

My Monday Memo

August 29, 2022

Adventures in the PNW

Issue 118

Today is... August 29th

National Sports Day

On this day in 1966...

The Beatles give their last public concert (Candlestick Park, San Francisco).

Quote of the Week

"Do whatever you can to make the world a better place in every action that you take."

- Patrick Mahomes, QB, Chiefs

MIRA'S PHOTO OF THE WEEK



ONE GOOD FACT

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

- 1- Like human fingerprints, gorilla noses have unique formations and wrinkles that scientists use to keep track of the different gorillas.
- 2- As revealed by DNA analysis, the closest living relative to the whale is the hippopotamus.
- 3- Humans shed their entire outer layer of skin every 2-4 weeks.
- 4- Being startled out of sleep by an alarm clock causes a spike in noradrenaline levels, making dreams harder to remember.

Did you find it?

Merriam-Webster's Word of the Day August 29, 2022

Devolve

Devolve means "to gradually go from an advanced state to a less advanced state," or "to pass something, such as responsibility or power, from one person or group to another person or group at a lower level of authority."

Sunnyside Beach, Low Tide

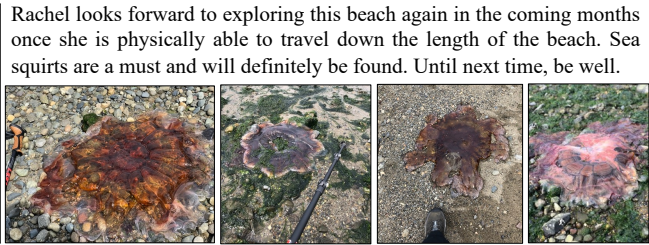
By Rachel Brandes

On Saturday, August 27, 2022, Rachel took a short drive to Sunnyside Beach Park in Steilacoom, Washington. She headed out just in time for low tide to explore for lion's mane jellyfish. This beach is the only local beach that Rachel has spotted an abundance of this species. The lion's mane jellyfish is said to be one of the largest known species of jellyfish. The size of the finds at Sunnyside generally ranges from 18 to 24 inches, but this species has been found elsewhere up to six or seven feet.



Rachel was also interested in finding sea squirts on this trip, but even with her walking stick she was unable to navigate the beach well enough for an extended walk. She is still taking it easy and is very aware of her physical limits.

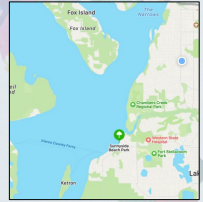
During Saturday's exploration trip, Rachel found close to 20 lion's mane jellyfish washed up on the shore. The sizes ranged from six inches to 24 inches. A few of the jellyfish had devolved significantly giving the appearance of having melted into the sand and rock. She also had the opportunity to watch a blue heron walking through the shallow waters and a hawk flying overhead. There were also plenty of the human species to watch as they enjoyed the beach on Saturday with cookouts, volleyball, scuba diving, and beach exploration.



Rachel looks forward to exploring this beach again in the coming months once she is physically able to travel down the length of the beach. Sea squirts are a must and will definitely be found. Until next time, be well.

Where in the world?

Sunnyside Beach is a short 10-minute drive from Rachel's home and a fun low tide exploration area. The blue dot is Rachel's home and Sunnyside is at the bottom left.



Alec's Adventures, Las Vegas, Nevada

Alec enjoyed the past week and a half in Las Vegas, Nevada visiting his dad, Craig, and stepmom, Diana, and meeting his darling new niece, Janessa. Alec was happy to get to finally meet her in person, as he was traveling in Asia when she was born to his stepsister, Josilynn.

As you can see in the included photos, Alec also visited his best friend, Tati's, mother, Irene (beloved second mom and long-time hairdresser), for a trim, or a large undertaking as it would be. Enjoy the before and after photos. It's amazing how different Alec looks with long hair versus short hair.

On Friday morning, August 26th, Alec and Tati, hit the road for a lengthy cross-country road trip. Day one consisted of a 12-hour drive north through Salt Lake City, Utah where Alec picked up a few last things from his old roommate. They then drove on to Wyoming and spent the night. On day two they made their way from Wyoming to Missouri where they stayed at Alec's Aunt Tara's house. There they got to visit with Alec's dad's family, including his Grandma Kathy. As of the writing of this newsletter, it is early on day three. The plan is to meet up with Alec's Grandma Terry and Grandma Patti (Rachel's moms) and have a breakfast. Alec is also hoping to see his Aunt Shellie and Uncle Larry, and their kids (long-time family friends). We hope to have photos of these visits to share in next week's Alec's Adventures.

After the visiting in Missouri has been completed, Alec and Tati will make the final leg of their trip to North Carolina where Alec's girlfriend, Zahra awaits their arrival. More to come on Alec's Adventures.

