



Photos by George Drake

# *LIBRETTO* 🎵

## SYMPHONY VILLAGE NEWSLETTER

APRIL 2020

VOL. XV No. 4

**MISSION STATEMENT:** To enhance the quality of life and promote a harmonious community through the timely publication of accurate information about residents, events, and activities in and around Symphony Village.

### Welcome to the Neighborhood!



Jim & Vickie Farmer, 706 Harmony Way  
Gregory & Deborah Miller, 309 Orchestra Court  
Bob Ringler, 206 Opera Court

"Spring has not been cancelled."



***Bloomin' Coronaviruscens*** -  
(George Drake, photographer/reporter)

The Symphony Village Covenants Committee with the unanimous approval of the SV HOA Board of Directors has directed that the *Bloomin' Coronaviruscens* is forbidden on any residents' or common area in Symphony Village. This invasive, viral plant must be immediately eradicated from the U.S. and the World.

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# 2020 HOA BOD

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**SV BOARD OF DIRECTORS**

**PAT FOX, VICE PRESIDENT**

**ELECTRONICALLY-APPROVED ACTION ITEMS: MARCH 16 – APRIL 3, 2020**

Board Electronic Votes:

Due to the crisis position our HOA and Community is in, the Board has been conducting conference calls three mornings per week with our general manager in order to track the status of what is ongoing in Symphony Village. As Maryland HOA law allows unanimous electronic Board votes in emergency or urgent situations, and because we cannot conduct a regular or special Board meeting in the Clubhouse with no reopening day in sight, the Board has unanimously approved the following motions:

- Closure of the Clubhouse Effective 11 p.m. on Monday, March 16, until further notice.
- Suspension of acceptance and review of all non-emergency exterior modification requests until further notice. Emergency requests such as a leaking roof or window may be submitted and will be reviewed by the general manager and the Board of Directors and approved electronically by the Board.
- Transfer of \$45,000 from the FVC Bank CD maturing on April 11, and \$75,000 from the Congressional Bank CD maturing on April 21, into a Congressional Bank Money Market account based upon the recommendation of the Budget and Finance Committee. The rate as of March 10 was 1.60% APY. Updated rates will be available at point of maturity.
- Approval of Level Green Landscaping proposal for \$1,971 to remove soil/mulch build up (aka volcano shaped mulch) for tree health purposes from 35 common area trees Approval of Level Green Landscaping proposal for \$1,971 to remove soil/mulch build up (aka volcano shaped mulch) for tree health purposes from 35 common area trees based upon the recommendation of the Landscape and Irrigation Committee.
- Approval of proposal from PuroClean<sup>®</sup> to complete “risk reduction” cleaning of the clubhouse and fog wall air ducts at a cost of \$1,000.
- Cancel the regularly scheduled May 1 Symphony Village Board of Directors meeting. The next scheduled meeting is June 5, assuming the Clubhouse is reopened. Any change will be announced.

Per the appropriate process, any electronic votes unanimously approved by the Board will be announced, ratified, and included in the meeting minutes of the next regular Board meeting.

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## COMMITTEE REPORTS

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### COVENANTS UPDATE

**DEBI WELLS, COVENANTS COMMITTEE CHAIR**

As the Centers for Disease Control and Prevention (CDC) stated in its guidelines (titled: *Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission*), “Each community is unique, and appropriate mitigation strategies will vary ...”

With Symphony Village being a 55+ active adult community, the Covenants Committee and HOA Board agreed: social distancing and safety first! Consequently, on March 25 an eBlast was sent by HOA Management on behalf of the HOA Board and Covenants Committee to let residents know review of exterior modifications would be suspended temporarily. The intent is to promote safety requirements during COVID-19; specifically, to avoid possible spread of the virus through meetings, exchanging paperwork, and on-

site review discussions between residents and Covenants members. The exception to this temporary plan is that any emergency exterior modification (such as a roof leak, window replacement, etc.) will be accepted and reviewed by the Board. This plan will remain in place until normal operations, including use of the Clubhouse, resume. *We appreciate the support of all residents who have embraced this decision with patience and understanding.*

Although the Covenants Committee is temporarily not meeting, we are staying involved! If you want to get your Exterior Modification Forms ready and completed now for a review when Covenants Committee meetings resume, please do! Exterior Modifications Forms can be printed in your home from our community's website (<https://static1.squarespace.com/static/500616cfc4aa3dba773667dc/t/5c6eebc0eef1a1cc74326189/1550773184381/Exterior+Modification+Form+021319.FINAL.pdf>) or you can request a form to be mailed to you by contacting HOA Management. While Covenants Committee members are not able to meet with you in person temporarily, if you have questions please call for information or assistance. Take care and we look forward to working with you on future exterior modifications!

