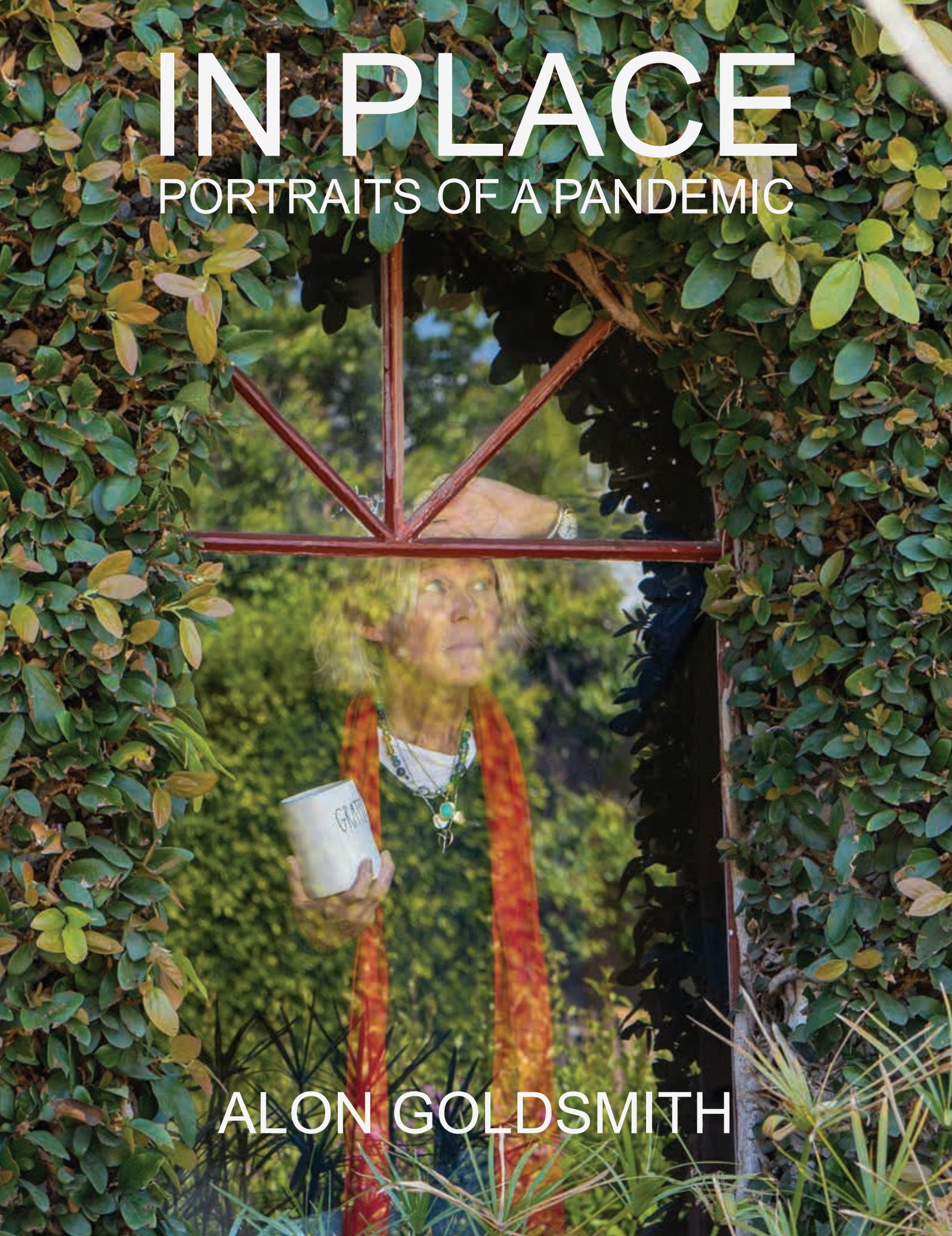


# IN PLACE

PORTRAITS OF A PANDEMIC



ALON GOLDSMITH

Dedicated to Chaim and Lily Goldsmith who I hope would have been pleased I took the road not taken.

The portraits in this book were made between April and October 2020 during the time of COVID-19.

## **THANKS**

All you beautiful people who let me in and allowed me a peek behind your walls. My beautiful generous girls, Lianne, Lennon and Noa who allowed me out of the house when it seemed a questionable endeavor. Lianne for sparking the original idea and supporting me throughout the process. Ronald Wohlman for his staggering word smithery and unflagging generosity of spirit. Courtney Rackley for introducing me to the citizens of Coronatown who added new colors to the project. Robbi Robb for line producing the Joshua Tree episodes. Dale Yudelman and Aline Smithson who steered me in the direction of project work and encouraged me to think beyond individual images. David Hochman whose mini-mentoring meetups keep me motivated and moving forward. My friends and family on Facebook and in real life who encouraged me and gave me the freedom to learn in public. Selwyn Solomon for impeccable concierge services and Tony Kofsky for thinking about boxes. And all who relentlessly inspire me to maintain occupancy of this precious creative bubble from where I can safely enter the flow and occasionally shine.

This project can also be viewed at [www.alongoldsmith.com](http://www.alongoldsmith.com).

