

Encore

Fall 2025

Senior Lifestyle Magazine for the Central Coast



**17th Annual
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Festival**

Page 18

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Publisher's Introduction - Fall '25



We have had an outpouring of support and positive feedback on our inaugural edition. So, first off, I just want to thank everyone for sending such uplifting and encouraging vibes either in person over the phone or with an email response. I firmly believe many seniors were so happy to have a publication they can call their own. Many have offered constructive suggestions and/or submitted articles that they thought would be enjoyed by their peers.

Of course, that being said, we now have to produce a second edition of similar quality or hopefully even improve. In this issue, you will find some of the same contributors from our Summer edition, but you will also see some new local senior writers that I hope you find interesting, informative or amusing. Maybe all three at once. We are so very lucky to live in a such a aesthetically beautiful area that attracts people from all over the world to come for a visit. But, we are also lucky to have so many talented people that have either grown up here or relocated here. I'm taking artists, writers, musicians, actors, athletes, innovators and successful business owners.

This Fall edition also brings us into the Holiday season and closes out the year 2025. In many ways, the year really has seem to fly by. And, as always, it's been quite an interesting year with many extraordinary human accomplishments that give us all hope that the future world will be even better than it is today. Do we have some issues and challenges ahead of us? Sure we do. But, I always find it amazing how much the human species can overcome when we work together to solve our problems. We have so much more in common then we have differences.

I hope you enjoy our Fall edition. Please share with family, friends, neighbors, co-workers and anyone else you think would appreciate our content. And, as always, enjoy all the **Encore** performances you can in your life.

Dixon

Encore

Senior Lifestyle Magazine for the Central Coast

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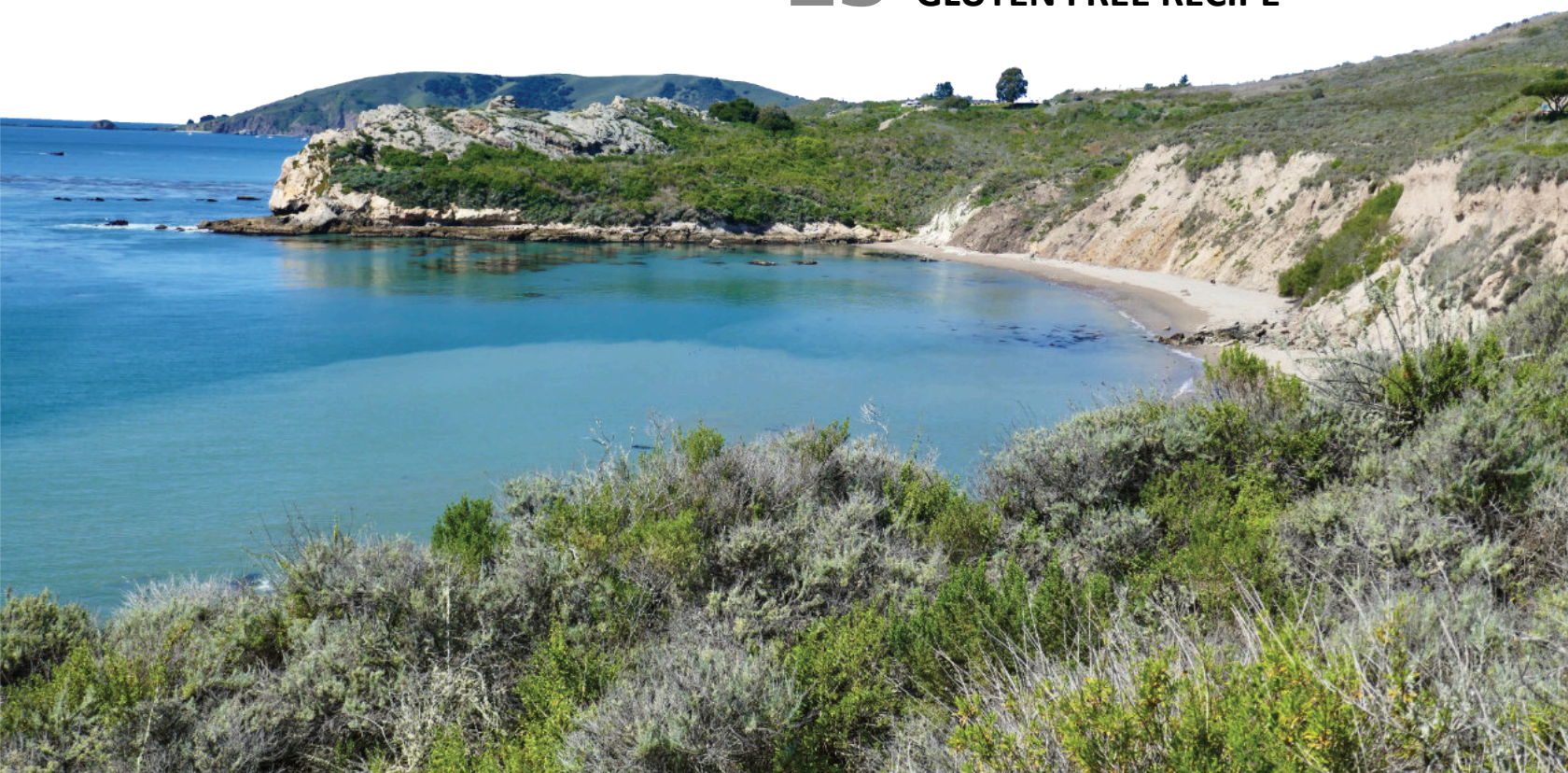
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Dixon Moore (73)

