



The

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NEWSLETTER FOR RESIDENTS AND FRIENDS OF THE LODGE AT OLD TRAIL

Futuristic Farming Debuts

Wouldn't it be marvelous if leafy vegetables could be grown faster, with 90 percent less water, no soil, and no fertilizer to truck? That is what aquaponic farming is all about. Interest has piqued since water scarcity has become so critical in the west.

Aquaponics is a merging of the hydroponics and aquaculture technologies, growing plants in water and fish farming. Fish waste is used as the food for plants and the plants are used to recycle and clean the water for the fish. The result: fresh fish and fresh vegetables. This method of farming is thought to have been pioneered by the Aztecs and has been in use by some backyard gardeners and experiment stations. But a farmer in California is trying it on a large-scale commercial basis and plans to hold workshops to make his findings known to other growers, says the PBS News Hour.

Farmer Ken Armstrong harvests 2,000 heads of lettuce a week and says he began making a profit after three years in operation. Armstrong firmly believes that the aquaponics system is the future of farming, one that can be employed indoors, outdoors, in warehouses, on rooftops, almost anywhere there is underutilized space.

The futuristic farmers at The Lodge are involved in another new farming technology—as well as the more traditional method of growing in soil. Thanks to the generous gift of a neighbor, vegetables just outside the Pub are on their way in a Tower Garden that uses aeroponics, an offshoot of hydroponics.

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An aquaponic greenhouse in Alberta, Canada.

RESIDENT FOCUS

Playing with a Big Ben clock while in his high chair may have been the reason Don Goldstein became a clock wizard. His mother gave him the clock to keep him occupied. In fact, clocks keep Don occupied to this day. Instead of the more usual picture hanging that prevails in the halls and apartments of The Lodge, Don's apartment at The Lodge is decorated with clocks. But he dislikes hearing the chimes of a dozen clocks. The tick tock of the pendulums is all he allows.

Growing up in Morris, Illinois, Don knew he had unusual mechanical abilities. He began practicing them in earnest as a merchant mariner. As soon as he turned 17, Don enlisted in the U.S. Merchant Marine near the end of World War II, trained at the famed Sheepshead Bay station on Long Island, and spent nearly two years on the high seas.

Because merchant mariners were not granted veteran status, Don was later drafted into the U.S. Army for a two-year stint. He says they now get full military recognition for their service.

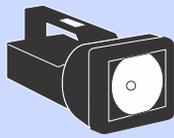
Don succumbed to his fascination with clocks and in 1971 bought his first clock shop in Chicago. By now he had trained in clock repair at the Gem City College School of Horology in Quincy, Illinois and concentrated in fixing clocks that didn't work. "Fortunately," Don says, "people looking for a clock repairer will find you." Despite that, his small business was not enough to make a living, requiring him to continue on another occupation for which he had an inborn talent: retail clothing sales.

That talent was recognized by an owner who sought Don as the manager of a shoe store in Toledo, Ohio. Accepting the offer, Don sold the clock shop, moved to Ohio, and soon became romantically involved with a store employee. Don and Marilyn have been happily wed for 67 years.

"Marilyn has an amazing talent for business," boasts Don. "If she is for something,

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STAFFER SPOTLIGHT

Josh Richard seemed almost as excited about UVA at the College World Series as he is about his new job at The Lodge. Josh was made Executive Chef in April and talked to this reporter on the eve of the deciding game at the College World Series. When away from the kitchen at The Lodge, his favorite pastime is to watch sports on TV—but one for which he barely has time. At home in Charlottesville, Josh shares the time-consuming duties of caring for his 20-month old daughter while his wife is at work as an ICU nurse at UVA Medical Center.

Josh believes that his appetite is what launched him into his career. He recalls while a youngster living in his boyhood Bridgewater, Virginia home growing impatient over waiting for his mother's return from work, making dinners by himself, and liking to do it.