# IN PLACE

PORTRAITS OF A PANDEMIC

ALON GOLDSMITH

# FOREWARD

Alon asked me to write the foreword to this book back in September 2020. And of course I was flattered, honored and thankful. I mean, I happen to love and respect Alon so much as an artist and as a human being, so this was going to be a real pleasure for me to do. And then September ended and we rolled into October and the world was still collapsing in slo-mo, and America was going through its own personal hell - a vicious election and a deadly virus all at once. And I was searching for meaning, looking for peace and a place to hide from Covid and winter and everything else. And all the while Alon was waiting for this foreword. And every other day I told him it would arrive in his inbox. But I couldn't get it together. I even thought of taking an Adderall to help me focus to get it done. And then I started to panic. Can I do it? Why did he ask me to write this? This wouldn't be the first panic attack I've had with Alon. I remember being in the back of a minivan on the New Jersey Turnpike on a Saturday night, heading to a concert I didn't want to see, having a panic attack that I was convinced was a heart attack, while Alon sat up front calming me. I don't remember all that much from that night, I've successfully blocked it out, but I do recall Alon being the perfect person to be with during a panic attack. He's like a gentle tonic. But with a sense of humor. He's also a very kind person. Non-threatening and trustworthy. Open and honest. And I mention this now because I see these qualities reflected in his photographs and in the way people respond to his lens. In these works, he invites us to meet Californians quarantined in their homes - perhaps having panic attacks of their own. And yet in these surreal and strange days, and in Alon's presence, albeit 6 feet away, his subjects appear relaxed and comfortable. Even happy to see him. I get that. And so Alon manages to capture the best in people. And he listens, allowing them to tell their own stories with no sense of interference or intrusiveness. Only a sincere, mindful interest. So there's this honesty to his work that I find remarkable and touching. He introduces us to people in a way that feels personal and intimate, casual and with no pretense. And after each picture and story, we feel like his subjects are no longer strangers to us. They could be our friends. For me this is what makes Alon's photographs so brilliant. They unify us at a time when we need unity as much as we do a vaccine. There's no other photographer I can think of who can connect with people under these circumstances like Alon does. To me his work is an example of the most beautiful, authentic storytelling. And in years to come, when we look back, we are all going to be so grateful to him for documenting these times in such an artful yet guileless way.

Ronald Wohlman

October 2020

# SOME THINGS I LEARNED WHILE MAKING PANDEMIC PORTRAITS DURING THE TIME OF COVID-19

- Scheduling is strangely uncomplicated during a pandemic
- Actually rushing around Los Angeles during rush hour is a rush
- Bladder control can be a challenge on busy shoot days
- Rabbis are people too
- Eating can definitely be considered a passion project
- People without homes are also sheltering in place
- I know more bass players than the law of averages would suggest
- Deaf people struggle to communicate with people wearing masks
- You can be rewarded when you do something purely for passion
- Elderly people are wise and can run circles around younger folk
- Serendipity happens
- Some people have to cook in bathrooms
- The randomness of mutual Facebook friends is a deep mystery
- Bandanas, cloth masks and surgical masks are equally photogenic
- Good light is in short supply but is a renewable resource
- The desert is home to an interesting race of people
- You never stop making friends
- “Unorthodox” seems to be the clear winner
- People are more grateful and optimistic than you might imagine
- Someone somewhere is having a harder time than you are
- Animal whisperers actually exist
- Some rock stars live in ordinary houses
- People with small kids deserve large medals
- Creativity is alive
- Curiosity is grease
- Procrastination is in retreat
- Perspective is everything

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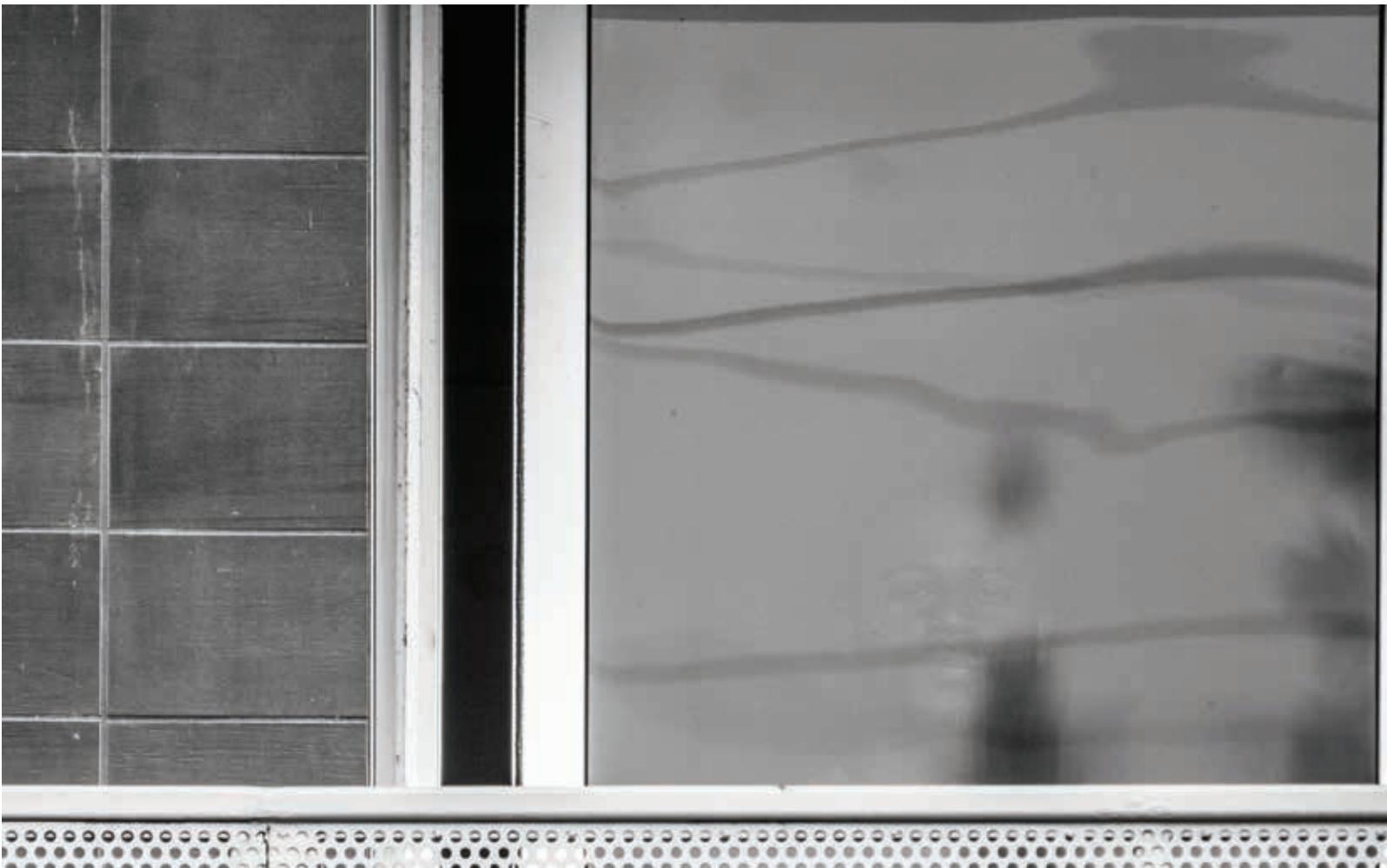
# TRAY