## LIFESTYLE COMMITTEE

MARY COLLING-OFFICER, CHAIR; JOE SIKES, CORRESPONDENT

The Lifestyle Committee met virtually on April 6, 2020, using Zoom technology. While event planning is on hold until the current COVID-19 crisis has abated, it was a great opportunity for Committee members to check in on each other and see a friendly face. Everyone enjoyed the visual interaction and encouragement to stay safe.

The Committee remains dedicated to providing exciting future activities when it is safe to do so, including revisiting some that were canceled during the crisis. We did identify some silver linings in our current delay.

## SILVER LININGS

When **Social Hours** resume, we will celebrate birthdays again. Zina has promised to keep baking, so she stays in top form. Also, our Social Hour clean-up all-stars, Carolyn Harty and the Buckheits, will be well rested.

The **Genealogy** presentation will be more rewarding as family trees continue expanding!

When **Movie Night** returns, everyone will be really fired up since movie theaters have all been closed.

Norm Carmichael's **Wine Tasting** will be even more fantastic since the wines will have had more time to age.

And who is not going to be looking for some **Seva Stress Release**?

## GOING FORWARD

Meanwhile, all of the Lifestyle events are currently postponed. We don't plan to start back until everyone can be safe. So, follow the COVID-19 guidance, wash your hands, and maintain your social distancing. Your safety, and that of your neighbors, is our priority.

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10012874


**ADS IN LIBRETTO DURING VIRUS SHUTDOWN**

During the Corona Virus Emergency, the Committee decided to go ahead and publish the *Libretto* as it is a good way to get information out to the community. We decided not to charge the businesses for their ads during the time of closure, and to also extend the run of their ad by as many months as we are closed down. Some of these small businesses may not survive the virus. By not charging for April, we are indirectly supporting local small businesses who hope to stay the course and reopen.

**SV DIRECTORY**

The Symphony Village Directory has been updated. John Olson made some changes to make it more readable. Remember to change your Directory Bookmark if you have one so that you get the correct version.

Thank you, Bob Rose, for keeping our Directory during all these years. The residents appreciate all of your time and effort to keep it up to date. If you wish to print a copy of the Directory, click on Options at the top to the right of Street Sort.



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# CLUBS AND ACTIVITIES

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## BIRD CLUB

LINDA BLUME

### RED-WINGED BLACKBIRD



Spring through fall, we'll see the Red-Winged Blackbird around SV, often near the ponds since they prefer being near wetlands. In winter, you may see them at your bird feeders in flocks with grackles, cowbirds, and starlings. The male has distinctive red shoulder patches that are visible in flight or at rest; the smaller female is blackish brown with no shoulder patches. It has a very distinctive call—go to [Red-Winged Blackbird](#) and press “Listen” (on the right side of the screen, fourth in a list). You have probably heard them while out walking in SV.

The red-winged blackbird is omnivorous. It feeds primarily on plant materials (weed seeds, waste grain in fields, etc.), but its diet also consists of insects (dragonflies, damselflies, butterflies, moths, etc.) and small animals (snails, frogs, eggs, worms, spiders, etc.). It also eats fruit such as blackberries when in season.

### WHAT IS SPRING WITHOUT BABY BIRDS?

Even when we are cooped up in our houses, access to the Internet gives us the opportunity to watch life happen. Access these webcams to watch the action live:

[Cornell Feeder Watch Cams](#) — There are currently live cams featuring barred owls, the northern royal albatross, red-tailed hawks, Savannah ospreys, and Hellsgate ospreys. Cams also continue to feature various bird watching sites.



[Chesapeake Conservancy Webcams](#) — There is a camera on a peregrine falcon nest in Baltimore, an osprey nest on Kent Island, and a great blue heron rookery on the Eastern Shore.

[Chesapeake Bay Foundation](#) — This year, the osprey cam has become a Canada goose cam!

[Audubon Society](#) - The cams include puffins, osprey, black guillemots, roseate terns, and more.

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## WORD SCRAMBLE: DOG BREEDS

Unscramble these letters to reveal dog breeds:

1. DOGELN VRRETRIEE
2. DOEPLO
3. EAGMRN PRSHHEED
4. RUHSAZCNE
5. OHNBCI SRFEI
6. HHUCHAIAU
7. VRACLIAE NIKG LHSCREA NISAEPL
8. XRBEO
9. TABESS UNHOD
10. HHSI ZUT

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east and west of the Bay Bridge

SV Resident and Neighborhood Specialist

Has participated in the sale of 30+ SV homes

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## WHITE OAK—*QUERCUS ALBA*



Most of us are familiar with the Maryland state flower **Black Eyed Susan** and the state bird **Baltimore Oriole** but how many of us know what the state tree is?

