



September 2019
Saturdays & Sundays
Movies start at 2:30 pm



September 7th & 8th

Flying Scotsman

2006 Rated PG-13 1hr 43 min

The true story of Graeme Obree, the Scottish Champion cyclist who built a bicycle from old bits of washing machine parts and won a championship only to have his title stripped from him causing his mental health problems to spin from control. As a child Obree was given a bicycle from his parents and he finds freedom and a swift escape from his school bullies.



As an adult, he is determined to beat a bicycle racing record and constructs "Old Faithful," a revolutionary bicycle making it out of scrap metal from a washing machine. His life is never the same again.

September 14th & 15th

Funny Girl

1968 Rated G 2hrs 35 min

In this bittersweet, classic musical drama, the vibrant and beautiful young Fanny Brice (Barbra Streisand) starts out as a bit player on the New York City vaudeville stage, but works her way up to stardom on Broadway. Valued for her vocal and comedic talents by the renowned theater impresario Florenz Ziegfeld (Walter Pidgeon), Fanny thrives, but her relationship with her suave, imprisoned businessman husband, Nick Arnstein (Omar Sharif), is another story.

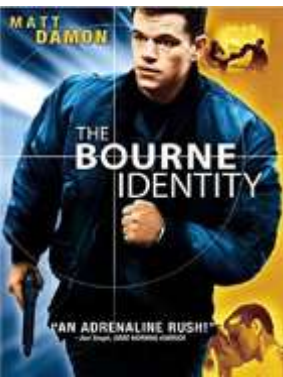


September 21st & 22nd

The Bourne Identity

2002 Rated PG-13 1hr 59 min

The story of a man (Matt Damon), salvaged, near death, from the ocean by an Italian fishing boat. When he recuperates, the man suffers from total amnesia, without identity or background... except for a range of extraordinary talents in fighting, linguistic skills and self-defense that speak of a dangerous past. He sets out on a desperate search-assisted by the initially rebellious Marie (Franka Potente) - to discover who he really is, and why he's being lethally pursued by assassins.



September 28th & 29th

Move Over Darling

1963 Rated G 1hr 43 min

Nicholas Arden (James Garner) has struggled to get over the absence of his wife, Ellen (Doris Day), but when it seems clear that she's perished in a plane crash, he decides to move on. Nicholas remarries to Bianca Steele (Polly Bergen) five years after his wife's disappearance, only to find out that Ellen is still alive. When she is saved from the island on which she was marooned, Ellen scrambles to reassemble the life she lost when her plane went down at sea.



Independent and Assisted Living



CLIPPER

SEPTEMBER
2019



Executive Director
Blake Olin

Business Office Manager
Casandra Roberts

Community Relations Director
Leah Yanega

Director of Health & Wellness
Tammy Scott

Director of Lifestyle & Leisure
Jess Watchie

Director of Culinary Services
Art Herrera

Maintenance Director
Mike Mosley



www.ChandlerSquare.com

www.milestoneretirement.com

Notes from Blake

September!

Seems like summer just started and its already winding down. September 23rd is the first day of Fall. Cooler weather, falling leaves, back to school and pumpkin spice everything is just around the corner.

A September tradition I never really noticed growing up was Grandparents Day. Celebrated the first Sunday after Labor Day (September 8th this year), Grandparents Day came into being on August 3rd 1978. The holiday was championed by Marion McQuade and was originally her idea to reconnect families with elderly relatives, many of whom were living in nursing homes. In the years that Marion worked to get her idea acknowledged she increasingly promoted the wisdom and family history that having a relationship with one's grandparents provides.

I have great memories of visiting my grandparents as a kid. I got to have a relationship with them and I am so grateful. My dad's parents lived just a short distance away and we saw them often. Throughout the summer we spent many days relaxing and playing at their house by the Mohawk River in Springfield, Oregon. My mom's parents lived a few hours away in Portland and so I saw them much more seldom. Those were always overnight or multiple night stays and full of adventure. Looking back, both were special in their own way.

Continued on Page 3



Resident's August Birthdays




Activities Suggestions Meeting

Wednesday, September 11th
Meet us at 11:15 a.m. in the Library
Bring your ideas for adventures!



