

This past year 2020 has been extremely challenging, especially the unknowing in the winter and early spring, and then taking ultra-precautions to protect myself as well as my very elderly parents. Medical supplies that I normally use for medical reasons for my parents were in very short supply, and trying to maintain calm, when inside I have been very concerned and nervous for myself, my parents, my brother who is a doctor that intubates patients with Covid-19, to friends who are healthcare workers, and to our community as a whole. I was making educational presentations on healthy living at local junior and senior high schools, and that came to a halt since the schools were hyper-focused on whether to stay open or closed and do remote learning. This past autumn I was able to do remote teaching to the students, but I can tell that it is not easy for the students not being in school. But everyone is trying their best, so it seems, and learning to be more self-sufficient in some ways, yet in other ways, lean more on the community for help. Very much hope that by Spring 2021 it may be better with the vaccine, but seeing videos of maskless party-goers makes it seem like Covid-19 will be here forever. What about those who cannot take the vaccine, and are susceptible to contracting it b/c not everybody is willing to mask up, not only for themselves but for the common good and the sake of humanity, especially those who cannot take the vaccine? Each day we have to hope that it will get better, and thankfully for scientists and first responders and our healthcare workers, it will. But not for those who succumbed, who are still suffering and for their family members. We can and should pray for a new year that finds everyone united and working together to help eradicate this awful pandemic.