



 Today Partly Cloudy H 47 L 35	 Thurs Showers H 53 L 36	 Fri Cloudy H 56 L 33	 Sat Partly Cloudy H 55 L 33	 Sun Mostly Sunny H 59 L 39
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A look at next week ... Distance Learning: Grygla teachers tell us everything we want to know!

Grygla/Gatzke Food Shelf is here to help

Written by Kari Sundberg, Eagle Editor

"We haven't gotten any phone calls from anyone, surprisingly. I think people are just too proud right now," admitted Cheryl Sistad and Joni Anderson, both with the Grygla/Gatzke Food Shelf.

Minnesota has a strong, resourceful, and compassionate hunger relief system, which includes the Grygla/Gatzke Food Shelf which serves over 30 local families monthly.

Included in a recent COVID-19 aid package signed by Governor Walz was an \$11 million appropriation for food shelf programs. "That is A LOT of money," said Cheryl, who added that the funds are there to be utilized. "We have our regular families coming in, which is great," she said. "But we're here for a reason. This is a time of disaster; people have had their hours cut or lost their jobs. Kids are home from school. Money is tight right now and we're here to help alleviate some of that stress," she added.

In neighboring Thief River Falls, their food shelf is open twice a week. Since the COVID-19 pandemic, they have seen a huge increase in clients with people lining up all the way to the highway. One can only assume that residents of these smaller towns are making trips to a bigger food shelf because they are too proud to turn to their local food shelf.

Joni Anderson added that everything is confidential; no one is judged, talked about or turned away. The Grygla/Gatzke Food Shelf wants to serve its residents – especially now.

More than 300 food shelves currently receive Minnesota Food Shelf Program funding.

Eligible food shelves will each receive \$2000 in base funding; including Grygla. Each can apply for more, if needed. Cheryl says there isn't a need for Grygla to apply for more right now. This relief package is also allowing more startup food shelves right now with opportunities and funding available for interested parties.

"It hasn't hit that hard up here yet, but it's coming. And we want to be here for our families," the two agreed.

Joni and Cheryl shared the following information on income guidelines, as it has hugely increased, allowing more eligible families to qualify. You can see below that the numbers have almost doubled.

(Previous income eligibility)
Family size/Annual income
One: \$0-\$24,280
Two: \$24,281-\$32,920
Three: \$32,921-\$41,560
Four: \$41,561 - \$50,200
Five: \$50,201 - \$58,840
Six: \$58,841 - \$67,480
Seven: \$67,481 - \$76,120
Eight: \$76,121 - \$84,760

(Current income eligibility)
Family size/Annual income
One: \$0-\$38,280
Two: \$38,281-\$51,720
Three: \$51,721 - \$65,160
Four: \$65,161-\$78,600
Five: \$78,601 - \$92,040
Six: \$92,041-\$105,480
Seven: \$105,481-\$118,920
Eight: \$118,921-\$132,360

The food shelf is available to serve people who may need a helping hand not only on an income-based need, but also in case of a disaster (fire, flood, etc.). The Covid-19 affecting our country definitely fits this disaster category.

The Grygla-Gatzke Food



Joni Anderson and Cheryl Sistad, pictured above, go over the new guidelines from the State. The Grygla/Gatzke Food Shelf is located in Motel 89; its shelves are very full and organized. Photos by Grygla Eagle Newspaper



Shelf will be open this Saturday, April 25th, at their location in the west side of the Motel 89 building. The hours are 8-10:30am. Please call Joni or Cheryl as soon as possible, so they have an idea on how many new people will be coming. However, if you show up that day, you will not be turned away.

Also, the March food shelf campaign has been extended until April 30th, due to everything going on. Usually, many donations are received, but

that hasn't been the case due to the current situation. There is another campaign running in July that the Grygla/Gatzke Food Shelf may decide to participate in, as well, in order for goals to be met. Some of the goals for our local food shelf also include replacing the current appliances with newer, more energy-efficient ones.

Meanwhile, the following is being asked of clients:

- Do NOT come to the food shelf location if you have a cold or are not feeling well.

Send another person in your place to pick up your food.

- Please understand if we ask only one person to come to the food shelf door (no one is allowed inside) at a time, others should wait in their vehicles.

- We are no longer allowed to help you load your vehicles, so please keep this in mind.

Any questions, call Cheryl Sistad at 218-684-4707 or Joni Anderson at 218-689-7418.

In closing, Cheryl said these challenging times remind her of

a couple of bible stories. "One is from Ruth when Mordecai says maybe we are here for times such as this. The other one is the story of Joseph in Egypt – you've got to store up seven good years to make up for the bad year. So right now, we've got the funds to go out and buy the food for the people who need it. We are in a position to help people and we're here for a reason," she concluded.

Turn to EJ's Patio & Landscaping when you plan your outdoor summer projects



Written by Kari Sundberg, Eagle Editor

It's warming up outside, which means it's time to start planning your summer projects. You can turn to EJ's Patio & Landscaping, based out of Goodridge, Minnesota. Elroy Johnsrud, owner, can help you plan, design and create the perfect outdoor living space.

Elroy started this business two years ago. He previously worked carpentry for 18 years and is also a full-time Industrial Arts teacher at the Goodridge School. EJ's Patio & Landscaping is his full-time summer job, which also employs Jacob Tharaldson and Kaleb Sjustestad.

