

Issue 2  
October 24, 2020

# GBS Class of 1969 Newsletter

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Hello and welcome!

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This is our second class newsletter following our 50<sup>th</sup> Reunion. Each classmate's entry is accompanied by an email address so you can follow up and 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](http://www.gbs1969.com). If you want to add to your bio or contact information on the site, send it to [rlesaar@mac.com](mailto:rlesaar@mac.com) and we'll get it posted. Stay well.

Watercolor of butterfly (American lady, or *Vanessa virginiensis*)  
by Susan Selbe. See more of Susan's work below.



## Susan Selbe

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I loved seeing you all last year. I felt like we were all kind of like Cinderella at the ball. What I loved best was that it was glorious to see just about everyone, even those we hadn't been close with, and to hear a bit about the lives lived in the last 50 years.

As for me, a couple of weeks after our reunion, I was diagnosed with recurrent breast cancer, now metastatic. Those of you who have been through serious illness know it meant a lot of medical appointments for a couple of months. Fortunately chemo was not appropriate for me, but I am on a couple of meds, one experimental, to give me more years. They leave me somewhat depleted of energy.

Meanwhile, I had started watercolor painting and continue to do that. Someone who saw some of my work on Facebook suggested I put some of it here. I am in the process of trying to start an internet business on Facebook, but am technically challenged and it's taking some time. But, I am attaching a few so you can see the style I'm developing. In high school, becoming anything artistic would have seemed impossible--I never felt I had an iota of talent. But retirement leaves time for the imagination to relax into it.

I look forward to hearing from you all. Thanks for the memories!





## Jim Tynen

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Reading about GBS reminded me of something that happened some years ago; I'd like to share it with our classmates.

When I took French in high school, like every other teenager I thought: I am going to forget all this French by graduation day and I am never, ever going to use it. And for decades that was the case -- at least, as far as I noticed.

However, in 2011, my wife, Marnie, and I planned a trip to Europe. Near our departure date, our schedule shifted, and we found ourselves with a few extra days to fill. We decided to go to a city neither of us had ever visited -- Paris. My wife doesn't speak French. I tried to brush up my French, but had little time. When our plane landed at Charles de Gaulle Airport, I was equipped with, basically, my GBS French.

To my astonishment, I could talk to French people. I could speak to hotel clerks, museum guards, waiters, and others we met as we wandered about. I could even make simple conversation with people we happened to meet. By the way, the Parisians we met were gracious and charming. That might have been because my attempts to speak their language amused them and put them in a good mood, but still....

We had a great time. After we buckled ourselves into our seats on the jetliner taking us to our next destination, Marnie turned to me and said, "I didn't know you could speak French."

I replied, "I didn't either."

It turns out that, despite my sincere efforts to remain ignorant, my teachers had pounded a surprising amount of French into my brain. And I realized, more than ever before, how much all my high school teachers had actually taught me. I must have used the math, science, literature, history, and more every day since, almost always without realizing it. And of course those same teachers also dragged me closer to adulthood, at least a little. (It's an ongoing process.)

I finally see how much they gave me, and how little I had appreciated it. I have tried since to be more grateful to them, and all who have helped me on the way. I owe the teachers of GBS a huge debt, one I can never repay. All I can offer them is, wherever they are, a belated but heartfelt, "Merci beaucoup!"

## Scott Buzard

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Writing from home in Glenview:

My wife, Barbara, is a Glenbrook North graduate, Class of 1970. Her 50th reunion was in the planning stages for this October. It has been postponed until 2021. Our class was fortunate to be together before life changed so dramatically. The effect on Glenview was huge early in the Spring. A nursing home on Greenwood Avenue, north of East Lake Avenue, had 35 deaths. The Glenbrook Hospital, in the shadow of GBS, was designated a Covid-19 only facility, due to its modern ventilating system and size of the ER. Ambulances brought patients from Evanston, Skokie, Highland Park, Northbrook and other nearby systems to Glenview. Glenview has had 915 positive cases and 51 deaths since March. Barbara taught sixth grade math as a long-term substitute remotely until the end of the school year. That was the last direct teaching either of us has done. This will be my 48th year teaching in Glenview, and I have a long-term position in line beginning in March 2021, but for now Barbara and I are only making ourselves available as remote teachers. My 94-year old mother-in-law lives with us, and we are exceptionally careful on her behalf.

