

The Howard County Beacon

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IN FOCUS FOR PEOPLE OVER 50

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MARCH 2025

Growing a nonprofit for kids

By Shannon Brown

Just before the pandemic in 2020, Columbia resident Steven Porter was reading a book that mentioned a Baltimore organization called Threads — a nonprofit that connects at-risk high school students with adult mentors.

It sounded to Porter like a success story of community involvement in an increasingly isolated society.

Recently retired, he and his wife, Susan, had been searching for ways to get more involved in their community. They decided that a nonprofit modeled after Threads could make a difference in this county as well.

“Howard County has a lot of people in need, which a lot of people don’t know about because we are the sixth-wealthiest county in the country,” Susan Porter said in an interview with the *Beacon*.

“And yet, 30 percent or more of our families are eligible for free or reduced-priced meals [for their children in school]. There’s a real dichotomy of people who have a lot and people who don’t have a lot.”

So, in February 2020, the Porters reached out to Marcy Leonard, the principal of Wilde Lake High School, and asked what it would take to set up such a mentoring program.

Leonard gave them feedback and, indicating that individual support could be critical for some of her students, said Wilde Lake could be the pilot school for the new venture.

The Porters wrote up a plan, and Ohana Howard County (OhanaHC) was born.

OhanaHC’s start

They adopted the name Ohana from Wilde Lake’s motto, which contains the Hawaiian word ‘ohana, meaning family. The group’s website explains, “Ohana is about fostering loving and lasting relationships



Columbia retirees Steve and Susan Porter founded OhanaHC five years ago to help local teenagers. Here, the nonprofit’s executive director, Quinton Askew, sits between them. The organization matches volunteer mentors with students.

with those closest to us, including family, friends, OhanaHC’s and our community.”

Drawing both on their careers as business owners and experience doing philanthropic work, the Porters recruited volunteers from their extensive network as well as the community at large.

Both had served on boards for 30 years in the county and had done volunteer work

through their synagogue. Still, they are quick to emphasize that Ohana’s success isn’t only because of them.

“The analogy I use is that we gathered a whole lot of good kindling, and everyone else lit the match and has gotten this going,” Susan Porter said. “This is such a

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Music from the ether

As many of you may know, I took off the month of January for another of my “musical sabbaticals.”

I love to play the piano and compose music, but I can never find enough time to do either when I’m working. Fortunately, I’ve managed to carve out a few weeks in each of the past three years to focus on my hobby (and, I hope, my future retirement gig).

I never know where my inspiration will come from, but this time — in a first for me — I awoke one morning with a song in my head that I didn’t recognize. I immediately jotted it down and started asking people, “Have you heard this before?”

That’s important, I find, because we all go around with songs in our heads (especially those darn earworms). And a composer really might not know if his “creations” are original or simply dredged up from an attenuated memory. It’s an occupational hazard.

Eventually, I decided I must have come up with the melody myself and went to work turning it into a piano piece. But there’s more to the story. In fact, there’s

something a bit spooky, in my opinion.

The song in my head was only the first few bars of something; not an entire number. So, I played around with it on the piano, as I always do when I compose, until I came up with some additional measures that seemed to flow well from the first ones and serve as a nice counterpoint.

During the weeks I worked on the piece, I played it for different groups of friends (fellow amateur pianists, for the most part) and always asked the same thing: Have you

heard this song before? I was always assured they had not.

So then I needed to come up with a title. The song has the beat of a tango, which stands to reason, as I’ve been learning and enjoying some beautiful tango numbers by a famous Argentinian composer, Astor Piazzolla, for more than a year now.

But my jazzy dance number transitions into a pensive love song in a later section. Since that part is rather romantic, I think of it as a nocturne. So, for a tentative title, I came up with “Tango Nocturne.” Catchy, I thought.

When I compose a new piece, I like to



FROM THE PUBLISHER

By Stuart P. Rosenthal

The Beacon

IN FOCUS FOR PEOPLE OVER 50

The Beacon is a monthly newspaper dedicated to inform, serve, and entertain the citizens of the Howard County area, and is privately owned. Other editions serve Greater Baltimore, Md. and Greater Washington, D.C.

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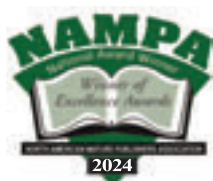
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post on YouTube and Facebook a video of myself playing it, so my friends and others can give it a listen, should they choose to.

But as there are literally billions of videos on YouTube, I wanted to check and see if others may have used the title “Tango Nocturne” before.

I thought I was fortunate when I got only one hit — something called “Tango Notturmo.” As it happens, it’s a romantic song from a German film of the same name made in 1937.

OK, so what’s the big deal? No one is going to mistake my piece for a German song from a black-and-white film dating from the 30s, right? Well, then I listened to an old recording of “Tango Notturmo,” also found on YouTube.

And I kid you not, *part of that song is nearly identical to my own*, in both notes and rhythm!

I cannot for the life of me imagine that I somehow had heard this song before. Or if I did, that I would recall its notes well enough to seemingly serendipitously come up with it while writing my tango.

And how to explain the nearly identical title? Sure, “Tango Nocturne” isn’t exactly the strangest combination of words. But note that the only reason I searched for and discovered this piece of music — and its uncanny similarity to my own — was because I had also come up with the same title!

I know what you’re thinking. The mind works in strange ways, and somehow both the theme and the title were embedded deep in my unconscious and happened to make a veiled appearance last month as I toiled around on my piano.

I suppose it’s possible.

But it might be equally possible (and similarly improbable) that what has been called “the music of the spheres” is running 24/7 out there in the ether, and that now and then we tap into that universal consciousness when we come up with something “original,” or seemingly so.

Think of the great scientific discoveries made at the same time (or thereabouts) in different parts of the world by people who had no communication between them.

Examples of such “multiple independent discoveries” include the development of calculus by both Newton and Leibniz, and of the theory of evolution by Darwin and Wallace. Some say the telephone and computer mouse were also independently developed by more than one inventor around the same time.

Perhaps our brains do indeed tap into some invisible source of new ideas (or songs) whose time has come.

At any rate, I went back and rewrote the part of my piece that was such a close version of the 1937 tune. I also changed the name of my composition to “Latin Nocturne” (yes, there are several other works of music online with that title as well, of course).

I’m just hoping my replacement melody doesn’t turn out to be “borrowed” too!

To listen to “Latin Nocturne” and my other compositions, please visit stuartsmelodies.com and click on Music. If you think you’ve heard any of my melodies before, keep it to yourself! 😊

Letters to the editor

Readers are encouraged to share their opinions on any matter addressed in the Beacon as well as on political and social issues of the day.

Mail your Letter to the Editor to The Beacon, P.O. Box 2227,

Silver Spring, MD 20915, or email info@thebeaconnewspapers.com.

Please include your name, address and telephone number for verification.

Dear Editor:

Since it is so hard to meet members of the opposite sex in person one-on-one, I think an article on online dating is appropriate. It is prevalent and here to stay and affects people of all ages.

Another topic should be the unregulated

dental industry, which has no cap and therefore continues to rip off seniors and the public because no [insurance] plan or Medicare covers most out-of-pocket expenses.

Howard Bealick
Via email

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And you’re in this kind of pain all the time.

“It’s relentless, keeping you up at night and preventing you from doing even the most mundane tasks. Things that I used to take for granted, like wearing shoes and going grocery shopping. Two of my three children were getting married last year and I wasn’t even sure I was going to be able to attend their weddings,” shares Rose W.

Rose was diagnosed with peripheral neuropathy in 2015, a degenerative condition affecting almost 5% of people over the age of 55.

“My doctor sat me down and said, ‘Rose I’m so sorry to tell you this, but you have peripheral neuropathy. I’m going to prescribe you gabapentin to manage the discomfort but overall, neuropathy is untreatable.’ My first thought was, ‘we can cure cancer but you can’t stop my feet from hurting?’ It felt like a cruel joke.”

While neuropathy can be caused by a number of things including diabetes and chemotherapy, over 23% of neuropathy cases are classified as idiopathic. In layman’s terms, the cause is unknown. This was the case with Rose. “Basically every question I had was met with an ‘I don’t know.’ It was depressing to say the least.”

Eventually, Rose was forced to quit her job because the numbness had started to set in and prevented her from driving.

Fortunately for Rose, she would see an article in Baltimore Sun’s Best of Howard magazine featuring AIM Acupuncture & Integrative Medicine of Maryland and the work they were doing to treat peripheral neuropathy. “I thought it had to be a sham. After so many specialists told me there was no hope here was this doctor in the magazine saying she had a 90% success rate in treating neuropathy! I just had to call and I can’t begin to tell you how grateful I am that I did.”

Dr. Kristin Huza, DAC, founder of AIM Maryland, says that cases like Rose’s are incredibly common. “Almost all of my neuropathy patients have been told at one point or another that there is no hope.



THE MOST MAGICAL MOMENT

I like to think I specialize in offering hope.”

To quote the New York Times, “Chinese medicine proves itself where Western medicine fails.”

“Acupuncture has been treating complicated, chronic conditions like neuropathy for thousands of years,” shares Dr. Huza. “I start with a foundation based on this time-tested science and my two decades of clinical experience. I then tailor treatments based on a number of factors including the severity of your neuropathy, how long you’ve had it, whether or not there are any underlying factors, things of that nature. It’s because of these personalized treatment programs that we’re seeing such incredible results!”

Four months after treatment, Rose is back at work and thriving. “Being back at work isn’t even the most exciting part,” exclaims Rose. “Not only was I able to attend my son’s wedding, but I could walk down the aisle! It was the most magical moment and I have Dr. Huza to thank for it. To think, I might’ve missed that.” Rose held back tears.

