unlimited stage on which you will play out the next act of your life. Accept that your future well-being depends upon you. Know yourself and have high expectations. Be confident in your ability to face the future with enthusiasm and the desire to learn and adapt.

Retirement requires thorough advanced preparation and thought, not just financially, but emotionally and psychologically as well. The financial aspects of retirement have been addressed in numerous other venues, and you have most likely already made your financial plans for the future. Here we'll address the nonfinancial aspects of retirement.

Understandably, some will be afraid of the unknown. After all, retirement is a major step. But rather than staying on the job too long, strive to leave when you are on top of your game.

The decision to revitalize has been made. The die has been cast. What is to be done with this new-found time?

Reflecting on my recent transition, it's clear that cultivating interests, hobbies and relationships with friends and family has been essential. The gift of more time to be able to do things you love is invaluable. In my case, my husband and I enjoy the fun of both hiking and biking clubs that afford great interaction with many friends, both new and old. Along with that, we both enjoy travel, theater and reading.

But a successful long-term retirement requires going

beyond the perimeter of your family and cultivating a broad base of friends and interests. Find a friend to share common interests with, perhaps to enjoy a museum, or just a cup of coffee or lunch to discuss thoughts and concerns. Embrace wide interests, such as writing, painting, music or photography. Whatever you may enjoy, the opportunities are endless. My great friend Donna and I have started both a women's book club and a ladies tour group to visit the wonderful historic and cultural sites of the area.

Keep in mind it is especially important to include a regular exercise routine in your daily life either at a local gym or in outdoor activities such as walking or biking. This enhances both physical and mental health.

Volunteering is another avenue to consider when trying to find both personal fulfillment and meaningful new friendships. Research confirms the importance of friendships to enhance your health. Opportunities abound at places such as the Anne Arundel Medical Center, the Bay Theatre Company, the Annapolis Visitors' Center and the public schools. One word of caution: Go slowly at first. Many people choose a course of action too soon, overcommit themselves and lose the joy of the experience, making it feel like a job again.

Many of my friends have retired, and I asked them to share their perspectives on this new passage in their life. Donna, a former school principal, says that "retirement has given me time to acknowledge and appreciate the beauty of the world around me." Laura, a life-long education leader, feels that "this will be my life's best chapter." Bob, a retired Lockheed Martin executive, says that "retirement has given me time to strengthen my body through rest and avoid the debilitating effects of stress." Jeff, a former Northrop Grumman professional, feels that "I am creating a new chapter in this life."

Retirement truly can be revitalizing -- a new beginning. It is a state of mind and your positive attitude will create that successful transition. Embrace your new lifestyle's freedoms, relationships and activities.

Start writing your own next chapter.

Linda is a retired school principal who stays active in the community. She can be reached at lmferrara68@comcast.net

THEY'RE BAAAAAACK!

Stink Bugs Take Up Residence in the Bay Area

By Penelope Folsom

Bugs! Admit it. Like many others in the mid-Atlantic states, you have noticed stink bugs in your home. They're everywhere. Where did these little stinkers come from and why are they in your home? Apparently they arrived here in the 1990s in container ships originating in Asia -- first showing up in Allentown, Pa. - a rather unusual entry point for container ships.

One positive note; the hard-shelled, three-fourths-inch brown marmorated stink bug doesn't bite, or sting or eat your clothes. But he is the bane of an orchard farmer's existence and can do a huge amount of destruction to a ripening crop. The only natural predator is the wild turkey -- perhaps not the most useful information for the homeowner in downtown Annapolis. There's also the *Trissolcus* wasp, which is not native to the U.S. and which would have to be imported from Asia. Have we learned nothing about importing live things from Asia? Remember the Japanese beetle? It's an import named for his homeland and now a recurring pest to both the farmer and homeowner alike.

No one really cares where they came from or who their friends are, we just want to know how to get rid of them. The bad news, as mentioned earlier, is that there

are only two possible predators, neither of which is practical. Exterminators seem to be stumped too. Unless you fumigate the entire house killing every living thing, there isn't much that can be done. And highly toxic sprays are Band-Aid cures at best. They are not reliably effective and will need frequent reapplications. It has been suggested that caulking all cracks and possible entry points into your home may have some effect on keeping them

Where did these **LITTLE STINKERS** come from and why are they in your home?

out. Stink bugs like heat and light. Well so do most people, so eliminating those is not an option. There is a plan in place for a federal emergency exemption to allow the use of a toxic chemical Dinotefuran which is currently forbidden by the EPA. That gives you pause: If it was formerly banned because of the toxicity, why would it now meet with approval? Apparently DDT could also be effective, but we all know that story from when it was banned 40 years ago.



After polling all of our buggy friends, here's the only control we've come up with. Keeping in mind that they "stink" if squished or are sent down the garbage disposal or vacuumed up, there are few options. We've been told to keep a cup of water on the counter with a quarter inch of liquid dish soap floating on the top. Gently pick them off the windows and doors and pick them up as they fall out of stored clothing and books, and drop them into the cup. When the cup overflows, dump it judiciously around the deer's favorite plants such as hostas or day lilies. Apparently even they turn their noses up at the smell. Currently there is no better solution to curing this onslaught of pestilence. If you'd still like to read more, log onto ag.udel.edu/extension/PDC/documents/BMSB-UMD.pdf

Bay Bytes

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

GEARS, GADGETS AND GARMENTS: Get to Know Steampunk!

By Melissa Conroy

A dapper Victorian gentleman, cane in hand and monocle perched on his face, leisurely strolls past you and gives you a courteous nod. As he passes by, you cannot help but notice the pair of goggles perched on top of his bowler hat and the curious leather brace on his arm that is festooned with metal and gears. No, that wasn't an actor on his way to curtain call or a time-traveler visiting from the 19th century. You've just encountered a *steampunk* aficionado! If you are looking for a hobby that combines creativity, artwork, theatrical drama and the chance to have quite a bit of fun, *steampunk* might just be the ticket.

Steampunk is a broad genre or style that encompasses a wide variety of different forms. There is *steampunk* writing, music, artwork, clothing and more. When the Omaha Community Playhouse in Nebraska decided this year to produce "The Fantasticks," the longest-running Broadway show in history, they chose to stage it *steampunk*-style. People who enjoy crafting jewelry, sewing clothing or building contraptions out of metal and leather will find thousands of eager buyers online who are on the hunt for *steampunk*-inspired necklaces, corsets and refurbished monocles. Abney Park is the premier *steampunk* band, and this colorful crew of musicians travels the world to play their unique, inventive music. *Steampunk* novels like *The Boneshaker* and *Leviathan* line book shelves to bring their tales of adventure and fantasy to readers.

It's a wonderful universe for people who enjoy crafting, artwork, theater and dressing up in costumes for the fun of it. There is truly no age limit to the genre. Children to older adults can find something that captures their interest. All that is required is a creative bent and a willingness to use your imagination.

Steampunk got its start as a literary genre, thanks to such writers as Jules Vern and H.G. Wells, whose 19th century stories and novels often featured such innovations as steam-powered dirigibles and other mechanical wonders. The actual term *steampunk* was coined in the late 1980s and by then the genre had grown outside its literary roots.