Since March we have not seen our four grandchildren except briefly through windows and on Facetime. Our oldest son isolated himself in our Buzard family cabin in northern lower Michigan and we were able to spend a few days with him once he had quarantined. Our three sons who are middle school teachers and our two daughters-in-law who teach second grade and college are all teaching this fall in one way or another. Idaho is full classes with masks, little distancing. Michigan and Minnesota are hybrid with half the students in class each day and the others following live streams from home. The Glenbrooks are totally remote, as is District 34, but all expect to switch hybrid in October. Sadly, I have had to cancel the annual 8th grade Washington DC trip, which I have organized along with Dave Tosh since 1974. We also had to cancel the 7th grade Springfield trip, both last April and already for April 2021. The venues are not open in many cases,

or at least not for large student groups, and the logistics for safely moving and housing 200-300 students and the chaperones are too difficult at this time.

Like many of you, I assume, our pace of life since March has been a very slow one. We shop rarely, although mask wearing is pretty universal here and we are comfortable with the occasional grocery or hardware run. I have spent a lot of time gardening and supporting the birds that flock to our feeders and backyard pond. Our dog has had more walks than ever before in his life. In fact, the side streets are filled with hikers most days. The last portion of the summer I have been able to finally enjoy my Chicago White Sox, at least on TV. Barbara has used her time to write a brilliantly conceived and executed book manuscript, based on family letters back and forth to our Michigan cabin, from its origin in the 1930's to the present. Most of them were discovered in a multitude of boxes that were left behind when my grandparents and parents passed away. She has also been voluntarily writing curriculum that can be used for remote teaching for our youngest son's charter school, including units on The Civil War (I helped on that one), The Civil Rights Movement, and Greek Mythology. The cancellation of the summer Ravinia concerts, especially the Chicago Symphony, created a huge void. I have compensated by subscribing to the [Berlin Philharmonic Digital Concert Hall](#), which has archives of hundreds of concerts and broadcasts live in HD from their current season. It is a fantastic resource.

I have also had plenty of time to sustain my passion for reading presidential biographies and history. I just finished a 900-page volume by Harvard professor and acclaimed historian Jill Lepore. [These Truths](#) looks at U.S. history from Columbus to the present (2019) through a lens of the concepts laid out in the Declaration of Independence and The Constitution. It is not an opinion book, but rather a fully footnoted and very readable story. Along with the expected people and events, she consciously highlights threads of African Americans and women in relation to their experiences since those documents were created. I found historical insights and connections that enlightened me, even after decades of teaching U.S. history.

As to my obsession with presidential biographies I have just begun a just released one by Pulitzer Prize author Fredrik Logevall, [JFK](#), which follows Kennedy's life from 1917-1956. A second volume will eventually cover the rest of his life. It is excellent. For those who are interested in delving into the presidents of our younger lives, here are some of my favorite volumes: [Truman](#) (David McCoullough), [Eisenhower](#) (Jean Edward Smith), [Robert Caro's trilogy on Lyndon Johnson](#), [Memoirs](#) (Richard Nixon), [President Carter](#) (Eizenstat), [Reagan](#) (H.W. Brands), [Destiny and Power - George H.W. Bush](#) (Jon Meacham). I would also recommend Chris Wallace's new book [Countdown 1945](#), about the 116 days leading up to the dropping of the atomic bomb. My oldest son recently taught a one-day lesson on the anniversary of the September 11, 2001, attacks. Current seventh graders were born six years after 9/11. Our class was born six years after Hiroshima. When today's seventh graders study the Vietnam War, it is no closer to their lives than World War One was to ours.

