

A *boof* is a sound made by the hull of a boat, any boat, as it lands flat after cresting a wave on an ocean or lake, or over a drop on a river. The recollection of that thump is distinct. Recall is easy. And the boat moves on to yet more waves and drops. More *boofs*. And the boat moves on.

Memorial Day is coming. This year will be different due to the health concerns in our nation. We will be trying to stay both away from each other, and still connect with each other over the memories and echoes of the sounds of those we have lost made when here with us. We can hear their laughter, voices, and footfalls in our homes-timeless sounds, *boofs*.

This Memorial Day, let us all try to recall those sounds..and along with the memory and honor we bestow for their sacrifice, let us also forge gratitude as well. Let us all double down on our obligation to honor them with what we do with our time here on earth, they gave us so selflessly.

**"Freedom makes a huge requirement of every human being. With freedom comes responsibility."– Eleanor Roosevelt**