Today people who follow *steampunk* often describe the genre as "a past that never was," or what would have happened if people a century or two ago (usually in Victorian England) had further developed steam-powered machines and the internal combustion engine had never been created. Postcards and drawings of the 19th and 20th centuries often featured fantastic images of imagined machinery such as individual flying machines, airships and steam-powered monocycles. *Steampunk* is about imagining that these objects were actually made and used by people of that time period, a mindset that is often termed "retro futuristic." The new *Sherlock Holmes* movies are excellent examples – a Victorian Britain setting overlaid with advanced science and technology. However, it can also be applied to much more, as the good folks at www.steampunk.com point out:

People have 'steampunk'd' everything from computers, desks, telephones, watches and guitars to cars, motorcycles and whole houses. These objects can vary from a grungy look of a forgotten antique to the shiny overwrought newness of a Victorian gentleman's club. Think brass and copper, glass and polished wood, engraving and etching and details for the sake of details. So steampunk is also a design aesthetic.

If this definition fails to elicit clarification, I generally simplify it by stating, "*Steampunk* is an excuse for grown adults to dress in funny costumes and run around in public acting silly." Since making

a fool of oneself in attempts to amuse is a deep-seated human tradition, most people understand that part even if they are still wrapping their heads around the concept of *steampunk*. Another easy way to understand this is to do a Google search. This will uncover a wealth of pictures showcasing people in *steampunk* attire, modified guns, gears and all sorts of artwork, which help define the term.

One of the best aspects of this is its community. *Steampunk* people range widely in age but share common characteristics such as creativity, drama, curiosity, artistic skills and humor. Aficionados will often gather for "builds" -- sessions where they sew costumes, trade ideas about how to modify gadgets they find, and troll antique stores looking for items that they can turn into steampunk gear. As the genre spreads across the U.S., a growing number of *steampunk* organizations are developing. Around the Chesapeake Bay Area, groups such as the Southern Virginia Steampunk Union, the NY Steampunk Group and the DC Steampunks unite like-minded individuals. To rub elbows with like minded people, you can attend one of the many conventions found around the U.S. such as the World Steam Expo in Dearborn, Mich., late this May and SteamCon IV in Bellevue, Wash., at the end of October.

Steampunk is about people building friendships, indulging in flights of fantasy and being adventurous and theatrical. If you have a fascination with 19th century science and engineering, know how to work with leather or harbor a secret desire to slip on a bustled skirt and elegantly sip Earl Grey from a bone china teacup, then *steampunk* offers limitless possibilities for you to exercise your creativity, indulge your inner thespian and bring a bit of glamour and artistry to your life.

10 *all-natural* spring cleaning tips

By Penelope Folsom

This Spring, join those determined to protect our environment and make the effort to avoid all chemical cleaners. Typically, most cleaning chores can be done with substances found on your pantry shelf. Try a few of these to see how quick, easy and efficient a chemical-free life can be.

1

For sparkling clean windows, mix one tablespoon vinegar with warm water. Spray on windows and wipe dry with newspaper. Cheap, clean and nontoxic.

2

Cleaning silver is a breeze when you spread a sheet of aluminum foil in a plastic pan, shake baking soda over silver pieces, add hot water, and in 15 minutes rinse and dry.

3

A lemon cut in half and placed on a refrigerator shelf does a better job of eliminating odors than the old method of an open box of baking soda.

4

Time to air out those smelly tennis shoes. Pour in a couple of tablespoons of baking soda and shake and place outside in the sun. The smell will disappear. Repeat whenever shoes get stinky.

5

When the ants come marching back in, be ready with baking soda or cornmeal mixed with a little sugar. They'll take it back to their home and wipe out the whole nest. Clean the area where they were seen with white vinegar, which will also discourage them.

6

Baking soda can be used to scrub counters, sinks and porcelain on the fridge, washing machine and dryer.

7

To remove grime, scum or mildew from bathroom fixtures, wipe with undiluted white distilled vinegar and rinse with water. To clean the grout, let the vinegar sit a few minutes and then scrub with an old toothbrush.

8

For impossible clothing stains, try washing the item as usual, then rubbing lemon juice on the stain and draping it over a green shrub outside in the sunshine. Stains will disappear.

9

To get the grey tinge out of your whites, let the washing machine go through the wash cycle, add one cup of vinegar to the rinse cycle, and then reset

10

the machine for an extra rinse. You'll be pleasantly surprised by the brightness of your clothing without having to add a harsh bleach product.

To be rid of weeds growing through sidewalks and brickwork, pour on full-strength white vinegar or a cup of water with four tablespoons of salt added. Careful as it will kill grass as well as weeds.



And for those of us who are trying to be environmentally correct and aren't sure of the difference between the vinegars: White vinegar is made by a process of acid fermentation of a distilled alcohol. It is more often used in cleaning. Apple cider vinegar, as the name suggests, is made from apples and is most often the vinegar of choice in recipes such as salad dressing.

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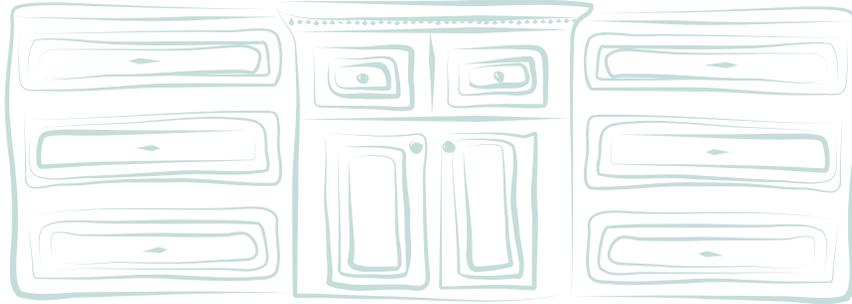


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The First

TRULY MODERN KITCHEN



By Marion A. Kay

If the words full overlay, half overlay, maple, birch, oak, quartz, corian, stainless steel and granite have recently entered your vocabulary, then it is perfectly clear you're in the process of planning a new kitchen. The kitchen ranks as the most important room in our homes today. We 21st century Americans want a space that projects our needs and desires in a tasteful way and we're willing to spend a premium to achieve those goals.

We may know a lot about how today's modern kitchen should look, but do we know how it came to be? The kitchen historically was a space where the family could stay warm and safe and also afford protection for their animals. Cooking was first done outdoors for safety's sake, but when the fireplace became part of the home, meals could be cooked indoors. Inventions later were developed so that meat could be roasted and water could be heated in the ample fireplace space. Since there was always

the danger of houses catching fire from sparks, kitchens were sometimes located in the back of the home and even in a separate building.

By the 19th century progressive ideas were taking hold in the United States and Europe. In 1841, Catherine E. Beecher, older sister of the writer Harriet Beecher Stowe, published *A Treatise on Domestic Economy*. Her idea was that homemaking was a professional skill for which women should be educated. Frederick Wilson Taylor, another 19th century American, espoused the idea of reducing work time by working more efficiently. He became known as the Father of Time Management. In 1910, a magazine editor, Christine Frederick, incorporated Taylor's ideas, called *Taylorism*, to the practice of housekeeping, in her publication called *The New Housekeeping*.

