



# The Mirabella Monthly

[www.mirabellaliving.com/Seattle](http://www.mirabellaliving.com/Seattle)



VOLUME 13 | ISSUE 3

MARCH | 2021

## WHAT'S ON TAP

- 1 Mandy Wertz introduces the new Pastry Chef
- 2 Julie Holland on Tiny Houses
- 3 Connie Chaplin on Corridor Renovations
- 4 Patricia Wagner on Seattle Public Library Updates
- 5 Who Does What at Mirabella
- 6 *Can We Do It Again?* by Mary Jossem
- 6 Barbara Porter on Housekeeping
- 7 Emergency Preparedness
- 7 Health Services Clinics
- 8 Library News
- 9 Lifelong Learning
- 11 Bus Trips ♦ Programs
- 14 Bingo News ♦ Book Club
- 14 Medic One Support Group
- 15 *Steamed by Steamy Glasses?* by Diane King
- 15 Natalie Siegel on Passover
- 15 *I Couldn't Sleep Last Night* by Mary Jossem
- 16 Arts Notebook: *Parable of Gravity* at MadArt Studio by Jared Curtis
- 18 Birthdays ♦ Poetry Corner
- 19 *COVID Daze: What Did We Learn?* by Connie Chaplin
- 20 Guide to Mirabella Publications

The Mirabella Monthly  
[www.mirabellaliving.com/Seattle](http://www.mirabellaliving.com/Seattle)  
[jaredcurtis@icloud.com](mailto:jaredcurtis@icloud.com)

## MIRABELLA SEATTLE'S PASTRY CHEF NIRAV VASHI

DINING COMMITTEE  
 MANDY WERTZ, CHAIR

### Introducing Mirabella Seattle's New Pastry Chef

Amid the throes of a pandemic, an opportunity to welcome new talent to the Mirabella culinary team is a reason for celebration. Nirav Vashi (Near-of Vah-she) is coming to us from one of Washington, D.C.'s finest hotels, The Mandarin Oriental. Prior to that he was employed at two of the D.C. Hyatt Hotels.

Nirav developed an interest in baking and considered a culinary career to pursue his hobby, but decided to try a more practical training—studying business in New Zealand. Along the way, he was bitten by the “culinary bug” and switched to Pastry Chef training.



The Bistro Pastry Case – photo, M. Wertz

# SWEET SWEETS § HOUSING HOMELESS

He worked in New Zealand for two years before immigrating to the United States in 2009. When asked about his inspirations, he mentioned his mentor, Chef Naomi Gallego from the Park Hyatt as well as the many pastry chefs he follows on



*Pastry Chef Nirav Vashi*  
– photo, M. Wertz

Instagram.

The beautiful assortment of pastries in La Dolce Vita Café and the three weekly desserts (including one with no gluten ingredients) attests to his skill and creativity. So far, the blueberry scones are topping the popularity chart. He is working on ideas for low sugar or no sugar offerings for diabetics as well as the

possibility of more savory options and a weekend High Tea.

Coming soon is a schedule of daily pastry items so we can anticipate the availability of our favorites. Special orders for cakes or multiple gift items may also be a part of future options.

Mandy Wertz

## ***HIDING IN PLAIN SIGHT: A GLIMMER OF HOPE FOR THE HOMELESS***

BY JULIE HOLLAND

Homelessness is not hard to spot in Seattle. It is on the street corner, in our public parks, nestled in the freeway medians, and permanently parked across the street. This complex problem visible

to all is proving to be tough to solve. Millions of dollars continue to be spent on yet another approach, with little evidence of sustained success for this unsheltered population comprised of families, couples, and people with pets who are typically not served by traditional shelters.

Instead, there is a growing mound of lessons learned that serve to document the complexity of the problem. The evasive solution must be robust enough to deal with the multitude of causes: mental health, addiction, under-employment, criminal record, and abuse.

There is a glimmer of hope, one that has been incubating in Seattle for the past five years. Tiny House Villages with wraparound services have proven to be the most effective shelter type for transitioning the unsheltered homeless to permanent housing. No, Tiny House Villages are not permanent housing. Nor are they an end solution. They are a proven pathway to permanent housing that effectively integrates housing and the breadth of case management services needed to first establish stability. There is a forty-two-unit Tiny House Village right in the South Lake Union neighborhood called Lake Union Village. It is at 800 Aloha, which is one of the eleven Tiny House Villages owned and operated by the Seattle-based, nonprofit Low Income Housing Institute (LIHI).

Sharon Lee, who pioneered the creation of tiny houses to shelter the homeless and is LIHI's founder and Executive Director, discussed the features of success with Mirabella residents on February 13. A strict resident code of conduct, twenty-four-hour case management support, operating as a community, and neighborhood engagement are core practices. The concept grew from LIHI's experience developing more than 4,500 units of low-income housing and owning and managing 2,200 units for

# REVAMPING HALLWAYS

MARCH | 2021

3

families, singles, and those with special needs. The LIHI website at <https://lihi.org> offers a wealth of ideas and opportunities to become involved. They include how to volunteer, donate items, or make monetary donations. Building a tiny house from a kit and making a monetary donation of \$2,500 to



*Tiny Houses*

purchase one tiny house are options.

Lee was joined by Councilmember Andrew Lewis, who discussed the recently launched

public-private investment partnership “It Takes a Village,” which is made possible by the success of the tiny house village concept developed and proven at LIHI. The goal is to increase the pace of development of the tiny house villages. In turn, the unsheltered homeless will be more quickly transitioned from streets, parks, and cars to permanent housing. It Takes a Village aims to raise \$3.6 million from the private sector to build 500 more tiny houses, which adds twelve more Tiny House Villages in two phases. Of the \$3.6 million goal, \$1.5 million has already been pledged, largely by developers. Learn more from the press conference hosted by Councilmember Andrew Lewis: <https://www.youtube.com/watch?v=80howUyIWsg&feature=youtube>.

Lewis cited Mirabella’s reputation for civic engagement and how-can-I-help attitude as part of the inspiration for naming the initiative It Takes a Village. It is currently a work in progress that may offer Mirabella residents an opportunity to help. The key challenges ahead are securing sites, raising sufficient funds, and influencing legislative and

executive action when needed.

Stay tuned for insights about how best to support and contribute to the success of It Takes A Village.