It's the **White Oak** or *Quercus Alba*, a large slow growing member of the Beech family. It's native to North America and can reach heights of 60–100 feet and live as long as 600 years! At about 50 years of age, the White Oak begins to produce acorns—as many as 10,000 annually. The acorns are sweet to taste and are a dietary mainstay for over 80 species of birds and mammals.

The most famous White Oak of all was once in our own backyard. The Wye Oak in nearby Wye Mills was the reason this tree was chosen as the Maryland state tree. The tree was privately owned since the 1500s and in 1939 was purchased by the state.

In 1940, the American Forestry Association named the Wye Oak the finest specimen of White Oak in the country. The next year the Maryland legislature named it as the official state tree.

Alas, in 2002, the Wye Oak succumbed to time and the elements. It collapsed during a severe thunderstorm in June of that year. At the time, it was 96 feet tall and estimated to be 460 years old.

The site is preserved today by the Wye Oak State Park.



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## “KEEP YOUR FACE TOWARD THE SUNSHINE”

BETTY MCATEE



Warm, sunny days are always good antidotes for these uncertain, worrisome times. Did you know there's an easy way to increase the sunshine in your life? Just plant a few sunflower seeds. The Latin name for sunflower is *Helianthus annuum* (helio = sun, anthos = flower, annuum = yearly).

Most of us know that the young sunflower turns its blossom toward the sun through the day, and toward maturity remains facing the east. Its spectacular blossom makes it a very popular cut flower for indoor floral arrangements.

There are several more “pros” to growing sunflowers:

- The multitude of “florets” in the blossom center with pollen and nectar attract many beneficial pollinating insects so important for the horticultural world.
- Organic non-GMO sunflower seeds are a nutritious snack containing Vitamin E, magnesium, and selenium.
- Sunflowers attract seed-eating birds, like goldfinches, who also keep insect pests at bay.
- Sunflowers are known to decontaminate soil of such heavy metals as lead, arsenic, zinc, and chromium.

Be sure to pick a sunny, warm spot in your garden for planting seeds. Avoid heavy watering since these annuals are heat and drought tolerant.

Mulching is still advised. Seeds for both giant and dwarf-sized plants are available.

\*\*From a quote by Helen Keller: “*Keep your face toward the sunshine and you cannot see the shadow.*” *It is what sunflowers do.*

## WORD SCRAMBLE: CAT BREEDS

Unscramble these letters to reveal cat breeds:

1. SEODITCM RRSOTAHHI
2. RAEIPNS
3. IMSSAEE
4. EUMEBRS
5. XANM
6. SSBNNAIYA
7. GBAELN
8. KEOSTIENN
9. IEMNA NOCO
10. TCTSSOIH DOLF

## PICKLEBALL (OR WHAT TO DO AT THIS TIME!). LET'S GO VIRTUAL

GEORGE DRAKE



**LESSONS/CLINICS:** As you know, we're at a standstill. The May *Libretto* will detail lessons/clinics for folks new to the game. We will try to post dates for lessons/clinics in a community eBlast. First timers welcome – paddles for loan.

**OPEN PLAY FOR EXISTING PLAYERS:** The schedule listed in the March *Libretto* will be followed once we get the all clear. Current players will be notified via the pickleball email list of players.

**VIRTUAL! (FOR NEWBIES AND EXISTING PLAYERS):** Okay, you've got the time! Visit these YouTube Tutorials.

**HOW TO SCORE (HARDEST PART OF THE GAME!)** <https://www.youtube.com/watch?v=YHMIvyyGq0I>

**PICKLEBALL RULES – SHORT AND SWEET** <https://www.youtube.com/watch?v=fTvPYdKZq00>

**WHAT IS PICKLEBALL & WHY IS IT SOOOOO ADDICTIVE?** <https://www.youtube.com/watch?v=-czIf-7Au8Q>

**5 BASIC TIPS FOR THE COMPLETE PICKLEBALL BEGINNER** [https://www.youtube.com/watch?v=Yj\\_ZgJYqoJk](https://www.youtube.com/watch?v=Yj_ZgJYqoJk)

**DOUBLES PICKLEBALL STRATEGY 101** <https://www.youtube.com/watch?v=x5ceh-7DI1Y>

**WATCH** some games and see how the game is played and how it is scored. Go to YouTube.com and search on Pickleball—there are many, many videos.