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"Anyone who stops learning is old, whether 20 or 80. Anyone who keeps learning stays young."



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Senior Citizens Center: 805-995-3543
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THE

KITCHEN HACK

by Stacy

Waste Not/Want Not

It's always important to buy your produce as fresh as possible, whether that's from your local Farmer's Markets or your favorite grocery store. But, just as important is taking a few minutes when you bring your produce home to make sure it all stays as fresh as possible for as long as possible. The following are a few Kitchen Hacks you might find useful to help to prevent waste, which is one thing I find most distasteful, pun intended.

FRUIT AND VEGGIE STORAGE

STRAWBERRIES: Do not wash or remove the stem. Discard any spoiled strawberry. Put strawberries in a large glass jar and place in coldest part of the fridge.

LEMONS: Place in a large glass jar filled with water. Lemons will keep for months. Or seal in airtight container or compostable ziplock bag for weeks of longevity.

BANANAS: Bananas should never be stored with other fruits and vegetables. They emit gasses which cause other foods to ripen quickly. Proper storage is to first wash the outside where there is a ripening agent. Dry with a paper towel then dampen another paper towel and wrap it around the tops of the banana bunch. This will prevent early ripening.

WATERMELON: Watermelon may breed bacteria if put in the fridge without this—Take two peeled cloves of garlic and gently

place on the top of the watermelon. Cover with plastic wrap.

TOMATOES: Clean and remove any stem. Take scotch or painters tape and tape over the stem. Store upside down. Usually, tomatoes should not be stored in fridge unless their time is up!

CARROTS, ZUCCHINI, CELERY: These three veggies can be easily stored in large glass jars. Clean and cut to your preferred style. Store them for weeks in a jar filled with water in your fridge.

BROCCOLI, ASPARAGUS, ARTICHOKES, HERBS: Clean veggies or herbs. Store like a bouquet of flowers in a glass jar in the fridge with the stems in the water. Change water every few days. You may want to place a wet paper towel or compostable ziplock over the veggies or herbs.

LEAFY VEGGIES: Clean, then roll in a damp paper towel. I like to put these in a compostable ziplock bag. Leafy greens can last for weeks this way. You may need to dampen the paper towel periodically.

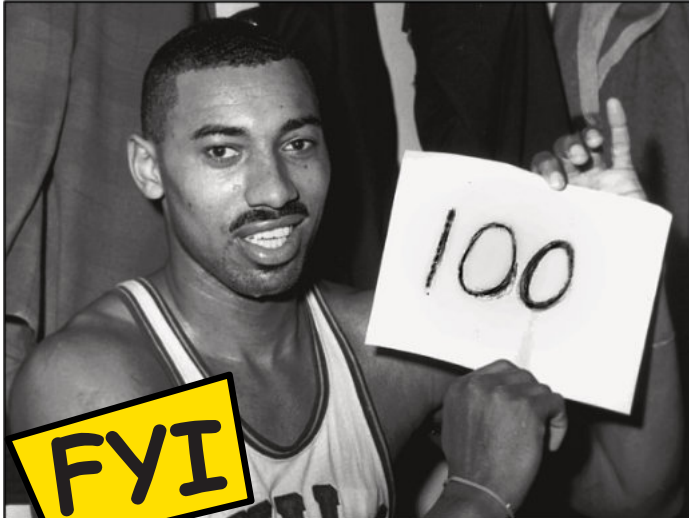
GREEN ONIONS: Dampen paper towel. Place root of green onions side by side on paper towel and roll up. You can also place this in a compostable ziplock bag. Re-dampen the paper towel as needed.

CABBAGE: Cut the root out of the cabbage and place a damp paper towel in the cavity. Re-dampen as needed.