Mirabella Civic Engagement Project  
John Pehrson, Ruth Benfield, Bill Benfield,  
Jim Holland, Julie Holland

## *CORRIDOR RENOVATION: COMING SOON TO YOUR NEIGHBORHOOD*

BY CONNIE CHAPLIN

Early in February we all received a memo detailing the plan for renovating our corridors. A schedule and work diagram (in five colors!) for demolition and renovation of the fourth floor corridor zones gave those of us on other floors a chance to imagine what we’re in for during the next couple of months. We thought it might be useful to you if we interviewed some of those folks on floor four to see what the rest of us can expect and/or be prepared for. The best part, aside from being a welcome facelift for the whole building, is the workmen, they said: polite and accommodating, according to everyone. They made an effort to reduce noise, lessen dust, minimize inconvenience, and be patient when residents had to go in and out. Of course, the more you can limit this coming and going, the faster they can finish. And the longer they can remain graciously polite, I imagine. The work plan and schedule itself were helpful, thanks to Travis and Marcus. They even tried to set up a phone contact so residents could call workers when they wanted to leave their apartments, but that didn’t work out. Just stay put when they’re outside your door; consider picking up your mail after work hours, maybe. Otherwise, you might encounter yellow tape across your doorway and the trip down the corridor could be an obstacle course.

The first step is demolition of the existing carpeting

# NEW LOOK—IN PROGRESS § SPL VISITS

4

MARCH | 2021



*Fourth floor corridor refit – C. Chaplin*

down to bare concrete; this was, by general agreement, the worst part. There's a carpet-stripping machine, and it is pounding-noisy. But it works with machine-like

efficiency, so that part lasts only one day. Then there's demo of the ledges/shelves/entry counters, and we'll need to find a home for that stuff inside our apartments. They prep the painting, and wheee, the first week or thereabouts is over. Of course, if you check the schedule, even though workers will be deployed in all four zones of each floor at once, it takes about three weeks per floor.

The painting takes a little over a week. According to the people I talked with, the new walls are lighter and brighten the area; the area around each apartment door is dark green/black/blue-green, marbled. Um, okay. When I checked, I saw white door frames surrounded by an accent wall of deep teal, which made the doors seem recessed in a private alcove. Looking down the corridor, one gets the impression of a "little village," of separate homes, not endless hallway. Where the long hall jogs, the green forms a sort of portal that adds interest.

Second-weekish, you'll be getting new sconces, new carpet, and the new counters. The new carpet has

gray in it, with green. You'll probably like some patterns more than others. In the elevator lobby, it's striped. It is patterned and varied, as it is now, at corner apartments.

Most fourth-floorers have an attitude of "it'll be nice when it's over." One said, "It helps to have a sense of adventure; and there's little to complain about." Breaking News! A fourth-floor resident just called; after a trip down to her trash room, she reported that she can now see the intent of the design and likes it. "Give it a chance," she advises.

## SEATTLE PUBLIC LIBRARY UPDATES

Seattle Public Library continues to serve the Mirabella Seattle community on the first Thursday of each month with contactless pick up and drop off. The next four dates for SPL at Mirabella will be March 4, April 1, May 6, and June 3.

*Using pickup and dropoff:* To keep everyone safe at this time, SPL asks residents to adhere to strictly contactless pickup and dropoff. Return your books to the front desk no later than 8 am the day of service. Avoid waiting in the lobby for your requested books; they will be delivered to your apartment by end of day in a bag marked with your name and apartment number.

*Requesting Materials:* Log onto your SPL account, request materials via the "holds" icon, and select "mobile services." Materials can also be requested by calling 206-386-4636.

*Gaining Membership to Seattle Library:* If you need to set up or reactivate your membership account, call 206-386-4636.

*Donating books:* SPL is no longer accepting donations of books. Please do not leave donated books at the front desk.

Patricia Wagner, Memory Care Coordinator

# WHO DOES WHAT AT MIRABELLA

MARCH | 2021

## RESIDENT COUNCIL, 2020–2021



Pat Kushmerick,  
President, 2020–2021,  
Box 402, x 1607,  
[pakushmerick@gmail.com](mailto:pakushmerick@gmail.com)



Sue Herring,  
Vice President, 2020–2021,  
Box 709, x 1556,  
[herringsus@gmail.com](mailto:herringsus@gmail.com)



Mary Jossem,  
Secretary, 2019–2021,  
Box 835, x 1584,  
[mfjossem@gmail.com](mailto:mfjossem@gmail.com)



Julie Holland, Treasurer,  
2020–2022,  
Box 1000, x 1819,  
[julie@jholland.com](mailto:julie@jholland.com)



Louis Swart, Member-at-  
Large, 2019–2021,  
Box 805, x 1754,  
[elswart38@gmail.com](mailto:elswart38@gmail.com)



Gill Thompson, Member-at-  
Large, 2019–2021,  
Box 431, x 1544,  
[gillthompson431@gmail.com](mailto:gillthompson431@gmail.com)



Mort Berman, Member-at-  
Large, 2020–2022,  
Box 929, x 1872,  
[mhb2147@gmail.com](mailto:mhb2147@gmail.com)



Tim Hill, Member-at-Large,  
2020–2022,  
Box 303, x 1569,  
[henryhill36@icloud.com](mailto:henryhill36@icloud.com)



Nickie Askov,  
Past President, 2020–2021,  
Box 1116, x 1858,  
[ena1@psu.edu](mailto:ena1@psu.edu)

## COUNCIL & RESIDENTS' ASSOCIATION MEETINGS

Residents' Association Meetings are held on the first Tuesday of the month at 11 am via Zoom Conferencing. Resident Council meets on the second and fourth Tuesday of the month, 9 am via Zoom. Links for both meetings are found on MIRANET on the Home Page under upcoming events. Residents are welcome at all Council meetings.