Tray Thompson is sheltering alone in Del Rey, Los Angeles. He is currently working in the financial services industry helping clients retire.

Tray is passing the time bingeing tv shows, gardening and spending a lot of time only with his girlfriend Christine and quarantine pup Ralphie. His favorite shows he's currently watching are Alias, Mr. Robot and Lovecraft Country. Neighborhood walks to different coffee shops have also kept him busy and in shape. Of course, with his mask on and socially distanced.

Tray's message for fellow project participants and viewers: "Remain positive and call the people you love. Find the time to encourage those around you and find a way to help others any way you can during this time."





## RUTH, DAVID AND SEBASTIAN

Ruth Kennison, David Hochman, and Sebastian Hochman are sheltering in place in Del Rey, Los Angeles. They refer to the experience as Lockdown in Hochtown. Ruth is a chocolatier, David is a journalist and Sebastian is a high school student and musician. Ruth is not working, David is very busy working and Sebastian is on spring break.

David is Zooming with celebrities, Zooming writing classes, Zooming happy hours, Zooming with friends and family; cooking more than ever; and making homemade masks from fabric bought in Japan that had no purpose until now.

Ruth is cooking through the quarantine pantry: making pizza, homemade fish curry, going through Alison Roman's cookbook. She's also making chocolate from the cacao bean, caramel sauces, chocolate truffles, and stocking the freezer with chocolate chip cookies. She's delivering goodies to friends by e-bike. (Writer's note: Our pod has been on the receiving end of said goodies and I can tell you they seriously are goody.)

Sebastian is making an album. He's playing keyboards, ukulele, mandolin, guitar and trombone. He's looking for a producer. (Writer's note: Some of you producer types might be seeing this as we speak.) He also made Japanese milk bread and wants to make croissants.

The Hochtown Pod's favorite binge show is Love is Blind. They alternate nights between romcoms and intensity -- think Notting Hill Mondays, Apocalypse Now Tuesdays.

“We're talking more, sleeping later, grateful for what we've got, deeper into music, appreciating sunlight and breezes and jasmine in the yard, more communicating with family and friends and neighbors. The natural world is thriving. We're getting along. Cooking more. Living in a smaller orbit, and without the car and with lots of concern and care for the people around. It's an epic time to be alive. Write it down. Shrug it off. Savor what you can. Enjoy the madness. Celebrate the quiet. This too shall pass. Stay home.”

Hochtown Pod on Instagram:

@heyhochman, @chocproject, @sebastianhochman



## **KRISTINA, BROCK, DASHIELL, FORREST AND LOUELLA**

Kristina (42), Brock (42) (not pictured), Dashiell (10), Forrest (7) and Louella (3) are sheltering in place in Del Rey, Los Angeles.

Brock is COO of an Internet company. Kristina runs a small online weddings and events publication and event space. Brock is working from home, and Kristina is mostly attempting to entertain and facilitate school (distance learning) for the kids, while fitting in work when she can.

“A lot of cooking and cleaning, art with the kids, scooting and biking around the neighborhood, jump roping, sibling fighting, long runs for the grown ups.”

“There’s not a lot of time for adult binge-watching with three kids at home. But the kids have successfully completed their first TV binge experience with six seasons of Dragons Race to the Edge. Fourth grader Dashiel has been studying Norse Mythology in school this year so I’m chalking it up as supplemental learning.”

“There is a lot of fighting in the house right now, but also more laughter and play between siblings in the last few weeks than in a long time. They are missing their friends, but very stoked (even if they don’t realize it) to have each other.”

