



# Heritage Happenings

February 2025

The monthly newsletter published by residents of Heritage on the Marina, San Francisco CA, USA

## China

The country of the month is China. The cameo image in the masthead was intended to be a snake playing a traditional Chinese wind instrument. The cameo tradition is that the herald, a person or creature, is blowing a horn to announce the good news you are about to receive.

But the Artificial Intelligence (AI) is hallucinating and keeps making snakes that look like dragons and have fingers at the ends of their tails. Anyway, I kind of like this this “snrakon”.

The text is intended to kind of look like Chinese calligraphy. Again, I tried AI but it took too long. Luckily I found and downloaded a free font that achieves the effect. The name of the font is, heh heh, “Wonton”. And fonts that look Chinese are called “chop suey” fonts.

## Countries of the Month

March is Ireland: shamrocks, green beer and no snakes. April is Hawaii (it was a country): luau leis and shirts. May is Mexico: mariachi bands and margaritas.

## February Dining Events

This month Dining Services offers three special meal events:

- Feb 7th - Chinese New Year's Dinner with the Jing Mo Athletic Association Lion Dance Troupe
- Feb 14th – Valentine's Sweetheart Dinner + Birthday Night
- Feb 28th - Milkshakes at Lunch!

## Valentine's Visitors

On Thursday, February 13, twenty children from Little Gators Preschool will be in the Dining Room from 1:00 pm on to exchange handmade Valentine cards with Residents.

## Dining Service Comments

While on your way to the Dining Room, you may notice the new kiosk on the left just before the captain's station. The kiosk enables you to enter comments on the food service. Unlike the paper comments, the kiosk includes the date and time of your comment. This helps staff know which shift was worthy of your praise (or whatever ;-).

More recently, a food comment form has been added to the Community Apps service available on your phone or computer. This feature allows you to use a full keyboard or even your voice to create a comment to send to the Food Committee.

In order to enter your comment, you open the Community Apps program on your phone or computer. When you are in the Community Apps program, scroll down, click on the "Forms" item, then on "Food Committee Comment Card". The form will appear and you can quickly type in your good thoughts.

**Happy Eating!**

## The Residents Council Committee Book

*By Doris Howard*

This is a white three-ring binder that sits on a table in the dining room corridor. It lists the volunteer committees and provides space for residents to sign up. The book has been neglected for a few years because of the covid epidemic interference with meetings. The book has recently been brought up-to-date and is waiting for you.

Some volunteer activities are ongoing, but some have been dropped. Activities consume truly little time but can be of importance. For example, to accompany a resident to a medical appointment may take a few hours — not much time once a month but of significant help to someone.

Decorating birthday tables is a job that needs more volunteers. Please look at the book, at the list and then at the sign-up pages. You can easily find something to do that interests you and contributes to our Heritage life. Questions? Ask Gene Graham or Yvonne Benedict about birthday tables. Ask Doris Howard about anything else.

Please join us in making Heritage on the Marina an even better place to age actively.

## **Heritage Happenings**

The monthly publication published by residents of **Heritage on the Marina**

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## **Activities Activation**

Can we take a look at where we are now and ask the question: How do we want to function?

To help frame this question, Doris Howard has revised the binder in which to sign up for the committees that may help us promote our community life. It lives on the table in the dining room corridor with the bell and coin bank. We encourage you to browse through it and consider where you can make your best contribution.

Today we want to emphasize two outstanding needs:

- The first is the monthly birthday celebration, specifically decorating the table for the celebrants.
- The second need was noted in the Residents Satisfaction Survey: the need for more mental stimulation. This comes under the *aegis* of the Activities Committee.

We need to take a thorough look at what would energize our thinking, satisfy our curiosity, promote lively discussion — and find the people and resources that can feed this need.

Margaret Jacobs

# Sleeping Beauty

By Mia Cotton Harlock

*Sleep is the golden thread that ties health and our bodies together –*  
Thomas Decker

## The Benefits

Sleep is an engine extraordinaire and personal off button, all at once. It never rests on its laurels, it's too busy: Repairing your cells, organs, and muscles. Rebooting your brain, helping you process and store your experiences, keeping you sharp! Boosting your mood. Transporting you into wild-groovy-dream land, tapping into your deep unconscious. All this while you're lying horizontal.

