

A periodic quick read and maybe some respite from the news and craziness.

April is upon us, and so are the rains and ever changing weather. Texas is known for wild fluctuations in weather this time of year, so be prepared and be safe. But if you are new to the area, please do not miss the wildflowers. A nice wet spring will dazzle the landscape from Brownsville to the Red River.

Wish I could say a lot has changed over the past week, but I keep having visions of the movie Groundhog Day. I did receive a few items from our neighbors, which I will pass along. I very much welcome your input and sharing. I can't do this by myself.

## Healthcare Access Update

We received information from one of the caregivers in our community, regarding outpatient clinic services at Hill Regional Hospital. They noted only one doctor is available each day rotating between Drs. Earhart, Teague, Seely, and Seale.

Drs. Marshall and Bauerschlag are out of the clinic currently.

Nurse practitioners are also available at the clinic. It is recommended you call before proceeding to the clinic.

## BEFORE YOU GO

Before you head out for "essential supplies" please check on business rules and hours. Many stores are modifying them, to include single entry and exits, limiting the number of patrons (including family members), and one way aisles

## Sharing and Just Appreciating

*From Pamela and Alan Faulk:*

We would like to brag on and about our new neighbors, Eddy and Sheila Lewis!

From the day we moved in, they have made us feel welcomed and comfortable as we've been focused on settling into this great community. Sheila and Eddy are always smiling, always upbeat, and always willing to "be there". From Sheila's "good vibe notes" to Eddy's happy "mornin!" greeting, it's always a joy and blessing to be their neighbor every day!

Allen & Pam Faulk

## Protective Masks

Thanks to the Kaemmerer's, and Greens an easy DIY mask pattern was discovered. Too large for this publication, I will upload it to our website [NTACI.com](http://NTACI.com) at the top of the Shareholder Resources section.

I need **you**.....NTAC RESIDENTS to help me with the content. I really am interested in sharing **your story**. Surely some of you would like to share yours.

I've received some great ideas from other members for topics, but need help in filling in the details. How about Camping Nightmares (we have all had them), or sharing your Airstream customizations. Or even lessons learned, hard or easy, from our road warriors.

Thanks, Scott

## Places Visited & Things to See

### New York State of Mind

*John & Rita Green*

Following the WBCCI International Rally in Doswell, VA, we traveled to Cooperstown, NY to see our son and family from Massachusetts. They were there for a Little League tournament and our son was the team coach, and one grandson was the team pitcher. Unfortunately, they didn't make it to the final game.

However, after the tournament, we traveled to Corning, NY in the Finger Lakes region. While there, we visited the Corning Glass Museum and spent nearly a day seeing the exhibits. We watched an exhibit



where workers were making items by glass blowing. From there, we toured the historic glass collection dating back over 500 years. There is another section of the museum where modern glass technology is shown.



Exhibits in the modern area include the glass window from the Apollo space program capsule, a fiber optic cable over a mile long on a reel transmitting an actual TV image over the cable, and many other interesting exhibits. There's even a cafeteria in the museum where you can have lunch before continuing your visit.

Afterwards, drove an hour to the north visiting the Watkins Glen area. Besides the road race course, there are many beautiful waterfalls in the area. There is also an outdoor market in a local town with over a hundred vendors including Amish made pies and pastry.

## Photo Ops

Jim Rester has a gifted eye and, and shared some of his photos. Anyone care to guess what the subject of the photo with the Airstream is?



I suspect John and Amy Van Artsdalen might have a thought.

Thank you for sharing Jim!!

## More Places Visited & Things to See

### Red Lodge, Montana August 2019

*Marilyn & Steve Holland*

Steve and I went on a hike yesterday, in an area with posted bear activity! I'm scared o' bears! So, I disturbed the peace of the hike with my iPhone blaring Blake Shelton, David Crowder, Bonnie Raitt, etc. All the while hoping to avoid bear encounters. Also had my trusty bear buff to scare them away!



Fortunately, no bears! Unfortunately,... freakin' bull moose! All of the below happened within seconds! We came around some high brush on the edge of the trail, simultaneously... Steve says moose, Georgie (our little dog) stops to look, I step on George's

foot... she screams like only a little dog can! Moose looks up at us! Steve says, don't scream! I scoop up George and scream, "That was George screaming!" I start sprinting... yes me... sprinting down the trail. Steve, sprinting even faster, with Loxley, (our husky mix), telling me to get in front of him (bravely putting himself between me and said moose). My hero... but, I can't because we are all running and I'm tripping over Loxley. Eventually, we stop and look back ... I don't think the moose ever moved. I told Steve, "Dang! I didn't get a picture!" He said, "What??? You wanna go back?"

## Health & Wellness

Our Health and Wellness guru, Sue Essary, provided the following of potential interest to any dieters among us. Elsa Rosborough is a professor/motivational speak/model from the Houston area. She

passed away 3 years ago but was very health conscious and interested in helping with diet management. She shared the below diet at a presentation, calling it her Maintenance Diet for the Modeling World. Sue knows many people who have used the diet successfully for the past 40 years.

### Elsa Rosborough's Two-Day Diet

#### Breakfast:

8 ounces tomato juice  
2 eggs (boiled or poached) (Sue notes this can also be Fried/Scrambled w/PAM)  
Coffee or tea (no cream, a minimum of suar or sugar substitute)

#### Lunch:

Large mixed-greens and vegetable salad (with vinegar or lemon juice, light salt and pepper, or use a dash of Worcestershire for a taste change)  
8 ounces broiled steak (may use natural juice gravy and mushrooms, if desired) (Sue notes this can be Broiled/Baked, Chicken or Fish too)  
Coffee, tea, or iced tea (not essential)

#### Mid-afternoon (any one, if desired):

6-8 ounces grapefruit, orange, or tomato juice  
Hot tomato Juice  
Diet drink  
Bouillon (from chicken or beef bouillon cubes)  
Cofee, tea (any time)  
(If something sweet is necessary: 1-2 teaspoons raisins, 3-5 dried apricots, 1-2 talbespoons honey)

#### Supper:

8 ounces skimmed milk or buttermilk  
1/2 pint (1cup) vanilla ice cream

#### Anytme:

8 8-ounce glasses water

That's all! Do not leave off or eat less than ammount stated.

By eating food in the order given and in these combinations, the best results will be achieved.

This is not a crash diet. Four days will help sutantiate weight loss, but two days at a time will show great results, says Rosborough – usually 3-7 pontds in two days.

This is a naturally diuretic (fluid loss) diet, and the weight loss will vary with an individual's fluid retention

## Social Distancing

We've likely heard this to the point we want to scream. Will this be what we remember from 2020?

From our federal government to local and community officials, even within NTAC we hear about the importance of Social Distancing, but do we really care? Actually, most do!

Social Distancing is meant to encourage a safe distance between people, typically 6 feet or more. What's most important is giving people the space expected, regardless of personal beliefs.

Please be mindful of others, keep your distance and if asked to step back, DO SO!

*Please, Share your story! I try to include bios on our new residents in the NTAC Newsletter. It's time we share the rest of our stories. What brought you to NTAC? Why NTAC? What's your favorite story about NTAC?*