Norm’s Notes: 2020 Retiree Flu Shots

Retiree Flu shots for 2020 are a front burner topic for the PURA Executive Committee!

We tend to be creatures of habit and the annual trip to Turf Center or KURZ to obtain our yearly flu shot has become routine. However, due to the onset of COVID-19, that policy will be modified for 2020.

This year, Purdue staff and students are required to have individual flu shots as the fall semester arrives. That means instead of administering the normal 10,000 shots, this year nearly 45,000 flu shots are needed! This places an enormous burden on the Purdue health community to administer this volume in a safe and manageable manner amid COVID guidelines.

Therefore, to maintain the PURA flu shot benefit for each of us with no out-of-pocket cost, the following protocol has been collaboratively developed with the PURA Executive Committee and the staff at CustomPlus Pharmacy for 2020. This year’s vaccine is called FluBlok.

What is FluBlok?

According to CustomPlus Pharmacy, “FluBlok represents a new class of flu vaccine and is the first protein-based flu vaccine available. Unlike other flu vaccines, it does not use influenza virus or eggs in the manufacturing process.

It is a highly purified vaccine and is made without the use of eggs, preservatives, live or inactivated flu virus, thimerosal, latex, formaldehyde, gelatin, or antibiotics. It is also the only quadrivalent (4 strain) vaccine designed to deliver 3 times more antigen per dose than existing quadrivalent vaccines.

(Continued on page 2)

PURA Fall Kickoff Scheduled

Save the date! The PURA Kickoff Committee is working on the annual event, now scheduled for Monday, September 14 with a slightly different format—online via Zoom.

Specific information will be announced through email and in the September PURA News. With the new event format, Purdue retirees living outside the immediate West Lafayette area will be able to join in.

(Continued on page 2)
Studies have shown FluBlok to be 31% more effective in preventing flu compared with the traditional vaccine and in a 9,000-patient clinical study of adults aged 50 years and older FluBlok reduced the likelihood of developing influenza by more than 40% compared with a quadrivalent flu vaccine produced using eggs.”

How Do I Get One?

If you and/or your spouse want a flu shot, you will need your Medicare Identification card and insurance card.

Due to the heavy demand this year, we encourage you to space out arrival times to aid with social distancing and potential wait times.

**Tuesday September 15.** 9:00 am–2:00 pm. VFW at North Ninth Street & Sagamore Parkway. Drive-through, weather permitting.

**Wednesday September 16.** 9:00 am—2:00 pm. VFW at North Ninth Street & Sagamore Parkway. Drive-through, weather permitting.

**Wednesday September 23.** 2:00 pm–6:00 pm. VFW at North Ninth Street & Sagamore Parkway. Drive-through, weather permitting.

*(NOTE: time is different for September 23 date.)*

**Friday September 25.** 9:00 am–2:00 pm. VFW at North Ninth Street & Sagamore Parkway. Drive-through, weather permitting.

In the event the weather prevents the drive-through, shots will be given inside the VFW in the large meeting room, using the COVID social distancing guidelines.

PURA Members may also:

- Schedule with their respective medical providers.
- Contact their local pharmacies.
- Go directly to CustomPlus Pharmacy located at: 482 West Navajo Street (Behind Dog & Suds) West Lafayette, IN (765/463-2600)

As always, the health and safety of our members is and has been the foremost criteria used to help establish the new protocol for 2020.

In closing, the flu shot benefit for PURA has not been lost, rather the method of receiving them has been adjusted in-light of the COVID pandemic.

With Kindest regards,

Dr. Norman D. Long
PURA President

PURA scholarship recipients are most appreciative of the assistance these scholarships provide:

Carlos Gonzalez, born in Lafayette, says, “I am beyond thankful for your support. Thanks to your generosity, I am able to attend Purdue without having to worry as much about how I will pay back student loans. Your support has given me the opportunity to further my education in order to get a job in the future that will allow me to support my parents and help my brother go to college. The fact that you are supporting students with financial needs is so amazing. I hope that in the future I can give back in a similar way.” Carlos is a Chemical Engineering major.

