

The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 15 | ISSUE 12

DECEMBER 2023

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EMISSARY FROM THE WORLD OF ART: SYLVIA FISHER

BY LOUISE LOWRY

Mirabella residents make up one of the best-informed visual art audiences in town. Longtime resident Sylvia Fisher has made it her goal to make that art even more accessible, interesting, and involving. To do that, she puts Mirabella residents in touch not only with the art scene in Seattle but also with art in a larger historical context. As an experienced docent at the Seattle Art Museum, Sylvia knows what's happening there and at other art venues in Seattle. She wants Mirabella's residents to know, too. For



Sylvia Fisher at SAM's summer 2023 exhibit Amoako Bofofo: Soul of Black Folks, standing before Bofofo's painting "Black, Skin, White Masks." The reclining figure holds an open copy of the English translation of Frantz Fanon's Black Skin, White Masks, a widely influential study of the black psyche in a white world. Photo, R. Benfield

MARKET MAVEN

example, with every new show at SAM, she brings art historian Rebecca Albiani to Emerald Hall to preview the exhibit, often followed with a Mirabella field trip to the museum with Sylvia as docent. Rebecca, also an art lecturer at the Frye Museum, provides slides of works on display, historical accounts of the artists, and critical commentary. In November, it was the work of Katsushika Hokusai, the Japanese printmaker. In December it will be the Alexander Calder exhibit at SAM.

Besides spotlighting the Seattle art scene, Sylvia coordinates art history courses in Emerald Hall through the Lifelong Learning Committee. She enlists the teaching skills of both Rebecca Albiani and Kolya Rice, Artist in Residence in the School of Art, Art History, and Design at the University of Washington. Rice is currently providing Mirabella a multi-year course on the history of Western art from earliest times to the present.

Sylvia's background in the arts and in community service makes her especially well qualified for the role she has taken on at Mirabella. She was born in Brooklyn and studied violin at Juilliard. After moving to Palo Alto, California, she was a leader in the League of Women Voters, served on the City Council, and was Executive Director of a low-income housing corporation.

When she moved to Seattle, Sylvia applied to become a docent at the Seattle Art Museum. After two years of training, she gave her first tour in 1997. In 2009, she was hired to become the first docent the Wright Exhibition Space ever had. She worked there as well as at SAM until 2014 when that small museum closed. She is still a volunteer docent at SAM and currently loves bringing visitors the joy of the Alexander Calder exhibition.



PIKE PLACE MARKET

BY JARED CURTIS

Evelyn Klebanoff visits Pike Place Market often and always early enough in the day to avoid the hordes of tourists, who chiefly look and rarely buy. She has shopped there nearly every week for decades. Evelyn is a welcome sight at Sosio's Fruit and Produce stand, for example, where she is greeted by name, provided a wooden produce box to sit upon, and given the best of their stock of offerings. A short distance away at the flower stand she asks, "What shall I get?" and the flower lady picks out the freshest blooms for her. Of course, she can get any of these items from Amazon or from other online businesses, but she prefers to support this unique cultural institution, a century-old, city-center, year-round, open-air market. What city besides Seattle does that anymore?

She also loves to stop at her favorite market bakery to savor a pastry and a cup of good coffee, or she will time her stay just right to have a quiet lunch in



*Sosio's Fruits & Produce stand
– photo, Ron Hammond*

ART WORLDWIDE

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one of the many restaurants. She has said often in our several conversations about her lifelong love affair with Pike Place Market that she hopes both new and longtime Mirabella residents will explore the market and either discover or rediscover their favorite stalls and shops...and then continue to enjoy this remarkable place with regular visits. The friendly merchants, many of whom have been part of the market for their entire working lives, are especially grateful for the regulars who support their businesses and help to keep the market alive and well. Stories of old established businesses in Seattle ending their run appear in the local paper with distressing regularity. Evelyn wants Pike Place Market to survive and thrive and hopes the rest of us will make *this* market *our* market.

CONTINENTAL DRIFT

BY JOANNE MEARLS

It began as a show of indigenous art of the United States and Canada. The first entries were Australian Aboriginal dot art. So, we followed that trail to an amazing show. Art from around the world: Indonesia, Australia, New Guinea, Mexico, Polynesia, Canada, Peru, Zululand, South Africa, West Africa, as well as the U.S. and Canada.

A highlight of the show is *Enchanted Owl* by Inuit artist Kenojuak Ashevak. It became the Canadian inaugural postage stamp celebrating the incorporation of the Northwest Territories into Canada. Find the small picture. Observe the owl observing you. The owl is a source of luck, guidance, and wisdom. The owl drives away darkness and is the light of happiness. Let it lead you through the show.

Spend some time enjoying the beaded game bag, a Sioux creation. How many million beads do you suppose are included? Watch for beads as you go

around; they are incorporated into many works in large and small numbers. Skin and fur of many animals as well as bones, twigs, hair, shells, feathers, wood, and grasses form part of many pieces.



Enchanted Owl by Kenojuak Ashevak

Check out the mask from Peru made of black wood, fish scales, “lucky beans” (small red beans indigenous to Peru), fiber beard, and piranhas’ teeth. Huichol. What’s that? It’s a Mexican folk-art style that uses yarn or string with wax to create a wall hanging or a three-dimensional object. You’ll find one such piece on the wall and two iguanas and a bowl on shelves.


Fabric art abounds, with most pieces by Eskimo artists. Perhaps you’ve already noticed that the show continues in the 1B elevator lobby. There, among other works, you’ll see a red drum that includes crocodile skin. Don’t miss the pots and baskets here and on the shelves in the main hallway.

This is such a different show for Mirabella! All the art belongs to Mirabella residents. The show is curated by Ginny Sharp and Joanne Mearls. And the enchanted owl hopes you’ll visit many times.