If you’ve recently been diagnosed with peripheral neuropathy, regardless of its cause, it’s time to call Dr. Huza and the staff at AIM Maryland.

Call (410) 730-5370 to schedule your very own comprehensive consultation. Visit AimMaryland.com to take advantage of their new patient offer, a \$50 consult (normally \$250).

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Home-cooked meals usually have less salt and butter than restaurant fare, not to mention smaller portions

How to reduce risk of dementia after age 55

By Lauran Neergaard

About a million Americans a year are expected to develop dementia by 2060, roughly double today's toll, researchers reported in January.

That estimate is based on a new study that found a higher lifetime risk than previously thought: After age 55, people have up to a 4 in 10 chance of eventually developing dementia — if they live long enough.

It's a sobering number, but there are steps people can take to reduce that risk, such as controlling high blood pressure and other bad-for-the-brain health problems. And it's not too late to try even in middle age.

"All of our research suggests what you do in midlife really matters," said Dr. Josef Coresh of NYU Langone Health, who co-authored

the study in the journal *Nature Medicine*.

Dementia isn't only Alzheimer's

Taking longer to recall a name or where you put your keys is typical with older age. But dementia isn't a normal part of aging — it's a progressive loss of memory, language and other cognitive functions. Simply getting older is the biggest risk, and the population is rapidly aging.

Alzheimer's is the most common form, and silent brain changes that eventually lead to it can begin two decades before symptoms appear.

Other types include vascular dementia when heart disease or small strokes impair blood flow to the brain. Many people have mixed causes, meaning vascular

problems could exacerbate brewing Alzheimer's symptoms.

Measuring the risk from a certain age over the potential remaining life span can guide public health recommendations and medical research.

"It's not a guarantee that someone will develop dementia," cautioned Dr. James Galvin, a University of Miami Alzheimer's specialist. He wasn't involved with the new study but said the findings fit with other research.

Dementia risk is different by age

Prior studies estimated about 14% of men and 23% of women would develop some form of dementia during their lifetime.

Coresh's team analyzed more recent data

from a U.S. study that has tracked the heart health and cognitive function of about 15,000 older adults for several decades.

Importantly, they found the risk changes with the decades. Only 4% of people developed dementia between the ages of 55 and 75, what Coresh calls a key 20-year window for protecting brain health.

For people who survive common health threats until 75, the dementia risk then jumped — to 20% by age 85 and 42% between ages 85 and 95.

Overall, the lifetime dementia risk after age 55 was 35% for men and 48% for women, the researchers concluded. Women generally live longer than men, a

See **REDUCE RISK**, page 5

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Probiotics may boost immune system

By Kristen N. Smith

Probiotics are live microorganisms that provide health benefits when consumed in adequate amounts. Found in fermented foods and supplements, these beneficial bacteria are particularly renowned for their role in promoting gut health, enhancing immune function and supporting overall well-being.

Probiotics are most commonly associated with improved gut health. The human

gut contains trillions of bacteria, collectively known as the gut microbiota, which play a crucial role in digestion, nutrient absorption and overall gastrointestinal health.

Probiotics help maintain a healthy balance of gut bacteria, especially after disruptions caused by antibiotics (which kill off good as well as bad bacteria) or illness.

Research shows that probiotics can alleviate symptoms of gastrointestinal disorders. Additionally, probiotics can help pre-

vent and treat diarrhea, including traveler's and antibiotic-associated diarrhea.

strengthening the immune system. Since the gut is home to a substantial portion of the body's immune cells, maintaining a

Immune system support

Probiotics also play a significant role in

See **PROBIOTICS**, page 7

Reduce risk

From page 4

main reason for that difference, Coresh noted. Black Americans had a slightly higher risk, 44%, than white people at 41%.

Ways to help lower dementia risk

There are some risk factors people can't control, including age and whether you inherited a gene variant called APOE4 that raises the chances of late-in-life Alzheimer's.

But people can try to avert or at least delay health problems that contribute to later dementia. Coresh, for example, wears a helmet when biking because repeated or severe brain injuries from crashes or falls increase the risk of later-in-life dementia.

Especially important: "What's good for your heart is good for your brain," added

Miami's Galvin. He urges people to exercise, avoid obesity, and control blood pressure, diabetes and cholesterol.

For example, high blood pressure can impair blood flow to the brain, a risk not just for vascular dementia but also linked to some hallmarks of Alzheimer's.

Similarly, the high blood sugar of poorly controlled diabetes is linked to cognitive decline and damaging inflammation in the brain.

Stay socially and cognitively active, too, Galvin said. He urges people to try hearing aids if age brings hearing loss, which can spur social isolation.

"There are things that we have control over, and those things I think would be really, really important to build a better brain as we age," he said.

—AP

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Trust the Home Care Expert



**With Tom Smith, Regional Manager,
Business Development, Family & Nursing Care**



What is Home Care and Why is it so Important for Older Adults?

Many older adults face the difficult decision of where to live and enjoy their golden years to the fullest. Fortunately, several options exist — from moving into nursing homes and senior living communities, to downsizing their space. But the most popular choice remains staying right at home.

So how do you choose what type of care you need to maintain your quality of life at home? The two most common options available are home care and home health care.

While one might think these are the same thing, there actually are some key differences and important considerations when deciding how to manage your in-home care needs

Home Care vs. Home Health Care Services

Home care, also known as private duty home care, provides non-clinical assistance to help older adults maintain their independence at home. This includes personalized, daily living support — such as running errands, transportation to appointments, grocery shopping, meal preparations, grooming and dressing, companion care and mobility assistance.

Home health care involves medical services being provided to older adults in the comfort of their own home.

Eligibility

Home care can continue for as long as someone wants, based on

their budget and individual needs. Home health care, however, may require a doctor's order and is often recommended for people with chronic conditions, those recovering from surgery, or older adults with serious diseases and conditions.

Providers

Home care services can be performed by people who are not licensed medical professionals, such as certified nursing assistants. But home health care services must be performed by licensed healthcare professionals, such as a registered nurse.

Costs

Since home health care is prescribed by a physician, some expenses for these clinical services and medical equipment may qualify for coverage through private health insurance or Medicare or Medicaid.

In contrast, private duty home care is paid for privately by older adults and their families, either out of pocket or from a long-term care insurance policy. Because of this, there are no eligibility requirements and anyone is free to use the service on a short-term or long-term basis. In addition, there is the flexibility to match clients with caregivers based on skills, preferences and overall compatibility.

What Type of At-Home Care is Best for You?

While home health care is better suited for older adults who

need in-home nursing services for medical assistance, private duty home care is more flexible and can be a great way to support everyday activities on a short- or long-term basis.

Private duty home care may also be an ideal option for older adults following any of these:

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- Decline in mobility or independence
- A fall
- Loss of a companion
- Relocation of an adult child or family caregiver

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There’s hope for carpal tunnel syndrome

By Kristin Karim, M.D.

Dear Mayo Clinic: I’m a homebuilder and have begun experiencing numbness and tingling in my hands. Sometimes I drop things because I can’t get a good grip. A friend suggested I might have carpal tunnel syndrome. But doesn’t that mostly affect people who use computers all day? Can you explain more about the condition?

A: Carpal tunnel is a condition caused by compression of the median nerve located in the wrist. This nerve provides feeling to the thumb and the index, middle and part of the ring fingers, and also sends signals to the muscles around the base of the thumb.

Some causes of carpal tunnel syndrome include medical conditions such as arthritis, gout, diabetes, amyloidosis, infections, masses and severe wrist injuries. Other causes are environmental or workplace conditions that involve forceful and repetitive gripping, and using heavy machinery and vibrating manual tools.

The symptoms of carpal tunnel syndrome include:

- Numbness and tingling in the fingers
- Swelling and discomfort of the hands and fingers
- Weakness, especially when pinching and gripping
- Dropping things

- Waking up at night to shake out the hands
- Numbness of the fingers first thing in the morning

Diagnosing carpal tunnel

To determine if you have carpal tunnel syndrome, an orthopedic specialist will discuss the history of your symptoms and perform a physical examination of your hands and wrists. Other tests may be performed or requested, including:

- Two-point discrimination test on your fingertips to identify which fingers have decreased sensation
- Tinel’s test, which taps the nerve in the carpal tunnel at the wrist to see if it causes tingling in your fingers
- Durkan’s test, which involves pressing a thumb over the nerve in the carpal tunnel at the wrist to see if the numbness or tingling gets worse

See **CARPAL TUNNEL**, page 8

Probiotics

From page 5

healthy gut microbiota is crucial for optimal immune function.

Probiotics enhance the production of natural antibodies and stimulate immune cells like macrophages and T-lymphocytes. This immune-boosting effect can reduce the frequency and severity of infections.

Metabolic health benefits

Probiotics may also support metabolic health by improving insulin sensitivity and reducing inflammation, which are critical factors in managing conditions like obesity and type 2 diabetes.

Research suggests that probiotics may help lower blood cholesterol levels and regulate blood sugar.

How to add probiotics

Adding probiotics to your diet is pretty simple: use foods and/or supplements.

Natural sources include fermented foods like yogurt, kefir, sauerkraut, kimchi, miso and tempeh. When selecting probiotic-rich foods, check for labels indicating live and active cultures.

Probiotic supplements are also available in various forms, including capsules, tablets and powders. Choose a product that specifies the strains included and the number of colony-forming units (CFUs), which typically range from one to 10 billion CFUs per dose.

The bottom line

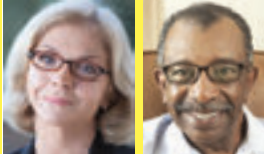
Incorporating probiotics into your diet may provide benefits, from improving gut health and supporting the immune system to enhancing metabolic health. Always consult with your healthcare provider before starting any new supplement regimen.