While some fortunate mortals are blessed with eight hours of peaceful, unbroken sleep, many still struggle with deep slumber. For those whom sleep eludes, this article will hopefully be helpful.

## Sleep Cycles

Even super sleepers don't experience sleep as a long, continuous stretch — more like a series of mini episodes. Throughout the night, your body goes through 4 to 6 sleep cycles lasting around 90 minutes. Each cycle is made up of four stages:

1. Light sleep, drifting in and out of consciousness.
2. Deeper sleep with slower brain waves and muscle relaxation.
3. Deep, restorative sleep for physical healing.
4. REM Sleep – Rapid eye movement and vivid dreams. That's when we process emotions and memories.

## Tracking Sleep

The best way to improve your sleep? Be your own detective. Track your sleep over two weeks and crack the case of sleepless nights, finding a new routine for sweet, uninterrupted slumber.

## Sleep Journal

While tracking nightly sleep and daily naps can be somewhat annoying, it's the best way to identify patterns so you can address what's not working. Keep a journal or pad of paper by your bedside and write down your spells of sleep and waking, and how you feel after each rest.

## Antagonists of Sleep

For those with chronic pain, an overactive brain, sleep apnea, or prescription meds that make us wired — sleep can be an ongoing challenge. Counting sheep and chamomile tea doesn't cut it for insomniacs. So let's talk a real simple five step solution:

## The five steps

Below we lay out the military method's steps to a good night's sleep. It's designed to be easy and efficient.

**1. Relax your face.** Focus on your forehead, your eyes, your cheeks, your jaw. Feel the tension held in them and consciously push it away.

**2. Drop your shoulders.** Let your arms flop down and your shoulders relax. Imagine there is a soft, warm wind gently pushing your arms down.

**3. Take a deep breath.** Slowly inhale and let it out. As you do so, focus on how it relaxes your stomach. Don't try to hold your stomach in; let it all out.

**4. Relax your legs.** Let your legs sink into the bed or the floor. They are leaden, and the bed is soft.

**5. Clear your mind.** There are a few ways to do this. For instance, try to visualize some calming images, like lying by a flowing river or staring at the clouds. If that doesn't work, try saying the words "don't think" over and over for about 10 seconds. If you get distracted, don't get angry; just pull your mind back to one of those two techniques.

## Residents on Sleep

"Go to bed at the same time and get up at the same time. It takes effort but it works. Also, no heavy meal before retiring. Better not to nap on the bed, only a chair for resting." – **Betty**

"Val said that if she drinks coffee at night she can't sleep. I said I have the exact opposite problem: If I'm asleep I can't drink coffee." – **Tom**

"Take Gabapentin." – **Anon**

(Gabapentin is commonly used to treat insomnia, nerve pain, and restless legs syndrome.)

"Chronic insomnia led me to nightly use of sleeping medication. It helped some but not a lot, so I recently stopped taking it. Two results followed: One was a rebound of daily energy; the pills gave me hangovers. The second change was in my heart. The palpitations I'd experienced while using sleep meds came to an abrupt end. I still have insomnia, but no heart palpitations and I have more energy than I've had in years." – **Doris**

"The best way to get to sleep is to have a clear conscience." – **Val**

On that note, we wish you a clear conscience and a deep and satisfying slumber!

## New Resident: Cooby Greenway

By Martha Nell Beatty



Cooby lived on Long Island until 1949 when the family moved to Washington, DC. When she was nine, Cooby's father's job took them to

Greece for two years. She says they were the best years of her life. The family lived in a suburb of Athens, where Cooby and her friends had lots of freedom and could ride around the area on their bicycles.

On weekends the family would visit places like Delphi and Corinth. They called it "climbing on the rocks." Or her father might take the family on his day-sailor boat to some of the islands. There were almost no tourists at the time so the family could enjoy historical and beautiful sites almost to themselves.

She attended the Anglo-American School and although classes were

in English, Cooby did manage to pick up some Greek. They studied Aeschylus, Sophocles, and Euripides regularly. Cooby was fascinated that these learned people were questioning why there were so many gods.

After Greece, the family returned to DC. Except for boarding school and college, Cooby lived in the city until coming to San Francisco and Heritage last November.

Cooby engaged in diverse activities in Washington. In 1965, she was the fifth person on the payroll of what would become the Kennedy Center. Her duties included running special projects pre-opening. After the Center opened there was no longer a job for her, so she switched gears completely and started a job as assistant to the director of Environmental Health Administration for the city of Washington. She soon learned many issues about the city including the war on rats.