WHO DOES WHAT AT MIRABELLA


RESIDENT COUNCIL, 2023–2024 COUNCIL & RESIDENTS’ ASSOCIATION MEETINGS



Mike Waring,
President, 2023–2024,
Box 527, x 1585,
urbandoc@hotmail.com




Julia Wan, Vice
President, 2023–2024,
Box 1110, x 1852,
juliawan1@gmail.com




Cathy Short,
Secretary, 2023–2025,
Box 1118, x 1860,
cathyashort@gmail.com



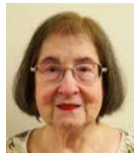
Alice Arrington,
Treasurer, 2022–2024,
Box 800, x 1749,
alicebelle6@gmail.com




Nancy Eliason, Member-
at-Large, 2023–2024,
Box 715, x 1842,
nleliason@gmail.com



Jane Beer, Member-at-Large,
2023–2025,
Box 734, x 1747,
lil_jane@hotmail.com



Janice Kaplan-Klein, Member-
at-Large, 2023–2025,
Box 830, x 1779,
jkreachtr@earthlink.net



Louise Lowry, Member-
at-Large, 2023–2024,
Box 607, x 1684,
lklowry@aol.com

Residents’ Association Meetings are held on the first Tuesday of the month at 11 am in Emerald Hall. Resident Council meets on the second and fourth Tuesday of the month at 9 am in Conference Room A. Residents are welcome at all Council meetings.

RESIDENTS’ ASSOCIATION COMMITTEES & CHAIRS, 2023–2024

*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
Active Arts	Barbara Porter Tricia Brink	Box 902, x 1885 Box 600, x 1677
Art	Linda Berkman	Box 513, x 1861
Dining	Gail Temple	Box 1002, x 1820
Emergency Preparedness	Matt Jamin	Box 1028, x 1635
Employee Appreciation	Sally Hahn	Box 1120, x 1755
Environment & Facilities	Nickie Askov Jerry Smedes	Box 1116, x 1858 Box 1021, x 1617
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Ken Hopkins Bob Lewandowski	Box 511, x 1662 Box 408, x 1731
Library	Martha Oman	Box 501, x 1642
Lifelong Learning	Pat Harris	Box 524, x 1600
Mirabella Seattle Foundation	David Webber, Chair	Box 1122, x 1864
Nominating	Laura Bailey	Box 432, x 1813
Outside Activities	Míceál Vaughan	Box 434, x 1639
Program	Sally Hayman Cochair TBD	Box 828, x 1640
Welcome	Sue Herring	Box 709, x 1556

MIRABELLA TURNS FIFTEEN

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RESIDENT SERVICES

Loni Smith, Resident Services Director

Mirabella Fifteen Year Celebration!

Tuesday, December 19; 3–5 pm, NW/West Dining Room

Join us as we celebrate fifteen years of Mirabella! We will be celebrating with heavy hors d'oeuvres, sparkling wine, desserts, and entertainment.

Health Clinics Available to All



The following clinics are being held for Independent Living (IL) residents in third-floor Suite 301, accessible from the A elevator. Do not bring food or drink with you. For questions, please contact Loni Smith, x 1418.

Audiologist: Seattle Hearing Services

Tuesday, December 12; 9:30 am, Suite 301

Dr. Patricia Munson offers hearing assessments. For appointments, contact Patient Care Coordinator/Office Manager, Seattle Hearing Services at info@seattlehearingservices.com or at (206) 937-8700.

Podiatrist

Thursday, December 14; 8:30 am–3 pm, Suite 301

Dr. Mak Abulhosn, DPM, is available in Suite 301 for morning appointments for IL residents. Health Services residents will be seen in their own rooms after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117. You will need to bring Medicare and insurance cards and fill out all necessary paperwork at your first appointment.

Foot Care Clinic

Third Monday and Tuesday only in December; 9:30 am–4:30 pm, Suite 301; call for appointment and fee schedule

Bonnie Ackles, RN, CFCS, is a former Advanced Registered Nurse Practitioner who is also a board-certified Foot Care Nurse Specialist. Foot Care Clinic is held on the third and fourth Monday and

Tuesday in Suite 301. For appointments and rates, call or text Bonnie Ackles, RN, CFCS, at (206) 940-0748.

Counseling Service

Wednesdays, weekly by appointment only

Janelle Jensen, MS, LMFT, works as a marriage and family therapist in the Seattle area and will act as a resource for therapy or family consultations or support. She has work experience in adult mental health, aging, memory loss, and family caregiver support. She works with residents experiencing grief, loss, changes in health, anxiety, and depression. She can consult with families working to understand dementia and other age-related changes, care options, navigating healthcare systems, caregiving roles, long-term planning, and similar issues. She is available Wednesdays for in-person visits and can also be reached via telehealth and email. She offers private-pay family consultation or therapy (\$150 for 30 minutes, \$170 for 45–50 minutes). For information or to schedule an appointment, email Ms. Jensen at janellejensentherapy@gmail.com.

Massage Appointments

Wednesday and Thursday; 8 am–5 pm; Saturday and Sunday; 10:30 am–4 pm, Suite 301

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

Acupuncture

Tuesdays and Fridays; 9 am–4 pm, Suite 301

Jennifer Lewis, MTCM, LAC, is available for acupuncture services. Call x 1421 to schedule an appointment.

Health Center Respite



Mirabella offers respite stays in the health center when a caretaker/spouse needs a rest or needs to be away from home and his or her partner/spouse requires care.

ART IN HOUSE

Room and board are covered under the temporary stay program for a maximum of ten days in a calendar year, although respite stays can certainly be longer if a resident wishes to pay privately for additional days. All admissions to the health center require a physician’s visit, an order to admit, and other clinical documents to be submitted prior to admission. For more information or to schedule a respite stay, please call Quynh Truong, Health Center Admissions, at (206) 254-1455. If a resident prefers to have in-home care provided during a spouse’s time away, that would be an alternative to the health center. Home care does not require the same documents to be presented prior to establishing care. Note that it is not covered under the temporary free stay program and therefore is a private pay cost.

Max Kuhlman, Health Services Administrator

ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs

Holidays are for Singing



Friday, December 8; 3:30–4:30 pm, Health Services Activities Room, second floor

Guest musician and vocalist Do Peterson will offer this lovely holiday event to all residents, hosted by Stephanie Niehaus, activity director of Health Services. Stephanie will arrange for extra chairs to be set up in the second floor activity room. Do Peterson’s show will be based on Holiday Songs, so everyone can sing along.

