

Complimentary

Summer 2019

OutLook

for the Bay Boomer and beyond...

by the Bay

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ENJOYING THE CHESAPEAKE

**OPT FOR OPTIMISM:
10 WAYS TO ADD A POSITIVE
OUTLOOK TO YOUR LIFE**

**DOWNSIZING AND MOVING
IS A COMPLICATED TRANSITION**

**BLUEBERRIES:
A SUPERFOOD**

**BEING THE CAPTAIN
OF YOUR SHIP**

**FIFTY YEARS AFTER:
BEHIND THE SCENES
AT WOODSTOCK**

fitness • entertainment • gardening • nutrition

Letters to the editor

OUR COMPLIMENTS

This issue of *Outlook by the Bay* that I picked up in the library is the best ever! So many good and helpful articles, all very interesting. Our compliments to the editor. She does a really fine job and I am always glad to find a copy.

Thanks.

Peggy, Charlestown

KATER'S ARTICLES

Just a quick kudo for the inclusion of two articles (Kater Leatherman) in the Spring 2019 issue of *OutLook* about the great race horse, Secretariat, and the 1964 New York Worlds Fair.

Most of us, being so consumed with current events, forget those interesting events, which make up the fabric of the lives of the post-WW II population. The articles brought back great memories of times long forgotten. Thanks for writings to tickle the brain, promoting a few moments for nostalgic thoughts.

When *OutLook* arrives in my mailbox, it's always a joy to find whatever insights and info are contained inside. Thanks to all who are responsible for this refreshing local publication. Keep it coming!

A grateful reader in Annapolis

Sent from iPhone

REMEMBERING SECRETARIAT

Loved the article that Kater wrote published in *Outlook* on Secretariat. I was a senior in college when Secretariat ran, and I was as struck by him as the rest of his adoring fans. A group of friends and I drove from Rutgers in New Brunswick, N.J., to Saratoga to see him run in the Whitney, only to see him defeated by Onion. Nevertheless, it was great to see him run that day.

Kater's research unearthed some things I'd never heard: I didn't realize that his 22-pound heart was 2.5 times the weight of an average horse. I also didn't know the story about Penny Chenery and Lucien Lauren.

Thanks for bringing back some great memories.

Bob F., Annapolis

FROM THE DESK

Congratulations on 12 years of publishing an excellent magazine. The articles selected are always informative and interesting. The Spring issue featured several articles including one on whole foods that were especially appealing to me. My husband recently had stent surgery to open a clogged cardiac artery which necessitated a dietary change. We will incorporate several suggestions from the article.

Nancy S., Annapolis

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On the Cover:

Natalie Ketcham and Cathy Clatanoff were seen recently enjoying a sunny day on Weems Creek. Natalie moved to Annapolis three years ago from Connecticut, where she had served as her town's chief elected official for 14 years. She has embraced the Annapolis lifestyle, and is active in various local groups, including the Lighthouse Homeless Prevention Support Center where she serves as a board member.

Kathy moved to Annapolis six years ago with her late husband, Bud. After a lengthy career in business, which took her to various locations around the world, Kathy is discovering the pleasures of living near the water, walking into downtown and becoming part of the many interest groups located in the area.



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FROM THE DESK



Do you suppose we've come full circle from those lazy, hazy, crazy days of Summer? Isn't that how the lyrics went to the song Nat King Cole made famous during our younger years?

Remember those carefree sultry days of July and August? Well maybe at the time they didn't seem so carefree, but in hindsight could life have been any easier? We kicked back, slowed down and just enjoyed. Air conditioning was rare, leaving us to figure out for ourselves how to stay cool, which often involved lemonade, bare feet and a swimming hole. Many of us were in school when that song was popular. And back then with the approaching Summer vacation, everyone I knew was wildly excited about their plans -- plans that included lots of beach time with friends and family. Many of us were starting our first part-time jobs like mowing lawns or working at the ice cream shop. Somehow those plum jobs always eluded me. You know, the ones where you'd get to meet all the cool guys working at a hamburger stand or being a lifeguard. I was always the babysitter or worked as a maid at one of the local estates. It builds character, or that's what we were told.

But the good thing was that for most of us, Summer jobs were part time, allowing lots of important beach time. We spent our days rubbing baby oil and iodine all over ourselves to hasten that tan, working hard to keep it from mixing in with the sand. For us it was the sand at Singing Beach in Manchester-by-the-Sea. Yes there is such a place. But extensive beach time was back when we considered sunshine our friend! A well-tanned body was considered healthy! Then after the sun went down we'd head back to the beach to roast hot dogs, while we tried to connect with someone cool!

Wouldn't it be great to be back in those carefree days of minimal responsibility? Our worries were primarily centered on whether or not we'd have a date for Friday night or what to pack for college. Days were footloose and fancy-free, although we may only recognize that in hindsight. Thinking about it now though, doesn't this phase of our lives offer just as much? True we've all been knocked around a bit and have had our fair share of travail, but shouldn't that make us more appreciative of the lives that we're living now?

Shouldn't our days still be filled with interesting and meaningful and even memorable events? We're at an age where we can enjoy the fruits of our long years of labor. And, we're now in a wonderful position of being able to give back and share what life has generously provided for us.

Now, too, most of us are able to take part in much of the Bay's bounty. We're in a prime location where there are endless recreational opportunities such as those listed in this issue of the Bay's treasures (page 12). Or, can you think of a better time to take up kayaking? Don't miss Leah's article on page 7 for everything that you need to know about that fun and peaceful pastime. There's also a great article by Barb Aiken on sangria (page 18), which tastes especially good in the Summer. Remember the Good Humor man? Check out Ellen's article on page 23. And then while walking down memory lane, spend a few minutes with Kater's article on Woodstock. We're still not sure if she wrote that from first-hand knowledge! And last, check out the book reviews on page 42 for a few suggestions on what to read while stretched out in a hammock.

Why not do them all? And why not just try something new? There's no time like the present, which you've heard too often. There's so much more out there than "the days of soda and pretzels and beer." Let's fill these "lazy, hazy, crazy days of Summer" with as much fun and new discoveries and friends and volunteering as we can manage!

Tecia

HIKING OR BIKING IN THE SUMMER MONTHS? 10 QUICK TIPS TO MAKE IT MORE ENJOYABLE!

By Penelope Folsom

It's hot, which is the perfect excuse to stay close to your air conditioner.

But, as we've been told repeatedly, we still need exercise. So how about a cool hike – maybe on the Kent Island Bike Trail, or down to the water at Calvert Cliffs or even near Skyline Drive. A trail that winds through a cool forest or along the water would be ideal at this time of year.

Mornings or late days are best to avoid the heat of the midafternoon sun, and if you do head out for a hiking adventure – consider these 10 quick tips:

1. **Hydrate.** Water is probably best, but iced tea seems to work quite well, too. Bring enough to last through the whole trek.
2. **Map.** Pack one of the trail. Apps may also be available on your iPhone of the locality. A good source of maps can be found on www.Trails.com
3. **Phone.** And yes, it's not a bad thing to bring along your iPhone should the unexpected happen. Put it on vibrate or silent. Use it to snap a few pics, eliminating the need to pack a camera.
4. **Sunscreen.** If you routinely wear sunscreen, don't forget to use it. A good hat can go a long way to protect against the sun, too. Sunglasses are also worth bringing along.
5. **Bugs.** Insects can be a problem, especially ticks. Use an

insect repellent and check carefully at the end of the hike to see if any of those ticks have attached.

6. **Medical.** It's always a good idea to have a minimal supply of first aid gear such as blister Band-Aids and an antiseptic cream. You won't be sorry if the unexpected happens.
7. **Food.** Snacks or lunch are always well worth the effort if you plan to be out for any length of time. It can include granola-type bars or PBJs. The guidelines are: small, lightweight and items that won't melt or spoil.
8. **Tissues.** Always handy should the need arise.
9. **Cooler.** Bring a neck cooler on the hottest of days. These really do work. Not endlessly, but they give some relief. Log onto www.dickssportinggoods.com for descriptions and purchase information.
10. **Stick.** A sturdy one is invaluable if on rocky terrain or if the ground is wet. An old ski pole, with the circle on the bottom removed, will do.

All these hints demand a small but sturdy fanny pack. Many come with one or two holders for your drinks. They can be found at any camping supply store or go online at www.rei.com Most importantly, invest in a good pair of walking shoes, you won't regret it.

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I was sitting in the surgery waiting room, nervously awaiting the news that my husband's surgery was complete. When he was on the way to the recovery room, I felt the usual signs of anxiety: dry mouth, tight jaw, stiff muscles, fearful thoughts. I imagined that trip to the cafeteria vending machines would calm my jitters, but I soon noticed that stuffing my face with food merely made my troubled mind more uneasy.

We all encounter stressful situations in our lives that cannot be avoided, and which cause us to turn to food for comfort. When these behaviors are only occasional, it's no cause for concern. However, if food is always our answer, we could be risking serious health problems.

Stress triggers our body's "fight-or-flight" response, releasing a hormone called cortisol into our blood stream. Cortisol increases hunger because our bodies crave energy to combat whatever stressor we are facing. We especially turn toward junk food because our bodies want energy-dense foods, which are high in calories, sugar and fat. Unfortunately, these foods actually increase stress and can lead to weight gain and other health problems.

So how do you know if you're a stress eater? Here are some signs:

1. You eat when you're not hungry.
2. You eat when you're overwhelmed, anxious or worried.
3. You eat to make yourself feel better.
4. You think of food as a "security blanket."
5. You have difficulty staying away from food when your emotions are out of control.

AVOID USING FOOD TO CALM YOUR STRESS

By Louise Whiteside

Eating in response to stress can cause physical, mental and emotional side effects, such as craving foods high in sugar, salt and fat, gaining weight, having higher insulin and blood sugar levels, risking heart disease, diabetes and other chronic diseases and having feelings of guilt, shame or self-hatred.

If you believe you are a stress eater, there are ways to deal with it. You can start by pinning down the source. If you want food when you're not hungry, ask yourself why. Do you need to be comforted, to be relieved of anxiety? Do you need something to occupy your attention? Knowing the reason for your stress can help you find effective ways to deal with the root cause.

Also, know your triggers: Certain activities, situations and people can cause stress and trigger emotional eating. Certain situations such as trying to meet a deadline at work, sitting in heavy traffic or coping with a financial problem can trigger cravings for comfort food. It can be helpful to recognize, and perhaps keep a record of your triggers. Removing problematic foods from the house in the first place is essential.

It can't hurt to have an alternate plan. Knowing in advance how you will combat stress in place of eating can give you weapons for fighting emotional triggers. Some suggestions include gentle activities, such as stretching, yoga or meditation. You could go for a walk or a bike ride or simply enjoy the outdoors. When you feel it coming on, call a supportive friend or family member. Writing down your thoughts and feelings about stressful events might help.

Once you learn to recognize and become aware of your triggers and the real reasons for your stress eating, you will be able to move toward a healthier relationship with food.

Bay Bytes

An interesting website to explore airfare bargains such as "error" fares and 2-for-1 sales, as well as information on travel destinations, can be found at SecretFlying.com

IS THIS THE YEAR TO START KAYAKING?

By Leah Lancione

What is kayaking? Well, with that better-known canoe in the back of your mind, think double paddle, lower in the water and covered on top. Like a canoeist, a kayaker sits forward with their legs in front, but uses a double-bladed paddle to propel forward. If you enjoy being outdoors, kayaking is a great way to exercise, commune with nature and observe wildlife. **Stepoutside.org** says kayaking in Maryland is “a perfect warm weather activity.” The site claims folks can kayak within an hour of practically anywhere in the state.

If you’ve ever paddled a canoe before, or the idea of coasting along in a lake, river or inlet of the Chesapeake Bay sounds like an adventure you want to experience, here are some tips for older beginners from www.seniorsskiing.com/10-tips-kayaking-seniors:

- **Go light:** If you’re renting or purchasing a kayak of your own, it may be a good idea to invest in one that’s lighter weight for ease of transport and lifting from a roof or storage rack. **Seniorskiing.com** says, “Aim for a boat 35 pounds or less. Consider a wood kayak, which is light, durable, lively and lovely to look at.” However, if lifting is out of the question for you, arrange to have a partner, namely a tour guide or a muscular friend, who can do the heavy lifting. Many eco-tours that offer kayaking will not only assist you in getting the kayak on the water, but provide you with an introductory course on the basics.
- **Paddle light:** It’s also recommended that seniors opt for a lighter paddle for “ease of swing height.”
- **Be careful on land:** Experts say most accidents happen on land; particularly a rocky shoreline where folks can fall due to slippery seaweed or rocks.
- **Have a “float” plan:** Share a safety plan with a family member or friend that outlines your proposed route, time of departure and estimated return. Describe what you’ll be wearing and your kayak.
- **Be prepared:** Wear a dry or wetsuit, depending on the temperature of the water, a wind-proof jacket, a whistle, a cell phone in a waterproof case, a flotation device, sunglasses, sunblock, binoculars (for spotting wildlife) and water shoes.

Stepoutside.org lists Tuckahoe State Park in Queen Anne, Lake Centennial in Ellicott City, Deep Creek Lake in McHenry, the

Potomac River and Gunpowder Falls State Park in Middle River as five great locales for kayaking in Maryland, but there are likely more “off the beaten path” spots in and around Annapolis where you can navigate through the water in your kayak. **Annapolis.com** spotlights the following local hotspots for kayaking:

- **Truxton Park:** Located on Hilltop Lane, the park fee for the boat ramp is \$5, although there is also a floating dock that is easier for loading a kayak. Open from 5 a.m. to 8 p.m. year-round, Truxton Park is considered an ideal place for kayaking.
- **Quiet Waters Park:** This picturesque park offers kayak rentals and is open daily (except Tuesdays), with the last rental at 5 p.m. Entrance to the park is \$6 per car.
- **Ferry Point Marina:** Located in Arnold, this marina on the Magothy River is surrounded by trees, which **Annapolis.com** explains makes it “safe from wind and boat wake.” Although there is kayak storage available on site, there are no rentals.
- **Ellen O. Moyer Nature Park on Back Creek:** Located at 7314 Edgewood Road, this park is a prime spot for kayaking. Membership to the park to paddle every week of the year costs \$175 for individuals and \$265 for families. Kayakers, canoers and stand-up paddle boarders can all paddle for \$4 an hour. For more information, visit the park Facebook page at www.facebook.com/BackCreekNaturePark/



If you want to paddle your way to this new hobby, there’s a website/blog called <http://worldkayakblogs.com/butlercox/> that appeals to people 55 or over “who want to reinvigorate their mind and bodies, and in the process, feel younger” through paddling. The site is a resource for baby boomers who have realized kayaking is an exercise that boosts mental and physical health. It lists equipment more suitable for older folks, “lingo” for shopping or renting the right kayak and gear, as well as perks associated with kayaking.

Also, worth checking out is Kayak Annapolis at www.kayakAnnapolisTours.com/the-tour which offers weekend tours “designed for anyone and everyone.” The two-hour “history-rich adventure” that costs \$65 per person, provides participants with a tour on sit-on-top kayaks through the waters of the Annapolis Harbor and around the Naval Academy.

As you ponder picking up a paddle and hopping into a kayak, consider the advice offered by legendary actress Katherine Hepburn: *As one goes through life, one learns that if you don’t paddle your own canoe (or kayak), you don’t move!*

Are you letting fear hold you back? Get out there and do it.

BLUEBERRIES: A SUPERFOOD

A top-down photograph of a clear glass bowl filled with fresh blueberries. The berries are a vibrant blue with a thin white bloom. A few berries have spilled out onto the light-colored surface next to the bowl.

By: Nancy J. Schaaf

Eating a diet abundant in fruits and vegetables reduces the risk of many lifestyle health conditions. Blueberries, considered a superfood, rank among the top fruits for nutrient density and provide substantial health benefits for the cardiovascular system, bones and joint health and pain relief.

A study led by Dr. Eric Rimm, associate professor at Harvard Medical School, links the consumption of berries with heart-protective effects. These fruits, with their high level of powerful plant antioxidants called anthocyanins, not only lower blood pressure but make blood vessels more elastic. At only 80 calories per cup, blueberries can both increase the levels of HDL, the "good" cholesterol, and lower blood pressure because of their antioxidants. "The sooner people start the type of diet that includes a higher intake of blueberries and strawberries, the better," Dr. Rimm says.

Blueberry nutrients of calcium, phosphorous and vitamin K also contribute to building and maintaining bone structure and strength while iron and zinc support the elasticity of joints. Studies have shown that blueberries alleviate pain as their plant compounds reduce inflammation and speed tissue healing. Consuming four cups of blueberries per week can reduce pain and increase flexibility. Professor Basil Dalaly of South Dakota State University observes, "Some claim it's the world's healthiest food."

Fresh blueberries, a popular treat with their sweet flavor and juiciness, are one of only three fruits native to North America -- the others are cranberries and Concord grapes. Plentiful during the Summer months, blueberries can be eaten freshly picked or combined into a variety of recipes. This versatile, mild-tasting fruit complements most any food dish including green and fruit salads, baked items such as pies, muffins and quick breads, smoothies and sauces on chicken and pork.

For additional health benefits, sprinkle herbs or spices to enhance the fruit's flavors in numerous dishes. Blueberries pair well with cinnamon, anise, nutmeg, ginger and mint. A dash of cinnamon adds a sweet and woody flavor and its high level of antioxidants helps to lower blood glucose and cholesterol levels and decrease inflammation. Nutmeg, a sweet, spicy and nutty flavored spice,

boosts brain health and relieves skin irritation. Used for centuries to aid indigestion, anise sweetens berries with a taste of licorice while mint, a great appetizer or palate cleanser, will leave a cool, refreshing aftertaste.

Blueberry pies and cobblers benefit from a pinch of lemon or lime zest to add zing to the flavor of the dish. When including blueberries with pancakes, quick breads, or waffles, add a dash of cinnamon to intensify the natural flavor of the berries. Heighten the flavor of blueberry muffins, the most popular muffin in America, with cinnamon or nutmeg.

Fresh blueberries boost the flavors of dairy dishes such as yogurt or smoothies and bring acidity to rich dairy desserts like puddings and cheesecake. To make scrumptious appetizers, use crushed blueberries on a goat cheese crostino or sprinkle fresh berries on a cheese plate.

Surprisingly, sweet blueberries compliment numerous meat dishes. A blueberry salsa or cooked sauce enhances the intense flavor in pork or chicken dishes as the meats balance the freshness of the berries. For a delectable and eye-pleasing dessert, blend in a food processor with a little water to make a fresh syrup for a topping.

Eating a fruit salad with blueberries is excellent for well-being. The soft, smooth texture of blueberries contributes a sweet flavor to fruit salads made with apples, blackberries, pineapple and watermelon. And, the berries' flavor and dark color pairs well with peaches, nectarines, pears and strawberries.