“This is hard, but it could be so much worse. I’m leaning very heavily on perspective. And also I’m aware that that is a luxury at the moment, considering many people have had their lives completely upended with no warning or plan for the future.”

Instagram: @kristina100lc



## SUSAN, PAULA AND CHE CHE

Susan Rennie (80), Paula Lombard (68) and Che Che are sheltering in place in Venice, off Abbot Kinney. Susan is a retired professor of political philosophy and a well-respected mobile photographer. Paula owns a small business that creates and distributes large format video footage. She has brought her office home for now. Susan has been reading and Paula has been spending time gardening. They have been streaming Hulu, Netflix and Acorn; favorites being A French Village (Hulu) about the German occupation during WWII. Susan and Paula also enjoy social distance socializing with friends and neighbors in the middle of the street.

On the plus side, “We’ve been appreciating each other after 34 years together.” Challenges in the time of COVID-19 include “being together 24/7; the constant washing up from cooking so much; mastering InstaCart; and living with the anxiety of the pandemic and the insanity of a psychopathic President.”





## ROBIN AND ASTRO

Robin Murez and Astro are sheltering in place in Venice, California. Robin can hardly believe she's 63. She is a public art sculptor and is glad to be able to continue working at this time. She's always considered herself to be a workaholic, so life is similar for her, though with a dose of paranoia. She's been hard at work creating a Venice themed, bicycle propelled carousel for a couple of years. Carving the animals and collaborating on their designs with families is wonderful and keeps her sane, now, more than ever. Besides that, Robin and Astro, her wonderdog, like to jog; wearing a mask, of course.

Robin considers herself lucky to have been able to move into her Venice Canals cottage. Normally she rents it out, though she does reserve the back building as a studio. The apartment where she usually stays closed the pool, and she found using the elevator and stairs worrisome. She is definitely enjoying the fact that the lots on the canal are narrow because she has wonderful neighbors nearby that she talks to -- not to mention the ducks, fresh air and direct access to the wild outdoors, which Astro loves.

TV and print news occupy much of Robin's time, although that's been true since the "numbskull in chief" came on the scene. She's already binged Schitts Creek, Succession and Jane the Virgin. She also loves the National Theatre and LA Opera broadcasts. Robin enjoys podcasts, including How I Built This, Fresh Air and The Moth. She listens to Brazilian Jazz or Bhuda Bar radio on Pandora, and frequently tunes into Governor Cuomo's addresses, which she says are "honest, passionate and sometimes funny." She also usually catches the White House briefings, and is always shocked at what garbage 45 spews. She feels it's our duty to democracy to be informed.

A message from Robin: "What crazy times! We will get through this, despite outrageously inept and evil leadership from the Feds. We must not forget. We must all pay attention and remember when it's time to vote. Wear face cover when you go out! Stay well."

Instagram: @Robin\_murez\_venicepublicart Website: [www.VeniceFlyingCarousel.com](http://www.VeniceFlyingCarousel.com)





## ALLEY AND ZELLY

Alley Bean is 68 years old and is sheltering in place in Venice California with her darling granddaughter Zelly who is 25. Alley has been an actress since the age of seven. She was about to start shooting a pilot for a network, based on the latter years of Erin Brokovitch's life, starring Katey Sagal, and directed by local true blue Venice Director Tara Nicole Weir, but it was put on hold with all the other projects about to go into production.

While sheltering in place Alley is being afforded the quiet space and time to process the very recent death of her beloved husband who was killed in a car crash just as the pandemic was introduced to the U.S.

Zelly and Alley have been watching odd Netflix documentaries that Alley has chosen. Last night they watched Ex Machina. Alley is going to try and convince Zelly to join her in watching Kenneth Turran's favorite all time movies. They rarely watched television before.

Alley would like to share the following: "It is my deep prayer during this time that our dear planet, or more precisely its inhabitants, will take note of what is happening to us on many different levels at this time in history and change our course. My belated husband Orson and I often spoke of how divided the world was becoming recently, and how full of anger at one another it was becoming, something that we both felt we'd never witnessed before to this degree and were worried about. We worried that we were losing our compass as a people, the glue that holds mankind together, the fabric of Love and kindness and compassion for one another. Orson would say that he had in his 91 years always witnessed the poor and the rich living amongst us, but never had he seen such a great divide of the very very very rich and those left with almost nothing. Well today a lot of even wealthy people have lost their jobs, and even their lives, and maybe as a United People of America we'll relook at the values we hold. How much do we really need to live a happy life and what of value are we doing for one another to create happiness around us?"

"I'm an old hippy from the 60s and I remember that Love 'revolution' as having a real effect on many kids in my generation as to how we decided to live our lives. Based on principles and values. So I'm hopeful that this time will allow us all to take a real look at where we might be slipping -- not caring enough, not remembering to be grateful enough, not giving enough back. And needing less materially but much more spiritually to be truly happy. I'm determined, even in my grief, not to let this moment slip by but to grab hold of it and face it squarely in the face and buckle down to do more, spread more light, challenge myself to be on the forefront of turning us all around. That's my prayer for this time we're in."



## EMILY, WESLEY, WHIT AND HAYDEN

Emily (36), Wesley (3.5), Whit (39), not pictured, and Hayden (9 months), not pictured, are sheltering in place in Venice, Los Angeles. Whit is an executive producer working from the home office in the garage and Emily is a fitness instructor with Fit4Mom Santa Monica. While classes have been transitioned to online meetings via zoom, Emily is not teaching while sheltering in place -- she has her hands full with the children, which includes at home learning meetings for Wesley with their preschool community, Branches Atelier.