Please join this fine singer for this seasonal treat. Coordinator: Barbara Porter.

Collage

Thursdays, January 11, 18, 25, and February 1; 12–1:30 pm, Art Studio 507; registration required
“A collage (from the French word *coller*, to glue) is a work of formal art made by gluing different pieces

of paper, photographs, fabric, and other ephemera onto a supporting surface, thus creating a new whole. The term collage was coined by both Georges Braque and Pablo Picasso in the beginning of the twentieth century when collage became a distinctive part of modern art.” (from Northwest Collage Society website, nwcollagesociety.org).

We are excited to bring you Martha Soriano, a mixed media artist with an enthusiastic approach. Her bio on stillnessart.com states, “Her art is eclectic—mixing mediums and materials to defy conventional styles.” Martha is a skilled teacher who will present this art form sequentially to guide you comfortably to satisfying results. There will be a \$12 supply fee deducted from your account. Please register in the red notebook in the Resident Business Office. Coordinator: Tricia Brink.



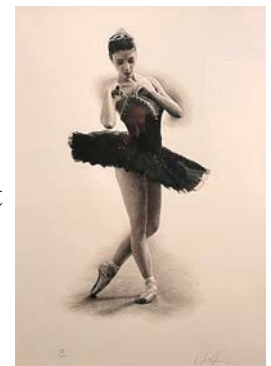
Maja Sereda teaching “Nature’s Watercolors” in September 2023 – photo, C. Ferrell

ART COMMITTEE

Linda Berkman, Chair

Ballerinas and a Floating Boat

This is not a photograph! A second ballerina, *Black Swan*, gifted by our ballet aficionado Linda Berkman, stands alone with a few shadows behind to set her off. Notice the delicacy of her tutu as she is caught mid-movement and the power of her legs. See it in the 4D elevator lobby. Compare it to Linda’s other gift, also a lithograph by Douglas Hofmann, in the 5B



Black Swan by Douglas Hofmann

EMPLOYEE FUND DRIVE HITS RECORD

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elevator lobby, where the ballerina stands *en pointe*, her image reflected perfectly in the mirror behind her.

How dreamy! How mysterious! An old man paddles a canoe with a lantern on the stern while a young woman reclines languidly, dipping her hand in the water. There is a legend that a young woman, Sujata, saved the Buddha from starvation by feeding him rice milk. She convinced him that his extreme asceticism was not the way to achieve enlightenment. The work *Crystal Springs* by William Steidel is amazing aside from the story. The canoe appears to be floating in the air. There is so much detail above and below the water with so many reflections! And notice the flask at the girl's feet. Thank new residents Rick and Debra Berger for this loan, which you may view on the ninth floor between the B and C elevators.

The Art Committee is happy to receive loans and gifts from residents, so if extra art is a problem, contact any member of the committee to find out how to loan or give a work.

Joanne Mearls

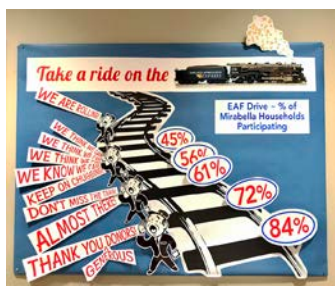
very “merry” for our wonderful employees.

All contributions received by November 16 will be distributed to the 216 full and part-time employees on a pro-rata basis calculated on the number of hours worked during the past year. Distribution is independent of position or title. Employees receive their bonuses by direct deposit on December 8 along with an expression of gratitude from Mirabella residents. The managing directors do not receive awards from the EAF.

All contributions after November 16 will count toward the 2024 fund drive. A growing number of residents have elected to have their EAF donations added to their monthly Mirabella bill. This spreads their payments throughout the year and keeps the reminder of gratitude present each month. A monthly contribution form will be delivered to your mailbox soon. It allows you to begin deductions in January 2024, discontinue monthly contributions, or change the amount you are currently deducting. If you would like to sign up for this easy contribution method, please fill out the 2024 Monthly Donation form and put it in the EAF donation box in the Mailroom by December 15.

EMPLOYEE APPRECIATION COMMITTEE

Sally Hahn, Chair



EAF Progress Chart – photo, H. Roberts

The Mirabella Employee Express has arrived at the rail station, and our campaign has ended. This year's donation amount represents eighty-four percent of our Mirabella households, and we topped last year's record amount. Thank you, Mirabella residents! You have made this December

GREEN COMMITTEE

Carolyn Roe, Chair

Quick Guide to the Trash Rooms

The Green Committee has been working for several months to develop a Quick Guide for the many caregivers who come to Mirabella. Committee members noticed several sorting “mistakes” in the trash rooms and thought possibly caregivers did not have the information they needed to recycle correctly. The one-page paper with pictures of the various bins and lists of what should go in them is now available at the front desk and will be offered to them as they check into the building.

Mirabella residents! You have made this December

Now & Then ♦ Learning for Life



Quick Guide to Trash Rooms – photo, C. Roe

If you employ caregivers, we are asking for your help in making sure they have a copy. You can access them now on the Home page of MIRANET under Groups > Green Committee > Folders. The Welcome Committee is going to include them in the packets for new residents as well.

& Then: *The Historic Hundred* by Paul Dorpat and Jean Sherrard. Copies of *Seattle Now & Then Volume II*, 1986 edition, and the 1984 edition of the same title are already on the library's shelves. The books are collections of articles published in the *Seattle Times* from 1982 to 2018; each article compares an old and a new photo and tells the stories of many sights of historic interest in Seattle. You can find the books in the nonfiction section of the library in Dewey Decimal number 979.7. Please enjoy these books as well as the many other books we have on Washington and the Pacific Northwest.

(Note: The new 2019 edition of *Seattle Now & Then* was borrowed before I had time to get it cataloged and labelled. If you have it, please return it to me so I can get it properly labelled. You may call me at x 1642. Thanks. Martha Oman.)