## RESIDENTS' ASSOCIATION COMMITTEES & CHAIRS, 2020–2021

*For a committee meeting time & place, consult the calendar, contact the chair, or go to MIRANET SEATTLE > Groups > Committees*

Committee or Group	Chair/Cochairs	Contacts
Art	Joanne Mearls	Box 931, x 1814
Communication	Susan Dillon	Box 522, x 1663
Dining	Mandy Wertz	Box 531, x 1672
Emergency Preparedness	Ted Taylor David Webber	Box 814, x 1763 Box 1122, x 1864
Employee Appreciation (01–12/2021)	Warren Askov Helen Roberts	Box 1116, x 1858 Box 505, x 1548
Environment & Facilities	Betty Heycke Dieter Heycke	Box 414, x 1619 Box 414, x 1619
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Janice Kaplan-Klein	Box 830, x 1779
Library	Toni Myers Martha Oman	Box 1022, x 1827 Box 501, x 1642
Lifelong Learning	Louise Lowry Julia Wan	Box 607, x 1684 Box 1110, x 1852
Mirabella Seattle Foundation	David Webber	Box 1122, x 1864
Nominating	Nickie Askov	Box 1116, x 1858
Outside Activities (on pause) Program	See MIRANET for Kitty Dow Judy Guder	Bus Trip Schedule Box 517, x 1658 Box 1026, x 1831
Welcoming	Diane Holmes	Box 927, x 1810



FOUNDATION FUND DRIVE § HOUSEKEEPING HINTS

**MIRABELLA SEATTLE FOUNDATION**

David Webber, Chair

**Can We Do It Again?**



It's hard to believe almost a year has gone by since the start of the pandemic and the advent of a "new normal" at Mirabella. To paraphrase what Residents' Association President Pat Kushmerick recently said, there is light at the end of the tunnel, but the tunnel is still long! Keeping in mind the long tunnel ahead, the

Mirabella Seattle Foundation has started planning its 2021 fund drive that begins May 4 and ends on June 4. Looking back, it cannot be denied that Mirabella residents more than rose to the occasion last year by donating almost \$140,000 in support of the Foundation's mission. But the question this year is, can we do it again? Better yet, can we raise even more?

If you are new to Mirabella, you might be wondering why our residents have been so generous to the Mirabella Seattle Foundation, a registered state of Washington 501(c) (3) not-for-profit organization. While one could certainly say (and be correct) it's because our residents are all very giving people, one would also have to give credence to the idea that residents also see a very personal benefit in supporting the Foundation. You see, the Foundation's mission is to support and enhance the quality of life for Mirabella residents, its staff, and its local community.

Support and enhancement may take many forms: assistance to residents who, through no fault of their own, may need help with monthly maintenance costs; purchase of specialized equipment for the benefit of all residents; scholarships to further staff education; funds for staff medical or family emergencies; and donations to local community nonprofit organizations.

In the coming months, you will be reading a lot more about our Foundation in *The Mirabella Monthly*. Rest assured, the "long tunnel" ahead will not keep the light from shining brightly on all the stellar things our Foundation does in support of our Mirabella community.

Mary Jossem

2021 MSF Fundraiser Committee Member

**COMMUNICATIONS COMMITTEE**

Susan Dillon, Chair

**Housekeeping Updates**

Some residents have lived at Mirabella for over ten years. The rest have arrived at various times since the opening in December 2008. Over the years things have changed. Since September, Housekeeping has changed work routines. It has been such a smooth transition, there are changes you may not know.

Here are some aspects of the current Housekeeping service that can help:

- » You will know in advance the day and approximate time to expect your housekeeping team.
- » Your cleaning time will now depend upon the time it takes to complete routine tasks.
- » Therefore your team may arrive as many as thirty minutes before or after your expectation.
- » Your Environmental Services Supervisor, Mohammed Ghali, has graciously offered his cell

# REPC § CLINICS FOR ALL

MARCH | 2021

7

phone number, (206) 214-6610. Please use it only when/if you are concerned because your team is more than fifteen minutes late.

- » Each of the routine cleaning tasks on the Housekeeping Plan will be completed every two weeks.
- » You have already received a complete Housekeeping Memo, either on MIRANET or in your inbox. On MIRANET, it is a four-click process. On the home page, click Groups. Click Environment and Facilities. On the right side, under Documents and Files, click IL Housekeeping Plan. Click it. It will be a great help to you to save a copy of the list in an easily accessed location.
- » If you have lost your copy of the plan or cannot access it on MIRANET, it is posted on the bulletin board in the mailroom. You can also pick up a copy from Katie in the Administration Office.
- » You are encouraged to remove your soiled bed sheets and have a clean set available for your team. They will make the bed with fresh linen and wash, dry, and fold the soiled linen.
- » Your windows will be washed in the spring and the fall.
- » Your deck will be power washed in the spring.

There is now an additional cleaning option that gives you more flexibility. You will find the general concept described on page three of the housekeeping memo. To arrange for a specific cleaning service that is outside the biweekly routine service, please call Mohammed Ghali at x 1412. You will need to agree upon the specifics before your requested service can be scheduled. Some of your choices, carpet cleaning, for example, will include a fee

Barbara Porter

## *EMERGENCY PREPAREDNESS COMMITTEE*

Ted Taylor and David Webber, Cochairs

The Resident Emergency Preparedness Committee (REPC) will hold its quarterly meeting on Wednesday, March 10, at 3 pm. The agenda will include plans to measure the readiness of Mirabella Seattle Independent Living residents to meet emergencies, an update on Floor Captains, coverage, adjustments and related matters, and status of First Aid and CPR training. Visitors are welcome. Meeting and Zoom link will be found on MIRANET a day or so before the meeting.

Ted Taylor

## *HEALTH SERVICES*

Brooke Kasten, Director of Social Services  
Loni Held, Resident Services Director

### **Health Services Clinics Available to All**

The following clinics are being held for Independent Living (IL) residents in first-floor Suite 133 by the C elevator.

Wear your mask and complete a COVID-19

questionnaire. Do not bring food or drink. For questions, please contact Loni Held at x 1418 or Brooke Kasten at x 1452.

### **Optometrist**

*On hold; no set return date*

Dr. Aditi Kakade, OD, an optometrist who specializes in the vision of older adults, provides eye examinations and treatments, and will also be



# CLINICS IN #133 § LIBRARY NEWS

8

MARCH | 2021

holding a drop-in, no-cost eyeglass clinic to repair glasses. Please call Katie Harrison at x 1457 for an eye exam appointment.

## Podiatrist

*Wednesday, March 24; 8 am–3 pm*

Mak Abulhosen, DMD, is available for morning appointments for IL residents in Suite 133. Health Services residents will be seen in their locations after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117.

## Audiologist

*Tuesday, March 9; 9:30–11 am*

Dr. Patricia Munson of Seattle Hearing Services will offer hearing assessments. For appointments, call Mary Jo Guajardo, Patient Care Coordinator/Office Manager, Seattle Hearing Services at (206) 937-8700 or [maryjo@seattlehearingservices.com](mailto:maryjo@seattlehearingservices.com).