**EQUIPMENT:** For good information on how to choose a paddle, etc., go to [pickleballcentral.com](http://pickleballcentral.com). You can purchase paddles online at various places including: [pickleballcentral.com](http://pickleballcentral.com), [totalpickleball.com](http://totalpickleball.com), [Amazon.com](http://Amazon.com), and [Ebay.com](http://Ebay.com). Locally check Dick's Sporting Goods and Walmart.

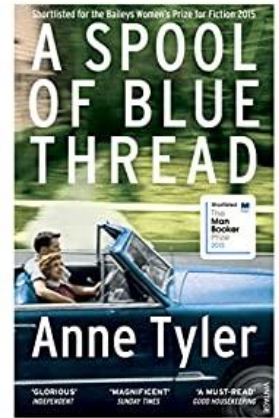


## READING FOR FUN – MARCH 2020 REVIEW JOE SIKES

The Book Club exercised its highly developed technological skills to hold a Virtual Book Review, allowing us to abide by our current COVID–19 restrictions. It turns out our technological skills were not so highly developed, but we are learning!

On March 31 our first Zoom meeting was held with pixels representing the following residents: Joe Sikes, Jan Withers, Bob Nilsson, Cathy Olson, DeAnn Cheyne, Jim Buckheit, and Kathryn Volpicelli. We later held a second virtual meeting on April 5 to allow pixels of Sue Goldberg and JoAnn Walker to discuss the book.

We spent the first part of the meeting learning the technology and catching up on how everyone was handling the pandemic. We all agreed it was uplifting to see and talk to each other for a change. The Zoom presentation provided some humor when the cameras displayed the top of Mary Jo Volpicelli's face above Kathryn Buckheit's mouth, while she was talking about our book. So, I attributed the comments to Kathryn Volpicelli, as listed in the attendees above. Eventually all the kinks were resolved, and Mary Jo and Kathryn were safely separated. We then commenced our discussion of **A Spool of Blue Thread** by Anne Tyler.



Anne Tyler is an author who sets her stories in Baltimore and had been read by a number of book club members. We chose this book partly because of the Baltimore connection, as well as positive reactions to other books she had written. *A Spool of Blue Thread* tells the story of three generations of the Whitshank family who built and lived in a large house in the Roland Park section of Baltimore. The author describes struggles of the family, whose social stature was improved by the move to this section of town. Anne Tyler is a gifted writer whose characters are developed in great detail over three generations. Her descriptions of Baltimore and the house on Bouton Street (central to the story) make it easy to picture the background in which the family story unfolds.

As usual, the book club had a divergence of opinion about the book. Some, myself included, felt the story of this dysfunctional family went on without ever reaching any resolution. The timeline of the book is actually driven by the house, which they eventually leave. Fans of the author admired her rich narrative but admitted they liked some of her other books better. The story could easily be adapted to television and would resemble a Baltimore version of **This Is Us**, in which the narrative jumps back and forth in time and could go on forever. It is, however, a relaxing, low drama read.

Since we were experimenting with the virtual format, we did not provide a score for this book. During the COVID–19 crisis, we plan to continue meeting virtually using Zoom technology until normalcy returns. Invitations will be sent directly to those wishing to attend, providing meeting ID and password information. This protects the meetings from possible interference by outsiders as reported about Zoom in recent press articles. If you wish to participate in the two meetings below, contact me at: [sikes.withers@yahoo.com](mailto:sikes.withers@yahoo.com)

April 21 *The Nightingale* by Kristin Hannah

May 19 *The League of Wives* by Heath Hardage Lee

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## **The Symphony Village Name Tag Sale...**

### **Postponed until the Clubhouse is reopened...**

At that time, an SV e-blast will be sent as a reminder with details on how to order and cost. Thank you!



I must be optimistic that we'll be able to have at least several Markets by the end of the summer. With so much time on our hands, now may be the time to select items for the Flea Market and to get your creative juices flowing to make items for the Craft Market. If you can find the necessary ingredients at the grocery store, you might like to try out new recipes for the Bake Sale.

FYI – Registration for the Market will begin when SV “reopens.”

**SYMPHONY VILLAGE OFFICIAL SYMBOLS**

LINDA BLUME



Maryland has State Symbols. SV should have Official Symbols as well!

Phase I (April *Libretto*) is to nominate your choice(s) for each of the symbols listed below.

Phase II (May *Libretto*), will be to announce and vote for your personal choices.

Phase III (June *Libretto*) will announce the winners.