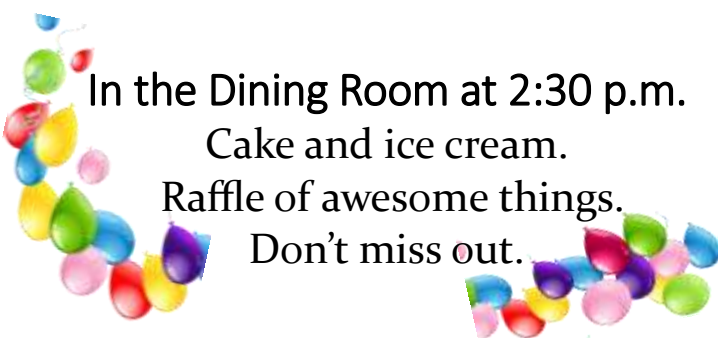
Food Committee Meeting

Wednesday, September 25th
2:30 p.m. ~ Dining Room
All are welcome to come.



September Birthday Party
Tuesday, September 3rd

In the Dining Room at 2:30 p.m.
Cake and ice cream.
Raffle of awesome things.
Don't miss out.



SEPTEMBER BIRTHDAYS

<u>Residents</u>		<u>Residents</u>	
Renamae B.	10th	Charlotte S.	22nd
Richard S.	12th	Lorraine S.	22nd
Faye L.	14th	Marla S.	25th
Marcia P.B.	20th	MaryPat B.	26th
Roberta D.	21st		
Judy H.	22nd		

Staff

Susan Chiabai	5th
Mandy Gallahar	5th
Brian Market	12th
Jess Watchie	27th
Tammatha Sleator	30th



Sophia Loren

Famous People born in September

Freddie Mercury, British rocker.....September 5th, 1946
Buddy Holly, American singer.....September 7th, 1936
Elizabeth 1, Queen of England.....September 7th, 1533
Bernie Sanders, Politician.....September 8th, 1941
Agatha Christie, British Author....September 18th, 1890
Sophia Loren, Italian actress.....September 20, 1933
Augustus, Roman Emperor.....September 23, 0063

Resident Council Meeting



Tuesday, September 17th
@ 2:30 p.m.
in the Conference Room

Voice your concerns or suggestions with the staff to bring about discussion you'd like to see take place.

What is September?

The month named "September" comes from the Latin 'Septem,' meaning seven because in the Roman calendar it was the seventh month. The Roman calendar started in March and was a ten month calendar based on "market" days which had to do with the number of lunar phases between one Springtime and the next; that way, farmers could keep track of when it was time to plant. At the same time in history, the Greeks, Myans, Egyptians and Aztecs had completely different calendars.

Sometime around the 1580's Pope Gregory XIII changed the calendar because he felt the average year in the Julian calendar was too long. The calendar changes were based on algorithms used to calculate movable feasts to accommodate the Catholic church. The Pope deleted ten days from the 1592 calendar to accommodate a shift in the equinox and *abracadabra*, the calendar used since 46 BC was gone.

The calendar change was bitterly opposed by the populace who feared it was an attempt by Landlord's to cheat them out of rent for those ten days (there was no pro-rating back then apparently). Additionally, the Protestants refused to acknowledge the new calendar, but of course, the Catholics followed it. Meanwhile, the rest of the world ignored it for nearly a century! I am imagining some Roman guy trying to do business with an Egyptian wanting a deadline of March 1st and neither side can agree when that day is on the calendar!

What is the significance of all of this? I have no idea. I just like September on the calendar and wanted to write about it. I like September because it is back to school (college) for my kids. And I like September because it heralds in Autumn when the air starts to cool down, leaves change to sweet golds, oranges and greens. I like when it is time to make pots of soup again and sit by a cozy fire with a book. I like when the seasons change and I like learning new things, hence my research on September.

Did you know that every month of the year has birth flowers and birth stones? September birth flowers are the Forget-Me-Not, Morning Glory and Aster. The birthstone is the sapphire.

Welcome September no matter what calendar you observe!

By Susan Chiabai



Forget-Me-Not



Morning Glory



Asters

How to Walk and Never Fall

I doubt anybody, other than a Hollywood stunt man, plans on falling. And yet so many people do fall. The CDC reports that deaths from falls has risen by 30% since 2007, and that falls are the number one cause of brain injury. Nursing staff have told me that most injuries in this building are caused by falls. So, if we're not planning on falling, why are so many of us doing just that?