## Foot Care Clinic

*Monday, March 15, 22; Tuesday, March 16, 23*

Bonnie Ackles, RN, CFCS is a board-certified Foot Care Nurse Specialist who is podiatrist-trained. She welcomes clients with all levels of foot care needs and with high risk medical issues. She has been providing foot care services for Mirabella residents for over five years. Appointments are available from 9 am–4:30 pm several days a month. Rates are \$75 for new clients (a onetime fee). Subsequent sessions are \$60 for established clients. Cash or check only. By appointment. Call or text Bonnie directly (206) 940-0748.

## Massage

*Wednesdays, Thursdays, Sundays*

Susan Stein, LMT, is available for massage services in Suite 133. Call x 1421 to schedule an appointment.

## Acupuncture

*Tuesdays and Fridays*

Jennifer Lewis, MTCM, LAC, is available for

acupuncture services in Suite 133. Call x 1421 to schedule an appointment.

## Medical Equipment Repair

*TBD*

Access Medical Repair will do free simple repairs or diagnostics on wheelchairs and walkers or with a fee on larger repairs. Currently, Access will not be making visits to Mirabella, but multiple items may be grouped and sent to the repair site. Call Loni Held for details (x 1418).

**Did you know . . .** you can recycle your old prescription, sun, reading glasses (no cases, please), or old hearing aids? Please drop these items into the Lions Recycle box located in the Resident Business Center. Unused hearing aid batteries are welcome, as well.

Loni Held, Resident Services Director

## LIBRARY NEWS

Martha Oman and Toni Myers, Cochairs



“In like a lion, out like a lamb” is our March theme. All you animal lovers, rejoice! We will feature books about animals and a few interesting weather books: for example, *Isaac’s Storm* by Erik Larson, *Snow in America* by Mergan Bernard, or *The Children’s Blizzard: A Novel* by Melanie Benjamin. Recommend your favorite titles and we will display them. Authors from Farley Mowat to James Herriot to Tea Obreht. The gamut from Meow through Growl to Roar!



# LIFELONG LEARNING

MARCH | 2021

9

Martha Oman reports that the Low-vision Reader is back in service in the Library. Instructions for its use are next to the machine.

Toni Myers

## LIFELONG LEARNING COMMITTEE

Louise Lowry and Julia Wan, Cochairs

Zoom events: To join LLC Zoom events go to MIRANET'S "Upcoming Events" on the date and time of the event. Click on the title of the event to bring up the Zoom link. Click on the Zoom link to join.

### Supportive Friends, Zoom Resident Café

Tuesday, March 2; 3 pm, via Zoom

Mirabella's Supportive Friends for bereaved Mirabella residents will meet again in the Residents' Café via Zoom. All residents are welcome to attend this virtual meeting for shared conversation. To join, click on Residents' Café on MIRANET'S "Upcoming Events" at 3 pm on Tuesday, March 2. Then click on the Zoom link that comes up.

Residents who do not own a computer may join with a phone connection. Please call one of the cochairs for assistance: Carolyn Blount (x 1644) or Natalie Siegel (x 1698).

### Art Museums of Paris: Musée D'Orsay and Musée Picasso with Rebecca Albani

Mondays, March 8 and 15; 10:45 am–12, via Zoom

Monday, March 8; 10:45 am–12, Musée D'Orsay  
Musée D'Orsay, transformed from a train station to a stunning museum space, holds artwork created between 1848 and 1914. Its collection of Impressionist and post-Impressionist paintings is unparalleled. It also holds the academic paintings against which Manet and his followers reacted, important realist works by Gustave Courbet, and spectacular Art Nouveau decorative arts.

Monday, March 15; 10:45

am–12, Musée Picasso

Musée Picasso is the repository of the bulk of the collection of the greatest collector of Picasso's work: Picasso himself. Here are paintings, sculpture, and works on paper from every stage of his long and prolific career. Coordinator: Sylvia Fisher.



Pablo Picasso,  
*Self-portrait, 1901,*  
Courtesy of Musée  
Picasso

### Resident Revelations: When

in Doubt, Run Uphill with Walter Bodle

Tuesday, March 9; 3:30–4:30 pm, via Zoom

Walter Bodle's several careers, from sales to teaching in the Black-Hispanic-Samoan community of Compton, California, range from scenes from the movie, *Straight Outta Compton* to founding Youth in Focus. "Run Uphill," the motto of an early running group, inspired him along the way. Finally, in retirement, that motto was behind his founding of Youth in Focus, a free, teens' summer photography program designed to build self-esteem. Youth in Focus, Walter's third career, is still going strong twenty-six years later, having served more than four thousand students. The program now has its own space in the Tree House Building in Rainier Valley,



Walter Bodle with a young mentee

# VIRTUAL LECTURES

10

MARCH | 2021

complete with custom darkrooms and exhibit space.  
Coordinator: Carolyn Blount.

Free recordings of the OLLI-UW virtual lectures are available by entering in your browser:  
<https://www.campusce.net/uwolli/course/course.aspx?catId=7>.

## OLLI-UW Virtual Lecture

### **An Outlaw Goes In: Folklore Trolls and Dubious Consent in Peer Gynt with Olivia Gunn**

*Wednesday, March 10; 12–1 pm, no fee but pre-registration required*



*Olivia Gunn*

In this talk, University of Washington Professor Olivia Gunn brings together materials ranging from nineteenth-century folklore and visual art to twenty-first century graphic novels and a concept from fan fiction (dubcon). She re-opens the question from Peer Gynt (1867): “What’s the difference

between a troll and a human?” She intends to illustrate the complexity and adaptability of the troll and to locate that troll in Peer’s interactions with women, in Ibsen’s authorship, and in all of us.

Olivia Noble Gunn is Assistant Professor and the Sverre Arestad Endowed Chair in Norwegian Studies in the Department of Scandinavian Studies at the University of Washington. She currently serves as President of the Ibsen Society of America. Coordinators: Louise Lowry & Julia Wan.

## OLLI-UW Virtual Lecture

### **How to Really Refuse/Reduce with Heather Trim and Liz Gignilliat**

*Friday, March 12; 12–1 pm, no fee but pre-registration required*

The speakers will give an overview of UW Recycling and Zero Waste Washington, review the waste hierarchy, and discuss personal waste reduction habits. They explain the rise of plastic use and dive deep into the issue of relying on recycling and composting rather than refusing and reducing waste. Instructors describe the problems of relying on buying “the right” thing instead of buying less. They offer tools to rethink those purchasing and consumption practices. Participants will learn ways to get involved, including learning about upcoming legislative bills, and they will gain an understanding of city and state legislation already in place.

