

Let's make a personal pact with ourselves to maintain those new positive behaviors we have started out of necessity. Eating healthier, exercise (with TRR Facebook Live at noon on Wed. & Thurs), making contact with others by phone, Zoom, social media . . . and of course the humor and inspiration folks have created for us in these strange times.

This will end, but it will be a slow ending, filling us all with worry, sadness, and difficulty putting the pieces back together. But, we got this.

Stay connected, nurture your resolve, and be careful. The lives of many depend on each one of us taking care and thoughtfulness in our actions.

*"When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us" Alexander Graham Bell*