When I've talked to people who are at high risk to fall a common response is, "I'm not planning on falling". Every time I hear that, I'm reminded of the saying, "If you fail to plan, you're planning to fail." So, let's do something about it. Let's plan out how not to fall. It may be a high goal, and it will be harder for some than others, but it is not an unrealistic ideal to shoot for.

At the next Healthy Living talk on Sept 9th at 10:30 we are going to discuss realistic general concepts that can help you keep upright. Please don't be one of those people who put this subject out of their mind because they don't want to think about it. Let's spend some important and encouraging time on this subject. We are doing it now in September because fall is coming.

By Martin Iverson, PTA, PM Select Outpatient Services 360-755-3399
sos.chandler@selectrehab.com

Conversation Starters

Start a conversation at your table during a meal and learn something new:

- 1) What did you and your friends do for fun when you were younger?
- 2) What are you most proud of in your life?
- 3) What is something that made you happy this week?



POPCORN
*Every Saturday
morning at 9:30 a.m.
in the Game Room*



**FRIDAYS, SATURDAYS and
SUNDAYS**

**Check the calendar for times
and join us!**

September Music Mondays in the Captain's Crossing



2:30 p.m.

Join us for music, coffee and light snacks

*2nd Jim Smith
9th To be announced
16th Connor Cho
23rd The Esquires
30th Nick & Judy*

INTRODUCING "CONDUCTORCISE"

We found a fun, aerobic, low impact exercise program that works out to classical music!

Maestro David Dworkin created this music based workout program for all ages. He has led orchestras across America and abroad, and served as Conductor and Artistic Consultant of three PBS Television documentaries in the series Grow Old With Me, including "The Poetry of Aging," featuring Richard Kiley, Julie Harris, and James Earl Jones.

This exercise will work with walkers so please come and try it and see what you think. Susan and Martin will be leading.

**Thursday September 12th and
Thursday September 26th at 1:30 in the
Compass Room**

Office Hours



Clarification:

**Monday through Thursday
8:30 a.m. ~ 5:00 p.m.**

**Friday
8:30 a.m. ~ 4:00 p.m.**

**Saturday and Sunday
10:00 a.m. ~ 4:00 p.m.**

upcoming EVENTS

Transport ~ Monday through Friday



Outings & Events

Ladies Lunch Outing

Thursday, September 5th @ 11:15



Afternoon Coffee Stop & Drive

Thursday, September 12th @ 1:30 p.m.

Swedish Pancake Breakfast

Saturday, September 14th @ 9:30 a.m.

Gentlemen's Lunch Outing

Thursday, September 19th @ 11:15

Picnic Outing and Walk

Thursday, September 26th @ 11:15 a.m.

Breakfast & Scenic Drive Outing

Saturday, September 28th @ 10

Parties & Socials



Birthday Party in Dining Rm.

Tuesday, September 3rd @ 2:30 p.m.

Dessert Social in Compass Room Wednesday, September 4th @ 3:30 p.m.

Muffins & Coffee Social in Captain's

Crossing Wed. September 11th @ 3:30 p.m.

Mid-Week Happy Hour

Wednesday, September 18th @ 3:30 p.m.

Happy Hour Fridays @ 4:00 p.m.

New Resident Orientation & Social

Tuesday, September 24th @ 3:45 p.m.

Root Beer Float Social

Wednesday, September 25th @ 3:30 p.m.

Attend & Participate



Exercise Classes Mon. thru Sat.

(check calendar for classes, dates & times)

Healthy Living Lecture

Monday, September 9th @ 10:30

Non-Denominational Sunday Worship

@ 9:30 a.m. and 3:30 p.m.

Movies



Sundays & Sundays @ 2:30 in the Theater

Bingo

Fridays, Saturdays & Sundays



Wii Bowling

Monday, Wednesday, Friday & Sat. Compass Room (check times)

Educational Lecture

Friday, September 20th @ 2:30 p.m.



Non-Denominational Communion

Wednesday, September 4th @ 11:00 a.m.

Shopping



Safeway Shopping

Tuesdays @ 9:00 a.m. and

Thursdays @ 3:00 p.m.

Burlington Shopping

Saturdays @ 11:15 (check calendar)

Soroptimist Thrift Store

Tuesday, September 10th @ 1:15 p.m.