Kiana Bowen, from Columbus, Indiana, wants “to thank the Purdue University Retiree Association for providing me with this scholarship. I sincerely appreciate the support I have received from this organization, and thank you for enabling me to reach

(continued on page 3)
my goal of becoming a college graduate.” Kiana studied Computer Graphics Technology in the Purdue Polytechnic Institute.

Jannae Allen, from Saint John, Indiana, shares that “the PURA Student Scholarship means a lot to me knowing that others are giving to help me, a stranger, with the financial expenses I have to fulfill my dream of graduating college with a degree I truly love. Again, I just want to thank you for the opportunity.” Jannae is studying Visual Communication Design in the School of Liberal Arts.

PURAs two scholarship endowments are changing the lives of Indiana residents and opening doors of opportunity that would not be available to them. There are many deserving students who need our help.

Please contribute September 9, 2020. Every gift makes a difference. And, remember each $1.00 donated becomes $2.00.

Road Trip!
By Karen Lembcke

Looking for something to do? Here is a suggestion.

If you enjoy a little history along with viewing summer flowers, our suggestion is a drive to Elkhart to travel the Heritage Trail and catch the display of the Quilt Gardens along the way. This is an activity that everyone can enjoy regardless of mobility issues.

First stop is the Elkhart County Visitor Center (3421 Cassopolis Street, Elkhart) where you can request a CD that describes the history along the Heritage Trail, and pick up specific driving instructions and a wonderful brochure of the area. Or you can go online at VisitElkhartCounty.com and download the audio information along with their brochure.

The Heritage Trail is a 90-mile scenic drive through the communities of Goshen, Middlebury, Nappanee, Bristol, Wakarusa and Shipshewana. One of the beautiful sites to visit is the Bonneyville Mill County Park in Bristol.

The water-powered mill—designated by the Indiana State Historical Society as the oldest continuously operating grist mill in Indiana—still produces quality flour, buckwheat and corn meal. The mill is open from Wednesday to Sunday, 10am to 5pm. You can watch a demo of how the grain is ground into flour and purchase some to take some home. Be sure to view the beautiful dahlia garden that is on the premises.

(continued on page 9)
What Do Your Fingernails Say About You?

Have you noticed changes in your fingernails as you age? If you have, you are not alone. Common nail changes that take place include the rate our nails grow, the thickness, texture, color, and the shape of the nail. Our fingernails may also give our healthcare provider insight to our overall health. Our nails can tell our provider about our nutritional deficiencies, sun exposure, chemical exposure, previous trauma, or other health issues.

Growth-Did you know that fingernails grow faster than toenails? On average, our fingernails grow about 0.1 inch a month and toenails grow about 0.04 inches a month. By the time we are 60 years old, our fingernails may only grow 0.05 inches a month.

Thickness-Nails may become thinner or thicker with age. Psoriasis and eczema may cause thicker nails. Constant exposure to water, cleaning chemicals, nutritional deficiencies and iron deficiency may cause a thinner, brittle nail. Horizontal ridges, also known as Beau’s lines may be a sign of renal dysfunction, liver disorders, diabetes or thyroid disease. Vertical ridges are more common as we age and may indicate anemia or peripheral vascular disease. Fungal nail infections become more common and are more frequently in our toenails.

Nail Contour and Color-The curve of your nail may change as you age. Clubbing or a rounded nail shape can be a sign of oxygen deprivation that has taken place over time. Your fingernails may also have a clubbing appearance with cardiovascular diseases, gastrointestinal diseases, and endocrine abnormalities. A yellowing nail may be a sign of a fungal infection. A bright white nail bed with a definitive dark line can be a sign of liver problems.

What do your fingernails say about you? Contact your healthcare provider with any concerns. More information can be found at the email below.

https://www.healthline.com/health/ridges-in-fingernails

Author: Chris Rearick, MSN, RN, Nursing Center for Family Health, 496-0308

Celebrate in August

What can we celebrate in August? Fortunately, lots of things, many of which involve food! We offer this month’s lineup of fun.

- National Catfish Month
- National Peach Month
- National Eye Exam Month
- August 3—National Watermelon Day
- August 6—National Root Beer Float Day
- August 10—National S’mores Day
- August 12—National Baseball Fans Day
- August 15—National Relaxation Day
- August 20—National Bacon Lover’s Day
- August 24—National Waffle Day
- August 26—National Dog Day
- August 31—National Eat Outside Day

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What are PURA Members Up To? Eugene Matzat

“We took advantage of the "stay-at-home" spring to work on our 158 acres, pulling garlic mustard and other invasive plant species from our classified forest area.

