

QUONOCHONTAUG HISTORICAL SOCIETY

Oral History

KIMBERLY MALOR

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Interviewed by Leah Bradshaw

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Q: This is June 20th, 2019, Leah Bradshaw from Quonochontaug Historical Society, and Kim Malor from Quonnie. So, Kim, when did your parents arrive in Quonnie, and what brought them?

A: My aunt and uncle, actually from Naugatuck, they had come down for a month vacation because of mutual friends that my mom and dad and they had, who are part of the Jabogee [phonetic 00:31] Clan. Jean, or Jimmie Sutherland, and Bob, who are from Naugatuck, they were very good friends with my aunt and uncle, and they were down visiting—I can't remember who owned the house at the time, but it was the house across from where Reenie Kantor [phonetic 00:47] is now. So, they rented that house one summer. I think they were having a party—like a Saturday afternoon party. So, they invited Mom, Dad and my sister and I and my brother down. That was in 1970. Dad and Mom took enough of a liking to the community that they rented the Evans' cottage, Checkpoint. They rented the following summer for the month of July in 1971. We had a blast down here that year. A memory that I have was, even though at that point I was—in '71 I would have been thirteen—I remember Dad one weekend afternoon dressed in a coat and tie, and he talked across the street from Checkpoint to talk with Mr. and Mrs. Thorp. And I'm like, "Why is Dad wearing a jacket and a tie?" in the middle of summer when he was down for a weekend. So, I wondered, and I kind of forgot about the wondering. There wasn't anybody to ask. It was just observing, and then I went off and did my own thing. But at that time, my mom told me later on he was going over to have a serious conversation with Nelson Thorp, because he, like many people do immediately, took to Quonnie and to the culture that was down here and all that, and he wanted Mr. Thorp to let him know if there were any homes that were going to be on the market. And he preferred on the beach. So, Mr. Thorp said, "Yep," or whatever their conversation was. So, nothing happened for a year. The following year we went over to East Beach. Dad wanted to see what that was like. That was in the summer of 1972. We stayed at Mrs. Duxta's [phonetic 03:05]. Her daughter, Susie Howe and Art Howe, have always been very good friends of ours since then. But we stayed at the little cottage. If you looked at Mrs. Duxta's house, there's a teeny-tiny little cottage to the left of it, and that's where we stayed for the month of July then. That fall, Mom and Dad told Sis and I that

they were going to look at a house in Quonnie. A house had come up, and they were looking at a house in Quonnie. And so, we were like, "Okay." Sis and I were both incredibly excited about this whole thing. Another great story: my dad would sometimes be impulsive when he purchased something, but my mom always had to think about it. So, they came and they looked at this house. Mr. McClain [phonetic 04:03]—I think it was Mr. McClain's summer home. His winter home is now where the Divneys [phonetic 04:08] live. Mr. McClain and Mr. Thorp and Mom and Dad walked around the house. It's a little bit more open than it was back then. The foundation is the same, but we've pushed back some walls and that type of stuff. This center used to be a counter that went a little bit further out, and Mom was leaning on it. She was looking out. She was kind of walking around and thinking things through. Mom never made up her mind fast. Dad, after however long, turned to Mom and said, "So, what do you think?" expecting her to say, "Let's go home and talk about it, Jim."—that type of thing. And she turned to him and she said, "Yes, let's take it." I was like, "Whoa." So, then they did whatever negotiations that the adults do when they're buying a house and all that. We became the proud owners. I think it was in October of '72, so our first real summer was the following year, 1973.

Q: How old would you have been then?

A: I would have been fifteen. My sister would have been seventeen. My brother would have been eight.

Q: So, your brother actually did the best. He was able to form friends and see them year after year.

A: Remember, I said there was that Naugatuck connection? The Jabogee Clan—the Sutherland clan. There were three children in my dad's generation. Dad grew up with all of them. He ignored some of them, because they were younger. Susie's mom was a little bit younger.