Increased consumption of blueberries continues as more people recognize the berries' nutritional value and impact upon health. Eating a variety of fresh fruits is vital to our everyday and long-term health, and the health benefits of blueberries

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

are many. Joe Fuhrman, M.D., a family physician and president of the Nutritional Research Foundation states, "Blueberries, strawberries and blackberries are true superfoods. Naturally sweet and juicy, berries are low in sugar and high in nutrients - they are among the best foods you can eat."

In Maryland, fresh blueberries flourish during June through August. When purchasing blueberries, look for firm, plump, dry berries with smooth skins and a silvery sheen. The deep blue color indicates ripeness.

Here is just one of the many delicious recipes featuring blueberries:



Blueberry Balsamic Glazed Chicken

Chef/Owner Maria Hines, Agrodolce, Seattle • Executive Chef Thomas Litrenta

Ingredients, organic if possible:

2 Tbs. canola oil

2 Tbs. butter

2 cups plus 3 Tbs, Washington blueberries

1/2 cup balsamic vinegar

1/2 cup maple syrup

2 Tbs. rosemary, chopped fine

1 whole chicken, broken down into thigh, leg, breast

1/4 cup shallots, sliced thin

Salt and pepper to taste

Heat oven to 350 degrees. Season chicken with salt and pepper.

Heat 1 Tbs. oil and butter in a heavy nonreactive skillet. When butter starts to bubble, add chicken. Cook the chicken over medium-high heat until golden brown, about 2 minutes per side or until a light crust begins to form.

Remove chicken from pan and set aside. Add remaining oil and butter to skillet and when hot, add the shallots. Cook shallots until lightly caramelized, about 4 minutes. Add 2 cups of blueberries and cook for 1 minute.

Stir in vinegar, maple syrup, rosemary, and season with salt and pepper. Cook for about 10 minutes or until blueberries have collapsed. Return the chicken to the pan and spoon sauce over chicken.

Place in preheated oven for 10 minutes or until the thermometer reads 165 degrees. Garnish with remaining blueberries.

HERALD HARBOR

By Ellen Moyer

Once dubbed "The Little Coney Island," the community of Herald Harbor off Generals Highway, was once farmland and peach orchards owned by generations of Anne Arundel's Kyle and Hall families. But World War I transformed American culture. In its aftermath, a new era of economic prosperity was ushered in, bringing with it significant changes in lifestyle and culture. Emboldened by the Roaring Twenties, the *Washington Herald* newspaper saw financial gain in creating a Summer cottage retreat for middle class families from Baltimore and Washington, D.C. In 1924, the *Herald* purchased 480 acres of farmland and began advertising lots 25 feet by 100 feet, for \$25 in the new utopia on the Severn River. They named it for themselves -- Herald Harbor.

Herald Harbor soon became a ribald and happening place featuring the area's most popular dance pavilion with a scenic view of the Severn River. Here jazz and the flapper, which redefined the modern look, prevailed. Herald Harbor was part of the changes in lifestyle that transformed American culture.

Along the resort's waterfront, picnic pavilions offered front row seats for frequent swimming meets and power boat races. Boxing prizefights and greyhound races, slot machines, food vendors and carnival booths with baseball throws wooden milk bottles added to the festive atmosphere of "Little Coney Island" in Anne Arundel County, Maryland.

Herald Harbor Resort survived the Depression, but it couldn't survive the Bay Bridge. In 1952, the auto trail across the Chesapeake Bay opened up easy access to the sandy beaches of the Atlantic Ocean. Residents of the big cities now flocked to a growing ocean side resort, Ocean City.

Herald Harbor Resort, the "Little Coney Island," slipped into oblivion. The once-exciting resort was transformed into a quiet permanent home community with waterfront mansions. The pavilions were gone. The boat races were gone. The carnival booths were gone. The kid's playgrounds were obsolete and forlorn.

Ten years ago, at a community gathering, young children, armed with paper and crayons were asked to draw what they would like to see in a new park away from the waterfront boating docks and beach. Their ideas were presented to Anne Arundel County Recreation and Parks Department. Soon swings and playground equipment, dotted the high ground where once cows grazed and peach trees flourished before the *Washington Herald* created a Summer middle class cottage utopia. It survives today as the close-knit community named Herald Harbor.

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



EMPATHY IS HARDWIRED, BUT FEW MAXIMIZE IT:

7 Ways To Develop Empathy To Its Full Potential

By Kimberly Blaker

Empathy is the ability to put yourself in another's shoes. It's similar to sympathy, but with an important difference. To sympathize is to care about and understand the suffering experienced by another. When you sympathize with someone, you feel sorry for them. Sympathy gives you the ability to say the right thing to comfort another.

But empathy goes a step further. It's the ability to actually *experience* or *relive* the feelings of another. When you empathize, rather than focusing on your own feelings in regard to the other person's situation, you're able to focus on the feelings of that person. When you empathize, the other person can tell you're really listening to them. Furthermore, empathy increases your ability and likelihood to help the person with whom you empathize.

According to neuroscientists, the vast majority of us are born with the brain wiring necessary to empathize. Psychopaths, which make up about 1 percent of the population, are the exception, according to a 2013 study by neuroscientists at the University of Chicago and University of New Mexico. Still, among the 99 percent of us who are born with this capacity, most don't fully develop or use it to its potential.

BENEFITS OF EMPATHY

Empathy is beneficial in a number of ways, according to Katherine Pears, Ph.D., in the article *Why Empathy Benefits Everyone*. It provides us the ability to act kindly toward others, to forgive family and friends and to bond with others over their ups and downs. Without the ability to empathize, it would be difficult if not impossible to form and maintain friendships. In fact, we'd have difficulty getting along with others at school or work and in society.

Satya Nadella, the CEO of Microsoft, in an interview with CBS Good Morning, revealed another important benefit of empathy. Without it, she says, "there is no way we could innovate." This makes a lot of sense. Although some people would still want to innovate for personal gain, innovation would be far more limited. People would lack the motivation to innovate for the purpose of helping others unless it offered a reward for themselves. The field of medicine is a perfect example. Countless strides have been made in medicine over the decades, much of

which has resulted from human empathy.

Experts believe, based on a large body of evidence, that empathy can be shaped. Not only can kids learn to empathize better, but so can adults. By following these suggestions, you can foster your ability to empathize:

Active listening. This is a crucial component of empathy. Practice really listening to each other and trying to understand the other's perspective. Active listening includes paying close attention to body language and facial expressions, so you can better understand the other person. While doing that, refrain from interrupting.

Give back. Think about the experiences, feelings and needs of those who are less fortunate. Consider various forms of adversity, such as kids with a terminal illness, the homeless, poor families and those in nursing homes. Then make a plan to help out in some way.

Commonalities. Despite the ability to empathize, studies have found people are often less empathetic toward those of other races or who are stereotyped in some way. Consider all the things you have in common with those who are different to improve your ability to empathize with them.

Lose yourself in fiction. It's a great way to experience and understand another, even though the characters are fictitious. This will improve your ability to empathize in real-life situations.

Practice reading faces. People often don't share what they're feeling or experiencing. Yet, it's often written all over their faces. Pay attention to people's expressions, and try to understand what they're feeling.

Look for opportunities to care. Every day there are people all around us in need. So, practice empathy on a regular basis. If you know someone who's ill, quickly put yourself in their shoes. Then offer to help by bringing them a prepared meal or running to the store to pick up a few things they need.

Share in excitement and joy. Empathy isn't only about understanding people's downs. It's also the ability to share in their happiness. Regardless of how busy you are, when someone is excited about something, take a moment to really share in their enthusiasm.

Consider all the things
you have in common with
those who are different
to improve your ability to
empathize with them.

A calm sea does not make a skilled sailor.

DOWNSIZING AND MOVING IS A COMPLICATED TRANSITION

By Marilyn Leek

Moving is a stressful transition at any stage of life, but it presents special challenges for seniors and their families. Older adults often have not moved in many years, accumulating a lifetime's worth of belongings. Figuring out what will fit in the new space, plus sorting items for giving, donating, selling and throwing out, is time-consuming and stressful. Once the downsizing process is done, the actual move and setup of the new home still have to be tackled.

Adult children, even if living close by, often have career and family obligations that prevent them from helping. In many cases, illness or death precipitates a senior move, leaving everyone already emotionally drained. All of these factors make a senior move a more complicated transition than a traditional family move.

Often, the best person to help with the downsizing and moving process is not a family member. Seniors and their adult children can see the same things quite differently. For example, the parent might say, "That's the Christmas stocking I made for you when you were four!" The adult child says, "Mom, you don't need that anymore." To the parent, the object is a reminder of happier times, while the child sees "stuff" that needs to be discarded.

Downsizing means becoming "less than" in terms of space and belongings, a process which can leave many aging adults feeling depressed. Add the common reasons for senior moves (illness or death), and downsizing a lifetime's worth of belongings with family members can trigger strong emotions that lead to frustration for

everyone. Bringing in a professional, who is trained as a senior move manager, can relieve much of the burden throughout the downsizing and moving process. From developing an overall plan, to sorting and dispersing possessions, to setting up the new living space, they have the knowledge and expertise to handle the transition compassionately and efficiently. They understand moving an older adult involves much more than just packing boxes—it's relocating a life.

Most offer a menu of services to choose from including:

- Developing a detailed action plan and timetable.
- Creating a floor plan for the new home.
- Organizing and sorting.
- Dispersing unwanted items through consignment, donations or estate sale.
- Identifying and hiring needed services such as cleaning, waste removal, etc.
- Interviewing, scheduling and overseeing movers.
- Managing the day of the move.
- Unpacking and setting up the new home.

When the time comes to downsize and move, consider hiring a senior move manager to reduce the stress for everyone involved.

Marilyn, owner of Chesapeake Transitions, is a certified senior move manager who has been providing support and guidance for Maryland seniors and their families for over a decade. She can be contacted at Marilyn@ChesapeakeTransitions.com



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Read our article "Fortify Your Teeth with Fluoride" in this edition of OutLook!

ENJOYING THE CHESAPEAKE!

By Leab Lancione

If you live in Maryland, or one of the other five states that borders the Chesapeake Bay watershed, you know it is a national treasure and the habitat of thousands of plants and animals. Not only is the Bay of economic and environmental importance to the U.S., but also as a source of recreation for the 17-18 million people who live along its shores. And, believe it or not, you don't have to own a boat to take advantage of all the Bay has to offer. The Maryland Office of Tourism says folks can, "Play, sight-see, eat, socialize and explore" along this largest estuary in the nation.

The tourism office at www.visitmaryland.org offers a list of "25 Can't-Miss things to Do Along the Chesapeake Bay," including many that don't require that you own a boat! Along the 200 miles of the Bay are quaint towns that can be reached by car. Some of the towns are quiet and serene with charming shops, one-of-a-kind art galleries and family-owned restaurants that offer fresh seafood and other local delicacies. Other cities are more bustling with maritime museums, seasonal activities and lots of other activities on land or water.

Maryland tourism officials say along the Chesapeake Bay there are "places to access the waterfront and sail on historic oystering vessels or charter boats." So, you too can take part in recreational adventures on the water. For example, Smith Island can be reached by a passenger-only ferry for visitors wanting to explore the island that was discovered by Captain John Smith early in the 1600s. Of note: The Island was named for Henry Smith, a local landowner.

RELAX AT A DOCK BAR

We all know the Otis Redding song with the breezy, feel-good lyric: "I'm sittin' on the dock of the bay, watchin' the tide, roll away." Like the song implies, Summertime, with its alluring sunrises and sunsets and balmy weather, calls for a slower pace. When these times roll around, it's nice to sit back and relax at a waterfront dock bar. Patrons can indulge their senses by listening to live bands, sipping on tropical drinks or other libations, and watching the boats, waterfowl and other eye-catching sights found in the picturesque Chesapeake Bay. Google "waterfront dock bars on the Chesapeake Bay" or visit a website such as www.crabdecksandtikibars.com

TAKE IN A YACHT RACE

Every Wednesday in Annapolis the Annapolis Yacht Club

presents its Wednesday Night Race Series, May through August at 6 p.m. Spectators can watch from the Spa Creek Bridge or at a waterfront restaurant nearby. For more information, visit www.annapolisyc.com

PICNIC AT SANDY POINT STATE PARK

Sandy Point (1100 E. College Pkwy.) in Annapolis is the perfect spot to have a family picnic on a warm Summer day. Sandy Point has 786 acres with a stretch of shoreline, which is great for wading, swimming or fishing. Boat rentals are available as well. Bring a blanket and an umbrella to spend the afternoon dining on the sand or find a shaded picnic pavilion. There are also onsite food and beverage concessions. Admission is \$5 for Maryland residents.

TOUR THE BAY BY BOAT

So what if you don't own a boat? For a fee, Schooner Woodwind, in Annapolis, has two 74-foot schooners, *Woodwind* and *Woodwind II*, available for sunset cruises, two-hour public cruises, private sailing cruises, as well as overnight "Boat & Breakfast" cruises. There are also multi-day cruises led by an expert captain and crew. The two schooners were "custom designed and built specifically for sailing on the Chesapeake Bay." For more information, or to purchase tickets, visit www.schoonerwoodwind.com

SUP THE BAY

One way to take in all the natural beauty Chesapeake Bay wildlife has to offer—from bald eagles and ospreys and other waterfowl, to diamondback terrapins, river otters and bottlenose dolphins—is to hop aboard a stand-up paddleboard. Companies like Capital Sup in Annapolis (<https://capitalsup.com/location/Annapolis>) and Shore Pedal & Paddle (www.shorepedalandpaddle.com) in St. Michaels offer tours, events, lessons and rentals.

PADDLE YOUR WAY THROUGH THE BAY

If traipsing through the Bay's inlets and tributaries on a stand-up paddleboard sounds like too much work, consider renting a kayak from the Chesapeake Bay Environmental Center located on the peninsula in Grasonville. Visitors can take a guided tour on a rented kayak or canoe through Marshy Creek,



the Narrows and Prospect Bay, May through October. Tours are led by a certified naturalist. Lessons are also available. For more information, visit www.bayrestoration.org/kayaking

"PADDLE YOUR GLASS OFF"

Southeast Expeditions offers a "Paddle Your Glass Off" excursion to Chatham Vineyards. After a paddling lesson, participants depart from a wharf in Nassawadox Creek in Bayford, Va., paddle through Church Creek (for approximately 45 minutes) and around Rabbit Island, all the while observing the native wildlife until finally landing on the shores of Chatham Vineyards. Visitors will pass 20 acres of grapes while getting a tour of the facility and sipping on Chatham's Church Creek wine. The winery offers tables overlooking the vineyard for relaxing with a glass or two of wine before getting back in the kayak for the paddle home. For more information, or to make an advanced reservation, visit www.southeastexpeditions.com/winery The cost is \$89 per person for the boat rental and winery

experience. A complimentary bottle of wine is provided for every two participants.

RIDE HIGH

If you want a full view of the alluring Chesapeake Bay region, sign up for a hot-air balloon ride through Chester's Delmarva Balloon Rides and take in the sights from 1,000-2,000 feet above the ground. The company offers year-round rides piloted by an experienced, FAA-certified pilot. Visit <https://mdballoonrides.com/> for more information or to book a ride.

The mid-Atlantic's Chesapeake Bay is an extraordinary habitat to explore, with or without a boat. Cities and towns along the 200-mile stretch from Havre de Grace, Md., to Norfolk, Va., each have their own distinct personality and charm. The flora and fauna found throughout the Bay's watershed is plentiful and always photo-worthy. To learn more about the Bay and how to support its conservation, visit the Chesapeake Bay Foundation at www.cbf.org/about-the-bay

Moving? Downsizing? We're here to help.



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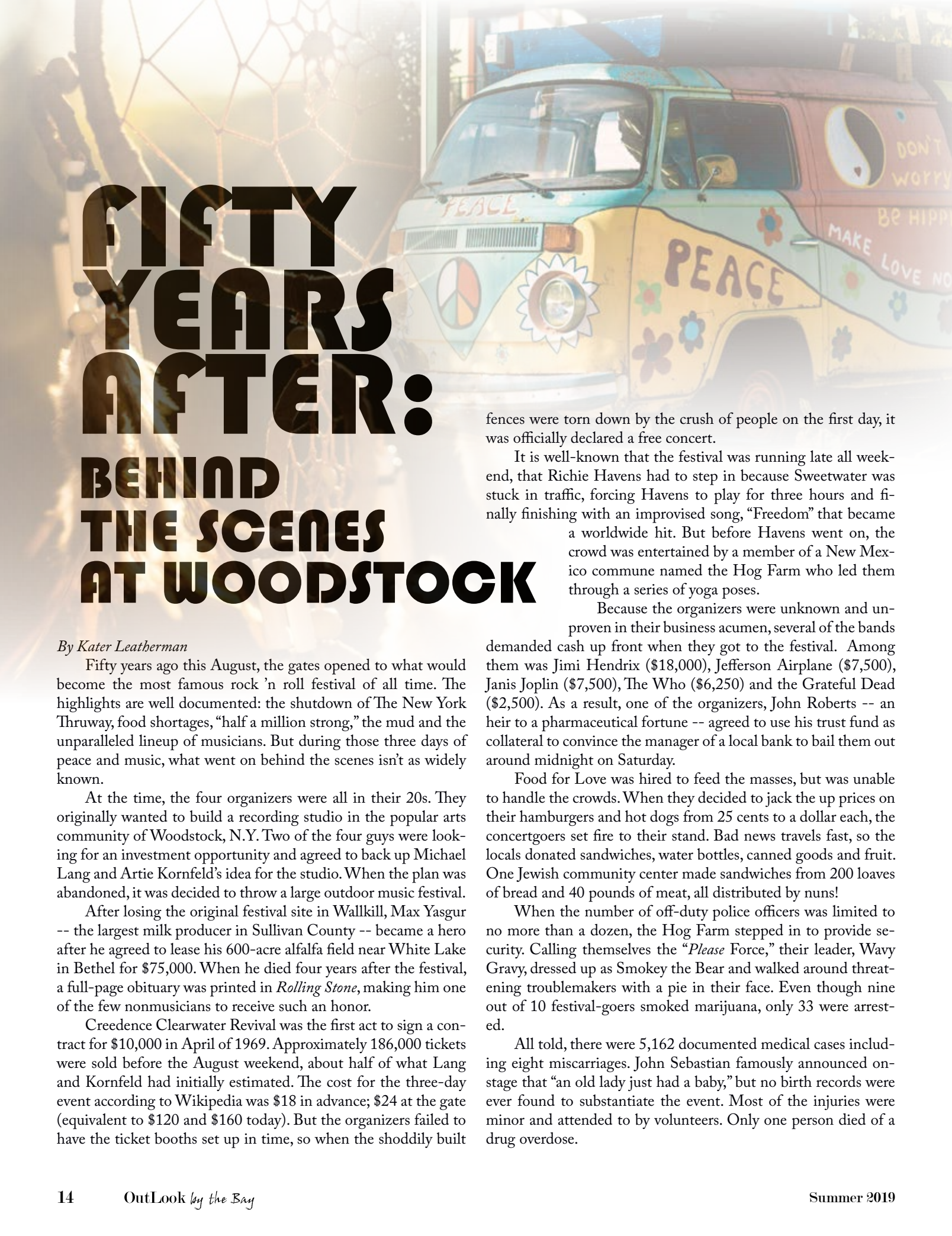
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FIFTY YEARS AFTER: BEHIND THE SCENES AT WOODSTOCK

By Kater Leatherman

Fifty years ago this August, the gates opened to what would become the most famous rock 'n roll festival of all time. The highlights are well documented: the shutdown of The New York Thruway, food shortages, "half a million strong," the mud and the unparalleled lineup of musicians. But during those three days of peace and music, what went on behind the scenes isn't as widely known.

