

GADSDEN GAB

A publication by the BG Community, for the BG Community

BGU: Lifetime Learning

By MP Wilkerson

When Sarah Tipton, President/CEO of Bishop Gadsden, returned from a conference several years ago, she brought back an exciting idea: To create a life-long learning program at Bishop Gadsden. This would be accomplished by presenting lectures on various subjects that were not only entertaining, but also provide learning opportunities for residents with fun, interesting ways to expand their knowledge. A few colleges were already offering programs like this to their communities and drawing from experts at their regional schools for the lectures.

Sarah called on Britt Lock for help.

“The program was actually a challenge from Sarah to make it happen,” explained Britt, the Resident Event Coordinator, “...and I never turn down a challenge.”

She began investigating the local college community with the help of Nancy Muller from the Low Country Graduate Center at the College of Charleston. There was MUSC for medical topics, The Citadel for history and military information, and the College of Charleston and the greater community for general education. She contacted all of them to learn about their resources and ask if they would be interested in participating in a learning series at BG.

From this challenge grew a plan for lectures that would provide multiple four-class learning series on everything from dinosaurs to artificial intelligence.

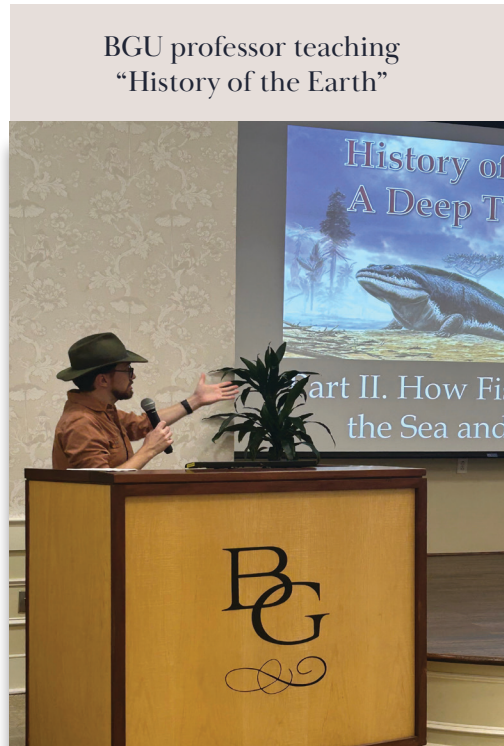
And then Covid struck. The world shut down and all of Britt’s hard work was put on hold. Fast forward to three years later when she picked up the reins to reestablish the program and reach out to the many contacts she had made previously. Unfortunately, Britt discovered that her original

contacts had either retired, moved away, or didn’t exist, so they were no longer there and she had to begin again at the beginning with cold calls. But she persevered.

On April 17, 2023, the first learning series debuted at Bishop Gadsden with a snappy green logo and the jazzy name “BG University (BGU)”.

The subject of the first four-part series was “Dinosaurs and Mass Extinctions” taught by Dr. Scott Persons, a professor at the College of Charleston who has been called one of the top ten young paleontologists in the country. Barbara Eckman, a BG resident, remarked, “It is important to keep on learning and these courses expand your knowledge and encourage creativity”.

She has attended the art history, artificial intelligence and banned books courses, and added, “I was pleasantly surprised at the quality of the professors and their level of engagement. I never knew the history of banned books in the state and I was afraid of Artificial Intelligence and found out it was fun and extremely useful in our lives.” *(continued on page 9)*



BGU professor teaching
“History of the Earth”

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BYOC - Bring Your
Own Cup!

Come Sail Away with the BG Yacht Club

By Linda Dove

It's colorful. It's friendly. It's competitive. It's fun. It's absorbing.

Sounds like a puzzle. But the answer is very simple.

It's race day at the Bishop Gadsden Yacht Club!

Every Tuesday and Thursday morning, you'll find a line-up of BG residents along the bank of Quay Pond. Folding chairs and sun umbrellas in place. Conversations begun but halted quickly when a recorded voice begins a 1-minute countdown – "...10 seconds ...1 second ...HORN!" They're off! Then it's quiet. Ten or twelve brightly colored radio-controlled DragonFlite DF95 sailboats begin their race around the pond, moving swiftly in even in the lightest of breezes.

The group of ladies and gentlemen, FlySky controllers at the hand, have a very serious look. This is a competition but then as the boats glide across a finish line marked by two Mallard decoys, the smiles appear and the joking begins.

The 36.7-inch boats may sail through as many as nine races during a morning of competition. Intuitively, and with practice, the boats are controlled by thumbs: the left thumb pulls in/pushes out to trim the sails, the right moves right/left to steer the rudder.

Bob Johnstone, Commodore of the Bishop Gadsden Yacht Club, describes the participants as "sailors". "While there are some recent enthusiasts,

most of us have owned or spent some time on

Resident, Bob Johnstone



boats", he says. That's certainly true of the Commodore, who is an inductee in the National Sailing Hall of Fame. Bob and his brother were the founders of J/Boats, Inc., the world's leading performance sailboat brand. He does give some allegiance to power boats as well,

as founder of MJM Yachts, a leading maker of fuel-efficient power boats. By the way - it's all in his recent memoir, *Maverick Marketer*.