Q: Jean?

A: Yes. Jean was younger than dad. Jack Sutherland was older than dad, but they knew each other. As we all do, when you get older, age is kind of merged. You're not sticking only with people who are 50. You have friends that could be 65, and you have friends that could be 35. And so, as they grew older, they became better friends, and as a result, their kids, who were my age and my sister's age and older, we began making connections. That was part of our social group. My brother was making new friends, like with Tommy Lanna [phonetic 06:53] and with Kevin Budney [phonetic 06:55], with Stevie Claypool [phonetic 06:57] and Deedee Depaddy [phonetic 07:04]. That was all the same age group. He didn't know Deedee probably until he was thirteen or fourteen. It just depended. My social group was both East Beach and Central.

Q: That was unusual in those days.

A: Maybe. Yes. It wasn't that hard. It was wonderful, because with Jabogee in particular, one of my friends would be down, and she'd be down for three weeks, and then I would say goodbye, and we'd cry and that type of stuff. And then...

Q: The next day...

A: Not even the next day; that afternoon—you had like this mourning for about an hour and a half, and then the next group came in, and you just kind of started right in again. Then they'd leave, and then the next group would come in. And so, you would see them. The ones who were at the beginning and the end of the summer extended into the spring and also into the fall. Back then we'd come down most weekends. It was a great social thing. They still, to this day, remain my closest friends.

Q: Isn't that amazing?

A: Yes. And their children—I'm godmother to some of my friends' kids—watching them grow up. And because of that, you try and feed that same kind of connectedness with the younger people as they're coming up—do the same thing. You form the friendships. I see it with the half generation between me and my nephews. A lot of the reason why I see it is because once I finished college, and I was a teacher, and I was trying to figure out what to do so I could maintain—for me, I called it maintaining my dignity. Instead of coming down and just relaxing all summer—I don't do that. I went and I spoke with Judy Budney, because I loved tennis and I played tennis when I was in high school. The last year I was in college, I went back to it. I had a bad experience with tennis my senior year of high school, and I stayed away from the sport for a few years. But I played for college in my senior year, which was great. I thought, "Man, I really do love this sport, and I want to teach it to kids." There was no pro at that point, that I recall. I was one of the few people that was a single—once I turned 21, I asked to be part of the private club. It was always for families, and I was like, "Wait a second; I don't own property, but I'll inherit the property. I just want to play." Judy Budney said, "That makes sense. Single people should be able to play." So, I paid my family's initiation fee and the annual fee, but I was the only one that I ever used it. I was like, "Okay. That's fine." When I was playing there, I realized that they didn't have a pro. There wasn't anyone on a permanent-type basis. I think Merrill O'Brien [phonetic 10:47] before me, but for some reason he wasn't—

[pause in recording]

A: So, let's assume that we are talking for the very first time. So, what were the questions that you wanted to know about me?

Q: When did your parents arrive in Quonnie, and what led them here?

A: My mom and dad were invited by my uncle and his wife back in 1970 to come down for a party on a Saturday afternoon. Mom and Dad brought the kids—brought us. There were other friends of ours who also lived here who already had cottages down here that

came, so they took us around the neighborhood while the adults were having their own little party. So, we spent the afternoon here in Quonochontaug. I think my dad and mom liked it so much—liked the idea of the freedom and all that so much that the next summer we rented the Evans' cottage, which is Checkpoint, for the month of July. Then the following year, Dad tried a cottage over on East Beach that belonged to Helen Duxta, who is the mother of Susie Howe. We stayed in their little cottage to the left of her house, and it was very cozy. The fall of '72, our house came up on the market, and Dad and Mom came down and liked what they saw, so they purchased it. Our first real summer in Sea Smoke was the summer of '73.

Q: Did you name it Sea Smoke?

A: No. That was the name we adopted.

Q: And your family bought it from...

A: Mr. McClain.