Whit's days are filled with work from 6:45am - 5:00pm, thankfully, and includes navigating sports television during this unprecedented time. He's very hands-on with the family after work is done, helping with dinner and clean-up and spending time with the kids before bedtime. In that regard, not much has changed.

Some days Emily feels like she can't get out from under the meal prep, dish washing, tidying and putting together online grocery orders (and crossing her fingers that their preferred groceries will be available and delivered). However, there is something beautiful in only having these ordinary tasks in her cue. With the exterior pressure and their normal schedule dissolved, she has more leisure time to spend with her children. "I haven't missed a moment with our baby who seems to change every minute. Hayden, at week 1 of shelter in place was happy to sit on the floor and not move. By week 5, he is army crawling all over our house and trying his hardest to get up to crawl. I can't even imagine how different he will be in week 8. While the change is inevitable, I can confidently say that I won't be missing a moment. I am walking alongside Wesley and Hayden, instead of moving us to and from the outside activities that we enjoyed before. We will enjoy those activities again, but right now, I get to be home and just enjoy my family."

"Wesley's preschool is all online right now so it's been a pleasure collaborating with him on daily provocations and investigations led so thoughtfully by the school. When this started, our teachers quickly pulled together curated curriculum work bags for the children that included journals, artist quality materials, in addition to canvas and beautiful papers for various types of paint and collage work. Wesley and I get to create together. He creates amazing things and I am realizing that I love working with these materials too. One of his first assignments was to create a message of hope banner. The inspiration for the work came directly from preschoolers in Reggio Emilia in Italy. While the lockdown in Italy and shelter in place in CA is hard, the signs were intended to spread optimism. The children in Italy wrote, "Andra tutto bene" on their sign, which I believe translates to, "We are going to be fine". Wesley's message of hope sign, hanging canalside at our house, has the words hope, love and work together."

“As a family, our weekends are much slower but they seem to speed by. We are not sure how that happens. We spend lots of time canalside on our deck enjoying the setting, our wonderful neighbors, the ducks and the sunshine. Wesley spends hours scooting and playing with his cars and airplanes. When we moved to LA (from CT) and into this house 4 years ago, we could never have guessed that we’d be spending so much time here. We love this house and this neighborhood and are so thankful that we landed here, especially in the face of coronavirus. For our family, sheltering in place hasn’t meant being disconnected, it has just meant finding new ways to stay connected. In fact, we may be more connected these days. Like many, we are getting very good at Zoom happy hours and nightly story time with classmates or grandparents. Activities that we thought could never be online are! Swim lessons are now dry land conditioning and mommy and me classes are now done from our living room. When we have the ingredients, we do cooking classes at home too. It all works and is a true demonstration of communities, businesses and families coming together. During uncertain and challenging times, we are stronger together.”



## **BRIDGETTE, KELLER, DODGER, DELILAH AND BESSIE**

Bridgette B (57) is sheltering in place in Burbank, California with her fur babies. Keller, the Blind Deaf Dog, is 9 years old, while Dodger is 16, Delilah is 12 and Bessie is 14. Bridgette is director of a foster care program and is working remotely. She is spending time doing yoga, meditating, needlepointing, reading, jigsaw puzzling and FaceTiming her daughters and grand baby. The dogs are playing catch and getting lots of cuddles. Favorite binged shows during the time of corona are Better Things and Little Fires Everywhere. Bridgette would like to share the following: “Savor the small moments, look for the good in others and strengthen connections with family and friends. Even when this is over, I hope that remains as the new ‘normal’. Love is the answer.”

Instagram: @iamgratefulbb @kellertheblinddeafdog





## **BARBARA, NICHOLAS AND ALE**

Barbara Stoliker (age 50) is sheltering in Burbank with her son Nicholas (15), aka Nick or Nico, and her daughter Ale (13), aka Ally because in English people pronounce it like the beer, and it's supposed to be short for Alejandra. Barbara works for LAUSD as a program specialist in early childhood special education, and Nick and Ally are at Providence High School and Jordan Middle School respectively. Barbara is working from home and the kids are attending school online. Ale is teaching herself how to play the piano and electric guitar. Nicholas misses basketball, plays outside and connects with friends via video games. Barbara continues to walk, hike and run. They all participate in morning workouts. Sunday they attend church, and pray together at every meal. Their favorite binge show has been The Office. Barbara is grateful for connections, as she puts it, "It's a big deal, people need to be remembered, need to feel the love."

Barbara's message she wants to share: "Have Faith - God keeps his promises."

"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you or forsake you." (Deuteronomy 31:6).





## ARMINEH AND HENRY

Armineh (57) and Henry (59) are sheltering in place in Glendale, California. They are both working from home and are also spending time watching movies, reading and doing house chores. Babylon Berlin is their favorite show they've binged during isolation and they've also caught up on a lot of movies they missed seeing in the theater.

