

Moose Notes 2017 (Highlights of the Year)



CSD-N: My main focus this year again was working for **Circadian Sleep Disorders Network** (CSD-N), the non-profit organization I started six years ago to promote awareness of our circadian sleep disorders. Our website is at www.CircadianSleepDisorders.org (shortcut: csd-n.org). Our twisted clock logo is at left below.



My main project this year was continued work setting up and promoting a **patient registry**, where people with these disorders can register to be available for research studies. The registry includes a long survey to collect data from patients about their disorder, their sleep habits, how they have tried to treat their disorder and their success or lack thereof. We hope these data will provide useful information for research, and the registry will help researchers find good subjects. We already have over 500 participants in the registry, 400 of whom have completed the survey. Preliminary analysis a few months ago revealed several interesting statistics, information that did not surprise us in the circadian community, but isn't widely known among doctors (csd-n.org/registry/survey_results_prelim.php).

TRAVEL: Jean and I visited New Mexico in September. On our first day we drove the Jemez Mountain Trail, visiting the Walatowa Pueblo Visitor Center and the red rocks, and spent time hiking around Bandelier National Monument. The second day we hiked in the Kasha-Katuwe Tent Rocks National Monument, Jean's favorite part of the trip. We had dinner in Sante Fe after dark both nights, but never even got to see the Plaza. Jean had opted to fly home at this point.

I continued on to Taos, and stayed at The Inn at La Loma, listed in the National Register of Historic Places. I hiked into the Canyon of the Rio Grande at Cebolla Mesa, within the Rio Grande del Norte National Monument. Visited the Taos Pueblo and the Rio Grande Gorge Bridge. Then drove to Chama and took the Cumbres & Toltec Scenic Railroad through the mountains.

Some photos below:



Tent Rocks



Rio Grande Gorge



Cliff dwelling at Bandelier



Jean checks out the bedroom



Jean in slot canyon at Tent Rocks



Start of the Cebolla Mesa Trail into the Canyon



The Rio Grande, from the Cebolla Mesa Trail



Cumbres & Toltec Scenic Railroad at Cascade Trestle

FAMILY: Jean's younger daughter Becca and son-in-law Justin live in Colorado with their four kids, Connor (17), Braden (15), Stella (5) and Jack (3). Justin's family lives there. Older daughter Monica and son-in-law Bill remain in Brooklyn with their son, Emmett (10).

MISC: Jean 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 or the Baltimore-Annapolis Rail-Trail. Thursday evenings we folk dance.

I came down with a case of sciatica on Nov 25. The first week the pain was excruciating when I first got up, and lessened somewhat as the day progressed. I was unable to sit upright for long, and holiday cards and letters got postponed along with everything else – apologies for the lateness. I was better after a week, and much improved after two.

Have a happy holiday season!

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