

Issue 1
April 24, 2020

GBS Class of 1969 Newsletter

Notes

Hello, and welcome to our first class newsletter following our 50th Reunion.

At this difficult time, many of you have offered to share your thoughts, stories, and experiences, which have now been collected here for your information and enjoyment. My hope is that reading them you'll feel a little less isolated, a little more connected, and actually somewhat hopeful. If you haven't shared yet, don't worry; send a note to me at rlesaar@mac.com and I'll include it in future newsletters.

Each story is accompanied by an email address so you can continue to be in touch. There's more contact information (phone numbers and addresses) in the Directory section of the class website: www.gbs1969.com . If you want to add to your bio or contact information on the site, send it to me and I'll post it. Stay well. Best,

-Rick



Scott Buzard

scottbuzard7@gmail.com

Hello Class of '69, and thank you, Rick, for the opportunity to reach out. Barbara and I are sheltered in place in our Glenview home. Barbara's 94 year old mother has been living with us for the past few years, so we have been especially careful to keep her "quarantined." Aside from two curbside grocery pickups and one very large pizza order picked up curbside at [Lou Malnati's](#) * (many were immediately frozen) as of April 9 we have been away from any human contact beyond the three of us for 25 consecutive days. We still get outside for extended neighborhood walks with the dog and early Spring gardening, but that is it.

Glenview has shut down well, but still has 135 cases as of April 8. A church on Central Road continued services past the shelter date and received news coverage when 45 attendees later tested positive. The Glenview Lantern local newspaper, which provided us with extensive coverage of our parade participation and reunion, has suspended publication and will likely go out of business. They depend on local advertising and that all dried up. Although Barbara and I are retired teachers, one or both of us is usually serving as long-term substitutes at the two Glenview middle schools. We both were doing so as of March 13, when Glenview Schools shut down and converted to e-learning (at least through April, currently.) Barbara's sixth grade math position extends to the end of the year, so she is very busy creating lessons and communicating on google chats with her students and fellow teachers. My position was over, so I am doing much more cooking than usual, house chores, yard work, and letting our ten year old Chihuahua/Jack Russell mix dog, Chip, boss me around. I am taking full advantage of the [Berlin Philharmonic's Digital Concert Hall](#), which has opened up its full on-line archive of HD concerts for free, along with many of the nightly free [digital HD presentations from the Metropolitan Opera](#). I'm an avid White Sox fan, and am really missing baseball. Barbara and I are big fans of the [Dowdle Folk Art puzzles](#), which focus on cityscapes and national parks. They have had great sales on their website. We highly recommend them and have purchased five of them since we have been homebound.

Our three sons are all teachers and are working from their homes. The middle and youngest each have two young children and wives who are also educators, so they are digital teaching and daycare tag teaming in their homes in Idaho and Michigan. Our oldest son is unmarried and teaches in the suburbs of Minneapolis. He has a small one bedroom apartment in a crowded complex, so the day after school was suspended he drove to our family cabin in northern lower Michigan where he is sheltered and enjoying the woods and lake while not e-teaching. I've had some relatively minor surgery postponed, as Glenbrook Hospital, in the shadow of GBS, has converted to exclusively admitting north suburban COVID cases. Evanston, Skokie, and Highland Park are now sending all their cases to Glenbrook which has geared up for the needed care. My hair will soon be as long as it was in the early '70's! Barbara says she will cut it for me, but I am kind of enjoying the look. Everyone please take care. I'm anxious to hear how you are all doing.

*** Editor's note for out-of-towners: They ship!**

https://www.tastesofchicago.com/category/Lou_Malnatis_Pizza

Jim Siwy

james.m.siwy@gmail.com

Frankly, I am busier than ever, coping with the telehealth version of my work. It is quite taxing, but going well. Anxiety is more contagious than any virus. After a while, it becomes depressing. People do need to connect, especially in person, physically. Our country can't let this happen again. There has to be better preparation, including thorough study of this pandemic. Since the Viet Nam War we have had a crisis in authority. I hope some trustworthy data will emerge.

I am grateful to be well, along with my entire family. The reunion weekend remains a lively, happy memory.

