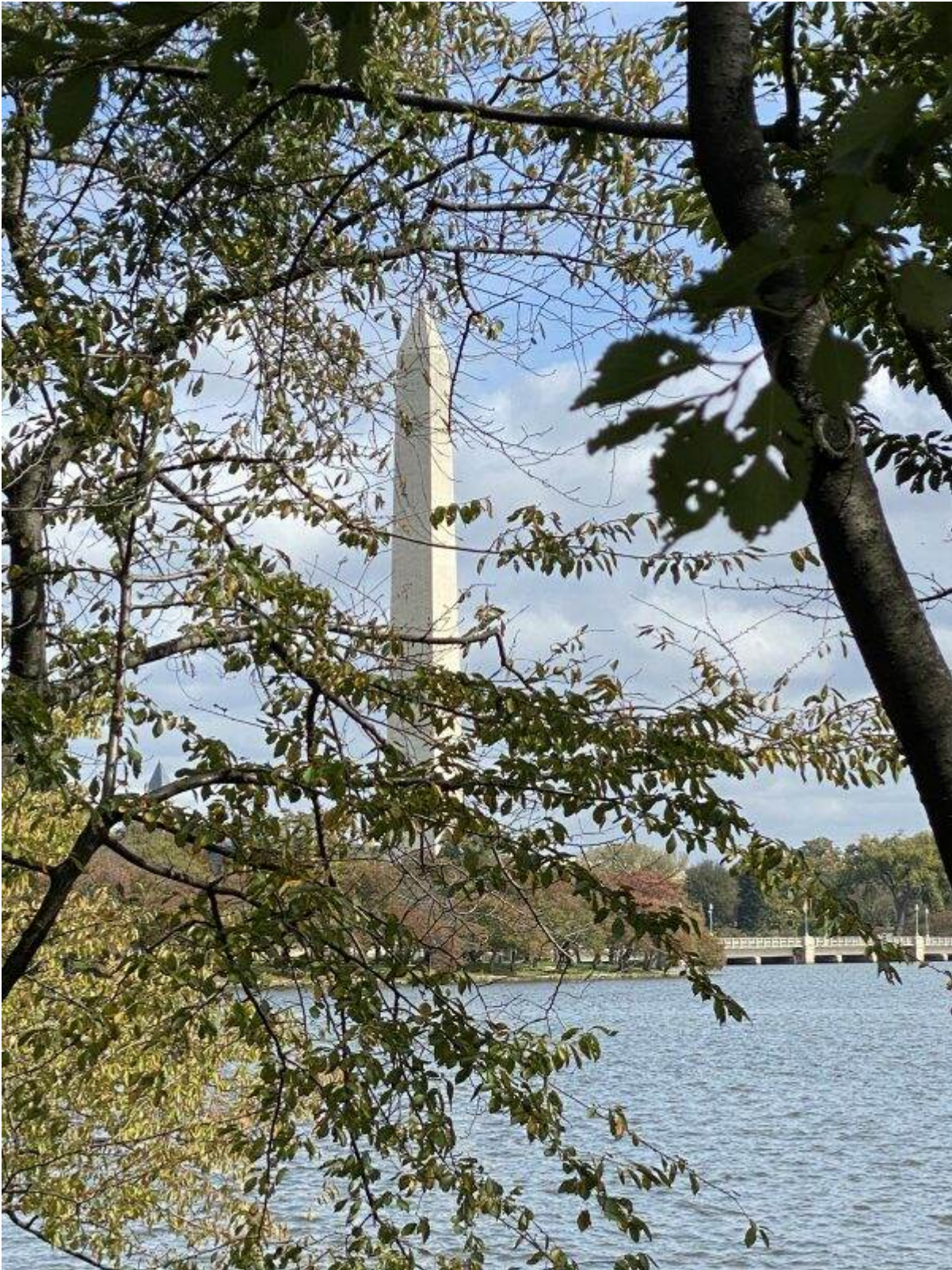


Saturday Meanderings



Do you ever have one of those days where you are just pooped and resting is the only option? Well, that was me last Saturday with the exception of a long work out at the gym. The

day was overcast and must be a drop in barometric pressure, as I didn't feel like doing anything! So I apologize for not posting last Saturday and look forward to catching up today!



Love this concourse at O'Hara airport

Recent travels

My recent trip to Washington, DC and Old Town Alexandria, Virginia was such fun. Traveling is a breeze (and very clean) and super affordable. The only downside is having to wear a mask. But as with most things in life, we adjust, don't we?



Cole and Brooklyn's wedding at the War Memorial

Many weddings this year are postponed until 2021, but many couples are having a small civil ceremony instead. My son officiated this lovely one which was held outside at the Washington DC War Memorial. With an early morning start time, it was a breezy and chilly day with clear blue skies. So proud of the outstanding job done by Benjamin! And congratulations to Cole and Brooklyn!



We stayed at [The Alexandrian](#) hotel in Old Town Alexandria and the location is perfectly close to shops and restaurants. The history is abundant and of course, I loved looking at all the homes, shops and the amazing Halloween/autumn decorations.

Delightful Decorations









Our Nation's Capitol

Washington, DC is such a beautiful city, for the most part. Unfortunately the rioting this summer has left areas looking like a 3rd world country. It is heartbreaking to see and this

destructive behavior is something I just don't understand.



View from my son's apartment complex

We also visited the Martin Luther King and Franklin Delano Roosevelt Memorial too. Not very many people present so we felt like we had the whole place to ourselves.