**SV OFFICIAL SYMBOLS TO BE CHOSEN:**

- |             |              |               |
|-------------|--------------|---------------|
| 1. BEVERAGE | 7. FLOWER    | 13. REPTILE   |
| 2. BIRD     | 8. FRUIT     | 14. SONG      |
| 3. CAT      | 9. INSECT    | 15. SPORT     |
| 4. DESSERT  | 10. MAMMAL   | 16. TREE      |
| 5. DOG      | 11. MOTTO    | 17. VEGETABLE |
| 6. FISH     | 12. NICKNAME |               |

Go to [Official Symbols](#) online and enter your ideas for the symbols. The nomination process will run **April 15 to May 4**. I will compile the results (please use discretion in your suggestions!) and list them in the May *Libretto*. The vote will then proceed online.

How well do you know Maryland’s State Symbols? Give it a try (answers below).

**ANSWERS TO MARYLAND'S STATE SYMBOLS**

1. Milk; 2. Baltimore Oriole; 3. Calico Cat; 4. Smith Island Cake;  
 5. Chesapeake Bay Retriever; 6. Rockfish; 7. Black-Eyed Susan; 8. [no state fruit];  
 9. Baltimore Checkerspot Butterfly; 10. [no state mammal; the State horse is the Thoroughbred];  
 11. Fatti Maschi; Parole Femine (“Manly deeds, womanly words” or “Strong deeds, gentle words”);  
 12. The Old Line State; 13. Diamondback Terrapin Turtle; 14. Maryland, My Maryland;  
 15. Jousting; 16. White Oak; 17. [no state vegetable]

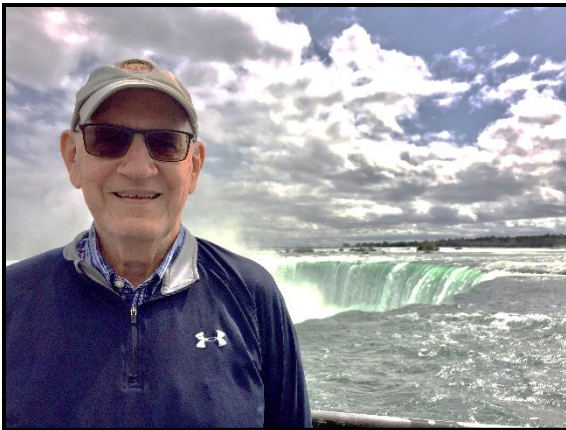
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# NEIGHBORHOOD NEWS

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## NEIGHBOR-TO-NOTE: TOM MCMANUS

DEBI WELLS, PUBLICATIONS & COMMUNICATIONS



If you've attended any of the Symphony Village HOA Board meetings, then you've probably heard the dry, fun wit of Tom McManus. As Chair of the community's Landscape & Irrigation (L&I) Committee, Tom keeps us updated and works the ongoing problem-solving required for all of those activities. Dubbed 'Fearless Leader' by his Committee Vice Chair, Bill Wells, if you talk L&I with Tom it's obvious, he has patience, enjoys a challenge, and has a desire for efficiency and community contentment. All great qualities for a neighbor!

Born in Jersey City and being a first-generation Irish American, Tom is a naturally hard worker. As though Catholic grammar school, high school, and college weren't difficult enough, he worked a newspaper delivery route at an early age and, when older, was employed by a drug store. College bound Tom worked his way through Saint Peters University and Hunter College. Hired as a telephone installer in 1965, Tom got lots of exercise going up and down five-story buildings and, even more exercise, telephone pole climbing! With Tom's love of a good workout, this job was a suitable fit while going to college. A better fit was his promotion into the phone department's Information Technology (IT) Division after graduation, as a computer programmer.

In 1967, more than 300,000 American men opened an envelope with this statement inside: "Greetings: You are hereby ordered for induction in the Armed Forces of the United States." Tom was among them. During the Vietnam War era, 1964–1973, the U.S. military drafted 2.2 million American men. But the U.S. Government didn't have a reliable database to indicate each soldier's location and training skills! You guessed it—Tom to the rescue! Over the next two years, with his desire to put things in order and using adept computer programming skills, Tom and his team developed an IT tool to capture the information that the military required. (Perhaps this experience fortified Tom's ability to locate and identify our community's sprinkler head locations?)

Prior to the Army draft, Tom met his wife, Kathy, while stationed at Edgewood Arsenal in Maryland. They married in 1969, just before Tom exited the Army. From where they lived, in Havre de Grace, Maryland, they moved to New Jersey where Tom rejoined his employment at New Jersey Bell (part of AT&T—the *world's* biggest company at that time). A year later they had their first daughter, Kristen (she is now an attorney at Arnold & Porter in Washington, D.C.). Two years later, in 1973, their second daughter, Amy, was born (she's now a registered University of Maryland Shock Trauma nurse in Baltimore, Md.). While completing his MBA at Monmouth College, Tom, Kathy and the girls found time to have family fun while camping in a pop-up trailer and spending lots of time outdoors. Then, as a result of AT&T's divestiture in 1984 and the birth of Verizon Communications, Tom became even busier; with the Promotion to the Director level, his role expanded to having offices in Silver Spring, Md.; Madison, N.J.; Philadelphia, Pa.; Boston, Mass.; Hempstead, Long Island; Tampa, Fla.; and New York City. There was lots of travel, but Tom will tell you the interesting work projects and assignments were a satisfying trade-off.