Phil Reid

zoomout@aol.com

Like everyone else we are hunkering down and communicating with friends and family via internet. So far no one I know has had the virus. We are in Florida and we are still allowed to play golf. It is quite regulated. You can not touch the flag. The hole has a can in it so the ball bounces off of it. Hitting the can means you made your putt. They wipe down the golf carts before you get your cart and it is one to a cart. The end result is from afar it looks like bumper cars. It is good to get out for four hours, but on the down side we can't go to the 19th hole and celebrate after a game. My wife organizes "Drunks in the Driveway", which is a small gathering of people in our Condo association. We sit in lawn chairs at a better than 10 feet apart. Some of the people are older and live alone. So it's a good way to get them help or problem solve. We used to do this on an almost weekly basis pre virus, but now it's more like every 2-3 weeks. Other than that it's a 3 mile walk every day. Hope you are all staying safe so we can see each other at the next reunion. Speaking of Reunions Ford Colley and I did a face time reunion with Rob Rees yesterday. We had a blast and struggled to hang up after 3 hours. There was a lot of laughing at HS memories and sharing fun lives we have lived. Rob said he will join us at the next reunion. I recommend internet get togethers, I did a zoom meeting with family and that worked even easier than face time. Hope you all are keeping in contact. Best wishes and stay safe.

ps: We are playing Scatagories with our family on Zoom. It works pretty well.

Dave Slown

david.j.slown@gmail.com

Thanks for all your efforts to keep communications open among the class of '69. I truly enjoyed the 50th reunion and plan on coming to the next one if the virus doesn't get me. Thus far, neither I nor anyone in my family have contracted the disease, and we are all in good health, including my parents, who are both in their nineties and living in an assisted care facility in Elgin. (Keeping my fingers crossed, there.) I recently (but before stay-at-home orders in any affected state) took a trip from my home in Washington to my daughter's in Colorado. I had a great time. On the trip, I noticed that the roads were full of trucks and almost completely empty of cars. Social distancing seemed to be working very well at the various gas stations and the two hotels I frequented. I left hazard-pay tips for room cleaners. Those folks who are working during this crisis should be appreciated.

Changes to my life include staying around the house a lot more than normal... The store where I work about 15 hours a week, selling camping goods, has closed, so I don't go to work. I am still getting paid by Sierra, much to their credit. Most of their part timers are young people without the retirement checks I enjoy, so it is really great that these kids are still being paid, without working. Many of them probably regard this as the perfect scenario.

While home, I have turned to projects. I have badly neglected my yard for the last couple of years, while dealing with my wife's cancer. She passed away in September. In Washington, two or three years is ample time for the jungle to fully reclaim untended ground. So I have been ruthlessly cutting back overgrown plants and the endless weeds, and planting and transplanting various plants I like. So far, I have put down little more than a ton of beauty bark. This crisis may get me back into shape! I also admit to more TV watching, and quite a bit of light reading, which I always have done. But the bookstores are closed, and I just don't like this tablets...

I have family I talk to regularly by phone, but occasionally do feel bit isolated, and talk to myself more than before the stay at home order. I would not mind exchanging e-mails with old classmates. I don't do Facebook or other social media.

Again, thanks for your work at the website.

Mark Maloney

bengalscribe@yahoo.com

First, I hope all our GBS classmates are healthy and doing well.

I'm happy to report that all is well in the Maloney family. No signs of the virus. That includes my siblings (I'm the youngest of eight), wife Margie, sons Joe and Matt and grandsons Gram and Luke.

A longtime friend in Louisville, Ky., continues to battle the virus, but has made significant progress. He no longer requires a ventilator and has been discharged from the hospital.. The biggest challenge at home has been staying sane.

I'm doing a little bit more work around the house these days. Last week's big projects were pruning (big) trees and venturing into the crawl space in order to change the HVAC filter.

One thing that has helped my mental state is working at the local county food pantry. Counties are relatively small in Kentucky – we have 120. Our web site is jfoodpantry.org.

Prior to the virus, I volunteered an hour each on Mondays and Fridays, picking up leftover “hot and ready” pizzas from Little Caesar's. I also gave four hours on Thursdays, as the “bag boy” for Pantry clients.

I am maintaining those hours, but also have added four-hour shifts on Tuesdays and Fridays.

Of course, the number of clients has soared.

Before the virus, the Pantry served more than 400 families per month. In March, we added more than 100 families to the list.

Going to a Food Pantry is a new experience for some folks. We try to be helpful and cheerful. Clients are appreciative, and our volunteers are edified to be able to help. Our donors are awesome!