Delivering and cooking pizza and working in the kitchen at James Madison University and two Harrisonburg restaurants got him so hooked on cooking that he attended the culinary school at Johnson & Wales University in Charleston, South Carolina. From there he served as Sous Chef at Farmington Country Club for nearly five years and Westminster Canterbury

in Charlottesville, where “I was called the Sous Chef but actually performed as the Executive Chef for over four years.”

Josh says the Executive Chef is the manager of everything that goes on the kitchen. Besides supervising the kitchen staff, he keeps the kitchen shelves stocked with food and supplies and schedules the work hours for each kitchen employee.

While “getting my feet wet,” Josh says he is gradually transitioning into his own menu creations. His favorites are ethnic foods with a concentration on Mediterranean choices such as Spanish, Italian, and Latin dishes. But he says a chef must also keep in mind the variety of taste palates that need to be satisfied in a dining room with a limited number of menu choices at any one time.

Appearing to have an especially calm demeanor, Josh had to be anything but calm on the night of the last game of the College World Series. It was at midnight that UVA won its first ever baseball national championship in a victory over Vanderbilt University.



Urban Trail is One of Area's Newest Outdoor Amenities

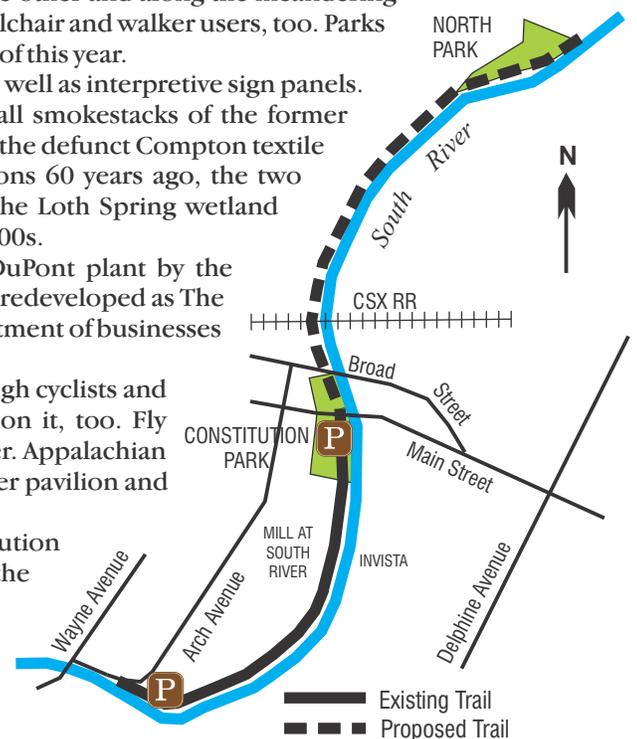
The neatly manicured South River Trail near downtown Waynesboro is one of the area's newest outdoor amenities for serious and casual walkers alike. Paved from one end to the other and along the meandering bank of the South River, the nearly one-mile long, flat trail is ideal for wheelchair and walker users, too. Parks director C. Dwayne Jones says a 1.2 mile extension is hoped for by the end of this year.

The 10-foot wide, landscaped trail includes benches along its length as well as interpretive sign panels. It passes through what was once the heart of the city's industry. The tall smokestacks of the former DuPont plant penetrate the skyline on one side and the huge buildings of the defunct Compton textile company are sprawled out on the other. At the height of their operations 60 years ago, the two companies employed 4,000 workers. At the south end, the trail skirts the Loth Spring wetland where there was a famous resort hotel and dammed up lake in the early 1900s.

Synthetic fabric manufacturing and research is continuing at the DuPont plant by the Invista Company. The Crompton plant is being redeveloped as The Mill at South River and houses an eclectic assortment of businesses including the manufacturer of church steeples.

Walkers are the most frequent users, although cyclists and moms pushing strollers are sometimes seen on it, too. Fly fishermen use the trail to gain access to the river. Appalachian Trail hikers use it on their way to a close-by hiker pavilion and campground.