If you've got an outdoor summer project in mind, Elroy says he'll sit down with you and go over the ideas, providing you with a free quote, as well. You can expect him to give his customers books and websites to look at for inspiration. It also gives the person an idea of the different kinds of materials available. After looking at books, he'll offer his suggestions and brainstorm some ideas together. "I try to make the project authentic to the customer," Elroy said. When it comes to drawing up a plan, that's a design project Elroy does himself. As for materials, he goes through Hebron Brick in Grand Forks, ND.

The local business offers a wide range of projects, which include: patios, decks, side-walks, house & garden borders, hardscapes and retaining walls. For those of you not

familiar with the term "hardscapes" – that can be your normal patio, but mostly bigger stuff such as fireplaces, free-standing walls, pizza oven for your patio, benches, etc. Elroy added, "They have so many nice looking things out there. In one of the pictures shared here, you can see a basketball court in the background. We also built that for a future Charger basketball player during one of our jobs."

EJ's Patio & Landscape has mainly done projects around Grygla, Goodridge and Thief River Falls. To date, the business has taken them as far as Fertile, but the crew is willing to travel farther, if needed.

Elroy stays busy with his full-time teaching job during the school year; he is also the Head Coach for the Chargers Varsity Girls Basketball team.

He and his wife have four kids (ages 7, 5, 3, and 10 months). To say he is a busy man might be an understatement, but adding in a landscaping job seems to fit right in. "I enjoy doing landscaping because of the final product. There are so many nice materials out there to choose from. It's nice to see when it is all finished. When it is all done, the customer has a nice place to go to. Whether they want to relax by themselves, with family, or have friends over. It makes the house and property look complete."

You can check out the EJ's Patio and Landscaping Facebook page where photos of projects are posted for people to check out and maybe get some inspiration from.

If you are looking to create or update an outdoor space, Elroy Johnsrud can be reached at 218-686-7262 or by emailing elroy218@gmail.com



Here are just a few of the projects completed by EJ's Patio & Landscaping out of Goodridge. On the right, you can see an example of a wood grain patio that was being designed. Photos courtesy of Elroy Johnsrud



Minnesota Severe Weather Awareness Week

Submitted by Christopher Muller, Emergency Management Director, Beltrami County Sheriff's Office

While in the midst of the COVID-19 Pandemic, Minnesota takes a moment to remember that other hazards will not take a break as we move into severe weather season. The week of April 13th-17th, 2020 was designated Minnesota Severe Weather Awareness Week. There are five topics for Severe Weather Awareness Week.

Alerts and Warnings: Have a source of NOAA Weather Radio and messaging for any severe weather alerts or warnings that may be activated. There are several apps available to provide weather information from commercial media outlets, Wireless Emergency Alerts and other sources. Know the difference between a watch and warning. Watches mean it is possible and warnings means it is happening or likely to happen.

Storms, Hail and Lightning: Thunderstorms can produce damaging winds comparable to significant tornadoes, exceeding 125mph in the most intense straight-line winds and can cause incredible destruction. Hail causes around a billion dollars in damage a year and are the result of strong thunderstorm updrafts. Lightning kills nearly 50 Americans annually in injuries many more. Remember: "When thunder roars, go indoors!" and for our neighbors who are deaf and hard of hearing, "See a flash, dash inside!"

Flooding and Flash Floods: Storms can produce very heavy rainfall resulting in flooding. The most dangerous flooding is flash flooding. Torrential rainfall can rapidly runoff, washing out roadways, floating vehicles and inundating dwellings. If you encounter a flooded roadway: "Turn

around, don't drown!" Most flood related deaths occur in vehicles.

Tornado Drill Day: Beltrami County will be participating in two tornado drills on Thursday, April 16th at 1:45PM and 6:45PM. Businesses and other facilities are encouraged to share information with occupants where safe sheltering options are. Due to COVID-19 Pandemic social distancing concerns, Beltrami County Emergency Management is discouraging congregating in sheltering locations for the drill. In an actual need for severe weather sheltering, the designated sheltering locations should be utilized. Families are encouraged to review their severe weather response plans and ensure their shelter location is known by all family members. Outdoor warning sirens will sound at 1:45PM and 6:45PM, however CodeRED Community Alerts will not be delivered.

Extreme Heat: Despite winter 2019-2020 wanting to linger well into spring, we know it will eventually warm up, and likely to dangerous levels at some point this summer. Heat ailments can be dangerous when the body loses the ability to cool itself. Never leave children or pets in vehicles! Even on warm sunny days, vehicles can reach lethal temperatures. Cars act like greenhouses and heat very rapidly.

SKYWARN: Due to the COVID-19 Pandemic, there will be no Skywarn (Severe Weather Spotter) training offered in Beltrami County in 2020. The National Weather Service in Duluth is offering online courses, visit www.weather.gov/dlh and click on "local programs" and go to "Skywarn", the Grand Forks Office also has online training at www.weather.gov/gf and click on "local programs" and go to "Skywarn."

Minnesota health officials confirm case of COVID-19 in Marshall County

North Valley Public Health has been notified by the Minnesota Department of Health of the first lab confirmed case of COVID-19 in Marshall County. The person is in their 50's and the case continues to be investigated by the Minnesota Department of Health.

"Oh behalf of North Valley Public Health, I'd like to extend our best wishes to this individual for a speedy and full recovery. While this is our first confirmed case in Marshall County, we know that COVID-19 is considered widespread and likely was already circulating in our county," said Frances Tougas, North Valley Public Health Director.

Marshall County Emergency Management and North Valley Public Health continue

to stress the importance of following Minnesota's Stay at Home order. As a reminder, it means to avoid going out in public unless necessary, like to get groceries, medicine, or medical care – and to use social distancing when doing so.