I also have been asked to contribute ideas with a group of folks in my town (Nicholasville, Ky. – suburban Lexington). We are trying to raise \$100,000 to fund a financial relief program for when the virus is under control. Government funds just won't be enough for some people, so we want to help people who will not have the means to pay rent or utility bills.

We have a 68-second video online: <https://youtu.be/oQSwtyXbPVQ>

I'm the sixth speaker in the video, which concludes with information on how to help. Hopefully, we'll all bounce back stronger than ever.

Best wishes to all my fellow Titans!



<p>Robert Schaeffer robert.schaeffer@techplanners.com</p>	<p>Rick, in our household and extended family, everyone is healthy. It is a time when it is fortunate to live in a small community. I think Fond du Lac now has 19 active virus patients. Only a couple are hospitalized.</p> <p>Getting caught up on some house cleanup projects. Watching more television than usual. Keeping in closer contact with family members though electronic means.</p> <p>Because of my engineering work for cable television firms and internet operations, I am considered "essential." So, I have been coming into the office. Although I have everyone else working from home. Spend a lot of time logged into hardware around the country attempting to keep the main video and internet system functioning for our clients. But, most all travel has stopped. Clients don't seem to want any non-direct employees to come into their operations. Surprisingly we have been pretty successful keeping the main internet backbone fiber optic networks running properly.</p> <p>My wife has been making facemasks for the family and extended family. A good opportunity to use the tons of fabric that has been building up over the past 48 years. Didn't even need to purchase any material from the outside.</p>
--	--

<p>Bob Hawkins bob@westerntree.com</p>	<p>Day...</p> <ol style="list-style-type: none"> 1. I can do this, got enough food and wine to last a month. 2. Opening my 8th bottle of wine. I fear wine supplies might not last. 3. Strawberries: some have 210 seeds some have 235. Who knew? 4. 8:00 pm. Removed my day pajamas and put on my night pajamas. 5. Today I tried to make hand sanitizer. It came out as Jell-O shots. 6. I get to take the garbage out. I'm so excited, I can't decide what to wear. 7. Laughing way too much at my own jokes. 8. Went to a new restaurant called the kitchen. You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business. 9. I put liquor bottles in every room. Tonight I'm getting all dressed up and going bar hopping. 10. Struck up a conversation with a spider today. Seems nice enough. He's a web designer. 11. Isolation is hard. I swear my fridge just said, "What the hell do you want now." 12. I realized why dogs get so excited about things moving outside, going for walks or car rides. I thought of chasing a squirrel. 13. If you keep a glass of wine in each hand you can't accidentally touch your face. 14. Watched the birds fight over a worm. The cardinals lead the blue jays 2 to 1. 15. Anyone else feel like they've already cooked dinner 395 times this month and now have to do lunches too?
---	---

Bob Hawkins
(continued)

And from Coach Schoenwetter:

Tomorrow is the National Home School Tornado Drill. Lock your kids in the basement until you give the all clear. You're welcome!

I was so bored I called Jake from State Farm just to talk to someone. He asked me what I was wearing.

2019: Stay away from negative people 2020: Stay away from "positive" people.

The world has turned upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors!

You think it's bad now? In 20 years our country will be run by people home-schooled by day drinkers...

This virus has done what no woman had been able to do...cancel all sports, shut down all bars, and keep men at home!!!

Do not call the police on suspicious people in your neighborhood! Those are your neighbors without makeup and hair extensions!

Since we can't eat out, now's the perfect time to eat better, get fit, and stay healthy. We're quarantined! Who are we trying to impress? We have snacks, we have sweatpants – I say we use them!

Day 7 at home and the dog is looking at me like, "See? This is why I chew the furniture!"

Does anyone know if we can take showers yet or should we just keep washing our hands???

I never thought the comment "I wouldn't touch him/her with a 6 foot pole" would become a national policy, but here we are!

Me: Alexa what's the weather this weekend?
 Alexa: It doesn't matter – you're not going anywhere.

Can everyone please just follow the government instructions so we can knock out this coronavirus and be done?! I feel like a kindergartner who keeps losing more recess time because one or two kids can't follow directions.

I swear my fridge just said "What the heck do you want now?"

When this is over...what meeting do I attend first...Weight Watchers or AA?

Quarantine has turned us into dogs. We roam the house all day looking for food. We are told "no" if we get too close to strangers. And we get really excited about car rides.

Fran Alfin (Koenig)

fkoenig@pacbell.net

Thank you for reaching out with the offer if a newsletter. I also hope that you and my classmates and families are safe and well!