How did all this come to be at BG? Go back to 2015 when Ike Smith, Norman Walsh, and friends began "exercising" model sailboats on Grove Pond. "We had a number of very different sizes and styles. Some big, some smaller. We would try to race each other, but it definitely wasn't an even contest,"

reports Ike.

By 2019, the group had grown in numbers, and the racing venue moved to Quay Pond, which is more open to the wind, although the tall buildings can provide some unexpected and challenging wind shifts. The Club's real expansion began in 2020 when Commodore Bob introduced the colorful, easily-launched and operated, DF95's, the world's fastest-growing one-design class. At that point, the BGYC moved quickly to the forefront of the sport.

The boats themselves come from a US distributor in Texas, having arrived by container load from China. Their first stop is Bob's 'boatyard', also known as his dining room table, where they are assembled and rigged. "The first one took me over ten hours, but I'm down to just over four hours these days," he notes.

"Strangely, it was the Covid pandemic that was an impetus to the Club's growth. It was one of the few things we could do outdoors, socially distanced, that provided a much-needed fun, engaging experience," says Bob. The BGYC thus became one of the few yacht groups of its type in the country that was active in 2020. Today there are 22 boats and 20 sailors in the BG Club.

The Charleston Model Yacht Club hosts regional and national events in a number of different classes. Residents, Barry Bonk, Jack Kotz, and Jerry Cummin sometimes participate, but they contend that the BGYC races are the most interesting and competitive.

After each Tuesday and Thursday race session, Bob publishes a results sheet that also provides information on upcoming BGYC activities. Commodore Johnstone is happy to send the twice-weekly email report to any resident. He also arrives at the Pond - via his red three-wheeler - with a spare bright gold boat - number 150 - for anyone who wants to give racing a try. Two model kits are standing by near the dining room table, ready for rigging in the 'boatyard'.

But, needless to say, the best way to learn about the boats and the thrill of the race is to bring a chair to Quay Pond's grassy bank. Get ready for that starting horn.

Time to sail away!

BG sailboats in action!



A Message From Our Senior Vice President

By Aaron Roop

With the relief cooling temperatures with the arrival of fall, there is no better time to be enjoying our beautiful community! Getting to take my girls around the BG campus for community trick-or-treating is quickly becoming one of my family's favorite traditions. The one thing about Halloween is that to me it signifies that the holiday season is quickly approaching.

Before looking too far ahead for me, I first want to reflect on the incredible journey we've had in recent weeks. We've celebrated healthy living with Wellness Fest and basked in the glory of victory at the Low Country Senior Games. Wellness Fest kick off with the return of the annual Low Country Senior Games. Our community is no stranger to success, and this year, we proudly reclaimed victory after a four-year break. This annual event brings together senior communities from across the region to compete in a wide range of sports and recreational activities. As champions, I know our competing residents were proud to represent our community and showcase the strength and vitality of our senior residents.

Wellness Fest has evolved beyond the single week event that it has been in previous years into a great event that brings joy and celebrates relationships within our community. One of the parts of this event that I most excited about is the many new competitions between residents and team members. I have no doubt that each event will be filled with laughter and the excitement as residents and team members strengthen bonds in the name of competition. Wellness Fest and what it has grown to be is a testament to the vitality and zest for life that characterizes our community.



Senior Vice President,
Aaron Roop

Looking forward, the Thanksgiving and the holiday season are just around the corner and there's a palpable sense of gratitude in the air. Our community is like a second family to many, and the close bonds we've formed have only grown stronger this year. This season, I know we'll all celebrate the wonderful people who make our community special. I am thankful for the vibrant individuals who bring life to our community every day, the dedicated team members who go above and beyond to enrich the lives of residents, and the loving relationships that have blossomed over the years.

As we sit down to Thanksgiving dinner and gather around festive decorations, we'll be reminded of the incredible warmth and togetherness that defines our incredible community.

In the spirit of the upcoming season, I encourage everyone to reflect on the blessings in our lives and express gratitude for the community we've created. I encourage everyone take a moment to appreciate the wonderful people who fill our days with laughter, joy, and friendship both here at Bishop Gadsden and beyond.

It has been an eventful and fulfilling time in our community over the past few weeks. Wellness Fest brought us joy and vitality, the Low Country Senior Games victory proved our strength (again), and the upcoming holiday season allows us to embrace gratitude. As we move forward, let's continue to support one another, celebrate our achievements, and cherish the moments that make Bishop Gadsden so exceptional. Together, we are a shining example of community. Here's to a joyful and heartwarming holiday season ahead!



In Loving Memory

Louise Ravenel
3/7/1929 - 10/15/2023

John Howe
8/21/1938 - 10/25/2023



BG Budgeting

By Assimoula Alissandratos

Lynne Kerrison begins to speak before she is entirely seated. I hold my questions until after she has spoken in order not to break the flow and in case she answers most of them without my interrupting to ask them. Clearly and without missing a beat, she reveals how she is in constant motion year-round.