A major concern was with the inner-city highway system that was threatening Washington as well as many cities across the country. Cooby had done a paper for Ralph Nader on who was backing the project and found to her surprise that AAA was one of the organizations. In her job, Cooby

## Heritage on the Marina

attended monthly District of Columbia Highway Commission meetings, where members of the Federal Highway Commission joined them. She learned speed writing so that she could take minutes to share with lawyers fighting the highway system.

Cooby then went on to work as a volunteer for the Smithsonian archives, to which she gave time for 25 years. Her project was working on a gargantuan collection of sheet music, which had been

## A Backgammon Game in Beirut

By Cooby Greenway

For the three Fall months of 1969, I lived in Beirut, Lebanon, for the purpose of auditing courses at the American University of Beirut, in teaching early education. Good idea, but stuff happens.

A cousin, and a couple of friends were in the Embassy, so right away I was seeing around town and into the countryside. And to Syria, Egypt, and Jordan. Fabulous!

**But** one of my best memories is the evening when a group of us went out to dinner, after which we went around the corner to a bar. Right as we walked in, I saw two men at a backgammon table on my immediate left. They had just finished a game. One of the two

## Heritage Happenings

donated to the Smithsonian. The music was organized by subject. One subject might be geography and another food.

One of Cooby's two daughters relocated to Wisconsin recently and her other daughter and family live three blocks from Heritage on the Marina. With no family left in Washington, Cooby decided to move to San Francisco. She is now available for baby-sitting her three grandsons!

men was leaving. The other man was looking around the bar for someone to play with. I turned to him and said that I'd like to play.

He did not stand up and bow or scrape; he just sat there and said the equivalent of "OK". My friends all went to a table and sat down.

The man and I started playing. I won.

The man's face tightened dramatically.

He slowly stood up.

He took up the dice with a very tight fist and threw the dice across the barroom floor.

And he walked out.

I rejoined my friends.

# The Year of the Snake

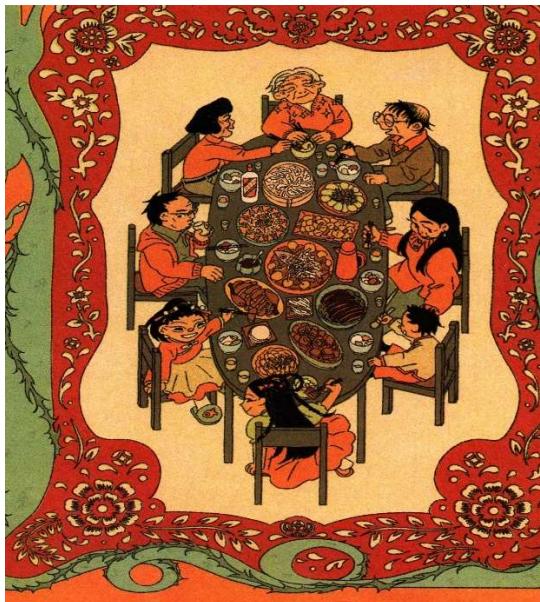
By Katie Loo

The Year of the Snake is associated with good luck, prosperity, fertility, and longevity. People born in the year of the snake are thought to be charming, creative, and elegant.

The snake can also symbolize intelligence and rejuvenation.

Some of the famous people born in the year of the snake are John F Kennedy, Martin Luther King, Xi Jinping, Audrey Hepburn, J K Rowling, and Barbara Walters.

## How to celebrate?



Chinese New Year (CNY) traditions center on ushering out the old and bringing luck and prosperity into the new year with firecrackers, red clothes, and decorations. Young people are given money in red envelopes. There is a feast on New Year's eve.

## Food and its symbolization

- Fish - increase in prosperity
- Dumpling - wealth
- Glutinous rice balls (Sesame balls) - family togetherness
- Sticky rice cakes - high income or higher position
- Longevity noodles - happiness and longevity
- Tangerines - happiness and prosperity

The last event of CNY is the Lantern Festival on the 15th day. The dragon dance is usually performed as it symbolizes luck.

The CNY Parade in SF is to be held on Saturday, February 15. The CNY Parade route is 1.3 miles and lasts two and half hours. It starts at 2nd & Market and finishes at Kearny and Columbus where the Grand Marshal Stage is. The SF CNY Parade is one of the top international parades. It is the largest outside Asia.

