SEPTEMBER 2023 | ISSUE 34



WHERE OUR SPIRITS RESIDE

A GLIMPSE OF WHAT'S INCLUDED:

A dot-to-dot!

There's something about September that makes me want to slow down, take long walks and deep breaths, and enjoy the world around me. The honey-gold light, the cool breeze on warm days, and the warm jewel-tone colors make it a special month.

September is the perfect time to slow down and appreciate the world around us. To take time to check some of those "want-to-dos" off our list and let the "must-dos" lie for a little while longer.

But before we go full speed into September, I must tell you about one of my "want-to-dos" from August. Every year in August, I try to go to the Paperhand Puppet Intervention in Chapel Hill, NC. The title for this year's show is **Where Our Spirits Reside**. Last year our show got rained out, so this year I allotted two days to the trip in hopes that we would make it to the show at least on one of those days. To say that it's a puppet show is to not do it justice. It's a giant puppet extravaganza, held in an outdoor stone amphitheater, with a small live band that plays an original score. The giant puppets are made from papier mache and fabric but there are also shadow puppets, illuminations, marionettes, and stilt walkers. The show has an environmental theme that includes love, memory, celebration, and ultimately – the strength and resilience we build together to heal. I took my grandsons this year to share this magical experience with them

We're leaving on September 11th for another "want-to-do" --to spend a few weeks in France and Germany. I know, air travel on September 11th? I personally think it will be one of the safest days to fly. We fly into Paris and then take a train to the Normandy region. With our physicist friends we are traveling through Normandy and Brittany including a boat tour by Mont St. Michel Bay and around the Chausey archipelago. Then for the last week, we go back to Paris and take a train to Aachen, Germany. We'll sight see around Bonn and Cologne with another physicist friend. One of the things I most loved about working at Jefferson Lab was meeting all these friends from other countries. It's wonderful to see the off-the-beaten-path parts of their countries with them as personal tour guides.

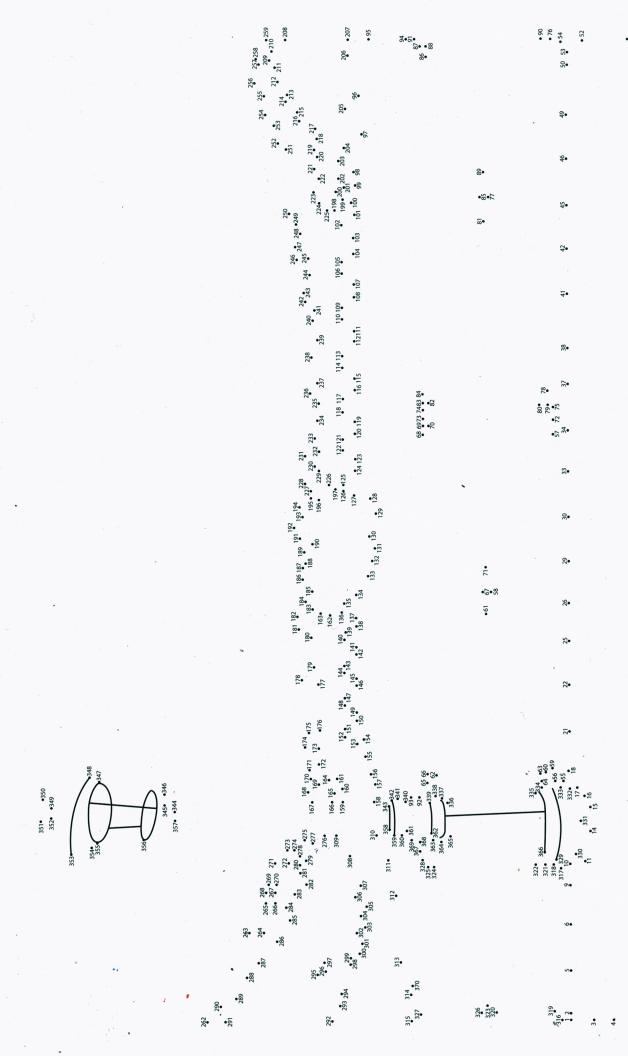
As a bonus for this month's newsletter, I'm including a dot-to-dot of an image related to our trip. Remember dot-to-dots? If you connect the dots to reveal the image, please post it on social media and tag me!

I live in the Church Hill section of Richmond, VA with my husband and my retired racing greyhound. Before I started writing, I worked for 30 years at a nuclear physics research laboratory.





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• 260