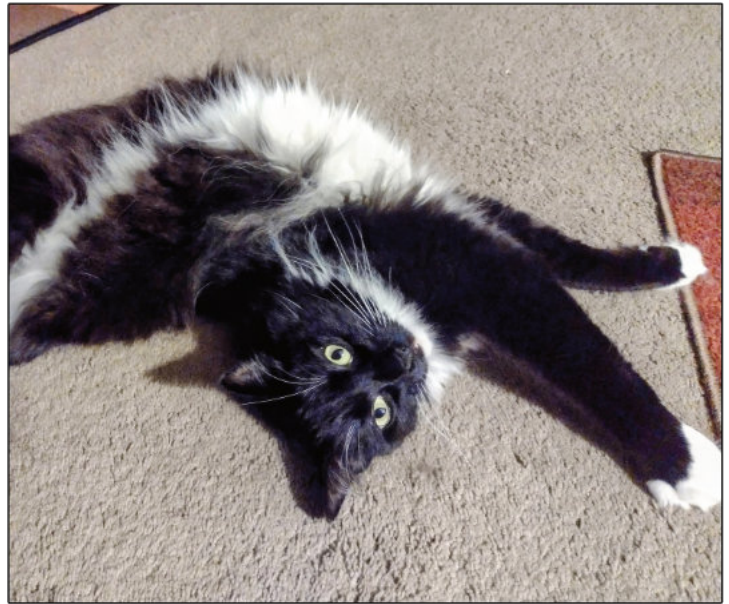


Avoid Senior Scams

- A.** Be careful what you share on Facebook or Instagram
- B.** Don't answer unknown numbers - let them go to voicemail
- C.** Medicare, Social Security & the IRS do not call
- D.** Do not share personal or financial information over the phone
- E.** Be wary of pressure sales tactics



Wilt Chamberlain still holds many scoring records from his college days and when he terrorized the NBA. He will be forever remembered for his prodigious offensive skills, especially the time he scored 100 points, which still stands as greatest offensive output in basketball annals. But he also holds another mark which most likely will never be broken. On November 24, 1960 in a game against his nemesis Bill Russell and the rival Celtics, Wilt took down 55 rebounds.



The Cat's Meow

Feline Advice Column by Kozmo

- Nap first. Decide later.
- If it's shiny, knock it over. Curiosity is mandatory.
- Ignore the haters... unless they have treats.
- Stretch before breakfast, after breakfast, and whenever you remember.
- Demand affection—but on your terms.
- Fear nothing... except the vacuum.
- Observe quietly. Judge silently. Attack when necessary.

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Yoga Pants

by Doris Lance



Have you heard the saying, "Better late than never?" I thought so. I want to introduce you to "movement." the word with actions that follow, that can add quality to your day-to-day activities plus energize and rejuvenate your body regardless of age. What is this magic "movement pill?" It could be dancing walking, pickleball, swimming, golf, tennis or my specialty.... Sport Yoga.

Facts man, just the facts! In a January 2025 article from the Mayo Clinic states, aging can be challenging due to the buildup of senescent cells, the nasty cells that build up as one ages and contribute to age-related disorders. Here is the good news. The Mayo Clinic's study shows that exercise and physical activity can reduce and help prohibit the buildup of senescent cells.

Each form of movement is a celebration of what the body can do, a gentle invitation to ignite the muscles, blood flow, heart rate and lung capacity. Dr. Nathan LeBrasseur, director on Aging at the Mayo Clinic reminds and encourages seniors to prioritize exercise and physical activity, especially as they age. There is no magic pill to reverse the aging process but there is "movement pill" to counter the biological mechanisms that drive age-related conditions, such as heart disease, high blood pressure, memory loss, weight gain, and diabetes. You will need to prioritize movement and enjoy exercise in your daily routine.

You may be asking yourself.... Where do I start? Many of the local Senior Center's have a variety of walking, chair yoga, gentle yoga and exercise classes that are available. Some Recreation Centers or adult

classes offer workshops and classes; and there are several private clubs throughout the County that you can join.

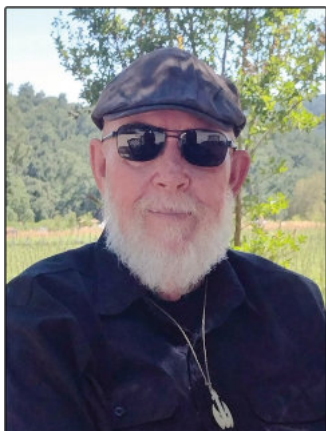
So, here is the prescription to age better.... choose to boost your energy, control your weight, enhance your cognitive function, plus sleep better by adding at least 30 minutes of exercise to your day.



Early Detection

There is a new diagnostic blood test that has proven to be 95% accurate in detecting the early onset of Alzheimer's disease. This simple test should become a key factor in the near future when planning care as a new generation of treatments are on the horizon.