The grand finale is the golden dragon. It is 288 feet long. It takes 180 men and women from martial arts groups to carry the dragon throughout the parade.

**Kung Hei Fat Choy!**

# The Most Exciting Parade in Town!

By Trish Otstott, Roving Reporter



The San Francisco Chinese New Year Parade, celebrating the Year of the Snake, will be on Saturday, February 15, 2025. It is a free event, but tickets must be purchased to sit in the bleacher sections (which I strongly recommend). The parade runs about 2 ½ hours. Will the parade be canceled if it rains? NO!

Private celebrations of Chinese New Year began in 1851, and the first dragon was paraded in 1860. Scenes from the 1961 parade were used in the film *Flower Drum Song*. These days, a crowd estimated at over 420,000 people watch the parade.

The modern parades began in 1953, the first new Gum Lung was imported in 1957 from Hong Kong, billed as one city block or 150 feet long. In 2015, the dragon, valued at \$15,000, was 268 feet long, had

a head that weighed 30 pounds, and was kept in motion for three hours during the parade. A new dragon, now stretching to 288 feet long, was introduced for the 2018 parade.

Usually, it is the Chinese Chamber of Commerce that organizes the "Miss Chinatown" competition. The contestant must be of Chinese descent, typically meaning her father must be Chinese, be between the ages of 17 and 26, be single, and compete in a pageant where judges evaluate aspects like their introduction, talent, swimsuit/form, and fitness presentation. The 2025 Miss Chinatown USA contest will be held at the Saint Francis Hotel on February 14th.

More than one hundred groups take part in the parade. The judges are located at the end of the parade, in the reviewing stands at Kearny and Columbus Avenue. There, the judges choose float and group participant winners.

Personally, I love the Gung Lung Golden Dragon and, of course, Miss Chinatown and her Court.

# The Ancient Chinese Merchant Ships

By Doris Howard



Between the 12th and 15th centuries, Chinese merchants developed extensive trade routes between China, Africa, Arab countries and other ports around the China Sea and the Indian Ocean. There were well-developed trade routes connecting China overland across India and Asia to the Middle East. There were trading centers in which East met West to facilitate trade. Think Marco Polo, whose family had established ties all the way to China. It was called the Silk Road - we learned about it in school. Marco Polo traveled the Silk Road in the 13th century. In his writing about his travels, he reported seeing these great sailing ships. The Chinese merchants built ships, huge for that time, to enable oceanic trade, faster than overland

on foot. They had developed an innovative rudder sailing system that worked for larger ships. They may have built ships about 500 feet long and 50 feet wide. For comparison, Columbus's primary ship, the Santa Maria, was about 90 feet long and 30 feet wide. The Chinese ships sailed with a fleet of smaller maintenance ships to carry supplies and provide support. Had these ships survived, they would have been the beginning of a worldwide trade empire for the Chinese that would have overpowered the trade worlds developed previously, but ships apparently did not stand up to the oceanic stresses.

In the 15th century the Chinese did it again. Admiral Cheng Ho sailed a fleet of seven ships eastward to Yemen. They were called treasure or gem ships, and carried rich, luxurious gifts for the sultan of Yemen. It seems to have been a reopening of diplomatic and trade relations. There is a document written by a Yemeni historian describing the event. He wrote that the sultan returned the gesture. The ships were probably carrying trade goods as well as gifts.

# China Travel – Ups and Downs

By Martha Nell Beatty

It was 1949 and the Cultural Revolution had arrived in China. With it, the door slammed shut on tourism. China remained off limits for about another 25 years. It was after Nixon visited the country in 1972 that things changed. It took until the mid-70s before the country began to welcome tourists again. However, in 1973, the Chinese government allowed organized groups of American citizens into the country. These groups were composed mostly of scholars, journalists, and businesspeople. There was no such thing as an individual visa or individual travel. There were no airlines connecting China and the US directly.

As a travel agent, I had several groups that qualified. One was a woman's organization whose purpose was to develop ties with women in different countries. Since I was not a member of the group, I wasn't allowed to join them, but I could accompany them to Hong Kong, the city from which they were to depart. They were required to make the almost 100-mile

journey by train from Hong Kong to Canton (now Guangdong) to start their trip.