North Valley Public Health is available to answer COVID-19 questions and connect Marshall County residents to essential services by calling 218-745-5154, M-F, 8am-4:30pm. The Minnesota Department of Health has a hotline available 7 days a week by calling 1-800-657-3903.

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Social distancing is driving force behind RSVP's Meal Kit project

Thanks to recent Northwest Minnesota Foundation and NW Regional Sustainable Development Partnership (NWRSDP) grants, isolated seniors and individuals affected by COVID job loss have one less thing to worry about. Using a newly-developed University of MN Extension, "14 Day Meal Kit" template, the Retired and Senior Volunteer Program of the Red River Valley (RSVP of the RRV) has secured funds to implement and provide Weekly Meal Kits for those most needy during and after the COVID-19-induced Stay at Home and social distancing directives.

RSVP is partnering with small town grocers and RSVP volunteers (without compromised health issues) throughout the 7 County NW MN region to package and deliver non-perishable meal kit boxes at no cost to recipients. Food items chosen will be according to the 14 day meal kit guide produced by a MN Extension team, and revised for a 7 day version. Meal kits, projected to feed one person for a week, will be assembled by participating local grocery stores and delivered to those in need by RSVP volunteers, keeping social distancing and the health and safety of clients and volunteers, in mind.

The emergency food, suggested by a UMN Extension health and nutrition team, is 'shelf stable, easy to prepare, and calorie sufficient for vulnerable populations.' The products are typically easy to find in any rural grocery store, thereby supporting local businesses. The kits include items

for breakfast, lunch, dinner and snacks. "These meal kits will allow communities to help each other while also supporting local businesses that serve as a critical resource during times of crisis."

An RSVP volunteer task-force (COVID screened) has been established, representative of each NW MN County, who will be the eyes, ears and hands throughout the region. Volunteers will pick up meal kits that have been packaged by partnering grocery stores, then provide non-contact delivery to recipients, thereby minimizing contact among members of the public. Non-contact delivery means that deliveries will be left outside the door of a client's home. Recipients will be screened prior to delivery to assure that a solution will be found if someone is unable to get their groceries from outside.

Aiming to replicate the meal kit project within each of the 7 Counties served by RSVP of the RRV, Program Director, Tammy Frohlich, wrote the grant proposal to supply 10 meal kits within each. Rural living can be isolating under normal circumstances; adding COVID-19 concerns and sheltering in place intensifies fear and disconnection. "My hope is to alleviate financial burden and fear of COVID-19 exposure, while creating connections that meet fundamental needs among those most vulnerable," Frohlich states.

The FREE Meal kits are available to seniors age 60 and older or to individuals of any age who have experienced job loss due to the current pandemic in the following Counties: Polk, Norman, Kittson, Roseau, Red Lake, Pennington and Marshall. Ten meal kits are available within each County and will be distributed on a first come first served basis.

Community or family members, churches, nonprofit organizations, social service providers or individuals themselves may contact RSVP directly to request a meal kit. Please call or email Tammy Frohlich, RSVP Director, (tsykes@umn.edu; 218-281-8289) or Jennifer Erdmann, RSVP Coordinator (jkerdman@umn.edu; 218-289-3832) for more information.

Are you a Veteran impacted by COVID-19?



The Minnesota Department of Veterans Affairs is accepting applications from Minnesota Veterans who have been financially impacted by the COVID-19 pandemic. MDVA will be awarding one-time financial relief grants in the amount of \$1,000.

Eligible Applicants must be:

1. A Veteran as defined by MN Statute 197.447, or the surviving spouse (who has not remarried) of a deceased veteran, and
2. A Minnesota Resident, and
3. Have been negatively financial impacted by COVID-19

Funding is available for both Disaster Relief Grants and Special Needs Grants. Both grant applications may be submitted through your County Veterans Service Officer. The Disaster Relief Grant may also be submitted directly online by a Veteran or surviving spouse.

For more information or to apply, visit MinnesotaVeteran.org/COVIDRelief

To contact your local County Veterans Service Officer, visit MACV50.org



Veterans Covid Relief Grant

To all veterans and the families of veterans: The MDVA COVID Veterans Relief Grant is open for applications. The Grant is intended to help Minnesota Veterans and their families who have been financial affected by the COVID -19 Crisis. Veterans who need assistance can contact the Marshall County Veterans Service Officer at 218-745-4303 or brett.brandson@co.marshall.mn.us.

The basics of the stimulus package:

Gov. Walz's economic relief package included \$6.2M for veterans with two main focuses:

- 1) \$1,000 grant paid directly to veterans (completed directly, or through our office via an online application)
- 2) \$3,000 paid to vendors for house payments/repairs, rent, property taxes, utility bills, medical bills, auto payment/repairs/insurance (must apply through our office).

Applicants must be a veteran (per state statute) or surviving spouse & can potentially be eligible for both aid packages.

2020 Bear hunting applications available; deadline is May 1

Applications for bear hunting licenses are being accepted now through Friday, May 1, wherever Minnesota hunting and fishing licenses are sold, online at mndnr.gov/buyalicense, and by telephone at 888-665-4236. Baiting can begin on Friday, August 14th, 2020. The 2020 season is officially open from Tuesday, Sept. 1, through Sunday, Oct. 18. Bear licenses cost \$45 for residents (18 & older) and \$231 for nonresidents (18 & older). Ages 13-17, regardless of residency is \$6.