What does Tom do for fun? Well, thanks to his penchant for learning (the criterion for a truly skilled IT person since the world of technology is ever innovating and changing), Tom put an addition on his last home (yes, he physically built it)! Tom also likes to golf (and marshalled at the U.S. Open at the Congressional Country Club in 2011), play cards, read, work outside, and just have fun. Over the last ten years Tom and Kathy have often traveled to Europe for some exciting vacations. The most fun Tom has is with his daughters

and their families that includes six grandchildren (aged 6 to 14), that he and Kathy adore. Kathy and Tom celebrated their 50<sup>th</sup> wedding anniversary last year with a family vacation to Woodland Pines in the Poconos.

Most of all, Tom enjoys trying to make a difference in our community. This doesn't mean he necessarily has time on his hands; instead, Tom has the heart and interest in making things even better. Our community is the beneficiary of Tom's talents and time, and for that we are all grateful! Thank you, Tom!

## NOW IS THE TIME FOR FENG SHUI

SUSAN RAYNER

Feng Shui is the Chinese concept that all spaces have a flow of energy. The art of Feng Shui is all about bringing the positive chi (energy) into your home by arranging your things in such a way that allows the energies to flow through your space/home. Before you say Hooey, let me tell you a short story.

When I owned a restaurant, I had an office door that stuck, you bumped your hip up against it, turned the knob, and it opened—no big deal, I did it a hundred times a day. I hired a Feng Shui practitioner to help me redecorate (more of a PR stunt than a belief in FS). Before talking about positioning of furniture, color choices, or any mainstream decisions, she told me to fix the office door. It seemed stupid to me. I told her in one move, I bumped and turned the knob, and viola the door opened. She insisted. I called my handyman and had the door fixed. I actually felt the difference when I opened the door. I hadn't realized what that bump and turn was doing to me psychologically. I found myself going to my office and entering with joy of working on my books. Needless to say, my "books" began to improve, food and beverage cost went down, and I had more money for redecoration. Was it Feng Shui that gave me more money? Yes and No. You decide, but I've been a believer ever since.

In this time of Stay at Home orders, we all are making the best of it. What is the first thing many have said, "I'm cleaning out my closets." "I'm getting photo albums done." These are all Feng Shui steps we are taking. If you haven't been bitten by this bug, it's time to get started—we do have a month indoors, how much binge watching can we do? You may not realize it because you look at it every day, but an overstuffed closet is eating away at you. If you haven't worn it in two seasons, get it out of there; if you are waiting to lose just ten more pounds then you'll fit into that outfit, get rid of it—that outfit is telling you every day that you are fat! When and if you shed those ten pounds, buy yourself something new to celebrate.

Do you have a door jamb that needs a touch up? Get out your spare can of paint and touch up those black marks. Can't do that? Focus your attention on what you can accomplish. I have an L.L.Bean inside thermometer, one part goes in a window, the other display screen goes in my bathroom, so I know what the outside temperature is before I get dressed—handy right? It hasn't worked in 3 years, yet every day I look at the display screen as if magically it will work. If asked, does it bother me? I'd say no, but I bet it does. I'm going to practice what I'm preaching and either fix it or trash it, Today!



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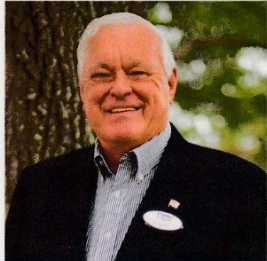
How about exercising, yuck! It hurts me just to get out of the chair, but out of the chair I must. Don't let these times give you the excuse not to move. OK, so we can't walk around the block, don't even try, instead try three house lengths for a few days, if it doesn't kill you, try six house lengths, you get the picture—any movement is better than no movement. Let's make something positive come out of all of this negativity.

We will have a yard sale this year, sometime, with this Stay-at-Home situation, getting a little movement back into our lives and practicing Feng Shui, it will be the best one ever; and we will come out of this feeling better than we did when it started.


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*Photos courtesy of George Drake,  
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# CENTREVILLE HAPPENINGS

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## NEED AN OUTDOOR EXCURSION?