Both the northernmost trailhead at Constitution Park on Main Street and the other one on the south end at Arch Avenue near the intersection with Wayne Avenue provide parking spaces. Picnic tables are available at the northern trailhead and portable toilets are provided at the southern trailhead.



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Jim Clark, editor

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Give 'em a BRAKE



Charged with establishing a monument to honor state highway workers killed on the job, David Rush and a committee of Virginia Department of Transportation (VDOT) colleagues put their heads together to design and finance a “first class” memorial. Four and one-half years later in 2004 at one of the most scenic highway overlooks in Virginia, the monument was unveiled in a ceremony that included nearly 200 members of the fallen worker families. As Work Zone Safety Program Manager for VDOT, Rush was especially devoted to the project since it is his job to see that roadway workers go home safely at the end of work days.

Erected on the east side of the Blue Ridge Mountains at Rockfish Gap, the spectacularly scenic pull-off on east-bound Interstate 64 was ideal because of its central location in the state and the availability of VDOT owned land. Rush says there are no traffic counts, but it is believed that thousands of motorists stop at the monument annually. The site is just minutes away from The Lodge and a worthwhile stop to see both the panoramic view of western Albemarle and Nelson counties and the attractively landscaped memorial that bears a critical message to all drivers.

The names of the 133 VDOT workers who lost their lives between 1928 and 2012 are engraved on the side of the 10-foot high granite monument. Most of the workers were killed while working in work zones on state highways. The monument does not include the many names of contractors and others who were also killed in highway work zone accidents. No VDOT employee fatalities have occurred since 2012. A recognition event is held annually at the monument in memory of the sacrifices made by workers and their families.

The memorial design was selected from 41 entries submitted by VDOT employees. The design shows three profiles of workers wearing hard hats intended to represent the diversity of the work force and one open profile to imply a missing worker. The surrounding landscape includes a native wildflower garden and colorful trees. The monument is illuminated at night.

No public funds were used to finance the memorial. Donations of money and materials from employees, families, businesses, and organizations paid the entire bill. Over \$170,000 was raised from donors throughout the state.

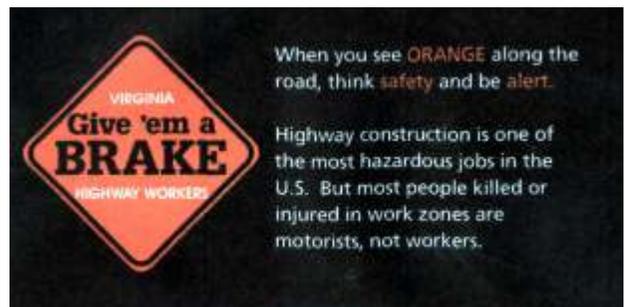
Viewing the VDOT Workers' Memorial can be a stark reminder of the dangers facing public employees while performing their duties alongside moving traffic. Rush hopes the thousands of motorists who stop to visit this striking memorial are more encouraged to heed speed limits and other traffic controls when traveling through work zones.



You would think that highway work zones would be close to being accident free. That's where motorists are forewarned by roadside signs and flashing lights to reduce speeds and to be especially alert for changing road conditions. Nevertheless, traffic often just feet away from work crews raises the risks for both workers and motorists. An average of 20 flaggers are killed on the job nationwide annually. Motorists, however, are seven times more likely than construction workers to die in work zones.

An astonishing 87,000 work-zone crashes occurred nationwide in 2010 resulting in 576 fatalities. While less than one percent of the crashes involved fatalities, 30 percent resulted in bodily injuries. Speeding is a factor in more than 35 percent of work-zone fatalities according to the U.S. Department of Transportation. Rear-end crashes are the most common type of work-zone accidents. Fatal work-zone crashes occur most often in summer and fall.