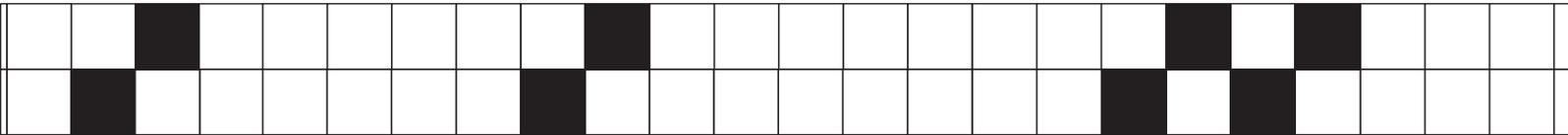
In 1921 *The New Housekeeping* was published in a German edition and it caught the attention of a young Viennese architect, Margarete Schutte-Lihotzky. She was the first woman to receive an architectural degree in Austria at a time when women weren't expected to design a dwelling. Impressed by her work in Austria designing affordable housing, German architect Ernst May asked her to design the kitchen for a large housing project in Frankfurt, which was to be built to meet the need for inexpensive housing for returning World War I soldiers.

The Frankfurt Kitchen, as it came to be called, was the result of time-motion studies done by Schutte-Lihotzky in order to design an efficient workspace for the housewife. The materials were prefabricated to keep construction costs down. The kitchen was small and contained a sink, a four-burner electric stove, cabinets and specially designed bins to store food. There was a large window placed above a desk work area

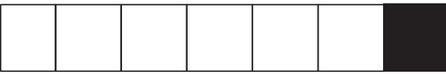
which allowed the housewife a view of the outdoors while providing natural light and fresh air for the room. The space was separated from the rest of the small apartment by a sliding door. Although considered successful, the Frankfurt Kitchen was later criticized because of the small size, which meant that the housewife could only work alone, thus isolating her from the rest of the family.

Of the 10,000 units that were built starting in 1926, only a handful survive and are found in various museums in the United States and Europe. In the Fall of 2010, The Museum of Modern Art in New York City mounted an exhibit with an actual Frankfurt Kitchen.

To learn more, log onto www.architectuul.com/architecture/frankfurt-kitchen Another interesting source of information is *A History of the Kitchen* by Molly Harrison or Bill Bryson's recent book, *At Home*, which provides another look at the history of the kitchen.



GAMES PEOPLE PLAY



ACROSTICS



By Edree Downing

If you're a crossword puzzle buff and ready to go for something new, or if you're just looking for a different twist on the age-old word game, try acrostics. The goal is the same: Fill in all the blanks. But the way to getting those blanks filled is a lot more interesting and not necessarily more challenging, just more fun.

Acrostics are done by first filling in the definitions in the numbered blanks, those that you know the answer to, or at least your best guess. Then like all crosswords, move the letters over into the grid. Now begins what makes for a more entertaining puzzle. Words begin to form in the grid and those words will eventually become a quote or question that will be answered by the first letter of each word that was brought into the puzzle. Those letters will form the name of the author and the work that is the source of the quote.

This takes the old method of doing crosswords to a whole different level that you can quickly become hooked on. It truly makes for a much more interesting puzzle. And although it typically is a solitary kind of amusement, we entertain ourselves with acrostics when we're on a long-distance road trip or when we're becalmed out on the Bay during the languid days of Summer. Between the two of us, we can usually complete one in a couple of hours, but occasionally it takes lots longer as our 40-plus years of education are repeatedly challenged.

Acrostics and acrostic puzzle books are not easy to find. *The Wall Street Journal* does one a month on a Saturday. And then finding an entire book devoted to acrostics is not so easy. There are very few in print, but our favorite has been *Quiz-Acrostics: Challenging Acrostic Puzzles with a Trivia Twist*, developed by Sheila Haak and available at Amazon.com The puzzles run the gamut from history to sports to literature, but all have a trivia twist, which adds even more to the fun.

With 70 puzzles that were created in *Quiz-Acrostics*, we haven't even gotten half way through and have had more fun than we thought possible with a word game. To give it a try, work on the acrostic puzzle on the inside back cover of this edition. Here's a hint to make it a bit easier: Think baseball.

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Books: Old, New

Founding Mothers: The Women Who Raised Our Nation

By Cokie Roberts

Harper Collins, New York (2004)

Mercy Otis Warren, Deborah Read Franklin, Esther DeBerdt Reed, Catherine Littlefield Green, Eliza Pinckney and Abigail Adams. These are not names that usually come to mind when we think about the founding of our nation. But in this historical novel, Cokie Roberts makes the point that these wives, mothers, sisters and daughters were extremely influential in the forming of our country.

Often defending their homes right on their doorsteps, while having babies, losing babies, raising children, keeping the homes and businesses going while their husbands were involved in the politics and government, their contribution to our history is the gist of this intriguing and educational book. Some of them, including Martha Washington, even accompanied their husbands to army camps during the war.

Cokie Roberts is someone many Americans know. Her mother, "Lindy" Claiborne Boggs, served in Congress for 17 years, replacing her late husband. Cokie has been a political commentator for ABC news, worked for National Public Radio and co-anchored the weekly ABC interview program, "This Week." Her husband, Steve Roberts, has also been in-

involved in political affairs as a reporter for the *New York Times*, writing a weekly political column and writing for *USA Magazine*, as well as co-writing the novel *From This Day Forward* with his wife. Cokie Roberts used personal correspondence and private journals to tell the fascinating story of the surprising contributions these women made to our nation. These were the days when letters were the main means of corresponding, and those that were saved help give us a taste of the lives, thoughts and loves of many brave women.

Ms. Roberts makes the point that the women in the book were able to do what they accomplished mainly because of the positions of their famous husbands. But she also gives credit to the ordinary women who were raising families alone while their not-so-famous husbands were off fighting for our independence.

An English woman, Catharine Macaulay, also is given credit for being a vocal proponent of the democratic government Americans were trying to establish.

Much is revealed about the famous men of this time, including John Adams, Benjamin Franklin, George Washington, Aaron Burr and Alexander Hamilton. (It is interesting to note that "womanizing" was a part of some of these gentlemen's lives as it is with some public figures today).

It is even more remarkable what these women accomplished when one con-

siders their lack of social and legal rights. They could not receive a formal education or own property, to name but two.

As you read this most interesting account of an ignored part of our history, one can't help but wonder what else has been left out of the story of the founding of our nation. We can only hope that the men and women of modern times will save written documents (whether email, texts, letters, etc.) that will help the future generations understand what happened.

~ Peggy Kiefer

The Postmistress

By Sarah Blake

G.P. Putnam's Sons, New York (2010)

This beautifully written book is particularly timely with all the news about the postal service recently. It illustrates how a small post office and its postmistress in a small town in Massachusetts can change lives.