Heather Trim is Executive Director of Zero Waste Washington. She was a leader in Seattle’s bag campaign and helped lead the efforts for Seattle’s food service-ware, phone book opt-out, and commercial building recycling/compost ordinances.

Liz Gignilliat is Manager at University of Washington Recycling, specializing in strategic planning, resource development, data collection and reporting, and contract management. Coordinators: Louise Lowry and Julia Wan.

## OLLI-UW Zoom Remote Winter Courses

### **Starting in March:**

Remote courses are offered online via Zoom for a small fee and annual membership. The courses are recorded so you can view a class later if you miss it.

To register for courses, visit this webpage:

<https://www.campusce.net/uwolli/course/course.aspx?catId=18>.

If you have any questions about courses or registering please contact Trisha at 206-685-6549.

### **Secrets of Seattle with Instructor David Williams**

*Tuesdays, March 2, 9, 16 and 23; 1:30–2:30 pm.*

*Cost: \$50*

» March 2; Secrets of Seattle Geology

» March 9; Secrets of Seattle’s Botanical Past

# BUS TRIPS § IRISH FIDDLE

MARCH | 2021

11

- » March 16; Secrets of Seattle's Disappearing Hills
- » March 23; Secrets of the Ship Canal and Locks

## Sir Gawain and the Green Knight with Instructor Sean Taylor

*Wednesdays, March 3, 10, 17, and 24;  
1:30–3:30 pm. Cost: \$50*

Students will read the masterwork of the anonymous 14th-century English poet known as the Gawain poet or the Pearl poet, exploring the ethical problems inherent in the code of chivalry.

## OUTSIDE ACTIVITIES

Loni Held, Resident Services Director  
Marcus Cullen, Facilities Services Director

Transportation will offer shopping bus trips each week in March. Trips in the first week of April are also included. Sightseeing trips have been cancelled.

**Bus Service:** Residents may reserve space on the bus for desired shopping trips by calling the Town Car reservation request line (x 1419) and leaving a voicemail (we ask residents to leave only one message). Signup sheets in the lobby will not be used.

**Seating:** Proper social distancing will be practiced at all times. Individuals as well as couples will be asked to space themselves accordingly. Capacity has been reduced due to spacing protocols. Residents must wear masks at all times.

**Shopping Destinations:** When arriving at the destination, residents will shop while the bus waits on site. As residents complete their shopping, they may re-board the bus and wait to return to Mirabella.

**No Show and Late Passengers:** We encourage residents who change their plans to please call the Town Car reservation line as early as possible in order to make space available for other residents.

## SHOPPING TRIPS

*Mondays, March 1, 8, 15, 22, 29, and April 5;*

**Safeway, 10:30 am; Metropolitan Market, 1:30 pm.**

*Tuesdays, March 2, 9, 16, 23, 30, and April 6; Fred Meyer, 10:30 am; PCC, 1:30 pm.*

*Wednesdays, March 3, 10, 17, 24, 31, and April 7; Costco, 10:30 am; U Village/QFC, 1:30 pm.*

*Thursdays, March 4, 11, 18, 25, and April 1; Fred Meyer, 10:30 am; Uwajimaya, 1:30 pm.*

*Fridays, March 5, 12, 19, 26, and April 2; Safeway, 10:30 am; Metropolitan Market, 1:30 pm.*

Mary Rogers

## PROGRAM COMMITTEE

Kitty Dow and Judy Guder, Cochairs

### Randal Bays: Irish Fiddling

*Thursday, March 4; 3:30 pm, via Zoom*

For the enjoyment of our residents, we have invited Seattleite Randal Bays to present a concert of traditional Irish fiddle music. Mr. Bays has played, studied, taught, and composed works for this historically important genre for a half century and is considered a world-class authority and artist. He has toured extensively in the U.S., Europe, and more remote venues, to wide acclaim. He is also an accomplished guitarist and will work a few guitar pieces into his program.

The Irish fiddle dates back over a thousand years.

Originally a distinct bowed string instrument, it has merged with the traditional classical violin and is now identical in all



# WASHINGTON WISDOM

respects except for the type of music and how it is played. Irish fiddle music is largely composed of dance tunes, much of that with ancient Celtic Baroque elements. Its style evolved continually with the influences of modern “country” music, virtual instruments, and the like.

Along with a suite of traditional tunes, Randal will play some of our favorites, including possibly “The Snouts and Ears of America” and “The Floating Crowbar,” melodies that are as catchy as their names. The instrument has taken root in the Northwest with growing popularity, especially since the 1960s. Randal is actively contributing to all aspects of that growth, including as the repeat Artistic Director of Cascadia Irish Music Week, usually a yearly event at Evergreen State College in Olympia.

Please join us and remember—everyone is guaranteed a front-row seat. Coordinator: Rich Atwood.

**Marilyn Watkins: Washington State Legislature**  
*Thursday, March 11; 3:30 pm, via Zoom*



*Marilyn Watkins*

Curious about our state legislature? Marilyn Watkins, Policy Director at the Economic Opportunity Institute, will return to inform us of key legislative bills the Washington State Legislature will be considering this session and then predict what will happen with each of these bills. She will also give us pointers on

the most effective strategies for sharing with state legislators our views on issues we care most about.

Marilyn is a Clinical Assistant Professor in Health Services at the University of Washington and serves on the Washington State Paid Family and Medical Leave Advisory Committee and Seattle’s Labor Standards Advisory Commission. Coordinator: Judy Guder.

**Kim Durand: The Current State of Athletics at the University of Washington**

*Thursday, March 18; 3:30 pm, via Zoom*

Kim Durand is UW’s Senior Associate Athletic Director for Student Development, managing all student athlete academic services. She also works actively on enhancing life skills of student athletes, as well as on race and diversity initiatives, and on campus is the athletic department’s liaison to the faculty. Durand is actively engaged in the National Association of Academic Advisors for Athletics (N4A) and served as the National President from 2014–2015. Currently, she is Liaison and Coordinator for the NFL Trust Degree Completion. Ms. Durand earned her bachelor’s degree in rhetoric and communication and psychology in 1991 from the University of Oregon. She went on to earn her master’s degree in educational policy and management, with an emphasis in higher education administration from the University of Oregon in 1994. Coordinator: Judy Guder.