Q: They made a quick decision.

A: Yes.

Q: What are your earliest memories of Quonnie?

A: The freedom. It's just the freedom of being down on the beach. The freedom of being able to go pretty much anywhere. As long as we kept our parents in the loop that we were heading down to the casino, it was all right. We'd be outside. We'd be climbing rocks. We'd be swimming in front. We'd be water skiing at the pond with older friends. We'd be crabbing. We were just free. It was great. I had my group of friends. We'd get together probably at 9:00 in the morning when we were pretty young and find somebody's house to have lunch, and then go out and play some more, and depending on how bold we were, see if we could find somebody else's house for dinner so we could all eat together, and if not, we'd eat separately and then we met up at 7:00 as soon as dinner was over. We played until dark.

Q: Who was in your group of friends?

A: Mary Beth Horrigan [phonetic 14:12], who was the granddaughter of Mr. and Mrs. Doherty [phonetic 14:15], who rented Mrs. Breck's [phonetic 14:20] second home, or the house behind her house. That's now owned by Billy and Sue Carpenter. Tiz Sutherland [phonetic 14:32]. Jamie Garish [phonetic 14:34], who was a part of the Jabogee Clan. Doug Sutherland. Jackie Sutherland. They're brothers. Cindy Rawley [phonetic 14:45], who is the niece of Martha and Chuck Kellogg [phonetic 14:51]. Their parents rented a house. They rented the Paddy's [phonetic 14:59] house, which is no longer the Paddy's house. I have no idea who it belongs to. Who else was in our group? Tony Gorman [phonetic 15:15], who lived down at the curve right near where the Petes [phonetic

15:21] now live. Art Mulligan [phonetic 15:25], who was an East Beach boy. John Arsenal [phonetic 15:28], who was an East Beach boy. Ron Wolkey [phonetic 15:32]. He didn't hang out with us when we were little. It was more during our late teenage years. He rented Mrs. Dodd's [phonetic 15:42] summer cottage. Then there were other kids who came in and out, but they weren't regulars. I can't remember their names anymore, because I haven't seen them. It was a good group.

Q: What are your favorite memories of Quonnie?

A: One of my most favorite memories of Quonnie is our crew loved playing cards. We played Queen of Spades. But the one we really liked playing was Spoons, and we destroyed a lot of spoons playing it, because it was very stealth. We would fight over it, and the spoon would end up getting bent. We did a lot of that at our house. Mom liked having the kids around during the week when my dad wasn't here, and so we'd be here many nights. If there were four nights to be together, we'd probably be here two or three of them, or we would go to somebody else's house. Or we'd go to the movies. When you turned sixteen, the drive-in was still open. Any time there was a new movie that we liked, or that we were old enough to see, or young enough to see, we'd just all pack into a car and go there for a night. But then once Friday night came and Dad showed up, he wanted peace and quiet. Dad would drive in. Mom would be in the window waiting for him as she was making dinner. She would say, "Your father is home," and my friends got up and bolted out the front. We'd see each other over the course of the weekend; they just didn't hang out inside anymore. So, that's one of my fondest memories.

Q: So, it was family time?

A: It was family time on the weekends. In the '80s and '90s, back then it felt like there was a cocktail party every weekend. Somebody had a big cocktail party. It was the adults. It was like 50 adults. One night they'd be at our house, and then the next Saturday night, they'd be at somebody else's house that was in the group, and then the next Saturday night, they'd be at somebody else's house. It was almost like a three-year rotation that you host. The one thing that I do remember, especially when I was in college, was I'd drive down on a Friday night from school, and I'd stop at what's now the four-way stop sign where you can go right to the pond or left to East Beach or straight ahead on the East/West road. Every once in a while I'd bring a friend down, and I would stop at that intersection, and I'd put down the window. Whoever was in the car would say, "What are you doing?" and I said, "I'm listening for music. Listen for music." So, I would stop there for a minute; nothing. So, then we'd go towards Central Beach or further down, and I'd take a left on one of the side streets and I'd stop. Finally, I would hear some music, and I would say, "We've got to find it." We would drive around until we found where the music was. That's where my parents were. That was the cocktail party. I'd stop in and say, "I'm home. Just letting you know." And they would be like, "Okay." Sometimes I'd stay and have a drink with the adults. Sometimes I'd just go home and find my friends and we'd do our own thing. But I always remember that. I also remember Ham Schwartz [phonetic 19:36]. This is why it's always good to do a second take, because memories keep coming back. Ham Schwartz, his wife, who I never knew