“We were surprised and pleased to discover that a pair of sandhill cranes decided to call our newly constructed wetlands home (funded by NRCS EQIP money; completed September, 2019). [Photo below.]”

“The nice spring weather also allowed me to finish the first cutting of our 25-acre hay field in a timely fashion (by June 15th!). Being retired and having time to bale hay also helped! Got about 2,700 small square bales in total!”

“Also have been able to get in some running -- about 20 miles/week.”

(Editor’s Note: Big thanks to Eugene Matzat for sharing. Eugene retired from Purdue Extension on 9-30-2019.)
Featured Purdue Retiree – Isobel Miller

If I were to ask you which Purdue retiree has the most delightful Scottish accent, I’ll bet you’d say “Isobel Miller.”

But how did a Scottish lady end up at Purdue? Well, Isobel’s husband, David, was finishing up his Ph.D. in England. David’s major professor suggested it would help his career if he started with a research position in America. So, four days after receiving his doctorate, they traveled to New York by ship, seasick practically the whole way due to a storm in the Atlantic and a hurricane named Ginny.

David promised Isobel they’d only be at Purdue for two years. That was in 1963. David and Isobel are now both retired from Purdue.

Aside from the fact that they came here from England, theirs is a story you’ve heard many times -- people who plan to come to Purdue for “just two years” and then stay on, often until retirement.

When they arrived at Purdue, they moved into a two-bedroom apartment in Married Student Housing on Airport Road that was furnished with the bare essentials: a bed, a dining table, four chairs, and a couch. Knowing this ahead of time, they brought their own curtains, bedding, pillows, saucepans, kitchen utensils, dishes, cutlery, soap, and a roll of toilet paper in case that wasn’t provided.

Isobel explains their financial situation:

“We hadn’t realized the amount of money it would cost to set up our new life from scratch. The first surprise came when we signed the papers for our apartment and had to pay the first and last month’s rent.

Then the phone company asked for a $100 deposit! Since we were foreigners they were sure we’d run up big bills calling home. Explaining that David’s parents in England didn’t have a phone, and that my parents believed the phone was for emergencies only, not for chit chat, made no difference. “Pay up” or “no phone.”

Then they got to experience the challenge of receiving a paycheck only once a month, at the end of the month.

“The day before David was due to be paid, he emptied his pockets and we had 4 dollars and 95 cents left. So, we walked to the ice cream shop and shared a sundae to celebrate.”

Not having a car, they walked everywhere or took the bus. They bought groceries at the grocery store at “The Service Center.” On weekends they’d go exploring, starting with Sears on the Levy and eventually crossing the Wabash to go to J.C. Penney’s downtown.

Once they walked to the Three Sons Shopping Center and carried home a huge picture for their living room wall! (She assured me that it was not of dogs playing poker.)

Their careers, and lives, took off. Isobel got a job as a lab technician in the department of Foods and Nutrition and David accepted an Assistant Professor position in Physics. They moved into Williamsburg apartments and had their first son. Isobel recalls that, at that time, pregnancy was not covered by the Purdue Medical plan since it was considered to be a choice, not a medical concern.

In the next years, they had a second son, moved twice more, and celebrated David’s move up the ladder to full professor.

Along with being a full-time employee, a faculty wife (who cooked many a dinner for the graduate students and visiting faculty that her husband brought home), and a mother, Isobel has been very active in Civic Theatre. She shined in their production of Brigadoon where a role was added especially for her on the condition that she’d teach the rest of the cast to speak with Scottish accents.

Passionate about her Scottish heritage, Isobel has taught Scottish Country Dancing classes through the West Lafayette Parks and Recreation Department for the past 25 years. Her students dance at the Feast of the Hunter’s Moon. She’s also involved with the 42nd Royal Highlanders and the annual Robert Burns dinner.

Isobel, we weren’t there when you got off the ship in New York in 1963, so we’ll welcome you now.

Thanks for coming to Purdue!

Thanks for staying!

And thanks for brightening this town with your delightful Scottish accent.