*Kim Durand*

**Ladies Musical Club Concert**

*Saturday, March 20; 2 pm, via Zoom*

In this video, tailor-made for Mirabella, our Ladies Musical Club host, Regina Thomas, will guide us on

# MAGICAL MUSIC § 1909 WORLD'S FAIR

MARCH | 2021

13



*Selina Chu and Ann Rackl*

a journey from Hamburg to Vienna. Featured will be a wonderfully rich selection of music ranging from works by Max Reger and Ulrich Staeps to a song by Robert Schumann and finishing with two movements from a sonatina by Franz Schubert. Our artists will be Sharon Jung, oboe; Vicki Boeckman, recorder; Angie Kam, violin; Regina Thomas, soprano; Joan Lundquist, piano; Ann Rackl, violin; and Selina Chu, piano.

Regina and several of the artists will be available for Q&A after the video. Coordinator: Carolyn Burton.

## **Seattle Opera Recital: Elisabeth Ellis and Tess Altiveros**

*Thursday, March 25; 3:30 pm, via Zoom*

Remembered for their courtyard presentation at Mirabella, Elisabeth Ellis and



*Tess Altiveros*

Tess Altiveros return to present a recital filmed by the Seattle Opera. Soprano Tess Altiveros, a native Seattleite, has performed many roles



*Elisabeth Ellis*

for Seattle Opera and other U.S. symphonies and choruses. Elisabeth Ellis has been Company Pianist with Pacific Northwest Ballet since 2014. She has worked with Seattle Opera in many capacities and currently serves as Director of Music and Organist at First United Methodist Church of Seattle. Coordinator: Jean Hall.

## **Dan Kerlee: Seattle's First World's Fair in 1909**

*Thursday, April 1; 3:30 pm, Live via Zoom*

The Alaska-Yukon-Pacific Exposition of 1909, staged at the current University of Washington campus, was Seattle's First World's Fair. The event influenced the layout of the University of Washington campus and established a precedent for the creation of Seattle Center, the Space Needle, and Seafair. Lasting from June through October, this spectacle engaged the region's population over several years. The



*Dan Kerlee*

exposition attracted four million visitors from around the world and remains the Northwest's greatest cultural event ever. Through many rare and fascinating images, Dan Kerlee will explore the commercial promotion, live cultural display, beautiful architecture and grounds, international education, artistic performances, and world-class entertainment that put Seattle on the world's map for that unforgettable summer of 1909. Dan Kerlee is an independent researcher in various photographic ephemera linked to our region, contributing illustrations to many books and articles written by local authors. Coordinator: Leslie Klein.



# BINGO, BOOKS, AND BENEFITS

## **BINGO NEWS**

*Second and fourth Mondays at 7:30 pm; March 8 and 22*

Bingo will continue through March and April. Our featured guest “callers” have brought more fun to the games, and prizes are offered. Come and join us. If you need a new Bingo card, put a note in mailbox 302.



Our mystery Guest caller in February was Erika Campbell. In March, can you guess who?

Don Drury

## **BOOK CLUB**

*Fourth Monday of the Month; 4 pm, via Zoom*

On March 22 we will be talking about *Mr. Bridge* by Evan Connell, the companion novel to *Mrs. Bridge*, which we discussed in November. It is the story of the family from the husband’s perspective.

On April 26 we will discuss *The Moment of Lift: How Empowering Women Changed the World* by Melinda Gates. Part memoir and part a call to action, the book addresses various issues that hold women down, such as access to reliable newborn and maternal health care and education. Besides

describing her own career as a human rights activist, she writes of other change makers globally.

Everyone is welcome to join us.

Tina Moss

## **MEDIC ONE SUPPORT GROUP**

Jim Ohta and Jean Rolfe, Cochairs

### **Thank you, Mirabella Seattle and Mirabella Foundation**

Thanks to our very generous community, the Medic One Foundation Mirabella Advisory Committee is pleased to announce that we have achieved our goal of raising \$50,000 to fund the ten-month intensive training of two Seattle Fire Department Paramedic students. More than 100 donors made gifts of all sizes, and together we have created the benefit of full scholarships to Amanda Righi and Jacob Wilkins. Amanda and Jacob, halfway through their program in mid-February, began their trauma block, where they were performing well. We look forward to sharing their future progress with you over the next several months.

Our region’s paramedics are among the best in the world because contributions to the Medic One Foundation fund the ten-month course for



*Amanda Righi and Jacob Wilkins, class of 2020–2021*

# STEAMY SPECS § PASSOVER § PODCASTS

MARCH | 2021

15

paramedic students like Amanda and Jacob. Thank you, Mirabella residents and Mirabella Foundation donors, for making this achievement possible.

Jim Ohta and Jean Rolfe

## *STEAMED BY STEAMY GLASSES?*

Here's a nifty way to eliminate steamed-up glasses when wearing a mask. Line the top of your cloth mask with one row of double-sided sticky tape and press tape to face after putting on the mask. It's a great remedy. One-inch paper surgical tape folded lengthwise works well, too. The technique may also work on masks made of other materials.

Diane King

## *PASSOVER*

**P**ASSOVER, which begins on Saturday, March 27, at sundown and lasts for eight days, is a Jewish holiday that commemorates the Exodus from Egypt, as narrated in the Old Testament. The going forth from Egypt is the story of the first liberation of our forefathers from slavery. Freedom and justice, major themes from Exodus, over the centuries have inspired people around the world in their own yearning for freedom. The story of Passover is read from the Haggadah (the telling) during Seder celebration



*Matzo bread and wine*

dinners held each year to commemorate the holiday. Because of COVID, we are again unable to have a dinner and service this year. However,

we will have a special meal available for residents to order on the evening of March 27 in the dining

room. Stephen and Johnnie, Director and Head Chef of dining, have enthusiastically agreed to include a special meal on the menu.

More information will follow.

Natalie Siegel

## *I COULDN'T SLEEP LAST NIGHT...*

BY MARY JOSSEM

**I** AM probably not the only senior who tosses and turns some nights, waking up feeling like the Maxine cartoon in which she thinks tossing and turning should count as exercise.

Although not guaranteed to help you fall asleep, I have at least found a more productive way to spend the deep, dark, endless night while I wait for the sandman to pour a dump truck of sand on me. You are probably thinking I found audio books, but you would be wrong. Audio books at night are too frustrating: should you fall asleep while they play, you have no clue the next morning when you dropped off, and thus you spend half the next day trying to find the exact last place in the book you can remember. No, what I have found are podcasts. Unlike radio shows, podcasts are prerecorded audio programs that you can listen to whenever you wish. To find them, use the podcast app on your phone, computer, or tablet. If you have favorites, you can subscribe to them so you never miss an episode. (I subscribe only to the ones that are free.) They can be any length, from perhaps a minute to three hours. They can be played on your smartphone, tablet, through speakers, or even through your car sound system. Using headphones is also an option as is the sleep timer available in most apps. The timer gives you the security of knowing the device will stop playing either after the episode or after a specific length of time that you set.

