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WHY WE SPRING FORWARD

The History of Daylight Saving

Every March, we move our clocks forward one hour to begin daylight saving time. While the practice feels automatic for us today, it wasn't common practice not so long ago.

There is a common misperception that daylight saving time has to do with farming; however, it actually began as a way to conserve fuel and electricity during World War I. Germany was the first country to change their clocks on May 1, 1916. Germans realized that if their country could expend fewer resources to keep houses warm and lit, they could use those resources for other pressing concerns. Although Germany started this practice in 1916, The United States didn't follow suit until 1918. In 1918, the U.S. adopted the Standard Time Act, which initiated the practice of daylight saving time in the U.S. and created the time zones we know and are familiar with today.

Changing clocks in the spring and fall in the U.S. was haphazardly implemented until the Uniform Time Act of 1966, which established standards for the start and end of daylight saving time. Prior to this law, states elected when to begin

and end daylight time, which caused various logistical problems. The U.S. actually extended daylight saving time in 2005, due to ecological concerns related to fuel consumption. Today, every state, with the exception of Arizona, changes their clocks twice a year.

Although a newer phenomenon, daylight saving time has greatly changed the way we see time in the U.S. and around the world.



THE RULES OF THE ROAD

Ever since I began running in 2006, I've become acutely aware of runner's safety issues as well as the laws in the Metropolitan D.C. area aimed at protecting runners. Those who run do so either early in the morning before work, or later in the evening after their workday is finished. Often, these individuals find themselves exercising on the side of main roads in low-light conditions, with vehicles constantly passing by at high speeds. Given my passion for running, this month I'd like to touch on what you can do to stay safe when running, biking, or enjoying other outdoor activities. Although safety should be a top priority, it's also important to follow the laws of the road as they apply to those who run, bike, and engage in other outdoor activities. This will ensure that, in the unlikely event of an accident, you will be able to pursue a claim for any injuries you may sustain.

My interest in running began in November of 2006. I used to live in a neighborhood that held an annual race called the Rockville 10K/5K. The finish line was about 10 houses down from my own. I woke up one morning and began my unhealthy routine: I ate my sugary breakfast and washed it down with sugary coffee. But that morning I noticed something different. I began to hear the names of those participating in the race being called, followed by loud bursts of applause and cheering. From my bay window, I could see the winding route of the race, which ended along a straightaway right by my house. I sat in the window for 45 minutes watching people of all types — heavy, skinny, tall, short, large, old, and young — finish the race.

Seeing those individuals cross the finish line inspired me. I loved that I could hear people cheering and the names of the runners being called as they finished. Soon after witnessing the Rockville 10K/5K I began running and going to the gym. After a fair amount of training, I ran my first 5K, and then ran my first marathon. Now, I participate in races regularly. Through their family-friendly planning, the organizers of these races have turned my passion for running into a family affair! They races have kids' runs that happen before or after the main event.

If you are like me and enjoy running and biking, I'm sure you have a few questions: When running or biking on the roadway, should you go with or against traffic? Are you required to have a safety light displayed to help motorists see you? Should you run or bike on the road, or on the shoulder?

The laws regarding activities on the road vary from jurisdiction to jurisdiction. In Maryland, bicycles are considered vehicles, but they do

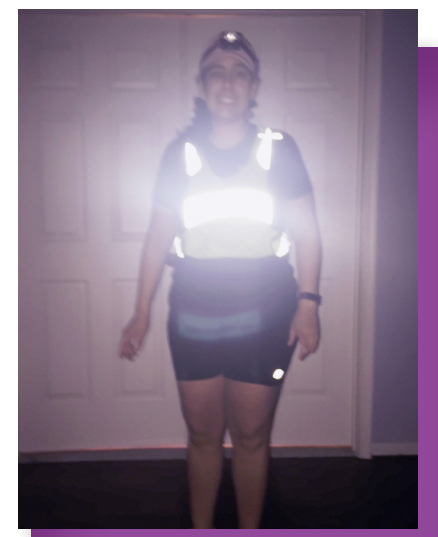
have the right of way. They must obey all traffic signals — the same as motorists — and must ride as close to the right side of the road as practicable and safe, and are legally obligated to use bike lanes wherever they exist.