As to lighter reading, I also enjoyed [Modern Family, The Untold Oral History of One of Television's Groundbreaking Sitcoms](#), by Marc Freeman. The creator and co-producer of that show was Steven Levitan, a GBS grad who I taught when he was in eighth grade. And finally, for a witty yet comprehensive layman's account of how all our systems work, [The Body](#), by the fabulous Bill Bryson.

After years of resisting, the pandemic finally drove me to establish a Facebook page. I guess it was partly to make up for lack of face-to-face encounters, but also because I was spending quite a bit of time reading Barbara's page to keep up with friends and family. October 2019 seems surprisingly long ago based on current circumstances. Thanks to Rick's initiative we can keep in touch. Please stay safe, and vote in whichever way is practical.

Facebook:

<https://www.facebook.com/scott.buzard.904>

## Pam Kitts

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I'd like my classmates to log on to the website of my exciting new rescue in Mundelein and learn who we are: <https://www.adoptablefriends.org/>

Thank you!

[Ed: For a list of, and links to, other charitable and public service activities supported by our classmates, see this page of our website: <https://www.gbs1969.com/helpingothers.>]

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**Marjorie Skelly**  
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### **Covid-19 Ode to Swimming in Chicago**

Indoor pool.

I remember you!  
Chlorinated pools, laps swum,  
The essence of me.

I cannot do you.  
Imprisoned in my tired flesh,  
Lost, listless desire.

I entered Heaven  
The last day I swam mid-March:  
Indoor paradise.

As the end was near,  
I swam as long as I could,  
A fish under water.

I came up for air  
And gasped as would a caught fish,  
Net wrapped around me.

And so it would be:  
Life guards blew the last whistle,  
Paradise removed.

Fully clothed and warm,  
I tried to cut my losses,  
Walked to the front desk

To say my goodbyes  
To kind YMCA staff  
Who smiled past their tears.

And then I was gone,  
Pulled into the dead dry earth,  
I still kept smiling.

[Ed: Marjorie's poem first appeared on the Highland Park Poetry website <http://www.highlandparkpoetry.org>.]

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## Jim Eldert

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*sung to the tune of So Far Away From Me by Dire Straights*

Here I am again in this COVID town  
 And you're 6 feet away from me  
 Where are you when the sun goes down?  
 And you're 6 feet away from me.

6 feet away you ask  
 So close I see your mask  
 6 feet away from me  
 You're so close to me I scream.

I'm tired of being in love and being oh so close  
 But you're 6 feet away from me  
 I'm tired of makin' out on our iPhones  
 And you're 6 feet away from me.

6 feet away I ask  
 So close I see your mask  
 6 feet away from me  
 You're so close to me I scream.

I get so tired when I have to explain  
 That you're 6 feet away from me.  
 You be on the stairs  
 And I be on a chair  
 And you're 6 feet away from me.

6 feet away I ask  
 So close I see your mask  
 6 feet away from me  
 You're so close to me I scream.

[Ed: In case you're forgotten the tune: <https://www.youtube.com/watch?v=IHxK9glwFBg>.]

## Julia Taylor Hitchins

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We sold our home in Savannah in Feb and moved to Austin full time March 1.

Bad timing and Good timing....Glass is Full.

We love Texas! It is the first state where citizens are proud of their state and literally love it. People hang the Texas Star on the sides of their Million Dollar homes! Can you imagine people in Illinois doing something like that?

Change is great and keeps the mind and blood circulating.

People are very active here, and I swim in Lake Travis almost daily.

They are extremely friendly. I think even friendlier than Midwesterners. I have found that east coast people (New Yorkers, NJ, Connecticut) are friendly in their own way, not my way.

Love not worrying about Hurricanes!

Can't wait till the music scene gets going again in downtown Austin. It is really awesome.

If anyone happens to travel to Austin, would enjoy seeing them...

On that note, I can't wait to TRAVEL!

Keep safe and stay healthy!