The Encore Interview:



Bruce

Bruce, who is 75, is a transplant from the Fairfield/Vacaville area in Solano county north of Sacramento. He graduated with a degree in Journalism in the early 1970's.

Soon after graduation, however, he figured out there was no money to be made in the field of journalism and instead went into banking as a manager trainee in computers. He became adept at this newish technology at the time and found out that not only was he good at it, he actually enjoyed figuring out all the nuances and helping his bank move into the computer age.

Within ten years he became the branch manager and fulfilled that role for the next 36 years with various banking institutions. After receiving a nice severance package, he moved to the Central Coast with his wife of 52 years in 2020. He now is the proud papa of 2 sons, 1 daughter and 4 grandkids.

After moving he started his post retirement Encore career, working in the various transportation gig economy. He now drives for both Lyft & Uber and on the weekends he drives visitors with a wine touring company. He never would of thought about this as a second career, but it just kind of turned into one. He enjoys talking to all of his different passengers, exchanging stories and helping them get from point A to point B at all different times of the day or night.

And in his spare time, when he's not driving someone somewhere he likes to buy & sell antiques, precious metals or other unique items that catch his fancy. It seems he has developed a knack for discovery as he unearths finds that others didn't realize their true value. All in all he's enjoying his senior years, staying active and constantly moving. And as he likes to say, he just "keeps on truckin' " down the road.

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The Forest Bath

By Renne Gardner



Whether it be a mountain hike, a national park camping trip or simply sitting on a log in the middle of a meadow, we gain a sense of calm, perhaps even joy, when we light out for the forest. The Japanese have a word for these needed respites in nature. They call such renewing forest visits 'shinrin yoku' or forest bath.

I am in continual need of such baths to wash the stress of city life from my psyche and soul. Sometimes, however, it's hard to slow down. I'm used to a faster pace. So, instead of a soothing forest bath, I jump in and out of a 'forest shower' as quickly as possible. A too-fast nature or forest experience where my total self is not fully in the moment.

Nothing wrong with forest showers. Like real showers, they're very utilitarian. A quick cleanse can certainly be refreshing. But if that's all you do when you're out in nature, you're missing out. Like a good bath, a forest bath should be a time to soothe and soak, to let the warming essence of nature massage and wash your cares away. To immerse yourself fully in the regenerative and life-giving essence of nature, you must take your time.

There are many places on the Central Coast to take a good forest bath. But one of my favorite forest bath locations is Los Osos Oaks State Reserve. Its ancient and

intimate and luxuriant flora is the ideal forest bath setting.

Los Osos Oaks State Reserve is a bit hidden. If you're hauling 65 in your car heading west on Los Osos Valley Blvd. on your way to coastal destinations such as Morro Bay or Montana de Oro, you might miss the small parking lot trailhead. The reserve is small – only about 90 acres. But what a 90 acres! Eight-hundred year-old sprawling coast live oaks. Twisted, gnarly branches draped with lichen. Sycamore, willow, cottonwood. Abundant patches of wild flowers such as monkey flower, paintbrush and lupine in spring. Even the poison oak has a certain woodland beauty.. from a distance. A couple of miles of easy, sandy trail that loops around and through the reserve.

Given its relative small size and a trail system that measures only a couple of miles, you might be tempted to take a forest shower here. Don't! Go too fast and you will miss the feeling of the spirits of the former inhabitants, the Chumash people, the grizzly bear. You will miss evidence left behind by the reserve's current residents. Tracks. Feathers. Gnawed acorns. Fur.

Hike, sure. But also find a log, find a thick branch, find a scenic vista, find a tuft of colorful wild flowers. Sit, smell, breathe, touch, take a photo or two and soak in the natural warmth. The ancient history. The living, breathing, wondrous Central Coast forest that hasn't changed in a millennium.

Take it slow. Whatever needs reviving will come back to life. Los Osos Oaks State Reserve, a luxurious dip in an intimate forest bath!



Sole Traveler - Encore

Follow up by Fran (herself)

Is Solo Travel for You

I've had many friends say how envious they are of my adventures, followed by 'but I could never do that'. Often those who travel solo do so out of necessity. Many women who travel solo have previously traveled with a spouse who is no longer with them. Others of us like the peaceful simplicity of meandering with a limited agenda, just doing and seeing anything that suits our fancy at the time.

My advice to anyone thinking they might like traveling solo is to take it slow. Deciding to buy an RV and set off across the United States on a four-month journey by yourself almost never works out. Join an online solo camping group. There is so much information out there. Ask questions and learn from those who have already gone through the learning curve.