The budgeting process begins with an annual strategic planning session to produce a five-year forecast with the input of an actuary and a consultant. Based on this forecast capital projects are financially modeled for the strategic plan's presentation to senior officers and the BG Board.

In June each BG Director or Vice President receives an Excel spreadsheet with three columns that include last year's budget and the current year's actual budget at present (in annualized form). They insert into the third column the final numbers expected. Management works with the Marketing Department to forecast annual revenue and entrance fees, as well as rate increases derived from information provided by similar communities, conferences, and industry peers. All of the spreadsheets roll up into a master Excel summary worksheet. In all, approximately 25 members of the staff participate in the budgeting process.

Examples of the expense estimates include the Culinary Department's views of the food cost of each meal and the number of meals. Environmental Services appraises the costs of landscaping, repairs, and housekeeping supplies. Marketing gauges advertising costs. Other areas that engage in the exercise are Healthcare, Community Life Services, the Chapel, Communications and Charitable Giving, General Administration, and Human Resources.

All areas' payroll expenses are incorporated in October. Based on the current market or inflation adjustments, each salary falls within a range. The

expense of more senior positions is more closely tied to the job description. During this month these numbers are carefully checked in several ways. The Executive Vice President, Senior Vice President, and President/CEO review all the salaries to ensure they seem reasonable. Full-time employees' salaries are compared to the previous year's five-year forecast. Each department reviews them.

Another aspect of budgeting for BG requires stress tests to ensure that contractual obligations can be met. One such test measures the operating surplus which determines what surplus would be necessary to honor all contract held if some or all revenues cease. BG ensures that the forecasted budget could be met.

Usually the schedule is to begin the budgeting process in June by using the previous year's five-year forecast in the current year and by creating a new one for the following year. The consultant is brought

in early in October, the actuary in mid-October, and by October revenues and expenses are included. The Board meeting to approve the budget takes place in mid-November. After the end of BG's fiscal year on December 31, and after all revenues and expenses have cleared in January, auditors arrive in February to begin their review of the past fiscal year. The time between February and June allows for negotiating contracts, dealing with regulators, and other matters. One such negotiation is for 2024 to see the current MatrixCare accounting system, which at one time was the gold standard, replaced by the new leader, a more technologically sophisticated program. Yet another improvement on the horizon will be a portal allowing residents to pay bills directly.

In conjunction with its debt issues BG is rated BBB-, which is considered good for the industry, by Fitch with a stable outlook. Audited financial statements are public and available on the BG website.

Executive Vice President,
Lynne Kerrison



Croquet and Fun, Wine N' Wickets

By Debbie Stanitski

Chances are pretty good that plenty of Bishop Gadsden residents will find something they like in name alone. Some might enjoy a game of croquet on Sunday afternoon. Others may like a glass of wine or beer and some snacks. Most enjoy the ability to get together with old friends and to make new ones. That's why Wine 'n Wickets has been such a popular event, previously occurring once monthly on Sunday

afternoon from 2:45-5:00 p.m. Sign up is on BGLife and limited to 24 players with a wait list. Non-players can

simply walk over to the croquet pavilion and join in the fun. Due to the popularity of this event it will now be held twice monthly and BG has graciously agreed

to sponsor this event. Hopefully this will alleviate the need for

some routine players to forego their enjoyment in order to allow new people to join in.

The events this year are organized by Gwen

McCurdy aided by Nathan Calhoun and the culinary team as well as EVS for the set-up. Wine, beer, treats, water and other non-alcoholic beverages are provided.



The event consists of several sessions on each of two courts. There are 12 players per session. Court and ball assignment are via random drawing. For those not interested in croquet but are interested in possibly observing and enjoying the refreshments all are invited. Plenty of people will happily explain the game. Attire can be any color one likes and



membership in the BG Croquet Association (BGCA) is not required.

Wine 'n Wickets is a great opportunity to widen your circle of friends, and for those who want to play croquet to play with new people. The next dates are November 5th and 19th.

Come out and enjoy the fun!



Health and Wellbeing of Caregivers

By BG Wellness Team

The benefits of physical activity are extensive and well documented. Exercise can reduce the risk of several types of cancers, heart disease, stroke and premature mortality. In seniors, physical activity can improve cognitive functioning, reduce fall-related injuries and delay the loss of physical function and mobility.

Currently, adults age 65 and older represent about 17 percent of the American population and is expected to increase to about 22 percent by the year 2040. Diligence must ensue to ensure that this increasing population is physically active, including individuals who care for family or friends with physical, mental or social help needs.

Caregivers currently make up about 21 percent of the population (53 million people). This important role offers benefits to the recipient, as well as the provider, such as developing stronger bonds and improving quality of life.



However, negative outcomes have been associated with caregiving. Often neglecting their own needs, caregivers

can experience decreases in mental, physical, and physiological health, negatively affecting their ability to provide care.

Almost one-third of caregivers provide 20 or more hours per week of care, and over half have been providing care for two or more years. This can include physical assistance balanced with personal needs, family, and work. This can lead to secondary stress, further negating attention to their own self-care.