LIBRARY COMMITTEE

Martha Oman, Chair

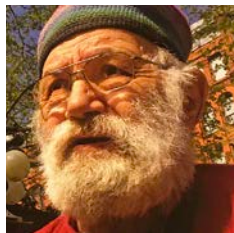
Mirabella Library News



Photomontage of three Now & Then titles – photo, M. Oman

The Mirabella Library has a fascinating collection of books about Seattle and Pacific Northwest history. Not only do we hope that residents new to the area might be interested in learning something about its history, but there are also long-time residents who might enjoy reading about events they remember and perhaps were participants.

The library received a lovely new addition to that collection when Clay Eals, speaker in Emerald Hall and contributor of the *Seattle Times* column “Seattle Now & Then,” donated the 2019 edition of the book *Seattle Now*



Paul Dorpat, originator of Seattle Times column “Now & Then”

LIFELONG LEARNING COMMITTEE

Pat Harris, Chair

OLLI-UW DECEMBER ZOOM LECTURES

Lectures are free to Mirabella resident registrants. Pre-registration is required for all lectures.

Vaccines to Treat and Prevent Cancer

Friday, December 1; 12–1 pm

Pre-registration Zoom link: <https://washington.zoom.us/j/9854212345>

Dr. Kiran Dhillon, Executive Director of the Cancer Vaccine Institute (CVI) at the University of Washington, will share cutting-edge research on the development of vaccines to treat and prevent several types of solid cancers, including breast, colon, ovarian, prostate, and bladder. She will discuss vaccine and related research that is in

LOOKING BACK

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development in the laboratory and in clinical trials at the University of Washington.

The Northwest’s Cataclysmic Ice Age Floods

Friday, December 15; 12–1 pm

Pre-registration Zoom link: [https://washington.zoom.us/meeting/register/tJUrcuqrqzwtEtUVmv661VQOzMaGWD4nL8Pc](https://washington.zoom.us/j/661VQOzMaGWD4nL8Pc)
Dale Lehman, local naturalist, geologist, and retired adjunct geology instructor at the University of Washington, will present the story of how scientists and explorers pieced together an explanation for the flood-carved features of the Pacific Northwest found in the intriguing landscape of dry waterfalls, dry river channels, and the scarred landscape called “scabland.”

A Look at West Seattle

Wednesday, December 6; 3:30–4:30 pm, Emerald Hall and Zoom



West Seattle Map

West Seattle fills the peninsula west of downtown Seattle. It claims special scenery and a hometown vibe different from other neighborhoods in Seattle. Newspaper writer and historian Clay Eals, a resident and booster of West Seattle, will tell us about its history, murals, and preservation projects. He is past editor of the West Seattle Herald

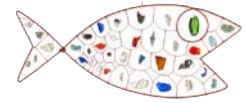
newspaper, past executive director of the Southwest Seattle Historical Society, and recipient of the Seattle Historic Society 2023 Preservation Award. Coordinator: Mike Hahn.

Rebecca Albiani, Art Lecture on “Calder in Motion, The Shirley Family Collection”

Monday, December 11; 10:45 am–12 pm, Emerald Hall and Zoom

“People think that monuments should come out

of the ground, never out of the ceiling, but mobiles can be monumental too,” said Alexander Calder. You will agree when you come to Rebecca Albiani’s lecture on this Seattle Art Museum exhibition. You will discover the iconic American artist who revolutionized sculpture with his renowned mobiles and stabiles, which range from the miniature to the monumental. Coordinator: Sylvia Fisher.

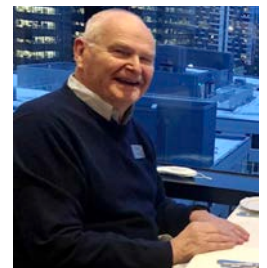


Fish Circle by Alexander Calder

Resident Revelations, Dick Fike: How Lucky Can You Get?

Tuesday, December 12; 3:30 pm, Emerald Hall and Zoom

Dick Fike says he has been lucky all his life. In his Resident Revelations talk he will share some interesting and surprising periods of his life.



Dick Fike

At the end of his freshman year in college, Dick received a personal letter from the president of Oregon State College for his unique contribution to the school’s history. What did he do? Why did the FBI keep investigating him for stealing \$5,000 when he says he is innocent? How then can he explain the \$5,000 that was deposited to his bank account at almost the same time? Dick will share some highlights where very bad circumstances still have him claiming to be lucky.

Come to Emerald Hall to hear Dick’s stories and judge for yourself. Coordinator: Judy Waring.

An Insider’s Look at *It’s a Wonderful Life* (1946)

Wednesday, December 20; 3:30–4:30 pm, Emerald Hall and Zoom

Clay Eals’ *Every Time the Bell Rings* is a biography of child actress Karolyn Grimes. She played the role of Zuzu, the youngest daughter of George (Jimmy

OUT & ABOUT



A 1946 still from the movie, Karolyn Grimes as Zuzu Bailey draped on Jimmy Stewart's back

Stewart) and Mary (Donna Reed) in the movie *It's a Wonderful Life*. Now eighty-three, she is one of the few surviving cast members. Clay will discuss the filming of the 1946 movie, Karolyn Grimes's role, her life after Hollywood, and her recent celebrity. Coordinator: Mike Hahn.

OUTSIDE ACTIVITIES

COMMITTEE

Míceál Vaughan, Chair

Loni Smith, Resident Services Director

Marcus Cullen, Facilities Services Director

Clint Turner, Security & Transportation Manager

Bus Schedule Notes: *The Mirabella Monthly* lists both the departure time from Mirabella and the estimated pickup time from the destination. A grocery visit is an hour to an hour-and-a-half, subject to the needs of the shoppers. Times listed for other activities depend on the activity. For all trips, please be in the lobby fifteen minutes before departure to allow the bus to load and leave on time. You must be on board the bus at the announced time of departure.

To Make or Cancel a Reservation: Call x 1419 to leave a message for bus reservations or submit a request on the Transportation Tab on MIRANET at least forty-eight hours before the trip unless otherwise stated in the writeup. Request a confirmation for your seat. The site also lists seats available for each trip, and the list is updated as needed. Non-grocery trips may be canceled if buses are not available or if fewer than four people sign up. If your plans change and you are unable to make

the trip, please call x 1419 to cancel twenty-four hours ahead and allow someone who is waitlisted to use the space. You may also cancel your reservation by calling the Front Desk at x 1400 when last minute cancellations are unavoidable.