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## Jim Siwy

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Aren't you glad that we had the reunion LAST year?!! This year is like 1918, 1930, 1968 and more rolled up into one, but possibly worse. Janet and I, as empty nesters, have fared well. We are healthy and safer than most folks in our troubled land. I have been working remotely in my psychotherapy/psychoanalyst-in-training practice from our basement, either by video or phone. Very busy.

We took a road trip to see our oldest daughter and our three grandchildren in Milwaukee in late August. We then drove on to Custer State Park in the Black Hills, SD. Beautiful place. Includes Mt. Rushmore. I recommend seeing the Crazy Horse monument, in progress and slated to be larger than Rushmore. Also, it's fun to see buffalo walk next to your car. Stay inside! I finally went to Graceland (I'm an old Elvis fan). I thought it would be tacky, but it wasn't. We toured for five hours; I was inspired. Picked up a pair of his TCB sunglasses and an Elvis for President tee shirt. The latter goes with our yard sign: Any Functioning Adult / 2020.

Everyone please be well, stay safe, vote, and do something loving to reduce the hateful polarization that torments our great nation.

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## Jill Crane

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I have been hopelessly busy writing a book about Glenview's history during the '20s and 30's. I'm narrowing in on the specifics of Prohibition, Curtiss-Reynolds airfield and the financing of Roosevelt Pool, a WPA project. I'd like to ask our classmates if anyone would like to share a family 'story' or photos from that time.

I got started on this project when my mother told me she sat on Bugs Moran's knee when she was a little one. The more I researched the more I discovered how ruthless things were in some parts of Glenview and how the founders of our town worked so hard for our community. This book will "explain" the beginnings of both Hackney's, other blind pigs and The Garden of Allah, a ritzy nightclub, replaced in the 1948 by Lyons School.

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## Jeph Harrison

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At 8:10 PM Thursday, October 10, 2019 while we were finishing up a very nice dinner at Valley Lo, Cecilia Jane was born. Today is her first birthday! Happy Birthday Ceci!

As you can see she is very healthy and happy. Because of the vulnerability of her lungs for her first few months she was protected from germs and then the pandemic hit so she has led a pretty sheltered life so far. But Jo and I were able to come out here to Oakland CA and quarantine and get tested and then join her bubble so we could be with her for a few weeks including for her birthday. She is a very special little one.

I hope you all are doing well.





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## Marti Gorun

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Since the pandemic started, all the volunteer jobs that helped keep me busy have changed in major ways. Master Gardeners was unable to meet all summer, but in our backyard we planted about a half-acre with crops for the local food pantry. So far we've harvested just under 300 lbs. of produce just from our small plot. My animal shelter volunteer job also ended when the shelter no longer could let volunteers come in. They asked the volunteers to foster all but the sickest of animals. We have had a parade of cats, pregnant mothers and kittens and worked with the shelter to find good homes for them all after they were spayed or neutered. If anyone is looking for a kitten, I can fix you up! I also trap feral cats for [Spay and Stay](#) which spays and neuters them and returns them to their community. Then we work with local homeowners to feed them and set up winter shelters. Finally, all my work with the Adlai Stevenson Center on Democracy has gone virtual and the Center has made it free of charge. You can access their upcoming programs by registering on their [website](#). They get some terrific speakers on topics of real interest. I hope folks will take a look.

Other than that, we are keeping ourselves socially distant, having book clubs 10 ft. apart in the yard or on Zoom and looking forward to the day when we can start traveling again. Stay healthy everyone!

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## John Hibbs

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The pandemic has certainly pushed me to take stock, focus on what's important, do a better job of reaching out to people I love, be more out-reaching to people in general. Now easing towards retirement from patient care and clinical teaching, I'm a little over 50% FTE with the medical school, and took the whole summer off for the first time in 45 years! Plans to teach and travel in neighboring corners of Spain and France having been cancelled, Joan and I bought starter kayaks, and spent the summer watching waterbirds, and hiking, backpacking, bicycling, car camping in WA, OR, and through the Rocky Mt. states. Falling in love again with outdoor Pacific NW and the mountain states was great, as well as getting back in shape, but I think the big surprise was finding out what it feels like to relax. Who knew? Kids, grandkids, and rest of the family are good, for which I'm thankful. We celebrated my mom's 95th birthday last week, another Libra, what a gift. Though our area was the first epicenter of Covid-19 late last February, which was certainly alarming, her retirement facility has been able, through excellent PPE, screening, testing and tracing, to keep all residents and staff safe, so many thanks there, too. Thanks for the chance to update, and looking forward to seeing you all again at the next party.

