

My Monday Memo

July 25, 2022

Adventures in the PNW

Issue 113

Today is... July 25th

National Hot Fudge Sundae Day

On this day in 1978...

Louise Brown, the first human conceived using in vitro fertilization, was born in England.

Quote of the Week

"I've learned that it's okay to be flawed, that life can be messy, that some days you glide and some days you fall, but most important, that there are no secret answers out there."

- Winona Ryder

MIRA'S PHOTO OF THE WEEK



ONE GOOD FACT

One Good Fact is a fun section on Britannica.com. Enjoy these few facts.

- 1- From 1900 to 1920, tug-of-war was an official event at the Summer Olympics.
- 2- The longest known lightning bolt stretched 477 miles from Texas to Mississippi in 2020.
- 3- China technically owns every panda in the world. The pandas are rented to zoos throughout the world for sometimes as much as one million dollars per year.

Did you find it?

Merriam-Webster's Word of the Day
July 24, 2022

Pathos

Pathos refers to some element of an experience or of an artistic representation that evokes compassion or pity. The word also refers to a feeling of sympathetic pity.

Farmer's Market Fun

By Rachel Brandes

On Sunday, July 24, 2022, Rachel headed out for her weekly visit to the Point Ruston Farmer's Market. This market is seasonal, and Rachel enjoys visiting the Amy's Decadent Chocolates booth for a weekly butter brickle caramel apple. Amy's store is located about 45 minutes from Rachel, so she takes advantage when they are close by.

Point Ruston was hopping on Sunday with families visiting the market, shops, and enjoying the walking/biking path. Rachel did a bit of walking after picking up her treat and enjoyed the beautiful surroundings.

Each week, Rachel also takes time to sit on a bench and people watch. She especially enjoys sitting at the benches near the splash pad area so that she can watch the little humans enjoy their summer fun.

The last couple of weeks have been dry at the splash pad. Rachel isn't sure why the water hasn't been coming on for the kids to enjoy. During yesterday's visit, with the sun shining bright, kids could be heard chanting, "water, water, water." Unfortunately, their chanting would yield no positive results. Rachel couldn't help but be hit with *pathos* for the children. Maybe next week, as the temperatures will climb into the 90s in the upper left of the United States. Until next time, stay cool, and be well.



Pictured: A handful of views from the market, and the beauty that is Amy's caramel apple section.

Harborview Tales, Do You Know Why You Are Here?

When Rachel was housed on the neurosurgery floor at Harborview Medical, it was commonplace for her to answer a series of questions each day. Multiple times a day. The questions were always the same and always in the same order. What is your name? What is your date of birth? What day is it? Where are you? Do you know why you are here? The questions were always asked during a strength evaluation. Rachel would have to squeeze the nurse's hands, push and pull against them, etc.

The first four answers remained the same but the fifth answer, well, Rachel couldn't help but provide a bit of entertainment for the nurses. Below is a list of some of the answers that she gave to that final question.

1. I had revision spinal fusion surgery.
2. I had spine surgery.
3. Because my body failed me.
4. Because my back is an asshole.
5. I couldn't resist the hospital food.
6. I enjoy being drugged and sliced open.

As one would imagine, the nurses found this quite entertaining and knew that Rachel's neurological function was intact if she was cracking jokes. Oh, the good times at Harborview.



Alec's Adventures in Asia

Last week Alec and his travel companions spent a good amount of time in Munduk, which according to Google is "truly Bali's best-kept secret." There appears to be no shortage of beautiful waterfalls. Alec and the guys did have some fun in the water, which he described as very cold. How about that cool squirrel they snapped a close-up photo of? This week, they will spend several days exploring Nusa Penida. Nusa Penida is an island in the southeastern Indonesian island of Bali. What a way to spend a week. The beaches should yield amazing photos.