COVID Restrictions: Although COVID restrictions have been lifted in Washington State for some time, the current surge of cases has prompted many indoor venues to require a mask. To be safe, make sure you have one before boarding the bus.

GROCERY TRIPS

Ballard Market/Safeway, Friday, December 8; Wednesday, December 20; 10 am–12 pm

Bellevue Square, Friday, December 8; 10:30 am–2 pm

Costco, Wednesdays, December 13, 27; 9:45–11:30 am

Fred Meyer/PCC/Trader Joe's, Fridays, December 1, 15, 29; 10–11:45 am

Metro Market/CVS, Mondays, December 4, 18; 10–11:45 am

QFC/University Village, Monday, December 11; 10 am–12 pm; second pickup 2 pm; Friday, December 22; 10 am–12 pm

WALKS

Saturdays, 9:30–11:30 am pickup

December 2 Magnuson Park

December 9 Alki Waterfront

December 16 Volunteer Park

December 23 Arboretum

December 30 Lincoln Park

Coordinator: Ardelle Knudsen, x 1811.

SUNDAY CHURCH

Sundays, December 3, 10, 17, 24, 31; Mondays, December 25, January 1; 9:15–10:30 am

The bus goes to Christ Our Hope. Other church trips are by reservation only.

EXCURSIONS HERE & THERE

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CULTURAL EVENTS

Emerald City Music, *Inspired by Gamelan*, Friday, December 15; 7:30 pm, will call for pickup

Fifth Avenue Theater, *Irving Berlin's White Christmas*, Thursday, December 14; 12:45–4:45 pm

Met Live in HD, *Florence en el Amazonas*, Saturday, December 9; 9:15 am–12:40 pm

Seattle Repertory Theater, *Little Women*, Sunday, December 3; 11:15 am–2:15 pm; Wednesday, December 13; 1:15–4:15 pm

Seattle Symphony 8G Series, *Mahler's Fifth Symphony*, Sunday, December 3; 1:15–4:15 pm

Seattle Symphony POPS, *Holiday Pops*, Sunday, December 10; 1:15–4:15 pm

SPECIAL ACTIVITIES AND EXCURSIONS

Hugo House

Wednesday, December 6; leaving at 1 pm, pickup 2:30 pm

The Program Committee invited Diana Delgado, Executive Director of Hugo House, to speak to Mirabella residents on Thursday, November 30. She explained that Hugo House is a nonprofit literary arts organization located on Capitol Hill. Their goal is to make writing accessible to everyone through classes for participants with various levels of experience, writing circles, open mic nights, and readings. Mirabella resident and author Andrea Lewis was one of the founders of Hugo House. On Wednesday, December 6, we will have the opportunity for a docent-led tour of Hugo House to see it in action. Coordinator: Nickie Askov, x 1858.

Luncheonaires: Endolyne Joe's

Thursday, December 7; leaving at 11 am, pickup 1 pm

It's not a girl's name! It's the "end of the line"! This amazing, popular eatery marks the last stop of the old (1907) trolley, which ran from Seattle to West

Seattle. Endolyne Joe's is open for three meals every day. Join us to enjoy a reasonably priced, top-quality lunch and hear about the history of Joe, the ne'er-do-well trolley driver. Coordinator: Jean Hall, x 1575.

Hokusai: Inspiration and Influence, Seattle Art Museum

Tour rescheduled for early January
Join us for a docent-led tour of the works of Japanese master Katsushika Hokusai (1760–1849). The exhibition comes to SAM from the Boston Museum of Fine Arts and "explores the fascinating life and enduring legacy of this trailblazing master by pairing more than 100 of his woodblock prints, paintings, and illustrated books alongside more than 200 works by his teachers, students, rivals, and admirers." Coordinator: Judith Peterick, x 1683.

Handel's Messiah, First Free Methodist Church

Saturday, December 16; leaving at 1:45 pm, will call for pickup

William White, conductor of The Harmonia Orchestra and Chorus, introduced the Chorus' 2023–2024 season at Mirabella on September 21 in Emerald Hall. At that time, he invited us to attend the full performance of the *Messiah* at the First Free Methodist Church in Seattle. You will need to go to their website (<https://www.harmoniaseattle.org>) to purchase tickets. General admission is \$25; tickets are limited to the size of the hall. You can also read about the soloists and the performance. To quote from the website: "From the grandest of choruses to the most intimate of arias, Harmonia's *Messiah* is a must-see event for the holiday season." Coordinator: Nickie Askov, x 1858.



Restaurant sign – photo, N. Askov



Self Portrait by Hokusai

SEASONAL SONGS & SIGHTS

Olympic Manor’s Holiday Lights

Monday, December 18; leaving at 7 pm, returning at 9 pm

The residents of Olympic Manor, in Northwest Seattle, go all out to decorate for the holidays. Almost every home is colorfully lighted, and many have holiday scenes in their yards. We will ride in the small bus through the neighborhood, protected from the weather, to view the holiday displays. Coordinator: Marilyn Campbell, x 1587.

Linda Okazaki: *Into the Light*, Bainbridge Island Museum of Art

Wednesday, December 20; leaving at 9 am, leaving at 1:15 pm, ferry departure; pickup 2 pm from Seattle ferry landing

This retrospective of PNW artist Linda Okazaki’s art brings together more than sixty watercolor, oil, and iPad works from the 1970s to the present. Her recurrent subjects include dreams, nature (especially birds), and experiments with “emotional” colors. Examples and details of her work and life can be found at <https://www.lindaokazaki.com>. Two other shows will also be running at BIMA: *Día de los Muertos* and *Faces and Places* (in BIMA’s extraordinary Cynthia Sears Artists’ Book Collection). Our visit is extended to allow us to enjoy lunch at BIMA or at a nearby café before boarding the ferry to return to Seattle. Coordinator: Míceál Vaughan, (206) 326-8658 cell.