Set in 1940, the year before the United States entered World War II, France has fallen to the Nazis and London is under attack. An American radio reporter named Frankie Bard, who works for the acclaimed broadcaster Edward R. Murrow, is the first woman to report on the war and convey what is happening to the American people. She carts around a 30-pound recording device as she travels by train across France recording the stories

and Obscure.....

of Jewish refugees trying to escape the Nazis. The tales she hears are very disturbing to her.

Iris James is the postmistress in Franklin, Mass., and listens frequently to Frankie's broadcasts. She knows it will not be long before the war affects the people of not only Franklin, but the entire United States.

Other important characters in this novel are Will and Emma Fitch. He is the small town's doctor, and is involved in the tragic death of a young mother in childbirth. Devastated and guilt-stricken, Will volunteers to go to London to offer his help as a doctor. This is where the lives of the three women come together. Emma waits daily for news from Will. Frankie is unable to keep broadcasting after she is involved in the lives of the people of France and war-torn London, where her life intersects with Will Fitch. And Iris faces a dilemma of whether to deliver an important letter to Emma. Frankie comes to Franklin and befriends Emma. She has a secret that I will leave up to the reader to discover, as it would give away much of this intriguing plot.

An interesting subplot is the blossoming romance of the middle-aged postmistress Iris James and Henry Vale, the town mechanic, who sits at the window at the town hall attic facing the sea to search for the German U-boats, which he is sure are coming.

There have been many books written about World War II and the horrors of the Nazis, but Sarah Blake takes a unique and unusual look at the situation through the eyes of three women. *The Postmistress* is a novel that will probably leave most readers contemplating the twists in the plot and the message it conveys well after they have finished reading it.

~ Peggy Kiefer

Shadow Divers: The True Adventure of Two Americans Who Risked Everything To Solve One of the Last Mysteries of World War II

By Robert Kurson

Random House, New York (2004)

Imagine spending a great part of your life in the dark, dangerous waters of the oceans of the world trying to solve a mystery. This may seem unimaginable to a great majority of people, but it is explored in this exciting, adventuresome nonfiction book, *Shadow Divers*.

John Chatterton and Richie Kohler were two deep sea divers with completely opposite temperaments who mistrusted each other until they combined their skills in trying to solve the mystery of an unidentified German U-boat that they discovered in the frigid waters 60 miles off the coast of New Jersey. Starting in

the Fall of 1991, it took them six years to identify this mystery ship, the existence of which the United States Navy and numerous experts denied.

This fascinating book takes us with John and Richie to the depths of 230 feet in the Atlantic Ocean, into a murky wasteland of tangled wire, human bones, battered machinery and leftover crockery. Several divers lost their lives in this dangerous endeavor. In the end, Chatterton and Kohler solved the mystery of this U-boat, how it came to be there, how it was destroyed and discovered the names of the men who perished in the depths of the ocean. Until the divers could positively identify the vessel, they humorously named it "U-who."

Their marriages unraveled and their "real life" businesses suffered, but these men, who became close friends during their quest, persevered until the mystery was solved.

Whether you like to explore a subject that is completely foreign to you, or if this is a subject in which you have a great interest, *Shadow Divers* is worth the read. It is very frightening to think that a German submarine was that close to our shores and was undetected during World War II. And it is especially interesting to immerse oneself in the dangerous life of a deep sea diver.

~ Peggy Kiefer

NATURAL LAWN CARE

By Neil Moran

Each year Americans spend \$8.4 million on 100 million pounds of synthetic pesticides to keep their lawns looking lush and free of the dreaded dandelion and other weeds. That's up to 10 times more pesticides per acre as farmers use on their crops.

These pesticides can add to the pollutants entering waterways, such as the Chesapeake Bay, either directly from a lawn or via creeks, rivers and storm drains. Also, when they come in contact with your skin they can be absorbed into the blood stream.

These days I'm hearing from more and more folks, particularly mothers, who don't relish the thought of having their kids playing on a lawn where pesticides have recently been applied. In fact, in some states it's against the law to apply pesticides near school grounds. And in some parts of Canada, lawn pesticides have been banned entirely.

I like a thick, lush turf as much as the next guy and have found there is a better way to have a nice lawn without the suggested season-long drenching of potentially harmful chemicals. Organic lawn care, aka natural lawn care, as currently being practiced by some homeowners and lawn-care businesses, is a very achievable alternative to conventional lawn care.

An entire book could be devoted to natural lawn care. Fortunately, it's been done. Television personality Paul Tukey details what it takes to achieve a chemical-free lawn in his book *The Organic Lawn Care Manual*. Tukey is a convert of sorts, having spent years taking care of other people's lawns the conventional way. That is, until he started experiencing health problems his doctor attributed to the pesticides he was using.

"You can grow a beautiful lawn without synthetic chemicals," writes Tukey. "I've done it and so have many, many others."

A Healthy Turf Is the Key

The best way to achieve a lush carpet of green grass that is free of weeds and diseases is to grow a healthy turf, according to Tukey. There are several ways to do this without synthetic pesticides and fertilizers. For instance, just raising the height of your mower deck, especially during hot, dry spells will contribute greatly to establishing a more healthy turf. I was amazed at the transformation in a sandy area over my drain field after I raised the mower deck about an inch (to about three inches). The 20-foot by 40-foot area was an embarrassment for years, choked as it was with every weed imaginable. By mid-Summer it was both weedy and brown. Within weeks of raising the mower deck it started to green up and eventually most of the weeds disappeared. The longer blades of grass photosynthesize better and will actually shade out fledgling weeds. Another thing to do, if you're not doing it already, is to use a mulching mower that returns the nutrient-rich clippings to the soil.

Dethatch and Aerate

Aerating and dethatching the turf will go a long way to improving your turf. Machines can be rented for this task. A machine that dethatches a turf effectively removes the thatch that accumulates over time from a buildup of organic material around

the root zone of the turf. A thick layer of thatch makes it difficult for water and nutrients to penetrate the root zone of the turf.

Dethatch a lawn only if it is needed, otherwise you can and should aerate the lawn. An aerator effectively opens up the turf so it can breathe and helps loosen up compacted soils. Dethatching and aerating is also a good prerequisite for the next step, which if necessary, is to over seed the lawn.

When you're done dethatching and aerating your lawn it will look like gophers had a family reunion in your front yard. Don't panic. Simply rake off the clumps of dead grass that have been plucked out by the dethatch machine and aerator and get ready to over seed the lawn. Over seeding is only necessary if you think your lawn is a little sparse. Over seeding will help fill in the lawn with grass, thus crowding out unwanted weeds; this way you don't have to resort to a "weed-n-feed" product.

The best method to over seed a lawn is to use a rotating spreader and apply seed at about one-fourth of the rate you would if seeding a new lawn. Try to match up the seed with the existing grass in your lawn. Zoysia Grass and fine and tall fescue are suitable grasses for this climate and require less fertilizer than do other types of turf grass, according to a fact sheet of the Maryland Cooperative Extension. For a list of grasses recommended for the Bay Area call the Home and Garden Information Center **800.342.2507**.