## Colleen Malany

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Greetings to my GBS classmates!

What a year 2020 has become. I hope everyone has managed to stay healthy and not too crazy from all the isolation we've had to endure. I've enjoyed the entire summer at the Ranch in Colorado. It's kind of an easy way to quarantine in the middle of nowhere with views that are breathtaking! Now for the update....I seem to love change & transition!?! On September 10<sup>th</sup> I closed on my townhouse in Las Vegas, packed up my belongings and moved it to Goodyear, AZ. All of it now sits in storage. On October 15<sup>th</sup>, I will close on a villa in the Pebblecreek Community in Goodyear. I'm really looking forward to starting a new journey. New address: 16389 W. Piccadilly Road, Goodyear, AZ 85395.

One big relief happened very recently....there is a contract on the Ranch property. I anticipate a 2020 closing on it. Yahoo!!!!

I also want to thank everyone who donated to the JKB/WOL distribution of solar lights in Kenya. Of course, we did have to postpone the trip. Three hundred of the thousand lights managed to clear customs in Kenya before their country shut down. Our team then agreed that it was more important to get the lights distributed than waiting for us to travel and distribute the lights ourselves. We managed to strategize & train local on the ground partners. As a result, the initial 300 lights were delivered to desperate communities in the Homa Bay, Mount Elgon, and the Kibera Slum thanks to your generosity. Amid the pandemic, families will be at home, sitting in darkness with toxic fumes of kerosene or paraffin during their lockdown. The impact of these 300 lights was immediate. The brought financial relief, health relief, and emotional support.



I'd like to share a story that illustrates the incredible support this little light brought to families.

The women in this picture (to the left) received lights. They live along a local river. They are so poor that the mothers are forced to take part in what is commonly called "sex for fish". Several times a week, these women sell their bodies in exchange for fish to feed their children. Because they each received a light they no longer had to buy kerosene or paraffin. They used the saved money to buy their family food. Talk about an immediate impact on their lives. We can now visit them in 2021 and conduct an impact study on how these women are still doing as well as distribute the remaining 700 lights. Thank you all who generously made this possible!

Our work is just getting started.

More to come.



[Ed: If you were moved by Colleen's story—I certainly was— you can still send a contribution, to continue this work and purchase more lights, to Colleen at the Goodyear, Arizona address above. Make your check out to: JKB EEF ]

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## Arleigh Stein

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Hello, all.

I hope you are doing well, staying healthy and staying safe.

I live in New Zealand.

I'm sure you have heard on the news that we are one of the countries leading the world in effective Covid-19 response, because our Prime Minister, Jacinda Ardern, went early and went hard shutting the country down. New Zealand has had a total of 25 deaths, several of which took place in the early days at a facility for the elderly with dementia. Her response worked, and we now have no community spread of Covid-19 here.

With that as a backdrop, it's easy to understand why my life hasn't changed much since our lockdown, which I used to perfect my croissant recipe. My husband and I went walking every evening around 10 pm when the streets of our town center were absolutely empty. It was very eerie, and something I won't soon forget.

Since lockdown was lifted, life has returned to normal with everything open: crowds gather in sports stadiums, religious services are held as usual, restaurants and bars are open and weddings have no limit on the numbers of guests. The one big change is that international travel is discouraged. Since we used to roam the world frequently and extensively, this has been a big change for us, but obviously a First World Problem that we can cope with.

So life is easy and good here, as I hope it will soon be for one and all.