her as a healthy person, but she loved music. So, at least once a summer, Ham would have some type of concert.

Q: On his porch?

A: The house was broken up. The living area was as you looked at the front door on the left. It almost felt like you were going across a bridge, but it was more than a bridge. And then you went into a concert area. I can remember going two or three times, and then it got to a point where Ham asked me if I would help to host this, because I knew the people. He was getting older, and it was getting too much for him, but he still wanted to have the music. That's a very, very fond memory that I have.

Q: He had some big-name groups.

A: He did.

Q: He had the New Lost City Ramblers.

A: And his son was part of—I think it's country. So, he would come up. He came up a couple of times. Not in the same summer, but two different times to perform, and he'd bring a friend or somebody else who was good. It was all different types of music. It was classical. I think his wife was upstairs with the door open so she could hear the music. That was a fond memory of things that happened. It went across different generations. For me, it was cool. I loved that. But the fondest memory all had to do with just us being free and being outside all the time. We'd go out even in some of those hellacious thunderstorms. We'd be going from one house to another, and you hear this thunder, and then all of a sudden the heavens erupted. There were times where we should have been killed. We should have gotten hit. I remember very distinct memories of running from down by Pete's house or Tony's house, and running back here. Mr. Moran [phonetic 22:11] at that point still had that old ball on top of his flag pole. It was just electricity all over the place. We ran, and we got in here. I can't remember if we were upstairs yet or if we were still down in the basement taking off wet clothes, and all of a sudden there was a clap that just made everything shake. The next morning, we looked at Mr. Moran's flag pole, and that brass ball—whatever it was on top—instead of it being a circle, it was flat. We went over to look at it. It had been hit by lightning, and there were big segments of wood that had broken off—that had shot off because of the electricity like daggers in the ground all around it. And we were like, "Yeah, that was pretty crazy last night." But those are the stories that you tell to your children and your grandchildren: "I survived." It was crazy.

Q: How did your family spend their time here?

A: It was all about family, period. There was very much of a routine at our house, especially during the weekends. Dad and I were the early birds. The way the house was set up, you had to be really quiet when you woke up. But Dad and I were the ones that used to wake up early. I'm a lot like Dad in that I like to putz, and I'm creative. I find a lot of random

things. To me they're valuable for a variety of reasons. But I have many, many memories of Dad looking out the front window muttering under his breath, "Dammit, Carl got all the good stuff again," and he was talking about Carl Everingham [phonetic 24:30], who would walk the beach at dawn forever. Dad used to love walking the beach and finding old buoys. Before we redid the house downstairs, every wall was covered with the old buoys, and then the new plastic things, which those are the ones that we got rid of. He'd see Carl carrying a buoy, and Dad was just like, "Dang, he took it from me." So, he'd get up, and early in the morning and he'd putz around. He'd be doing stuff. There was always stuff to do outside. Every summer he had a major project of some sort. There was one summer when he built the steps going down to the beach.

Q: And you called it the poop deck?