**Entropy:** the natural tendency for things to become disorganized. — anonymous
PhoebeCam

One of the unexpected benefits of Stay-At-Home has been gathering at the firepit with our neighbors, Dan and Sally, for socially distant happy hours. We do this regularly and, honestly, I believe it has helped all of us make it through these difficult times. We have known Dan for a long time but have now learned about his love for birds that started when he was a kid. We learned that an Eastern Phoebe had nested near one of his downspouts and that this bird often returns and reuses the same nest. This called for some technology to monitor this special event. PhoebeCam was born!

Camera technology has really improved as a result of the Smartphone requirements but there were some special requirements here. The camera needed to be EASY to operate as Dan’s entire family was now interested. Video needed to be viewable on both Apple iOS devices (iPhone, iPad) and Android devices. I wanted something that was easy to set up, was weatherproof, had flexible installation options, was Wi-Fi based, and had a solar power option. I did not want to run any wires. Additionally, it needed night vision, a motion activated record option and I wanted to save recordings without requiring a Cloud connection or subscription. Finally, I wanted HD video (1080P) with at least 15fps (frames per second) quality. In short, everything needed to be full featured, self-contained, easy to use, and simple to install and move around.

Once I decided on the requirements, the search began. There are countless products in the technology world and, sadly, many do not have good documentation to determine if they met all my requirements. One product seemed to fit the bill and had reasonably good reviews. I ordered the Argus 2+Solar Panel (B07GBRV8W5) from Amazon for $114.99. It met all the requirements. The records are kept on an additional MicroSD card (64 GB cards cost about $12 and will hold many, many hours of video clips) that is installed into the unit.

The unit has a rechargeable battery that provides many days on a single charge without the solar panel. The solar panel keeps the unit nicely charged with only normal periods of sunlight and easy panel placement.

The setup took about 15 minutes with physical installation even quicker than that. The kit comes with various mounting hardware including a strap for “tree mounting”. The magnet mount was ideal for our needs. The link was shared with friends and family and we all waited for the bird to return.

While we were waiting for Phoebe, Dan’s mother had problems with something eating the fish in her outdoor fishpond. The solution was obvious – we needed to set up CritterCam. Dan and Sally ordered another camera, made the trip to South Carolina, and Sally set up CritterCam without any problems (or tech support from me). The solar panel is just lying in the rocks in the landscape with normal sky view.

The camera has a “2-way talk back” and alarm features if your needs are more for security purposes.

So far, the Phoebe nest has been visited by several birds, but none have checked in for nesting. CritterCam has spotted a black “cat” of some sort visiting in the middle of the night, but ID is still pending. Firepit happy hours continue with many discussions of camera videos and talk of where we are going to move the cameras for fall and winter adventures. If you have something in Wi-Fi range that you would like to monitor, you might consider the Argus 2+Solar Panel.
Smile Corner
By Sara Jane (Sally) Coffman

Retirement 101:
Never Having Enough Money

One of the great things about retirement is that it gives you a chance to expand your vocabulary. The first new words you learn are “fixed income.”

I have friends who fantasize about winning the lottery and becoming instantly rich. I don’t hold out much hope for that. I’d be happy if I just had a few dollars left at the end of the month.

When you’re retired, you’re always on the lookout for ways to save money. Unfortunately, the other day I lost the chance to save 20% on the clothes I was buying at Carson, Pirie, Scott up at the mall in Merrillville. When I went to pay for my items, the saleslady asked if I’d brought in something for Goodwill.

I had no idea what she was talking about, so I told her “no,” that I was from out of town and just there for the day. On my way out of the store, I overheard two women talking. It turned out that if you brought in a donation for Goodwill, you’d get 20% off your bill.

I could have done that! I could have stripped, handed the saleslady my old clothes, put on the new clothes, and gotten 20% off my bill.

Next time I’ll do that.

If I ever DO have some extra money at the end of the month, here are my plans:

First, I’d have a plumber fix the drippy faucet in my bathroom.

Then I’d have him install a new shower head. The holes in my shower head are plugged up, so when I take a shower, instead of the water coming straight down like it should, it shoots out sideways and hits me in the face.