Some strategies for prioritizing the health of the caregiver include relief from the caregiving duties, stress reduction, and acknowledgment by others of their value in providing care. In addition to the above-mentioned benefits of exercise, it is well documented that physical activity reduces stress. The American College of Sports Medicine and the National Council of Aging recommend 30

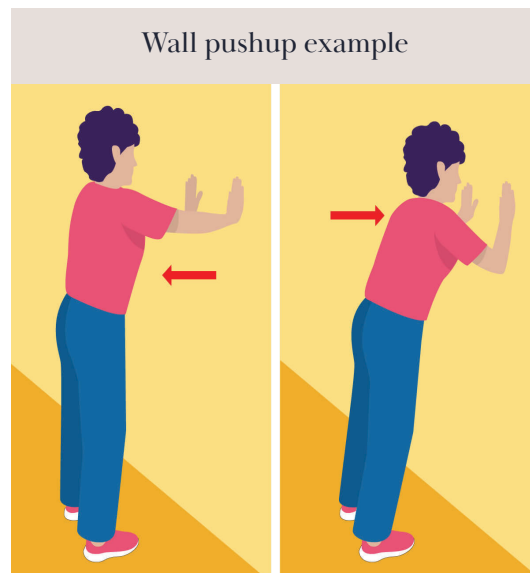
minutes per day of aerobic activity and 2 days per week of strengthening exercises. In addition to these two areas of fitness, the National Institute on Aging encourages seniors to also focus on balance and flexibility.

If you or a loved one are currently caring for another individual and having difficulty engaging in the recommended physical activity, don't be discouraged. Cardiovascular activity can be obtained in segments throughout the day. For example, a 30-minute walk can be divided into three 10-minute brisk walks. Strength training can be as simple

as wall push-ups, chair squats, and calf raises. Balance training can be practiced while trying to stand on one leg while brushing your teeth, and most flexibility exercises can be practiced

in any environment at any time of day.

If you are one of the millions of Americans currently in a caregiving role and would like more guidance on how to incorporate more physical activity, please visit our Wellness Center and talk with any of our accredited fitness professionals. Together, we can strategize and possibly come up with ideas to maintain or even improve your health, possibly creating more benefits for you and the recipient of your care.



By Adelaide Wallinger

Come rain or shine and any day of the week, MINERO MEXICAN GRILL & CANTINA is waiting to entertain you with delicious food and great hospitality.

This is a perfect place to take your company or a group of friends: First I recommend going to HAPPY HOUR from 4 to 6 pm Monday through Friday. Sit inside or out and order the HOUSE MARGARITA (\$7) frozen or on the rocks. (You save four dollars on each drink.) Or choose PBR or DOS EQUIS LAGER (\$2) or CHILLED SHOTS (\$4). (And don't forget a designated driver.)

Then order the specials: MOLE FRIES (\$6), house-made chorizo, queso, fresco and Pico de Gallo and a TACO DILLA (\$5), a crunchy beef taco wrapped in a cheese quesadilla. And how about PORK RINDS (\$5), with tajin, lime and pasilla ranch?

Or you might want to go to lunch as we did. Here's what we do: We order more than we can eat at one sitting. We savor a few bites of each dish when it comes from the kitchen at its best, taste-wise. We do the same with everything we order. And then, we take it home for supper or lunch the next day.

We started out with the MEZCAL MARGARITA (\$13) with los vecinos espadin, lime and agave. Something new for me, it's a smoky tasting MARGARITA from Mexico. I would order it again. Nothing like fresh-squeezed lime juice and high-quality Mezcal.

Here's what we ordered: To start, the QUESO DIP (\$6) with CHORIZO (\$2) added. The THREE AMIGOS SAMPLER (\$14) with QUESO DIP, SALSA ROJA and GUACAMOLE. And a separate GUACAMOLE (\$10) just for me.

Next time we'll order the famous MINERO WINGS (\$16), charcoal grilled and tossed with Valentina Sauce, and the STREET CORN (\$12) with poblano mayo, Cotija cheese, tajin and cilantro. For salad folks, order the MINERO CHOPPED SALAD (\$11) with romaine, corn, tomatoes, cucumber, red onion, radish, pepitas, queso fresco, tortilla strips and a choice of pasilla ranch or Jalapeno lime vinaigrette. Add meat to the salad: Four shrimp (\$7), steak (\$7), chicken (\$5) or pork al pastor (\$5).

Then we ordered the tacos made with house-made corn or flour tortillas. Any two tacos are \$11 – any three are \$16. And two is certainly plenty for a meal. Or you can choose, as we did, the MINERO TACO PLATE (\$15) with a choice of any two tacos and super delicious yellow rice and refried beans Great

delicious deal! Don't miss those sides - the rice and pureed beans are as good as the tacos.