Ages 10-12, regardless of residency is \$1.

Lottery winners will be notified by June 1. An unlimited number of bear licenses will be sold over-the-counter for the no-quota area that includes east-central and far northwestern Minnesota. No-quota licenses are valid only in the no-quota area. Hunters with a no-quota license can harvest one bear.

Bear hunting information is available on the DNR website at mndnr.gov/hunting/bear.



ONE OF THE FIRST "CANDIES" WERE MADE FROM HONEY MIXED WITH FRUIT OR NUTS IN THIS COUNTRY.

ANSWER: EGYPT



ENGLISH: Sweet

SPANISH: Dulce

ITALIAN: Dolce

FRENCH: Sucré

GERMAN: Süß

What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?



Answers: 1. "Chocolate" on box 2. Extra drop on middle chocolate 3. Missing candy in back 4. Extra candy on left

THIS DAY IN...



HISTORY

• 1901: NEW YORK BECOMES THE FIRST STATE TO REQUIRE LICENSE PLATES ON CARS.

• 1945: FOUNDING NEGOTIATIONS FOR THE UNITED NATIONS BEGIN IN SAN FRANCISCO.

• 1959: THE ST. LAWRENCE SEAWAY OPENS TO SHIPPING.



SACCHARINE

excessively sweet or sentimental



ANSWER: MOLDED CHOCOLATE

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LENDER

A FULL SERVICE BANK

Only in Minnesota: a weekly feature in the Eagle

The unique Minnesota museum (that some say might be haunted, too!) Here in Minnesota, we have more than a few interesting and unusual museums in every region of the state. From the most popular options, such as the Science Museum of Minnesota, to the weirdly wonderful SPAM Museum in Austin, there's plenty to see in the Land of 10,000 Lakes. There's one more you should add to your list of must-visit spots: the Greyhound Bus Museum. This museum is not only an educational foray into the world of

transportation. But it's also a mysterious spot that some say is haunted. Here's what we know: The Greyhound Bus Museum is located in the northern Minnesota town of Hibbing. The address is 1201 Greyhound Blvd., Hibbing, MN 55746. Why Hibbing? Most people don't realize that the Greyhound company began in this little community. The first bus started running in 1914. In time, it became the famous company that it is today. The museum dedicated to the company opened in 1989.

It still stands today as a testament to the early days of mass transportation in the United States. Inside, visitors will find plenty of interesting Greyhound memorabilia. There are even 15 old buses on site. They span the entire 20th century in age. The oldest is from 1914, and the newest is from 1991! While the museum is fascinating on its own right, it does hold a secret that makes it even more interesting. Some say the Greyhound Bus Museum is haunted. There have been reports of missing and moved objects. There are also

stories of bus windows and doors opening by themselves. Creepiest of all, there's an apparition of a girl that supposedly haunts the museum. Could the haunting be thanks to the museum's proximity to a nearby cemetery? That's what one local ghost-hunting group suggested. It's difficult to prove a haunting, so you'll just have to see for yourself on that end of things. The museum is open to visitors Monday through Saturday 10 a.m. to 4 p.m. On Sundays, they're open 12 p.m. to 4 p.m.

Word of the Week ...enhancing vocabularies one Grygla Eagle at a time.

Chockablock

\Chok-uh-blok\

Adjective

Extremely full; crowded; jammed: a room chockablock with furniture and plants.

SIMPLY DELICIOUS



By Kari Sundberg, Eagle Editor

Italian Chopped Salad A fresh salad loaded with salami, provolone, pepperoncini, and olives. It's light, yet hearty, and extra flavorful with a zippy Italian vinaigrette.

If you're like me, you can never have too many salad recipes on hand. Especially during these warmer months coming up.

The original recipe calls for chickpeas, but those were left out and replaced with black olives.

INGREDIENTS

- 2 large heads romaine lettuce
- 1/2 of a medium red onion, peeled and then sliced into very thin rings
- 1/2 c. sliced pepperoncini rings
- 1/2 c. sliced black olives
- 1/2 lb. provolone, sliced 1/8" thick and then cut into 1/4" ribbons
- 12 oz. cherry or grape tomatoes, sliced in half
- Pepper
- Italian Vinaigrette dressing – homemade (recipe below)

ITALIAN VINAIGRETTE

RECIPE You can easily double the recipe as this vinaigrette keeps well in the refrigerator for at least a couple weeks.

- 4 medium cloves garlic, minced
- 1/4 c. extra-virgin olive oil
- 1/4 c. red wine vinegar
- 2 T. freshly squeezed lemon juice
- 2 T. dried oregano
- 1 T. Dijon mustard
- 1-1/2 tsp. kosher salt
- 1 tsp. sugar
- 1/4 tsp. freshly ground black pepper

INSTRUCTIONS

Place all ingredients in a small bowl. Use an immersion blender to thoroughly combine. If you don't have one, just shake it all vigorously in a tightly sealed jar or container. This dressing can be made a day or two prior to serving. Store in the refrigerator, in a container with a tight-fitting lid. Remove from refrigerator 30 minutes prior to using, to let oil come to room temperature. Shake vigorously to combine.



WHAT A JOKE

A comedic spin on Dolly Parton's classic song Jolene.