Some of the local wildlife refuges, parks, and trails remain open at this time, but only for outdoor, passive recreation. Buildings are closed, no restrooms are available, and structured activities are cancelled. Below is a list of possibilities for excursions. Please follow all the CDC recommended guidelines for groups of less than ten persons, social distancing, hand sanitizing, etc. **Please look at the website prior to a visit because conditions change day to day, hour to hour.**

### QUEEN ANNE'S COUNTY:

QAC Parks and Recreation:

- The QAC Bulletin about outdoor recreation is at [COVID-19 Alert](#)
- The listing of public Landings and Piers can be found at [QAC Landings and Piers](#)
- The listing of QAC Parks (including Trails) can be found at [QAC Parks](#)

[Chesapeake Bay Environmental Center](#) – Trails remain open; buildings are closed. See [COVID-19 Policy](#)

CAROLINE COUNTY: [Adkins Arboretum](#): Grounds remain open; buildings are closed.

DORCHESTER COUNTY: [Blackwater National Wildlife Refuge](#): Trails remain open; buildings are closed. Wildlife Drive is free of charge.

KENT COUNTY: [Eastern Neck National Wildlife Refuge](#): Trails and roads remain open; buildings are closed.

TALBOT COUNTY: [Pickering Creek Audubon Center](#): Closed to all activity.

### MARYLAND STATE PARKS:

[Maryland Park Service COVID-19 Alert Status](#)

[Maryland DNR COVID-19 Guidelines](#)

- [Sandy Point State Park](#) (Anne Arundel County) – Closed to all activity.
- [Martinak State Park](#) (Caroline County) – Open for passive recreation
- [Tuckahoe State Park](#) (Caroline County) – Open for passive recreation

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## 2020 CENTREVILLE FARMERS MARKET

**LINDA BLUME**

I, along with several other SV residents, participated in two conference calls in March about the 2020 Centreville Farmers Market. Other shoppers, stakeholders, and community leaders also were on the line. Some great ideas were generated!

The following information is preliminary spiced with a lot of hope:



There may be two market days this year – Wednesday (2 – 6 p.m.?) and Sunday (afternoon) with different vendors on each market day. The Town of Centreville has granted permission to use the Courthouse lawn for the Market, so it may move back to downtown. The Maryland Department of Agriculture has left the decision about opening to each local



Farmers Market, and if open, there are guidelines for hand sanitizing stations, social distancing, etc.

The Easton Farmers Market, the St. Michaels Farmers Market, and the Kent Island Farmers Market are open/going-to-open using innovative techniques for making sure the CDC Guidelines are followed while allowing the sale of fresh produce. A plan is being formulated for COVID-19 mitigation at the Centreville Farmer's Market—more will be announced when the plan is in place.

Very tentatively, the Centreville Market could open on **Sunday, May 10**, and **Wednesday, May 13**. A decision should be made on April 16 about the start date. Stay tuned!

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## CABBAGE—SOUP FOR THE SOUL

DEBI WELLS, P&C

### A REAL SOUP-ER FOOD?

What's a tried-and-true remedy for all that ails you? Your mother probably made you a good bowl of soup. And now, some schoolchildren in London may have proved it! As part of a class project, the kids lab-tested more than 50 different types of soup to see how well each

would fight disease. Cabbage soup worked best, blocking transmission of a parasite by up to 50 percent. The study was impressive enough to be published recently in the *Archives of Disease in Childhood*. Perhaps the headline should have been "Mom Was Right."

Have you ever read a very short article and thought its amazing advice couldn't be that simple? I recently read such an article. In the March edition of the AARP Bulletin, page 46, one paragraph (shown) stated schoolchildren in London lab-tested approximately 50 soups to determine how well each would fight disease. The result? Cabbage soup blocked the transmission of a parasite by up to 50 percent. First, I wondered, how do you lab-test soup?

Then I wondered, how was it determined transmission of a parasite was blocked by up to 50 percent? And, what parasite? It deserved some research. After all, we're living with the challenge of coronavirus! So, I surfed the Internet to find out more!

The parasite in question is found in malaria (a serious, life-threatening disease caused by a one-celled parasite called a Plasmodium). Only female mosquitoes of the Anopheles genus can transmit malaria. When Female Anopheles mosquitoes bite (us!) to obtain blood needed to nurture their eggs, they infect people. The Plasmodium parasite travels to a person's liver, then it grows and multiplies. Next, it gets into the bloodstream to infect and destroy red blood cells. While malaria can be deadly, it can also be prevented. But that would be another *Libretto* article.