Alternatives to Synthetic Fertilizer

Synthetic fertilizers have been proven to kill beneficial organisms in the soil. As an alternative, use compost, compost tea and organic fertilizers which actually build up the soil. Tukey provides the details of composting and "brewing" compost tea in his book. Spreading about an inch of compost over your lawn is the most time-consuming chore.

Another option, which can be combined with any of the above, is to apply an organic fertilizer. Use one of the various granular organic products on the market, such as fish byproducts, that can be spread on a lawn with a spreader the same way synthetic fertilizers are spread. Some of these don't have as high a nutrient analysis as do the synthetic fertilizers. However, they make up for it in part because the nutrients are released more gradually into the soil (and not washed through the soil).

And as for a few weeds? Well, you can ignore them as I often do, spot-spray them with horticultural vinegar, or get down on your hands and knees and remove them with a dandelion fork or similar tool.

As you've probably surmised, natural lawn care is a little more labor-intensive, particularly the first couple of years. However, it is a good investment in that it will save you money in the long run when you quit purchasing chemicals. Plus, over time it will get easier to maintain. This method of lawn care will also provide you with peace of mind, especially when you see your kids or grandkids playing in a lush, green, *natural* turf.

Neil blogs at www.northcountrygardening.neilmoran.com

APP IN A SNAP

By Gail Fowler

If you've had your smartphone for awhile, no doubt you're aware of its many visually-based features and apps for making everyday life a bit easier. What you may not yet be aware of is the great variety of uses for your smartphone's audio-based capabilities.

If you use GPS devices, you may find the *Mapquest for Mobile* app to be very useful. It's a voice-guided, turn-by-turn GPS navigation application and it's free. In recent travels, it has replaced both my dedicated GPS device and the more complicated GPS system in my car. It is amazing how well it works, and equally amazing is that it's still free. While *Google Maps* is a great app for finding directions, especially when you're in the planning mode, it has no voice and requires you to divert your attention from driving if you're using it on the road.

If you're a reader and a library patron, a useful free application is *Overdrive*. You can download ebooks and audiobooks directly to your mobile device. You borrow them just like printed material, and the title automatically expires at the end of the lending period. Recently I've noticed that there are some rather obscure menu options for the length of the borrowing period. So, if you're accustomed to the three-week lending period currently used by our local library system, be sure to review that option. Otherwise it may default to two weeks or even one.

How about listening to magazine articles, rather than reading them from time to time? *The Economist* app is free to download and includes free access to the editor's highlights. What this app has that other magazine and newspaper apps lack is an audio feature. *The Economist* audio feature contains word-for-word recordings for all articles published in the magazine. You must pay subscription fees to access all articles.

For music and radio lovers, *Accuradio* is a free Internet radio app that has hundreds of music channels, with more variety than some of the other popular apps of the same ilk. *Radio Swiss Classic* is another excellent free app, geared especially to classical music lovers. Streaming radio apps are a great way to listen to your favorite programs. (Podcasts are too, but that's for another issue). NPR News lets you stream any National Public Radio station or program. For example, when traveling, if you

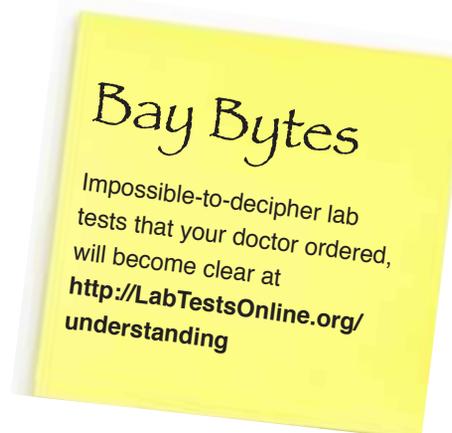
have wifi, you can still listen to "Wait, Wait, Don't tell Me," no matter where you are in the world.

Last, if you have grandchildren, or if you're just young at heart, *Ocarina* may be the most fun you can have on your smartphone. An ocarina, as you may know, is an ancient flute, usually with four finger holes. And this 99-cent app turns your smartphone into one. You blow gently into the phone's microphone, utilizing the finger holes displayed on the screen to create your tune, and out comes some very nice sounding music (usually, anyway). Another feature of the app is that you can hear other people playing their ocarinas from around the world. While you're listening, the app displays a rotating globe showing you the location of the player's recording.

When you're using your audio apps at home, you might want to consider a speaker system. These range from small clock radios for smartphones to high-end speaker systems. This can connect internally, through an audio jack and even through Bluetooth. If there are docking capabilities, they will typically charge your phone while you're listening.

At home or away, wherever or whenever, these audio-driven apps can help you find your way and enjoy your favorite books, music and radio stations along the way.

Gail is a retired IT professional living in Annapolis. She can be reached at GTFowler@gmail.com



Abundance is meant to be shared.



Harichi

The Online Dating Question

After my wife's death nearly two years ago following a long illness, I've slowly developed some interests and hobbies. However, I miss having a companion and am considering an online dating service. I've scouted a few out while feeling a little guilty doing so, but haven't registered for any. We had a wonderful marriage and nobody will ever take my wife's place. I guess I still have some life left in me though and I'm healthy. What do you think I should do?

Of course, nobody can take your wife's place and it's normal to feel a bit disloyal when you consider opening yourself up to a new relationship. However, think of it this way. If your wife had been left behind as a widow, wouldn't you want her to make the most of the remaining years of her life and find happiness where possible? You deserve the same consideration from yourself. The fact that you miss having a companion can be viewed as a compliment to your wife's memory!

As a man, the good news is that the odds of finding another woman to share your life are quite good. There are many more available women than men. The tricky part will be connecting with the right one. If you're hesitant about taking your search online, have you thought about telling your friends that you are interested in dating? Perhaps they know someone and are just waiting for your cues to make an introduction. Also, look around community groups and organizations that interest you where women who enjoy the same activities can be found.

However, if you'd rather meet someone in a more private manner or just have difficulty in making that first move, online dating services are a great invention. These services have caught on to the trend that savvy, vibrant and single seniors are looking for with the possibility of both friendship and perhaps love.

You'll have lots of company and more choices than you can imagine. These services provide a relatively inexpensive way

of capturing a snapshot of more than a person's mere physical appearance. A profile will also provide a glimpse of their interests and personality in a convenient form. Even the manner that the profile has been prepared is telling. If it is prepared with care and infused with personality, the writer of the profile will probably reflect those same qualities in person. And much of the awkwardness of first dates may be eased by knowing something about your prospect in advance. By the time you actually meet, you'll have exchanged emails and both of you will know something instead of starting out cold.

A few caveats are worth mentioning, but shouldn't scare you away. When choosing a service, you might want to consider one that charges a membership fee. These do provide some screening and may be a bit safer for that reason. Still, make sure you check the site out thoroughly prior to joining and be sure that you understand all the rules. Be aware that some services include an automatic renewal which will be charged on the credit card that you provide. Acquaint yourself with the cancellation policy so that there are no unpleasant surprises should you decide to end the service.