Tacos we chose: GRILLED STEAK TACO with pickled yum yum peppers, salsa verde and queso fresco. (Add \$1 for steak.) PORK AL PASTOR with grilled pineapple, white onion and avocado puree. CRUNCHY GROUND BEEF with chihuahua cheese, lettuce, tomato, avocado puree, crema and a crunchy shell. And GRILLED SHRIMP with mango, jicama and red onion slaw, spicy benne salsa and avocado puree. (Add \$1 for shrimp). You can also order those featuring FRIED CATFISH, CAULIFLOWER or CHARCOAL CHICKEN.

To take home, we ordered the ENCHILADAS ROJAS (\$17) made with chicken (or ground beef), house-made corn tortillas, avocado crema, pickled red onions, served with yellow rice and refried beans. Also the MINERO BURRITO (\$19 for steak) with

yellow rice, beans, Oaxaca cheese, crema, poblano, cabbage, cilantro, salsa verde and avocado. It's quite a large burrito that would feed at least three. We sliced it at home to warm up in a paper towel in the microwave that night and the next day, too. It's also available in veggie (\$13), chicken (\$16) and al pastor (\$16). And it comes in a BURRITO BOWL as well.

Desserts include PUMPKIN CHEESECAKE (\$9), CHURROS (\$8) and MANGO POPSICLES (\$4).

Every weekend from 11:30 am to 3 pm on Saturday and Sunday, order the MINERO BREAKFAST BURRITO (\$16) with chorizo, scrambled eggs, crema, avocado, poblano, hash browns, salsa verde and Oaxaca cheese.

MINERO, at 3140 Maybank Highway, is open from 4 pm to 9:30 pm on Monday and Tuesday. It is open from 11:30 am to 9:30 pm on Wednesday, Thursday and Sunday. And it's open on Friday and Saturday from 11:30 am to 10 pm. If you pass Angel Oak Vet on the right, you've gone too far.

It's on the site of the former FAT HEN restaurant. We ate at the Fat Hen many times over the years. As we drove in, we hardly recognized the area that has changed. MINERO, of course, has a Mexican vibe with lots of white and bright colors. It has cozy indoor spaces, a large bar and a huge sunroom with an Astro Turf terrace off it for outdoor dining with umbrellas.

The food is tasty, generous and also beautiful to look at. Go there for a very comfortable meal or take-out. Phone: 843-278-8998. It belongs to the same NEIGHBORHOOD GROUP chain as THE JAMES.



What to Watch

By Adelaide Wallinger

LIVE TO 100: SECRETS OF THE BLUE ZONES on NETFLIX is a great way to begin today.

Dan Buettner has spent 20 years tracking down just how to live to 100. The four-episode series explores locations in Japan, Italy, Greece and Costa Rica where unique diets and locations promote longevity. He calls his journey “the promise of the Blue Zones”.

Speaking of age, 90-year-old British actor Michael Caine has retired after starring in **THE GREAT ESCAPER** movie. It’s about an octogenarian who sneaks away from his care home to attend the 70th anniversary of the WW II landings at Normandy. The late Brenda Jackson stars with him. He decided to make this his last acting hurrah. I’ve never seen a Michael Caine movie I didn’t enjoy.

I always think of November as a good movie month: Check these out. **PRISCILLA** (Friday, November 3rd), the spirited love story of Priscilla Beaulieu and Elvis Presley. **NYAD** (Friday, November 3rd) is about the marathon swimmer Diana Nyad’s swim from Cuba to Florida, 100 miles, in shark-infested waters with no cage. Annette Benning plays Nyad and Jodie Foster the friend who helps her. **WHAT HAPPENS LATER** (November 3) sees Meg Ryan return to acting and directing. She and her former husband (played by David Duchovny) find themselves stranded together on a snowy night in an airport.

Also, **SLY** (Friday, November 3rd) on NETFLIX about the career of actor Sylvester Stallone. **THE KILLER** (Friday, November 10th) on NETFLIX about the results of an assassin’s near-miss. **NAPOLEON** (November 22nd) is his story and his wife Josephine’s, too. **MAESTRO** (Wednesday, November 22nd) is the story of Leonard Bernstein and his wife Felicia. Bradley Cooper plays Bernstein.

The Sixth and final season of **The Crown** premieres on Thursday, November 16th, on NETFLIX with four episodes based on the life and reign of Queen Elizabeth II. The remaining six episodes premiere on December 14th.

After reading the smash-hit book **LESSONS IN CHEMISTRY**, I am enjoying the series on APPLE TV, starring Brie Larson (of **CAPTAIN MARVEL** fame). She plays a young woman scientist, Elizabeth Zott, who becomes a cooking show host after her 1950s world fails to recognize her scientific brilliance. Lewis Pullman plays the movie’s star chemist and love of her life. There are eight episodes: Two premiered Friday, October 13th, with a new one streaming each Friday on APPLE TV, ending on November 24th.

Titus Welliver returns in the **BOSCH: LEGACY SERIES 2** on AMAZON PRIME’S FREEVEE. As

in **SERIES 1**, he is again playing retired homicide detective Harry Bosch who has a new career as a private investigator. He is searching for his missing daughter, Maddie (Madison Lintz), who was kidnapped by a masked killer, and he is working frantically to find her, assisted by spirited attorney Honey Chandler (Mimi Rogers). There were two premier releases of **SERIES 2** episodes in late October which will be followed by eight more episodes streaming weekly this month and next.