Shalom Klezmer Band to lead us in music and song. We thus celebrate the victory over a tyrant king who had sacked and pillaged the Jewish temple and forced the Jews to worship Greek gods. Jewish rebels, led by Judah Maccabee and his brothers, fought for their freedom for three years. They reclaimed the holy temple but needed oil to light the everlasting light:



Mirabella residents Janice Kaplan-Klein, Barbara Daniels, and Lynne Iglitzin lighting the menorah



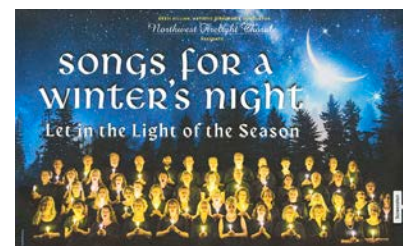
Shalom Klezmer Band

the menorah. However, there was only enough oil to keep the flame burning for one day. But the oil lasted for eight days. It was a miracle! The holiday of Hanukkah honors this miracle for eight days. Following the presentation by the Shalom Klezmer Band, Mirabella residents will light the menorah for the first night of the holiday. All attendees are invited to enjoy doughnuts and juice in honor of Hanukkah, the holiday of lights. Coordinator: Lynne Iglitzin.

Northwest Firelight Chorale: *Songs for a Winter’s Night*

Friday, December 8; 7:30 pm, Emerald Hall, please note evening performance

As the winter solstice draws close, our spirits are brightened by the warmth of candlelight and the holiday cheer. This



PROGRAM COMMITTEE

Sally Hayman, Chair

Hanukkah Celebration Featuring Rabbi James Mirel and the Shalom Klezmer Band

Thursday, December 7; 3:30 pm, Emerald Hall

The Program Committee is sponsoring an exciting program in Emerald Hall in honor of the Jewish holiday of Hanukkah. This year, Hanukkah begins on December 7 and lasts for eight days. We are pleased to welcome Rabbi James Mirel and the

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year, celebrate the wonder of the season with the Northwest Firelight Chorale! You'll be moved by powerful seasonal classics, including tunes from *Peanuts* and everyone's favorite holiday film *White Christmas*. Plus, so much more! Amid the mysteries and miracles of December darkness, this not-to-be-missed program will fill you with hope and light. Please allow yourself plenty of extra time to be seated, as there will be a large crowd. Coordinator: Stafford Miller.

Chamber Music Performance

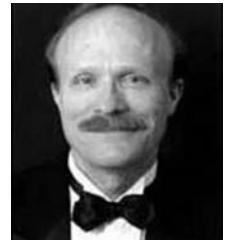
Thursday, December 14; 4 pm, Emerald Hall,
please note 4 pm start time



Mirabella will hear violinist Karen Iglitzin (daughter of resident Lynne Iglitzin on a return visit) and pianist Roger Nelson. Karen has been coaching since 1984, running countless chamber music workshops. In 2001 she was named Chamber Music Teacher of the Year by Chamber Music America. Karen was the first violinist of the famed Philadelphia String Quartet, with whom she toured India and South America and gave eighty concerts a year in the United States. She was professor of violin at Western Washington University for eleven years. She spent the academic year from 1997 to 1998 as professor of violin in Shandong Province in China at Qufu Teachers University. She is also an avid folk-fiddler and player in Brazilian choro instrumental combos, having appeared many times at the Northwest Folklife Festival.

Roger Nelson was a member of the Cornish College of the Arts faculty from 1979 to 2018. He served as conductor of the Bainbridge Orchestra from 1987 to 2000. Roger joined Karen as a visiting professor at Qufu Teachers University in China in 1997. He conducted the Seattle Creative Orchestra, dedicated

to music of living composers and is a frequent guest conductor and pianist throughout the Northwest. He has produced a book of fiddle tunes for violin and piano in a variety of styles. Coordinator: Kitty Dow.



Roger Nelson

LADIES MUSICAL CLUB

Holiday Songs and Moods: A Winter Celebration

Saturday, December 16; 2 pm, Emerald Hall

In this concert, we will have the chance to hear music by Cecile Chaminade, George Crumb, Hugo Wolf and LMC member Janet Anderson. The afternoon will finish with selections from Handel's *Messiah*.

The performers will be sopranos

Regina Thomas, Katie Hochman, Tiina Ritalahti, and Dhanushi Wijeyakulasuriya, with Joan Lundquist and Sharon Wong at the piano. A solo piano suite will be played by HyeYeon Kim.

Although such standards as *White Christmas* and *Jingle Bells* are a joyous part of the season, I'm sure some beautiful classical evocations of the season will be a welcome change. Coordinator: Carolyn Burton.



Katie Hochman



HyeYeon Kim



Tiina Ritalahti



Dhanushi
Wijeyakulasuriya

WELCOME RICK, DEBORAH, & MARY ANNE

Classical Music for Strings

Thursday December 21; 3.30 pm, Emerald Hall



Mischa
Mirapolsky

This concert features brilliant young cellist Mischa Mirapolsky with Roger Nelson at the piano. Mischa will perform a variety of selections such as Saint-Saën’s *The Swan* and the first movement of *Cello Concerto in B minor*, Opus 104, B. 191.

Mischa started playing the cello in 2016, studying privately with Mara Finkelstein. He has won numerous local contests and is the principal cellist of the Seattle Youth Symphony’s flagship orchestra. He is also an avid chamber music player and participates in a year-long repertoire exploration program with violinist and chamber music coach Karen Iglitzin. We will also have the pleasure of hearing the Shorewood High School String Quartet. They will play Edvard Grieg’s *String Quartet No. 1 in G minor*, Opus 27. The members of the quartet are all seniors from Shorewood High School and have enjoyed playing together for years.

I’m sure you will agree that the future of classical music is in good hands. Coordinator: Carolyn Burton.

WELCOME COMMITTEE

Sue Herring, Chair

Rick and Deborah Berger



Deborah and Rick Berger

Dip, splash, pull! Dip. Splash. Pull! No, not the recipe for Asian noodles but the sounds of Rick Berger’s canoe paddle. A newish resident, Rick is from

a small town in Nebraska but moved to the big city to graduate from the University of Chicago and its medical school. From there he did a residency at the University of Denver and another at the University of Washington, where he remained to become a Professor of Urology. After his retirement and further training, he became an instructor in Mindfulness. In the midst of retirement Rick has remained active in the world of canoeing, paddling in Lake Washington and Lake Union three times a week, weather permitting.