At the time, the four organizers were all in their 20s. They originally wanted to build a recording studio in the popular arts community of Woodstock, N.Y. Two of the four guys were looking for an investment opportunity and agreed to back up Michael Lang and Artie Kornfeld's idea for the studio. When the plan was abandoned, it was decided to throw a large outdoor music festival.

After losing the original festival site in Wallkill, Max Yasgur -- the largest milk producer in Sullivan County -- became a hero after he agreed to lease his 600-acre alfalfa field near White Lake in Bethel for \$75,000. When he died four years after the festival, a full-page obituary was printed in *Rolling Stone*, making him one of the few nonmusicians to receive such an honor.

Creedence Clearwater Revival was the first act to sign a contract for \$10,000 in April of 1969. Approximately 186,000 tickets were sold before the August weekend, about half of what Lang and Kornfeld had initially estimated. The cost for the three-day event according to Wikipedia was \$18 in advance; \$24 at the gate (equivalent to \$120 and \$160 today). But the organizers failed to have the ticket booths set up in time, so when the shoddily built

fences were torn down by the crush of people on the first day, it was officially declared a free concert.

It is well-known that the festival was running late all weekend, that Richie Havens had to step in because Sweetwater was stuck in traffic, forcing Havens to play for three hours and finally finishing with an improvised song, "Freedom" that became a worldwide hit. But before Havens went on, the crowd was entertained by a member of a New Mexico commune named the Hog Farm who led them through a series of yoga poses.

Because the organizers were unknown and unproven in their business acumen, several of the bands demanded cash up front when they got to the festival. Among them was Jimi Hendrix (\$18,000), Jefferson Airplane (\$7,500), Janis Joplin (\$7,500), The Who (\$6,250) and the Grateful Dead (\$2,500). As a result, one of the organizers, John Roberts -- an heir to a pharmaceutical fortune -- agreed to use his trust fund as collateral to convince the manager of a local bank to bail them out around midnight on Saturday.

Food for Love was hired to feed the masses, but was unable to handle the crowds. When they decided to jack the up prices on their hamburgers and hot dogs from 25 cents to a dollar each, the concertgoers set fire to their stand. Bad news travels fast, so the locals donated sandwiches, water bottles, canned goods and fruit. One Jewish community center made sandwiches from 200 loaves of bread and 40 pounds of meat, all distributed by nuns!

When the number of off-duty police officers was limited to no more than a dozen, the Hog Farm stepped in to provide security. Calling themselves the "Please Force," their leader, Wavy Gravy, dressed up as Smokey the Bear and walked around threatening troublemakers with a pie in their face. Even though nine out of 10 festival-goers smoked marijuana, only 33 were arrested.

All told, there were 5,162 documented medical cases including eight miscarriages. John Sebastian famously announced on-stage that "an old lady just had a baby," but no birth records were ever found to substantiate the event. Most of the injuries were minor and attended to by volunteers. Only one person died of a drug overdose.

Other interesting facts include the Jeff Beck Group, with Ronnie Wood and Rod Stewart, who were booked, but the band split bitterly the night before they were to perform at the festival. Supposedly Bob Dylan didn't make it because one of his children was in the hospital. The more well-known version is that he didn't like hippies. John Lennon, in Canada at the time, wanted to attend but the U.S. government wouldn't give him a visa. Other accounts say the Beatles didn't sign on because John wanted Yoko Ono to be with them onstage.

Joni Mitchell -- who ironically wasn't at the festival but wrote the counterculture anthem about the event -- was scheduled to appear on the Dick Cavett show the day after the festival ended. Her manager, David Geffen, thinking that she would get more exposure on the show than playing at Woodstock, convinced her to stay in New York. According to her biographer, Corinne Segal, Mitchell was bitterly disappointed. She and Geffen watched the news about the festival on television. At the time, Joni was romantically involved with Graham Nash from Crosby, Stills, Nash & Young. When he returned from Woodstock brimming with details, she picked up her pen and paper and wrote the song "Woodstock."

Jimi Hendrix was the headliner at the festival with a contract stipulating that no act would follow his. The organizers wanted to move him to Sunday night but because the schedule was off by hours, he didn't go on until Monday morning at 7:30. By

then, most of the crowd had gone home, missing his iconic performance of "The Star Spangled Banner." It turned out that the highest-paid performer played to less than 35,000 people.

Perhaps the most interesting back story is that executive producer Michael Lang wanted Roy Rogers to close the festival, not Jimi Hendrix.

"Roy Rogers had turned me down," Lang said. "I wanted 'Happy Trails' to close the festival. We all grew up with Roy Rogers."

Years later, Rogers admitted, "I would have been booed off stage by all those goddam hippies."

Just days before the festival, organizer Artie Kornfeld cut a deal with Warner Bros. to release a documentary about Woodstock. Director Michael Wadleigh quickly assembled a crew including Martin Scorsese, who was fresh out of film school at NYU. In three days, they shot 120 miles of footage. The documentary went on to win an Academy Award and became one of the most profitable films of all time.

The Yasgur's dairy farm was sold less than two years after the festival. The site, and hundreds of acres surrounding it, was bought by Alan Gerry who created Bethel Woods Center for the Arts. In 2017, the property was listed on the National Register of Historic Places.

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We've all witnessed those shoppers who stalk the fruit and vegetable aisles inspecting—sometimes touching and smelling—each piece of fruit or vegetable before stashing it in their reusable shopping bag. I used to be skeptical about the practice, too, but after reading about how dirty produce can get (with potentially dangerous contaminants in the soil, not to mention pesticides), I changed my mind. I, too, became a produce examiner. And on top of that, I adopted the trendy practice of thoroughly washing fruits and veggies with a nontoxic wash.

The U.S. Food and Drug Administration (FDA) has issued warnings about selecting produce cautiously, stating, “Harmful bacteria that may be in the soil or water where produce grows can contaminate fruits and vegetables. Fresh produce may also become contaminated after it’s harvested, such as during storage or preparation.” So, the first step is scrutinizing your produce at the

store before purchasing; making sure it’s not bruised, damaged or brown (if in a bag). At home, the next step is to wash your hands for at least 20 seconds with soap and warm water and then to meticulously wash the fruit or vegetable. The FDA does not recommend using soap, detergent or a commercial produce wash, but simply running water to wash produce—

whether from a grocery store, farmer’s market or your garden. In addition, the FDA suggests using a produce brush (e.g., the Full Circle Ring Bamboo Brush on [Amazon.com](https://www.amazon.com) for \$5), to scrub firm fruits and veggies.

WebMD cautions people to wait to wash fruits and vegetables until right before eating since prewashing can cause spoilage or spur bacterial growth. Though it’s proper to use a brush for firm fruits and vegetables, it’s better to use a colander to rinse softer fruits such as strawberries, grapes, blueberries and peaches using cold water. Then pat dry with a clean towel or paper towel.

Produce washing applies to organic fruits and vegetables, especially to those varieties found on the nonprofit Environmental Working Group’s (EWG) “Dirty Dozen” report. Nneka Leiba, MPH, director of healthy living science at EWG and co-author of the report, says that folks should continue to eat fruits and

vegetables—specifically organic—since washing may not remove all pesticides. Foods on the “dirty dozen list” needing special attention, organic or not, include:

- | | |
|-----------------|--------------|
| 1. Strawberries | 7. Peaches |
| 2. Spinach | 8. Cherries |
| 3. Kale | 9. Pears |
| 4. Nectarines | 10. Tomatoes |
| 5. Apples | 11. Celery |
| 6. Grapes | 12. Potatoes |

You may have seen fruit and vegetable washes at the grocery store and wondered if it’s more effective than just cleaning produce with water. Well, according to University Health News (UHN) Daily, which provides expert health advice from America’s

leading universities and medical centers, the answer is no. UHN claims, “While veggie and fruit wash manufacturers claim their products do a better job at removing wax and dirt from produce than just plain water, the U.S. Food & Drug Administration says otherwise.” The FDA’s advice is that rinsing with water is good enough to remove pesticide residues. There is also concern that the commercial washes may leave their own residue after use or even change the taste of the fruit or vegetable.

The UHN documents research conducted by the Department of Food Science and Human Nutrition at the University of Maine, and though the three products tested did reduce the level of lingering pesticides on produce more than not washing at all, cleaning with distilled water was proven the most economical and effective process.

Additional studies examined cleaning methods involving salt water or vinegar, and both altered the taste of the produce. And, baking soda has been found to work better than a concoction of bleach and tap water,

though both required lengthy soaking to remove residual wax or pesticides or contaminants.

Final Verdict: The cheapest and most efficient way to make sure produce is clean before eating is to buy organic when possible, especially the items on the “dirty dozen list”. Then you should purchase a produce brush for firm fruits and vegetables, using a colander for fragile produce that does not have a tough skin and scrub or rinse thoroughly with distilled water. If you’re concerned the “au natural” method of using water and elbow grease isn’t enough for the non-organic produce you purchased, some health and wellness experts maintain that soaking them (i.e., those with a skin) in a bowl of distilled water with a cup of white vinegar for an hour gets rid of contaminants.

WASH YOUR PRODUCE

By Leah Lancione

FORTIFY YOUR TEETH WITH FLUORIDE

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

Cavities, or tooth decay, are caused by acid-producing bacteria that collect around the teeth and gums in a sticky, clear film called “plaque.” Brushing twice a day and cleaning between teeth with floss or another type of interdental cleaner helps to remove plaque. Regular dental examinations and cleanings also are important for keeping teeth healthy. Another key to good oral health is fluoride, a mineral that helps prevent cavities and can repair teeth in the very early, microscopic stages of tooth decay.

Fluoride can be obtained from fluoride toothpastes and mouthwashes, as well as fluoride varnish treatments in the dental office. For decades, dentists have used in-office fluoride treatments to help protect the oral health of both children and adults, especially patients who may be at a higher risk of developing cavities. Some factors that may increase a person’s risk of developing caries include the following: poor oral hygiene, eating disorders, lack of regular professional dental care, high levels of cavity-causing bacteria in the mouth; exposed root surfaces of teeth, decreased salivary flow resulting in dry mouth, poor diet, existing restorations (fillings) and tooth enamel defects.

If you are at a moderate to high risk of developing caries, a professional fluoride treatment can help. The fluoride preparation used in the dental office is a much stronger concentration than that in toothpastes or fluoride mouth rinses that may be available in a store or at a pharmacy.

When administering fluoride varnish, your dental professional will simply paint the varnish onto your teeth, often in less than a minute’s time and

most commonly as the last step during your routine hygiene visit.

Most fluoride varnish has a white tooth color and is therefore virtually invisible and can’t be seen by the patient or others. While it is flavorless, most patients will notice a thin coating on the teeth. For best results, it is recommended that patients refrain from brushing their teeth for four to six hours after application. The varnish will naturally wear off after 24 hours.

You can eat and drink immediately after varnish has been applied to your teeth, but you should avoid eating or drinking anything hot for two hours. Experts also recommend avoiding hard and sticky foods for the first few hours after application. When applied properly and left on for the appropriate number of hours, fluoride varnish will move to all tooth surfaces, providing protection even in between the teeth where it is most needed.

Fluoride varnish has been found to have a better benefit-to-cost ratio than rinsing with a fluoride mouthwash because varnish requires fewer treatments for measurable effectiveness. With regular varnish applications, one may help to prevent the need for future restorations.

Depending on your oral health status, fluoride treatments may be recommended every three, six or 12 months. Your dentist also may recommend additional preventive measures if you are at a moderate or high risk of developing cavities. These measures may include over-the-counter or prescription therapeutic products such as fluoride mouth rinses, gels or antibacterial mouth rinses.

Dr. Woody Wooddell and Dr. Joe Passaro care for their patients’ health by offering general dentistry services, as well as providing expert restorative and esthetic dental solutions. Located in Davidsonville, they can be contacted at 410.956.5555 or visited at their website at www.wpdentalgroup.com

Bay Bytes

Would you like to test your brain skills while contributing to research on brain study? Log onto <https://testmybrain.org> for a few fun tests.

Bay Bytes

Log onto [ResearchMatch.com](https://www.researchmatch.com) to become part of the studies conducted by academic institutions that are looking for volunteers to answer questions for their research via the internet. All are encouraged to join, regardless of current health. Sometimes, compensation is offered.

Sangria could be the original wine cooler. A combination of wine and fruit, Sangria is a fun, refreshing beverage for a hot Summer evening entertaining on the porch or a cozy Fall gathering with friends. It shouts party time.

Sangria's roots most likely extend back to the Middle Ages when water was unhealthful to drink and wine, cider or ale were the alternatives. Wine could be mixed with herbs or spices to add a punch of flavor to what was then often a lighter beverage than the wine we drink today--less flavor and less alcohol content.

In the Spanish language, sangria means bleeding and comes from the Latin "sanguis" which translates to "blood." Originally prepared with red wine, the name makes perfect sense for this delicious concoction—minus any blood. It is thought that sangria became popular in America during the New York World's Fair of 1964 where it was served to delighted visitors at the Spanish World section of the fair.

It's fun and easy to make your own blend of sangria and I have included a red and a rosé version here. You can also buy readymade sangria and

in your mix; Spanish cava works well as does Italian prosecco. As before, don't use anything costly; this is meant to be fun and not taken too seriously.

When serving your sangria, be sure to ladle some of the fruit into each serving glass. At a casual affair folks can just pick the fruit out with their fingers to nibble on. At a more refined gathering, omit the fruit or provide spoons. No sticky fruit all over tuxes or gowns, please.

Summer or Spring Rosé Sangria

Serves 6

- 1 large orange, sliced 1/4" thick and then in half**
- 1 cup hulled strawberries cut into halves or quarters**
- 1 cup seedless green grapes cut in half**
- 1 bottle rosé wine**
- 1/3 cup Cointreau or other orange liqueur**

Combine all ingredients in a large pitcher and refrigerate for three hours. Serve in wine glasses over ice along with some of the fruit.

Winter or Fall Red Sangria

Serves 6

- 2 large sprigs fresh rosemary**
- 2 cinnamon sticks**
- 1 bottle fruity red wine such as a Rioja or Beaujolais**
- 1 1/2 cups plain, unsweetened cranberry or pomegranate juice**
- 1 1/2 cups freshly squeezed orange juice**
- 3 Tbs. sugar**
- 1 1/2 cups blackberries**
- 1 1/2 cups raspberries**
- 1 1/2 cups pomegranate seeds**
- Sparkling water**

Place rosemary sprigs in a large pitcher and muddle to release the oils. Add the cinnamon sticks, wine, cranberry or pomegranate juice, orange juice and sugar. Stir to combine and dissolve the sugar. Add blackberries, raspberries and pomegranate seeds and stir. Cover and refrigerate at least four hours or overnight.

To serve, fill wine glasses with ice, pour in sangria with some fruit and add a splash of sparkling water.

If you prefer your sangria undiluted, buy some of those freezable plastic ice cubes to keep your mix chilled. If you don't want to prepare your own sangria, try a bottled version. There are many good ones out there. Stop by your favorite adult beverage store and ask for recommendations. Enjoy and have fun with this classic cooler.

Barbara has received rave reviews from family and friends for these sangria recipes. She can be reached at barbara.s.aiken@gmail.com



SANGRIA FOR ALL SEASONS

By Barbara Aiken

many are quite delectable. Spanish sangria usually contains wine produced from the Tempranillo grape from the Rioja region of northern Spain. You can use a suitable red wine you prefer in red sangria. Sangria can take on the mood of the season by using white wine or rose or sparkling for Spring and Summer versions and ruby red wine for Fall and Winter. Whatever wine you choose, there is no need to purchase something expensive and bold that is best left to savoring on its own.

There are many well-rounded, fruity, light or full-bodied wines available for mixing up a batch of this boozy delight. When choosing a white wine, try an un-oaked Chardonnay or chenin blanc. Pinot grigio also works well. You don't want to choose a wine with a strong overriding flavor. Most rosés are good candidates for a sangria blend. You can try using a sparkling wine

CROFTON AIRMAN HAS DONE MORE THAN 70 HONOR SALUTES

By Elyzabeth Marcussen

Air Force Tech. Sgt. Akeshia Lowry doesn't wear her dress uniform every day. For most of her 14-year career, she has donned it only when duty required. So at first she balked when told the dress uniform was required when volunteering with Hospice of the Chesapeake to perform honor salutes.

Then she went to her first salute and realized what it meant to the veteran patient and his family to see her there, dressed up for him, honoring him and thanking him. "We're honoring them in front of their families before they transition," Lowry said. "I was in awe. I couldn't believe what I had just experienced."

She continues to maintain her uniform so it's always ready and has even updated it with a new service cover in lieu of the standard flight cap. "I can't wait to get into my blues!"

Her enthusiasm is backed by numbers. She started doing honor salutes in April 2018 and has performed more than 60 of them for individual patients and 12 honor salutes at facilities for groups of veterans.

Her enthusiasm is contagious. She has brought around 10 active-duty military colleagues into the fold to perform salutes. Most recently, she recruited about 20 members of her military sorority, Kappa Epsilon Psi, to attend the nonprofit's Welcome Home Vietnam Veterans Day celebration on March 29, to cheer on veterans as they arrived for the event.

Her enthusiasm is inspiring. When training to perform honor salutes, it was suggested that people use their smart phones to play the service song for the patient's military branch. An avid member of military choirs throughout her career, she thought to herself, "Why would I play them when I can sing them?" Now whenever she is assigned to a salute, one can expect she will sing whichever of the five anthems is appropriate.

She knows through Hospice of the Chesapeake's volunteer training program that music plays an important role in caring for patients with Alzheimer's disease or other forms of dementia. There have been many instances where a patient who couldn't

remember a family member would perk up and sing along or mouth their branch's anthem. At first it is surprising, but then it made complete sense to her. "The minute you join the military, that service song is drilled in your head," Lowry said. "I know when I hear my song, I am like, 'Yay! Air Force!'"

There are two honor salutes that she will never forget. One was a gathering of 20 family members that eventually made it to YouTube. When she walked in, the Army patient scowled, "What's an Air Force person doing here?"

Lowry told him, "We all serve under the same flag." Then she pinned the flag on his clothes and sang the Army service song. When the salute was done, he was in tears.

It was that moment that taught Lowry to give a brief speech while saluting to explain that the nation's military serves under the same flag. It is a part of the ceremony that has been added by other volunteers performing salutes.

