

## *Moose Notes 2013 (Highlights of the Year)*

I tried. I really did. I flew to Alaska in August hoping to get some good moose photos. Didn't see a single live moose. The best I could do is the bronze statue in the photo on the right.



But, as I said, I did get to Alaska, one of the places I always wanted to see. I was there for only eight days, so I limited my travel to the Anchorage vicinity and the Kenai Peninsula nearby. Alas, it rained part of every day, and all of some. I still managed to do two major hikes – Hope Point Trail and the Mt Marathon Hiker Trail – a few shorter walks, and a cruise in Resurrection Bay. The scenery was enjoyable, but the photos a bit drab because of the weather. I'll post some on my website when I have time. The fish was delicious, though, especially the silver (coho) salmon.

Most of my focus this year was on expanding [Circadian Sleep Disorders Network](#) (CSD-N), the non-profit organization I started two years ago to promote awareness of and accommodation for circadian disorders. We have over a hundred dues-paying members already, plus a lot of other interested people, many unemployed or otherwise struggling with their disorders.



I spoke about some of our issues at the NIH Sleep Disorders Research Advisory Board meetings in February and September, and at the National Sleep Disorders RoundTable meeting in February. In October I gave an hour long presentation about circadian sleep disorders at the Narcolepsy Network national conference in Atlanta. Videos of some of these talks are available on our web site, [www.circadiansleepdisorders.org](http://www.circadiansleepdisorders.org) (shortcut: [csd-n.org](http://csd-n.org)). Our twisted clock logo is at left.

CSD-N is also a "coalition partner" of [StartSchoolLater.net](http://StartSchoolLater.net), which aims to move high school start times later to better handle the deleterious effects on learning of teens' later circadian rhythms.

Work on CSD-N is essentially a full time job. There's a lot of administrative work, answering emails and questions, preparing talks (see above), expanding the website, writing newsletters, and so forth. I'm hoping to find more volunteers to share the work, and to be able to take over if I'm incapacitated.

Jean is now retired also. She and I hike or bike nearly every week. We often hike segments of the Appalachian Trail in Maryland, or the nearby Seneca Greenway Trail. Biking takes us along nearby rail-trails such as the W&OD in Virginia, the Baltimore-Annapolis Rail-Trail, or the North Central Railroad north of Baltimore.

(over)



In October Jean visited her older daughter, Monica, in Oakland, CA. She lives there with her husband, Bill, and their active six-year-old son (Jean's grandson) Emmett. This year Emmett got into swimming in a big way (left photo below), and they became proud homeowners when they bought a house with Spanish architecture and a rose garden.

Jean's younger daughter, Becca, and son-in-law, Justin, recently became homeowners as well when they purchased a spacious home in Germantown, MD, not far from Jean. They need the space for their three children (Jean's grandkids), Connor (13), Braden (11), and Stella (1). Stella's photo is below on the right. It was taken at the first Thanksgiving celebration in their new home.



*Have a happy holiday season!*

(This and previous holiday letters – with actual hyperlinks! - can be viewed online at [pmansbach.com/#holidayletters](http://pmansbach.com/#holidayletters).)