If you don't already own a camping vehicle, don't run out and buy one. Consider renting one for a few days instead. Yep, it's pricey, but not nearly as pricey as that nice RV that cost you over 100K that might just sit in the driveway 355 days a year. Also, the nice people you rent from can help you with everything you need to know about your camp vehicle to enjoy your travels. For your first few trips, stay close to home and make them short trips; just 3-4 days. Get used to doing everything for yourself. Learn how to manage a campfire (essential in my travels). Figure out what you really need to take with you to enjoy your time alone. Make a list as you go. Do you like rugged campgrounds or resort style RV parks? Both have a lot to offer depending on what you want to experience. Try out a few options. If you get lonely, walk the campground and talk to other campers. You can meet some wonderful people, have a nice conversation, and still enjoy the peacefulness of your own private space.

Mostly, travel smart and stay safe. If something doesn't feel right, don't do it. I've passed on many campgrounds and many beautiful hikes because it just didn't feel right to me.



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Happy Hour

Happy Hour is one of my favorite inventions. I mean just the name makes you smile. So, each issue will have a Happy Hour section in it. The column will contain 1 or 2 cocktail recipes plus 1 or 2 appetizer recipes for you to try, taste and enjoy. The first contributions will come from our editorial staff, but we would love to hear from our readers for future recipes which we will reprint, giving the creator full credit.

Spicy Black Bean Dip

- 1 can of black beans (15.5 oz.)
- Half a medium sized yellow or white onion - chopped
- Half green or yellow sweet pepper - chopped
- 1-3 garlic cloves - chopped
- 2 tablespoons of chopped peperoncini (for spicier, use jalapenos)
- 1 tsp. lime juice
- 1/2 tsp. ground cumin
- 1/2 tsp. chili powder
- 1-3 splashes of hot sauce
- 1 tsp. black pepper
- 1 tsp. salt
- Put all ingredients in a blender & hit chop

ALMOST FALL

- 2 oz. bourbon or whiskey
- 1 oz. triple sec
- Splash of lime juice
- Squirt of simple syrup
- 2-4 dashes of orange bitters
- Put all ingredients in shaker w/ ice - shake
- Pour into cocktail glass ice & all (2 shakes of cinnamon on top - optional)

Great late evening by the fireplace or fire pit

FRENCH 75

- 3 oz. champagne
- 1 oz. vodka
- 1 oz. simple syrup
- 1 oz. lemon juice
- Stir gently & pour into fluted glass

Great drink for celebrations



Charlie's Historical Facts

A True Historical Coincidence:

On July 4th, 1986, our nation was celebrating the 50th Anniversary of the signing of the Declaration of Independence from England. Two of the founding fathers of our country and who both served as President following George Washington and who were instrumental in drafting the Declaration, John Adams and Thomas Jefferson, both died within hours of each other.

Time Travel

Match the singer with the song

- 1) The Chantels
- 2) Carl Perkins
- 3) Peggy March
- 4) Ricky Nelson
- 5) The Penguins

- A) "Honey Don't"
- B) "Poor Little Fool"
- C) "Earth Angel"
- D) "I Will Follow Him"
- E) "Maybe"

Answers on bottom of page

SUDOKU

	5		4			1		
7								2
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	9	7		3			8	
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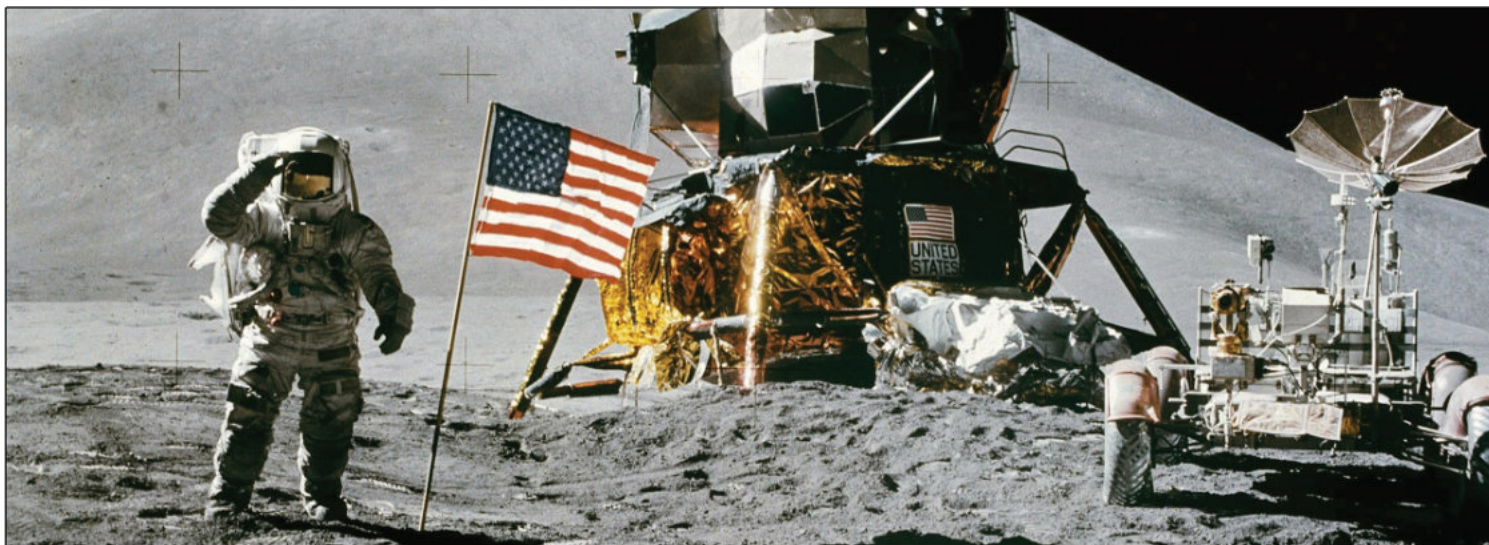
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To the Moon, Alice!