Also, be forewarned that while presenting yourself in your best light is recommended, some folks cross the line into fantasy land by using photographs taken a number of years and pounds ago. This misrepresentation can extend to personal information written in a profile too. Certainly, this is not the norm, but being prepared for this can reduce disappointment down the road. When you do meet an interesting woman, take it slow. Just as when you meet any stranger, be cautious, but not paranoid.

As for your own profile, take time to prepare it carefully and select a realistic, recent head-and-shoulder shot that is well-lit, clear and shows you off at your best. If you're unsure of what to write, peruse the profiles of others to get some ideas. Be yourself, be upbeat and be honest. Work on a couple of different drafts

Activity doesn't mean achievement.

until you are satisfied, and if possible, check it out with a friend or family member for input before submitting it to a service.

There are a number of dating services around and some that specialize in senior dating. Use a search engine from your computer and see what comes up. Two of the more well-known services are **Match.com** and **eHarmony.com**. However, there are many choices, so do your homework. The best one for you is an individual choice and choosing well will increase your chances of success. While I cannot recommend any particular dating service, check out **eDatereview.com** for some comparisons and reviews about various sites.

One of the best predictors of future happiness in a relationship is a past, successful marriage. You've got that going for you, so I say go right ahead and sign up -- after you check everything out first of course. Be careful, be safe, but have fun. You deserve it.

Mending Fences

I've lost touch with a good friend and don't know what to do about it. Kathy helped me through one of the most difficult times in my life. When my husband died, I could barely put one foot in front of the other. She was my lifeline for that terrible year as I picked up the pieces and decided to move to be closer to my adult children. After I made that decision, Kathy started to distance herself and almost seemed angry that I was moving to another state. It was subtle, but I knew from her words and actions that she thought I was making the wrong choice. I guess I became defensive and made some comments to other friends about her lack of support. She confronted me about those comments on the day that I moved and we parted angry and upset with each other. It's been almost two years since I moved and we've never been in touch. I still miss her and hate it that we are no longer friends. I am so grateful and still love her for how she helped me when I needed it most and wonder if there is any way to mend things. Over time, I've come to see her side of things too. Maybe her pulling away had more to do with just feeling abandoned by my planned move. But what can I do now? We live far apart and it's not like we can have coffee and patch things up.

It's clear that this was a deep and meaningful friendship to you and it is worth trying to save. But you're right that the physical distance between you poses an additional challenge to healing this rupture.

Why not start with a heartfelt letter? Try this: Write the letter saying everything that you want to say. Then, set the letter aside for a few days. After that time, go back and strike out every line and word in which you defend yourself

or blame her. Keep the focus on your gratitude and love and on how much you miss her and on what you would like to happen now. A simple, "I'm so sorry for my mistakes," is sufficient and there is no need to beat to death whatever went wrong between the two of you. It's past history that you both know too painfully well.

Focus on the future. In your letter, tell her that you'd like to get reacquainted if she is open to it and schedule a time for a phone chat. Take your cue from her response. Perhaps, she misses you too and is also hoping for an opportunity to reconnect. However, be prepared that she might have moved on emotionally and be disinterested in resuming your friendship for a variety of reasons.

If she responds positively, keep the connection growing with phone calls and maybe visits after a bit. If you get rebuffed, try to cherish the positive memories that you have of Kathy and let go, knowing that you tried to mend things. Remember that there are different kinds of friendships. Some people are friends for a reason, some are friends for a season and some are friends for a lifetime. You can make the first move in reconnecting, but it takes two willing souls to make a friendship work.

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



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Do you really think you're the only one with that problem?



Welcome Spring, Celebrate Summer

By Nancy Lincoln Reynolds

The morning is one of the privileges of living on or near the Bay. Or dawn, more precisely. As the sun rises at last to replace a receding night, the horizon appears as the glittering, lighted rim of a cup. My imagination envisions a lid being lifted slowly from a chalice, allowing light to flood its interior. One can almost imagine the Creator peering inside to check on us, to see how we have fared through the darkness. Overhead, heavy clouds yield to an increasing spill of sunlight and soon our world is exposed in detail.

The emergence of Spring and Summer is often about such contrasts of dark and light. There is a sense of renewal as hibernation gives way to new life, and we find ourselves enabled and energized to live with vitality and hope. The impulse is to rush into the warmth and shining: to plant, plan, clean, sort and start over. These are all good responses and certainly worth pursuing. It is likely these impulses, instinctual or devised, have perpetuated regeneration over the eons. This is perhaps especially true on the Bay, where water influences our understanding of eternal things.

But there is a reason that the sun rises slowly rather than popping suddenly into place in the sky. Its journey over the horizon allows all creation to adapt and wake up to what is revealed.

Appreciation for the darkness that has held us, tested us and built our endurance and character deserves some thoughtful reflection. And that takes time. It gives voice to the worn clichés, "darkness before the dawn" and "clouds with silver linings." Light would be of less value without its partner, darkness.

I share with you a poem entitled, *Beneath the Dawn*, by James W. Donnelly, author and spiritual guide:

*Just beneath the bright rays of the morning sun,
as they breach the glow that is the dawn which
heralds our new day,
lies a band of soulful darkness,
obscured from our view by the brilliance
of those first golden spears of light that crest the ridge.
Given our ready acceptance of the mountain vista,
we aren't attentive
to what should be acknowledged in that darkness—
even if we are inspired enough to take note—
for the moment can be so brief
and the transition so seamless in its yielding
to the emerging brilliance of our new day.
But that is the very problem.
For what happens, at such a moment as that in our life,
can be too easily forgotten, if not lost,
as the sun rises over the horizon and
dazzles the rest of our life's day
so that we move on
with the challenge of living into our future,
forgetting, or not being willing to deal with,
what we really should know about
what happened to us
in that darkness beneath the dawn.*

Welcome, Spring. Celebrate, Summer. May we drink them like new wine that fills our cups, but not before taking in the deep draughts of aged and seasoned refreshment.

Nancy is the associate pastor at Woods Presbyterian Church in Severna Park. She can be reached at nreynolds@woodschurch.org or 410.647.2550

Are you winding down or are you looking for more opportunities to get involved?

BE SURE TO BRING THESE 10 HEALTHY SNACKS on Your Next Adventure

By Susan G. Singleton

Typical roadside travel and airport fare includes fast food, processed microwave-ready options, bags of chips and lots of sodas. These foods are generally full of bad fats, loaded with calories and lack valuable nutrition. Nobody wants to begin or end a long-awaited vacation by eating worthless food that will leave you feeling bloated, fatigued and crabby.

You can navigate your way around junk food and maintain your healthy diet while on a long road trip or flight. Packing healthy snacks for travel takes a little bit of effort and willpower, but you'll feel healthier, be more alert and have more fun before, during and after your travels.

10 Healthy Snacks

1. NUTS: You can't go wrong with nuts. Small, compact and nutritious. They are easy to pack, don't require a cooler and are really satisfying.

2. DRIED FRUITS: Sweet and satisfying, dried fruits like apricots, mangoes and prunes are a great way to help avoid the candy section and satisfy your sweet tooth.