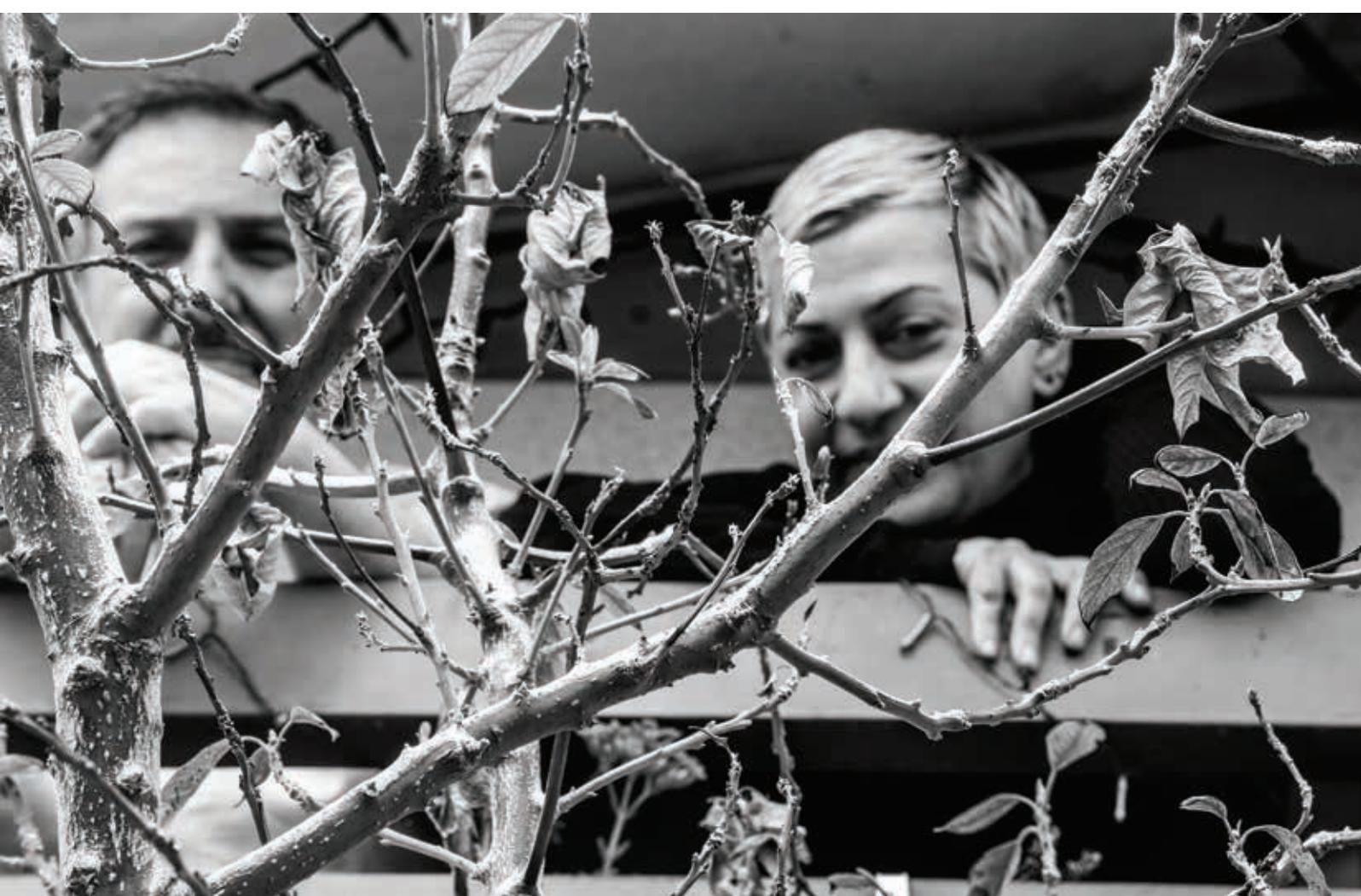
Armineh is an awarded, published and internationally exhibited photographer. You can see her work on Instagram:

@armineh\_sees\_in\_blackandwhite

@armineh29

@armineh\_mobileart





## DAN, ELIN AND CLAIRE

Dan Schwartz (63), Elin Litzinger (64) and Claire Schwartz (25) are sheltering in place in Silver Lake, Los Angeles. Dan is a musician/TV producer without portfolio; Elin is a wardrobe stylist/marketing consultant; and Claire is a video producer. They are not working, working and working respectively. The Schwartz Litzinger Pod is doing a lot of reading, listening to music, cooking and working from home. Elin has been bingeing Hillary, The Split and Curb Your Enthusiasm while Dan is episodically engaged with The Plot Against America and is bingeing Picard and Star Trek Discovery. Claire couldn't be reached for comment. Elin is "hoping we take advantage of this test run to figure out logistics for future (and potentially more destructive) events."

Elin says, "It's the end of the world as we know it, and I feel fine."

Dan says, "I am he as you are he and you are me and we are all together."

Claire is silent at this point but watch this space.

Dan's Instagram: @mgod.number9





## DEBORAH, DEAN, AMALIA AND RYANN

Deborah (wife), Dean (husband), Amalia (daughter) and Ryann (daughter's bff) are sheltering in place in Frogtown. Deborah describes their situation: "We've found a really harmonious groove. Lots of cooking, trying new recipes. Sharing wine and stories over the dinner table. The girls are still taking care of schoolwork and binge watching Grey's Anatomy. We've been listening to a lot of Bill Withers since his passing. Somehow that seems super fitting. We've rearranged our office space and Amalia's room. It's good to make changes to the physical space and try to keep seeing things from a new perspective. Some days we all have Zoom meetings at the same time. That calls for getting creative with our limited space."