By Rod Pound

In 1963, my soon-to-be father-in-law got me a job at Nortronics, the electronics and engineering wing of Northrop. He did this for one of two reasons: 1) he liked me, or 2) he wanted to make damn sure I could financially support his daughter.

A few years later, Northrop landed a contract to provide much of the optics and electronics hardware for the up-and-coming moon landing. The part I played was miniscule compared to the millions of people throughout the country who set about the task of building and launching a rocket designed to hurtle three men into the void. I held my breath on the day it took off, sure that a soldered joint would fracture and a piece of metal would short out a connection that would result in a spectacular explosion directly attributable to my lack of attention.

In addition to my day job, I worked at Disneyland nights and weekends. I was a security guard and the uniform allowed me the run of the place. As darkness fell on Sunday, July 20th, the park's occupants began the trek to Tomorrowland and the huge projection screen set up in hopes of getting a glimpse of the moon landing. I was to help herd the crowd – I was just thankful I didn't have the duty of guarding a fence on the other side of Jungleland. My

radio crackled just as Neil Armstrong was about to make history. The voice cut through the silence. I turned it off. My actions drew the attention of a young boy standing nearby. He jerked his head back and forth trying to associate the voice on my radio with the action of the screen.

"Be careful of that last step, Neil," I whispered into the radio - loud enough for the boy to hear. "Nobody wants to see you trip and fall onto the surface, much less spin off into outer space."

I held the radio out to the boy but quickly pulled it back. I placed my hand over my mouth and mumbled into it, continuing to hold a conversation with no one.

"Sorry," I said to the boy. "He says he's too busy to talk right now. Maybe later. I'll try to reach Buzz."

And I walked away.

Two things happened that night; one I'm sure of, the other is a guess. I could imagine that boy trying to convince his parents that he heard me talking on a two-way radio to the man on the moon. The other thing was that my wife and I conceived our third son. We didn't name him Neil or Buzz, but he grew up with the same sense of amazement as that young boy.



In the Garden with Janice ***Drought Tolerant Plantings***

by Janice Van Bever


Many California drought tolerant natives will thrive in our area such as the very tough Toyon, a large beautiful dark green evergreen shrub that sports red berries at Christmas and the birds love; several varieties of Manzanita that survive with no additional water after the first season with gorgeous mahogany colored bark and unusual shapes; Matilija Poppies, about 5-6' tall whose blossoms look like a fried egg about 5" across, that will stabilize a bank and survive with no additional water after the first season. The Flannel Bush that grows better on the Nipomo Mesa and SLO area is a large spectacular shrub with beautiful yellow-orange blossoms. Most of the native plants are best planted in the fall and watered every 2-3 weeks during their first summer. They will be happier if you give them water monthly during the summer but will survive without.

The plants that can cause a lot of strife to a collector new to North County are succulents. Many beautiful succulents grow with ease in a beachy climate like Los Angeles, Morro Bay, and SLO but you could find a blackened mushy mess after a good frost in North County. There are some

lovely hardy succulents available at the local nurseries and my favorite online source, Mountain Crest Nursery. Some of my favorites are from the Family Agavaceae aka Agave, the plant from which Tequila is made; and Hesperaloe and Dasylirion that throw up beautiful flower spikes that hummingbirds will feast on. Another family is Crassulaceae which has plants known as hens and chicks (Sempervivum) and rosettes of Aeonium, Echeveria and Dudleya. You must check their planting Zone tolerance before planting in a semishady area in North county which is in the Sunset Planting Zone 7, and the USDA zone 9a. The Sunset zone for SLO is 15 and the Nipomo area is 16 and 17. Along the coast the zones are 16 and 17 with lows possibly to 32 degrees. Cambria, also on the coast, is further north and can get below 32 on occasion.