Walgreens Shopping

Tuesday, September 17th @ 1:15

Notes from Blake

Continued from page 1

My mom's parents passed on when I was in my teens and early twenties. My dad's dad lived to be 93 and we lost him just a few years ago. My Grandma "Bunny" still lives in Springfield by the river. Unfortunately that's a 7 hour drive and I don't get there nearly as much as I would like. I find as I get older that I miss those visits more and more. I guess its true that we don't always appreciate what we have until it's gone. Over the past few years I lost my second Grandpa and then my Dad. I am so thankful for all they taught and shared with me.

I think ideally, Grandparents Day, just like most holidays, should be a reminder to celebrate those people and events all year long. Why wait until September 8th?

Fortunately, I am now surrounded daily by the wisdom and "living history" of my elders. Happy Grandparents Day Everyone!

Kintsugi ~ Japanese art of repairing something broken with gold

金継ぎ "golden joinery"



I was reading one of my favorite magazines when a beautiful picture of a broken dish caught my eye. It had been put back together with gold, which made it so much prettier than it was before it had been broken.

The Japanese philosophy of wabi-sabi celebrates imperfection, impermanence and incompleteness. The process of Kintsugi (pronounced, kint-soo-ghee) goes hand in hand with wabi-sabi and dates back to the 14th century. It is the idea of completing a design or returning something to wholeness from a broken form.

It relates so perfectly to us as human and fragile. Its message is profound. It is interesting that in this country our philosophy seems to be the opposite, where brokenness and incompleteness is something to be ashamed of, or that should be fixed, updated, thrown out or ignored. A common U.S. mantra seems to be "only the strong survive," or "out with the old, in with the new." The truth is that beauty and wholeness is whatever you define it to be. Beauty is what you see and find value in and value is how we choose to measure what makes us happy.

We should all embrace Kintsugi to be able to see what is truly beautiful in our world, starting with people. We all have a life story and there is strength and beauty in the imperfection of how we have lived. The gold appears when we make it through the brokenness and become stronger, and each time, more beautiful in our repair. Susan Chiabai

Remember this?

Remember 1918? Ha ha...just kidding

Armistice Day

In the United States, the 65th Congress was in session and the President was a Democrat named Woodrow Wilson.

A significant change in the history of women took place in 1918 when Opha May Johnson became the first woman to enlist in the United States Marine Corps. Semper Fi!

On the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as "the Great War." Though the Treaty of Versailles, signed on June 28, 1919, marked the official end of the war, the public still viewed November 11th as the date that marked the end of the Great War.

rarehistoricphotos.com



Shred-a-Thon



Presenting Sponsors:
Peoples Bank



Saturday September 14, 2019

Suggested Donation: \$20 per box | Minimum Donation \$10 per box

Chandler's Square will take your old paperwork for you to get it shredded. Please bring your donation money (cash only) and your old documents to the front office on Friday September 13th before 4:00 p.m.

**Documents must be in a sealed box, sack or a bag.
No loose papers can be accepted.**

Shredding will take place at the Walgreen's parking lot - not here at Chandler's Square. Shred It will have their shredding truck there geared-up and ready to demolish and discard your personal files. The best part is, your contribution will directly support AFC's life-saving and life-changing mission of helping homeless women, children and families in crisis to achieve self-sufficiency and success!

1940's

Hourly wage was 43¢ per hour

Mount Rushmore was completed in 1941

The first kidney dialysis machine was built out of aluminum cans and washing machine parts

1950's

Disneyland opens in California in 1955



1960's

Who wasn't a Hippie in the 1960's?



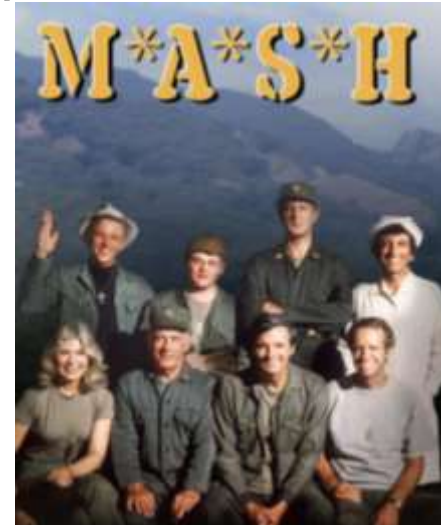
1970's

Americans celebrated the first Earth Day in 1970, and Congress passed the National Environmental Policy Act that same year. The Clean Air Act and the Clean Water Act followed two years later.