Runners, walkers, or pedestrians in general have the right of way inside crosswalks and pedestrian zones; however, they do not have the right of way if they step into the road or other non-pedestrian zones. A pedestrian may not walk or run on a roadway when sidewalks or other pedestrian zones are provided. Where sidewalks or other pedestrian zones are not present, a pedestrian is permitted to walk or run on the left-hand side of the road, walking or running **AGAINST TRAFFIC**.

The few examples provided above apply to Maryland only. The laws regarding these questions vary by jurisdiction. Despite the legal questions previously posed, the most important advice I can give you is to take steps to ensure your personal safety. If drivers can't see you, the risk that you may be involved in an accident is greater. To ensure my safety when I run, I always wear reflective clothing and wear a body-mounted safety light when running at dusk or dawn.

Runners and bikers aren't solely responsible for their own safety. You as a driver can ensure their safety by allowing at least three feet when passing them on the road, and by being alert when driving on roadways that do not have sidewalks or dedicated pedestrian zones. Also, use your headlights when driving during the early morning or evening when most runners and bikers are on the road.

These safety tips and laws are just a start. To ensure your safety and right to recovery in the event of an accident, make sure you double check your local and state laws before setting out on your morning or evening run or bike ride.



- Melina Pérez Halpern

DIGNITY THROUGH BREAD

How a Café in Madrid Gives to the Poor

During the day, the Robin Hood café serves an ordinary menu, featuring coffee and *croquetas*. Situated in Madrid, Spain, the café, which opened late last year, has quickly become a neighborhood staple. And it's not because they serve the best *croquetas* you've ever had.

It's how the café operates. Once evening rolls around, things change. The café becomes something more than an ordinary eatery. It becomes a sanctuary for Madrid's impoverished — those who cannot afford a meal.

As a result of Spain's troubled economy, the number of people who cannot afford basic necessities has risen — and the folks who run the Robin Hood café have responded. The café is operated by a local charity, *Mensajeros de la Paz*, messengers of peace. The mission of

the café is to feed at least 100 homeless people every night.

The man behind the concept, Father Ángel García Rodríguez, said he was inspired by Pope Francis, who has "spoken again and again about the importance of giving people dignity, whether it's through bread or through work."

"So, we thought," Father Rodríguez said, "Why not open a restaurant with tablecloths and proper cutlery and waiters? People with nothing can come and eat here in the restaurant and get the same treatment as everyone else."

Father Rodríguez does stress that, while the café is named after the English folk hero, the establishment does not rob from the rich to give to the poor. Instead, the "rich" — the patrons who dine at the restaurant during the day — merely help to pay for the meals the café prepares for those in the evening who cannot pay.

And those meals have people talking. It's not your ordinary soup kitchen fare. Rather, the food has been described as "sophisticated." One visitor to the café, a homeless man, called the food, "great and very elegant." He appreciates everything the café has done for him, and that includes making him feel welcome.



STREAMLINE YOUR STORAGE SPACES

MAKING ROOM IN A CROWDED HOME



All homes could use more storage space. Everyone has a list of items that are "put away" in different places, but many of those items end up lost, never to be found again. Most homes could gain a little extra capacity through smart organizational systems. Here are a few tips for increasing organization and streamlining the storage space in your house.

A great way to start is to categorize the items you need to store. Having one or two spaces for miscellaneous items isn't a horrible thing; however, the more "junk drawers" you have, the more likely it is items will end up there. This makes those items hard to find and track. To avoid losing items you need, find a logical, intuitive location for each one, and you will be surprised by how naturally organization follows.

Labeled storage containers will help you make sure items are stored where they belong. The Container Store is an amazing resource for finding all sorts of useful storage contraptions that will fit spaces of any size and shape. The use of little dry-erase boards, also available through The Container Store, allows you to relabel and repurpose containers as needed. Check out their website and receive free shipping on orders over \$75.