We had to make all arrangements with China Travel Service, the government agency. It was not easy or smooth. When we arrived in Hong Kong, I went to the agency's office to pick up the train tickets. There were 15 ladies in the group but only 14 tickets — of course. Eventually I returned to the hotel with the tickets in hand. At least the first leg of their trip was in hand.

It was so rare for Americans to be traveling to China that when it was known that one of the daughters of General Joe Stillwell was in the group, the press requested an interview. Very kindly she asked me to sit in. It is the only press interview I've ever experienced.

Of course, when China began to develop the infrastructure for tourism, it boomed just as the economy was growing exponentially. That is until Covid, when the country shut down for three years. And tourism is still not back to what it was in 2019.

# To China in 1978

By Theo Armour

In the fall of 1978, I was invited along with a group of fellow members of the Royal Institute of British Architects to a study tour of the Peoples Republic of China. The Brits had re-established relations far earlier than the US.



Seeing this "To China" photo still gives me the shivers. The ensuing visit was the culmination of long-held ambition and the inspiration for a life-long engagement with China, Hong Kong and Asia.

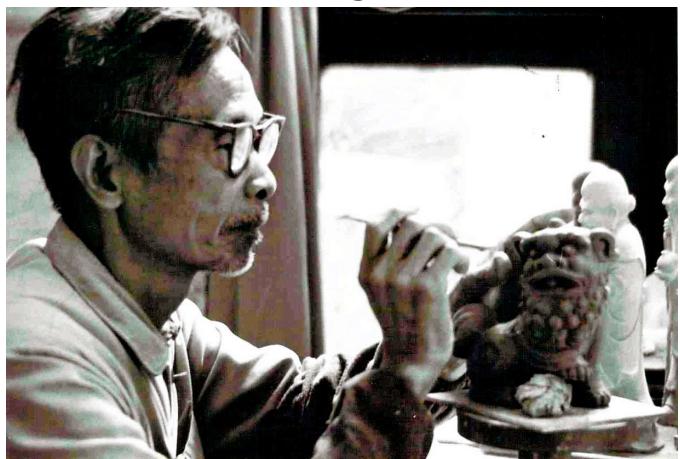


The train trip to Guangdong was eye opening. It was like stepping back into the 19th century. I had

never seen a working steam locomotive. Every seat in our car had lace antimacassars. I saw oxen pulling plows in the rice paddies.



In Canton our hotel kitchen was not as basic as this commune kitchen. Nonetheless, at one of our first meals, I asked the waiter for a clean glass because mine was dirty. He looked at it closely and told me he thought it looked clean enough. It dawned on me that he had never seen a glass that was not washed by hand. He had no idea what a clean glass looked like.



## Heritage on the Marina

In Foshan, we visited several "factories" where workers were making timelessly beautiful things by hand. Why buy an antique when you can buy a new one that is even better?

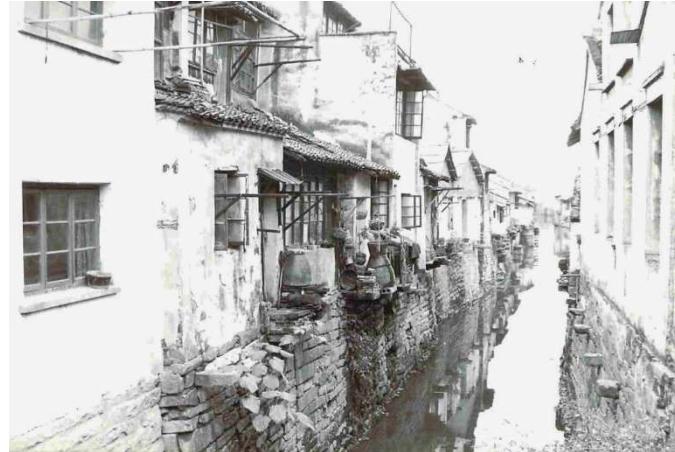


The factories appeared to be just as old. This worker is operating a steam engine used to power a metal press in a car factory



## Heritage Happenings

People were fascinated by us, shy but friendly. At one point my friend Chris and I started walking down a line of elementary school children in a park. As we turned the corner, we saw like 500 more kids. We shook hands with all of them.



The canals in Suzhou, where Marco Polo lived, reminded me of the canals of Venice — or what they must have been like long ago.



The Garden of the Humble Administrator was not at all humble.

