Lindsey Almeida

Summer Session II

July 9- July 30, 2013

DAILY DIARY

**July 9**

Today was the first lecture for class. I found many things extremely interesting during the lecture, and am excited to learn about what is to come. One thing that really struck me was about the ice age, and how the Westwood-Hillsdale boarder was where the Ice Age ice stopped.

**July 10**

While eating dinner tonight, my husband and I decided to watch an episode of “Under the Dome” a weekly show based on a Steven King novel. So far what we know is that there is a town in Maine that is trapped under a dome, which no one knows, where it came from or who made it happen. I know that this can not happen real life, but what I am interested to see is how its is going to effect the environment in the show. I don’t know how much they will touch on the effects of the dome on the environment since its really is about human interaction and how they are slowly unraveling. If this dome doesn’t let air in or out, sooner or later everyone under the dome will be in trouble. Also I am curious if the dome acts like a window, where it will let the heat in from the sun, but not let it escape. I am hopping that they will explain in the next few episodes.

**July 11**

Todays TV adventure was Gas Land II. I can say that I am disgusted how the Government lets money over ride the health and safety of the local residents residing in the Fracking towns. After I watched the first Gas Land, I spoke about the movie with my mom, who is a pretty hardcore republican. First words out of her mouth were, you couldn’t believe everything you see on TV. This is true. Then she began to tell me how her good friends son works for one of the major Fracking companies. His mom became concerned after watching Gas Land herself, and asked her son if it was true that they residents were able to light their drinking water on fire. He said no, its completely safe, and the residents were able to light the water on fire before they began Fracking. I am bothered that it’s so easy for these major companies to lie, and are more concerned for money then the well-being of fellow human beings.

**July 12**

While out for a run this morning, I was noticing how many of my neighbors have automatic sprinkler systems. It seemed like such a waste of water considering the fact that it just finished raining, and more was on the way. After the conversation in class regarding this, I have been noticing it more and more.

**July 13**

While doing some research on Penicillin, I noticed this one section of certain drugs that you cannot take Penicillin while on. I find it so interesting all the research and science that goes along with medicine and the reactions that someone can get while taking more then one. I am actually on one of the medicines that you are not supposed to take penicillin while on, which is great that I came across that so now I know. Although doctors have a program, which they can type in a drug and cross-reference with others you are on to see if there will be any complications.

**July 14**

Today while taking my dog for a walk near the Oradell Reservoir, I realized that I haven’t seen the Bald Eagle family that made their home in one of the trees nearby. I would see the young eagles flying all the time around, like clock work, around 4pm every day. But once the weather became hot, it seems as though they flew to somewhere else. I did some research, although I found one website that said some eagles in fact do migrate, I feel like maybe they just have a summer nest somewhere near a larger body of water. I did come across an Eagle festival that takes place in Cumberland County in February, it seems pretty interesting, and I may keep my eye on it for this up coming winter!

**July 15**

For the past few months, I have noticed that my dog has been very itchy all over. Recently he went on strike and decided that he no longer likes his food. He is a young dog, only a year old, and really has only been on adult dog food for about 6 months. I started doing some research and I believe that Slater is allergic to his food. I took him to the vet today, because since he is scratching so much, he is losing his fur. Not only does he have allergies, but also a skin infection from scratching. He will be fine, just a dose of antibiotic, and we have to switch over to gluten-free food. My family had to laugh because I have had to go gluten free recently as well. From everything I have read, it seems that all of the over producing of grains is not good for us, and causes a build up over the years and we can become allergic to it, and this goes for animals too.

**July 16**

During class this evening, if found quite a few inventions interesting. I found the X-Ray fascinating, especially the first few X-Rays performed. Also the printing press was impressive, and how with the first one, you manually had to place each letter down, just seems so time-consuming! But what interested me most was the gun. I am still stunned that the first gun was invented in China along with gunpowder! It has come such a long way since the first one. And just to think of all the other weapons that have spun off of it is pretty expansive.

**July 17**

I left for Vermont this afternoon for my sisters wedding. We arrived around 8pm, and it was pretty cool to see the difference between my deck at night in New Jersey, and the inn we are staying at in Vermont. It is so dark, and the amount of stars you can see is just incredible. I don’t really have a chance to really see the stars, but they are truly amazing.

**July 18**

I was pretty excited to drive to my sister’s house (in Vermont) today. Last time I was there, about two years ago, on the main road there was an Osprey nest with babies in it. The nest was huge and it was right on top of a power line pole. As it turns out, the town of Charlotte was worried about the Osprey, since they were right on the main road, and when cars or people went by, the mother would swoop at them after the babies were born. They didn’t want the birds to get hurt, so they created a large platform, high in the air, in a field that is right behind the pole where they first made their nest. It was really cool to see, even though its far enough from the main road, you can still see them, I got a couple of nice pictures of the mom with the new babies this time around!

