

Area resident's photos are ready for their close-up at State Fair

BY MARY HELEN SPRECHER
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Wendi Mosteiko is bringing her work out of the closet. Literally.

The Morrell Park resident uses the walls of her walk-in closet as an exhibit space for the photos she takes.

"When my husband and I first moved into this very, very small Baltimore rowhouse, we converted the very smallest bedroom into a closet. And that's where I started hanging them. Now, every time I walk in to pick out my outfit, I see photos of places I've been, events I went to..." she laughs. "Frankly, they didn't fit anywhere else in the house."

Baltimore will have a chance to see Mosteiko's work (without sharing space with her clothing) by visiting the Maryland State Fair, where Mosteiko will be an exhibitor.

She is quick to clarify that photography is something she does for fun, and not as a commercial interest.

"Truly, it's just a hobby for me. This is something I do for me, and I enjoy it."

Her pictures, she says, tend to run the gamut of anything she finds interesting at the moment — shapes, colors, textures, lighting and more. She carries her camera with her wherever she goes, and uses it to capture those images she encounters in her day-to-day life.

And while she has always found photography fun and interesting, she says, it was the advent of the digital camera that enabled her to pursue her hobby.

"The digital camera has opened up a whole new world. It has made things so much easier — you can see right away if you want to take the picture again instead of waiting for film to be developed. It's just so accessible now."

She originally began carrying the digital because of a completely different interest — in food.

"I have a food-centric blog. It's about my kitchen adventures — what I'm cooking now — and I got the camera so that I could take pictures of the food."

By day, office manager in an Ellicott City architecture firm. By night, a food blogger. And in

between, a photographer and State Fair entrant.

She laughs about the third category.

"This is actually my second time entering the fair. Last time, well, it was just a huge learning curve."

Fair officials, she found out, have very strict rules concerning how photos are to be presented, with regard to matting and framing.

I didn't leave myself enough time, and I had to run around and fix things in time to get them entered. So there I was, on this hot August day, in the back seat of my car, ripping things apart and putting photos together in frames, and working with everything..." her voice trails off. "I did get them entered, but it was crazy. Let's just say that say that this year, everything is properly framed and mounted, and all I have to do is take them down and drop them off."

This year, she's looking for a ribbon, rather than a life experience, but remains philosophical about last year.

"I'm sure everyone has some kind of crazy story about that kind of thing."

And anyway, she adds, actually being at the fair last year allowed her to take one of the images that she is entering this year.

"It's an image of a ride there — I loved the lights and the motion."

Ribbons or no ribbons, she'll enjoy exhibiting at the fair. Just don't expect her to go into photography as anything but a hobbyist.

"I couldn't find my way through Photoshop if my life depended on it. I like taking the images, but really, I don't want to get into the photo editing and all those things. It's just beyond what I'm interested in mastering. I'm really just doing this because I enjoy it."

Note: The Maryland State Fair runs from Aug. 28-Sept. 7 at the Fairgrounds in Timonium, off I-83. Adult admission \$8, Senior admission (62 & over) \$6, Children (6 to 11) \$3, children under 6 are admitted free. Rides, which are not included, are individually priced. Information is available by going to www.marylandstatefair.com or by calling 410-252-0200. For those who tweet, there's <http://twitter.com/MDStateFair>. Further information, including the link to the Facebook page, is available on the fair's website.



SHEEP THRILLS—Morrell Park resident Wendi Mosteiko took this photo, entitled "Resting." She is entering some of her work at the Maryland State Fair,, which begins next week in Timonium.

Photo courtesy Wendi Mosteiko

Summer, fall, winter get-aways

The following trips are being offered. Information on other trips is available in the News for Seniors section.

Senior Steelworkers Local 2609 will take a bus trip to Atlantic City Tuesday, Aug. 25. Bus leaves at 10 a.m. and returns at 10 p.m. Tickets are \$23. Info: Lena 410-633-7115.

There's a one-day bus trip to the Polish-American Festival, "Our Lady of Czestochowa" in Doylestown, Pennsylvania, on Sunday Sept. 13, 10:45 a.m.-9 p.m. \$23/person includes refreshments on bus. Info/tickets: Lenny Adams 410-633-8624.

The following trips benefit Sr. Julitta Siedlecka School For The Blind in Poland. Book early as trips fill quickly. Info on all trips: Gloria Weber 410-276-1025.

Friday, Sept. 4: Charlestown, Charestown, W. Va.

Sunday, Sept. 13: Polish Festival, Cherry Hill, N.J.

Friday, Oct. 2: Penn National/Hollywood Casino in Grantsville, Pa.

Wednesday, Nov. 4: Dover Downs, Del.

Saturday, Nov. 21: Maryland Christmas/Craft

Show, Frederick, Md.

Wednesday, Dec. 2: Delaware Park, Del.

Saturday, Dec. 19: New York, N.Y.



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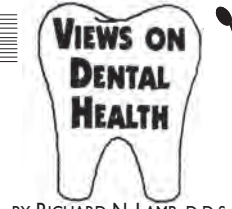
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BY RICHARD N. LAMB, D.D.S.

WHAT CAUSES PERIODONTAL DISEASES?

The mouth is filled with countless bacteria. Periodontal disease begins when certain bacteria in plaque (the sticky, colorless film that constantly forms on the teeth and the surfaces lining the mouth) produce toxins and enzymes that irritate the gums and cause inflammation. The resulting inflammation, which may be painless, can damage the attachment of the gums and bone to the teeth.

Good oral hygiene — brushing twice a day and flossing or using another interdental cleaner once a day — helps reduced the plaque film. Plaque that is not removed regularly can harden into rough porous deposits called calculus, or tartar. Tartar is not the main cause of periodontal diseases, but the pores in tartar hold bacteria and toxins, which are impossible to remove even with regular brushing. Once the hardened tartar forms, it can only be removed when teeth are cleaned at the dental office.

Tooth loss is not the only potential problem posed by periodontal diseases. Research suggests that there may be a link between periodontal diseases and other health concerns such as diabetes, cardiovascular disease, stroke, bacterial pneumonia, and increased risk during pregnancy. Researchers are trying to determine if bacteria and inflammation associated with periodontal diseases play a role in affecting these systemic diseases and conditions.

From the office of:

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