I got to know a few things about malaria while orchestrating annual 'World Malaria Day' fundraisers. What I learned is: (1) people are a lot more generous when donating \$\$ if they can relate to the problem, and rarely do people relate to malaria, and (2) malaria is truly a worldwide concern. Each year, currently, malaria is the cause of nearly half a million childhood deaths globally. Back during the American civil war, it caused over a million episodes of illness in the U.S. and an estimated 10,000 deaths. In countries less fortunate than ours, repeated episodes of malaria are still expensive and lead to poverty due to lost productivity. It's a vicious cycle. However, over decades, science has led to vast improvements, especially in our country. Now, there are approximately 1,500 malaria cases and five deaths reported in the United States annually, mostly in returned travelers.

The test used to determine the results of this (malaria parasite) test involved incubating soup broth for 72 hours with in-vitro cultures. Interesting, but what I really wanted to know was does this parasite have anything to do with the **CO**rona **VI**rus **D**isease of **2019 (COVID-19)**? Not that I could find. Respiratory viruses are quite different than malaria...even though it's currently thought malaria medicines (chloroquine and hydroxychloroquine) may help COVID-19 patients. Viruses infect and reproduce in the nose and throat, where they are highly contagious. Some go lower into the lungs, where they spread less easily but can be more harmful. There's lots to read and to yet be discovered about COVID-19. What we have working for us is, most

of the time, a virus doesn't really want to kill us, believe it or not. We're good for them! If we live, they live! So, it's good to stay healthy—for ourselves, that is. And yes, that means eating cabbage!

Cabbage is packed with Vitamin C, Vitamin K, and nutrients. While it looks like lettuce, it's actually a member of the cruciferous family (like broccoli, kale, cauliflower, collard greens, mustard greens, etc.). According to Harvard Medical School, cruciferous vegetables are among the top ten super foods as they are an excellent source of fiber, vitamins, and phytochemicals (which act as a defense against bacteria, viruses, and fungi). When we consume plants with phytochemicals, their defenses are passed along to us and thought to prevent some types of cancer.

So, how can you incorporate cabbage in an easy way into mealtimes? Well, you can eat cole slaw every day as my health-conscious sister, Kathleen Sullivan, does. Or, you can make cabbage soup! Cabbage soup is tasty, and it'll comfort your soul to know you're doing something good for yourself. My husband, Bill, prefers meat-based soups; however, for this article, he provided his favorite cabbage soup recipe, enjoy!

## **CABBAGE SOUP FOR THE SOUL**

**DEBI WELLS**

### **INGREDIENTS:**

- 2 tablespoons olive oil
- 8 ounces sliced button mushrooms
- 2 large yellow or white onions, chopped
- 1 bunch celery, grated (see the 'Note' below)
- 3 carrots, grated
- 2 green or red bell peppers, stemmed, seeded and grated
- 2 cloves garlic, grated
- Half a head green cabbage, shredded
- 2 tablespoons low-sodium soy sauce
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Kosher salt and freshly ground black pepper
- One 28-ounce can crushed tomatoes (optional)
- 4 cups low-sodium chicken broth (or vegetable broth for a vegetarian soup)

### **DIRECTIONS:**

Heat the oil in a large, heavy-bottomed pot over medium-high heat until shimmering. Add the mushrooms and cook, stirring, until soft and brown, about 5 minutes. Add the onions and cook stirring, until soft and golden, about 8 minutes. Add the celery, carrots, peppers and garlic and cook, stirring, until the vegetables begin to brown and become fragrant, about 5 minutes. Stir in the soy sauce, garlic, and onion powder, 2 teaspoons salt, and 1 teaspoon pepper.

Add the cabbage to the pot and stir until it begins to wilt, about 2 minutes. Pour in the crushed tomatoes, chicken broth, and 1 cup water. Stir to combine. Bring to a boil then reduce to a simmer and cook until the cabbage is tender, 30 to 45 minutes. Season with salt and pepper.

Note: To speed up vegetable prep, you can use a food processor fitted with the grater attachment. Add any liquid accumulated from the shredded vegetables to the soup along with the broth.

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1. GOLDEN RETRIEVER
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3. GERMAN SHEPHERD
4. SCHNAUZER
5. BICHON FRISE
6. CHIHUAHUA
7. CAVALIER KING CHARLES SPANIEL
8. BOXER
9. BASSET HOUND
10. SHIH TZU

## ANSWERS: CAT BREEDS

1. DOMESTIC SHORTHAIR
2. PERSIAN
3. SIAMESE
4. BURMESE
5. MANX
6. ABYSSINIAN
7. BENGAL
8. TONKINESE
9. MAINE COON
10. SCOTTISH FOLD

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