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NEVER FORGET

Ultra-processed foods may damage brain

By Andrew E. Budson, M.D.

Americans love their ultra-processed foods, whether they come as cereal (like Cap'n Crunch, a favorite of mine as a kid), snack foods (like Cheetos), entrées (like hot dogs) or desserts (like Twinkies).

Sure, loading your plate with vegetables, fruits, fish, healthful oils and grains in a Mediterranean-style diet boosts heart and brain health. But if you also eat some ultra-processed foods, is that bad for your brain health?

What to know about the study

A recent study appears to deliver a resounding yes. Eating ultra-processed foods (UPFs) is linked to a greater risk of cognitive impairment and strokes.

This observational study examined data from the REGARDS (REasons for Geo-

graphic And Racial Differences in Stroke) project, a longitudinal study of non-Hispanic Black and white Americans ages 45 years and older.

Study participants were initially enrolled between 2003 and 2007 and were given a number of questionnaires evaluating health, diet, exercise, body mass index, education, income, alcohol use, mood and other factors. In addition, tests of memory and language were administered at regular intervals.

To examine the risk of stroke and cognitive impairment, data from 20,243 and 14,175 participants, respectively, were found usable based on the quality of the information from the questionnaires and tests. Approximately one-third of the sample identified as Black, and the majority of the remaining two-thirds identified as white.

The results of the study

- According to the study authors' analysis, increasing the intake of ultra-processed foods by just 10% was associated with a significantly greater risk of cognitive impairment and stroke.

- Intake of unprocessed or minimally processed foods was associated with a lower risk of cognitive impairment.

- The effect of ultra-processed foods on stroke risk was greater for individuals who identified as Black compared to individuals who identified as white.

Study participants who reported following a healthy diet (like a Mediterranean, DASH or MIND diet) and consumed minimal ultra-processed foods appeared to maintain better brain health compared to those who followed similar healthy diets but had more ultra-processed foods.

Why might ultra-processed foods be bad for your brain?

Here are some biologically plausible reasons:

- UPFs are generally composed of processed carbohydrates that are very quickly broken down into simple sugars, equivalent to eating lots of candy. These sugar loads cause spikes of insulin, which can alter normal brain cell function.

- Eating ultra-processed foods is associated with a higher risk of metabolic syndrome and obesity, well-established conditions linked to high blood pressure, abnormal blood lipid levels, and Type 2 diabetes.

- There are unhealthy additives in ultra-processed foods that change the texture, color, sweetness or flavor. These additives disrupt the microbiome in the gut and can lead to gut inflammation, which can cause:

- the production of microbiome-

See **PROCESSED FOODS**, page 9

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PET-FRIENDLY

Carpal tunnel

From page 7

- X-rays of your affected hand

Treating the condition

Nonsurgical treatments include wearing a wrist brace during the night and undergoing cortisone injections.

Surgical intervention for carpal tunnel syndrome is a carpal tunnel release. The roof of the carpal tunnel is divided, which relieves pressure on the median nerve. Surgery may be open or endoscopic.

Preventing carpal tunnel syndrome

There are no proven strategies to prevent carpal tunnel syndrome, but you can minimize stress on hands and wrists by:

- **Reducing your force and relaxing your grip.** If your work involves a cash register or keyboard, for instance, hit the keys softly.

- **Taking short, frequent breaks.** Gently stretch and bend hands and wrists periodically. Alternate tasks when possible. Even a few minutes each hour can make a difference.

- **Watching your form.** Avoid bending your wrist all the way up or down. A relaxed middle position is best.

- **Improving your posture.** Incorrect posture rolls shoulders forward, shortening the neck and shoulder muscles and compressing nerves in the neck. This can affect the wrists, fingers and hands, and can cause neck pain.

- **Keeping your hands warm.** You're more likely to develop hand pain and stiffness if you work in a cold environment. If you're experiencing symptoms, consult with an orthopedic surgeon.

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Cooking at home usually means healthier diet

By Lauren Wicks

You may be one of the 90% of Americans who don't like to cook — but you probably know that you should cook more. Because while eating out or ordering takeout saves time, it depletes your bank accounts and your health.

The health benefits of a home-cooked meal outweigh almost any other method of eating, no matter the recipe. Here's why:

You're in control of the ingredients. Lisa Valente, M.S., R.D., former nutrition editor for *EatingWell* and *Cooking Light*, says one of the best parts about cooking at home is controlling the ingredients, so you know exactly what you're eating.

This is important not only for people with dietary restrictions — as it can be frustrating figuring out which items at a restaurant are safe to eat — but for anyone trying to eat healthier. You control the amount of salt, sugar and spice going into

your food when you're in charge — and can adjust it to your tastes.

You can better manage your weight. A 2014 study from Johns Hopkins University found that those who cooked at home frequently consumed fewer calories as well as less sugar and carbohydrates than those who made a home-cooked meal only once a week — whether they were trying to lose weight or not.

Even the “best” option on a restaurant menu can still pack a shocking amount of calories, sodium, fat and sugar that you likely wouldn't have included if you were making the meal yourself.

Our taste buds adapt based on what we are eating. If you dine out, order takeout or microwave a frozen meal for dinner most nights, your taste buds become accustomed to the heavier amounts of salt and sugar.

Luckily, that's reversible: Cooking at

home helps you readjust your taste buds to get more flavor from dishes without relying so heavily on salt, sugar and butter.

You'll eat more variety. Even if you just have a kitchen full of veggies, whole grains and healthy proteins, that is still better than having dozens of restaurants at your fingertips.

People were more likely to adhere to DASH or Mediterranean Diet eating patterns and consume more fruits and vegetables if they cooked at home five nights a week compared to those who only cooked three nights a week or less.

Cooking makes it easier to practice portion control. The average restaurant meal contains a whopping 1,200 calories. Cooking your own meals can help you stock up on multiple servings for the next day's lunch or another night's dinner. And if you are only cooking a healthy portion, it can also keep you from being

tempted to eat too much food. The National Institutes of Health reports that restaurants' super-sized portions distort our idea of what a healthy serving of food should look like, which can affect how much we eat at home. The more you cook, the more you can resolve that portion distortion.

Cooking brings pleasure. Cooking is associated with stress relief, encouraging creativity and feelings of positivity. It can connect us with others.

Getting into the kitchen more frequently also can build confidence, and learning (or teaching someone) to cook can bring a sense of accomplishment and satisfaction.

EatingWell is a magazine and website devoted to healthy eating as a way of life. Online at eatingwell.com.

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Processed foods

From page 8

produced metabolites that can affect brain function (such as short-chain fatty acids and lipopolysaccharides)

- leaky gut, allowing toxins and inflammatory molecules to enter the bloodstream and go to the brain
- altered neurotransmitter function (such as serotonin) that can impact mood and cognition directly
- increased cortisol levels that mimic being under chronic stress, which can directly impact hippocampal and frontal lobe function, affecting memory and executive-function performance, respectively
- an increased risk for Alzheimer's, Parkinson's and other neurodegenerative diseases due to inflammatory molecules traveling from the gut to the brain.

Because ultra-processed foods have

poor nutritional value, people will often be hungry shortly after eating them, leading to overeating and its consequences.

The take-home message

Avoid processed foods, which can include chips and other snack foods, industrial breads and pastries, packaged sweets and candy, sugar-sweetened and diet sodas, instant noodles and soups, ready-to-eat meals and frozen dinners, and processed meats such as hot dogs and bologna.

Instead, eat unprocessed or minimally processed foods, which, combined with a healthy Mediterranean menu, include fish, olive oil, avocados, whole fruits and vegetables, nuts and beans, and whole grains.

Andrew E. Budson, M.D., is a contributor to Health Publishing and an Editorial Advisory Board member.

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BEACON BITS

Mar. 2

STRESS RELIEF YOGA WORKSHOP

Yoga nidra, or yogic sleep, is a type of guided meditation that deeply relaxes the body and mind, releasing tension and stress. This workshop includes a brief talk, a warm-up, and a 45-minute yoga nidra session, during which participants lie down. No experience is needed, and all are welcome. The class takes place on Sun., March 2 from 1 to 2 p.m. at Yoga Center of Columbia, 8950 Route 108, Suite 109, Columbia. Registration is \$25 and can be completed at bit.ly/YogaNidraColumbia. For more information, email info@columbiayoga or call (410) 720-4340.

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BEACON BITS

Mar. 25

DEAF CHAT WITH DEAF SENIORS

Stop by the Columbia Mall on Tue., March 25, between 11 a.m. and 1:30 p.m. for a deaf chat with Maryland Deaf Senior Citizens, a nonprofit whose mission is to improve the quality of life for deaf or hard-of-hearing older adults. The Mall is located at 10300 Little Patuxent Pkwy., Columbia. Free; no registration needed. For more information, visit mddeafseniors.org.



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PHOTO BY OUTDOOR ALABAMA
The pavilion at Alabama's Gulf State Park offers shade to beachgoers. See story below.

Explore Gulf Coast beaches, cities and parks

By Glenda C. Booth

Sugar-sand beaches, gentle breezes, warm winters, shrimp and grits and quirky fun — that's what's in store on a trip along the coastline from Pensacola, Florida, to Mobile, Alabama, known as “the Mediterranean of the Americas.”

Exploring this part of the Gulf Coast can be a one-or-more-week meander — a mix of relaxing on beaches, fishing for red snappers, paddling marshes and probing historic forts.

Start in Pensacola

Pensacola, on the western end of the Florida panhandle, still has much of “old Florida,” vibe. It has a laid-back, small-town feel, with a huge Navy presence. Its walkable downtown has unique boutiques, fresh seafood restaurants and historic buildings.