The other indelible honor salute was for a woman. It was the first time Lowry had performed an honor salute not only for an African American woman, but also for a female Air Force officer. As she talked with her and the family, she learned the patient had served for some time in the 70th Intelligence, Surveillance and Reconnaissance Wing. "I work in that wing," she responded.

It all seemed to be a mission Lowry was destined to complete. She, too, is an African American.

"I kind of picture myself in the patient's position: How would I feel if someone came and thanked me for my service. I want to make it my mission. We think about them. We think about what they did," she said. "I don't want them to think that they're forgotten."

Elyzabeth Marcussen can be contacted at EMarcussen@HospiceChesapeake.org

"I don't want them to think that they're forgotten."



TACKLING WEEDS NATURALLY



Leah Lancione

If you're wondering what characterizes a weed, Merriam Webster defines a weed as "a plant that is not valued where it is growing and is usually of vigorous growth ... *especially* one that tends to overgrow or choke out more desirable plants." So, if there's an unsightly plant growing in your garden, without your blessing, it's a weed and you have every right to remove it. There are methods to do so that don't entail hours of manual labor or harmful chemicals. You may be aware of recent news reports regarding the weedkiller Roundup (the trade name for the chemical glyphosate) and numerous civil lawsuits against the company that invented it, Monsanto. In 2015, the International Agency for Research on Cancer (IARC), classified glyphosate as "probably carcinogenic to humans." So, let's steer clear of any potentially life-threatening or environmentally unfriendly chemicals and stick to all-natural techniques for removing weeds!

Screw Driver or Trowel

The old-fashioned way of removing weeds with a screw driver or narrow trowel and some elbow grease still works, and is most effective, especially if you wait until after it rains, and the ground is softer.

Boiling Salt Water

Good Housekeeping magazine's "The Gardener Guy" admits his go-to method for eradicating weeds is boiling water with a tablespoon of salt poured on weeds growing in the cracks on driveways and sidewalks. He says, "This works really well on young weeds, and results are immediate."

Vinegar, Salt and Liquid Dish Soap

HGTV recommends a "cocktail of vinegar, salt and liquid dish soap" as a "cheap and easy natural alternative" to getting rid of weeds. The popular home and garden channel and website explain the acetic acid in vinegar as well as the salt draw moisture from weeds while dish soap serves as a surfactant (a substance which tends to reduce the surface tension of a liquid in which it is dissolved). When combined into a spray bottle and sprayed, the concoction should cause weeds to wither within a few hours—especially if it's sunny out. This process may need to be

repeated since it does not go down into the root system to remove the weeds permanently. Also, be careful not to use vinegar that contains above 5 percent acetic acid because it can prove harmful to you as well as pets or wildlife.

Corn Meal

Though home and garden guru Bob Vila swears the tried-and-true method of permanently ridding your yard of weeds is by pulling them out from the root by hand, he admits cornmeal does the trick as well. Calling corn gluten meal "birth control for seeds," Vila says that by sprinkling it on your garden will prevent weed seeds from germinating and growing. He does warn, however, not to implement this method on a vegetable garden until your plants are "established" and you're no longer putting seeds into the soil.

Newspapers

Vila also explains that newspapers are a good all-natural alternative to commercial, chemical weedkillers. Not only is this a way to recycle your old newspapers, but a means to "smother" weeds and prevent new ones from sprouting. Vila advises to wet the soil, then lay a thick layer of newspaper down to block sunlight from reaching weed seeds, wet the area again, and then cover with mulch.

A Steamer

The company Hammacher and Schlemmer sells a lawn and garden steamer that "helps control common weeds with ordinary tap water rather than harmful chemicals or backbreaking labor." For \$250, the contraption that looks a lot like a vacuum steamer, "unleashes a weed-wilting blast of super-heated 300° Fahrenheit steam" that causes the weeds to shrivel up and die within one to two days. Walmart also sells a similar weed steamer called the DynaSteam3, that works the same way and costs \$115.

No matter what method you try, or if you hire someone to do it for you, just remember the quote "without hard work, nothing grows but weeds." Keeping your yard and garden looking nice will take some effort.

Never lose. Either win or learn.

SUMMER SAFETY: PROTECT YOURSELF FROM THE SUN'S DAMAGING RAYS

By Kimberly Blaker

My worst sunburn ever was from laying out on an overcast day. I didn't expect to get much of a tan, let alone sunburned, given the conditions. Like many of us, I was unconcerned as there wasn't any color change at the time. But by evening, my skin was pinkish-red, and the pain set in.

Aside from a serious sunburn, there are other equally important reasons to take extra precautions in the sun, especially during the hot Summer months.

Skin cancer is the most widely recognized health problem resulting from sun exposure. Here are hints to reduce your risk:

- Avoid afternoon sun.
- Apply sunscreen with an SPF of 30 or higher at least 15 minutes before you go out and then reapply every two hours.
- Look for products carrying the Skin Cancer Foundation's blue seal of approval.
- Wear clothing that covers your arms and legs, as well as a hat to shade your face.

The sun's rays also damage our eyes. Exposure can cause cataracts as well as damage to part of the retina, cornea and lens. Cheryl Khanna, M.D., of the Mayo Clinic recommends wearing sunglasses that block

99 to 100 percent of UVA and UVB rays. Also, some sunglasses are designed to offer better protection. The best designs to block out as much UV rays as possible are wraparound or close-fitting glasses.

The risks of dehydration and heat exhaustion also increase during warmer months. It's important to drink several glasses of water every day of the year, but especially during the Summer months. If you'll be in the sun or heat for any length of time, carry plenty of water with you. Better yet, carry sports drinks, since they contain electrolytes. Also, try to restrict outdoor physical activity to cooler parts of the day.

Sun exposure also increases the risk of cancer to children. This is of particular concern for babies because of their sensitive skin. According to the Skin Cancer Foundation, a sunburn on a baby can be much more serious and result in high fever, dehydration, blistering and heatstroke.

To protect little ones, keep them out of the direct sun from 10 a.m. to 4 p.m. Dress them in lightweight clothing that fully covers their bodies. Keep their heads covered with hats or sunbonnets with 4-inch brims. For travel with young ones, place them in the center position of the back seat, or cover the car windows with UV-blocking film.

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OPT FOR OPTIMISM:

10 WAYS TO ADD A POSITIVE OUTLOOK TO YOUR LIFE

By Carolyn Campbell

Experts say that having a positive outlook can influence more than just our moods. "People who are optimistic are more committed to their goals, are more successful in achieving their goals, are more satisfied with their lives, and have better mental and physical health when compared to more pessimistic people," says Suzanne Segerstrom, Ph.D., a professor of psychology at the University of Kentucky. Researchers at Harvard University evaluated the health records and psychological questionnaires completed 40 years ago by a sample of 99 Army veterans. They found that the veterans who displayed characteristics of optimism in their responses 40 years ago were significantly healthier 40 years later mentally and physically. Researchers at the University of Massachusetts Medical Center found that the patients with greater optimism had more successful outcomes in a cardiac rehabilitation program where they lowered factors influencing their future risk of a heart attack and stroke.

An optimist sees the good in situations and expects things to go his way. Optimists believe that they have the power to control the events in their lives. When things do not go their way, they re-evaluate their circumstances and make the necessary plans to take action in an effort to shift the situation in their favor. Here are ways we can add optimism to our lives.

1. Start your day in a way that promotes optimism.

The way you begin your day can help set the tone. A stress-free morning leads to less stress and better focus during your day. A workout early in your day leads to more energy throughout the day.

And optimism while you are eating your cereal or traveling to work or school can help you to stay positive and constructive as you go through the ups and downs of your day.

2. Surround yourself with positivity.

Spending time with negative people who usually see the bad in every situation can cause you to feel negative, too. To help stay feeling optimistic, surround yourself with positive people who help you to appreciate the good in situations and in life in general. This also applies to other influences in your life such as music, literature and movies. Surround yourself with positive influences and see the effect it has on your state of mind.

3. Add humor to your outlook.

Those with a good sense of humor raise their positivity by 33 percent. We should foster our sense of humor and learn to not take things so seriously. We should learn to laugh at ourselves. Those who are able to do so can live lighter and brighter. It is good to see cheerful films, read funny books and to visit joyful people.

4. Choose a positive role model.

If you want to become an optimist, it can help to find a positive role model. Whether it is a colleague, close friend or even a celebrity, think of the most unflappable, cheerful person you can.

As an experiment in the next few weeks, try to take a walk in their shoes. Whenever negativity starts creeping in or you find yourself in a difficult situation, think: "What would (role model) do?" Answer honestly, then try to follow suit.

5. Serve others.

Those who regularly do good things for others are happier than those who only live for themselves. John A. Schindler wrote, "live as a giving person. Those who give are happier than those who only take."

6. Keep a gratitude diary.

When something negative happens, it commands your attention. The alarm clock doesn't go off, or your car doesn't start, leaving you in a foul mood for the rest of the day. However, how often do you stop and notice all those times your alarm clock did go off or your car started on the first try. To change your focus and thinking, make a conscious effort to start reflecting on all the things that go right and that you have to be happy about by keeping a gratitude journal listing all the things you have to be grateful for.

7. Attitude adjustment.

Find quick distractions you can use when you realize you're stuck on the same negative thought. Try activities that demand your full attention: Go to a yoga class (or a kickboxing or aerobics class, where you have to commit fully to avoid falling on your face). At the office, try calling a friend or switching on some absorbing music.

8. Write down the good things.

Every day, a group of adults was asked to write down three things that had gone well and why they happened. And again, even though the experiment lasted only one week, participants reported feeling happier for six months afterward.

9. Use your signature strengths in a new way.

Researchers asked study participants about their top five strengths—say generosity or creativity, for example—and then told them to use one of these strengths in a new and different way every day for one week. The result? The volunteers measurably increased their happiness for a full six months.

10. Move on past negative events.

What is gone is gone, and how you deal with the aftermath is the most important thing. There is no point apportioning blame, either on yourself or others. You have the power to change a situation and move on. It is so easy to say, "I should have done things differently" with the benefit of hindsight. However, if bad things have happened, look at tomorrow as exactly what it is — a new day — in which good things can happen, if you let them.

Most of us remember the Good Humor man, the sound of tinkle bells and the rush to grab some dimes and head for the street before he got away.

The Good Humor man was dressed in starched white with a bow tie accentuating his uniform, standing next to his white truck with a chocolate ice cream bar painted on the side. He was all about ice cream treats and first-class courtesy and fun. He tipped his hat to the mothers rushing toward him and shook hands with the men. It took three days of special training to become a Good Humor man.

In today's world you can still buy Good Humor, ice cream on a stick, but not so much from refrigerated trucks rambling through your neighborhood. Air conditioning changed the life of these neighborhood ambassadors. Closed doors and windows to keep us frosty inside out of hot Summers, also closed out the music of bells that announced our frosty afternoon treat had arrived. The thrill lasted for 25 years.

It all began in Youngstown, Ohio, when ice cream parlor owner Harry Burt attempted to create a concoction of an Eskimo Pie. This was first introduced by another ice cream parlor owner, Chris Nelson, who created it in Iowa with a chocolate sauce. Good, but too messy, said his daughter. His son offered the idea of freezing the sticks used in Burt's Jolly Boy suckers as a handle for the ice cream bar. Patented in 1923, the ice cream bar was on its way. Burt believed temperament was related to the humor of the palate, thus the name Good Humor, which did indeed bring smiles to many a face when the

tinkling bells summoned you. Mother's knew it was not wise to say no to sons and daughters hankering for a dime for the Good Humor man.

Burt launched his venture with a dozen refrigerated trucks. Within five years the company was building a factory in Chicago. Refusal to pay protection money cost Good Humor the loss of part of its fleet of trucks. Undeterred, Good Humors sold for a nickel during the Depression of the 1930s.

After WWII, 55 percent of Good Humor customers were age 12 and trucks accounted for 90 percent of company sales with 2,000 trucks on the road driven by courteous Good Humor men. Actor Jackie Carson added to the Good Humor allure when he starred in a 1950 murder mystery comedy featuring the Good Humor man, his bells and his truck. Soon after as homes kept their doors shut to keep out the heat, Good Humor was sold to Unilever, the giant conglomerate that stocks our super markets. By 1976, increased fuel costs and insurance demands had impacted profits and the Good Humor fleet was sadly sold.

There are still refrigerated ice cream trucks on the road. New York City recently waged war on them, confiscating 46 for blocking roadways within the city, thus closing off joy in the neighborhood.

Even Annapolis has an ice cream truck, but it is permanently placed, not roaming. The white-starched uniform guy with a bow tie

that tipped his hat to women and older Americans is a fixture of the past too.

Ice cream on a stick is still available. There's still the classic flavor, as well as toasted almond, strawberry shortcake, candy crunch and chocolate éclair, which were relaunched in 1992. But today when you buy a Good Humor ice cream bar, the tinkling bell rings no more.

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

Bay Bytes

Check out these four sites for your next vacation: **HomeAway.com** or **AirBNB.com** or **VRBO.com** and **FlipKey**. All have impressive lists of homes, flats and apartments available worldwide.

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

BEING THE CAPTAIN OF YOUR SHIP

By Dr. James David

Recently my wife had arthroscopic surgery on her shoulder. One of the many get-well cards she received had on its cover a delightful young blond girl aged four or five dressed in a warrior costume with a helmet and cowboy boots. The caption reads, "Never forget—underneath your sweet exterior beats the heart of a warrior princess." Of course, in the name of gender equality, the same could be said of a young warrior prince.

The purpose here is to give you a few tools to ensure that as you age, you stay in command of your ship -- to be that warrior prince or princess. The total package necessary for feeling or being powerful as we grow older contains too many items for us to address in this setting, so we will restrict ourselves to three foundational issues. These will equip us to deal with any and all challenges that threaten our equanimity. The three issues are Awareness, Self-Talk and Trusting Ourselves.

AWARENESS: One of my first clinical supervisors while I was learning the craft of psychotherapy asked me what was the purpose of therapy. I was young and thought I knew everything so I answered that the purpose was to facilitate change in thinking, feeling and behaving. He replied that the purpose was to facilitate awareness of thought, feelings, behaviors, patterns, etc., so the client or patient could exercise choice and freedom about what path to follow.

Take a moment now to focus your eyes on a distant object of your choice while simultaneously focusing on your breathing. While looking outside, practice balancing awareness of what is happening inside of you while holding awareness of what is happening outside of you. The

core idea is to stay in touch with yourself while dealing with another person or the outside world in general. You are staying with your breathing while observing without judging, experiencing or thinking.

Of course, developing self-awareness may require months and years of daily practice. Becoming nonjudgmental and open to multiple perspectives is fluid and readily attainable for some, while seemingly impossible for others. Marcel Proust expressed it well when he said, "The real voyage of discovery comes not in visiting new lands, but rather seeing with fresh eyes, new eyes."

Awareness is strengthened by the practice of observing how we feel in our body, what is happening with our mind and what we are inclined to say and do. The more we strengthen our observational ability or "muscle," the more choice and freedoms we have about what we say and do, think and feel.

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What's for dinner? Log onto **Cooks.com** and type in a few of the ingredients you have on hand such as chicken, sliced almonds and rice. Within seconds numerous recipes will pop up using the ingredients that you listed.

Another tool is to practice saying I feel or I am followed by one word. For example, "I feel excited" or "I am excited." When we tell each other how we feel, we tell each other who we are. Whenever we say, "I feel like" or "I feel that" we can substitute "I think" and the sentence will make sense. Unfortunately, we will not then be connecting with ourselves. How I feel equals who I am. I feel lonely equals I am lonely.

SELF-TALK: We humans are amazing. Our self-talk is so powerful. It is the equivalent of the software that drives the hardware in our computer-like brains. Henry Ford famously said, "Whether you say I can or I cannot, you will be right!" Our thoughts are essentially electrical neuronal clusters. Whatever thought we choose to believe becomes our reality.

The challenge with our negative or limiting self-talk is that it is so automatic, subtle and seemingly true that it is super-easy to not notice what we are doing to ourselves. Our brains believe and accept whatever we tell ourselves about ourselves. If we say out loud or to ourselves, "I am a great procrastinator," this belief creates our feeling of low energy and our subsequent procrastination behavior. To replace our automatic negative thoughts (ANTs) with positive thoughts and beliefs, we must repeat the positive self-talk until it is so fully believed that it creates a new identity for us. For

example, "I used to procrastinate, but now when I think of something I need to do or would like to do, I either do it right away and feel accomplishment or I write it down along with when I will do it. I do it and I feel great!"

TRUSTING OURSELVES:

Unfortunately for many of us, when we ask ourselves what we should do to heal or resolve the issue confronting us, we may tend to second-guess ourselves. A more effective process is to evaluate the answer that comes into our awareness. Then, if it fits or makes

sense, we go with that rather than confusing ourselves with third- or fourth-guessing. If our selected course of action proves to be incomplete, we can revisit the issue.

Another aspect is to first do a brain search with our conscious mind. This will frequently be sufficient to arrive at a solution to our problem. If a viable solution fails to surface, we then proceed to connect with our unconscious mind.

Our unconscious mind is a limitless reservoir of richness in that it contains everything we have ever experienced. To access your unconscious, relax your mind and body as in meditation. Ask your unconscious for an appropriate course of action. Do not struggle or strain as you might do with your conscious mind. Rather, ask the question, "What should I do?" and then wait for the answer to come to you effortlessly. If it doesn't arrive in a few minutes, do not be discouraged, but instead sleep on it and the answer will fluidly and effortlessly come into your mind upon awakening. The critical variable is to trust yourself. Believe in yourself in that your answer is more valid than anyone else's answer. This is labeled as having an internal locus of control rather than being dependent upon others or having an external locus of control.

EMPOWERMENT: As we age, we may unwittingly begin limiting ourselves by not noticing our self-talk. We might say, "I don't know what I want to do," or "It's too far," or "I hate waiting in line." The list is endless. It may help to ask a friend for feedback. "Am I becoming overly negative in my thinking?" Remember Yoda in Star Wars? He said, "Try not! Do or do not! There is no try!"

To be optimally healthy we need to balance being and doing. Being is what we achieve in being still and silent. We discover we are OK in our essence just as we are. Doing is achieved by overcoming denial, avoidance and procrastination. We experience feelings of accomplishment and fulfillment when we get things done. Being the captain of your ship is a better way to live.

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

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COUSINS:

THE FORGOTTEN RELATIVES

By Kater Leatherman

According to **Ancestry.com** cousins are looking for one another.

Other than our siblings, what's left of our relatives when our grandparents, parents, aunts and uncles die are the cousins. Cousins are defined as those whose most recent common ancestor is a grandparent.

Even though they share our DNA, there's not much written about our relationship with them. In fact, if you go searching, you will find that most books about cousins are written for children. Yet they are special people, particularly the ones we like.

As kids, if they lived close by, they made great playmates. If not, and we only saw them on holidays and special occasions, the day was made even more special because they were there. For some, if you were an only child, cousins can fill an important void because they can double as siblings. Much less competitive than our siblings, cousins tend to be more supportive and understanding. The dynamics might be different between families, but there's also a familiarity that strengthens our bond with them.

