

@UlowaNeuro Notes

July 2025

As we round the corner into late summer (by the academic calendar if not the meteorological one) it's a good time to reflect on how we rest and recharge. For some it could be a total change of scenery through travel, while others find respite on their own back porch. Some may look forward to an energetic festival crowd, while others prefer not to see another person for hours or even days.



A weekend at the Des Moines Opera recently renewed my spirit, as I found myself engrossed in performances of Wagner's *The Flying Dutchman*, Stravinsky's *The Rake's Progress*, and Janáček's *The Cunning Little Vixen*. The intimate setting facilitated a unique connection between the performers and the audience, and I came away feeling energized. I was out of the country during our local Shakespeare in the Park in June but heard from several of you that this year's *Romeo and Juliet* was outstanding. I'm definitely putting this on my list for next summer.

And for something totally different from the theater, I'm always up for a ball game. I hope many of you will join us for the Cedar Rapids Kernels game on August 31 in the Grand Slam Suite. Watch your email for the invitation and RSVP.

I'd love to hear what rejuvenates you. Send me an email or photo!

Ted