At the Museum of History, visitors learn that the area is a tapestry of cultures. Europeans disembarked in 1559, six years before St. Augustine's founding and 48 years before the English settled at Jamestown. Since then, Pensacola has been ruled by five flags: Spanish, French, English, Confederate and U.S.

In Historic Pensacola Village you'll find a cluster of 18th- and 19th-century homes and museums, like the Lavallet Cottage.

Charles Lavallet, who owned a lumberyard, built Creole cottages — duplexes to house two families who shared an outdoor kitchen. Old Christ Church, built in 1832, was a Civil War Union hospital. The Julee Cottage is a saltbox-style home built around 1805 and home to Julee Pantou, a free woman of color.

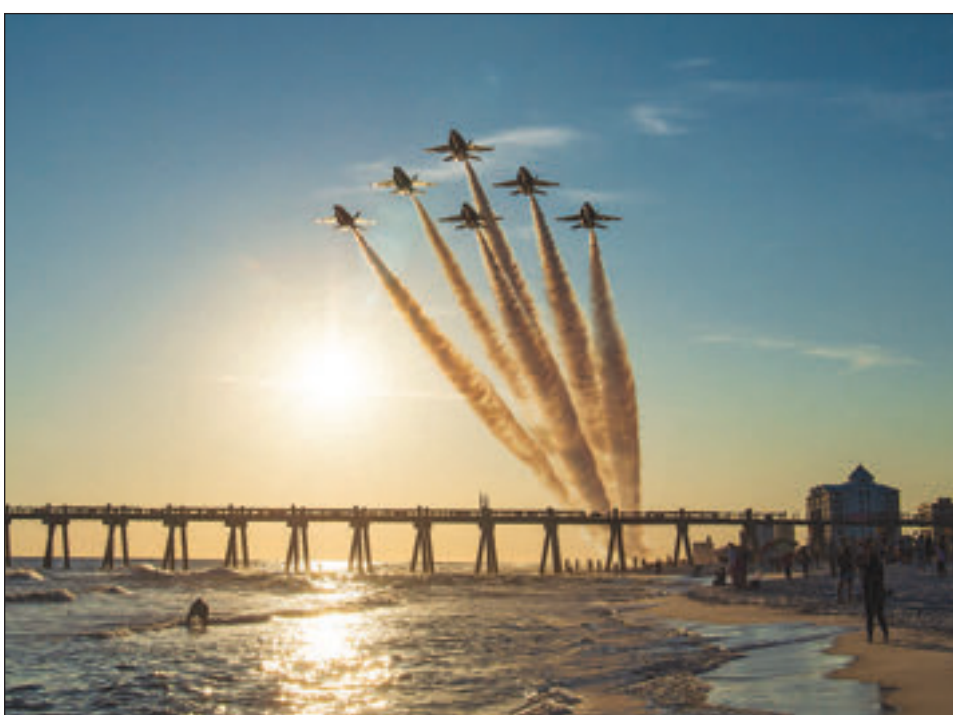
The 1826 naval yard has mushroomed into the Naval Air Station Pensacola, the “Cradle of Naval Aviation,” where 15,000 service members pass through every year.

One “bucket-list” destination is the National Museum of Naval Aviation, with more than 900 airplanes. The U.S. Navy has produced more astronauts than other branches of the military, so exhibits chronicle aviation history from seaplanes to propeller-driven airplanes to jet engines.

Why does the seagoing Navy need aviation? “The Air Force cannot land an airplane on an aircraft carrier,” explained guide Jacob Smither.

The museum also offers an education in aircraft carriers, vessels that came of age in World War II. An aircraft carrier is 4.5 acres of sovereign U.S. territory, anytime, anywhere. Today's aircraft carrier is a city at sea, with up to 5,000 residents. A carrier's nuclear power system can power a city of 100,000 people and can run for 20 years.

PHOTO BY U.S. NAVY MASS COMMUNICATION SPECIALIST 2ND CLASS CODY HENDRIX



The U.S. Navy's Blue Angels fly in formation over Pensacola, Florida, home of a Naval Air Station and museum. Historic Pensacola makes a perfect starting point for a road trip along the 1,700-mile-long Gulf Coast.

The Blue Angels' shows should be at the top of every travel to-do list, in Pensacola from March to November, then around the country. These tough combat aviators perform breathtaking formations and maneuvers: turns, rolls, steep ascents and loops, some with 18 inches of separation at 700 miles per hour.

After gripping your seat watching these amazing aviators, if your stomach can take it, try the museum's Cubi Officers Quarters café, a replica of a former Naval Air Station officers' club in the Philippines.

Continue west, to Alabama

For the transition from Florida to Alabama, don't miss a 60-year-old hangout on the state line, Flora-Bama, for music, oysters and boozy milkshakes. April brings a three-day beach party and the Interstate Mullet Toss, where people compete to hurl a dead mullet across the state line to see who can throw it the longest distance. Lucky alligators scarf up the mullets after the contest, while winners and losers sip their libations.

For a respite from roaring jets and raucous bars, the Alabama Gulf Coast towns of Orange Beach and Gulf Shores await.

“Life is better here,” brag Alabamians who live just west of the Florida panhan-

dle. Not generally known as a beach-bunny destination, the state has 52 miles of beaches and coastline.

Gulf State Park is a 6,000-acre expanse of nine ecosystems, including sand dunes, pine and palmetto forests and uncrowded beaches — just you and the shorebirds. A 28-mile trail system winds through several different ecosystems. The 350-room eco-conscious Gulf State Park Lodge is actually a Hilton that replaced the original lodge lost to Hurricane Ivan in 2018.

On an excursion out to the Gulf Islands National Seashore's 150 miles of barrier islands, you can spot dolphins, sea turtles, oystercatchers and alligators, plus get a history lesson about the defense fortifications at Fort Morgan, which protected Mobile Bay from 1834 to World War II.

The Tensaw Delta is called “America's Amazon” because five rivers flow into Mobile Bay; it teems with 280 bird species, along with shrimp, anchovies, crayfish, mussels, turtles and alligators. Five Rivers Delta Resource Center runs pontoon tours through this watery wonderland.

Mobile, a ‘mini-New Orleans’

Mobile, a port city with cast-iron bal-



PHOTO © CARMEN SISSON | DREAMSTIME.COM

This blue house in Mobile, Alabama, was the home of Joe Cain, the “patron saint of Mardi Gras in Mobile,” who established its annual parades in 1867. America's first Mardi Gras took place not in New Orleans but in Mobile in 1703.

Gulf Coast

From page 10

conies and eclectic cuisine, feels like a “mini-New Orleans,” Alabamian Shane Riley said.

Mobilians claim that their town is the birthplace of the original Mardi Gras in 1703. Its Dauphin Street is a tamer Bourbon Street. Still, locals go all out each winter with a multi-week festival of bands, “krewe parties,” grand balls, debuts and parades, where revelers in colorful, sparkly costumes throw moonpies off elaborately decorated floats.

The Carnival Museum, housed in a historic mansion, showcases these customs with lavish, glittery attire, royal regalia and other memorabilia.

At the History Museum of Mobile, do-

cents cite Civil War claims to fame. The Civil War submarine, the *Hunley*, built in Mobile, was the first sub to sink a vessel. Another bragging point: The 1864 Battle of Mobile Bay “turned the Navy toward the Union’s favor.”

Other city sites sing the praises of hometown greats, including musician Jimmy Buffet and baseball’s Hank Aaron.

Dining means indulging in this town — on scrumptious dishes like shrimp over fried green tomatoes, spicy chicken and grits, black-eyed pea skillet dinners, sheepsheads, fried alligator, eggs cochon, shrimp Benedict, bacon praline French toast and banana pudding.

If you time your visit to Mobile for New Year’s Eve, you can toast the lowering of a 40-foot moonpie. Or you can throw moonpies yourself during Mardi Gras in this vi-

brant city on the world’s largest gulf.

If you go

Fly into Pensacola or Mobile and rent a car to explore the coastal sites and towns. Round-trip, nonstop flights start at \$205 from BWI.

Mobile’s Mardi Gras celebration takes place from mid-February to early March. Use caution during hurricane season.

For information on lodging, itineraries and events, go to visitpensacola.com, mobile.org or gulfshores.com.

BEACON BITS

Mar. 19

INTRO TO DIGITAL WALLETS

This free program from AARP’s Senior Planet will teach you about popular digital wallets like Apple Wallet and Google Wallet. The presentation covers basic features, uses beyond purchases, and considerations for security and privacy.

To participate, stop by Miller Library, 9421 Frederick Rd., Ellicott City, on Wed.,

March 19 from 2 to 3 p.m. Registration opens on Wed., Feb 26 at 6 a.m. at

bit.ly/DigitalWalletsPresentation. For more information, call (410) 313-1950.

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Special Events

The Gold Rush

Participate in this scavenger hunt! Check in at the community center and make your way to the gymnasium. You may find golden coins, pots of gold, or prizes. Info: Adam Sterner, asterner@howardcountymd.gov or 410-313-0457 or www.howardcountymd.gov/NLCC.
All ages N Laurel CC
RP4401.203 Mar 8 11am-12:30pm Sa \$10

Public Star Parties

Join members of the Howard Astronomical League (HAL) at their observatory. Telescopic views and programming are shared inside through the club’s telescope. Guests can mingle and ask questions while observing through members’ scopes set up outside. No registration required. Please leave your furry companions at home – pets are not allowed at this event. Weather and updates: www.howardastro.org. Registration is not required. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.
All ages Alpha Ridge Pk Observatory
Mar 15 Dusk Sa Free

Crafts & Fine Arts

• Info: Tracy Adkins, 410-313-7279 or tadkins@howardcountymd.gov.