Then I’d get the lock on my back door fixed. For the past 30 years, I’ve had to use both hands to unlock the door. With my left hand, I pull the knob towards me—but not all the way. Only about ninety-two percent of the way. Then, with my right hand, I turn the key in the lock (with just the right amount of pressure) at a forty-five degree angle. Both of these movements must be done in sync.

It would be nice to get a new lock.

If I had some extra money, I wouldn’t have to stand at the post office and debate whether to send a package first class or priority mail when the difference is forty cents.

I could buy my own pen instead of taking a handful of pens every time I go to the bank.

I could stop turning greeting cards over to see the price before buying them.

I could buy a kitchen knife! I could start using recipes that involved cutting things up.

I could buy a bottle of expensive hairspray that wouldn’t make my hand stick to my hair when I’ve checked to see if I’ve sprayed enough.

I could buy an umbrella that stayed open by itself. I could throw away the one I have now that I have to hold open with my thumb.

Holy cow! I could buy two umbrellas. Then I could have one in my car and one here at home. Wait! What I really want is one of those see-through umbrellas that comes all the way down and covers your shoulders.

One more thing. If I ever got some extra money, I’d go to Von’s and buy the latest copy of my book . . . instead of waiting to check it out from the West Lafayette library.

Sally’s books are available on Amazon or at sarajaneoffman2@outlook.com.

Another of Indiana’s Giants

What is this? No, not a pumpkin. It’s the world’s largest ball of paint, located in Alexandria, Indiana. A PURA member recently visited and sent us this photo. It started out the size of a baseball but now weighs over 6,000 pounds and has been in process for 44 years. At the time of this photo, it had 26,992 coats of paint. Visitors may add another coat, but must call to make an appointment. Caretakers are Mike and Glenda Carmichael. If you would like to visit, they may be reached at WorldsLargestBOP@yahoo.com, or (765) 724-4088 (per Visit Indiana web site).
Musical Interludes

Get Up and Dance!

Remember twisting the night away? Doing the Shag or the Pony? Learning Latin dances like the Mambo, Samba, Bossa Nova and Macarena? Remember line dancing, sock hops, and frantically swinging your arms into shapes to the song YMCAs at weddings?

What fun! Rhythms so infectious that you were compelled out of your seat and onto the dance floor.

These are just a few of the songs we danced to, and we still can! Even if you don’t own the 8-track or cassette tape anymore, nor have a turntable to play those 33 RPMs (much less 45s), most of these are available for free on YouTube, provided by the artists themselves, or by fans who’ve recorded individual songs or whole albums and made them available.

If you didn’t learn a particular dance “back in the day,” there are plenty of dance instruction videos available on YouTube too—from the Electric Slide to Salsa to ballroom dancing. Fun and great exercise. www.YouTube.com

By the way, Saturday, September 19 is National Dance Day this year. Practice now and you can cut a rug with the best of them by then.

1951 Mambo Italiano. Rosemary Clooney
1955 Rock Around the Clock. Bill Haley & His Comets
1957 Jail House Rock. Elvis Presley
1958 Jump In The Line (Shake, Senora). Harry Belafonte
1958 Beyond the Sea. Bobby Darin
1957 Shout. The Isley Brothers
1960 The Twist. Chubby Checker
1962 The Locomotion. Little Eva
1963 Twist and Shout. The Beatles
1964 Dancin’ in the Street. Martha and the Vandellas
1966 Mas Que Nada. Sergio Mendez and Brasil ’66
1966 Cool Jerk. The Capitols
1968 Mony, Mony. Tommy James and the Shondells
1977 Stayin’ Alive. The Bee Gees
1978 YMCA. Village People
1984 Jump For My Love. Pointer Sisters
1984 Dancin’ In The Dark. Bruce Springsteen
1987 Rhythm’s Gonna Get You. Gloria Estefan
1987 I Wanna Dance with Somebody. Whitney Houston
1991 Boot Scootin’ Boogie. Brooks & Dunn
1992 Achy, Breaky Heart. Billy Ray Cyrus
1993 Macarena. Los del Rio

Mystery Reading for a Plague Year

By J.C. Bilyeu

Face it, life as we know it has pulled out the whopping stick. Caught between extreme heat, institutional missteps and the virus that shall not be named, we are living a half-life of virtual experiences.