Highway engineers continue to refine work-zone design. Good work-zone design, however, depends on drivers remaining alert, slowing down, and refusing to tailgate. If you don't drive, remind your family members of the importance of staying focused on safety in work zones.



Resident Focus (cont'd from first page)

we were successful. If she is against it, we would fail.” They moved to Crown Point, Indiana and opened the Prime Time Clock Shop. Marilyn was the business manager, handling all the business affairs of the shop. When a new big-box supermarket opened, Don thought a subsidiary outlet in leased space at the supermarket would bring in more clock business from the throngs of shoppers. Marilyn thought otherwise, but as Don puts it, “she always went along with my ideas.” He soon learned that the typical food shopper was not a clock customer.



Don and Marilyn, circa 2005

The Goldsteins operated Prime Time Clock Shop for 40 years in the same town that became known as the “Marriage Mill.” With no waiting period for marriage licenses, Don jests that “justices of the peace were lined up from one end of the street to the other.” Tom Mix, Rudolph Valentino, and Cassius Clay are among the notables who came to wed in Crown Point.

To make the move to The Lodge in 2014, the Goldsteins realized they needed to part with 100 of the clocks they owned. Some special ones made the journey with them, including a cuckoo quail clock that has two birds appear while it is striking the hour. Another is an unusual wall clock that needs no winding because of electrically driven weights—one of the few clocks he admits he is unable to repair. That repair will be done by a friend from Ohio who is coming to visit, a man who when a boy was taught clock repair by Don.

In a small work space in his apartment, Don still works on clocks, cleaning, lubricating, replacing parts, and making adjustments. He generously offers his services to residents at The Lodge—free of charge!

Don possesses endless information about clocks, like it is impossible to overwind, he would tell a customer, and it is nonsense that old clocks need to be repaired in Germany or that parts are unavailable. He does bemoan the fact that clocks have become much less popular—so much so that the national clock collector association has plummeted from 30,000 to just 14,000 members.

Their elder son, Doug, suffered an untimely death after serving three tours with the U.S. Army in Viet Nam and contracting cancer, perhaps from Agent Orange. He would have been the most likely of their two sons to be interested in clocks. Their younger son Larry is a financial consultant for universities throughout the world and lives

in Crimora. Don remembers giving erector sets to them and observing that Doug would immediately assemble things without consulting instructions and Larry would read the instructions avidly without assembling anything.

Marilyn recently moved to Seasons Memory Care where Don says she has renewed her willingness to socialize. He looks forward every day to a drive through the hinterlands of Crozet with her at his side where she enjoys the rural scenery.

Yes, she loves clocks and has eight or nine in her apartment. “With any more,” says Don, “she’ll need another apartment.”



Don removing a worn bearing. Note cuckoo quail clock on wall.

Farming (cont'd from first page)



Tower Garden inauguration day with resident Dick Buchanan, Tower Garden specialist Nancy Bond, and residents Jean Sellers, Betty Johnson, Susie Graham, and Nancy Mullen.

In aeroponics, plant roots are suspended in air and kept moist with nutrient-rich water that is poured over the roots. In the Tower Garden, a pump circulates water from a reservoir at the bottom of the tower to the top from where it flows down over the plant roots.

From his apartment, Dick Buchanan can see the tower and monitors its progress. He has watched the tomatoes, squashes, and herbs mature from the time they were seedlings and insures that the water mix is topped off when necessary.

On the third floor, happy plants are thriving in a planter box on a balcony that appears to have perfect exposure to the sun. Chuck Stites remembers planting the tomato seedlings that now dwarf the planter box. He waters the tomatoes, strawberries, and herbs periodically and joins with others including Ruth Tillman to marvel at the progress of the vegetable patch.



Dick Buchanan examining the mature plants in the Tower Garden.



Life Enrichment manager Debora Hoard and residents Ruth Tillman and Chuck Stites at the vegetable planter on the third floor.