I feel like a very lucky person because I and my family are safe, healthy, and secure. My mother had just moved from her condo in Glenview, to take temporary (to see how it went) residence with my brother in Rochester, New York when the virus arrived. My mom hated giving up her independence, but she and all of the family are now very grateful that she doesn't have to face this time alone. My brothers, Mom and I have talked on Skype every Sunday morning for years, and it has kept us all close in spite of living many miles apart. Those calls continue and we have even added some online bridge.

I feel like I am moving on to the next stage of staying at home. The first phase say me cleaning house including what remained in my study/studio from my two careers. I had an easy time throwing out the teaching materials, and a little harder one throwing out the materials that I had created as a graphic designer. Now my room is clean and I use it for on-line yoga every morning. I started a painting, but I keep getting distracted by gardening, reading, silly games, and lately, finding a plumber to fix aged leaking pipes. Again, I feel incredibly lucky because there are almost unlimited places to hike right out my door, and I do hike almost every day. This is the greenest, most lush part of the year in California and I treasure it. I miss being able to visit my friends in person and wish that the golf courses were open, but those are small complaints. I am happy to go out every night at 8 and howl in gratitude with my Mill Valley neighbors. *

* **Editor's note: for those of you unfamiliar with this recent tradition, see here:**
<https://www.latimes.com/california/story/2020-04-04/coronavirus-has-people-howling-at-the-moon>

Kathy McKiernan

(Magness)

mkmagness@comcast.net

We are just fine and making the most of our quarantine time.

[We've been doing] mostly virtual stuff: exercise, bridge, lectures from Rice and the Texas Medical Center; made 70 masks for the Texas Medical Center; crossword puzzles, reading the paper, riding our bikes and binge watching Blacklist (Netflix). Have cleaned and decluttered everything in sight. Painted a desk and a corner hutch. t's been great to purge dozens of my business books and old novels. There is even extra room in our cabinets and closets!!

Unfortunately the Cheerleader Reunion set for August at our home in Alberta, Canada may not happen. We are in a "wait and see" mode. If it doesn't happen in August of 2020, we will make it a 70th Birthday Party celebration in 2021. Where there's a will, there's a way!!



Colleen Malany

colleen@jkbfoundation.org

Well...we are 6 months post our 50th reunion. I am so happy to have been in touch with more classmates than ever before since the fun-filled weekend. Who would have thought that by March 2020 we'd be facing a worldwide pandemic?? Thankfully, I have remained healthy. Sanity sustains solely because I can take walks everyday with my neighbor, have zoom happy hours, and play cards with another friend. I have one friend that contracted the virus and was hospitalized for 2 weeks. It was so scary to follow what she was going through....hardly being able to breathe, oxygen levels dangerously low even on a mask, excruciating chest pain, and pretty much sleeping 24/7. She has been home for a couple of weeks now and has met the health department's parameters for being over the virus. Since there aren't enough tests, the department has to rely on these parameters. Anyway, she's is on her way to total recovery.

Some of us (girls) had been planning a get together at Kathie McKiernan's place in Canmore, Canada in August. We've pretty much decided that we'll have to postpone that trip until 2021. We all put a positive spin on it that we could have a massive 70th birthday celebration! Yikes...how did that happen??? So our trip isn't happening.....

I would be remiss if I didn't mention how so grateful I am to those of you who donated money to help fund the solar lights that the alumni of my [JKB program](#) were to distribute in Kenya this June. Obviously, we have had to postpone that trip, but we plan to make that trip in June 2021. The good news is that 300 lights did get through customs and last week our local contacts/partners were able to distribute them to one of the poorest sections of the country (Kisumu County) as well as the Homa Bay area. They received these lights just before the Country went on lockdown. We felt that it was really about the people getting these lights in these especially hard times than waiting for the time when we could travel there. To my classmates....you made this happen through your support and I am eternally thankful for the support. We plan to not only distribute the other 700 lights but also visit those that just received lights to see the impact the lights have had on their education, safety, and productivity/sustainability. This part of the trip will be exceptionally rewarding!



Lastly....in the last couple of months, I have decided to move to Phoenix (Goodyear area). I must love transitions, or I'm out of my mind! I'm actually very excited to make the move. Hopefully by the end of 2020, I will be residing in the Pebble Creek Community-home of the largest pickleball club in the world!