Cheers,

Arleigh Stein (Ralph)

Here is a photo from one of our last trips out of New Zealand, a bit of whimsy in Terminal 5.



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## Elizabeth Adams

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I won't say that it's hard to believe it's been a year since we were together, as we're all undoubtedly thinking the same thing! Our Reunion Weekend was a definite 2019 high point and my sincere thanks again to all our classmates who made it possible. My only regret was that there just wasn't enough time to get caught up with everybody. I was delighted to hear people enthusiastically talking about the next one, hoping we didn't wait another five years.

2020 was supposed to be a travel year for me - Playacar Mexico for some fun and sun, a return trip to Chicago for a Chi Omega reunion, out to Charlotte to see my sister Barbara (GBS '73), New York for a week of restaurants and theatre, Colorado Springs to see friends, and lots of trips to the wine country. Instead, I spent time figuring out how to turn my in-person business where I handle bill payment, record keeping, rental property management and whatever else comes up for my clients, into a virtual one. It's been a learning process on both sides, but as it looks to be my best year ever, I'm pleased. And I don't miss the 2 hour commute into San Francisco.

I've enjoyed hosting socially distanced cocktails on my front lawn, and staying in touch on Zoom with family and friends who live farther away. My daughter Lisa and son-in-law Stephen just rebooked our canceled week in Mexico for January 2021, so my outlook remains optimistic.

I've attached a picture from February as I headed to meet three wonderful friends from my Wells Fargo days for our 19th Annual Valentine's Day Luncheon at Bix in San Francisco. It was the last time I ate a fabulous meal and enjoyed excellent champagne inside a really great restaurant. Sigh....



Sending my love and best wishes to each of you. Stay safe, healthy and Zoom frequently!

Elizabeth Stevens Adams (a.k.a but not anymore - "Betsy")  
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## Kathie Magness

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Like all of you, the pandemic has given us pause to think. Milton and I have really enjoyed our time of quarantine. We started exercising together every day, made a commitment to eat healthy, have both lost some weight and are feeling great. We binge watched Designated Survivor (first 2 seasons) and now NCIS (we're on Season 12). Lots of cleaning/decluttering and house projects. But the most significant thing is that Milton decided to retire from his work as a Psychotherapist. He was fortunate to sell his practice to a woman who he has trained in his methodology. She lives and works north of Charlotte. You know what that means: a Covid safe road trip!! So we left Houston on September 12 with a U-Haul loaded with his professional books, videotapes, workbooks, furniture and supplies so that we could deliver all of it to her. Oh, and a month's supply of hand sanitizer and masks!!

Milton had never been to the Carolinas (I had) and he loved it. After Charlotte, we headed to Asheville, Winston Salem, Raleigh Durham, Camden/Columbia and Augusta, before concluding our month on the road in Charleston and Savannah. We loved it so much that we are considering a move there at some point in time. I see that many of our Titan class of '69 classmates have made the same decision.

While on the trip, we decided to sell our home in the Canadian Rockies. We have been going up there for about 20 years and have owned a place for 12. But the border has been closed since March 21 and we cannot cross it because we are not essential workers or truck drivers. Sadly, Canada's cases have spiked in recent weeks and all of you know how poorly we are doing, so there is no telling when things will open up. We want to make a trip up there to get ready for the sale but can't so the timing of the sale is unknown. (There are only 3 times of year that things sell in Alberta: now until late November, spring and summer.) We had planned a cheerleader reunion for this past summer but had to cancel it. Now we're not sure if we'll be able to have it this coming summer -- again, it will all depend on the border situation.

So life is in flux. Thankfully, our kids and grandkids are fine and still working. Fall has come to Houston, which is the happiest time of the year after 6 months of heat and humidity. We can sit outside again and enjoy great weather.

I love reading everyone's updates and am so grateful for the effort Rick Lesaar puts into keeping us connected. I have such fond memories of our time together, just one year ago. We were so blessed to get the education we did and the opportunity to come together to be reminded of those times.

Stay safe and wear your mask!!