If you have **AMAZON PRIME**, you can easily watch **FREEVEE** or you can use a **FREEVEE** app. In either case, you’ll be watching ads as you watch **BOSCH**. As usual, the **SERIES** is based on multiple books written by best-selling author Michael Connolly, who created the Bosch character.

Speaking of **AMAZON PRIME**, next year it will cost more to watch TV shows and movies on it without ads. It will show ads in 2024 with **AMAZON PRIME** content unless you pay \$2.99 extra a month to see programs without ads. Also, Netflix has raised the price of its basic tier (without ads) from \$9.99 to \$11.99 a month and raised the monthly price of the premium tier from \$19.99 to \$22.99.

TANZANIA’S BEST KEPT SECRET on **AMAZON PRIME** is all about the ecosystems and animals found in this beautiful African country that is home to Mount Kilimanjaro. Season One has five episodes.

EIFFEL is the story of Gustave Eiffel who designed the Washington Monument and the Eiffel Tower in Paris. A true story, it takes us back to the 1880s. There is also a romance, which affects the Tower design. Watch it on **AMAZON PRIME**.

Part Three of **LUPIN** is finally here and showing on NETFLIX. The Parisian gentleman thief, Arsène Lupin (played by Omar Sy), is still seeking to avenge his father’s reputation and protect his son and his estranged wife. Part Three has five episodes. If you have not watched Parts One and Two, start with them - each has five episodes, too.

EPIC TRAIN JOURNEYS FROM ABOVE (AND BELOW) is a six-part series on SCETV’s **PASSPORT**. Episodes include Switzerland’s **GLACIER EXPRESS**, CANADA’S **WILDERNESS RAILROAD**, Mexico’s **COPPER CANYON RAILWAY**, **DARJEELING HIMALAYAN RAILWAY**, AUSTRALIA’S **OUTBACK RAILWAY** and NORWAY’S **BERGEN RAILWAY**. Find it on PBS. (I like using the PBS App on my phone for information.) You are eligible to watch this with a contribution of \$75 a year to the SCETV Endowment or a **SUSTAINING STAR** membership of \$6.25 a month. Call 803-737-3200 to join SCETV and get **PASSPORT**. It offers over 1,500 programs to watch - a great deal!

BGU: Lifetime Learning *(continued from page 1)*

Britt said BGU is a team effort and that it takes every spoke on the wheel to make this carriage go, from the people who set up the room to the presenters. According to Barbara, BGU is a high-level offering taught in a mini university atmosphere. Tish Ray, chairman of the BG Activity Committee added, "The courses enriches the whole community and I am so proud we are doing this!"

Past BGU Classes

- Dinosaurs and Mass Extinctions
- Banned Books and Censorship
- Charleston during the Revolutionary War: The war between the Patriots and Loyalists

Future BGU Classes

- History of the Earth: A Deep Time Safari
- History of Italian Early Renaissance Art
- The Physics of Our Everyday Lives

BYOC: *Bring Your Own Cup!*

Did you know? Bishop Gadsden uses 12,000 single-use cups a month in its culinary venues. Bishop Gadsden's Culinary team is introducing a new, sustainability program for residents and team members. If you bring your own cup to the Market Place Café, you can get a fountain drink, coffee, or tea with free refills!

This new program will begin **November 6th**. If you are looking for a new favorite cup to use, Bishop Gadsden will be selling BG cups! Contact our culinary team for more information on purchasing cups and how this program helps Bishop Gadsden be sustainable!

November Birthdays

1	Connie Baldwin	9	Emmy Mitchell	22	Pat Prioleau	27	Rhonni Malino
1	Nancy Waters	11	Barbara Eckman	23	William Barnes	27	Richard Morawetz
1	Frances Gibson	14	Louise Crosby	23	Warner Ray	27	Lynn Pagliaro
3	Ken Dowd	14	Wendy Kemper	24	Bob Crawford	28	Joan Halkyard
3	Kerry Huggins	14	Jane Upshur	24	Kelsay Meek	28	Barbara Regan
4	Talia Dillahey	15	Jane Gregory	24	Curtis Wise	29	Nancy Scofield
4	Angie Zervos	17	Linda Hurd	25	Ann Black	29	Carolyn Titus
5	Barbara Campbell	18	Dan McMahon	25	Harold Quinn	30	Mary Johnstone
5	Virginia Murray	22	Barbara Bremer	26	Kim Blakely	30	Tina Radding
8	Glennie Tarbox	22	Candance Debnam	26	Dottie Sanders		
9	Myrna Altman	22	Martha Derrick	27	Sister Ann Billard		
9	Charlie Dixon	22	Juanita Gibson	27	Angelika Kontogee		

Don't want your birthday included on this page?

Email us at officeofcommunications@bishopgadsden.org and we'll remove you from the list.

For All the Saints!