Happy Gardening!



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Seeing The Details That Matter



The 17th annual Cambria Scarecrow Festival will make a return appearance to the seaside village from October 1 – 31, 2025. During the yearly event the city streets will be transformed into a fascinating showcase of life-size handcrafted scarecrows in all shapes and sizes, welcoming visitors to the quaint coastal town. The colorfully designed and decorated scarecrows will be prominently displayed in front of local businesses along the city streets.

You never know what you will find and who will arrive on the scene each year. Past years have included cleverly constructed designs of movie figures, bike riders, animals and football players. One year Dolly Parton and Lucy Ricardo even made special appearances at the festival.

The unique one-of-kind festival made its debut in 2009. It was quickly embraced by the local community and has grown from 30 scarecrows to upwards of 400. Most recently the festival scored new heights in 2022 when it gained national recognition and landed on USA Today's List of top-ten Fall festivals in the country. It also received coverage in the LA Times and ABC News.

The annual event has also made the lists of top fun things to do in the county every year. "We, at the Cambria Chamber of Commerce, have always supported and promoted the Cambria Scarecrow Festival. They have artists and other creative individuals whip up amazing whimsical scarecrows and they seem to get better and more elaborate every year!" said Katherine Gillen, Director of Membership & Marketing, Cambria Chamber of Commerce.

For more information visit www.cambriascarecrows.com





flourish to this day. The exhibit collections have grown throughout the years. Collections include vintage artifacts of local farm and ranching equipment, along with early settlers home furnishings, historic local business relics, and memorabilia from international celebrities. Local school district mementos, along with a one room school house, are also showcased. All exhibit articles have been donated by local community members.

A View into the Past

The Paso Robles Pioneer Museum is home to a treasure trove of memories and historic memorabilia. A dedicated group of Paso Robles citizens established the museum in 1971. These innovative founders drafted building plans, purchased property, collected exhibit and display items, to construct the first museum building in 1975. The property purchased was located on 2010 Riverside Avenue, where it continues to



The Museum is located right near the Paso Robles Event Center where the Mid-State Fair is held every summer. They are open 1 - 4p.m., Th. - Sun. Closed major holidays. For info call: 805-239-4556



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Mastering Spin in Pickleball:

Topspin and Underspin for Total Ball Control

by Gregg Whitfield - National Award Winner and Instructor/Trainer

In pickleball, **Topspin** and **Underspin** (often called Backspin or Slice) are the two principal types of spin that influence a shot's trajectory, bounce behavior, and tactical effectiveness. Mastering both is essential for developing reliable ball control, creative shot-making, and strategic adaptability on the court. This is a two part series. We'll be covering the Topspin technique in this edition of Encore and will be following up with the Underspin technique in our Winter edition.

1. Applying Spin: Two Techniques for Ball Control

Spin is one of the four core shot-shaping elements—alongside pace, height, and angle—that determine effective placement. When used intentionally, spin adds a layer of precision and deception that allows players to control rallies and dictate play.

While some instructors introduce spin later in a player's progression, we believe spin should be taught early. It's not inherently hard to learn, and even moderate proficiency in applying spin can greatly enhance consistency, variety, and overall shot quality.

Technique 1: Topspin

Topspin is created by brushing upward along the back of the ball using a paddle face that is slightly closed (tilted forward). This generates forward rotation, which causes the ball to arc downward sooner and bounce upward after landing. Topspin helps keep aggressive shots inside the lines and makes the ball more challenging to handle after the bounce.

Mechanics of Topspin

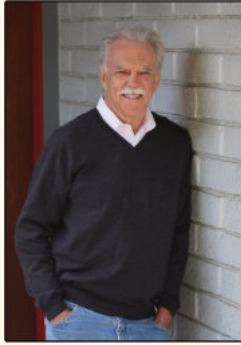
- Paddle face: Vertical or slightly closed.
- Swing path: Low to high motion.
- Contact: Brush up on the back of the ball to create forward spin.
- Motion types:
 - Compact brushing (wrist and forearm) For dinks, drops, and roll volleys.
 - Extended stroke (shoulder-led): For groundstrokes and powerful drives.

Tip: Picture brushing the ball upward like striking a match. The steeper your low-to-high motion and the more vertical your paddle face, the more topspin you'll generate.