I hope everyone is staying healthy and haven't experienced too much hardship. We are a resilient group. #GBS1069Strong!

**Pam Dengler
(Blackstone)**

pamblackstone@sbcglobal.net

In the midst of the coronavirus pandemic Bob & I celebrated our 50th wedding anniversary. Such a milestone usually calls for a celebration of family and friends held in a venue recalling 50 years of memories. We were surprised by friends who decorated their cars lining the street and a front yard filled with signs and balloons. There was even a champagne station set in the middle of the yard! Our family delivered a wonderful dinner from [Wildfire](#) so no cooking. Social distancing didn't keep us from having the best time ever. This was a celebration we'll never forget.

Deanna Haslerud

deanna.haslerud@elkem.no

Thanks again for a fantastic reunion! Glad it was last year so we could celebrate. I am hoping to get to Florida as usual – but not sure when that will be 😞

Just wrote a few words about what is going on here. We have been lucky so far 😊 I am hoping that you all in the states are doing well and that this will be over and we can get back to a “new normal” soon.

Great big hug to all of you GBS69 😊

All going well in Norway. Norway was very early to close down schools, bars, some restaurants, hairdressers, movie theaters, concerts, ferries, flights etc. Also using mountain and summer cottages in other communities was not allowed as they would not be able to handle more sickness than their own. In Oslo they mostly have home office since a lot of people take public transportation to work. At my company there is some home office – but we in HR have been here the whole time. Everyone out in the plants in Elkem are still working. They have been very careful at nursing homes. We have been lucky with few deaths – mostly older people who have had complications with other sickness. We are right behind Denmark as far as opening up again. Monday nursery schools opened. Grades 1-4 open next Monday as well as last year in high school. I sure hope hairdressers open next Monday too!!!

Stats otherwise today are:

182 deaths
142 in hospitals
58 intensive care
40 on respirators
7,241 have corona
145,279 tested
Norway has a population of about 5,500,000

And I must say that people have been very loyal to what has been decided – keeping distance and respecting regulations.

I go back and forth to work. I only try to grocery shop once a week – but that isn't always the case! I have kept errands down to a minimum in town (Kristiansand). Messenger is great for keeping contact with friends and still seeing them – both here and in the States 😊

At work we use Teams even more now - especially for big meetings and instead of travelling. We are used to using it daily with our other offices/plants and contacts in Norway.

We still have our family dinners – but no hugs – which is sad....

That is what I am looking forward to – meeting friends with a hug 😊 for coffee, dinner, shopping or just a visit 😊

Jeph Harrison

jharrison621@gmail.com

We are doing fine through this crisis. We realize that we are very lucky. We don't have any real economic hardship and Jo and I have a big house with plenty to do so have no right to complain. I have my woodshop and my gym in the basement so can stay both busy and in shape while this goes on. We are keeping our fingers crossed that the economic effects of this won't hit our kids and so far so good. Prayers for all to survive this pandemic in good health and good spirits.

<p><i>Doug Woodworth</i> <u>douglaswoodworth@comcast.net</u></p>	<p>Southwest Florida (Marco Island) Update:</p> <p>Like nearly everyone else in the country (world) we are on lockdown, self-isolation, practicing social distancing and wearing a mask in the few times we venture out to the grocery, drug or liquor store. Watched most everything of any interest on Netflix. Reading almost a book a day on my Kindle.</p> <p>Biggest controversy on Marco was a proposal to have limited opening of the beaches to the public, which after a huge public outcry was reversed. Condo owners on the beach and the few hotels with any guests still have access, which doesn't really seem fair to the single family homeowners. Tourists and renters are being actively discouraged from coming here.</p> <p>April has so far been the hottest month on record, really more like summer with temps in the 90's and high humidity. Luckily we have a pool and a boat so we can get out and keep from going stir crazy. Have been re-connecting on line with some old friends.</p> <p>Hope everyone is safe and healthy! We will get through this!</p>
--	--

<p><i>Julia Taylor (Hitchins)</i> <u>juliahitchins@gmail.com</u></p>	<p>Thanks for trying to keep us all connected. We sold our home in Savannah in the nick of time...Closed on Feb 28th!</p> <p>We are now full time residents in Austin Texas....</p> <p>Hope you are well...we are...Julie</p>
---	---