When there's family memorabilia to share, cousins are interested -- sometimes more than our kids -- and that makes them good candidates to receive old family photos, letters, genealogy information, documents and even furniture. Cousins keep us connected to the memory of our relatives. We reminisce about old times, revive family recipes and share forgotten stories. Of course, an



added bonus might be hearing something about your grandparents or parents that you never knew.

"Cousins can be a source of balance ... affording the closeness and common bond that exists in families, yet one step removed from the dependency that causes anxiety and conflict within immediate family members," says relationship therapist Larry Shushansky.

As life happens, everyone grows up. We have families of our own, and sometimes lose touch with people, including our cousins. But cousins really matter; they can be our friends, trusted advisers, mentors and even partners in crime. Sometimes, there are family events -- funerals, weddings and reunions -- where long-lost cousins can suddenly seem newly found.

Have you lost touch with any of your cousins? Reconnecting with people, whether old friends, high school classmates or family members, can be very rewarding. The foundation is already laid. The history is there, so you can usually pick up where you left off. Since we can't afford to operate as if our time here is infinite, why not reach out?

Kater looks forward to the annual reunion with her favorite cousins every Summer at Smith Mountain Lake. She can be contacted at katerleatherman@gmail.com



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

ADAPTING TO CHANGE

By Ryan Helfenbein

Remember growing up how simple the world was? If you wanted to go play ball with a friend, you'd knock on the door and ask, not hope, that the Wi-Fi is working so you can send them a video of yourself with a caption of, "Want to join in?" I overheard the other day that more change has occurred in our society in the last 18 years than the last 2000. For an industry such as the funeral business, that still keeps typewriters in use, we have even begun seeing change in the style of service offered. The funeral service is now being replaced by celebration of life, the newspaper obituary is falling by the wayside as online personalized tribute pages are created, and as amazing as this might seem, even the methods of disposition are expanding into alternatives beyond our wildest imagination.

For generations now, the choices of what to do with those who die has been narrowed down to two options – burial or cremation. But with change in all death care services, it was only a matter of time until it caught up with us.

Today, options in methods of disposition now include placing our loved ones directly into the earth through the option of "green burial" and dissolving the dead with an alkaline solution through what is called alkaline hydrolysis. And, as of May 21, in the state of Washington, families can transform their dead into human compost.

Recomposing, or "natural organic reduction" as it is being called, is the newest jaw-dropping method of disposition. As if the dissolving idea was not radical enough, we now can generate a nutrient-rich topsoil similar to that which can be purchased

at the local store, in which trees and flowers can be planted. The process transforms everything, even bones and teeth, into soil by introducing heat-loving microbes and helpful bacteria to rapidly breakdown the human remains contained in a reusable vessel. Through the introduction of woodchips and a controlled process to balance out the ratio of carbon, nitrogen, oxygen and moisture, recomposing creates the ideal 120- to 160-degree environment for thorough decomposition. At different intervals, the human remains are mixed to ensure equal breakdown. The entire process takes about a month and the cubic yard of topsoil left behind is then given to the family.

Changes are all around us,
even in an industry we would
imagine is most resistant to
change – are we ready?

So what about surgical implants and pacemakers you ask? Do they break down in this process as well? Good question. Much like that of cremation, all foreign material is removed prior to or after the process is completed and then recycled or placed into bio-waste. This concept of recomposing is to attempt to reduce our human

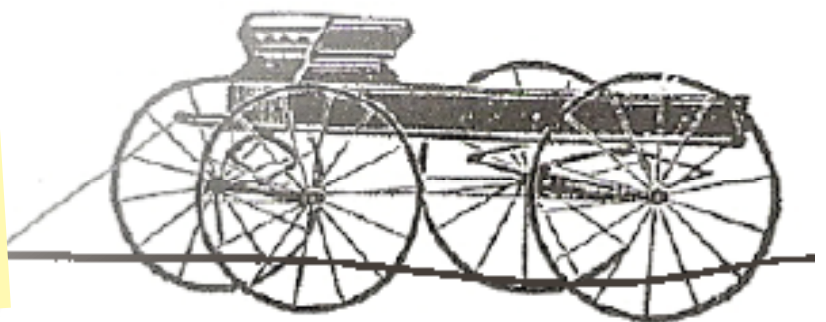
remains into the most environmentally friendly form available.

Yes, the world was simple 30-50 years ago. Phone calls were just that, picking up the phone and speaking to someone, not keystroking a handheld device through texting, and the nutrient-rich earth that we used for our landscaping was something we purchased at the garden center, not what the undertaker handed back to us after grandmother died. Things are changing all around us, even in an industry we would imagine is most resistant to change. The question is ... are we ready?

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

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Water testing kits can be purchased through Amazon or Lowe's or through sites found on Google. Test kits will analyze such things as lead content, bacteria, nitrates, pesticides and all sorts of other unwanted additions found in your drinking water. They will make suggestions as to how to clean it up. For a possible freebie, contact Safe Drinking Water at 800.426.4791.



FINDING YOUR NEW GROOVE

WHEN FACED WITH ADVERSITY

By Kimberly Blaker

Going through a breakup, divorce or the death of a spouse isn't easy. You've lost not only your lover, but your confidant, cheerleader, activity partner, support system and best friend. Such a loss can be devastating; it's only natural to grieve. In fact, allowing yourself to grieve is vital to your recovery. You'll need time (and perhaps even professional help) to work through your denial, anger, bargaining, depression and acceptance – the five stages of grief.

But even as you work through this difficult period, you can begin building a happy, full life. Working toward moving on doesn't mean you've forgotten the person you lost or your lives together. It simply means you recognize your emotional and physical well-being are dependent on getting back to a normal, positive life. Certainly, you'll still experience some sadness and miss the person and life you've lost. But also look for at least one, if not multiple ways, to lift yourself each and every day.

Taking time for personal growth is an excellent way to raise your spirits. So focus some time and energy on self-discovery, becoming a more fabulous you and finding new ways to enjoy life to its fullest. Go ahead and cherish those great memories, but build on them by enjoying new experiences and a newfound appreciation for all life has to offer.

SELF-DISCOVERY AND THE PATH TO YOUR NEW HAPPY

There are so many avenues to self-discovery. The truth is, you might never even reach your final destination. That's because self-discovery is really an ongoing process. As the seasons of your life come and go, you'll continually grow and change. The good news is, we live in a big, beautiful world that's full of possibility, endless things to experience and always new knowledge to be had. Let some of these ideas be a springboard to help you find your new groove.

JOB OR CAREER. Do you like what you do for a living? Or do you wish you'd gone a different direction? This might be a good time to consider a job or career change. Explore what kinds of work would make you happy. Just bear in mind your emotional state and take time to think through the pros and cons of your choices.

LEARN A NEW SKILL. It doesn't have to be for career growth

or change, although it could be. Learning a new skill offers lots of other benefits. In fact, it's good for your brain. It increases the speed at which you learn, improves your performance on other tasks and expands your knowledge. It also reduces your risk of dementia. Other benefits include making you more adaptable to change, providing an additional outlet to stave off boredom and making you a more interesting person. The great thing about learning a new skill is the multitude of choices to fit everyone's interests. Take an online class or go for a classroom setting. You can also buy or borrow books to learn on your own or read instructional articles online, watch YouTube videos, webinars and more.

VOLUNTEER. This is another way to expand your skills while also making the world a better place. Volunteering also benefits your emotional health. Research has shown that those who volunteer become happier, enjoy reduced stress and gain self-esteem. It also increases your social connections. In turn, all these factors contribute to a healthier, longer life.

NEW FRIENDS. Following a loss, making new friends is often imperative. If you're like most people in a relationship, you spent most of your free time with your partner. As a result, you may have only a small pool of friends. So get in touch with old friends and catch up. You might discover new things you have in common that help rekindle your friendship. Also, make new friends through work, classes and volunteering. **Meetup.com** is another option. You'll discover a plethora of different types and ages of groups. There's truly something for everyone.

MUSIC. If you're a music lover, you know what a mood-booster music can be. Yet, if you're like most people, you've listened to the same few genres of music throughout your life. So visit your library to explore different types of music and check out a variety of CDs. Try multiple artists within each genre, since styles vary widely. You just might be surprised at the music you fall in love with and have been missing all these years.

MOVIES. Everyone has their favorite kinds of movies. But maybe it's time to try something new. Look for independent movie theaters where you can catch indie and foreign films. You'll often find award-winning flicks in these theaters that never make it into mainstream venues.

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

ART. This isn't a world just for artists and you might discover you have a hidden talent you never realized. Think painting, drawing, sculpting, photography or printmaking. The other option is to simply observe art. Check out some art museums and galleries. You might even want to pick up a book or take a class on art appreciation, taking it to a whole new level.

CRAFTS. Hobbies offer a host of benefits in addition to the crafty things you can make, keep and give. Crafting relieves stress and depression, provides challenge, prevents boredom and can even generate additional income. Consider woodcrafts, leatherwork, needlework, glassmaking, paper crafts and countless other options.

TRAVEL. Whether you choose to explore your own state, other parts of the country or the world, you'll reap many benefits. Travel can be educational, enhances creativity, broadens your horizons and roller-skating are just a few of your options.

THERE ARE MANY BOOKS AND WORKBOOKS AVAILABLE TO HELP YOU ALONG YOUR JOURNEY TO SELF-DISCOVERY. CHECK OUT SOME OF THESE TOP-RATED CHOICES.

- *Start Where You Are: A Journal for Self-Exploration* by Meera Lee Patel
- *List Your Self: Listmaking as the Way to Self-Discovery* by Ilene Segalove
- *The Good Goodbye: How to Navigate Change and Loss in Life, Love, and Work* by Gladys Ato
- *This Time Next Year: 365 Days of Exploration* by Cynthia Scher
- *Something Gained: 7 Shifts to Be Stronger, Smarter & Happier After Divorce* by Deb Purdy
- *The Sun Still Rises: Surviving and Thriving after Grief and Loss* by Shawn Doyle

and best of all, it's fun. You can travel by car, train or plane. Make the most of your trips by doing research before you go so you hit the right weather and don't waste your trip figuring out what to do and see.

FOOD. Learn new cooking or baking skills on your own or by taking cooking classes. Explore a broader variety of foods. Taste a wider range of fruits and vegetables and hit restaurants to try out cuisines you've never had before.

SPORTS & FITNESS. Make exercise a regular part of your routine. This is one of the most valuable things you can do for your physical and emotional health. Oh, but you don't like the "E" word? Then consider a sport. There are so many to choose from, whether you like team sports or prefer going solo. Golf, volleyball, tennis, kickball, swimming, martial arts



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DOGS:

By Kimberly Blaker

In living with and interacting with our dogs, we get to know them well. Despite their inability to talk, we often understand their emotions based on their body language. Scientists now know what dog owners have suspected all along. Dogs experience a wider range of emotions than studies first indicated.

The dog brain is substantially smaller than the human brain when accounting for body size, so it isn't as complex as our brain. Yet, MRI studies reveal dogs' brains aren't much different from humans. MRIs have revealed the same sections of both the human and dog brain light up based on various types of stimuli, according to neurologist Dr. J.P. McCue at New York City's Animal Medical Center, whose findings were reported in *Dog Brain Facts: Understanding Canine Cognition*.

It's also been found that dogs produce oxytocin, the neurotransmitter and hormone that creates the emotion of love in humans. In fact, research has found that when our dogs stare into our eyes, it activates oxytocin, creating a bond similar to that between a mother and infant.

David Grimm, in his article, "How Dogs Stole Our Hearts," (sciencemag.org), reports on the research of this phenomenon. In an experiment by Takefumi Kikusui, an animal behaviorist and his colleagues, dogs and their owners gazed into each other's eyes. Their gazes ranged from a few seconds to a couple of minutes. The researchers found in those dogs and owners who gazed longer, the oxytocin levels rose 130 and 300 percent, respectively. This adds to the growing body of research that defines how dogs can feel love and attachment.

Just as in humans, dogs' brains develop as they grow. In humans, the brain reaches full development around the age of 25. But dogs' brains are fully developed around the age of six months. At this point, dogs' emotional development is equivalent to a two-and-one-half-year-old human, according to researchers.

To gain perspective on what that means in regard to dogs' range of emotions, Stanley Coren, in "What Emotions Do Dogs Actually Experience?" charts the emotions of a two-and-one-half-year-old child. These include joy, love and affection, contentment, excitement, shyness and suspicion, fear, disgust, distress

MORE EMOTIONS THAN MEET THE EYE

and anger. At that age, however, children don't experience feelings that require self-consciousness, such as pride, shame, guilt and contempt.

So how do you read your dog's emotions? Here are some of the ways:

Joy. Dogs often express this when a family member comes home or a familiar guest comes to visit. Dogs often run and jump, wag their tails and lavish kisses. They also express joy when playing by barking or giving a playful bow.

Love and affection. When dogs are feeling affectionate, they might nudge you with their nose, make affectionate eye contact (as opposed to the threatening eye contact in the presence of an unknown dog), or make soft groans and sighs while lying next to you. Some dogs will lean their bodies up against you while sitting or standing. They also express their love through kissing, jumping and rolling onto their backs with a wagging tail.

Shyness, suspicion, fear. These emotions are often quite evident. Dogs might flatten their ears, avoid eye contact, tuck their tail under, cower, pant or shake. They can also have dilated glassy eyes. Pacing, hiding, whining, barking, sneering, nipping or submissive urination can also be signs of fear or shyness.

Distress. When dogs are depressed, they can experience changes in appetite, behavior, sleep patterns and reduced activity levels. Emotionally distressed dogs also show this in their posture with downcast eyes and a low bent neck. They might also lick or shed excessively.

Anger. If your dog has ever ignored you or given you the cold shoulder, there's a good chance it's mad at you. But if you're doing something that makes your dog particularly angry, your dog might take a rigid posture, bark loudly in your direction or make sharp or short barks. This is a warning to stop whatever you're doing that's making your dog angry. If your dog begins growling, howling repeatedly with a rising pitch or showing teeth, it's prepared to attack.

What about hackles? People often think raised hackles indicate a dog is angry or showing aggression. Sometimes that's the case. But raised hackles are an involuntary reaction and most often caused by a host of other emotions. These include excitement, arousal, fear, shyness, defensiveness or being startled. That said, dogs can bite out of fear, not just anger. The best way to know the meaning behind the raised hackles is to look at other body language that indicates what the dog is feeling.

So understand and enjoy your dogs. For some of us, they are the best companions we have.

Research has found that when our dogs stare into our eyes, it activates oxytocin

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

COOL IT!

By Penelope Folsom

Just short of dangling your legs in the neighbor's pool, one of these suggestions might help in getting a quick cool-down this Summer.

- 1.** Start with cool, refreshing water. You know we're never getting enough. Well in the heat, now's the time. Help yourself to a mega-mug of water with lots of ice and a slice of orange or lemon or lime to perk it up.
- 2.** Keep a supply of homemade popsicles tucked in the freezer; they're not just for kids. Easy to make. Freeze in a paper cup with a plastic spoon or buy one of the popsicle forms available wherever kitchen supplies are sold. Use whatever ingredients you like, including a fruity yogurt or any fruit juice that you have on hand.
- 3.** Try chilled watermelon cut into bite-sized pieces or whirl pieces in the blender with a few ice cubes for a slushy cold treat.
- 4.** Lemonade that you've made with fresh-squeezed lemons makes a cool treat. (Easy recipe: three cups water, three lemons juiced, ¼ to 1 cup sugar - your choice as to how sweet. Combine and chill.)
- 5.** Homemade iced tea that you keep chilled and ready in the refrigerator is a welcome, no-calorie treat. Serve over ice cubes made from the lemonade above, or create what's known as an Arnold Palmer -- 1/2 lemonade, 1/2 iced tea.
- 6.** Have frozen blueberries or grapes on hand for a quick pick-me-up. Kids love these.
- 7.** Make a fruit slushy out of oranges or peaches or bananas, or any combination of your favorite fruits. Add one part milk or yogurt to four parts fruit and a handful of ice cubes. Whirl it altogether in the blender for a refreshing and healthful drink.
- 8.** Eat smaller meals like a cool fruit salad for lunch or chilled shrimp and a pasta salad for dinner.
- 9.** Keep your air conditioner at a reasonable temperature. You'll be more inclined to head out the door when the temperature difference isn't so extreme. (It will also save money and cut down on the negative effects on our environment.)
- 10.** For those who garden or hike or enjoy outdoor activities, try the neck wrap. It's a piece of comfortable fabric that's filled with a gel. It's frozen and then draped around the neck, usually lasting up to a few hours. Check it out on Amazon.com



11. Try your iced coffee with whipped skim milk floating on top and a dusting of cinnamon. If calories aren't an issue, add a couple of tablespoons of vanilla ice cream.

12. And for the pièce de résistance there is nothing like homemade ice cream. An electric ice cream maker is easy to use, not expensive and you can create your own recipe. To save calories, try using whole milk or nonfat vanilla yogurt instead of cream. Make a basic vanilla and add fruit such as blueberries, chopped peaches or strawberries.

Whatever cure you have to beat the heat, try to get out there and enjoy our Summer. It will be back to boots and shovels and ice scrapers all too soon.

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WHAT TO SAY WHEN ADULT CHILDREN ASK FOR MONEY

By Carolyn Campbell

Elizabeth Knight's son was in "difficult straits" as a single, custodial father who also battled colon cancer. When his car quit running, he asked her for money for a new car. "At the time, I was trying to qualify to buy a home," she recalls. "If I co-signed the loan for him, I wouldn't be able to buy my home." She was in agony about the decision. "It was hard to say no to this 30-year-old child who had a cancer diagnosis and a heavy responsibility," she recalls. "Yet he'd also had a lot of really good times with his credit card and now had bad credit."

With a heavy heart, she declined his request for money. "I agreed to drive him to some dealerships that offer slightly higher interest loans," she said. "I didn't co-sign anything, but I reviewed the documents and supported him in getting connected to a reputable dealership that offered loans to people with problems. He got the payments set up for a loan he could finance. The outcome was that he even established a new credit history."

Knight is far from alone in receiving a money request from an adult child. Certified senior adviser Fred Johnson recalls the day when his 79-year-old single male client told him, "My daughter and son-in-law want to borrow \$20,000 to pay off a medical bill. They don't have insurance. "When Johnson responded that hospitals have payment plans, the client said his children didn't feel they could afford that option. They also said they'd rather not borrow against their mortgage. "They didn't want to use their own resources," says Johnson. "Instead, they preferred to borrow \$20,000 from a senior citizen who has limited retirement and savings."

As a certified senior adviser, Johnson frequently consults with seniors whose adult children ask to borrow money. "Some adult children look at their parents as an endless supply of cash. And many seniors feel a real conflict when their adult children ask for money."

PARENTS WANT TO HELP THEIR CHILDREN.

There is a natural tendency for most parents to want to help their kids when they hit a rough spot at any stage of life, says Amy Brunson, program manager for a caregiver support program. "It is really important for parents to think about the implication of the request and also consider their own needs."