1980's

February, 1983

Over 100 million Americans watched the final episode of MASH making it the most watched TV episode ever.



MEET OUR NEW MAINTENANCE DIRECTOR

When Austin left, he left big shoes to fill, but we think we have found the person who can do it! Meet Mike Mosley, your new Maintenance Director.

Michael Mosley lives in Skyline area of Anacortes with his wife Debra and their thirteen year old daughter, Kahyla. Mike is originally from Bend OR, which is where he joined the Navy in 1995. Most of his Navy time was spent in San Diego, CA. Taking his last duty out of the Whidbey Island Naval Air Station, he retired after twenty-four years as a Chief Petty Officer.

Mike enjoys outdoor activities but his passion is fishing. He also enjoys watching football, especially his favorite team, the Oregon Ducks!*



*the views of our new "Maintenance Director," are NOT necessarily shared by the Newsletter Editor... Go DAWGS!



Mindful Corner with Joe

Each time that I lead my morning Mindful Chair Yoga group I feel a sense of warmth envelope my heart when I see fellow practitioners willing to take a shot at trying something new. Especially, something new within the context of mindfulness. This ancient practice invites us to *'mark a pause'* to slow down intentionally, purposefully, and to experience the body as it is in the moment minus the rushing without expectation.

Retirement is a chance to engage in pursuing interests that can support your life purpose. Often, many have retired to find nothing to do. NOW WHAT? The invitation here is, can we learn to *'Live out of the Box,'* to try something new and re-invent ourselves?

Joe Arellano, is a licensed massage therapist and certified mindfulness teacher with an office at Chandler's Square

Spiritual Fitness – anonymous



If you can start the day without caffeine or pep pills,
If you can be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can understand when loved ones are too busy to give you time,
If you can overlook when people take things out on you when, through no fault of yours, something goes wrong,
If you can take criticism and blame without resentment,
If you can face the world without lies and deceit,
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,
Then... you are probably a dog.

Resident Council Meeting

Tuesday, August 20, 2019

Meeting called to order: 2:30 pm ~ Meeting adjourned: 2:56 pm.

Respectfully submitted by Jess W., Interim Secretary

In Attendance:

Margaret S. Moureen Maxine L Harvey O. Anne J.
Harry B. Duane S. Marge S.

Old Business: The council acknowledges and appreciates the arrival of the carts in the South and North wing first floor entrances. They also expressed curiosity about the shopping carts that were once in the halls and if they were gone, or if there were other new carts in other entrances to the building.

In further discussion of new resident welcomes, the council has expressed continued desire to see another process for welcome packets to be delivered. The suggestion brought forward was for the welcome packet to be brought after their third or fourth day after moving in. This suggestion has come from their experiences with new residents who cannot find the packet because of how disorienting moving is for them.

New business:

The library has a surplus of new books on its shelves but is also dealing with the issue of overstock. The library would like to have an open donation table in the upstairs library on September 3rd, where residents may come and take the books they'd like.

The council also announced the return of the weekly Bible study with Brad come September. They also wanted to note that the study group is non-denominational and that all are welcome.

A request about etiquette and standards for performers vitiating this community was shared. The council has requested that all musicians come fully prepared, nicely dressed and that they would approach their performances here with rigor and seriousness.

The final comment of the council was a question about why the bar was removed from the main area of the Captain's Crossing. After discussion it was understood to have been removed in order to create more space for the abnormally large happy hours that have been occurring this summer.

Foodism



An exaggerated interest in
the preparation, presentation and consumption of food
By Art Herrera, Director of Culinary Services Chandler's Square

Let's start to explore the world of food and track it back through history. Why we are so fascinated with foods we enjoy? In this monthly article I want to highlight a recipe or an ingredient we can't live without; I want to discuss eating seasonally.

WHY IS EATING SEASONAL PRODUCE IMPORTANT FOR YOU AND YOUR HEALTH?

Why should we make the conscious choice to only choose seasonal foods? According to scientists, researchers, and natural health experts, it is important to eat with the cycles of nature and only consume food that was grown at the time you are eating it. Eating seasonally is not only better for your health, it also promotes balance with both the earth's resources and its life forms. The changing of the seasons is a source of natural diversity that should be embraced rather than combated.