In Shanghai we stayed in the hotel Nixon stayed in, built by Russians. The hotel was a time capsule of the 1950s. The chef invited us for a

## Heritage on the Marina

special tasting event. He asked us to taste three different glasses of a brown liquid and tell him which tasted the most like Coca-Cola.



Near the first office of the Chinese Communist party, we saw people definitely not plotting the next revolution.



## Heritage Happenings

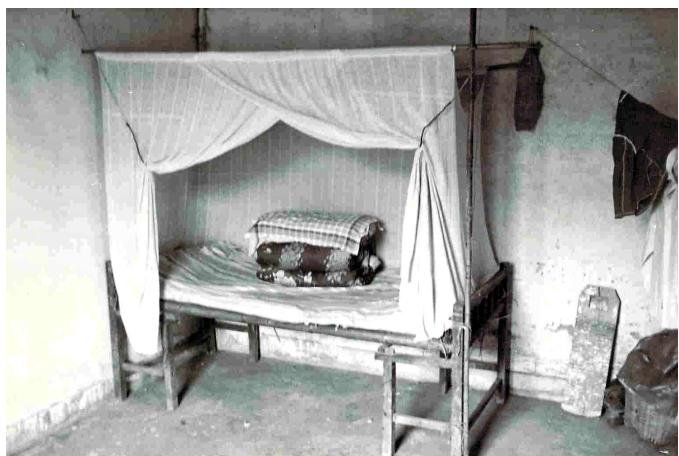
In Tianjin, the northern capital, the boats were out of a storybook.



The congestion on the river was as modern as the streets of any city.



Life and work in the rural commune we visited was very neighborly.

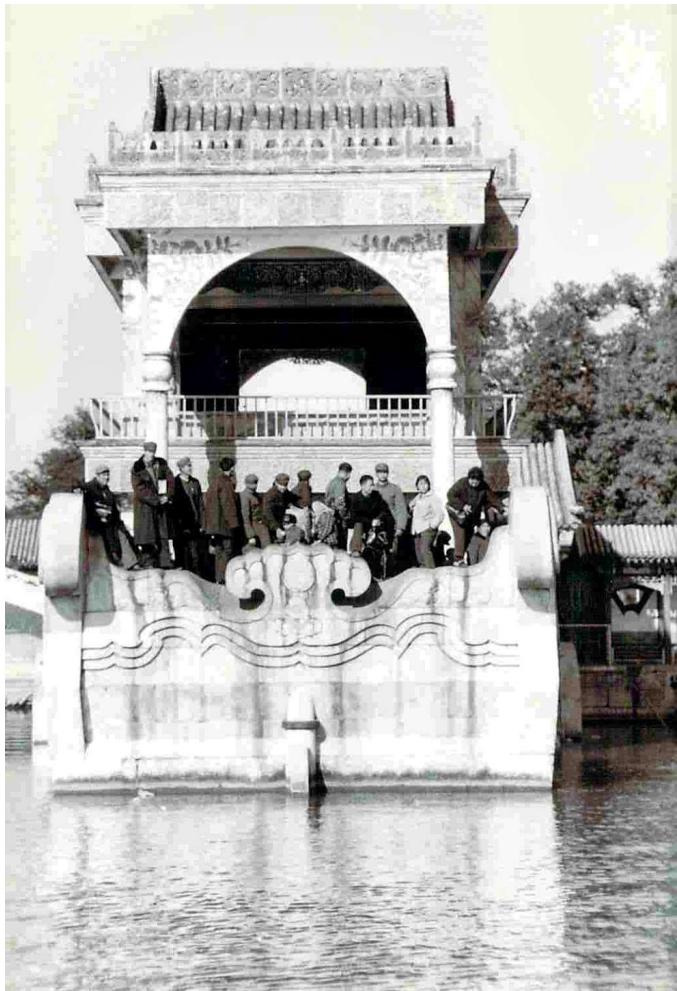


With sleeping quarters for all.