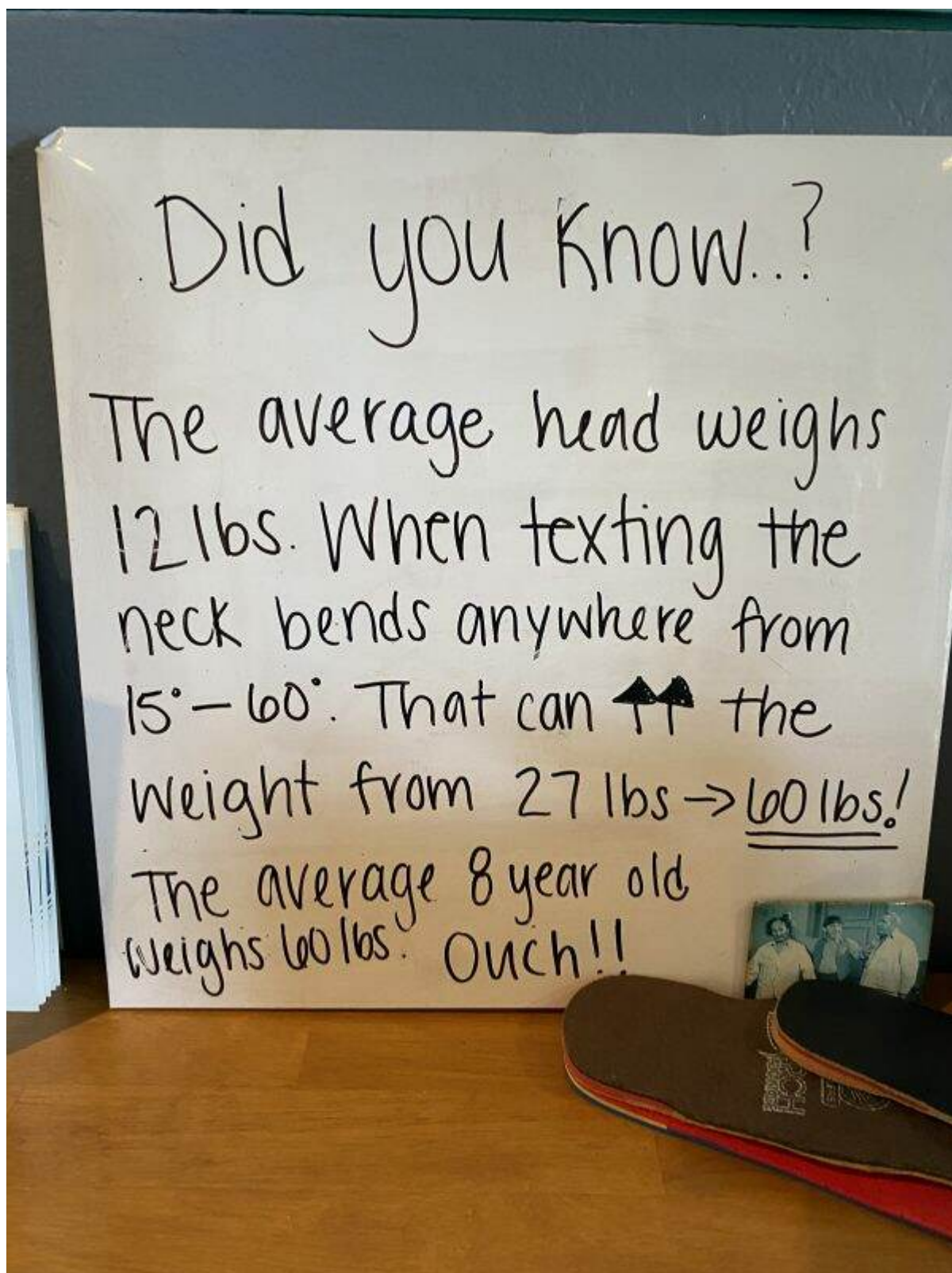




Technology and its downside

When I returned I felt a bit like a pretzel after sitting on the long plane ride and sleeping in another bed. Happily I have a chiropractor I love and he does wonders for my

alignment. While in his office, I spotted this sign:



Dr. David Welch states he is seeing more 30 year olds with headaches and neck pain. What was shocking to hear is that he is actually witnessing *wedge-shaped vertebra* as a result of texting. Think about that for a minute.

So just a reminder if you are texting or on your phone a lot, change your posture. I personally find this information horrifying. My neck was gravely injured in a car accident many years ago and trust me, you don't want neck pain.

The Back Staircase Project



I swear, this is the longest project, but I am making good progress. Here are some sample runners I just received in the mail from Dash and Albert. We have decided on the [blue/white stripe](#) one. The goal is to get this project finished this week. However, the rug make take several weeks to arrive.

Charitable Event at Scottsdale Artist School

BEAUX ARTS 2020

A VIRTUAL FUNDRAISING EVENT FOR SCOTTSDALE ARTISTS' SCHOOL

November 7-14, 2020



VIEW ONLINE GALLERY AT SCOTTSDALEARTSCHOOL.ORG

I am excited to see the painting I donated on the promotional piece for Beaux Arts 2020. Beaux Arts is a fundraising event held every year by the [Scottsdale Artist School](http://ScottsdaleArtistSchool). This year the event will be virtual so everyone will have a chance to participate! There are so many wonderful pieces of art available for bidding (including my painting above!). If you would like to participate (it costs nothing to register), click [here](#). My painting is under the category 2020 Fresh Paint Gallery among so many fabulous entries(see [here](#)). Online bidding will begin on November 7 – 14th.



As much as I love to travel, there is something comforting about being home. The weather is definitely cooler here and we are so excited to turn off the air conditioning and throw open all the windows.

Wishing you a wonderful weekend and Happy Halloween! It's hard to believe it is the end of October already! Any fun plans for the weekend?

Mary

If you enjoy this post, please share on Pinterest.

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