A: Yes, because at that point, which is different now—either Dad never asked Coastal, or there was an issue with Coastal. But he built the stairs. It was going down, and it took a hard left. He was using a lot of the rocks that were there as part of the cement. But he built those steps. And after he was done with that, he actually built two sets of stairs or platforms that he could put wooden benches on. We called it the poop deck. That was one of his favorite places. He'd go out there and he'd read in the morning. He'd read in the afternoon. He and Mom, after lunch, would always get one of the chaise lounges out. They wouldn't go down to the beach that often, but they would fall sound asleep. They'd take a nice, long nap right on the front and get their tans—their afternoon nap.

Q: On the grass, or on your deck?

A: They'd do it on the grass. They didn't do stuff on the deck. If I was going to sun tan or just hang out, I'd be the one that was up on the deck, or down on the beach. Mom and Dad weren't great swimmers. Dad always marveled at Mrs. Rommison [phonetic 26:47] going in every day, especially with her famous bathing caps. She'd go in when it would hurt my ankles, it would feel so cold. So, that was part of the daily routine. And then they'd go out with friends at night, or we'd go out for dinner, or we'd cook steaks. A lot of times steak was a Saturday night dinner for us, because Dad liked cooking it. It was part of the beach.

Q: Barbeque?

A: Yes. With the charcoal and everything else.

Q: Did you eat a lot of seafood?

A: Our family liked lobster. But that was always a special occasion.

Q: How about food that you might have gotten from the pond, like blue crabs?

A: We didn't do stuff like that. We would go clamming, but I can't eat clams. I have an allergy to them. I don't think Mom and Dad were over-the-top happy with clams. They

loved clam chowder. And they liked the New England clam chowder. So, if we did go clamming, that's generally what they would have. They'd do some chowder with it. I'd go out spear fishing. Sometimes I would bring in fish. We'd always have swordfish at least once during the summer, but, again, that was a treat.

Q: Local swordfish?

A: Local. Yes. Always local. Always fresh. Not too often, but sometimes we would go out to Point Judith to get the lobsters just because it was kind of like a fun trip. That's another thing. We'd always do some kind of trip either to Block Island or up to Newport for a day. There was always some kind of fun thing. But for the most part, Dad would come down on weekends.

Q: Down from?

A: Connecticut. It was a two-hour drive, which usually wasn't that bad. I think he did take two weeks off in the summer, but I can't remember if it was two different one-week periods or a solid two weeks. I'm thinking it was two different one-week periods. And then Mom stayed down here the whole summer taking care of us.

Q: Did you have a car?

A: Yes. Mom had a car, and Dad brought his car down. When my sister and I were old enough to drive, there was a third car. That car—I didn't take it to college. I think it was a privilege to have it our senior year of college. I needed it for student teaching. I think Sis was able to have it for freedom. With the difference in age between my brother being seven years younger than me, and ten years younger than Sis, we never had to worry about a third person sharing it. He would either inherit it or I took it to my first job. There was always enough to get around. Not that we went off very often.

Q: You loved Quonnie? You loved being here?

A: Yes. When we were old enough to go down to Misquamicut, we might have gone down to whatever one of the dance clubs were—bands—once, maybe twice a summer. We did like going out to the Harbor View over in Stonington. When I was in college, some of my friends started working away from Quonnie, but they were able to come down on the weekends. I think it was always Saturday that we went over for beers and lunch in the bar over at the Harbor View. It was a tight group. We continued doing it for many years. My brother, when he was old enough, he would come with us. When Tracy and he got serious, Tracy realized she was accepted in the group, because we invited her down to the Harbor View.

Q: She made it?

A: She made it. She's okay. She had our approval. It was interesting. Down here, it was very much an approval thing with new people coming in and out. It could be very interesting watching some of the dynamics that went on.

Q: Tell me about teaching tennis and what that meant to you, and who you met.