3. TRAIL MIX: Try making your own by combining your favorite cereal with a handful of nuts, some dried fruit and a few chocolate chips.

4. OATS: Oatmeal is the perfect travel food. Simply pack your dried oats and then all you need is a little hot water and you can have a warm, nourishing, breakfast. Add a few nuts and some dried fruit, shredded pineapple and brown sugar.

5. GRANOLA/CEREAL: Same idea as the oatmeal, but instead of water, use milk. Also a great snack eaten dry.

6. FRESH FRUIT: OK, so now I'm making you work, but there is nothing better than some fresh watermelon or a crunchy apple when you need a bite to freshen up.

7. CHOPPED VEGGIES: Not only delicious and nutritious, but a great way to deal with boredom munchies on the long open road or in the plane. They also help you to stay hydrated.

8. PROTEIN PANCAKES: I know, I never thought of this myself, but thanks to one of my clients, I will be trying this next time I travel. It's a perfectly balanced, all-in-one snack.

9. JERKY: Not everybody is a fan. But jerky is an easy way to get a little protein into a "world of fast food carbs" when you're on the go.

10. WATER: Sorry, but you have to shell out the five bucks for a bottle of water at the airport if you want to stand any chance against that recycled air and dehydration on the plane. Packing a small cooler with water and ice for long car trips is refreshing.

And for the last tip, try to eat breakfast at home. Have a nice big breakfast with some high-quality carbs, fats and some protein too. A fast and easy choice would be a whole grain breakfast cereal with fruit, nuts and 1 percent milk. This alone can get you off on the right foot.

High-Protein Blueberry Pancakes

Ingredients

- 1 cup of rolled oats
- 6 egg whites (3/4 cup)
- 1 cup of low-fat cottage cheese
- 1/2 tsp. of vanilla extract
- 1/2 tsp. cinnamon
- 2 tsps. of agave nectar
- 1/2 cup of blueberries

Directions

Combine all of the ingredients except for the blueberries in a blender and blend until well combined (about 30 seconds). It should be a nice smooth "pancake batter-like" consistency.

Gently stir in the blueberries.

Preheat a nonstick pan or griddle over a medium heat and lightly coat with cooking spray. Scoop 1/4 cup of the batter on to the hot pan. Repeat, adding as many pancakes as you can without crowding the pan. Cook for about three minutes or until the edges start to bubble. Flip the pancakes and cook for another two minutes or until golden brown.

Top with maple syrup, fruit, or my personal favorite, almond butter.

Makes 2 servings.

Calories: 336; total fat: 5.7g; saturated fat: 2; cholesterol: 15mg; sodium: 540mg; carbohydrate: 41.5g; dietary fiber: 4.9g; sugars: 13.6g; protein: 28g

Susan, a certified holistic health counselor, is the founder of Healthy Life Consulting. She can be reached at susan@healthylifeconsulting.com or visit her website at www.Healthylifeconsulting.com



The Hat



By Melissa Conroy

Hanging from the ironing board in my laundry room is The Hat, a giant monstrosity of braided straw and tie cord. Perched on my head, its brim reaches well below my shoulders and, in the event of a sudden rainstorm, serves well as an umbrella. If the sun is overhead, I basically lurk in my own personal shadow while wearing The Hat, all epidermis covered from sun rays. Every year as the Spring sun begins to beat down and gardening projects beckon, I take The Hat from the laundry room and press it into daily service. The Hat was a \$6 steal at some unknown shop and I seized upon it with a fervor born out of being both cheap and painfully fair-skinned. Just a brief brush with sun can leave me pink, and I am never far from a bottle of high-octane sunscreen. Skin cancer runs in my family, and I am mindful of the women my age whose tanning bed addictions and careless spurning of SPF have earned them tell-tale signs of premature aging. Long ago I determined that I would protect my fair, smooth skin from age spots and epidermal damage as much as was possible. My dad has always been a big proponent of sun hats: fishing trips and camping excursions were not complete unless everyone had a ball cap or some other head covering to protect them from the sun. I carry these old habits with me, and anytime there is a danger of sun exposure, out comes the enormous straw hat.

However, doing so is not without its social consequences. At amusement parks, the beach and picnics, there will be hordes of young people sauntering around in tank tops and sunglasses, happily baking their skin to a toasty brown while I huddle under The Hat while liberally basting myself in sunscreen. When my dog and I walk, usually there are several agile, lanky female runners striding out in shorts and running bras, looking fit and attractive. Then there is me, sporting a comically oversized hat and cheap sunglasses as if I am under a witness protection program and furtively avoiding detection.

At times, usually on a windy day when I am chasing The Hat down the street as it rolls away in a gust of wind, I question if all this work is worth it: the gallons of sunscreen I slather on

every month, the vampire-like avoidance of all ultraviolet rays, the enormous and malcontent Hat that I squish against my skull for all outdoor summer activities. All this to ensure that when my less diligent peers and I move on in years, I will still have smooth, vibrant skin. Then of course, life being funny that way, I could end up with some sort of skin cancer, courtesy of the pounds of chemically-laden sunscreen I have bathed in for so many years. I could even develop osteoporosis from chronic Vitamin D deficiency.

Mindful of sun damage and the way my scalp tends to burn in the Summer, I pull The Hat out day after day, whenever a yard project threatens or the dog is yelping for a walk. I slap it down on my head and step out into the sun. It may look ridiculous but I'm unburned, cool, shady and relatively wrinkle-free.

For \$6, The Hat has been a good investment and no doubt has provided endless hours of free entertainment to my neighbors. The dog's tail starts wagging whenever I pick it up, certain that it is time for a walk. There are peonies to pick and grass to mow on this warm, sunny day. I can't tell you the last time I had a serious sunburn, nor do I plan on getting one anytime soon. *The Hat will forever more be my companion.*

QUIZ-ACROSTIC SOLUTION

Cubs Hall-of-Fame catcher, Gabby Hartnett hit the game-winning home run against the first-place Pirates as dusk fell on Wrigley Field. Days later, the Cubs clinched the pennant. What did fans call Gabby's famous home run?

BASEBALL: HOMER IN THE GLOAMIN'

M.	Bystander
L.	Afflict
K.	Bawls
J.	Ejects
I.	Sassatras
H.	Light Bulb
G.	Loden
F.	Helps
E.	Offend
D.	Mayhem
C.	Estimable
B.	Ruffian
A.	
N.	In check
O.	Naught
P.	Tinge
Q.	Hawthorne
R.	Embraced
S.	Giltch
T.	Larceny
U.	On the way
V.	Aphrodite
W.	Mudslinger
X.	Intact
Y.	Naphtha

to kindle or not

By Scudder Sodergreen

They said it couldn't be done, that it was crazy. How could a book be made without paper? It wouldn't be a book at all, it's impossible! And here we are: We've already been to the moon and a paperless book is slightly less difficult to create than the rocket science that it took to get us up in space. A Kindle, for all intents and purposes, is a book, for all those still skeptical; it's an electronic book at that. Like many others, I was very hesitant to use one. I felt like it was a cheap imitation of the good old paperbound books we know and love. It was hard to grasp the idea of reading and not hearing the crinkle as you flipped through the pages, or the smell of an older book as you opened it for the first time in ages. Happily, I was proven wrong; the Kindle has been a wonderful experience and it needs to be shared with any dinosaurs out there still holding out.