Deborah Berger was raised in suburban Washington, DC, and graduated from the University of Chicago. While getting her Master of Social Work at the University of Denver, she and Rick married. Deborah enjoyed a career in writing and editing. In retirement, she is an avid reader and has a passionate interest in ethics and human rights. Rick and Deborah, now settled in apartment 918, were married nearly fifty years ago and are the parents of Benjamin, who lives in West Seattle. Join me in welcoming this vibrant couple to Mirabella.

Bob Hayman

Mary Anne Keyser

Mary Anne Keyser’s move to Mirabella six months ago was seriously impaired by the loss of her spouse of sixty-two years and a health challenge that required her to stay on our second floor. Now comfortably settled in apartment 602, this needlepoint and petit point artist is surrounded by wonderful art, plants, and her own lovely creations. In addition, one of her two sons lives in a condo in Pike Place Market, making it very convenient for family visits.



Mary Anne Keyser

AND JUDY, DAVID, CATHY, & MIKE

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Born in Salt Lake City, Mary Anne was educated at St. Mary of Wasatch Academy. As a young woman she traveled the world extensively with her paternal grandmother. With her two sons and a daughter, her family enjoyed outdoor touring and camping across the United States, including a family dude ranch near Yellowstone Park and intensive fishing on Slough Creek. Her husband wanted her company on so very many fishing trips that he accommodated her by bringing along a folding chair and a blanket for comfortable needlepointing.

Her children grew up primarily in Bellevue. While living there, Mary Anne worked as an assistant administrator for the nearby city of Clyde Hill. She later worked as an interior designer.

Mary Jo Taylor

Judy and David McNeal



David and Judy McNeal

Both Judy and David McNeal spent their early lives in Iowa and met in Belmont, Iowa, where Judy's dad worked in manufacturing after retiring from the Navy. Judy and David

attended the same schools, same church, and family events.

Judy pursued a degree in child education and development at Iowa State University (a Land Grant University). She worked in Seattle public schools (with time off for raising children).

David was interested in drawing as a child and aspired to be an architect. He dropped out of architecture school to transfer to landscape architecture while attending Iowa State. Among his accomplishments, he master-planned and designed several veterans' cemeteries, including Tacoma National Cemetery. His office also designed

numerous parks and trail systems in various counties and municipalities.

Judy and David have been Seattleites for fifty-six years, and they enjoy traveling to visit their children and grandsons. Their daughter Jennifer and two grandsons live in Martinez, California. Son Jon is an architect in San Francisco.

David likes drawing, model trains, and photography, while Judy likes reading and making scrapbooks for family. Judy and David, now living in apartment 620, are a delightful couple whom residents will enjoy getting to know.

Jackie Hill

Cathy Woodburne and Mike Mardesich

Cathy and Mike moved into Mirabella from their Greenlake home of forty-nine years on Monday, October 2. Joining them in apartment 635, were their



Cathy Woodburne

Mike Mardesich

two fourteen-year-old cats, Frimbo and Ginger, who don't yet understand why they are six floors up. They will miss the rewarding and relaxing pleasure of growing vegetables and richly scented roses.

Born and raised in Seattle, Mike attended Shoreline HS. Cathy grew up in North Seattle and graduated from Roosevelt. Mike was an electrical and software Engineer at Boeing. Cathy held a variety of nursing positions over her thirty-two year career. The last twenty were in University of Washington at Harborview and Medical Center. They met folk dancing and spent many years running Green Lake paths after work when not playing bridge or golf. Both belong to golf clubs at Jackson Park. The sun, warmth and golf on Maui has been an enjoyable yearly winter escape.

VIRTUAL VISITS

Mike was intrigued after sighting Seattle’s earliest windsurfers on a Bike ride in the early seventies, which led to a passion for the sport and frequent trips together to Oregon’s Columbia Gorge through 2015 in hot pursuit of wind. One of their boards stands tribute to those days in Apt. 635.

They look forward to participating in many Mirabella activities as they navigate their new home.

Mary Jo Taylor

BOOK CLUB

Fourth Monday of the month; 3:30 pm in Conference Room A

We will not meet in December.

January 22 – The book selected for this meeting is *Secrets of the Sprakkar* by Eliza Reid. The author, a Canadian who is the first lady of Iceland, reviews how gender equality issues have been successfully addressed in her adopted country.

Everyone is welcome to join us. Coordinator: Tina Moss.

OPERA CLUB NEWS

Rigoletto by Verdi

Monday, December 11; 2 pm, Emerald Hall



Giuseppe Verdi

Italian opera composer Giuseppe Fortunino Francesco Verdi (1813–1901) came to dominate the Italian opera scene after the era of Gioachino Rossini, Vincenzo Bellini, and Gaetano Donizetti, whose works significantly influenced him. Verdi’s *Rigoletto* met with immediate success when

it premiered at the Teatro La Fenice in Venice in March 1851. Popular all over Europe, it opened at the Academy of Music in New York City just four years later in 1855. *Rigoletto* tells a gripping story of deception. Speight Jenkins notes, “Each person sees what he wants to see—not what is really going on.” With the abduction, revenge, and treachery of the plot, Verdi is able to create lyrical, seemingly spontaneous melodies that reveal the personalities of each character. It is the beauty of the arias, “Cara nome che il mio cor” and “La donna e mobile”, and the quartet, “Bella figlia dell’amore”; and the heightened sense of drama that ensure *Rigoletto*, Verdi’s sixteenth opera, is a favorite choice in opera houses everywhere. The performance we will be showing is a 2012 Italian production by the Teatro Regio di Parma Orchestra and Chorus, starring Leo Nucci, Francesco Demuro, Nino Machaidze, Marco Spotti, and Stefanie Iranyi.

The Met: Live in HD

December’s Metropolitan Opera Live in HD broadcast is a new production of Mexican Composer Daniel Catán’s *Florencia en el Amazonas*, with Ailyn Pérez singing the lead role of Florencia. To take the Mirabella bus to this broadcast at Thornton Place Cinema at Northgate, sign up by calling x 1419.