Don't be afraid to seek unique solutions when it comes to storage. If you have high ceilings in your kitchen, for example, you can hang pots and pans from hooks instead of storing them in cabinets. Additionally, large objects like bicycles, which typically take up a lot of space on the ground, can be hung from walls in your garage. The website www.ABowIFullOfLemons.net has all sorts of clever home organization tricks, and they have published a book called "The Complete Book of Home Organization," written by Toni Hammersley, which is an invaluable resource in helping you maximize storage space.

By streamlining the way you organize, committing to minimizing how much stuff lands in your "junk drawer," and finding creative ways to store your oversized items, you will surprise yourself with how much extra storage space you can create.

SOCIAL MEDIA SPRING CLEANING

When Is It Time to Hit Unfriend?

If you've already finished

spring cleaning around the house, why not turn your attention to your online environment? Check out these tips for "spring cleaning" your social media accounts.

Unfriend Forgotten Contacts

People often join social media sites like Facebook, Twitter, and Instagram to get back in touch with old friends. As such, many friend lists on social media are full of former classmates

and other people you probably haven't spoken with in years. If you find yourself struggling to remember who a person on your friend list is, why have their posts on your feed? Remember, removing someone on social media isn't the same as removing them from your life completely. If people you've removed from your social media friend lists want to reach out, they can still reach you by phone, text, or email.

Unlike Pages After joining social media, did you get swept up in the fun of liking new pages? Perhaps you started following pages for movies, food, celebrities, or bands — including a few you're really not all that passionate about. It may be time to clean out some of these pages. If a show's been off the air for a few years or you've lost interest in a band, you don't need to be seeing their posts anymore. And

honestly, you probably don't have a reason to follow the "Cheese Burgers" Facebook page.

Clean Up Your Old Posts After reviewing your friend list and liked pages, it's time for some hard work. Take a *scroll* through your personal page and review old posts. Have you posted anything you wouldn't want your kids or potential job interviewer to see? Whether it's pictures from a party that got a little out of hand, tagged photos from college, or text rants that don't show you in your best light — all questionable content should be removed.

Social media is a place for us to connect with friends and family, read news stories, and stay in touch with the world around us. Hopefully these tips will help you to clear out some clutter so you can continue enjoying your digital experience.

PASSOVER CHOCOLATE FUDGE ROLL

Roll Ingredients

By Phyllis Halpern | Serves 10

- 6 eggs, separated
- 1/2 teaspoon salt
- 1 cup sugar
- 6 tablespoons potato starch
- 7 tablespoons cocoa

Directions

1. Beat egg whites and salt.
2. Gradually add 1/2 cup sugar. Beat until mixture is stiff.
3. In second bowl, beat yolks (or 6 whites) with 1/2 cup of sugar until thick.
4. Stir in potato starch and cocoa.
5. Fold over whites gently and thoroughly, until no streaks of white remain.
6. Pour into a greased jellyroll pan, lined with wax paper.
7. Bake at 400 F about 10 minutes.
8. Turn pan over onto kitchen towel sprinkled with a mixture of cocoa and potato starch.
9. Cut off crisp edges, remove paper, and roll up in cloth.
10. Cool completely before filling.
11. Fill with frosting and filling (see below) or fill with chocolate mousse.

Frosting and Filling Ingredients

- 6 ounces bittersweet chocolate
- 3 egg whites
- 1/2 cup shortening

Directions

1. Melt chocolate in pan over hot (not boiling) water, or in a microwave.
2. Beat eggs with shortening.
3. Add melted chocolate; beat well.
4. Spread over cooled, unrolled cake and reroll.
5. Cut ends so they are even.
6. Frost top and sides.
7. Chill in refrigerator before serving (can be frozen).

PUZZLE YOUR BRAIN BREAK CORNER

Sudoku Rules:

- Use numbers 1-9 only.
- The full grid is 9x9 cells.
- The full grid is broken into 9 regions, 3x3 cells each.
- Each region can contain only one of each number 1-9.
- Each cell can contain only one number.
- Each row and column should contain only one of each number, 1-9.

	8	9	4	1				
		6	7			1	9	3
2						7		
3	4		6				1	
			9					5
				2			5	
6	5			4			2	
7	3		1					