Let me start with one of the older models: This is called the Kindle Keyboard and it is remarkable. For starters, the Kindle store (an "app" pre-installed on the Kindle, made especially for the Kindle products) is like walking into Barnes and Noble, minus the walking. There is a vast collection of books throughout the online store that you can buy and download right there. And it gets better. When you buy a book it is automatically saved so you can always access it even after you finish and delete it. For people like me who read more than one book at once, it can hold multiple books as well, so you can switch back and forth between them. The Kindle will even save your page and any notes that you might want to take on any particular page. One of the best features is the life of the battery, which will last for days and days without a charge.

The Kindle Touch is just like the Kindle Keyboard except it has a touch screen. (Everything you do is operated by the screen and your fingers, rather than a keypad.) And yet another Kindle seemingly blows the other two away. The Kindle Fire is the epitome of technology. Amazon mashed so many features into this device it's more of an iPad than an electronic book. Its features include, but are not limited to, watching movies, surfing the Web, playing video games, listening to music, downloading apps and finally, reading. Unfortunately, most of those are distractions when it comes to reading, but it is still a very fun machine to use.

One of the best things about a Kindle is that with one machine, you can cart around hundreds of books at once without having to physically carry them. For me, as well as the other multiple book readers out there, this is great. The Kindle is also light weight and small, so you can slip it into a backpack, briefcase or purse. And, of course, accessorizing is fun too. With literally hundreds of covers and lights to choose from you can personalize your Kindle to your heart's content.

So for those nonbelievers and naysayers out there, spend some time researching the paperless book. There's one that's right for you. The power of the human brain has indeed created a book that doesn't have a single paper page.

Scudder, having spent the better part of his life trying to keep his grandparents apprised of the latest technology, thinks he's making headway. He can be reached at sasodergreen@aol.com

BAY CREATURES: The Social Hermits

By Henry S. Parker

Pity the poor hermit crab. Grotesquely misshapen and naked from the waist down, it spends its life tucked away in a borrowed house that it must drag along behind in its ceaseless quest for food, a mate or shelter. When it outgrows its mobile home, as it frequently does, it has to run a gauntlet of potential predators and other dangers as it tries to quickly upgrade its residence.

But hermit crabs are not really the hermits they are made out to be. We'll come back to that. First, let's learn something about these fascinating and abundant creatures that many of us take for granted.

Hermit crabs are arthropod crustaceans, which means that, like lobsters, shrimp and other crabs, they have segmented bodies, legs with joints and a hard external covering. But the carapace only covers the upper half of their bodies. The abdominal region, including the vital organs, is soft and unprotected. That is why hermit crabs live in the abandoned shells of snails. Because snail shells are coiled, the body of the hermit crab is similarly twisted to fit snugly inside. The shielded upper body may stick out of the shell opening when the hermit crab feeds or crawls, but when danger threatens, the crab draws as deeply into the shell as it can, leaving only a large pincer claw guarding the opening.

Hermit crabs are omnivorous, consuming dead animal and plant material or filtering particles out of the water. Their sex life is potentially dangerous. When males detect chemical cues released by females, they must emerge from their shells to copulate (their male equipment

is located in their soft, unprotected abdomens). This makes them vulnerable to predators, so presumably, foreplay is brief. Females carry the eggs which, on hatching, go through a plankton phase. When the larvae become young hermit crabs, they don't take long to find and occupy their first shell. The growing crabs may be ready to mate in a matter of months and they reach full size (over a foot long in some cases) in less than three years. Some may live for decades. They are popular pets. If you're interested, Google "hermit crabs as pets."

There are five families of hermit crabs and more than 700 species. Some live on land, including the enormous "robber crab," which may include coconuts in its diet. Chesapeake Bay hosts three species, of which the long-clawed hermit crab is found in the shallowest waters. But all hermit crabs have one thing in common: They must find suitable snail shells to accommodate their growing bodies. And that brings us to the social behavior of hermit crabs.

The popular notion is that they are reclusive, antisocial animals. In fact they will band together, often congregating in groups of a hundred or more. And, when it comes to selecting new shells, they are downright gregarious. Researchers at Tufts University recently concluded that they may demonstrate social networking skills in their search for new homes. The scientists stayed up all night watching her-

mit crabs in an underwater environment seeded with empty shells. They discovered the following sequence of activities:

A crab in need of a new home finds an empty shell that is a bit too large. Rather than moving on, it waits until a group of crabs gathers around. The crabs then sort themselves out by size, with the largest crab sized right for the empty shell. That crab clasps the vacant shell. The remaining crabs piggyback onto each other, largest to smallest, in a "vacancy chain." This process may take hours. At some point, the largest crab moves into the empty shell, triggering a rapid cascade of shell-switching as each crab moves into the newly-abandoned shell of its next-larger neighbor. In the words of one of the Tufts scientists, "They spend hours queuing up, and then the chain fires off in seconds, just like a line of dominoes." Can anyone doubt that in the natural world, truth is often stranger than fiction?

You do not have to stay up all night like the Tufts researchers to observe the fascinating life of hermit crabs. A warm sunny day on a marsh-fringed Chesapeake Bay beach will do just fine. Wear a bathing suit and a pair of wading sneakers and bring along a picnic lunch. Who knows what you might see?

~hspshp@gmail.com



SPRING QUIZ-ACROSTIC

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

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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. Onlooker
- B. Injure
- C. Dried root bark used for flavoring
- D. Chooses
- E. Walls
- F. Dignified
- G. Incandescent lamp (2 wds.)
- H. Green
- I. Benefits
- J. Insult
- K. Willful damage
- L. Praiseworthy
- M. Bully
- N. Under control (2 wds.)
- O. Zero
- P. Trace
- Q. American author: *The Scarlet Letter*
- R. Hugged
- S. Malfunction
- T. Theft
- U. In transit (3 wds.)
- V. Greek goddess of love and beauty
- W. Slanderer
- X. Whole
- Y. Dry-cleaning solvent

161 104 125 37 141 129 148 14 71

28 92 69 108 49 122 83

87 61 154 164 76 10 175 115 72

55 157 78 1 34 113

124 160 45 8 85

111 57 22 123 170 73

114 36 101 52 134 3 89 158 24

102 172 88 32 50

19 40 75 137 64

9 105 151 44 63 133

43 12 163 35 84 54

103 4 33 62 173 146 162 94 117

29 176 165 11 80 156 58

106 140 18 67 121 130 91

48 23 169 159 171 65

119 149 139 51 20

27 6 144 38 135 53 118 97 68

132 13 25 99 42 77 174 109

41 95 70 30 15 145

7 166 56 126 93 153 112

168 47 66 131 107 98 82 26

59 74 5 21 96 110 128 147 136

167 2 150 90 127 100 31 60 138 81

46 177 143 16 155 116

142 152 79 120 17 39 86

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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