Beginner/Intermediate Stained Glass Workshops

Make a 6-8-piece stained glass window hanging using the copper foil technique.
Beginners: Particular emphasis is placed on learning the skills needed to score and break glass, foil and solder the pieces into a window hanging as these are challenging skills. This workshop focuses on straight line cuts and work from patterns such as snowflakes, stars and Mondrian squares.
Intermediate: Learn to cut curves in this intermediate workshop. Emphasis is on techniques to score, break, and foil more complex shapes. Patterns contain curved lines, such as flowers, birds and seasonal designs. Cutting and foiling skills are improved with more challenging designs. It is recommended to take both the beginner and intermediate workshops. Completing one workshop is a prerequisite to the the Stained Glass Craft and Design Class.
50 yrs + N Laurel CC Instructor: Maureen Stone Classes: 1
RP3536.301 Beginner Apr 8 10am-2pm Tu \$89
RP3536.302 Intermediate Apr 10 10am-2pm Th \$89



Dance

• Info: Tessa Hurd, 410-313-7311 or thurd@howardcountymd.gov.

Dance on Broadway

This class explores dance steps inspired by current and long-time Broadway musicals! Learn musical theater choreography that challenges your mind and body while you get a workout. Appropriate for all levels. Wear clothing you can move in and bring a water bottle. No shoes are required, but a jazz shoe/sneaker may be worn for ankle support if desired.
55 yrs + Classes: 7 No class 4/15
RP3504.301 Kinetics Dance Thtr Apr 1 10-11am Tu \$89

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Fitness

• Info: Tessa Hurd, 410-313-7311 or thurd@howardcountymd.gov.

Pilates with Lori Nowicki, AAI, AFPA

Pilates is the ultimate mind, body exercise program. This class is an intermediate class; experience needed. Strengthen your core, legs, and arms, and increase your flexibility. Focus is on core strength, balance, breathing, and alignment. You need a stability ball. Class is held online via Zoom.

50 yrs + Meets twice a week Classes: 18
RP8154.301 Online Apr 22 9:15-10am Tu,Th \$126

NEW! Functional Movement
with Ladies of MaxxFit

Join The Ladies of Maxxfit’s trainer for a rejuvenating, functional movement class that focuses solely on body weight exercises to enhance your strength, flexibility, and overall mobility! In this dynamic, 45-minute session, engage in a variety of movements designed to improve your everyday functionality (from squats and lunges to planks and balance drills). Class is suitable for all fitness levels and emphasizes proper form and technique to help you build a strong foundation while reducing the risk of injury. A knowledgeable instructor guides you through each exercise, ensure that you are empowered and energized. Experience the benefits of functional fitness and unlock your body’s full potential in this engaging and supportive environment!

50 yrs + Classes: 10 No class 4/20
RP3534.301 Roger Carter CC Apr 6 10-11am Su \$119

Sr. Naturalist Program

Join us at the Robinson Nature Center for our Sr. Naturalist program! The program provides a foundation of understanding on a variety of topics through hands-on exploration and demonstrations in a casual, social atmosphere. No prior experience needed. **Mindfulness Walk:** Enjoy a guided trail walk at the Middle Patuxent Environmental Area focused on mindfulness techniques.

50 yrs + Robinson Nature Ctr Classes: 1
RP4831.203 Mindfulness Walk Mar 19 3-4:30pm W \$15



Trips & Tours
Explore the Possibilities!

• Info: Tracy Adkins, 410-313-7279 or tadkins@howardcountymd.gov.

The Dumbarton House – A Unique Peek at
Washingtonians in the 1800s

Dumbarton House is a federal period estate and museum collection offering a unique view of what life was like for early Washingtonians. It is an American Alliance of Museums (AAM) accredited historic house and the national headquarters of The National Society of the Colonial Dames of America. Walking with seating available.

18 yrs + Bus provided
RP4618.301 Mar 12 9am-3pm W \$99

The Odyssey: Cherry Blossom
Premiere Lunch Cruise

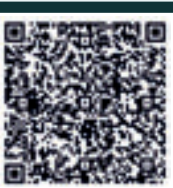
Enjoy unparalleled views of Washington, D.C.’s landmarks, covered in gorgeous cherry blossoms during this two-hour Odyssey lunch cruise with family or the company of great friends. Delight in upscale, sophisticated dining and entertainment during a mid-day cruise on the Potomac River from an all-glass ship! Walking with seating available.

18 yrs + Bus provided
RP4579.301 Mar 20 9am-3pm Th \$149

National Museum of Women
in the Arts – Washington, D.C.

Located in the heart of the city, the National Museum of Women in the Arts advocates for better representation of women artists and serves as a vital center for leadership, community engagement, and social change. Enjoy rotating exhibits and a collection of over 5,000 works of art from the 16th century to today, created by over 1,000 artists. Lunch is on your own. Lots of walking & standing with some opportunities to sit.

18 yrs + Bus provided
RP4619.301 Apr 3 10am-3pm Th \$89



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THE 50+ **Connection** **NEWS & EVENTS**

Howard County Office on Aging and Independence

Volume 15, No. 3 | March 2025

Explore the Connection Between Food and Culture

Every March, National Nutrition Month® gives us the opportunity to learn about making informed food choices and developing healthier eating and physical activity habits. This year's theme, "Food Connects Us," explores how meals link people to shared or different cultures, family traditions, and events we create with friends to expand our world. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health (eatright.org).



The Office on Aging and Independence (OAI) Let's Do Lunch program enables older adults to enjoy a nutritious meal while connecting with others at Howard County 50+ Centers. "When we bring people together to enjoy a healthy meal and socialize, it helps us all grow together as a community," says Danielle Clifford-Earles, OAI Nutrition Program Manager. "Howard County is a multi-cultural community; food bridges the cultural divides and helps us learn more about one another and our traditions."

OAI has featured Korean lunches on Mondays at the Bain 50+ Center since 2014 and now plans to expand diverse menu offerings at other centers to include different cuisines. "Bringing people together to share a meal that has cultural significance encourages members to share their culture with others," says Clifford-Earles.

Bain 50+ Center members Lily and Thomas Kim appreciate the authenticity of the Korean meals offered at the center. "We've been coming to the Korean lunches for the past three years. The food is really good and the staff is very nice," says Lily. "We especially enjoy when others ask us how they can make Korean dishes at home because we know it's healthy food!"

Explore OAI's current menus at www.howardcountymd.gov/OAImenus. In addition to congregate meals, OAI offers a variety of nutrition services to promote healthy aging and overall wellness for County residents while ensuring older adults have access to the nutritious meals, resources and education they need to thrive. Learn more about OAI's nutrition programs at howardcountymd.gov/nutrition.

From the desk of Calvin Ball, Howard County Executive



Social workers play a crucial role in our communities, driven by a genuine commitment to care for others. According to the U.S. Bureau of Labor Statistics, social work is one of the fastest-growing professions in the United States. The field is expected to grow by 7% from now until 2033, which is faster than the average for all occupations.

The theme for March's Social Work Month 2025, *Social Work: Compassion + Action*, highlights the increasing need for social workers to transform their compassion into effective action.

As our Howard County population ages, the demand for social work services will continue to rise. In Howard County, we are fortunate to have a dedicated group of social workers within the Office on Aging and Independence (OAI), who help older adults navigate the complexities of aging and access necessary services.

Many of OAI's social work professionals serve as Maryland Access Point information specialists and case managers, overseeing programs designed to assist older adults and their families. They help clients assess needs, and connect them with the right resources, such as housing, long-term care options, caregiver support, and more. Other OAI social workers serve in key leadership roles, such as 50+ Center directors, caregiver education specialists, and age-friendly and health and wellness division managers.

Join me in recognizing the invaluable contributions of social workers, not only during Social Work Month, but year-round. Thank you to our compassionate social workers who are dedicated to improving the lives of our residents.

DCRS is celebrating its golden anniversary this year, along with the creation of the original Office on Aging! Join the celebration at our East Columbia 50+ Center open house March 6 at 3 p.m.

Explore the center's engaging Thursday afternoon activities, including Tai Chi, Chess, Tasty Tidbits, Rock Steady Boxing, and Sip & Paint, and tour the onsite Connections social day program. To learn more about upcoming 50th Anniversary events, visit www.howardcountymd.gov/DCRS





Age-Friendly: Listening Sessions

Various 50+ Centers

Register at bit.ly/HoCo-AFListening

What can Howard County do to support your ability to age well in our community? We want to hear from you! County residents, concerns and ideas to shape the next Age-Friendly Action Plan. Your input will help Howard County create a community that supports everyone—now and for years to come!



AARP Tax-Aide Income Tax Preparation

February through April at 50+ Centers

Every tax season, AARP Foundation Tax-Aide volunteers serve communities like ours by helping older adults complete and file their tax returns. To set up a tax appointment, call 443-741-2373 (voice/relay) and leave a message with your name and the 50+ Center where you would like to schedule an appointment. A scheduler will call you back to confirm the date and time. To schedule an appointment online, visit the AARP Foundation Tax-Aide Locator.



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Howard County 50+ CENTERS

Enrichment. Engagement. Connection. Growth.

Adult English Conversation Class

North Laurel 50+ Center, March 5 – May 28, 4:30 p.m. /

A06610.300

Classes offer a relaxed setting to improve your speaking skills and connect with others. Open to all levels.

Senior Planet Presents: Exploring AI

Bain 50+ Center, March 6 – April 3, 1 p.m. / A20673.205

AI is transforming the way we live and work. Explore AI tools, cutting-edge applications and practical ways to enhance your daily tasks, from writing emails to creating images. Gain hands-on insights, learn to recognize AI-generated content and discover best practices for safe and effective AI use.