She adds that there is such a thing as enabling adult children—or anyone else, such as a neighbor or another family member—and establishing them as someone who always needs help. "If we keep bailing them out instead of saying, 'It's time you figured this out,' how is that helping?" Always granting their requests

could "be teaching them that over the long term, we approve their irresponsible spending." Brunson says. She adds that sometimes, saying no to a money request forces an adult child to "dig down and figure out solutions to their problems. If we always bail them out—particularly with chronic money requests—there is no motivation to change their behavior."

Brunson feels that once parents have supported children through high school and provided the opportunity for an advanced education, they have reached their majority and it's time for them to grow up. It's time for the National Bank of Mom to close."

SAYING YES MIGHT BE THE RIGHT ANSWER.

Sally Randall knew that her daughter, Kelly McCormick, was having the worst year of her life. McCormick's husband suddenly left her for another woman. The daughter's 10-year-old son, David, remained partially handicapped after he had been hit by a car. That's along with suffering brain and leg injuries. David remained unconscious for five weeks during his hospital recovery. Feeling compassion, Randall called her daughter to say, "You need help." Looking back to that time, she recalls, "I knew that Kelly had all of the bills to pay, along with adjusting to her new situation." Mom and daughter treated the money transaction as a loan. They created a contract listing the amount McCormick would repay monthly along with interest charges. "She paid every dime back," Randall says.

Randall saw similar results when she loaned another daughter, Joan Taylor, money to purchase a house. Again, the arrangement was a loan. "My husband suggested I loan the money to her with the idea that after he died and his pension payments ended, the money she repaid me could serve as an income for me." Both parties again agreed to a contract that included repayment details and interest payments. "She paid faithfully, every month. Those payments gave me additional income," Randall says. "Within one year of paying off the loan, my daughter died of cancer. Her husband then completed the payment and paid off the house."

BE HONEST IN SETTING BOUNDARIES.

Kate Roberts was surprised to hear from her daughter. The two had been estranged since Roberts and her husband divorced seven months earlier. Now her daughter Brittany was calling to say that she planned to marry. "She called to ask how much money I could contribute to the wedding," Kate recalls. Recently divorced, Kate felt that she could afford to spare \$700—less than half of the \$1,500 her ex-husband planned to borrow to help pay for

the event. "I was honest with her about what I could afford," she recalls. "I felt it was important for her to realize my limitations. I told her that if I didn't budget my money wisely now, I might have to live with her after I retired. She definitely didn't want *that* to happen," Kate laughs.

Kate reassured her daughter that along with providing money, she would be happy to offer her time to help shop and assist in making all wedding arrangements. "I went with her almost every weekend," Kate recalls. "Along with getting ready for the wedding, we were able to spend time together and talk, which helped rebuild our trust after the divorce."

Johnson feels that Kate made the right choice in setting boundaries. He suggests that retired couples reach an agreement by asking themselves, "What do we want to do to show a united front if our kids ask for money?" In this way, parents can circumvent a tactic children use—to get one parent alone and get that parent to commit to a request—separating that parent from the judgment of the other. "It's a continuation of the triangulation tactic that both young and adult children use. It can be a pattern that continues into adulthood," said Johnson.

He adds, "If a parent sets boundaries in little things, it gives you the courage to say no when a child's request is a major imposition. While everyone is willing to step in during a crisis, if the request for money is for convenience sake, the negotiated deal has to have some input from both parties," says Johnson. "Too, giving a serious chunk of money is often not a decision made by just the giver and the receiver. The child's siblings may also need to be considered."

OFFER OTHER FORMS OF SUPPORT.

Brunson adds that both Knight, who turned down her son's car loan request, and Roberts, who set a limit on how much she could pay for her daughter's wedding, made good choices by coming up with alternatives other than giving money. "We can do more than just write checks," Brunson says. We can do other things that say, 'I love you and I understand you are in a tough situation.'"

She feels that Roberts gave her daughter a clear message and was honest about her own financial situation. "After being estranged from her daughter, she was probably tempted to do whatever it took to re-establish the relationship. Yet she came up with ways of supporting the wedding other than just money. Such supports make us feel like we are helping, but not always just throwing money."

MONEY GIFTS CAN CONTRIBUTE TO FAMILY RESENTMENT.

Adult children who have yet to completely assert their independence may come to parents for financial relief. "This perpetuates the child-

parent relationship instead of the adult relationship," Brunson says. "From the child's point of view, it's not unusual for the parent to hold that over the child for years."

He adds that in the eyes of siblings, the child who asks for money is "often the kid who always creates resentment, who seems to be the real favorite or the real dependent one, leaving the parents to have to justify his behavior." He adds that the other siblings may consider the money gift part of their inheritance and resent it when it isn't paid back. "Five years later, when he goes on a big trip, they'll think, 'How come he hasn't paid mom back yet?'" says Brunson.

IS IT A GIFT OR IS IT A LOAN?

Parents can give money to children whenever they want, but they need to understand the consequences of this action, says Tanta Lisa Clayton, elder law attorney. "If they are going to give money as a gift," she explains, "and assume that they will never see that money again, they need to ask themselves if that is OK."

If a parent wants to be sure that the money is paid back, the parent needs to create a written agreement as a contract or promissory note indicating that the money will be repaid (and whether interest is required), Clayton advises. She has seen situations where parents loan money to a son or daughter to buy a house. Then, after the child's marriage was dissolved the divorce decree granted the house to the child's former spouse. Without a written agreement, there is no hope of recovery in such circumstances, Clayton explains. She has also seen cases where a parent cosigned on a loan with a child, and was liable to make payments when the child defaulted on the loan.

Along with considering a written agreement, she also advises parents who plan to give a monetary gift to first consult with a tax attorney to determine tax consequences and how it will affect their estate plan. "If they plan to give money to one child, they may want to ask how that affects what they want to give to their other children."

Carolyn is the mother of four and grandmother of two. She can be reached at carolyn@sisna.com

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FARMERS & MARKET & PICK YOUR OWN

By Leah Lancione

There are many reasons to love Summertime and one of them is the ability to buy fresh, delicious fruit from a local farm. Sure, you can hit the grocery store and select produce that's been picked over by other shoppers, shipped in crates from who knows where and handled by random delivery folks and inventory clerks. You don't always know if you're choosing something that's been handled with care—unless of course you buy organic, which at least ensures no harmful pesticides are used. In addition, here are many other reasons to visit your local pick-your-own farm or farmers market this Summer.

Cost: You may think the sales at your big supermarket chain or grocery store will be better than the prices at a local farmer's market, but in the long term, you save money because the produce will likely last longer since it's fresher. In *Healthmag* a food manager at a farmers market in Canada says, "Produce at the supermarket has already been sitting in transport for at least a day or two, while produce at your local market was most likely harvested earlier that day." If you're shopping at a local farmers market or farm, the produce hasn't traveled long distance—if any at all—to where it's being sold. This means it will be ripe and fresh and hasn't sat on a shelf or in a crate on a truck for days. The magazine also notes that often a farmers market has more access to organic produce at a better price.

In-Season Produce: The website pickyourown.org explains that each month brings the availability of different

fruits or vegetables—depending on where you live. Since location and weather conditions affect crops, the site warns shoppers to "always call the farm before the earliest date, so you don't miss the season." For example, strawberries are in season in Maryland from mid-May to early July, but if the state has experienced a mild Winter, it's possible the fruit on farms was ready for picking earlier than normal. The following is a list of produce that's typically in season in Maryland during the Spring to early Fall months:

- Cherries: June-July
- Blackberries: June-July
- Blueberries: July-August
- Peaches, figs, tomatoes, and green beans: July-September
- Raspberries: July-October
- Apples: August-October
- Cantaloupes: July-September
- Cucumbers: May-August
- Nectarines: July-August
- Plums: July-August
- Peppers: July-October
- Summer squash: July-October
- Eggplant: July-August
- Asian pears: August-October
- Sweet corn: August-September
- Sweet potatoes: September-October
- Tomatoes: July-October
- Watermelon: August-October
- Winter squash: mid-September-October

It's Fun: Picking fruit with your spouse and kids is a fun way to spend

quality time. If you have young grandkids, a field trip to the local pick-your-own farm is a learning opportunity as you can describe farming, the environment, eating healthy and conservation.

It Supports the Local Economy: GreenChildMagazine.com reminds people that "when you shop at independent or local businesses, more money is kept within your community. By shopping at a farmers market, roadside stand or a pick-your-own farm, the money you spend on produce goes back into your community, and you can trust that you will get a high-quality product from these family-owned and operated businesses.

So, where can you find a pick-your-own farm? Here is a list of a few located in central Maryland:

Chase's Produce in Davidsonville has been providing fresh produce for more than 58 years, including pick-your-own strawberries, sweet corn, homegrown tomatoes, cantaloupes, watermelons, squash, green beans, peppers, cucumbers, egg plants and more. The farm is open seven days a week seasonally.

Country Aire Farm Produce in Lothian is a place to pick your own strawberries or buy already-picked strawberries. Other fruits and vegetables are available for purchase as well.

Paddy's Produce is also in Lothian. This roadside stand is open July through October and sells fresh corn, tomatoes, squash, cucumbers, string beans, watermelons and cantaloupe—all homegrown.

Farmers markets offer fresh produce from farms across the county and state. Many offer organic produce or use natural growing practices so you don't have to worry about produce containing pesticide residual. The Anne Arundel County Farmers Market (www.aacofarmersmarket.com/) is located on S. Truman Parkway in Annapolis and has an expansive selection of local produce, artisan crafts and prepared food items. There are also farmers markets in Severna Park (<https://marylandsbest.maryland.gov/producer/severna-park-farmers-market/>) and Crofton (<http://croftonfarmersmarket.com>).

Remember, buy fresh and eat local!



NEW RULES FOR VETERANS' AID AND ATTENDANCE BENEFIT

This column presents general information regarding estate and disability planning and probate. It is not intended to create an attorney-client relationship or constitute legal advice to readers. Individuals with legal concerns should consult with an attorney for advice regarding their specific circumstances.

By Jessica L. Estes

Any veteran or surviving spouse of a deceased veteran whose income is not sufficient to cover his or her long-term care expenses, may qualify for a nonservice-connected improved pension benefit called Aid and Attendance through the Department of Veterans Affairs (VA). This benefit provides a monthly, tax-free income for the veteran or surviving spouse who needs assistance with at least two activities of daily living and who is in a nursing home, assisted living facility or at home receiving care.

There are four basic eligibility requirements for the Aid and Attendance benefit: (1) the veteran or surviving spouse must be blind, residing in a nursing home or require the aid of another person to perform personal functions required for everyday living; (2) the veteran's discharge from the military must be anything other than dishonorable; (3) the veteran must have served at least 90 days on active duty for anything other than training (those days do not have to be consecutive unless service began after Sept. 7, 1980, in which case two years continuous active duty is required, or any length of active duty if the veteran has a service-connected disability discharge; and (4) one of those days must have been during a period of war.

Periods of war for VA purposes include:

World War II – Dec. 7, 1941, through Dec. 31, 1946.

Korean War – June 27, 1950, through Jan. 31, 1955.

Vietnam Era – Feb. 28, 1961, through Aug. 4, 1964, if the veteran served in the Republic of Vietnam during that period; otherwise, Aug. 5, 1964, through May 7, 1975.

Gulf War – Aug. 2, 1990, through a future date to be set by law or presidential proclamation.

In addition to the eligibility criteria, the veteran or surviving spouse must also meet the entitlement requirements. To be entitled to the benefit, the veteran or surviving spouse must pass the income and asset tests. The VA counts all gross household income, but allows a deduction for unreimbursed medical

expenses. Such expenses include, but are not limited to, health insurance premiums (Medicare, supplemental insurance, etc.) and deductibles, prescription and doctor copays, hearing aids, transportation, nursing home or assisted living facilities or in-home health care. The veteran or surviving spouse's monthly income for VA purposes (gross income minus deductions) cannot exceed the maximum monthly rates for the Aid and Attendance benefit. Currently, the rate for a veteran without dependents is \$1,881, the rate for a veteran with one dependent is \$2,230 and the rate for a surviving spouse is \$1,209.

Previously, there was no specific amount of assets that a veteran or surviving spouse could retain and still qualify for benefits. It was up to a claims examiner to decide if the applicant's net worth was excessive and a bar to the benefit. Now, under the new rules, there is a net-worth, bright-line limit of \$127,061. So, if the applicant's countable assets, plus his or her annual income for VA purposes, exceed that limit, he or she will not be eligible for the benefit.

Moreover, all assets will be counted except the equity in a primary residence that sits on two acres of land or less, household and personal goods, vehicles, life insurance proceeds from the death of a veteran and federal tax refunds. If the primary residence is located on land greater than two acres, the value of the land exceeding two acres will be countable unless it is not marketable.

There is also now a look-back period of 36 months. Any transfers for less than fair market value occurring during the 36-month period immediately prior to application will be penalized if such transfer would have resulted in the applicant exceeding the net-worth limit. However, any transfers occurring prior to Oct. 18, 2018, will not be penalized. The penalty period begins on the first day of the month following the last asset transfer and is calculated by dividing the total amount of assets transferred in excess of the net-worth limit by the current monthly rate for a veteran with one dependent. Under no circumstances, though, will the penalty period exceed five years.

As with any government benefit, the application process can be daunting. If you need assistance filing an application for benefits, contact a VA-accredited consultant or attorney. Such a professional can help you to file a fully developed claim, and by law, cannot charge for help in filing an application.

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

PROTECT YOURSELF FROM ANIMAL-RELATED INJURIES

By Kimberly Blaker

Approximately 1.3 million Americans are treated in emergency rooms for animal-related injuries each year, according to data published by the Agency for Healthcare Research and Quality's Healthcare Cost and Utilization Project. Of these, roughly 232 people die.

Published in the medical journal BMJ in December 2018, the study says the rate of animal-related injuries is on the rise. Study co-author Dr. Joseph Forrester attributes this in part to climate change because nonvenomous arthropods, such as mosquitoes, ticks, spiders and centipedes, thrive in warmer temperatures. Arthropods account for 41 percent of all animal injuries.

The second highest cause of animal-related human injuries is from man's best friend. Dog bites account for 25 percent of animal-related injuries. Hornet, wasp and bee bites and stings come in third at 13 percent. With 89.7 million dogs living in U.S. households, it stands to reason there's a high number of animal-related injuries. Add to that, we can't always predict or control the presence of wildlife. Still, there are precautions we can take to prevent or reduce the risk. You can begin by learning about the particular animals found in your area and the types of risks they pose. Also, do your research before traveling. Here are some of the most common or deadliest culprits.

ARTHROPODS

Nonvenomous arthropods cause the largest number of animal-related deaths each year. Nonvenomous arthropods are, nonetheless, often poisonous. The first step to protecting yourself is knowing which ones pose danger and what those arthropods look like.

The black widow, Arizona bark scorpion, centipede, brown recluse and tarantula are the most poisonous arthropods in America and can be deadly. But there are many other arthropods to be cautious of as well. Some arthropods can inject venom or poison through stinging or bites. Others also have ways to protect themselves. Many have urticating hairs that can cause irritation or even allergic reactions when touched. The tarantula even has the ability to eject its abdominal hairs toward its potential attacker. Caterpillars also have these hairs.

Mosquitoes and ticks, among other arthropods, can also carry and transmit diseases. Unlike most arthropods that want nothing to do with us, blood-feeding arthropods are fearless and relentless.

Given the vast variety of arthropods, the best prevention is to avoid touching them unless you know what they are and

their potential risk. To protect from mosquitoes and other blood-feeding arthropods, use repellents. If you'll be in a wooded or another area where they're likely to be present, also wear pants and long sleeves.

DOGS

Dog bites cause the third highest death rates among animal-related injuries. But there are other ways people are injured by dogs. Children have been injured when being carried by an adult who's walking a dog. That happens because the dog either bumps into the adult or the adult trips over the leash and falls.

Another high-risk activity is bike riding with a leashed dog. But first, what many dog owners don't realize is this can be cruel and dangerous to our beloved pets. Dogs can get run over by the bike and also incur injuries to the trachea and spine from pulling

on their necks. It can also be deadly to over-exercise a dog. Many breeds, both big and small, have cooling systems that are quickly and easily taxed. For humans, there's the high risk of dogs either abruptly stopping or pulling, causing a crash.

Dog bites are nonetheless the most common of dog injuries. Adults, and particularly children, should avoid approaching strange dogs that are unattended. Even when a dog is with its owner, ask permission before approaching it.

When you do approach a dog, avoid scaring it. Otherwise, it could

bite. Walk at a leisurely pace. If the dog shows signs of fear or discomfort, stop and allow the dog to come to you. Don't reach your hand out for the dog to sniff. Instead, keep your arm relaxed and allow the dog to approach and sniff your hand. If the dog seems comfortable, you can then pet the dog in a calm, gentle manner.

Also, avoid direct eye contact with dogs because dogs can perceive that as a threat. If the dog is small, kneel down while facing to the side, and don't get your face too close. Never a hug a dog you don't know well. Dogs will usually tolerate hugs from their own families, but they generally dislike hugs.

Children should be particularly cautious with strange dogs. Many dogs aren't raised with kids and are fearful of kids' high-pitched voices and quick movements.

However, most kids who get bitten by dogs with which they're familiar. Dogs can bite or attack a child for many reasons. Young children, in particular, don't understand boundaries, which poses a high-risk situation.

SOME HORNETS,
WASPS AND BEES
RELEASE A
PHEROMONE DURING
THE STING THAT
SOUNDS AN ALARM
TO OTHERS.

For kids' safety, it may be safer to wait until they're school-aged before getting a dog. Otherwise, close monitoring is crucial.

Also, teach kids to never run from a dog, whether it's their own or not. Some dogs see a running child as prey. Kids shouldn't play with dogs without adult supervision. They also shouldn't disturb dogs that are sleeping, eating or in the presence of their puppies.

BEEES, HORNETS AND WASPS

These are also arthropods. There are some differences in the aggressiveness among bees, hornets and wasps. Hornets are the most aggressive. But they'll all defend themselves if they sense danger.

To reduce your risk of being stung, don't go barefoot outside. Keep vibrating equipment such as lawnmowers and weed whackers away from nests and hives. Don't drink from soda cans, especially if they've been outside. Also, avoid wearing cologne, lotion, antiperspirant or other things that have sweet or floral scents.

Try to keep your distance from these pests and particularly their nests or hives. If a bee is near you, be still rather than swat at it to reduce the risk of it seeing you as a threat.

If you are stung, move from the area immediately, but calmly. Some hornets, wasps and bees release a pheromone during the sting that sounds an alarm to others. In the event you are swarmed, it's time to run as fast as you can. Pull your shirt over your face and head to protect from stings. Don't swat, and get to shelter as fast as possible.

RATS

The deadliest bites come from rats. Of every 10,000 people bitten by a rat, more than six die. People who own pet rats may see them as safe, but pet rats can also carry germs, such as salmonella. If you have a pet rat, read up on how to properly care for it to reduce the risk of it becoming sick and spreading germs.