"We're lucky because we live right off the path for the LA River. It's easy for us to get out for walks. Dean is now fully in training for a 10k once lockdown is over. We watch the level of the river ebb and flow with all the rain we've had. I keep thinking about the paradox we live in. We're caught in our physical surroundings, looking at the same view, the same four walls every day and also living in unprecedented times, uncharted territory. Ryann has been listening to the song In the News by Kris Kristofferson because that feels right. Ryann also compiled a list of COVID resources that was initially posted on social media. She's now partnered with a data scientist out of Atlanta and they've developed an app."

"Amalia turned 21 the other day. Quarantine birthday means going to Target to buy vodka, pancake breakfast, presents getting shipped late, hot dogs and Jack Nicholson and fancy pasta from Jon and Vinny's followed up by cake dipped in feminist rose wine from Dean's shop Vinovore. One quote that grabbed me by psychologist, Susan David: "Life's beauty is inseparable from its fragility."

Deborah's Instagram: @exit7inla Ryann's App: <https://covidresources.glideapp.io/>





## ANJALI, TARAH, AMAYA, KIRA AND TAJ

Anjali and Tarah, both in their 40s, and Amaya and Kira, both in their 4s, and Taj are sheltering in place in Atwater Village in LA. Anjali is working remotely in marketing and legal at Netflix and Tarah works in content marketing and emerging tech. He is currently consulting and exploring what's next. That said, he fully considers being a full-time preschool teacher and dad as working.

The family is enjoying long walks and bike rides with Taj, experimenting with cooking and playing board games (the girls just learned Checkers!) For the twins, online learning via ABC Mouse, Khan Academy, preschool Zooms and Netflix/YouTube is high on the agenda. They're also attending their weekly virtual ballet class. Workouts, art projects, hide and seek with stuffed animals, obstacle courses and learning to play the ukulele and piano are other key activities keeping the pod busy and engaged. Favorite shows are Ozark, #BlackAF, Ugly Delicious, Money Heist and Tiger King.

Tarah and Anjali heard a podcast with brain coach Jim Kwik recently that really resonated: "When you look back at this time, what story do you want to be able to tell? That you binged Tiger King or that you wrote your first screenplay or taught your kids to read or figured out what was next for your career? Thinking in that way has helped us to reframe how we're approaching this time and our anxiety related to it. If we look at it as an opportunity, it lessens the rush to get back to life and helps with looking forward at the unknown world ahead."

Instagram: @tarahfo @perfectmorsel





## JONATHAN, MONICA AND JOBIM

Jonathan (63), Monica (59) and Jobim (18, not pictured) are sheltering in place in South Los Angeles. Monica is a specialized student populations counselor for the LAUSD, serving foster and homeless youth and families and Jonathan is the director of A Place Called Home (<https://apch.org/>), a non-profit community center providing free programs in education, the arts and wellness for youth and families in South Central L.A. They're both working from home at this time. Activities the family is engaged in while in isolation include working, cooking, gardening, walking, exercising, Zoom socializing, listening to music, watching movies, doing tax returns, cleaning, house maintaining, laughing, arguing, communing, cat-petting, worrying, play stationing, choir practice Zooming, dancing like nobody's watching and imagining a new structure for our planet. The favorite shows they've binged are Barry and Catastrophe.

Something positive: "We are fortunate and grateful to be housed and have enough food, the air is clear and clean, we love each other, even when we're playing that quarantine game of "Why are you doing it that way" and no one wins."

Something inspirational: "And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed." - Kitty O'Meara

A few weeks after these photos were made, Jonathan's brother Adam, passed away from COVID-19.



## **ALEJANDRA, ADELFA, CLYDE, BRENDA, BAXTER, NALA AND STANLEY**

Alejandra Sanchez (48), Adelfa Sanchez (84), Clyde Vasquez (25, not pictured), Brenda (26, not pictured) and the family dogs, Baxter, Nala and Stanley are sheltering in place in South Central Los Angeles. Alejandra is a preschool teacher and also does housekeeping. She is currently working from home joining story time with the preschoolers and facilitating small group time with one of her colleagues via Zoom. Activities include lots of cooking and spring cleaning, and less TV viewing than you might expect. Alejandra's message to the world, "Stay home safe and wash your hands."





## YANCEY, INGRID AND HENRY

Yancey, Ingrid and Henry, age 4, are sheltering in place in the Jefferson Park neighborhood of Los Angeles. Yancey is an architect, working out of their garage currently, and Ingrid is a psychologist, seeing clients via phone and Zoom -- wrangling Henry when she's not in session. Henry highly recommends all things LEGO Ninjago -- the show, the Lego sets, the activewear, the PJs. Yancey and Ingrid recommend "a slightly earlier bedtime than normal for singleton toddlers living in 900 square feet or less. Whatever you can get away with really. Tonight we're gunning for 7:30. This family has not eaten this many meals together in as many consecutive days...ever. That has been a treasure. If only someone else was cooking!"

Things they've enjoyed together: kapla block structures, sidewalk chalk, frisbee in the backyard. Henry is usually in full time preschool but hasn't minded this pandemic one bit. "Everyday is a weekend day!"