By Rev. Charles E. Jenkins, Chaplain

I always love this time of year. The weather has started to cool down, the beauty of fall is all around us, and November is sort of the last part of the year where it's the calm before the storm. By that I mean we all know that the holidays are upon us, and for many, the holidays are a very busy time of the year marked by gatherings and travel to see the ones who are dear to us.

The holidays are also a time that bring about many different kinds of emotions. Maybe it's the first Christmas without a loved one, or maybe it's been years since a loved one passed. Nonetheless, memories and emotions are stirred, especially during the holidays. While we try to move forward with life, we would be lying if we did not acknowledge that holidays are in fact a little sad as we miss those who have gone before us.

Fortunately, the Church has a wonderful day that celebrates the faithful who have gone before us, All Saints' Day. I find it fitting that this principal feast day falls on November 1 every year, right at the beginning of the holiday season. But the meaning behind this feast day is what makes this day so special. As many of us approach the holiday season with a little hesitation and angst because of the memories that are brought back and the obvious void that is left after the passing of a loved one, the Christian festival of All Saints' Day comes from a conviction that there is a spiritual connection between those in Heaven and on Earth.



This day reminds us of our connectedness as Christians. Saints aren't just those who we see as statues or icons, or those depicted in stained glass windows, saints are all around us! A saint is anyone who is a follower of Jesus Christ. Through our faith we become united to Christ and we are saved from God's judgment as well as from the futile way of life that we naturally follow (1 Peter 3:18). In other words, we are granted sainthood!

Living into this is transformational, and it allows us to have faith that while we may no longer see the ones we love who have died, we know that we share in that wonderful feast we call the communion of the saints, that spiritual union of the members of the Church, both living and dead. So, as we go into this holiday season, may we remember those who have gone before us and have faith that we all, both the living and the dead, are bound together in one communion, the Body of Christ.

As a special way to commemorate this day, we will have a Festal Evensong with 4-part choir, chamber music, and organ on Sunday, November 5, at 4:00pm in the Chapel. We look forward to seeing you there!



By Jack Hisley, M.D.

In his 2008 book, *Microcosm: E. coli and the New Science of Life*, science journalist Carl Zimmer reported that over the course of a lifetime, humans consume approximately 60 tons of food. In 1915, the average American spent half of his weekly income on food, compared to today's outlay of a mere six percent. Unlike earlier times when food was scarce and most of the population suffered from hunger, today, more people suffer from obesity. Acclaimed American physiologist Ancel Benjamin Keys, Ph.D. has been credited as the person most responsible for educating us about healthy food choices. Ancel, nephew of the famous character actor Lon Chaney, was a bright, unmotivated child who grew up in California during the early 1900s. Although Stanford professor Lewis Terman, who studied gifted children (and helped develop the Stanford-Binet scale for IQ testing) declared young Ancel a genius, the lad dropped out of school at age 15 and worked as a merchant marine. Eventually, he decided to educate himself and acquired degrees in biology and economics from the University of California at Berkeley, earned a Ph.D. in oceanography from the Scripps Institute, and another Ph.D. in physiology from Cambridge University in England.

Because of his impressive academic achievements, Dr. Keys was appointed Director of the Laboratory of Physiological Hygiene at the University of Minnesota and quickly became a nationally recognized authority on human nutrition. When America's entry into World War II became inevitable, the U.S. Department of War commissioned him to design a lightweight, nonperishable food pack for paratroopers, the result of which was the famous "K-ration". Keys' experiments on the effects of starvation and chronic hunger were widely known and published in *The Biology of Human Starvation*. From his "Seven Countries Study", launched in 1958, Keys compared the eating habits of 12,000 men in seven countries, discovering a direct correlation between levels of dietary fat and heart disease. Along with his wife Margaret, Keys published the book *How to Eat Well and Stay Well the Mediterranean Way*, coining the term "Mediterranean Diet", which today remains one of the most popular diets available.

Since the Mediterranean diet largely emphasized vegetables, berries, nuts and grains, the meat and dairy industries were infuriated – a reaction that merely served to enhance the Keys' fame. Critics claimed that Keys only used data from populations that supported his thesis that diets heavy in animal and dairy fat caused heart disease. For example, Keys excluded France - a country with a surprisingly low incidence of heart disease, despite a diet that didn't exclude dairy

or animal fat – in his reporting. Although critics of his research accused Keys of confirmation bias (a tendency to favor information that supports one's beliefs), he did much to draw attention to the important role of diet in maintaining heart health. In fact, nutritionists supported Keys' work and suggested new guidelines that fats account for no more than 30 percent of a person's daily intake, and saturated fats not exceed ten percent.