THE DAY MY FATHER DIED

—for Rusty Davis and Connie Davis

By Kevin Clark



At first, I'd thought I heard noises. It seemed
All the gloves and bats and balls jostled still
In the garage, in his closets, in the car's trunk.
They were like the clean-up hitter, at bat
In the eighth with two down and the tying run
at second, who knows deep down before anyone
else that this pitch blowing past his bat right now
into the dead solid center of the strike zone
signaled the first sinew of ancient gristle forming
like bone spur in every muscle. That night
—restless in a clutching twist of sheets—
I rose in the dark, took from my Wilson bat bag
the glove he'd given me two decades back,
nailed it onto the garage wall by the photo
of Musial's All-Star walk-off homer, the one
we'd watched together after he'd stolen home
from work. From another bag I drew *his* glove,
tried the lush worn leather for size, and placed it
carefully in my bag. By the time I'd returned
to bed, all the gear had quieted. Soon enough,
sleep neared without arriving, tantalizing
as a change curve I'd never learn to hit.



Circadian Rhythms and Sleep

As We Age, A Good Night's Sleep Can Be Like Chasing A Rainbow

For many older adults, their sleeping patterns have changed as they age and/or their living circumstances have been altered. Some have lost a sleeping partner. Some have had to move to a different area to be closer to their offspring. And some have moved into a senior living facility. All of these changes can effect the quality of your sleep.

Obviously, outside noise, ambient light, seasonal temperature swings and other factors can also play a role in your sleeping patterns. Our circadian rhythms are influenced by the seasons and the amount of light we get during the day. When the days are longer and warmer, we have a natural tendency to be outside more and stay up later at night. When the weather starts to cool and the days get shorter, we tend to stay inside more and go to bed earlier. These variants are pretty universal for all ages all over the world.

However, as humans age, their circadian rhythms shift. This is partly due to the fact that as our eyes age, they let in less light. In fact studies have shown that there is a

direct correlation between the amount of light our eyes let in and the shifts in our circadian rhythms. As we get into our sixties, these rhythms get earlier. The reason why so many older adults have trouble sleeping through the night is because their circadian rhythms have now shifted to give wake up signals at 3-4 a.m. This obviously can be a real deterrent in getting a full night's restful sleep. And we all know how that can affect our mood, our energy and our alertness the next day.

As these changes happen, it's better to try and adapt and adjust our habits rather than trying to reach into the medicine cabinet. Another study has revealed that exposing ourselves to more sunlight, especially in the early morning can act as a powerful cue to adjust our circadian rhythm. When we get early morning sunlight our body produces less melatonin. Then later in the day, after dark, our body can ramp up the melatonin, which then helps us become drowsy and signals us that it is time to hit the pillow.

Some tips:

- 1) **Drink your morning coffee outside.**
- 2) **Take your walk or exercise early in the day.**
- 3) **Try to perform complex mental tasks in the morning hours.**
- 4) **Get to bed earlier in the evening.**
- 5) **Wake up earlier in the morning.**
- 6) **Ditch your sunglasses in the early morning and late afternoon.**

Every advice column you read explains the importance of getting enough quality sleep, which is great advice, but easier said than done. Adjusting your daily schedule may be one way to improve your sleep duration and quality.

Instead of calling my bathroom the 'John', I call it the 'Jim'. That way it sounds so much better when I say I go to the Jim first thing every morning."



Gluten Free Recipe

Maple Roasted Carrots & Beets

By Pat

*Here's a simple quick side dish,
good at holiday time.*

INGREDIENTS

- 1 BUNCH CARROTS (APPROX. 1 1/2 TO 2 LBS) PEELED & SLICED
- 4 MEDIUM BEETS PEELED & DICED
 - 2 TBSP OLIVE OIL
 - SALT & PEPPER TO TASTE
 - 2 TBSP MELTED BUTTER
 - 4 TBSP PURE MAPLE SYRUP
- SPRINKLE OF FRESH CHOPPED PARSLEY OR CILANTRO

PREHEAT OVEN TO 450 DEGREES, PLACE RACK IN THE MIDDLE POSITION. CUT THE BEETS AND CARROTS INTO SIMILAR SIZE PIECES. PLACE PIECES INTO A LARGE BOWL. DRIZZLE WITH S & P, TOSS TO COAT. SPREAD THEM OUT IN AN EVEN LAYER ON A LARGE BAKING SHEET. ROAST FOR APPROX 15 MIN (POSSIBLY LONGER), UNTIL THEY ARE TENDER. PLACE THE BAKING SHEET ON YOUR STOVE TOP. TAKE YOUR PREMIXED MELTED BUTTER AND MAPLE SYRUP MIXTURE AND EVENLY AS POSSIBLE, POUR DIRECTLY OVER THE VEGGIES IN THE BAKING SHEET. TOSS THEM TO DISTRIBUTE & COAT VEGGIES. PLACE BACK INTO THE OVEN FOR APPROX 5 TO 10 MINUTES. SERVE IN A COVERED CASSEROLE DISH WHILE WARM.

Enjoy!

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