<p><i>Bruce Moore</i> <u>brucesuemore@ghvalley.net</u></p>	<p>Let me begin by thanking Rick Lesaar, Jim Siwy, Ford Colley and everyone else involved, for making our 50th Reunion such a success! You were wonderful hosts!</p> <p>You can only imagine my heartfelt surprise walking into the Reunion and coming face to face with my classmate Ruth Williams! You see, we went from elementary school through high school together. Whenever a teacher would call out "Ruth," in class, I was certain that they were saying, "Bruce" instead. Nothing made me sit up straighter or pay closer attention than when I was being called on, again and again! It was my good fortune to find out that my "old" pal, Ruth, lives just 60 miles away from me here in Colorado. Since the Reunion, we have shared a meal and continue to stay in touch over texts and phone calls. What a treasure to have (re)found!</p> <p>I'd like to add a shout out to Bill Whitehead and Jay Brickman! It was great catching up!</p> <p>Wishing everyone good health and much happiness!</p>
---	--

Jonathan Wallace
studio2846@gmail.com

Chicago has been hit hard but most are trying to do the right thing by staying inside. I've had one close friend who is an essential worker get the virus as well as one of my tenant's whole family. Her mother, two brothers and niece.

I can't imagine what they all went through, each had such a difficult but different experience and all are so far surviving. Only the essential worker got tested but did not get hospitalized. My tenant's family were told to stay home, no tests were available four weeks ago in our area. She had to wait, not able to be with them and pray they survived. Thankfully they all are finally getting better.

I feel fortunate to be able to be in my studio every day, my routine is basically the same. I've been working on a series of paintings about Grace, hope and looking within. Using figurative allegorical images in oil to carry the viewer into a, hoped for, transforming experience.

This pandemic has hit so many people so hard and forced everyone to reassess what is most important, stripping away the frivolous and reinforcing, hopefully, the more positive aspects of compassion and hope.

Personally I hope we can come out the other side with a new clarity on what is truly important and necessary in how we function in society embracing a more inclusive way of caring and decency.

I'll sign off with the hope everyone is staying safe and well and staying positive during these trying times. I've attached the 1st painting from my series finished in January.

All the best.



Frank Cioffi

Frank.Cioffi@baruch.cuny.edu
du

In central New Jersey, five hospitals in this area are now overwhelmed and on “divert status.” This is the “peak” that has been mentioned many times by the media. It’s not a Spalding Grey-esque “peak experience,” either; quite the opposite. We stay inside and don’t walk, don’t go to the store, don’t do much of anything. Were it not for my Zoom classes Tuesday and Thursday, and my Zoom yoga sessions Thursday and Saturday, one day would look exactly like the next.

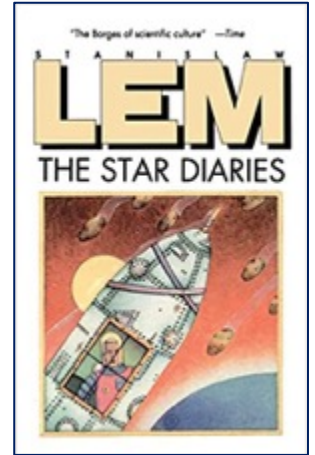
The Zoom meetings with my classes go well, I think, though from the looks on my students’ faces, I wonder. They stare out at their cameras with a blankness that seems as if they’d practiced it for years. They have. “It is this deep blankness is the real thing strange,” as William Empson reminds us. Some students vape; others knit. A few move about, coming back to the screen only occasionally. Their lives seem busier than mine, their rooms smaller but more densely textured. Several routinely blacken their screens, giving us a dark box with their name at the bottom. The program has a function so that students can send notes. It’s called “message,” and allows them to comment in writing whenever they want. Thus words often appear underneath the grid of live faces. Remarks pop up: “A lot like *Whiplash*, don’t you think,” or “She got what she deserved.” I can never really follow these. I haven’t seen the TV shows or movies they allude to. I haven’t read the same books. I orchestrate all this as I try to say something of some moment. Somehow my random associations that amount to a class take on more significance to me as I see myself saying them on what looks like a TV. The medium invests my musings with pixilated authority.