Women's History Month, History Alive: Elizabeth Cady Stanton

Bain 50+ Center, March 12, 11 a.m. / A01641.200

March is Women's History Month! Join us as we look at the life and work of Elizabeth Cady Stanton, an American writer, activist and champion of the Women's Rights Movement.

MAP Talk: In-Home Care vs. Home Health Care

Glenwood 50+ Center, March 13, 11 a.m. / A03638.203

Gain a better understanding of the differences between in-home care and home health care - terms that can be confusing. Learn about the benefits, costs and factors to consider when arranging care.

Monet with Downey Dress

Ellicott City 50+ Center, March 14, 11 a.m. / A02751.200

Discover the art of Claude Monet, the founder of Impressionism. Learn how his unique approach to capturing nature shaped modern art.

Medicare Fraud Lunch and Learn

Elkridge 50+ Center, March 28, 11 a.m. / A055610.200

Join Howard County's Senior Medicare Patrol (SMP) for lunch, and learn about Medicare fraud. The presentation and Q&A session provide tips on how to protect yourself, detect and report Medicare fraud, errors and abuse.

Living Well with Diabetes (Spanish)

Elkridge 50+ Center, April 18 – May 13, 5:30 - 8 p.m. / A05363.300

This six-week diabetes disease self-management program (DSMP) is designed for people living with type 2 diabetes and/or their caregivers. Weekly topics include glucose monitoring, skin and foot care, exercise, nutrition and healthy eating and maintaining a balanced blood sugar.

**To register or find more events, visit
bit.ly/HoCoRegistration**

Law & Money



Estate plans involve more than just a will. See story on opposite page.

What to do when your phone is lost or stolen

By Kelvin Chan

Phones hold so much of our digital lives — emails, social media and bank accounts, photos, chat messages and more — that if they ever get stolen or go missing, it can cause major disruption beyond just the loss of a device.

In some places, phone thefts are an everyday problem, with thieves on electric bikes snatching them out of pedestrians' hands, swiping them off restaurant tables or pickpocketing them on the subway.

Here are steps you can take before and after your phone goes missing:

Basic protections

There are things you can do to make it less painful if your phone is stolen. Because some of these features are more technical in nature, people often overlook them.

Lock down as much as you can. At a minimum, require a password or biometric scan to unlock the device. You can also add similar requirements to important individual apps — like your banking account, WhatsApp or Signal — to protect your finances or chats from thieves.

Also, **activate the “find my device” feature**, which is available for both iOS and Android. Samsung also offers its own service called SmartThings Find.

You'll probably have lots of precious photos saved on your camera roll. It's a good idea to **back them up**, along with contacts, calendar items and other files. Google and Apple offer cloud-based backup services, although the free versions

have limited storage space. You can also back up your files to an external hard drive, memory card or laptop.

Some police forces and phone companies advise **turning off message previews**, which prevents thieves trying to break into your accounts from seeing reset or login codes when the phone is locked. To do this on an iPhone, for example, go to the Notifications section of your settings menu and tap Show Previews. You can also scroll down the app list to turn previews off for individual apps but leave them on for less risky ones like news or weather.

Turn on newer features

Recent iOS and Android updates include a number of new functions designed to make thefts less attractive.

iPhone users can turn on Stolen Device Protection, which makes it a lot harder for phone thieves to access key functions and settings. Many thieves will want to wipe the data off and reset so they can resell it, but with this feature on, they'll need a face or fingerprint scan to do so. Apple also recently updated its “activation lock” feature to make it harder for thieves to sell parts from stolen phones.

Android phones, meanwhile, can now use artificial intelligence to detect motion indicating someone snatched it out of your hand and is racing away on foot or a bike, and then lock the screen immediately. And there's a feature called Private Spaces that lets you hide sensitive files on your phone.

Jot down your device number

Take note of your phone's serial number, also known as an IMEI number. It can link you to the phone if it does eventually get recovered. Call it up by typing *#06# on your phone's keypad. If you've already lost your phone, you can also find it in other places, like the box it came in.

If it's stolen

If you're unlucky enough to have your phone stolen, notify the police. Call your insurance company if you have a policy that covers the device. Inform your phone company so they can freeze your number and issue a replacement SIM card or eSIM. Notify your bank so they can watch out for suspicious transactions.

Next, try to locate your phone with the “find my device” feature. For iPhones, go to iCloud.com/find from a web browser, while Android users should head to google.com/android/find. Samsung also has its own service for Galaxy phones.

These services will show your phone's current or last known location on a map, which is also handy if you've just lost track of it somewhere in the house.

Apple says even if a phone can't connect to the internet or has been turned off, it can use Bluetooth to ping any nearby Apple devices using the same network behind its AirTag tracking devices. Google says newer Pixel phones can be located “for several hours” after they've been turned off using similar technology.

That way you can get the phone to play a

sound, even if it's on silent. You can also put the phone in “lost mode,” which locks it and displays a message and contact details on the screen for anyone who finds it. Lost mode on iOS also suspends any Apple Pay cards and passes.

If the device shows up in an unfamiliar location on the map, and you suspect it has been stolen, experts say it's better to notify the police rather than try to get it back yourself.

Cybersecurity company Norton says, “Confronting a thief yourself is not recommended.”

Final steps

If you can't find your phone, there are some final steps to take.

Log yourself out of all your accounts that might be accessible on the phone, and then remove it from your list of trusted devices that you use to get authentication codes — but make sure you can get those codes somewhere else, such as email.

As a last resort, you can erase the phone remotely so there's no chance of any data falling into the wrong hands. However, take note: Apple says that if the iPhone is offline, the remote erase will only happen the next time it comes back online. But if you find the phone before it gets erased, you can cancel the request.

Google warns that SD memory cards plugged into Android phones might not be remotely erased. And after the phone has been wiped, it won't show up with find my device. —AP

How long to keep tax records and other files

Dear Savvy Senior,

Is there a rule of thumb on how long someone should keep their old financial paperwork? I have file cabinets full of old receipts, bank and brokerage statements, tax returns and more that I would like to toss.

—Recently Retired
Dear Recently,

It's a great question. As we get older and our financial life gets more complicated, it's difficult to know how long to keep old financial

records and paperwork and when it's safe to get rid of them. Some things you'll need to hold on to for your whole life and others for just a month or so. Here's a checklist to help you determine what to save and what you can throw away.



SAVVY SENIOR
By Jim Miller

Keep one month

- ATM receipts and bank deposit slips as soon as you match them up with your monthly statement
- Credit card receipts after you get your statement (unless you might

return the item or need proof of purchase for a warranty)

- Credit card statements that do not have a tax-related expense on them
- Utility bills when the following month's bill arrives showing that your prior payment was received. If you wish to track utility usage over time, you may want to keep them for a year, or if you deduct a home office on your taxes, keep them for seven years.

To avoid identity theft, be sure you shred anything you throw away that contains your personal or financial information.

Keep one year

- Paycheck stubs until you get your W-2

in January to check its accuracy

- Bank statements (savings and checking account) to confirm your 1099s
- Brokerage, 401(k), IRA and other investment statements until you get your annual summary (keep longer for tax purposes if they show a gain or loss)
- Receipts for medical bills in case you qualify for a deduction

Keep seven years

Supporting documents for your taxes, including W-2s, 1099s, and receipts or canceled checks that substantiate deductions.

See **TAX RECORDS**, page 17

Documents to include in an estate plan

Many individuals, even those with significant assets, are negligent in establishing a comprehensive estate plan. A will, although necessary, is not sufficient.

In this column I will discuss wills and other documents that you should consider. Consult with your attorney about including the following documents in your estate plan.

Will: A will is the document that contains a written statement of your instructions regarding your estate. The individual(s) responsible for managing your estate is the administrator. He or she is responsible for following the instructions you specify in the will. Your instructions are not limited to property disbursement.

If you die without a will, aka “intestate,”

state law determines how the estate assets are distributed. The court will then assign an executor. It is unlikely that this option will meet your best interests.



THE SAVINGS GAME

By Elliot Raphaelson

Probate is the process by which your will and estate are administered. The probate process is likely to be time-consuming and expensive. A properly designed estate plan can bypass probate, expedite the transfer of assets, and avoid unnecessary expenses.

Living trust: A living trust can be an important part of an effective estate plan. Among the possible advantages are:

- Assets owned by properly designed living trusts can avoid probate, save associated expenses and transfer assets

to beneficiaries quickly.

- The living trust protects the assets during your lifetime and ensures they are managed properly without your assistance.
- Privacy. A will is filed in a local courthouse, and is available to the general public. A living trust is not part of a public record unless there is litigation.

Power of attorney: Personal property and business property owned by you cannot be sold or managed by anyone but you. If you become incapacitated for any reason, and are unable to manage your finances, someone has to be able to pay bills and manage your assets.

Without a power of attorney, your family will have to go to court and obtain an order that you are incompetent to manage your property. This is a time consuming and expensive process, and the court may not assign the right party to manage the property.

A power of attorney provides an agent the legal right to manage the property. This right can be either general or limited, which would specify the asset included in the power of attorney.

The standard power of attorney expires when the individual who signed the document is incapacitated. That is why “durable power of attorney” was established, which continues in effect after incapacitation. This document is very important and is accepted in every state.

Advance medical directive: An AMD is a specialized power of attorney to appoint someone to make health decisions when you are not capable of doing so. Naturally, you would only appointment someone who knows you well, such as your spouse, to have this power.

See **ESTATE PLAN DOCS**, page 18

Tax records

From page 16

The IRS usually has up to three years after you file to audit you but may look back up to six years if it suspects you substantially underreported income or committed fraud.