**July 19**

My sisters soon to be husband works at a wind energy company called NRG in Vermont, in Hinesburg. On our way to their venue, we got to drive past it. It was a large, environmentally friendly building, decked out in solar panels, and a small wind turbine out in front. I really wanted a chance to talk to Tom about wind energy, and his thoughts about it, but with all the wedding prep, I don’t have a chance to do it.

**July 20**

Today is my sister’s wedding day. Since she and her now husband (every exciting!) are as green as they can be, they decided that everyone would receive a mason jar with a handle on it, and use this as their glass for the entire night. This is a great idea! One glass for everyone, it cuts down on the washing, and the plastic glasses, which would have just gotten thrown out. I wish I thought of this when I got married. Their centerpieces were actually a pot with herb plants in it, which I took one and can actually use the herbs for cooking. Reduce, Reuse, Recycle!

**July 21**

The hubs and I stopped in Burlington before we left for New Jersey to pick up a couple Thank you gifts. I noticed how passionate people are in Vermont, especially when it comes to making sure the grounds stay clean. We witnessed a mother and daughter, who let their dog defecate on a patch of grass, and begin to walk away. A man literally came out of nowhere, and started to yell at them to clean it up. Now in New Jersey, this would turn into a fight, but the woman rolled her eyes, and made her daughter go back and clean it up. I was stunned!

**July 22**

I went to Skylands Botanical Gardens today to take some picture of for the brocheur. Even though I grew up in Ringwood, I never really took the time to walk around the gardens. I guess I just took it for granted, but they are so beautiful! There were all different types of butterflies just flitting around. It was so peaceful. There really were not to many others there, since it was really hot and in the middle of a Monday. I already knew most of the history on the architecture, but I didn’t realize that there were 13 different types of gardens all through out the park.

**July 23**

I really enjoyed tonight’s class, especially when the class went over all the different articles. I found it interesting that three students had talked about sunscreen. There was an article that I read in the paper not to long ago, saying how terrible the sunscreen is, saying that it doesn’t really protect you, and there are harmful additive that can cause your skin to become irritated. I believe that Seventh Generation has a sunscreen that is supposed to be gental on the skin, but also extreamly effective.

**July 24**

On our morning run, my dog alerted me to something that was moving up ahead. It was a lone young deer. The deer seemed to scense that my dog didn’t really care about him, and that he was on a leash. The deer just stood in a yard, and watched us carefully as we jogged past. I was surprised to see him all by himself, usually there is a family with about 7-8 deer that all hang out and eat peoples gardens in the morning. I think that he may be at the age where he is now responsible for starting his own family. My heart went out to him, I hope he finds his mate!

**July 25**

I have noticed for a while that there is it one spot on the street that is ALWAYS wet. No matter if it just rained or if it has been dry for days. There are some cracks in the pavement, and it seems though there is water that is seeping through, not a lot of water, but it is noticable. Even though it is not on my street, the street perpendicular to mine, and I am afraid that maybe there is a water main leek. I don’t know where the water main is, and if it is not that, then maybe someone’s sprinkler system is leaking underground and seeping though the cracks of the pavement. I am going to call the town to let them know that there is something going on.

**July 26**

Today we went to Mystic Seaport in Conneticut. I think it may be more fun if we had some kids with us. We explored the aquarium and were able to do all the touch tanks, with sharks and sting rays. It was pretty neat. My favorite show was the Buluga Whales. There were two in particular that seemed to really enjoy people watching them, they kept swimming past the group of people over and over again. I was a little disappointed, there wasn’t all that much to see at the aquarium, they had the standard, fish, turtles, sharks, penguins, seals, and sea lions. I was impressed that they have a rehab facility for sea lions and seals, which they rehab the sick back to health then set them free.

**July 27**

I actually saw one of my neighbors using their automatic sprinklers today, at 11:30! First of all, it may not be that hot out, but its still summer and it will end up burning the lawn. That alone makes it such a waste of water.

**July 28**

Over the weekend, we went to a good friends house warming party. He is really into beer, not just drinking it, but making it. Now that he has a larger place, he as begun to brew his own. He was explain the science behind how to make a good beer, how there is active yeast, which will die if you poor your mixture into while its to hot, but it also can’t be to cold. Since he just started, he hasn’t really gotten into the hops or barley, but that will soon to come. I wasn’t able to try it, but my husband did and said that it tasted really good!