I am reminded of how we live in such world-historical times. We have lived through the assassination period (Kennedys, King, Lennon); we have endured three presidents either impeached or worse (Nixon, Clinton, Trump); we have seen the Vietnam War start and end, badly; we have seen the fall, sort of, of communism in Eastern Europe, the reunion of Germany, the breakup of the USSR. We’ve seen scores of mass shootings in the U.S.; the rise and fall of AIDS, the student strike and the Kent State shootings, the Thalidomide babies, the Internet, the electric car, the word processor. I was in Poland for the Chernobyl explosion and had to take Lugol’s liquid to prevent thyroid cancer. We’ve endured 9/11, the recession of 2008-09. Now this. My list is incomplete. It’s all incomplete. It’s the atomic age, the age of atomizing. *Our Friend the Atom* is the name of a book I had as a child. Our friend? Didn’t this author ever hear of Hiroshima, of Nagasaki? (But I recall that I bought the book from Scholastic Book Services, ordered through my grade school class: We would get a small catalog of sorts and pick out the books we wanted. Our mother would write a check, usually for about five dollars, and a month later, ten books would be on my desk at school! Christmas in mid-March. It was like magic, like hope.)

Now this is different. A friend from grad school writes me to say that he has been quoting me all week. He reminds me that once, when we were in the library, diligently reading, the power on campus failed, so we were plunged into blackness. As we made our way out of the building, I said, “When I was a kid I thought war was a bunch of guys running around with guns and shooting one another. I was wrong. This is what war is like.” Of course I have absolutely no recollection of having said that, but when I tell my wife about it, she says, “Oh, yeah, that definitely sounds like something that you could have said.”

Frank Cioffi
(continued)

I learn things now, not only about what I said, but about our world, just by sitting back and listening to the various talk shows on the radio. Everyone is talking about this pandemic. We are trying to palaver it into insensibility. Zoonotic. That's the word for today. The virus is zoonotic. I check the spelling on the internet. It means that the disease can move from animals to people. I wonder about the derivation of the word: "zoo"= "of animals"; "nosos"=disease (Greek). This is not a comforting word to have learned. I worry about the tigers we are giving the disease to. I worry about the bats that gave it to us. It's not just that we as humans are all in this together; we as mammals are. In one of Stanislaw Lem's stories, an inhabitant of another planet says to some visiting humans, "Happy Mammaling!" Little of that going on right now I fear.



Jim Eldert

eldertjamesharrison@gmail.com

Sung to the Tune of REM's *It's the End of the World*

Corona V, don't tell me,
I cannot go to Mexico;
No shorts, no Sports
No watchin' Hockey on the Go;
Baseball's gone, B Ball too
Everybody cries Boo Hoo!
Trump Talks, Nancy Squawks,
G.O.P. releases hawks;
McDonalds closes, in Reposes
Holy Crap and Holy Moses!
Bars close, Goodness Knows!
How can I face the day: It Blows!
Netflix, Bad TV
Where can I find some more TP?
Went to every grocery store and
Now I'm buying Kleenex more!
Costco's got no Sanitizer
So I am bathed in J.P Wiser!

I'm So Fed Up!!

It's the End of the world as we know it!
It's the End of the world as we know it!
It's the End of the world as we know it!
And I feel Fine!

Italy's a big bad mess!
Nonas pray to their Messiah
Iran is Bad, but They're still trying
Lining up the Black Mariah's
Who tells us? Wolfy Blitzer
May he get sucked-up in a Twister
All the time a great big grin
Saying this is Donald's Sin
I would so like to be tested
But I went out and got Arrested!

Tried to pay with Credit Card
But found that it had been Molested!

I'm So Fed Up!!

It's the End of the world as we know it!
(no more CNN)
It's the End of the world as we know it!
(no more MSN)
It's the End of the world as we know it!
And I feel Fine!

All the kids are home from school
Instruct them in the Golden Rule
Dad is home and Mommy too
All of them can play the fool
Market tanks as it surmises
Brokers brace for more surprizes.
China's feeling better now and
India's killed the Sacred Cow
Trump thinks this will last through summer
This Vacation is a Bummer
Take an on-line course in Spanish
Long before this flu will vanish
Biden, Bernie, Liz and Bloomie
Think the Blue Wave's lookin' Gloomy
Joe is sure to Vice a Lady
If he doesn't He'll look Shady

It's the End of the world as we know it!
It's the End of the world as we know it!
It's the End of the world as we know it!
And I feel Fine!

Bad TV, no TP
Bought all the Kleenex I could see

Some Thoughts On Getting By

Here are a few resources you might find helpful.

First we eat, then we do everything else.

— MFK Fisher

So, let's start with food.