A: When I graduated from college, I had a teaching job, and I had my summers off. Teachers don't make a lot of money. I talked with Mom and Dad about coming down for parts of the summer. Dad said, "Okay, but you're going to have to pay your way." It was like, "Okay." So, we decided on a monthly rent kind of thing, and also for food and that kind of stuff. So, I went through that, and it was probably for four or five years that I did it. Then they said, "We're okay. You're doing enough." But I'm not good at being still for long periods of time. I had just gotten back into tennis after being a few years away from it. I taught it when I was student teaching. I had fallen back in love with tennis. I saw that there was no adult down in the area that was teaching any of the kids at that time, so I went to Judy Budney, who was the president of the club. I was a member of the club.

Q: This was the private courts?

A: Yes. I said, "I'd like to start this program," and so she had to go to the board. I don't remember who it was, but she said, "Yes, you can teach the kids. Here are the hours you can teach them." We negotiated so I could work private lessons as well. I did that from 1979 until 1996. I taught the kids. I think there were times when I had the kids five days a week. I'd teach a group from 12:30 until 1:30, another one from 1:30 until 2:30. The hottest part of the day is when they wanted me to teach the kids, which actually wasn't the hottest part of the day, so I never complained about it. Then the population grew enough that I was doing three different classes. So, from 12:00 until 3:00 I'd be down there. I was involved with the round robin, so I was playing in the morning. So, I was doing that.

Q: Your tennis must have been wonderful.

A: It's a tradeoff, because when you're teaching, it can negatively affect your strokes, because you're not doing your full stroke; you're just kind of putting it in play to make sure that a younger, newer player can hit it back. But I would flip it on both sides. So, in the morning I'd do round robin with the ladies, which was loads of fun. For a while I coordinated all the interclub matches that they'd have. I also did that with the kids, because you can hit with me only so much. Let's see what you know, and let's put it into practice. And so, we'd go all over the place. We just had a lot of fun. The parents—the moms, in particular, would be great helping with the carpools and all that kind of stuff.

Q: You said earlier that you met some very strong women who were moms.

A: Yes. There were great role models for me. Many of them continue to be good friends. I had an opportunity to not only listen and learn from some of these older women—they

were ten and twelve years older than I was—but also, I had an opportunity to see their children grow up, because they’d start at six years old with me. Sometimes if they were advanced in their coordination, I’d let them start at five. It was almost like a tryout period, because you don’t want anybody to get discouraged. When the kids grew up to be fifteen and sixteen, particularly the boys, they needed to work. Their parents would say, “This is their last summer with you.” So, I’d talk with them, and I’d say, “That’s okay. But you keep playing.” I’d say, “First off, it’s a great way to meet girls.” And when they’d go off to college, I’d say, “You get involved with some of the intermurals, and do it with tennis. It’s a great way to meet people. You’re getting exercise. It’s equal between girls and guys, so you’ll meet some girls. It’s awesome. Or you’ll meet some boys on the tennis court—whichever.” I think one of the kids actually did meet his wife. And it would also be so much fun, because, as you well know, as the young ladies and young men—they will be as a group together at the same age, but there will also be single-sex pods, so to speak. It was always so fun, because I’d walk down to the beach. It would be the kids who were sixteen or seventeen, and I would be walking down to the beach for the first time during the summer, and they’d be lined up in their chairs with their sunglasses on just kind of watching everybody, and they’d see me. They’d be like, “Hey, Kim,” and I’d walk over, and without exception, every single one of them stood up and gave me a hug. I would just look at them as like, “I’m the only female on this entire beach that gets hugs from you guys. Thank you.” And then I’d go off and do my own thing. But it happened for about eight years with this one group of kids that I had. They grew up around me. It was great. I’ll see them especially at the 4th of July when all the families come together. They’re working. Some of them fly in from far away just to be here for the 4th, because it’s so special. They’ll introduce me to their kids—their new ones, their older ones. I’d look at them and go, “You’d better be getting on the tennis courts pretty soon.” It’s a lot of fun.

Q: Do you still play?