Keep indefinitely

- Tax returns with proof of filing and payment should be kept for at least seven years, but many people keep them forever because they provide a record of their financial history.
- IRS forms that you filed when making nondeductible contributions to a traditional IRA or a Roth conversion
- Retirement and brokerage account annual statements as long as you hold those

investments

- Defined-benefit pension plan documents
- Savings bonds until redeemed
- Loan documents until the loan is paid off
- Vehicle titles and registration information as long as you own the car, boat, truck or other vehicle
- Insurance policies as long as you have them
- Warranties or receipts for big-ticket purchases for as long as you own the item to support warranty and insurance claims

Keep forever

Personal and family records like birth certificates, marriage license, divorce papers, Social Security cards, military discharge papers and estate-planning documents, including a power of attorney, will, trust and advanced directive. Keep these

in a fireproof safe or safety-deposit box.

Reduce your paper

To reduce your paper clutter, consider digitizing your documents by scanning them and converting them into PDF files so you can store them on your computer and back them up onto a cloud, like Microsoft OneDrive, Apple iCloud

or iDrive.

You can also reduce your future paper load by switching to electronic statements and records whenever possible.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of The Savvy Senior.

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To register, email info@cogsmd.org.

BEACON BITS

Mar. 4+

BUDDHIST MEDITATION CLASS

This meditation and modern Buddhism class is open to everyone. It teaches participants to cultivate peace, joy and lasting change. No prior experience is necessary. The class takes place on Tuesday, March 4, 18, and 25 from 7:30 to 8:45 p.m. at Owen Brown Interfaith Center, 7246 Cradlerock Way, Room 213, Columbia. Arrive 10 minutes early to register. The cost is \$12 (\$8 for those 62 and older). For more information, email peace@meditationmd.org or call (410) 243-3837.

Mar. 9

FREE GUIDED HIKE

Vernal pools — shallow seasonal pools of water — provide habitat for many local plants and animals. Join this free educational hike guided by Patapsco Heritage Greenway to find some along the Trolley Trail and learn why they're essential. Meet on Sun., March 9 in Lot A, 1233 Oella Ave., Catonsville. The hike lasts from 10 a.m. to noon. For more information and to register, visit bit.ly/PatapscoHike, call (410) 696-1328 or email info@patapsco.org.

Ongoing

HELP FOR ABUSED

CHANA's Elder Abuse program offers free, confidential support to older adults experiencing abuse and those concerned about potential abuse. CHANA can provide crisis intervention, safety planning, legal assistance, individual counseling, support groups, shelter and more. To get help for yourself or a loved one, call (410) 234-0030.

Estate plan docs

From page 17

Do-not-resuscitate order: Do-not-resuscitate (DNR) and do-not-hospitalize (DNH) orders are used by individuals, generally elderly, who are frail and do not wish to be subject to CPR or similar procedures. Make sure your medical providers have a copy of the order if you develop one.

HIPAA authorization: This document authorizes medical providers to release medical information to the persons you name without violating the privacy provisions of the Health Insurance Portability and Accountability Act of 1996.

Bypassing probate

Specifying only in your will how you want your assets allocated does not bypass probate. Here are some alternatives to avoid probate (these alternatives over-

ride provisions in your will):

- a living trust
- joint ownership with right of survivorship
- beneficiary designations such as transfer on death (TOD) and payable on death (POD)

TOD and POD can be used at your financial institutions and brokerage firms for your financial accounts. These options can also be used for real estate and automobiles, depending on state law.

I recommend that you provide your attorney with a comprehensive list of all your financial assets and liabilities and current registration to determine what actions you should take to bypass probate.

Don't procrastinate. If you haven't developed a comprehensive estate plan, call your attorney for a meeting as soon as possible.

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BEACON BITS

Mar. 12

WHO MADE THE STAR-SPANGLED BANNER?

Learn more about Mary Pickersgill, who crafted the Star-Spangled Banner and was one of Baltimore's most influential women of the early 19th century. This free lecture, facilitated by Chris Snizek from The Flag House museum, takes place virtually and in-person on Wed., March 12 from 2 to 3 p.m. at Keswick, 700 W. 40th St., Baltimore, and online. To RSVP, or for instructions on how to watch online, call (410) 662-4363 weekdays from 9 a.m. to 4:30 p.m.

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Arts & Style



Mentors with OhanaHC support teenagers. Our cover story continues on page 20.

Area premiere of Dolly Parton’s 9 to 5

By Eddie Applefeld

“It’s a rich man’s game no matter what you call it, and you spend your life puttin’ money in his wallet.”

Although that’s no way to go through life, take time off to see *9 to 5: The Musical*, where those lyrics came from, now playing at Toby’s Dinner Theatre in Columbia.

The musical is based of course on the popular 1980 movie starring Jane Fonda, Lily Tomlin, Dolly Parton (who wrote the music and lyrics) and Dabney Coleman.

Almost three decades after the film’s release, the musical premiered in Los Angeles in 2008 and played on Broadway the following year, though for less than six months.

Despite its short run, the show received four Tony nominations as well as 15 Drama Desk Award nominations — the most received by a production in a single year. Allison Janney won for outstanding actress.

According to director Mark Minnick, this is the first time the show has been performed in this area. Why did the creative team decide to bring it to Toby’s?

“A show like this, musical and funny, is what we need right now,” Minnick said. “We have the perfect cast to pull it off, and

I thought our audiences would love it.” They must be doing something right because, as of this writing, all the prior shows have sold out. But don’t worry, tickets are still available for the rest of the run, through March 16.

Kidnap the boss

If you’ve seen the movie, you know the plot. Three female employees work for an overbearing, misogynistic boss. It becomes so bad they decide to kidnap him.

During his absence, they establish a day-care center in the office, pledge equal pay for men and women, and offer flexible, part-time hours. The office runs much more smoothly, and employees actually enjoy their jobs.

When the boss’s wife returns home from vacation and frees him, things get complicated.

The three talented female leads have played many roles in Toby’s past performances. Marykate Brouillet plays Judy, Janine Sunday is Violet and Rachel Cahoon is Doralee.

As in the film, the trio steals the show. With their voices, comedic timing and depth of character, the three women chan-



MaryKate Brouillet, Janine Sunday and Rachel Cahoon make a plan to banish their boorish boss, played by Jordan B. Stocksdales, in *9 to 5: The Musical*. With songs and lyrics written by Dolly Parton, the show runs at Toby’s through March 16.

nel the exhilarating original cast. That’s not to say that the boss, Franklin Hart, played by Jordan B. Stocksdales, is completely overshadowed. Stocksdales brings comedy, outrage and schadenfreude to the story.

See **9 TO 5**, page 21

Join the

Howard County Concert Odyssey

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QUINTANGO

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May 18 at 4 p.m. - St. John’s Episcopal Church, Ellicott City

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REGISTER NOW

Mentors

From page 1

community effort, and we could not be doing this without the community.”

OhanaHC is now in its fifth year of operation, which the Porters are proud of, because many new nonprofits don’t survive that long.

How it works

Put simply, OhanaHC connects high school freshmen who are struggling academically or socially with a team of three adult mentors. Each group of four constitutes an ohana. Mentors vary in age from 18 to 80.

Students and their mentors can schedule activities after school as they see fit, with some guidelines. The organization also hosts after-school activities for participating students to socialize together, such as rock climbing, laser tag, ice cream socials and picnics.

Volunteers are asked to make a commitment of at least one year, and students are asked to commit to the program for 10 years. It may seem like a long time, but, as

OhanaHC’s website explains, “Ten years makes sense for a lifelong change. Too many students graduate from high school and don’t know how to move in a meaningful direction...Those additional six years will take a person through a very vulnerable time in their lives when they’re trying to make it in the world on their own.”

Initially, the nonprofit experienced some challenges in recruiting students. While parents and caregivers saw the program as a source of support and an opportunity for extra hands and hearts for their kids, some students simply weren’t interested.

However, as recognition of the program grew among students, so has their interest, and students have flourished, according to Wilde Lake’s principal.

“The mentors for some of the students have been instrumental in helping them see the possibilities of the world in front of them,” Leonard said.

“There are students who I know walked across the stage and got their diploma because of the mentorship of their OhanaHC mentors...It’s valuable to have three extra adults who are there as resources, who

aren’t pushing about homework every day, but just offer suggestions and support as needed.”

Mentors ‘click’ with students

Rita Brill is a volunteer with OhanaHC. After teaching high school for 36 years, she worked at Johns Hopkins University supervising student teachers, so she felt she would be a good fit for the program. Her son had attended the same high school, too, which added to her interest.

When she met her mentee and ohana in the fall of 2021, Brill felt they all immediately clicked.

“It’s amazing what’s happened to the relationship in four years, and what I see happening with other students that are in the program in terms of their self-confidence and academic ability. And it’s been really rewarding for us,” she said.

Brill’s mentee invited the ohana to her sweet 16 and 18th birthday parties, and they regularly meet for lunch and other activities.

The road hasn’t always been perfectly smooth — Brill’s ohana supports their mentee in pursuing college, but she faces challenges to enrollment. The group hopes to support her as best they can in whatever path she chooses.

had job opportunities because of that social capital.

“I can’t stress enough — it’s community helping community,” Porter said.

In addition to networking, mentors may encounter surprises. Principal Leonard’s advice for would-be volunteers is to realize “you’re going to learn more from your mentee than they are going to learn from you,” she said.

“I think a lot of times when folks enter a mentoring relationship as an adult, they feel like they are going to pour [advice] into a person.

“But the problem is, that kind of paternalistic approach will almost always lead to failure because it doesn’t honor what the young person brings to the relationship,” she explained.

“Have a clear understanding that it’s a give and take. The contributions are going to be from everybody in the relationship, including the mentors and the young person.”

Brill agrees that volunteering is a two-way street. “We [mentors] all feel that we’ve learned a great deal, and I hope that our students have also. In our case, we’re very close to her. So it’s rewarding.”