Podcasts are produced at varying frequencies from

# HUMANOIDS AND ASTEROIDS

16

MARCH | 2021

daily to monthly and can come in simple formats with one host to more complex formats with multiple hosts or participants. They also cover a vast range of topics, like those you might find in a library.

Depending on the state of my brain at two in the morning, I might choose to listen to the *BBC World Service Global News Podcast*, about a thirty-minute round-up of world news. If I'm still awake after that, I might tune into *Stuff You Should Know* in which the two hosts explore an extremely eclectic range of topics such as "How Groundhog Day Works," "How Blimps Work," and "Silverfish." Granted, I learned more than I wanted to know in the "Silverfish" episode.

If you have a favorite radio show that you hate to miss, you might find that it is also available after the show as a podcast. In many cases commercials are removed to create a more pleasant listening experience. If you don't have time to listen to the whole show, often you can click on the "details," and a short summary will be provided of what's included in that particular podcast.

Whether your passion is true crime, politics, business, society and culture, sports, science, music or art, there is a podcast for you. Now, I just have to share one more podcast that is my last-ditch effort to fall asleep. It's called *Sleep with Me*. Although it may sound erotic, believe me, it's not! It's a bedtime story that gets progressively more boring and ultimately nonsensical so that, with any luck, you will find yourself in dreamland well before its ridiculous ending. Sweet dreams!

## ARTS NOTEBOOK

BY JARED CURTIS

MADART Seattle's current exhibit, *Parable of Gravity* by Casey Curran, is a single unified three-dimensional work.

*Location: 325 Westlake Avenue North, #101, Seattle, WA 98109; info@madartseattle.com;*

*(206) 623-1180; view by appointment only*

*Exhibition Period: February 12–April 17*

Some of the past exhibitions in MadArt Studio have been created entirely in situ, making it possible to watch the artist begin with empty space and blank walls and bring the work from scratch to completion. A stunning example was the 2020 work *Inside Out* by Marela Zacarias for which she designed and created within the gallery shell a representation of a Mayan temple and surrounding landscape that called up a pre-Columbian world.

*Parable of Gravity* was conceived, designed, and partially created elsewhere, disassembled, and brought by the artist to MadArt for reassembly and additional onsite touches. Less a visceral response to a lost world and more an intellectual realization of an alien future, the exhibit is both solid and delicate, occupying most of the available floor space with skeletal high-rise shapes through which appear to grow pale and delicate forms. These forms, though made of inanimate materials, are animated, slowly moving like sea grasses and kelp that move with invisible currents below the surface of the sea. In a central position at the front of the installation is a suspended human figure that can be read as skeletal remains or as survival suit. Hanging



*"Gravity," Asteroid  
– photo, J. Curtis*



# GRAVITY NEVER QUILTS

MARCH | 2021

17



*“Parable of Gravity” by Casey Curran  
—Humanoid figure, photo, J. Curtis*

ominously above is the artist’s rendition in reflective metal of an asteroid. The whole piece is an environment in the process of dissolution and reconstitution in a different form.

As mentioned in the gallery’s official description, *Parable of Gravity* “combines elements of mythology, science, and religion to foster a conversation around humanity’s goals and visions for future on earth. . . . The wooden towers stand as a symbol of continually evolving human technological progress. Occupying the floor of the studio and standing up to eight feet tall, they are structured to allow visitors to weave

through and immerse themselves in their gridded pattern. In the center, a human-scaled figure emerges. This being is made of kinetic flora that grows up and out of a pulsing and flexing garden, which reclaims its supportive wooden structure. The aluminum

asteroid, titled *Anchor of Janus*, takes its name from the Roman god Janus and its form from asteroid 951 Gaspra, which extraordinarily was captured by photograph on the Galileo spacecraft in 1991.” (From MadArt Seattle’s web page: <https://madartseattle.com/exhibits/parable-of-gravity/>.)

The “kinetic flora” is made of Duralar, a polyester material made in sheets designed for coating metal but here used by the artist as a durable and flexible “paper” from which his designs of flora are laser cut. As “a parable of a landscape in transition” the work is admonitory—a message to a careless humanity given to overrunning the natural world with “technical advancement” and, in the process, defiling it or destroying it. It is at the same time hopeful, a quiet hymn of praise for humanity’s gift for reinventing itself—beautiful in its delicacy, its contrasting shapes, and its power to immerse the viewer in this strange, futuristic environment.



*“Gravity,” Flora  
—photo, J Curtis*

# BIRTHDAYS § POETRY CORNER

## HAPPY BIRTHDAY! MARCH 2021

- |                     |                     |                      |
|---------------------|---------------------|----------------------|
| 1 – Louise Lowry    | 17 – Judy Feigin    | 20 – Glenda Maledy   |
| 2 – Frank Krentz    | 17 – Mike Hahn      | 23 – Dick Campbell   |
| 3 – Connie Jones    | 18 – Elizabeth Kerr | 23 – Corky Williams* |
| 7 – Jack Blume      | 19 – Natalie Siegel | 25 – Jared Curtis    |
| 7 – Leslie Klein    | 19 – Ron King       | 25 – Don Smith       |
| 8 – Judy Rourke     | 19 – Diane Holmes   | 25 – Sue Herring     |
| 11 – Nancy Eliason  | 20 – Don Kraft      | 26 – Ellie Fife      |
| 12 – Mary Jossem    | 20 – Jayne Barrere  | 27 – Don Drury       |
| 15 – Don Ferrell    | 20 – Pat Aitken     | 28 – Jayne Krentz    |
| 17 – Pat Thenell    | 20 – Polly Dodd     | 30 – Ellen Gamrath   |
| 17 – Paul McTaggart |                     |                      |

*\*Listed in February in error.*

## WHERE WE ARE NOW

### IS ONE ENOUGH?

BY JARED CURTIS

If I wear two masks, am I safer? Or will the virus find its own way through, regardless? What about three masks? Dr. Fauci suggests two cotton and a coffee filter in between but tempers that by adding when in a crowded place indoors.

Who goes to such a place? If caught in one, unawares, it may be best to carry extra masks to layer up the way we do with clothing when trekking in the mountains.

Masks in place, then, find the nearest exit and skedaddle—so we dodge our way through this new life in twenty-twenty-one.