We get up in the morning having our !*%$ healthy oat bran muffin (do I like it? No, but yes, Dear, I’m eating it), watch fifteen seconds of TV news which you realize is same-old, same-old from days before.

Later, since the kids are out of school/daycare, you watch as your 3-year-old granddaughter—the light of your life—runs by waving her underwear and announcing “I’ve got to potty!” and realize the bathroom is in the other direction.

So then, let us try the timeless remedy endorsed by lighthouse keepers, radar operators at the North Pole, and religious hermits...reading a book or two.

Most everyone knows that the English have ruled the mystery genre from the Grand Dame herself, Agatha Christie, to P.D James. But here are three suggestions for American mystery authors you might not have encountered. (Did you know that you modern detective story began in the United States with The Purloined Letter by Edgar Allen Poe?)

Rex Stout. Detective Nero Wolfe and his quintessential sidekick, Archie Goodwin. Possibly the most able of all mystery authors for his command of the English language, plus his mysteries aren’t bad either. Stout was so prolific and long-lived, that the 60+ Wolfe books and novellas cover five decades (1930’s through 1970’s). Born in Noblesville, Indiana, though his family moved to Kansas when he was a young child. Remarkable life too. Appointed to the board of the ACLU’s Council on Censorship in 1925. Officer and director of Vanguard Press. Conducted counterpropaganda broadcasts on CBS radio during WWII. Outspoken and wound up on J. Edgar Hoover’s “watch list.” Served as president of the Mystery Writers of America, among many other accomplishments.

Troy Soos. Murder at Wrigley Field. Wow! Murder mysteries and baseball (and the Cubs)! What could be better? If you’re not a Cubs fan, Soos also has written other baseball mysteries.

(Quick disclaimer: both Stout’s and Soos’ mysteries have little to no violence in them.)

Barbara Hambly. Probably best known as a writer of fantasy and science fiction, she holds a Masters degree in history, obtained in France. Her mystery series is set in 1830’s New Orleans, and begins with a book called A Free Man of Color, chronicling a free black physician, trained in France, living in New Orleans, but unable to practice medicine due to the vastly different legal status of blacks in the new world. (Be advised that this, and the subsequent volumes in the series, are darker than Stout’s and Soos’ books.)

PURA News, August 2020
What’s New with You?

As you’ve read in the last few issues, PURA members are reading good books, finding humor and new music, and doing some interesting things while we’re all staying home.

Sharing connects us even though we can’t gather together and your contributions are very welcome.

 Doesn’t have to be elaborate. A photo, the name of a music performer or group, short paragraph, YouTube link, etc., would be just fine. We’ll include your item in the next issue of the PURA News.

Please send your contributions to: pura@purdue.edu.

Visit Our National Parks Virtually

If you can’t visit a national park this year, you can visit and access resources virtually, even view a live peek via their live streaming webcams.

**Virtual visits**: nationalparks.org/nect/blog/take-virtual-vist-national-park

**View and share photos (including those of Ansel Adams)**: nationalparks.org/connect/share-your-park

**Sounds from the national parks**: findyourpark.com/about/news/parktracks

**Educational resources**: nationalparks.org/connect/blog/becoming-junior-ranger-online

**Webcams**: NPS.gov. Channel Islands National Park shows you the marine life environment in a kelp forest. Katmai National Park & Preserve bear cams allow you to watch bears fishing during the summer salmon runs. Yellowstone’s web cam features Old Faithful and other geysers in the Upper Geyser Basin.

Continue on your tour and enjoy the quilt gardens as you travel through the beautiful countryside. The pictures included here are from last year when I visited the area. The gardens are different every year.

Enjoy your trip!!

Mark Your Calendars! PURA Events

In keeping with other Purdue efforts to protect the health of the Purdue community in the wake of the COVID-19 virus pandemic, PURA events are cancelled until further notice.

When activities are able to resume, PURA will update the membership via email, the newsletter, and our website: https://www.purdue.edu/retirees/

Reminder:

If you’re planning a visit to Indiana, West Lafayette, or campus, remember to wear your face mask!

It’s required on campus, in town and, as of July 27, required in most situations in the state of Indiana.

(Road Trip!, continued from page 3)

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