Contrary to the teachings of Keys, in 2016, findings from two large multicenter investigations appeared in *The American Journal of Clinical Nutrition* and *the Annals of Internal Medicine* that included nearly one million subjects in 18 countries who were studied for the effect of dietary fat on cardiac health. The results showed no clear evidence that the avoidance of saturated or unsaturated fat reduced the risk of heart disease. In 2017, another study published in *The Lancet* revealed dietary fat was not associated with cardiovascular disease or myocardial infarction. Although these large studies were impressive, many academic nutritionists did not accept the findings. Hence, the bottom line, as with many nutritional issues, whether they concern the amount of salt one should consume, or the recommended dietary allowance of daily protein, remains unsettled. Biases develop because of the basic nature of nutritional studies. The randomized control group discipline of most research is difficult to accomplish in nutritional studies because of the many variables (e.g., dropout rates, existing dietary habits, self-reporting bias, genetics) that cannot be controlled. Some cynics claim that heart disease is "50% genetics and 50% cheeseburgers".

Today's dietary focus is centered on sugar. Our population's affinity for the sweet substance has led to an astounding increase in Type 2 diabetes mellitus and obesity, particularly in young people. Most people consume a large amount of sucrose, a disaccharide with high levels of glucose added to enhance taste gratification. In today's market, even the "good-for-you" fruits have been selectively bred to contain a higher sugar content, once again to enhance palatability. In Shakespeare's time, fruits for the most part were "no sweeter than carrots". Presently, modern agricultural practices focus on high yields and rapid growth, often at the expense of quality.

According to a 2011 report from University of Texas retired biochemist Donald Davis, Ph.D., when comparing various foods from the 1950s with those produced today, there has been a significant decrease in nutritional value: 50% less iron, 12% less calcium, and 5% less vitamin A, to name a few. So, as a society, (*continued on page 12*)

Doc Talk: Ancel Keys (1904 – 2004)

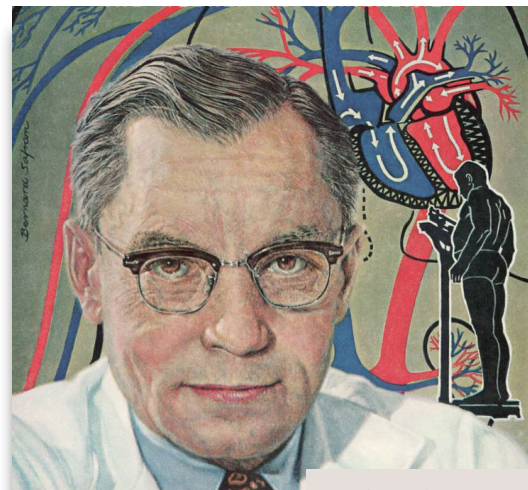
Nutritional Health (Continued from page 11)

...are we overfed and yet nutritionally deprived? Our large consumption of processed foods, along with modern agricultural practices may explain our increase in obesity, diabetes, and cardiovascular disease. The Statistical Abstract of the United States, an annual federal publication that provides a comprehensive summary of statistics on the social, political, and economic organization of the country, notes that the amount of vegetables consumed by the average American per year from the year 2000 to 2010 decreased by 30 pounds. And sadly, our most popular vegetable by far is the French fry.

Salt is another controversial issue. One British study reported that 30,000 people die each year from consuming too much salt. Another study concluded that salt did no harm to anyone except to those with high blood pressure. Yet another study stated those who did not watch their salt intake actually lived longer. A meta-analysis of 133,000 people conducted at Canada's McMaster University found a positive link between high salt intake and heart disease and hypertension and interestingly revealed a connection between low salt intake and an increased risk of heart problems. It would seem that "too little salt is at least as risky as too much". Humans do not make salt, which is as vital to our survival as water. Taste buds located all over the tongue can detect the basic tastes: salty, sweet, bitter and sour. How much salt consumption is actually needed on a daily basis remains debatable. The World Health Organization suggests an intake of less than 5,000 mg of sodium chloride per day. The Dietary Guidelines for Americans and the National Academy of Medicine recommend adults limit sodium intake to less than 2,300 mg per day; others advise no more than 3,000 mg of the mineral per day. If one doesn't have hypertension, low levels of salt intake have no proven health benefits and may actually be harmful.

Because of the many variables that complicate nutritional research, consistent answers have not been produced since Ancel Keys first interested people in nutritional health. In his early studies, Keys excluded the French people because "they drink more wine, eat more cheese, and consume more rich foods than any other people on earth and yet have a very low incidence of heart disease, diabetes, and obesity". Yet they seem to avoid processed foods, believe in quality over quantity, consume small portions, and shop locally for fresh meats and vegetables. Also, the French routinely walk, bicycle, and climb stairs since many flats do not have elevators - all of which may be significant contributing factors to their overall good health.

Since nutritional experts can't agree on consistent guidelines, people should opt for dietary moderation. Avoid added sugar, avoid processed foods, eat fewer refined grains and consume more vegetables, berries, fruits, and nuts. Dairy or lean meats in moderation need not be avoided. The Mediterranean Diet proposed by Ancel and Margaret Keys in 1957 is a popular dietary guide, as is the "Dietary Approaches to Stop Hypertension", or DASH diet. According to Christopher Gardner, Director of Nutritional Studies at Stanford University, "just because you exercise regularly and eat lots of salads doesn't mean you have bought a better life span. What you have bought is a better chance of having a better life span." So, should we Americans eat like the French?



Ancel Keys

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