The New York Times put out a supplement recently, titled “24 Recipes for Everyone Who Hates Doing the Dishes: One-pot, one-pan wonders you'll love.” You can find it online here: <https://cooking.nytimes.com/68861692-nyt-cooking/18364359-24-recipes-for-everyone-who-hates-doing-the-dishes>

We've tried about a third of them, and so far they've all been good –and, as claimed, easy to prepare.

We've also been cooking from four books written by runners. These recipes, too, are quick to make and of course really healthy. And for those of you with dietary restrictions, many of the recipes are gluten-free or can be made with simple substitutions. The books are:

- *Run Fast. Eat Slow*, and the follow-on *Run Fast. Cook Fast. Eat Slow*.
<https://runfasteatslow.com/pages/books>
- *Cook Eat Run*.
(Can you see the pattern here in titles?)
<http://www.therunnerbeans.com/2019/09/how-to-write-a-cook-book-the-story-of-cook-eat-run.html>
- *Meals on the Run*
<https://www.penguinrandomhouse.com/books/594363/runners-world-meals-on-the-run-by-edited-by-joanna-sayago-golub-foreword-by-olympian-kara-goucher/>

Facts are to the mind what food is to the body.

— Edmund Burke

(How's that for a transition?) There's a remarkable amount of misinformation floating around these days on COVID-19. Some people are just uninformed (but feel the need to share anyway), some are unconscionably malicious, and some are, let's just say it, simply stupid. No, taking cocaine or drinking alcohol does not kill¹ the virus. No, the virus is not caused by Corona beer or by 5G wireless towers. No, Bill Gates is not encouraging vaccinations in order to (somehow?) implant computer chips in Americans' brains. And, no, there has not been a single scientific study concluding that hydroxychloroquine has any effect on the virus whatsoever.

So if something sounds questionable, you might check these sites:

- Snopes
<https://www.snopes.com>
- Fact Checker
<https://www.washingtonpost.com/news/fact-checker/>

Otherwise you might check out these:

- A short, very positive video on keeping perspective personally
https://www.youtube.com/watch?v=4uL5sqe5Uk8&feature=emb_logo

¹ Overly pedantic footnote: Viruses are not technically alive so they can't actually be killed. Anti-viral medicines tend to target (latch onto and make useless) proteins in our own cells that are used to reproduce a virus. If the virus therefore can't be replicated it can't cause us further damage. And on terminology, *COVID-19* (Coronavirus disease 2019) is the disease and *severe acute respiratory syndrome coronavirus 2* (SARS-CoV-2) is the infecting agent.

- Great animations explaining social distancing
<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>
- Exponential growth and how to read the curve
<https://youtu.be/Kas0tlxDvrg>
- Perspective historically and biologically
<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>
- Latest stats
<https://coronavirus.jhu.edu/map.html>
- All things COVID-19
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Some Free Stuff – There’s a lot more available now on the web

- Nikon photography courses
<https://www.nikonevents.com/us/live/nikon-school-online>
- Harvard classes
<https://online-learning.harvard.edu/catalog/free>
- Netflix documentaries
<https://media.netflix.com/en/company-blog/free-educational-documentaries>
- Shakespeare from the Stratford Festival in Ontario, Canada
(you may remember a senior year trip there)
<https://www.stratfordfestival.ca/AtHome/Watch>
- Apple’s 5 hour+ tour of the Hermitage Museum
<https://www.youtube.com/watch?v=49YeFsx1rlw>
- Metropolitan Opera
<https://www.metopera.org/user-information/nightly-met-opera-streams/>
- A lot of classic baseball games
<https://www.mlb.com/news/watch-classic-mlb-games-for-free>
- Plays
<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

Our lives are not our own. We are bound to others, past and present, and by each crime and every kindness, we birth our future.

— David Mitchell, *Cloud Atlas*

“Research from Brigham Young University, presented at the American Psychological Association Annual Convention in August, suggested that loneliness, social isolation, and living alone are greater risk factors than obesity for premature death. These findings were based on two different research analyses, the first looking at 148 studies with a total of 300,000 participants, the second at 70 studies involving more than 3.4 million participants.” (Harvard Medical School)

Feelings of isolation, loneliness, and stress are not uncommon generally and are far more widely prevalent these days. So try to reach out to others in whatever way you can; it will make them feel better and help you, too. One way of doing that, of course, is to use the class website www.gbs1969.com which is a treasure trove of contact information. If there’s someone with whom you’d like to share a memory, someone you never really got to know but wish you had, ...let them know.