Jolene, Jolene, Jolene, Jolene I'm begging you to please come take my man Jolene, Jolene, Jolene, Jolene Please take him now I need him off my hands He's annoying me beyond compare With unshaved face and long ear hair Please take him now during quarantine His breath is like the smell of beer His voice keeps nagging in my ear He forgets personal hygiene He talks about his stinky feet Always peeing on the toilet seat I run and hide when he calls my name, Jolene You can have this man of mine I did say no, but now it's fine I am allowed to change my

mind, Jolene Jolene, Jolene, Jolene, Jolene I'm begging of you please come take my man Jolene, Jolene, Jolene, Jolene If you say no, I'll have to call Eileen I can easily understand How women want to hurt their men Life is hell with him in quarantine I had to have this chat with you My sanity depends on you I will beg and plead if I have to, Eileen Eileen, Eileen, Eileen, Eileen I'm begging you to please come take my man Eileen, Eileen, Eileen, Eileen If you won't take him, I'll have to call Justine Or Pauline Please pray for a vaccine For COVID-19 Maybe the cure is Forty Creek Cream



Pieces of the Past: Like last week, let's revisit 1983



Computers in the classroom – a revolution in education! Grygla's math and computer instructor, Debbie Haugen, is giving the 8th grade students a short course in "Basic Programming." The students will study computer language for about three weeks. (March 1983)



Explosion alarms Grygla residents

(August 1983) Shortly after 4am, a car driven by Wayne Saul, age 21, of Grygla, left the curve on Highway 89 heading into Grygla from the east, and smashed into the loading dock for the Cenex bulk fuel tanks. The collision resulted in broken valves on the pumps, which released gas and diesel fuel from the bulk tanks and set off an explosion. Saul's car came to a stop in the gravel dike around the fuel tanks, with the deep gravel holding the doors shut. He managed to force the door open and escape shortly after the car burst into flames. Saul received only minor injuries

and ran to a neighboring residence where the Grygla Fire Department and Deputy Sheriff were called.

The towering blaze could be seen for miles around with residents in Holt, 30 miles away, reporting sights of smoke.

As a precautionary measure, about 80 residents were evacuated by the use of a school bus and brought to the Grygla Community Center.

Thirty thousand gallons of gas and diesel fuel burned out of the 80,000 gallons in the tanks. The Farmer's Union Plant sustained an estimated \$50,000 loss due to the fire.



Gary Polansky and Marilou Anderson are shown at the start of the Wagon Races at the Grygla Fall Festival. (August 1983)



Benville Township Officers, L-R: Leland Thomas, Carl Dyrseth, Ole Nesland, Wayne Paulson and Harvey Langnas. (March 1983)

Mental health wellness tips for quarantine

This is part of an article circulating around that was written by a Psychologist. It was worth the share. He said, “After having thirty-one sessions this week with patients where the singular focus was COVID-19 and how to cope, I decided to consolidate my advice and make a list that I hope is helpful to all. I can’t control a lot of what is going on right now, but I can contribute this.”

1. **Stick to a routine.** Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.

2. **Get showered and dressed,** wash your face, brush your teeth. Put on some bright colors. It is amazing how our dress can impact our mood.

3. **Get out** at least once a day, for at least thirty minutes. If you are concerned of contact, try first thing in the morning, or later in the evening, and try less traveled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.

4. **Find some time to move** each day, again daily for at least thirty minutes. If you don’t feel comfortable going outside, there are many YouTube videos that offer free movement classes, and if all else fails, turn on the music and have a dance party!

5. **Reach out to others.** Try to do FaceTime, Skype, phone calls, texting—connect with other people to seek and provide support. Don’t forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc—your kids miss their friends, too!

6. **Stay hydrated and eat well.** This one may seem obvious, but stress and eating often don’t mix well, and we find ourselves over-indulging, forgetting to eat, and avoiding food. Drink plenty of water, eat some good and nutritious foods, and challenge yourself to learn how to cook something new!

7. **Develop a self-care toolkit.** This can look different for everyone. A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure). An idea for each: a soft blanket or stuffed animal, a hot chocolate, photos of vacations, comforting music, lavender or eucalyptus oil, a small swing or rocking chair, a weighted blanket. A journal, an inspirational book, or a mandala coloring book is wonderful, bubbles to blow or blowing watercolor on paper through a straw are visually appealing as well as work on controlled breath. Mint gum, Listerine strips, ginger ale, frozen Starburst, ice packs, and cold are also good for anxiety regulation. For children, it is great to help them create a self-regulation comfort box (often a shoe-box or bin they can decorate) that they can use on the ready for first-aid when overwhelmed.

8. **Spend extra time playing with children.** Children will rarely communicate how they are feeling, but will often make a bid for attention and communication through play. Don’t be surprised to see therapeutic themes of illness, doctor visits, and isolation play through. Understand that play is cathartic and helpful for children—it is how they process their world and problem solve, and there’s a lot they are seeing and experiencing in the now.

9. **Everyone find their own retreat space.** Space is at a premium, particularly with city living. It is important that people think through their own separate space for work and for relaxation. For children, help them identify a place where they can go to retreat when stressed. You can make this place cozy by using blankets, pillows, cushions, scarves, beanbags, tents, and “forts”. It is good to know that even when we are on top of each other, we have our own special place to go to be alone.

10. **Lower expectations** and practice radical self-acceptance. We are doing too many things in this moment, under fear and stress. This does not

make a formula for excellence. Instead, give yourself what psychologists call “radical self acceptance”: accepting everything about yourself, your current situation, and your life without question, blame, or pushback. You cannot fail at this—there is no roadmap, no precedent for this, and we are all truly doing the best we can in an impossible situation.