The Porters hope to streamline their nonprofit so that it can inspire others to launch their own.

“There’s nothing magic about what we’re doing here. Any community could be doing this,” Susan Porter said. “In fact, that’s our goal... to say, this is what worked for us. We’re giving it to you; see if you can do it in your community.”

For more information about OhanaHC, visit [ohanahc.org](#), email [info@ohanahc.org](#) or call (301) 873-2397.

FROM PAGE 22

ANSWERS TO SCRABBLE

SCRABBLE G R A M S SOLUTION									
L1	Y4	R1	I1	C3	A1	L1	RACK 1 =	62	
C3	A1	S1	H4	B3	O1	X8	RACK 2 =	77	
H4	O1	W4	B3	E1	I1	T1	RACK 3 =	65	
G2	L1	I1	T1	C3	H4	Y4	RACK 4 =	66	
H4	A1	M3	M3	O1	C3	K5	RACK 5 =	90	
PAR SCORE 280-290							TOTAL	360	

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ANSWERS TO CROSSWORD

L	A	M	E		C	A	S	T		S	U	M	O	S		
A	V	I	D		U	P	T	O		I	T	E	M	S		
W	I	N	E		T	R	A	Y		L	E	D	G	E		
M	A	I	N	E	L	O	B	S	T	E	R					
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A	P	N	E	A		D	A	M	S		E	R	A	S		

Benefits for mentors

The Porters aim to uplift everyone involved with OhanaHC, and that includes mentors as well as students.

“We don’t limit it to just our mentees. If one of our mentors is in need of a new job, or needs a letter of recommendation, we’re there for them. Our young mentors have

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“I saw you in the Beacon!”



Columbia Pro Cantare

Sunday, March 16, 2025, 4 PM

Celebrating Rutter

First Evangelical Lutheran Church,
3604 Chatham Rd., Ellicott City, MD 21042

Tickets: Advance – Adults \$23, Seniors/
Students \$18 At the Door - \$2 more Children 15 and
under – \$10, Group rates available

Saturday, May 3, 2025, 8 PM

Asian American/Pacific Islander

Pre-concert lecture, 7 PM The Jim Rouse Theatre at Wilde Lake,
5460 Trumpeter Rd., Columbia, MD 21044

Tickets: Advance – Adults \$25, Seniors/
Students \$20 At the Door - \$2 more Children 15 and
under – \$10, Group rates available

Information & Tickets: [www.procantare.org](#)

symphonic pops

March 15, 2025 | 7:30pm

Jim Rouse Theatre



scan the QR code to purchase tickets
or visit [columbiaorchestra.org](#)

9 to 5

From page 19

Some songs you've heard

The excellent live orchestra is conducted by Ross Scott Rawlings, with sound by Mark Smedley.

There are two songs you are probably familiar with: the title tune, “9 to 5,” and “Backwoods Barbie,” both written and recorded by Dolly Parton. Country stations played both hits in 1980 and again in 2008, when Parton released her “Backwoods Barbie” country album.

Parton wrote all the other songs specifically for the musical. “I wanted each song to fit each character perfectly and fit the story line, as well and to have the songs be singable and memorable,” she explains on her website.

You might not walk out of the theater humming any of those songs, but you'll enjoy “Cowgirl's Revenge,” Doralee's table-turning ode to her ogling boss; “Heart to Hart,” a passionate love song by a bland administrative assistant; “Potion Notion,” Violet's plot to poison her boss' coffee, and “Change It,” the trio's rallying cry for courage. “Nothing's gonna change if you don't change it,” they sing.

Speaking of Parton, she appears on video at the beginning and end of the show, welcoming and thanking the audience.

The fashions of the early 1980s make a comeback here with costumes designed by Heather C. Jackson and hair (and wigs) by Jayson Kueberth.

Despite the kidnapping, this is a family show, except perhaps for young children. An occasional curse word is heard, and an 8 p.m. curtain gets you out about 10:30 p.m.

Food, and a word about parking

Toby's plentiful all-you-can-eat buffet opens at 6 p.m. evenings (5 p.m. Sundays) and at 10:30 a.m. for matinees. Some of the dinner items include chicken parmesan, a carving station, baked tilapia, veggies, fruit, dessert and a salad bar and ice cream bar.

Note that there is construction under way on what used to be part of Toby's parking lot. This requires a few changes when driving there.

The exit off 29 is no longer the best option; instead, take Symphony Woods Road. Also, the main entrance to the theater is now on the side of the building. Visit Toby's website (tobysdinnertheatre.com) for everything you need to know.

Depending on performance, tickets range from \$84 to \$92 for adults (those 65+ pay \$74 for Tuesday evening or any Wednesday performance); children 4 and older are \$64 to \$67.

Remember, the tips you leave for waiters also constitute the majority of the actors' pay, so be generous.

Tickets are available from the box office by calling (410) 730-8311 or online via Ticketmaster (with a service fee). Toby's Dinner Theatre is located at 5900 Symphony Woods Rd., Columbia.

BEACON BITS

Mar. 2+

FREE ART SHOW AND RECEPTION

Artists' Gallery is proud to participate in the countywide “Blossoms of Hope Show 2025,” showcasing original works by gallery artists. The exhibition runs through Sun., March 30, with a reception on Sun., March 2 from 2 to 5 p.m. The gallery is located at 8197 Main St., Ellicott City, and is open Wednesday from 11 a.m. to 3 p.m. and Thursday through Sunday from 11 a.m. to 6 p.m. For more information, visit artistsgalleryec.com or call (443) 325-5936.

Mar. 20

FOLK MUSIC CONCERT

The Cellar Stage presents Kate McDonnell and Lynn Hollyfield, two area folk music singer-songwriters, in concert on Thu., March 20 beginning at 7:30 p.m. This event takes place at Temple Isaiah, 12200 Scaggsville Rd., Fulton. Tickets are \$25 and can be purchased at bit.ly/TheCellarStageConcert, where you can also watch videos of the two musicians performing some of their music. For more information, call (443) 540-0226 or email uptownconcerts@gmail.com.

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JOHNS HOPKINS
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BEACON BITS

Mar. 6

FOSTERING RESILIENCE WORKSHOP

Join this free workshop to learn strategies for building resilience and find inspiration to create meaningful change. Patrilie Hernandez, founder of Embody Lib, facilitates the event, which takes place on Thu., March 6 from 5:30 to 7:30 p.m. at Bain 50+ Center, 5470 Ruth Keeton Way, Columbia. To register, visit bit.ly/bainworkshop. For more information, call (410) 313-1928.

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PUZZLE PAGE

SCRABBLE

G₂R₁A₁M₃S₁

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A₁

I₁

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RACK 1

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RACK 2

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L₁

T₁

RACK 4

A₁

O₁

K₅

M₃

C₃

H₄

M₃

RACK 5

1st Letter Triple

Double Word Score

PAR SCORE 280-290 FIVE RACK TOTAL
BEST SCORE 360 TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com

Scrabble answers on p. 20.

The Beacon

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HB0325

Crossword Puzzle

Find a new crossword every day on our website at www.TheBeaconNewspapers.com/puzzles.

American Gumbo By Stephen Sherr

1	2	3	4		5	6	7	8		9	10	11	12	13
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Across

1. Weak, as an excuse
5. Sympathetic signature surface
9. Japanese wrestlers
14. Voracious
15. Words before *date* or *snuff*
16. Strict cashiers' counts
17. Napa Valley sampler
18. Cafeteria carrier
19. Cliff diver's starting point
20. Ingredient in American gumbo
23. Barclays Bank in the UK installed the first one in 1967
24. Hankering
25. Tattletale
29. Like a German noun that follows "das"
31. Architect in Training (in brief)
32. Regret
33. Another ingredient
37. Spreadsheet lines
39. Robin Williams' Mork from ____
40. Healthful retreats
41. Another ingredient in the gumbo
46. Christmas drink
47. Initials of Dr. Jekyll's creator
48. Gothic ones are pointed at the top
51. Top-grossing movie of 1978
53. *Nocturne* ____-sharp minor, by Chopin
54. Bauxite or bornite
55. Last of the ingredients; I gar-on-tee it!
59. ____ down memory lane
62. A dot surrounded by blue on a map
63. Best guesses on the B&O
64. Wynonna Judd's mother
65. Hot, when playing hot and cold
66. Hateful start to -sting or -stable
67. Sleep disorder
68. Hydropower creators
69. Historic times

Down

1. Sheriff or deputy
2. Fly

3. Congress set it at \$7.25 per hour in 2009
4. It could win a First Place trophy
5. Flatware
6. It might say "Kiss the cook!"
7. Cause a waterbed to leak
8. Yo-yos and Legos
9. *Science* has one, but *magic* does not
10. Women with hysterectomies no longer have them
11. Smaller than XL or L
12. "Oh my god," in text-speak
13. Dir. from Vancouver to Seattle
21. Suspicious onlooker
22. Letters inside OUTSIDE
26. Olympic athlete with good eyesight
27. Largest Caribbean country
28. Oil company founded in 1919
30. Slang for mustache
31. Musician Paul, born three months before Simon and 11 months before McCartney
34. Water closets
35. Picasso product
36. Last portion of a PARSEC
37. ____ in the new year
38. Strong smell
42. Prints are available in color, black and white, ____ tone
43. Commoner
44. Oil carriers
45. Killer whale
49. List of corrections
50. Taste, and four others
52. Japanese cartoon art
53. Religion of most of Morocco
56. Where to put the price tag on a grapefruit
57. Between ports
58. Give up power
59. Start of -log or -lyst
60. Do you want bottled water or ____?
61. Weasley, of Gryffindor

Answers on page 20.

... ❄ ...

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