## Heritage on the Marina

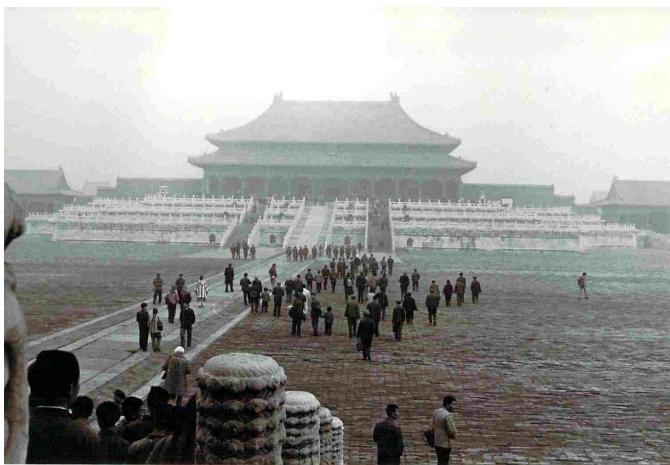


Everywhere, we many people all dressed like Mao Tse Tung and riding bicycles.



The Summer Palace was a shock and awe moment for peasants and workers standing on this stone boat — and for me too.

## Heritage Happenings



The Forbidden City is such a display of power, design and planning. It makes the White House look like a cottage.



The Great Wall was a great walk. It was built to keep out my Mongolian ancestors. But there I was, walking on it.

The interesting reflection on this first trip is that I cannot remember a single indication that in just a few years China would become the factory of the world. I remember thinking that the Chinese were so far behind the rest of the world that they would never catch up. I was wrong.

# My 17 Day Tour of China in 1996

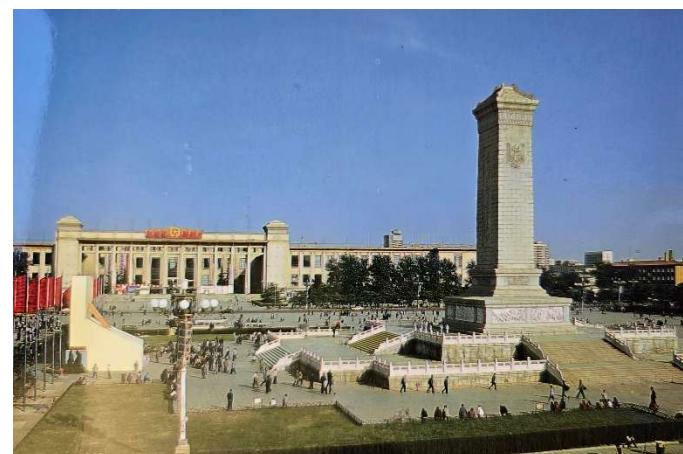
By Sheila Moore

On all my trips around the world I travelled alone, on foot or local buses, but when I turned to China, I decided to go on an escorted tour because China was so vast, and I do not speak Chinese. I signed up for a Rim-Pac International China tour, and that was a particularly good decision. It was an all-inclusive \$3,000 but that even included airfare SF-Beijing-Shanghai-SF, all food & transportation.

During our tour, our Guide described China's "one-child policy" (which has long since been cancelled and is no longer in effect). She told us "I have one little girl." She went to say that if she had two, she would lose her job, have to pay the government a fine, and it would be difficult to get the second child an education.



This is the Great Wall of China built by a million serfs. This wall can be seen by astronauts circulating the earth, the only man-made structure large enough to be seen from space!



Tiananmen Square is a huge plaza big enough to hold a rally for 500,000 people.



Me with "Fifi", a male panda 17 years old, at the Chongqing Zoo.

# Sailing the Emerald Coast of Türkiye

By Margaret Johnson

Twenty-five years ago, I traveled with my grandson Ben, who was then about 18, to Türkiye. Most of the trip was on a large sailboat (a "gulet") along the south coast of Türkiye, but we also visited inland sites. After a night in Istanbul, we met our landside guide, Mahmut, in Izmir, from where we went to Ephesus, the Greco-Roman site where St. Paul preached to the Romans. The city is known for temples dedicated to various goddesses — Cybele, Artemis, and later, Diana. We saw magnificent ruins of the ancient Greek and Roman world here and later in the tour at other sites -- Perge, Aspendos (the finest surviving theater of the ancient world), Aphrodisias (dedicated to Aphrodite), and more.



The Romans loved spectacles and built large amphitheaters wherever

they settled — an almost complete one is still in Perge. Even laid low by earthquakes, wars, and time, the sites were immensely impressive — some of them, such as Perge, still have substantial stone structures, the remains of the bustling cities they once were.



In Kusadasi we saw beautiful rugs being woven and I bought one for each of us (I have recently given mine to Ben because Heritage feared I might trip on it).



