

MARCH 15 ISSUE

@WORK ADVICE

BY KARLA L. MILLER

I need to send you a big professional thanks for mentioning "employee assistance" in your advice to readers. So many readers may not be aware of all that a robust employee assistance program can do to help employees and their families. You not only mentioned this, you mentioned employee assistance in one of its most historical contexts: workplace substance abuse.

*Rachel Kaufmann, Silver Spring*

"SNACK AMERICAN"

BY BONNIE S. BENWICK

I was intrigued when I saw the recipe for the "alternative to the granola bar" in your March 15 issue. Good, I thought, something healthy for a change.

Then I read the recipe and saw that it calls for 1/2 cup of coconut milk, 1/2 cup of



honey, 3/4 cup of maple syrup and 1/4 cup of brown sugar. There is no information about the carbohydrate or sugar count per serving, which is a serious omission for any recipe, but this amount of sugar could do serious damage to someone like me who has diabetes. You should be ashamed of yourselves.

*Jim Currie, Alexandria*

LETTERS

Reader Larry McClemons is half-right about Presidents' Day/George Washington's birthday. Where he, and almost everyone else, is wrong is George's birthday. When Washington was born, England and all of her colonies had yet to accept the Gregorian calendar. Perhaps because of a difference in religion, England being a Protestant nation and the Gregorian calendar being devised by one of those hated papists, Pope Gregory XIII. England clung to the Julian calendar, devised by Julius Caesar, until 1752.

When Washington was born, the official calendar was the Julian and the date was Feb. 11, 1731.

Twenty-one years later, 11 days were dropped from the calendar, September 3, 1752, became September 14, 1752.

People, wrongly, began to change the dates of events in the past to conform to the Gregorian calendar.

*Darrel Salisbury, Lorton*

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