Because of modern agriculture and food processing techniques, most foods are available year-round. We forget that food availability changes with the seasons. So even though technology makes it possible for us to eat tomatoes in the dead of winter, that doesn't mean we should do it. Modern food practices that do not follow the USDA's guidelines for organic farming cause damage to our environment and communities. Eating organic is just as important as eating seasonally and they often go hand in hand.

What does research say?

According to research studies, nutrient content changes in foods depending on which seasons they were produced in. For example, in a study conducted by the *Ministry of Agriculture, Fisheries and Food* in London, England - researchers found that nutrient content was different in milk harvested in the summer versus

Continued on page 9

Ladies
Coffee & Donuts

9:00 a.m.
Captain's Cross

COFFEE HOUR Thursdays



Men's
Coffee & Donuts

9:00 a.m.
Compass Room

Chandlers Library Giveaway

Choose from excess books that were donated
History, Mystery, Romance, Finance, Spiritual Advice, Cowboy Stories

September 3rd and September 4th 9:00 a.m. to 11:00 a.m.
Please take any books that interest you.



BOOKS BOOKS BOOKS BOOKS

September Book Recommendation:

4.6 Stars ★★★★★

The Haymakers: A Chronicle of Five Farm Families

(Minnesota) 1st Edition by Stephen R. Hoffbeck Pub. 2000

Reviews:

G. Inman

An interesting read about the author's family and four other Minnesota farm families, how they got started farming, their successes, tragedies, early equipment used, family traditions, the Sioux uprising, and how modern mechanized farming methods, including Monsanto, changed farming forever. The core of the book really is about making hay - a great read I cannot put down.

Dr. Jim

Dr. Hoffbeck's fast-moving book is about haying, or the putting up of hay, to feed farm animals through the long winter months. But it is also more, much more. It is also about the struggles and triumphs of real people dealing with the joys and difficulties of farm life. He takes the reader through 100 years of haymaking through the chronicles of 5 farm families. Haymaking methods are described, from the scythe harvest method through the making of round and square bales by machine. I found the evolution of haymaking fascinating, and it gave me an appreciation of what farm families have to go through to "get in the hay."

ALL ABOUT SPEECH THERAPY

What is speech therapy and do I need it? How can it help?

Hello, Chandler's Square Residents!

My name is Lindsey Lail and I am a new speech-language pathologist (SLP) working for Select Rehabilitation. I wanted to provide some information about speech-language pathology. Speech-language pathologists evaluate and treat individuals who have trouble with speech, language, cognition, and swallowing. Problems can occur if adults have a stroke, traumatic brain injury, progressive diseases such as Alzheimer's, or neurological diseases such as Parkinson's disease or ALS (Lou Gehrig's disease).



SLPs can provide treatment to help individuals who have difficulty with word-finding, trouble forming complete statements, changes in speech production, cognitive difficulties, including but not limited to memory, attention, organization, problem-solving, and planning. Lastly, SLPs can provide treatment to individuals who have difficulty eating and drinking. I hope this summary helps clarify what speech-language pathologists do and how we can help. Please contact me at 828-514-1068 if you have any questions or concerns. Thank you.

Lindsey Lail MS, CF-SLP Tel. 828-514-1068



Study the Bible with Brad

Everyone is welcome ~ This is a place for people of every denomination. Please join us.

Tuesdays @ 11:15 a.m. in the Library



Calling all Readers and Writers

A creative collective

If you are interested in starting a reading and/or writing group, please let Jess or Susan know on Tuesdays or Wednesdays at the front office.

We want to start a weekly reading and writing activity this Fall where we can gather to write or to discuss a great book.

Loss & Grief Share

Will start up again in the winter. Watch the newsletter for more information.



You can purchase meal tickets at the front desk during office hours. Tickets are \$6 each. You will need one ticket for breakfast or lunch and two tickets for dinner.

If you are purchasing many tickets each month, it might make more sense to change your meal plan. It costs less to have a different meal plan than to use 30 meal tickets each month. On the upgraded meal plan, one additional meal each month would cost \$140 or \$4.67 per meal.

You are welcome to pay by check or please bring small bills if you are only purchasing a small number of tickets; and one dollar bills are especially helpful. Thank you, and Bon Appetite!

Chandler's Square Luau 2019

Thank you to everyone who came to our annual SummerFest. We had such a great time. And despite the rain, the sun was shining inside and the smiles were everywhere.