Wild rats can carry rabies among other diseases and germs that pose risks to humans. So never approach a wild rat. Rats can also spread disease through their urine and feces. If there are wild rats on your property or in your home, use recommended measures to eliminate them immediately.

SNAKES AND LIZARDS

While lizard and snake bites aren't in the top three animal-related injuries each year, they do have the second highest death rate among those who are bitten. The only venomous lizard in the U.S. is the Gila monster, found in the Southwest.

There are also several venomous snakes. These include rattlesnakes, coral snakes, copperheads, cottonmouth snake and the yellow-bellied sea snake.

The best way to protect against a snake bite is to avoid them. If you see a snake, don't attempt to approach it or provoke it. Snakes are terrified of humans, and those that are venomous won't hesitate to protect themselves.

If you live in or are traveling to an area where there are venomous snakes, learn when and where they're likely to be encountered and take extra precautions.

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The Jewel of the Chesapeake Bay

By Sharon Schultz

Known as the Jewel of the Chesapeake Bay, this little gem speaks to the true essence of Bay living, and remains pleasantly reminiscent of simpler, bygone days. The town of North Beach, Maryland, is found on the western shore of the Chesapeake Bay, in the uppermost corner of Calvert County. North Beach features a seven-block waterfront that includes a boardwalk lined with benches and flowerbeds, sandy beaches, a public fishing pier, bicycle paths, parks, shops and restaurants. There is also a history museum and a wildlife refuge in the marshlands. A small beach town with approximately 2,000 year-round residents, North Beach attracts visitors all Summer long with its many family-friendly activities and events, in addition to the beach and other amenities.

The town was officially platted in 1900. Its sister town to the south, Chesapeake Beach, was to have been incorporated in 1894, but the development was stalled by a failed business venture. Then, on June 9, 1900, with the newly formed Chesapeake Beach Railway Company at the helm, the town of Chesapeake Beach held its grand opening as a first-class Summer resort.

Referred to by locals as the Twin Beaches, both North Beach and Chesapeake Beach each saw their heyday as the towns thrived from 1900-1930, growing side by side. More the resort town, Chesapeake Beach now had the Belvedere Hotel to attract overnight guests with its luxurious accommodations. The new beach resort on the Bay boasted a carnival-like atmosphere with a boardwalk, bandstand, carousel, casino, motion picture theater, bowling alley, skating rink, beach, bathhouses, food concessions and midway games and rides. The biggest attraction by far was The Great Derby, a rollercoaster built over the boardwalk and popular with thrill-seekers for decades.

While Chesapeake Beach continued to grow as a popular resort, North Beach continued to grow as a neighboring cottage community, retaining most of its early 20th century ambiance. Most of North Beach's early residents were part-time vacationers from Washington and Baltimore in search of vacation cottages or holiday homes.

In 1900, Marylanders had easy access to the western shore of the Chesapeake Bay by rail or by sea. Just 28 miles from D.C., the railroad easily transported day trippers escaping the heat of the city to the shores of the Chesapeake via the scenic one-hour Honeysuckle route through southern Maryland. Sun-seekers could also book passage on a steamboat, like the Dixie or the Dreamland, to ferry them to the beaches.

However, a devastating series of events over several decades was to take a great toll on the towns' prosperity:

- 1923 – The Belvedere Hotel was destroyed by fire.
- 1926 – The Great Derby Rollercoaster ceased operations.
- 1929 – The Great Depression took its toll on the resort town.
- 1935 – Chesapeake Beach Railway Company goes bankrupt and closes.
- 1955 – The Chesapeake Bay Bridge opens.
- 1963 – Slot Machines outlawed in Maryland.

Today, both Chesapeake and North beaches remain true to their beginnings. Chesapeake Beach is very much the resort town with the three-star Chesapeake Beach Resort & Spa, an upscale hotel and popular venue for bayside weddings. The Rod 'N Reel Restaurant has been a waterfront dining icon since it opened in 1946. The Chesapeake Beach Water Park is a very popular waterfront park. Built in 1995, it features water slides, water falls, lazy river, activity pools and outdoor grills. There are charter boats available for fishermen and several restaurants in town as well. Chesapeake Beach has a year-round population of about 6,000 residents.

On the flip side, North Beach has maintained its original status as the neighboring, cottage community of sorts. Hosting a smaller population than its sister town to the south, North Beach's attractions reflect a smaller scale.

Visitors to North Beach will happen upon the Sally Donaldson Welcome Center located on the boardwalk at the entrance to the beach, where beach chairs and umbrellas are available to rent. A public fishing pier is located just beyond the welcome center. The bench-lined boardwalk showcases nature's Summertime beauty at its best where colorful flowerbeds mark the way along the half-mile boardwalk. Strollers will encounter nature's best with a visit to Wetlands Overlook Park at the end of Dayton Avenue, or the beautiful new Sunrise Garden at the corner of Bay and Third.

There are some impressive antique and novelty shops, a fine arts gallery and a food market with fresh produce along the waterfront just across the street from a series of shops boasting a long, shared, shaded porch with chairs. A frozen yogurt shop provides cooling treats to visitors on a hot Summer day, while a wine shop invites customers to come in, sit down, relax with a glass of your favorite wine and enjoy tales of folklore and history from the locals.

For local history geeks, the Bayside History Museum on 4th Street houses an outstanding collection of exhibits that detail the history of the Bay and the local Bayside communities.

North Beach is well-known for Summer concerts, campfires and movies on the beach, fishing tournaments, a wine festival and more. One of the most popular events that keeps bringing visitors back is the North Beach Friday Night Farmers' Market & Classic Car Cruise-In located on Bay Avenue at 5th and 7th Streets.

The farmers market features local grown vegetables, fruits, organic foods, crafts and other local specialties and is open from May through the first week of October. Don't forget to cruise by the classic cars on display at the market.

A day at the beach doesn't necessarily mean a three-hour drive on Route 50 to Ocean City. A day at North Beach means a leisurely hour's ride through the southern Maryland countryside via secondary roads. Whether enjoying the pristine beaches, touring the museum, visiting the shops or just spending time Bay watching, North Beach has much to offer Summer visitors.

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

Every generation is unique. Each has their defining moments, their nickname and characteristics that set them apart from all the others. Take the roughly 80 million millennials born between 1981 and 1996. Among other things, they are known for being the most diversified adult generation in history.

To some, these young adults may seem like they're from another galaxy, but their baby boomer parents do have a few things in common with them. Both generations are generally optimistic. The baby boomers are loyal to their children; the millennials to their peers. Both want to make a difference, but in their own way.

UNDERSTANDING MILLENNIALS

By Kater Leatherman

The baby boomers marched, held rallies, burned draft cards and voiced their dissatisfaction through music. Millennials, roughly 85 percent of them, say that it's important to give back to the community through their work and, for them, that means having a sense of purpose on the job.

At the heart of understanding the millennials is to understand the parenting style of the people who raised them: the baby boomers. Many weren't going to make the same mistakes as their Depression era parents did. That meant making life easier by overindulging their children, taking an obsessive interest in every aspect of their lives and making decisions for them. Consequences were lenient, if at all. While it is important not to generalize too much, this might explain why some millennials have failed to launch.

Most of us know millennials who are motivated, smart and quite capable of creating meaningful lives for themselves. Those who are confident and achievement-oriented are moving up the career ladder. A few are even in the same league as the 19th century industrialists who made their millions with a unique idea

that served a grand need at the time. But many believe that the generation gap is at its widest when it comes to working with them.

Millennials need a good reason to accept a job; money is not the only measure of success for them. In fact, benefits are often more important than pay raises. This generation was given more personalized choices, so asking for customized compensation packages feels justified. They want flexible hours and additional days off to support a positive work-life balance. Perks like fitness discounts, tuition reimbursement and ongoing training and development are also on their list of preferences.

To the millennials, individuality is very important. It's not just the body piercings, tattoos and ear gauges, but their attraction to social media and selfies, reflecting the need to be seen, heard and acknowledged. After all, as kids they got a blue ribbon or trophy -- even if they came in last. It was another way to protect them from feeling the pain of disappointment. As a result, they expect to be praised and acknowledged for everything they do at work.

And because they also grew up in a stimulating and instantaneous culture, they get bored easily. They want to start at the top because they lack the patience and ability to delay gratification required to work their way up.

Every generation gets a bad rap about something before it is remembered in a more positive light. The generation born from 1925 and 1945 was called the *Silent Generation* because they chose careers over activism and were afraid to speak out during the McCarthy Era. Now, they are known as the *Greatest Generation* for their hard work, war efforts and having to deal with the social and economic turmoil after the stock market crash. The baby boomers were dubbed the *Me Generation* due to their perceived narcissism through self-fulfillment, yet they are known for their lasting and profound impact on our country.

As for the millennials, right now, they are being called *Generation MeMeMe*. No doubt, that will change, too.

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In his 1951 book, *The Amiable Baltimoreans*, Francis Beirne described the Kossuth cake as a sponge cake about three inches in diameter and two inches high that is hollowed out, filled with thick whipped cream and then topped with chocolate or strawberry icing. Each cake was placed in a pleated paper cup and served slightly chilled.

This may sound familiar to those who tasted a Charlotte Russe cake. Attributed to French chef Antonin Carême in 1802, the Charlotte Russe (or “Russian Charlotte”) is a molded dessert made of lady fingers filled with Bavarian cream. Today, New York City bakers still sell a version of a Charlotte Russe that is very similar to Maryland’s Kossuth cake. The bakers top a small sponge cake with whipped cream and garnish with a maraschino cherry and/or sprinkles; it is then served in a paper cup that is pushed up as you eat.

So, how did Kossuth cake become a Baltimore dessert? The story is that Kossuth cakes are named for a Hungarian revolutionary, Louis Kossuth, who led a revolt against Austrian rule in 1848. For a time, Hungary achieved its independence and Kossuth was its governor. However, with the aid of imperial Russia, Austria regained control of Hungary. As a result, Kossuth was imprisoned temporarily and, upon his release, accepted an invitation to visit the United States in 1851. Kossuth’s goal was to call attention to his cause and raise enough money to return to Hungary to stage a new revolt. Americans hailed Kossuth as a popular hero and champion of freedom, and an East Baltimore Street confectioner made cakes to commemorate his visit to Baltimore. It’s possible the Baltimore baker may have helped stir Kossuth’s revolt against Russia by transforming the “Russian” Charlotte Russe into a Hungarian. Unfortunately, there is no evidence that cake sales went to support Kossuth. Overall his US fundraising trip only raised \$25.

Over the course of the 20th century, Kossuth cakes did not stand the test of time. Beirne wrote in 1951 that “no local cookbooks mention Kossuth cakes, which obviously have been the monopoly of the confectioners and caterers,” and goes on to say that even in his day Kossuth cakes could only be found in a couple of Baltimore bakeries. Without the bakeries continuing to make them, and with few published recipes floating around for them, it’s not hard to see how they fell out of fashion in the 20th century. Thankfully, a recipe for Kossuth cakes was deemed important enough to be included in *Maryland’s Way, The Hammond Harwood House Cook Book* (1963), thus preserving this unique sweet Maryland recipe.

While Kossuth cakes may not be a common confection around Maryland today, relics of their significance remain. For example, until recently there was a long-standing tradition to eat Kossuth cakes at St. Timothy’s School in Baltimore after the annual basketball competition against the girls of Bryn Mawr.

However, this tradition seems to have died out when the person who made them resigned. Another example emerged in 2014 when the University of Maryland commissioned a custom Maryland ice cream, containing pieces of Kossuth cake, to commemorate the school’s entrance into the Big 10 Conference.

While Kossuth cakes may be considered Maryland food fossils, you can resurrect a taste of the past by making them for yourself using the recipe found in *Maryland’s Way* (1963):

MARYLAND KOSSUTH CAKES



By Joyce White

Kossuth Cakes

Maryland’s Way, The Hammond Harwood House Cook Book, 1963

Yields: 12 Cakes

1/2 cup butter
2 eggs
1/2 tsp. baking powder
1/2 cup milk

1 cup sugar
1 3/4 cups pastry flour
1/2 tsp. salt
1/2 tsp. vanilla

Cream butter and sugar well, add beaten eggs, and fold in flour, baking powder and salt (sifted together), alternately with the milk. Add the vanilla. Bake at 350° in muffin pans (for 16-18 minutes). When done, cool, cut almost in half (like a butterfly), fill with sweetened whipped cream and ice top of the cakes. You can place the icing under or over the whipped cream.

Chocolate Icing

2 1/2 squares (ounces) of chocolate
1/2 pound confectioner’s sugar
salt

1/4 cup butter
2 egg yolks
vanilla

Melt chocolate and butter, add sugar and a little hot water until just soft enough to spread, then beat in egg yolks and add a pinch of salt and a little vanilla. Makes a soft icing.

Strawberry Icing

10 ripe strawberries
2 cups confectioner’s sugar

1/2 tsp. lemon juice

Mash berries with a fork, add lemon juice. Gradually add sugar until stiff enough to spread, yet soft enough to run over top of cream-filled cakes, which have been placed in low compotes or on individual dessert plates, ready to serve. (I found this recipe to be too thin so I added more sugar.)

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

The passage of the Summer months are marked, in part, by national celebrations. At the start of Summer we have Memorial Day, originally known as Decoration Day, where we remember those who died in active military service to our country. In the middle of the Summer we celebrate Independence Day, and at the conclusion we honor the social and economic achievements of American workers on Labor Day.

Those are large celebrations that are recognized by our nation. Millions of people celebrate these three major events over the Summer. But what about smaller celebrations? What are some of the celebrations that mark the passage of the Summer months for your family? In my family, with very few exceptions, August is the month to celebrate birthdays, for example. Perhaps your family has an annual family reunion where you celebrate the fact that (for better or worse) you are all related.

But, if we take an even more micro look at our lives, what celebrations can we find for ourselves -- even celebrating "the little things" that make up each day? Perhaps you have heard the phrase, "living an attitude of gratitude." Well, what I'm suggesting is a bit more intense than that. What would your life look like if you were to find one thing to celebrate every single day? Perhaps the better question is: What do you cherish in each day so much that you would actually celebrate the person, the experience or the event?

If we live a life of celebration, something like a very satisfying first bite of sweet corn on the cob might be a reason to celebrate. Experiencing a delightful time with an old friend, finishing a good book at the beach, watching the delight

of children or grandchildren discovering precious treasures in the beach sand, the taste of seasoning on your fingers from a hot fresh crab cooked to perfection, the way your best friend can always seem to make you laugh ... All of these moments and people can be causes for celebrations.

Now, I do not expect that you will go out and find a marching band to help you celebrate the fact you finally finished that long and involved novel you've been reading since April. But what I am suggesting is that you recognize in your heart and mind when you have just experienced something that has brought you a little extra joy. A simple smile will suffice, perhaps even a chuckle to yourself. Or if you want to go all out, stop and tell someone near you that you just had a terrific moment. Recognition of a wonderful moment is key to these little celebrations, little gifts we are given daily.

One moment of celebration that will always be etched into my memory happened the night before my wife and I were married. Our family had descended on our house from literally all over the world, many of them meeting one another for the first time. My wife and I had cooked a traditional Armenian feast with grilled lamb shish kebob, rice pilaf, roasted vegetables and plenty of good flat bread. We cleared out all of the furniture from our living room and set up a series of tables and chairs so that we had one long table, piled with good food. As the dinner was winding down, I went to retrieve something several rooms away. I could hear the murmur of the animated conversation in the background, muted by distance. Then there was a short silence followed by an absolute roar of laughter. The sound filled the house. That was a small moment of celebration for me. My biological family and my soon-to-be-in-laws were raucously loving to be together. That moment was a true gift, a true cause for celebration.

I'm sure that if you think about your life, if you search your catalog of memories, you will find that you, too, have a moment like that—maybe even many moments that were causes for celebration.

I wonder what would happen in your life if you went on a little mission every day to find that moment of celebration, that simple small gift that is in need of being celebrated. My hunch is that after the first couple of days you'd become a master. How much more joy do you think you would experience in a week, in a month, in a year, if you were on the lookout for these moments? How much more joy do you think you would share with the world if you were to celebrate just one thing, every single day?

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

CELEBRATIONS

By The Reverend Matthew Hanisian

Bay Bytes

Why not try a different method of carrying your gear during your vacation this Summer. Log onto www.trendhunter.com/slideshow/nifty-knapsacks where 40 different knapsacks are featured, from one that offers a massage, to styles that efficiently carry your laptop, to one that will comfortably hold the family dog or parakeet, to the stylish hooded pack for a rainy day, or even one that's bulletproof.

Persistence is so often the key to success!



BOOKS:

Old, New and Obscure

EDUCATED

By Tara Westover
Random House (2018)

Educated rose quickly to the top of the best-seller lists as it was recommended by such well-known people as Bill Gates and Oprah Winfrey. Tara Westover has been interviewed numerous times on social media, so it is hard to ignore this memoir. And it should not be ignored, as it is an almost unbelievable tale of success coming out of deprivation.

Tara Westover grew up in the mountains of Idaho with a survivalist family that did not believe in schools or medical professionals of any kind. She did not even have a birth certificate until she was nine years old. She was the youngest of seven children, with five brothers and one sister. Her parents and siblings were always preparing for the end of the world by canning fruit and stockpiling supplies. She also slept with her "head for the hills" bag.

Her mother was a midwife and "natural healer" and her father owned a junkyard. So she canned and sewed for her mother and salvaged metal and operated heavy equipment for her father. They were so isolated that the government didn't know they existed and there was no one to see that they received an education and medical help. If there was any medical problem, and there were many, it was treated at home with herbalism.

One of her brothers broke away from the family and went to college. When he brought back information about the world outside the mountains, Tara decided to teach herself enough to be admitted to Brigham Young University. One can only imagine the drive this young woman must have had to pull herself out of this restrictive environment in which she was discouraged from learning and was violently mistreated by one of her brothers. She eventually passed the ACT test and was admitted to the university.

Her beginning "adventures" at BYU were a test of her resilience. She had very limited funds and had minimal social and personal cleanliness skills. But her intelligence and perseverance, combined with help from professors at the college, helped her to graduate.

This thirst for knowledge, with help again from faculty and

a Mormon bishop, who recognized her abilities, took her on to Harvard and Cambridge University, where she earned a Ph.D.

Of course, this came at the expense of alienating her family. She still feels her parents loved her and thought they were doing the best for the family, and she tried to maintain a relationship with them. Unfortunately, they remain estranged to this day, according to her recent interviews.

It is hard to imagine how such a limited upbringing could result in this very poised, well-spoken and talented writer who had so little access to books. Fortunately, she had people who believed in her. That, and with her own intelligence and desire to succeed and earn an education, make this book very inspiring to read.

~ Peggy Kiefer

NORTHLAND: A 4,000-MILE JOURNEY ALONG AMERICA'S FORGOTTEN BORDER

By Porter Fox
W. Norton (2018)

Most of us have been asked, "If you could invite any person who is alive or dead to a dinner party, whom would you ask?" In the future, I'd recommend that you put author Porter Fox on your list. I had not read Fox's work prior to reading his well-praised book *Northland*. Once I finished this book, I immediately went looking for his other writings, which confirmed for me that Fox would indeed make a great dinner guest. His writing is engaging, and his prodigious research provides accurate and readable information.