11. **Limit social media and COVID conversation,** especially around children. Find a few trusted sources that you can check in with consistently, limit it to a few times a day, and set a time limit for yourself on how much you consume.

12. **Notice the good** in the world, the helpers. It is important to counter-balance the heavy information with the hopeful information.

13. **Help others.** Find ways, big and small, to give back to people.

14. **Find something you can control,** and control the heck out of it. In moments of big uncertainty and overwhelm, control your little corner of the world. Organize your bookshelf, purge your closet, put together that furniture, group your toys. It helps to anchor and ground us when the bigger things are chaotic.

15. **Find a long-term project** to dive into. Now is the time to learn how to play the keyboard, put together a huge jigsaw puzzle, start a 15 hour game of Risk, paint a picture, read the Harry Potter series, binge watch an 8-season show, crochet a blanket, solve a Rubix cube, or develop a new town in Animal Crossing. Find something that will keep you busy, distracted, and engaged to take breaks from what is going on in the outside world.

16. **Find something that is creative** (sculpting, drawing, dancing, music, singing, playing) and give it your all. See how relieved you can feel. It is a very effective way of helping kids to emot and communicate as well!

17. **Find lightness and humor** in each day. There is a lot to be worried about, and with good reason. Counterbalance this heaviness with something funny each day - we all need a little comedic relief in our day, every day.

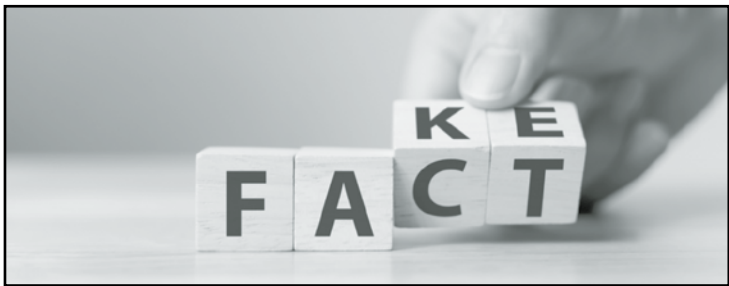
18. **Reach out for help—**your team is there for you. If you are having difficulty coping, seek out help for the first time. There are mental health people on the ready to help you through this crisis. Your children’s teachers and related service providers will do anything within their power to help, especially for those parents tasked with the difficult task of being a whole treatment team to their child with special challenges. Seek support groups of fellow home-schoolers, parents, and neighbors to feel connected. There is help and support out there, any time of the day—although we are physically distant, we can always connect virtually.

19. **“Chunk” your quarantine,** take it moment by moment. We have no road map for this. We don’t know what this will look like in 1 day, 1 week, or 1 month from now. Often, when I work with patients who have anxiety around overwhelming issues, I suggest that they engage in a strategy called “chunking”—focusing on whatever bite-sized piece of a challenge that feels manageable. Find what feels doable for you, and set a time stamp for how far ahead in the future you will let yourself worry. Take each chunk one at a time, and move through stress in pieces.

20. **Remind yourself daily that this is temporary.** It seems in the midst of this quarantine that it will never end. It is terrifying to think of the road stretching ahead of us. Please take time to remind yourself that although this is very scary and difficult, and will go on for an undetermined amount of time, it is a season of life and it will pass. We will return to feeling free, safe, busy, and connected in the days ahead.

21. **Find the lesson.** When psychologists work with trauma, a key feature to helping someone work through said trauma is to help them find the potential positive outcomes they can effect, the meaning and construction that can come out of destruction. What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our nation, and our world?

Prepare for the ultimate gaslighting



Article found online, written by Julio Gambuto

You are not crazy, my friends.

Gaslighting, if you don’t know the word, is defined as manipulation into doubting your own sanity.

Pretty soon, as the country begins to figure out how we “open back up” and move forward, very powerful forces will try to convince us all to get back to normal. (That never happened. What are you talking about?) Billions of dollars will be spent on advertising, messaging, and television and media content to make you feel comfortable again. It will come in the traditional forms — a billboard here, a hundred commercials there — and in new-media forms: a 2020–2021 generation of memes to remind you that what you want again is normalcy. In truth, you want the feeling of normalcy, and we all want it. We want desperately to feel good again, to get back to the routines of life, to not lie in bed at night wondering how we’re going to afford our rent and bills, to not wake to an endless scroll of human tragedy on our phones, to have a cup of perfectly brewed coffee and simply leave the house for work. The need for comfort will be real, and it will be strong. And every brand in America will come to your rescue, dear consumer, to help take away that darkness and get life back to the way it was before the crisis. I urge you to be well aware of what is coming.

For the last hundred years, the multibillion-dollar advertising business has operated based on this cardinal principle: Find the consumer’s problem and fix it with your product. When the problem is practical and tactical, the solution is “as seen on TV” and available at Home Depot. Command strips will save me from having to repaint. So will Mr. Clean’s Magic Eraser. Elfa shelving will get rid of the mess in my closet. The Ring doorbell will let me see who’s on the porch if I can’t take my eyes off Netflix. But when the problem is emotional, the fix becomes a new staple in your life, and you become a lifelong loyalist. Coca-Cola makes you: happy. A Mercedes makes you: successful. Taking your family on a Royal Caribbean cruise makes you: special. Smart marketers know how to highlight what brands can do for you to make your life easier. But brilliant marketers know how to rewire your heart. And, make no mistake, the heart is what has been most traumatized this last month. We are, as a society, now vulnerable in a whole new way.