Jean Hall

Sprechen Sie Deutsch?

This question is directed especially to our many new residents. A group of Mirabella residents meets once a month for dinner and to practice and enjoy conversation in German. If you are interested in brushing up on your German, call me at x 1631 to find out all about our monthly dinner party. Coordinator: Gisela Baxter.



HALLOWEEN HIGHLIGHTS

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*Irish Lass –
Nikoll Cuddy*



*Witch – Steff Gordon, who
won best staff costume*



*Wonder Woman –
Kelly Butler*



*Winning costumes – Karen Covington as a Devil,
Paul & Darlene McTaggart as Ken and Barbie, and
Fred & Cathy Short as Bills from Bistro and Takeout*



Hippie – Mary Anderson

*Photos on page, J. Curtis, portraits,
and D. Ridgeway, group photo*

BIRTHDAYS   **◇ POETRY CORNER ◇ REMEMBERING**

HAPPY BIRTHDAY! DECEMBER 2023

- 2 – Judith Peterick
- 3 – Beatrice Tung
- 3 – David McNeal
- 5 – Lisa Putney
- 6 – Evelyn Klebanoff
- 6 – Pete Toomey
- 8 – Ann Moe
- 9 – Rosa Lea Taylor
- 9 – Jane Beer
- 10 – René Bravmann

- 11 – Bob Hayman
- 11 – Janet Matson
- 11 – Russ Sorensen
- 13 – Rose Berman
- 13 – Louis Swart
- 13 – Ingrid Steppic
- 17 – Charlotte Lindsey
- 17 – Carolee Danz
- 17 – Cathy Short
- 18 – Chris Sievers

- 18 – Pat Kushmerick
- 20 – Bill Taylor
- 20 – Linda Kabakjian
- 22 – Patty Berg
- 22 – Susan Coleman
- 27 – Barbara Rueger
- 28 – Louise Miller

MY SPECIES

BY JANE HIRSHFIELD

even
 a small purple artichoke
 boiled
 in its own bittered
 and darkening
 waters
 grows tender,
 grows tender and sweet

patience, I think,
 my species

keep testing the spiny leaves

the spiny heart

Published in Poetry (January 2015)



WONDER

BY JARED CURTIS

Each day I ask how I could love you more?
 A new day comes, my love for you has grown.
 The days go by, I ask the same again—
 What wonder! Love is greater than before.
 The universe, they say, expands—or shrinks—
 From this great distance can we know the truth?
 In formulas obscure the physicists
 Explain that matter, time, and energy—
 This triad inextricably bound up
 In one another’s being—never cease
 Creating and consuming, moving with
 No rest in infinite return to go
 Around the board of life, but we, we grow
 Daily more in one another’s love.

© Jared Curtis

REMEMBERING
Christy Timberlake 11/10/2023
Carol Perrin 11/14/2023



CONNIE'S MOVIE COLUMN

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WHAT'S NEW AND WHAT'S NOT

BY CONNIE CHAPLIN



Margo Robbie as Barbie in Barbie

Barbie is big, big, big this year on the big screen, with Margot Robbie and Ryan Gosling as Barbie and Ken. Despite the expectations of some of us, it gets good ratings and it's really funny. The couple live in very pink, seemingly perfect Barbie Land, which should be perfectly satisfactory, but they want to experience the Real World. WHY? Well, they want to discover the joys and perils of living among humans. That's a reason to leave perfect pink perfection? Good luck, kids. Will Ferrell and Michael Cera are part of the excellent cast, and Kate McKinnon is hysterically funny. You'll enjoy this one.

If you're up for historical drama and music, the incredible, compelling story of Joseph Bologne, Chevalier de Saint Georges, will appeal. **Chevalier** is based on the factual story of the illegitimate son of an African slave and a French plantation owner who rises to improbable heights in French society as a celebrated violinist-conductor-composer. As part of the court of Marie Antoinette, he was bestowed the title of chevalier, and was in line to become the next leader of the Paris Opera. He looks forward to fame, opportunity, love, and equality, and seems to be overcoming racial barriers. But then comes

the revolution, Marie Antoinette's position becomes iffy with the public, and her support of him waivers. In this biography-drama, Kelvin Harrison Jr. gives a tour de force performance as Joseph Bologne.

Note from the It Ain't Easy Department:

Harrison practiced the violin seven days a week, six hours a day, for five months to prepare for this role. He also fences and dances in the film, but maybe he picked up those skills along the way.

That's it for new films, but hey, it's the holidays! Time for tradition! And, in response to a request from the Lifelong Learning Committee, we will be showing **It's a Wonderful Life** on December 20 to coincide with one of their programs. That's the 1946 drama-comedy with Jimmy Stewart, Donna Reed, Lionel Barrymore, and Thomas Mitchell in the Frank Capra film that became recognized as one of the 100 best films ever made. Nominated for five Academy Awards, it's the story of George Bailey, who considers suicide until his guardian angel shows him what his town would look like without the effect of his good deeds over the years.

Then there's **White Christmas**, the 1954 musical-romance with Bing Crosby, Danny Kaye, Rosemary Clooney, Vera-Ellen, Irving Berlin, and *that wonderful song*. It's about Army buddies and a sister act, but nobody remembers that, right? But *that song!* And tradition!



Kelvin Harrison Jr. as Chevalier Joseph Bologne in Chevalier



The Mirabella Monthly

SEVEN-TIME WINNER OF AN APEX AWARD FOR THE YEARS 2017–2023



VOLUME 15 | ISSUE 11

DECEMBER 2023

Guide to Mirabella Publications

The Mirabella Monthly

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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 Loni Smith (lsmith@retirement.org) no later than noon on Friday 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. *The Monthly* is intended to showcase writing and images created by 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 Jared Curtis at jaredcurtis@icloud.com. MS Word or RTF documents work best. Pages documents should be “exported” to Word format before submission. Submit paper copy to mailbox #801 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 as attachments to jaredcurtis@icloud.com. Put any paper illustrations and sketches in mailbox #801.