We boarded our *gulet* — a traditional wooden Turkish sailing vessel — in Marmaris. For the next ten days we visited more than 20

## Heritage on the Marina

fascinating sites, sometimes sailing, other times on land expeditions. We traveled about 120 miles eastward from the eastern edge of the Dodecanese Islands (think Rhodes) to Antalya on the southern coast — this shoreline is called the Emerald Coast for its beauty and is a world-renowned yachting venue. At various stops we hiked ashore, and at some we anchored alongside half-submerged ruins, including Cleopatra's Baths and a temple where Ben snorkeled between submerged columns. At one site we bathed in warm mud, washing off in a lake (well, Ben did – not for me!).



When we got to the market town of Fethiye the boat stocked up on wine, and we went on a shoreside excursion to explore Fethiye, Lydae, and the ghost town of Kayakoy, destroyed by Ataturk in 1923. At sunset that day we had wine on the top of Gemiler Island – a treasured experience, the photo

## Heritage Happenings

of which is on the wall of my apartment. The next day we went inland to Kalkan and Xanthos, whose famous reliefs reside in the Xanthian Room of the British Museum in London (unless they are among the looted treasures being returned recently).

We sailed on to Kas, Aperlai, Kalekoy, and Myra, the home of Santa Claus (the Tomb of St Nicholas is there). We hiked up the mountain to see the Chimaera, the eternal flame mentioned in Homer's Iliad (it's a natural gas vent that still burns).



We left the *gulet* in Antalya -- whose history is said to have started with the mass exodus from the fall of Troy – and from there we flew back to Istanbul, where we stayed two nights in a pensione converted from old Ottoman houses. We saw the breathtaking Hagia Sophia, the Blue Mosque, the Topkapi museums, and the 6th c Byzantine Cisterns. Then a cruise up the Bosphorus and dinner, and the next day it was back to the USA.

## A Culinary Incident

By Jane Standing

We had been back from our honeymoon a few weeks when one night I decided to make a steamed jam sponge pudding for dessert. A typical English dessert with jam at the bottom of the basin and a sponge mixture on top. My husband took a bite and said, "Not as good as my mother's". His mother was an indifferent cook, not really interested. I had eaten many uninspiring meals there.

I, without thinking, took a piece of pudding and threw it at him. Of course it missed him hit the wall instead. Blackcurrant jam dribbled down our beautiful pale green wallpaper. Pale green with line drawings on it — very "of the moment". Barry went to return the favor and hit me, but I said, "I wouldn't if I were you!" So we laughingly set to cleaning it up to find out if the wallpaper really was waterproof as claimed. Thankfully, it was!

In all the years that we were married Barry enjoyed my cooking and never mentioned his mother's pudding again.

## Library Corner New

### Acquisitions January

**2025**

By Martha Nell Beatty

**The Grey Wolf: A Novel ~ Chief Inspector Gamache Novel 19 ~ F ~ 2024**

Louise Penney

The 19th book with Armand Gamache, head of homicide at the Surete du Quebec and his team are off on another search to solve a puzzle. Their pursuit takes them across Quebec and across borders. Old friends begin to act like enemies and enemies seem like friends.

**Chasing the Dime ~ F ~ 2003**

Michael Connelly

As Henry Piece tries to help a woman he has never met, he is drawn into a world of escorts, sex, and secret passions.

**Irresistible Revolution: Marxism's Goal of Conquest & the Unmaking of the American Military ~ NF ~ 2021**

Matthew Lohmeier

# In Xanadu did Kubla Khan

By Tucker Ingham

*In Xanadu did Kubla Khan, a stately pleasure dome decree...*

- Samuel Taylor Coleridge

No, really, Genghis and his henchmen prevailed over the largest Chinese Empire in history, stretching from the Pacific Ocean all the way to the Bosphorus, lasting around 100 years in the 13th century. Early in the 14th century after building the Great Wall, Emperor Cheng Ho then built one of world history's most astounding navies with sailing ships more immense than any to follow since: 400 feet or more with nine masts, 200 feet wide, and multiple-slatted sails — with hundreds of unsinkable compartmented vessels, thousands of sailors.

We will never know what profound effect such a navy might have had were it armed by the inventors of gunpowder and the compass. No, for they turned inward due to a regime change, and with devout response to Buddha's axiom, that happiness is the absence of desire...

# Everything Pretty