*“In the Monitoring Room” – photo, L. Klein*

### SECOND JAB COMPLETED, 02/09/2021

Balloon towers created by Loni Held and Katie Harrison of Administration marked the entrances to Emerald Hall during the final administering of the COVID-19 vaccine to residents and staff.

# IS IT 2021 YET?

MARCH | 2021

19

## COVID DAZE 2020: WHAT DID WE LEARN?

BY CONNIE CHAPLIN

Finding something good about the pandemic years—well, it seems like years—is an exercise in futility, mostly, but it has been such a gut-punch that it forces us to reflect. Did **anything** good happen?

My favorite COVID consequence is the necessity for television personalities to be telecast from their homes. Lighting and sound can be problematic, but the peek into private space is worth it. I second-guess their choice of plants, wall hangings, and their personal photos and knickknacks. Backgrounds

of bookshelves are a clear winner; the one with warm wood shelves, colorful book jackets, and weekly fresh flowers stands out, and the sound and lighting are studio quality. Books, I think, negate any tinny reverberation from hard surfaces. When reporters

appear in a different room, I wonder why. When a cat sleeping on the living room sofa never shows up again, I worry. So when the black and white cat on the white afghan appears almost daily, he becomes part of the décor. Except for the day he jumped down, strolled over to the reporter and responded to her story with a loud “Yeowr!”

Baking, particularly of sourdough bread, has had a notable COVID connection. Baking could be a useful family activity or learning experience for young kids. Or not. During the holidays, the home-baked goods left on my ledge by friends were properly appreciated, however. People report being more adventurous in their cooking and eating. One mentioned choosing more nutritious dishes. Okay.

Others admitted to too much comfort food. No surprise there. Here in Mirabella, the chat is mostly appreciative of the effort by dining services to provide variety in our menus.

Most notable to me is the way residents step up to help others by writing amusing, useful, and interesting entries for our Google website, helping the staff and outside organizations by collecting and distributing paper bags, and checking on the welfare of other residents. Lectures and performances on Zoom and Happy Hour and the virtual Café maintain a semblance of normality. Thought is given to making the hallways cheerful, and it is appreciated.



*CBC reporter's cat cleaning up a sneeze*

Some folks have developed future virus-vision and see pandemic payoff in new and better ways of doing things. Tele-medicine, they say, will continue. Via Zoom, your doctor can diagnose a simple rash, for example, without setting up an appointment. (Or a compound fracture,

for that matter.) My granddaughter in Florida sets up a family Zoom each Sunday which ropes in everyone including their dogs and cats from here to Hawaii. Zoom will probably live post-pandemic, but we need to figure out how to monetize it for actors, musicians, and arts venues.

One cautiously positive note is the interest in adopting pets. Rescue animals have been a hot ticket in COVID time. With decent care, pets last fifteen or twenty years, though, so let's hope they stay cute. Just staying positive is an endangered emotion these days, what with expected mental health issues, reported child abuse, alcohol-coping increase, and corrosive cabin fever. So if you have a glass half-empty right now and it's evaporating fast, you're not alone.



# *The Mirabella Monthly*



VOLUME 13 | ISSUE 3

MARCH | 2021

## *Guide to Mirabella Publications*

### ***The Mirabella Monthly***

*Publisher, Editor-in-Chief, and*

*Designer:* Jared Curtis

*Associate Editor:* Mary Rogers

*Lead Editor for March:* Connie Chaplin

*Copy Editors and Writers:* Connie

Chaplin, Sally Hayman, Mary

Jossem, Mary Rogers, Pat Thenell

*Proofreaders:* Nickie Askov,

Marilyn Campbell, Betty Heycke,

Chris Jamin, Tina Moss, Betty

O'Donnell, Judy Rourke, Charles

Sleicher

*Production Team:* Led by Laura

Bailey and Diane King, assisted

by Marilyn Campbell, Nancy

Eliason, Charles Fitzgerald, Chris

Jamin, Paul Keown, Ron King,

Tina Moss, Janet and Jim Ohta,

Judy Rourke, and Susan Webber

### **How to Submit Events to**

#### **MIRANET Upcoming Events and *Mirabella Weekly***

If you want information added

to MIRANET and the printed

*Mirabella Weekly*, please email

details to Katie Harrison at

[kharrison@retirement.org](mailto:kharrison@retirement.org) or Loni

Held at [lheld@retirement.org](mailto:lheld@retirement.org) by

5 pm Wednesday of the prior week.

Room bookings must be made in

writing on the proper form and

turned in to the Front Desk.

### **How to Submit Your Article, Story, News, or Event Report to *The Mirabella Monthly***

Before submitting copy, please

proof it carefully for typos, spelling

errors, accuracy of dates and times,

and possible cuts or changes. Only

original writing will be accepted.

While some Mirabella staff

members contribute articles, *The*

*Monthly* is intended to showcase

writing and images from residents.

We do not reprint internet captures,

widely distributed emails, or

previously published writing.

The deadline for all submissions

is the fifteenth of each month prior

to the month of publication. Any

piece submitted after this date will

risk being held over. The length

of your submission is negotiable,

but the editorial team must work

within the *MM* format and style.

Guidelines are available on request.

All written submissions will be

edited, formatted, and proofed by

*Mirabella Monthly* staff.

Please email your submission to Mary

Rogers at [mkr3824@gmail.com](mailto:mkr3824@gmail.com).

Word or RTF documents work

best. Pages documents should be

“exported” to Word format before

submission. Submit paper copy to

mailbox #824 as a last resort.

Tips for a successful submission:

» Use the Enter or Return key only

at the end of each paragraph.

» Use only one font in one size for

the entire article.

» Avoid elaborate text formatting,

like columns, boxes, or effects.

» Show emphasis by *italics*, never

ALL CAPS, even in titles.

### **How to Submit Photos**

Adjust the camera or scanner to

make photographs or scans of the

highest quality (or the highest

resolution). JPEG is the most

convenient format. Focus the

image on the part of the scene that

is most important. Submit each

image at full size. When attaching

an image to an email, choose the

option for “original” or “full size.”

Send digital images to

[jaredcurtis@icloud.com](mailto:jaredcurtis@icloud.com).

Put all illustrations and sketches on

paper in mailbox #801.

The Mirabella Monthly

*Mirabella Seattle*

[www.mirabellaliving.com/Seattle](http://www.mirabellaliving.com/Seattle)

[jaredcurtis@icloud.com](mailto:jaredcurtis@icloud.com)