



## STARGAZING

# NIGHT LIGHT

As light pollution encroaches, astronomers dream of a clear view of the Milky Way



"It's beautiful, it's a treasure of our night sky, but it's one that we've lost, for reasons of not understanding how to control our lights."

Dr. Laura Megeath, coordinator of Lourdes University's Appold Planetarium

By **AHMED ELBENNI**  
BLADE STAFF WRITER

Once upon a time, a boy looked up and saw the sky. Out in the lands of Geauga County, where trees bled gold and alpacas roamed, he saw the stars.

The river in the sky flowed from the south after the sun slept, arcing east overhead to the north. Perhaps a cloud, the boy thought. But it didn't move. The more he looked, the more he saw that the cloud was in fact more stars, millions more aglow amidst eternities of gas and dust. Something intangible and lifelong in him stirred.

On the other side of Ohio, a half-century later, Laura Megeath showed some children the sky. With a keystroke the sun set and, to the amazement of the assembled children, the stars emerged. Ms. Megeath pointed at the silvery river-cloud slithering about the illuminated tapestry. What's that? The Milky Way, of course, came the collective's knowing response. Then she asked if they'd seen it before — not here, on the ceiling of Appold Planetarium in Lourdes University, but out there, in the wild.

Most of the the hands stayed down. "It's very sad that most visitors have not

seen the Milky Way," said Ms. Megeath, the planetarium's coordinator. "It's beautiful, it's a treasure of our night sky, but it's one that we've lost, for reasons of not understanding how to control our lights."

Frank Merritt has seen the Milky Way more than a thousand times since his astronomical baptism under the Geauga County sky east of Cleveland, but rarely as easily and never as naively. As president of the Toledo Astronomical Association, he spent his reign in a futile flight from the pitiless hand of artificial light, reaching from parking lots, greenhouses, stadiums, billboards, bridges, buildings, satellites, streetlights, headlights, flashlights, spotlights, floodlights — as though the light itself were a black hole intent on swallowing the night.

### Cetus

"Today's civilization," wrote Henry Beston in his book *The Outermost House*, "is full of people who have not the slightest notion of the character or the poetry of night, who have never even seen night."

The year was 1928, when many rural areas still used kerosene lamps. Since then light pollution, defined by the nonprofit

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## FOOD & NUTRITION

# Go-to meals: Dinner and dessert in an hour or less

By **JORDAN FITZGERALD**  
and **ZAPORAH PRICE**  
BLADE STAFF WRITER

Life is returning to normal after the coronavirus pandemic, which means everyone is running around again.

And we — two Yale University students interning at The Blade for the summer — definitely know what it means to be busy! Reporting for The Blade is no different than long nights in New Haven, Conn., and bouncing between obligations and responsibilities in either locale can be exhausting.

As we make ourselves at home in Toledo, we're not only working full time but also petting dogs at Toledo's Metroparks and reading in coffee shops (Jordan), as well as gazing at murals, exploring booths at the farmer's market, and listening to live music in Lewis Square (Zaporah).



THE BLADE/REBECCA BENSON

Zaporah Price's freshly baked thin crust jalapeño and spinach pizza.

At school, we're dealing with classes — Zaporah is an English major, while Jordan is studying history — volunteering, extracurriculars, reporting for the Yale Daily News student

newspaper, and trying to maintain a social life (and a healthy sleep schedule).

So on a hard day's night, the

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# Delightful blueberry muffins need just 3 ingredients

By **OLGA MASSOV**  
WASHINGTON POST

These days, there's no shortage of recipe sources, be it newspapers, blogs, cookbooks, magazines, Instagram or TikTok. Many promise simple and delicious recipes or seemingly ingenious kitchen hacks. When I see a simple recipe that promises greatness, my default reaction is skepticism. But here's the thing: When that recipe comes from a grandmother figure, I stop and listen. Grandmothers are wise. They're kind. They're inherently no-nonsense.

Take *In Bibi's Kitchen*, my favorite cookbook last year, with collected recipes from bibis (grandmothers) across several African countries. Or the Pasta Grannies account on Instagram, which documents Italian nonnas making (usually) pasta dishes with



SCOTT SUCHMAN/WASHINGTON POST

**3-Ingredient Blueberry Muffins**

little equipment and simple ingredients.

So, when you find a recipe for a three-ingredient blueberry muffin recipe from a woman dubbed TikTok's favorite grandma, you pay attention.

Barbara Costello, or, Babs, as she's affectionately known to her 160,000 Instagram and nearly half a million TikTok followers, is a 72-year-old Connecticut grandmother,

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