## Some Thoughts On Getting By

### A Great Gift, for Others ...or Even for Yourself

If you've ever eaten a Ben & Jerry's ice cream containing brownies, or bought brownies from Whole Foods, you know how good they are. The people who make those brownies will sell/ship them directly to you or whoever you'd like. That's a win in and of itself, but take a look at their website [www.graystonbakery.com](http://www.graystonbakery.com) and notice their Open Hiring Policy (no background checks, no resumes, no interviews.) If you want to work, they'll hire you. At a time when so many people are out of work and the economic and physical impact of the virus has been particularly hard on people already scraping by, this is a wonderful program. So give some to your mail-carrier, drop some off at a local hospital, or, go ahead, order some for yourself.

### Why Handwashing Works: Soap Rips and Pulls

The reason handwashing with soap is so effective and so strongly urged in fighting the COVID-19 virus is because the soap essentially disassembles or pulls apart the virus and thereby makes it inoperative. COVID-19 is what's called an *envelope virus*, meaning that it's surrounded by a "bilayer lipid," or more commonly, a double layer of fat. That fat envelope is weakly attached to the virus (--for those of you who remember your chemistry, think non-covalent bonds—[*Thank you, Mr. Goodspeed!*]) and what the soap does is bind to and then pull the lipid molecules away from the virus, thereby destroying it. These detached lipid molecules are then harmlessly washed away. The other trick soap performs is detaching the virus from our skin. If we've come into physical contact with the virus it's not just sitting quietly on our skin, it's actually weakly bonded to it. Soap contains surfactants, molecules with one end that likes to bind to fat and one end that likes to bind to water. The surfactants then attach one end to the virus and one end to the water from the faucet, freeing the virus from our skin.

### N95 Masks Do Not Work the Way You Think They Do

This short video shows you how they work. And don't miss the picture of the cat with the Styrofoam!

<https://www.youtube.com/watch?v=eAdanPfQdCA&feature=youtu.be&utm>

### A Simple Way to Help

Most of the day and night your computer is not in use, and to some extent even when it is, its full computing power is not being used. IBM has developed a mechanism that puts those unused cycles to use, helping research in childhood cancer, AIDS, tuberculosis, and COVID-19, among others.

Essentially, large or difficult computing problems are divided up into many smaller tasks. Volunteers (like me, and I hope you) download a simple program that 'solves' these small problems and sends the results back to the researchers, where the results are consolidated. The program runs in the background, i.e., it doesn't interfere with your own work.

IBM's COVID-19 challenge is to help find treatments for the virus. If a chemical can be found that binds to the spikes sticking out of the Corona virus, the virus will stop replicating in a patient. Testing those chemicals could be done one at a time in a laboratory, but that would take enormous amounts of time, effort, and money. Instead, researchers built a 3-D computer model of the virus and of each of the prospect chemicals. Your computer then calculates to see whether the two would lock together.

For more on this project see this:

<https://www.worldcommunitygrid.org>

### **Flu Vaccine**

Now, middle-to-late October, is the best time for people our age (sorry!) to get a flu shot; it should help protect us through March. And yes, flu season is at least that long. If you're not allergic to eggs and your doctor agrees, it's best for we seniors to get something called Fluzone High-Dose Quadrivalent. It's the "High Dose" part that differentiates it from the other form of flu vaccine. You certainly wouldn't want to get COVID-19 *and* the flu, would you?

### **We're Number 5!**

Thank you to Marti Gorun and Scott Buzard who both spotted the news that the Glenbrook school district (both North and South combined) was just rated 5<sup>th</sup> best public school district in the nation. North was independently rated 94<sup>th</sup> best public high school in America and South was 78<sup>th</sup>. Not quite sure how that math works out, but you can explore more about the rankings at [www.niche.com](http://www.niche.com).

### **And Finally,...Please Vote!**

If you haven't done so already, please vote. For the last presidential election in 2016, only 55.5% of the voting age population actually voted. Given what a privilege it is elect our leaders and how important this election is, we can certainly do better than just over half the electorate turning out.