What the trauma has shown us, though, cannot be unseen. A carless Los Angeles has clear blue skies as pollution has simply stopped. In a quiet New York, you can hear the birds chirp in the middle of Madison Avenue. Coyotes have been

spotted on the Golden Gate Bridge. These are the post-card images of what the world might be like if we could find a way to have a less deadly daily effect on the planet. What’s not fit for a postcard are the other scenes we have witnessed: a health care system that cannot provide basic protective equipment for its frontline; small businesses — and very large ones — that do not have enough cash to pay their rent or workers, sending over 16 million people to seek unemployment benefits; a government that has so severely damaged the credibility of our media that 300 million people don’t know who to listen to for basic facts that can save their lives.

The cat is out of the bag. We, as a nation, have deeply disturbing problems. You’re right. That’s not news. They are problems we ignore every day, not because we’re terrible people or because we don’t care about fixing them, but because we don’t have time. Sorry, we have other stuff to do. The plain truth is that no matter our ethnicity, religion, gender, political party (the list goes on), nor even our socioeconomic status, as Americans we share this: We are busy. We’re out and about hustling to make our own lives work. We have goals to meet and meetings to attend and mortgages to pay — all while the phone is ringing and the laptop is ping. And when we get home, Crate and Barrel and Louis Vuitton and Andy Cohen make us feel just good enough to get up the next day and do it all over again. It is very easy to close your eyes to a problem when you barely have enough time to close them to sleep. The greatest misconception among us, which causes deep and painful social and political tension every day in this country, is that we somehow don’t care about each other. White people don’t care about the problems of black America. Men don’t care about women’s rights. Cops don’t care about the communities they serve. Humans don’t care about the environment. These couldn’t be further from the truth. We do care. We just don’t have the time to do anything about it. Maybe that’s just me. But maybe it’s you, too.

Well, the treadmill you’ve been on for decades just stopped. Bam! And that feeling you have right now is the same as if you’d been thrown off your Peloton bike and onto the ground: What just happened? I hope you might consider this: What happened is inexplicably incredible. It’s the greatest gift ever unwrapped. Not the deaths, not the virus, but The Great Pause. It is, in a word, profound. Please don’t recoil from the bright light beaming through the window. I know it hurts your eyes. It hurts mine, too. But the curtain is wide open. What the crisis has given us is a once-in-a-lifetime

chance to see ourselves and our country in the plainest of views. At no other time, ever in our lives, have we gotten the opportunity to see what would happen if the world simply stopped. Here it is. We’re in it. Stores are closed. Restaurants are empty. Streets and six-lane highways are barren. Even the planet itself is rattling less (true story). And because it is rarer than rare, it has brought to light all of the beautiful and painful truths of how we live. And that feels weird. Really weird. Because it has... never... happened... before. If we want to create a better country and a better world for our kids, and if we want to make sure we are even sustainable as a nation and as a democracy, we have to pay attention to how we feel right now. I cannot speak for you, but I imagine you feel like I do: devastated, depressed, and heartbroken.

And what a perfect time for Best Buy and H&M and Wal-Mart to help me feel normal again. If I could just have the new iPhone in my hand, if I could rest my feet on a pillow of new Nikes, if I could drink a venti blonde vanilla latte or sip a Diet Coke, then this very dark feeling would go away. You think I’m kidding, that I’m being cute, that I’m denying the very obvious benefits of having a roaring economy. You’re right. Our way of life is not without purpose. The economy is not, at its core, evil. Brands and their products create millions of jobs. Like people — and most anything in life — there are brands that are responsible and ethical, and there are others that are not. They are all part of a system that keeps us living long and strong. We have lifted more humans out of poverty through the power of economics than any other civilization in history. Yes, without a doubt, Americanism is a force for good. It is not some villainous plot to wreak havoc and destroy the planet and all our souls along with it. I get it, and I agree. But its flaws have been laid bare for all to see. It doesn’t work for everyone. It’s responsible for great destruction. It is so unevenly distributed in its benefit that three men own more wealth than 150 million people. Its intentions have been perverted, and the protection it offers has disappeared. In fact, it’s been brought to its knees by one pangolin. We have got to do better and find a way to a responsible free market.

Until then, get ready, my friends. What is about to be unleashed on American society will be the greatest campaign ever created to get you to feel normal again. It will come from brands, it will come from government, it will even come from each other, and it will come from the left and from the right. We will do anything, spend anything, believe anything, just so we can take away how horribly uncomfortable all of this feels. And on top of that, just to turn the screw that much more, will be the one effort that’s even greater: the all-out blitz to make you believe you never saw what you saw. The air wasn’t really cleaner; those images were fake. The hospitals weren’t really a war zone; those stories were hyperbole. The numbers

were not that high; the press is lying. You didn’t see people in masks standing in the rain risking their lives to vote. Not in America. You didn’t see the leader of the free world push an unproven miracle drug like a late-night infomercial salesman. That was a crisis update. You didn’t see homeless people dead on the street. You didn’t see inequality. You didn’t see indifference. You didn’t see utter failure of leadership and systems.

But you did. You are not crazy, my friends. And so we are about to be gaslit in a truly unprecedented way. It starts with a check for \$1,200 (Don’t say I never gave you anything) and then it will be so big that it will be bigly. And it will be a one-two punch from both big business and the big White House — inextricably intertwined now more than ever and being led by, as our luck would have it, a Marketer in Chief. Business and government are about to band together to knock us unconscious again. It will be funded like no other operation in our lifetimes. It will be fast. It will be furious. And it will be overwhelming. The Great American Return to Normal is coming.