Northland is the record of Fox's journeys over three years from Maine to British Columbia, along the 4,000-mile border between Canada and the United States. He travelled by canoe in Maine and the Boundary Waters of Minnesota, freighter through the Great Lakes and car. He depicts the flora, fauna and geological history of each area. For example, "If the history of the planet took place in a day, humans would appear at 23:59:56, and the Great Lakes would take their current shape along the Northland a fraction of a second before midnight."

Fox distills vast amounts of historical information about early explorers, treaties and laws that have drawn and redrawn

the border. Putting into context the current border discussions, he humanizes what it means to live in a boundary land. Living in areas where towns or reservations are split by the border has become especially problematic since 9/11.

Most captivating, however, were the portraits of people he met along the way. Reminiscent of Studs Terkel's oral histories of people during the Depression, Porter gives cameos of the lives of people who live in the Northland. Read this book to meet characters such as Lubec urchin fisherman Milton Chute, Passamaquoddy historian Donald Soctomah, freighter cook Mike, Boundary Waters outfitters and guides Paul and Sue Schurke, or Lummi casino worker and artist Gary.

~ Mary Barbera

THE HIDDEN LIFE OF TREES: WHAT THEY FEEL, HOW THEY COMMUNICATE, DISCOVERIES FROM A SECRET WORLD

By Peter Wohlleben, translated by Jane Billingham, Munich (2016)

Peter Wohlleben manages a forest in the small village of Hummel in the Eifel Mountains of Germany. The operative word is manages. He spends his professional life caretaking the trees and their habitat for their maximum health and longevity. This has become a calling if not a ministry for Wohlleben and it is his insight about this magnificent, speechless world that he shares in this heartfelt, unfootnoted volume.

To help us relate to his subject, Wohlleben treats the trees as sentient beings—almost human in their interrelationships and sensibilities. Take some of the chapter headings for example: Friendships; the Language of Trees (yes, they communicate) or Love; United We Stand, Divided We Fall.

The chatty intimate tone makes this an unusual book, considered more as a song to nature and the forest denizens than the scholarly work that it also is. Chapters average four to five pages, not long enough to be dull or dry. And yet, the information in this book is to the uninitiated, astounding. Trees communicate through electrical impulses. Not only are they connected by underground root systems but they are supported by extensive networks of fungi. Their sense of smell and taste are vital in assisting them to identify threatening insects. And it is prudent to bear fruit only sporadically—not in equal amounts annually—because

this discourages the boar and deer that feed on acorns and beechnuts, leading them to forage elsewhere and increasing the chances that the tree's offspring can grow to maturity.

Trees can live literally thousands of years. They become mature after a century. Unlike humans, they have all the time in the world to grow up. In fact, it takes them several years to adapt to bright light if a large-crowned older tree should die, exposing its neighbors' leaves. And the needles on conifers stay on their branches for as long as 10 years, making their adjustment to changing light more challenging.

Each species has unique ways of adapting to nature's challenges. For example, the essential oils in spruce needles act like antifreeze and help them to survive the mountain climate that they favor. By growing tall, straight trunks, they can balance and remain upright in windstorms. And the weight of heavy snow is dissipated by branches that can flex downward to shed their burden. In northern climes, they also grow narrow crowns that dispel snow. And their slow growth rate means that trees hundreds of years old may be only 30 feet tall—so they are less likely to be toppled by strong winds. Moreover spruces grow close to each other naturally, forming a phalanx of protection as each can support the other against the Winter weather.

In addition to thorough discourses on the beech and spruce, this book covers many other trees as well as the insects and animals that both help and hurt them. The reader learns how some trees secrete toxic scents to repel insect invasions and how they heal wounds to their bark. This is just the tip of Wohlleben's topics which extend to the formation of soil, the microorganisms that it shelters, and the humus that it forms, partially replenishing the soil above that can be eroded at the shocking rate of 2,900 tons per square mile per year.

It is not necessary to be a tree hugger to enjoy this book. But reading *The Hidden Life of Trees* might turn unsuspecting readers into tree huggers!

~ Tricia Herban

SUMMER QUIZ: ACROSTIC

Some stars who have played iconic movie and TV roles were not the producers' first choice. The role of Indiana Jones was turned down by Tom Selleck before it was offered to Harrison Ford. Who turned down the continuing TV role of Dr. M. Night Shyamalan before it was offered to Richard Chamberlain?

ENTERTAINMENT: WILLIAM SHATNER

A. Elected	N. Widespread
Z. Nodded	M. Nodded
V. Nodded	L. Nodded
X. Nodded	K. Nodded
W. Nodded	J. Nodded
V. Nodded	I. Nodded
U. Nodded	H. Nodded
T. Nodded	G. Nodded
S. Nodded	F. Nodded
R. Nodded	E. Nodded
Q. Nodded	D. Nodded
P. Nodded	C. Nodded
O. Nodded	B. Nodded
	A. Nodded

Bay Bytes

Looking for a different vacation this Summer? How about on a houseboat, powerboat or yacht? Rentals are offered by owners on watercraft located all over the world. Log on to **GetMyBoat.com** for an extensive list.

Bay Bytes

Are you planning to take Fluffy or Fido on your vacation this Summer? Log onto **BringFido.com** for rules and regulations from various hotels, parks, restaurants and events for lists of pet-friendly venues.



MOVING AWAY FROM GROWN CHILDREN

Many retirement-aged folks do tend to move closer to their adult children, but I wouldn't label your desire as uncommon either. You make some good points in wanting to stretch your retirement income and in desiring to live in a warmer climate far from the bone-chilling weather that can come with a mid-Atlantic Winter.

However, before you reach a decision, consider all of the angles. If you move far from your family, factor in the cost of travel for those visits that will keep you close with your loved ones. You may want to deduct that from the savings you anticipate will come with living in a cheaper location. Also consider choosing a locale within easy driving distance from an airport that offers direct flights. This will help to lower the cost of travel.

Do you have grandchildren? If not, how will you feel when those little ones arrive and seeing them regularly will not be possible? As someone who has grandchildren both near and far away, I can cite pros and cons of both situations. It's wonderful to arrange for easy, short and frequent visits with the ones living close by. Visiting faraway family requires more planning and is less frequent, but these visits tend to be extra special and packed with quality time together. The age of the grandchildren may be a factor to consider. Young children change so quickly and you may feel like you are missing out if you don't see them often. As they grow and are more involved in their own activities, it's easier to maintain a relationship with them that can be sustained through phone calls, email, Skype and FaceTime between visits. There are so many ways to stay connected now!

Dear Vicki,

While many of my friends are relocating closer to their grown children, we're thinking of moving away from ours. We'd like to live in a warmer climate that offers a more tax-friendly and less expensive cost of living that would be easier on our retirement income. We've always yearned to live in the Southwest but never have had the chance. If not now, when? But I don't want to cause hard feelings within our family either. We love them—but just would like to live elsewhere. Any thoughts on this uncommon move?

What will happen later in life when you may become frail and less resilient than you are today? Will your children be able to be help and advocate from a distance or do you plan on relocating again to be closer to them during a time of need? None of us enjoy thinking about this, but it should be considered and discussed with your adult children. This is not to say that you shouldn't follow your dream. Dreams matter! Just be prepared that there may be a time when being so far away isn't as feasible as it seems now.

If relocation gets your green light, present your ideas to your family but be prepared for some pushback if you are their primary source of extended support. Explain your reasons along with your well-thought out plans to maintain relationships. Remain open to concerns and allow for time to take their thoughts into consideration. On the other hand, you might find that your extended family is supportive, welcomes a chance to be more independent and looks forward to visiting you in a new location. It's even very possible that your relationships may improve with a bit of distance.

If you have doubts, perhaps trying out a new location by renting a home might be a good move. It would allow you the space and time to assess how well this works for you and your family. Visiting a location is vastly different from living there—trying before buying isn't a bad idea!

Dear Vicki,

My doctor claims that inactivity is the new smoking (as far as being bad for your health) and blames my lack of exercise for my expanding waistline and some of the health consequences that I'm now experiencing. The truth is that I have always been awful at sports and hate to exercise. Is there any easy way to motivate myself when I dread even thinking about it?

GETTING MORE EXERCISE

Inactivity has so many negative effects upon your health--so I get why your doctor wants you to be less sedentary. The key is to find something that, even if you don't love it, you can tolerate. It's not just the risk of major health consequences that you need to be concerned about. Look at it as a way of maintaining the *quality* of your life.

Do you want to remain healthy and self-reliant for as long as possible? If so, then you have to move. If you can wrap your mind around the fact that being active is nonnegotiable, you will have won at least half the battle. If you have to wrestle each day with the question of whether to be sedentary or fit in time to be active, the fight will wear you down. Just decide in advance: Being

active is non-negotiable. Kind of like brushing your teeth! Forget about sports and exercise and just consider simply moving more, in the form of walking. It's cheap, requires no special talent or equipment and is readily available. If you want to invest a little, buy a pair of supportive shoes (highly recommended) and an activity tracker, such as a Fitbit.

An activity tracker can be a great source of motivation. There is something incredibly satisfying about seeing the number of steps you walk add up! Depending upon your level of fitness, start with a reasonable goal and work up to 10,000 steps per day. If you're not using an activity tracker, try to walk for at least 30 minutes at a brisk pace--again, starting slowly to build up to that. Remember that studies show that it takes a minimum of three weeks to instill a new habit so commit to walking every day for at least three weeks. If it rains? Walk at the mall. Bored? Listen to podcasts, audiobooks or music to make the time go by faster. Drop the excuses and decide to do it--for your health.

Semantics matter. When you think of being active as "exercise," something which you hate and dread, resistance sets in. Instead label your walk to be "found time" to learn a new skill, become enriched or just entertained. Let those steps add up and a new habit will become routine. It may even grow to being something you come to enjoy. Get moving, your health will thank you!

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

THE PERILS OF BARGAIN SHOPPING

By Kater Leatherman

Expired canned goods? Clothes with their price tags still attached? Items stockpiled around the house, some that you probably won't live long enough to use? Your attitude may be that *it's not what I spent, but what I saved*. But if something is never used, what have you saved?

Bargain shopping is not losing traction. With deals everywhere and shopping available 24/7, many consumers are wrestling with a deadly combination: advertisers selling happiness and merchants understanding that it is your brain that goes shopping.

The chemical to blame for our pleasure to shop is dopamine. When we see a bargain and anticipate a bonus, the dopamine soars. Over time, we can develop a tolerance for impulse buying, excessive shopping and

overspending.

Having an addictive gene makes you an even more vulnerable target. You'll know when you've crossed the line into an addiction when you find yourself needing more and more to feel good. Other warning signs include spending more than you can afford, hiding things and then forgetting what you bought, and not being able to walk away from a deal.

"Bargain hunting may save money, but for some people, looking for the next 'great deal' becomes an addiction. The call of the clearance rack wins out over practical matters -- like whether you need or want what you found, or even have a place to put it," writes Tesh Media, author of *Are You Addicted To Bargain Hunting?*

HERE ARE FIVE WAYS TO AVOID BARGAIN SHOPPING:

1. The first step is admitting that you have a problem.
2. If you were a recovering alcoholic, you wouldn't hang out in a bar. Window shopping, reading catalogs and surfing the internet for stuff are all slippery slopes.
3. Shop only for necessities until you feel strong enough to occasionally reward yourself with something that you will use and enjoy.
4. Replace your addiction with something that brings lasting satisfaction.
5. Check your motivations. It's one thing to save money with coupons and discounts for things that are needed and useful. It's another to buy stuff to escape reality, combat depression and anxiety, or seduce yourself into believing that things will fix you.

There's always the thrill of chasing the deal, but it also leaves us with more clutter, more to take care of and more money wasted. Keep in mind that often, the best deals start and end with a budget.

Kater can be reached at katerleatherman@gmail.com

SUMMER QUIZ-ACROSTIC

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Directions

- Read the definitions and supply the correct words over the numbered blanks.
 - Transfer the letters to the corresponding squares in the diagram.
 - Reading left to right, the completed diagram poses a trivia question. Words are separated by black squares.
 - Reading down, the first letters on the numbered blanks give the subject category followed by the answer to the trivia question.
- Repeated
 - Fragrant oil used in ancient times
 - Cherished
 - Every one
 - Quarrels
 - Kiss Me Kate number (3 wds.)
 - Administrative division of Paris
 - Apathetic
 - TV science series
 - Robert Young's doctor role (2 wds.)
 - European currency
 - Relative of the smelt
 - Fiddled
 - A year spent travelling abroad
 - A place remote from practical affairs (2 wds.)
 - Anticipate (3 wds.)
 - Ingalls family TV drama (5 wds.)
 - Wages
 - Release from servitude
 - Popular suite of software apps (2 wds.)
 - Director of *Schindler's List* (2 wds.)
 - Wail
 - Arrival
 - Jerk
 - Groove at the end of an arrow
 - Receded
 - Uppermost part

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

136 222 69 146 60 104
 26 192 157 103
 138 124 183 230 9 58 39 167 186
 194 89 217 13
 61 131 163 205
 163 56 40 160 204 228 147 11 181 127
 14 210 8 111 101 22 172 62 145 47 3 80 164 155
 144 107 161 27 132 148 159 55 73 232 37
 170 81 31 219
 29 87 187 28 99 97 152 134 116 226 109
 21 156 143 162 113
 84 169 198 212 182 102 185 64 130 52
 74 95 175 151 191 229 125 221
 203 141 88 36 211 220 90 19 223 65
 71 15 123 135 20 171 105 10 33 150
 41 91 2 119 197 154 77 128 224 46 137 110 70
 115 83 50 213 79 4 75 139 174 5 121 206 35 67 218
 53 17 193 96 126 100 231 42
 216 48 72 214 225 209
 7 122 207 180 129 173 24 140 32 43 200
 112 86 168 215 49 94 30 133 6 149 63 208 189 59 117
 66 51 114 179 227 92 1 54 201 16 190 120 76 142 177
 166 12 106 18
 34 85 38 196 176 178
 98 44 23 202 68 153
 158 25 118 188
 45 108 195 93 57
 199 78 184 82

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

WHAT IF A HURRICANE CAME UP THE BAY?

By Henry S. Parker

Sometime soon, it might happen like this:

Aug. 21-23: Catalyzed by hot winds flowing westward from Africa's Sahara Desert, a tropical wave undulates above relatively cool Atlantic waters near Cape Verde, spins counter-clockwise like an unstable top, and becomes a tropical depression.

Aug. 24: Moving west above the equator, the depression strengthens to a tropical storm, named Hannibal.

Aug. 26-27: Rapidly strengthening, Hannibal is upgraded through hurricane Categories 1, 2 and 3 with top winds reaching 115 mph. Its track shifts to WNW. A hurricane warning is issued for the Caribbean Leeward Islands. Tropical storm warnings extend outward.

Aug. 29-31: Hannibal lashes Barbuda and brushes the Virgin Islands. It then turns north into open waters, bypassing other Caribbean islands. Based on a blocking high-pressure ridge in eastern Canada, forecasters predict that Hannibal will be forced eastward into the cold waters of the North Atlantic where it will quickly dissipate.

Aug. 31-Sept. 3: Hannibal's track is now NNE. In warm Gulf Stream waters, it slows and strengthens to Category 5 status, with 160 mph winds. The blocking high shifts eastward, and a low-pressure system forms in the upper Midwest. Forecasters now say that Hannibal will track off the Virginia/Maryland Eastern Shore. They issue a hurricane watch for North Carolina's Outer Banks and tropical storm watches to the north and west.

Friday, Sept. 4, early evening: As Hannibal moves into cooler waters its strength ebbs to Category 4, but it accelerates and its path shifts slightly westward. Hurricane-force gusts rake the North Carolina coast. Forecasters still expect Hannibal to track off the Eastern Shore, but issue hurricane watches for tidewater Virginia and southern Chesapeake Bay. With coastal Maryland and Virginia swelling with vacationers for the upcoming Labor Day weekend, coinciding with a full moon, authorities review evacuation plans and urge the populace to carefully monitor forecasts and advisories.

Saturday, Sept. 5: Before dawn, Hannibal suddenly shifts to a NNW track, up the west side of the Bay, triggering widespread hurricane warnings. Hannibal's strength drops to Category 3 with top winds of 125 mph, but authorities are alarmed by a developing worst-case scenario involving astronomical high tides, a hurricane path allowing counterclockwise winds to push a massive storm surge up the Bay and limited time for people to flee. Mandatory evacuation orders are issued for the coastal zone. Routes 50 and 301 clog with traffic. As outer-band hurricane gusts reach the Bay Bridge, authorities first restrict vehicles, then shut the span. An

accident closes the Severn River Bridge. Annapolis's City Dock area, Old Town Alexandria, Baltimore's Inner Harbor and the DC waterfront begin to flood. The waters and wind continue to rise.

Could something like this happen? It already has, many times, dating back centuries.

Hurricanes in 1667, 1693, 1724, 1775 and 1788 brought catastrophic damage to the Bay area. The Independence Hurricane of 1775 claimed the Maryland State House roof.

Since 1900, three major storms tracked west of the Bay causing devastating storm-surge flooding. A slow-moving 1933 hurricane drove a wall of water up the Bay; Potomac River tide levels rose 10 feet above normal. In 1954 Hurricane Hazel delivered 98 mph wind gusts to DC. In 2003 Hurricane Isabel—the worst modern-era Chesapeake-area storm—set coastal flooding records along the Bay and the Potomac, even though it had been downgraded to a tropical storm before it hit.

If a full-fledged hurricane tracked up the Bay today, the consequences could be far more devastating. Since 1980, population in the Chesapeake watershed has risen more than 40 percent, to 18.2 million; shoreline development has correspondingly expanded. Sea level rise in the Bay, among the greatest in the world, is three feet higher than in Captain John Smith's time. It is projected to rise another two feet before 2100. Mid-Atlantic waters, historically cool enough to sap the strength of arriving hurricanes, are warming. If the Bay experienced the hurricanes of 1933 or 1954 today, or an Isabel hitting at full hurricane strength, it is hard to imagine the disaster that could result.

Can we avoid this nightmare? We can't change the weather, though some have tried. We could harden shorelines, preferably by expanding marshes and coastal vegetation.

We could further restrict coastal development or construct barricades. Washington, D.C., has an existing, but deteriorating, levee system. There was once a misguided proposal to build a barrier across the Bay's mouth. These measures, even if feasible, would take many years to implement.

So, what to do, near term? Ultimately, each of us must act sensibly. Closely monitor forecasts and advisories. When a storm first threatens, secure property, procure needed supplies, fuel vehicles, establish emergency kits and provide for pets. Heed evacuation notices. Better yet, get out early, with the first ominous signs, and map out an escape route that avoids potential bottlenecks like bridges and tunnels. Meanwhile, remember that major storms can hit anywhere and that, hurricanes or not, the Bay area is one of the earth's best places.

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



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