A: I do, but I don’t play as much. I coach in the fall where I teach. This coming fall will be my 34th year there, and my 41st year of teaching. I do, but I have to tell you, I get bored doing one thing for long periods of time. My students will say, “What’s your favorite sport?”—especially my athletes—and I’ll say, “It depends on the season.” I say, “I don’t believe in a lot of the philosophy of doing one sport and doing it all year long. It’s not good for your body. You need to educate the muscles that aren’t being used so you don’t get hurt.” Right now, if it’s the fall season, my favorite sport is tennis. In the winter, I like watching basketball or playing basketball. I like squash. I play soccer. I just love doing all that indoors. In the spring, I love badminton. In the summer I like kayaking, I like swimming and I like yoga. They kind of look at me, and it’s like, “I like it all, but you can’t do it all, so I just kind of break it up.” I don’t play anywhere near as much tennis as I used to. If we were in Europe and I was playing on grass and clay, it’s much more forgiving than the hard court, and even the Har-Tru. But I am getting into pickleball. I do like pickleball, which is a new game. I’ve taught it to my kids at school. They think it’s just crazy fun. I still stay active.

Q: You look like you keep very active.

A: Yes. You have to. I'm running after kids all day long.

Q: What are the traditions that you and your brother and sister imparted to your nieces and nephews about Quonnie?

A: That this is definitely a family place, and you share our time together. It's a tiny—well, it's a perfect size dwelling, but by some of the Quonnie standards, and when you have multiple generations it can get tight, but we always figure out a way to manage it. And then there is just so much going on outside. There is so much fun stuff. You can never say you're bored. There are bikes all over the place. Go and have fun. Go up to the ball park. Be a part of the organized games. My brother still will go up on occasion and be part of the Old Goats game. He doesn't do it all the time, because he'd rather be out on his boat. But my nephews, one in particular, he'll go out paddle boarding. He'll take the paddle board while I go kayaking and go on the pond with me, or go out in front. We just have fun. Some of the kids are fishermen and will just have a great time going out and surfcasting for a while, or take their car and go up to some of the ponds and do some fly fishing. It's not all necessarily Quonnie, but it's just being outside.

Q: You mentioned that it was sometimes hard to draw them away from electronics.

A: Yes. They're hooked. It was very interesting. On the Today Show today it was their 25th anniversary of being in the glass studio where people could look in and they could look out. But one of the things that they said is that 25 years ago they were talking during one of their days, "What's the Internet?" and they didn't know what the Internet was. And so, you look at that, and I think, "Okay, so it's been in the last 25 years." But we have this population—this generation is hooked on pictures that are in front of them. Yes, communication is easier, but there is an awful lot of information that goes on around them that it's not really necessary for everybody to know. They're hooked on that constant stimulation. I just like putting it down. I think they need to. But people are going to say, "Well, you're older and you just don't understand it." I'm like it's a useful tool, but spinning through all the Instagram stuff or Facebook for hours and hours and hours just can't be healthy. That's a personal opinion. That's what I worry about. There are times that it's hard for them to get off the couch and to go out and do something. I think it's also harder for social groups to form down here, because their kids, there might be ones and twos that hang out together, but a lot of it is doing a video game together or something that's dependent on the electronics.

Q: You mentioned that in this house it was important to be quiet in the morning.

A: Yes. Everybody knows how to be quiet. It seems that high school kids and college kids will stay up until 2:00 in the morning, and that's part of the way their rhythm works, but then they don't want to get out of bed until 10:00 or 11:00. That's their rhythm. But an adult in their 40s, 50s or 60s, their rhythm is waking up at 7:00 AM or 6:00 AM—first light or whatever—and then going to bed at 11:00. So, it's eight hours. It's just a little

bit different. In this house, you have to be respectful or somebody is going to be grumpy, because they're not getting the amount of sleep they need. It works. We make it work.

Q: Is there anything else I didn't ask you?

A: No. I told you a couple of things that we messed up on at first, so that's good.

Q: We got some new data.

A: We got some new data.