From one citizen to another, I beg of you: take a deep breath, ignore the deafening noise, and think deeply about what you want to put back into your life. This is our chance to define a new version of normal, a rare and truly sacred (yes, sacred) opportunity to get rid of the bullshit and to only bring back what works for us, what makes our lives richer, what makes our kids happier, what makes us truly proud.

We care deeply about one another. That is clear. That can be seen in every supportive Facebook post, in every meal dropped off for a neighbor, in every Zoom birthday party. We are a good people. And as a good people, we want to define — on our own terms — what this country looks like in five, 10, 50 years. This is our chance to do that, the biggest one we have ever gotten. And the best one we’ll ever get.

We can do that on a personal scale in our homes, in how we choose to spend our family time on nights and weekends, what we watch, what we listen to, what we eat, and what we choose to spend our dollars on and where. We can do it locally in our communities, in what organizations we support, what truths we tell, and what events we attend. And we can do it nationally in our government, in which leaders we vote in and to whom we give power. If we want cleaner air, we can make it happen. If we want to protect our doctors and nurses from the next virus — and protect all Americans — we can make it happen. If we want our neighbors and friends to earn a dignified income, we can make that happen. If we want millions of kids to be able to eat if suddenly their school is closed, we can make that happen. And, yes, if we just want to live a simpler life, we can make that happen, too. But only if we resist the massive gaslighting that is about to come.

It’s on its way. Look out.

A note from the Editor

So many articles related to the COVID-19 pandemic are being written and shared right now - and rightfully so. On this page are three that really stuck out to me, personally. I thought they were worth the share as we navigate through these rough waters together.

We are not in the same boat

Author unknown

I heard that we are all in the same boat, but it’s not like that. We are in the same storm, but not in the same boat. Your ship could be shipwrecked and mine might not be. Or vice versa.

For some, quarantine is optimal. A moment of reflection, of re-connection, easy in flip flops, with a cocktail or coffee. For others, this is a desperate financial & family crisis.

For some that live alone they’re facing endless loneliness. While for others it is peace, rest & time with their mother, father, sons & daughters.

With the \$600 weekly increase in unemployment some are bringing in more money to their households than they were working. Others are working more hours for less money due to pay cuts or loss in sales.

Some families of 4 just received \$3400 from the stimulus while other families of 4 saw \$0.

Some were concerned about getting a certain candy for Easter while others were concerned if there would be enough bread, milk and eggs for the weekend.

Some want to go back to

work because they don’t qualify for unemployment and are running out of money. Others want to kill those who break the quarantine.

Some are home spending 2-3 hours/day helping their child with online schooling while others are spending 2-3 hours/day to educate their children on top of a 10-12 hour workday.

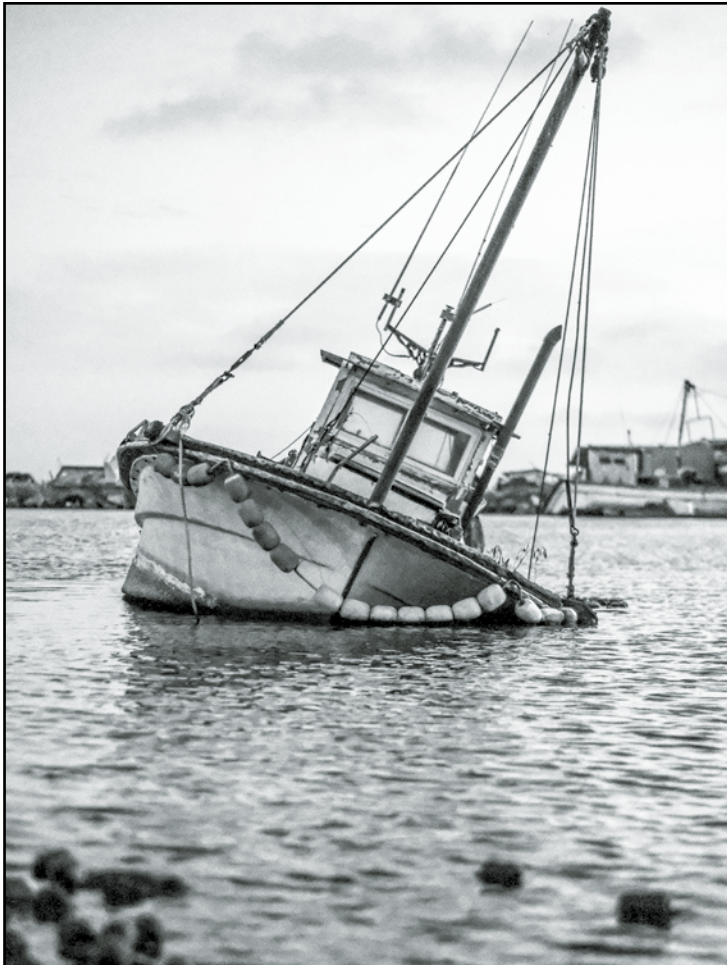
Some have experienced the near death of the virus, some have already lost someone from it and some are not sure if their loved ones are going to make it. Others don’t believe this is a big deal.

Some have faith in God and expect miracles during this 2020. Others say the worst is yet to come.

So, friends, we are not in the same boat. We are going through a time when our perceptions and needs are completely different.

Each of us will emerge, in our own way, from this storm. It is very important to see beyond what is seen at first glance. Not just looking, actually seeing.

We are all on different ships during this storm experiencing a very different journey.



Wednesday, April 22, 2020