A BIG THANK YOU to Art and the kitchen staff who were behind the scenes grilling, cooking and washing dishes and to the serving staff out front who worked so hard getting people served. The food was flawless, the pie was perfection and the staff was the best.

Without Jess there would be no Luau! Her planning and hard work is the reason for this spectacular event. On Friday morning when the rain started coming down, Jess adapted everything indoors - a nearly impossible feat - but she did it with grace and good humor. Jess, you are a blessing to this place.

And, to all the staff who worked so hard to ensure that everyone had what they needed, arranged, set up and then brought everything inside and re-arranged it! And then, after working hard on the Luau they all stayed and cleaned up! There is nothing like a team of loving and dedicated hearts ~ THANK YOU!

Here are some pictures of our great time with you. If you missed it, plan on being here next August.

Aloha!



Hau'oli ka lā (Sunshine and Happiness)



Under A Utah Sky

By Casandra Roberts

“I’ll have french fries and cherry pie.” Under a Utah sky.

I was 12 or so. It was my first family vacation without my sister – she somehow managed to finagle out of it and stay home in California. My dad decided to take the brand new brown Toyota Celica he had just bought her on our summer trip. To Washington. Oh joy. A road trip to see family members I barely knew and be bored out of my mind. The plan was to take some side trips through states we hadn’t been to. But I think my dad might have wanted to put mileage on that car just to spite my sister for not coming with us.



By the time we got to Utah I had a little camp set up in the back seat of my sister’s car and thought this journey would never end. Even at that young age I felt the frustration of being obligated to do something I really didn’t want to do. But on this one particular Utah day I noticed the sky for the first time in my little life. And it changed me in one giant second. When we stopped for lunch and I left camp, that sky pulled me into a whole new world. It was bigger than anything I’d ever felt and more colorful than anything I’d ever seen. I remember swirls of brilliant orange and pink and purple and lavender and blue and white. Before that I’d only really seen California skies. So I knew blue. And grey for two weeks in December. But this sky, this sky dared me to be different.

“I’ll have french fries and cherry pie.” The waitress took my order with a grin but I could sense my dad’s disdain and see the look my mom shot him silently saying just let her have it. And so they did. On that day my parents let me make my first bad decision. I’m pretty sure those were the best fries and cherry pie I’ve ever tasted though. I’ll always be just a little delightfully rebellious because of that sky. Now when I have to inevitably do things I really don’t want to, I find my way back to those fries, pie and sky. I remember that a little rebellion goes a long way. And whatever I can do to make the situation more palatable, I place my order.

FOODISM continued from page 8....

winter. Because of the change in the cow’s diet to less fresh plants in the summer, these cows produced nutritionally different milks. Japanese researchers also found tremendous differences in the nutritional content of spinach harvested in summer versus winter.

In order to preserve foods that are out of season, these produce items are often covered in pesticides, waxes, and preservatives in order to maintain their fresh appearance. Who wants to put that in their bodies? Also, the longer produce sits on the shelves, the more nutrients and antioxidants they seem to lose. According to research from the University of California, Davis, - spinach and green beans lose two-thirds of their vitamin C within a week of harvest. Pair long transport times and sitting on the grocery store shelves and who knows how nutrient dense your produce really is by then.

By choosing organic seasonal foods, you are guaranteed to have food that was 1) grown closer to you so it doesn’t spoil during transport 2) harvested at the peak of freshness to ensure dense nutrient content and 3) sold during its season, before it spoils or is forced to undergo unnatural preservative processes. Seasonal fruits and vegetables retain more nutrients than their counterparts making them the better choice for your health.

Other benefits of eating seasonally:

- ◆ Supports our local farmers who choose to farm sustainably.
- ◆ Preserves the environment.
- ◆ You have a broader variety of foods in your diet.
- ◆ Saves your wallet! Seasonal foods are cheaper to produce and often cheaper to buy when they are in season as well.
- ◆ You get the best, healthiest food available!
- ◆ Eating foods that aren’t seasonal is a recent practice and although convenient, it has many downsides.

Once upon a time, people only ate seasonally as this way of farming was their only way to survive. Choosing seasonal foods, even if we did not grow them ourselves, helps us reconnect with nature’s natural rhythms. So enjoy your summer peaches while you can! Soon it will be time for the abundance of hearty fall and winter picks that we all love.

~ End ~