Additional thoughts from Ingrid: "Initially when I had my first day of Zoom sessions, I thought, "Do I know how to be a therapist in a time like this?" I was nervous I wouldn't have the right words, or tools, and wondered what it was going to be like as someone in a helping profession to be in the same trenches as my clients. Then, one session at a time, I began to witness such resilience, creativity and true beauty. I have been able to see people's lives in a way I'm not usually privy to...hearing them talk to their kids, seeing their homes and their (support) animals. I have felt the tremendous privilege of being "let in" even deeper to my clients' personal space than ever before, and I am enormously grateful to be experiencing our shared humanity in such an intimate way. I am often inspired by the people I work with - but more so now than ever."

Instagram: @ingabee



## MELISA, ANDY, MAYA, PARKER, KAI AND FIFIA

The Lauers are sheltering in place in Santa Monica. Team Lauer is made up of Melisa (48), Andy (56), Maya and Parker (both 17), Kai (15) and Fifa. Melisa is a program coordinator for GEAR UP 4 LA (LAUSD) and is working from home. Andy is a filmmaker who also runs his own non-profit. Parker and Maya are high school seniors and Kai is a sophomore. Fifa is the family therapist.

The family is spending time playing games, eating meals together, which they usually cannot do often because they are all so busy! They're slowing down and doing things they usually don't have time for. Just 'being' with each other is amazing. Melisa and Andy love watching the kids make music.

Melisa is still working, which means lots of Zoom meetings. She's also reading books, doing a million crosswords, cooking and baking, and Happy Houring via Zoom with old friends across the country. And then there's online yoga, ballet and Peloton classes, learning to sew, bingeing Hillary and Schitt's Creek and cuddling with Fifa.

Thoughts from Melisa. "This virus has forced me to stop and take notice. I am taking the time now to stop and smell the actual roses, notice the caterpillars transforming in my front yard and appreciate my friends and family like never before. I am LOVING the time I am having with my 3 teenagers. I know this quarantine is not equitable. There are families and individuals who are suffering greatly from the health and economic toll of this virus. Not everyone has the access, freedoms and resources that we have. I try to remember to be grateful for all that I do have and to think twice about complaining, especially to teachers, who I know are all trying their best."

Andy is enjoying golf toss, tackling house projects that used to be way down on the list, reading the biography of Ho Chi Minh, getting reacquainted with his children, running and distributing food at LAUSD's Grab & Go centers as a Red Cross volunteer. Andy thinks that "Everything happens for a reason and that reason is usually good."

Maya has been spending time figuring out which college to choose, running with her dad, reading and cuddling with Fifa. Favorite shows she's binged include the Marvel movie franchise, Boy Meets World and Smallville. Maya says, "It's hard to think about all things I am going to miss out as a HS senior, but I'm trying to drown it out by thinking of ways to do something for the greater good. Right now, I am thinking about getting involved with voter registration. I also think this is a time to do things you haven't had time to do before."

Parker has started a free online tutoring service for fellow students. She's also been painting, reading, communicating with colleges, exercising, catching up on movies, and you guessed it, cuddling with Fifa. Favorite show -- Lucifer. Parker thinks we should "Find ways to help others even when it seems like you can't."

Kai has been enjoying video games; golf toss with his dad; riding his bike; playing the piano and learning lots of new songs; watching movies; and playing with Fifa. He has noticed that there are a lot of butterflies out at the moment, and is happy to "Have a lot of time to spend with my family now."

Fifa enjoys cuddling with family members, eating, sleeping, walking, pooping and chasing squirrels.



## COLEEN

Coleen Kelly (67) is sheltering in place in temporary housing in Cheviot Hills, Los Angeles. Until recently, she was living near the beach in Playa Del Rey. (The photos were shot during two sessions about 4 months apart.) Coleen is semi retired and not currently working. Spinning yarn, knitting and working with general textiles have kept her busy during the time of COVID-19. Coleen has enjoyed watching Fringe, Eureka and selections from her movie collection. She recently acquired an Ashford Rigid Heddle loom, which was quite a challenge to assemble but now that it's up and running, she's really enjoying the creativity it enables. Instagram: @coleenkelly39





## TONY, ZOE, AND JOSH

Tony and his two children Zoe (16) and Josh (12) are sheltering in place in Malibu California. Tony is a realtor and is working at home albeit very slowly. Zoe and Josh are students. As Tony puts it, "School is strange." When I asked him if he's working on any passion projects he quipped, "Is eating a passion project? How about watching TV?" Wise words for the weary: "Blessed to be so fortunate that I get to do this with people I love so dearly in relative comfort. Do you recall hugging friends? Be smart, stay safe and remember what's important when it's over."





## ROBERT, GARDIA AND DAVIS

Robert Kerbeck, Gardia Fox, and Davis Kerbeck are sheltering in place in Malibu in a neighborhood that was decimated by the Woolsey Fire just over a year ago. They fought the fire to save their home. Robert wrote the book, *Malibu Burning*, about the experience. None of them ever imagined they'd be living through another disaster so soon. Their time evacuated together after the fire has somewhat prepared them for the quarantine. Robert is staying busy writing; Gardia has the time to cook complicated (and tasty) meals; and Davis is preparing college applications since his junior year is over. Highlight: Davis, a messy kid, has turned into a clean freak. Lowlight: Gardia has made Robert watch *The Crown*.

Robert on Instagram @robertkerbeck

Website: [www.robertkerbeck.com](http://www.robertkerbeck.com)





## SUE

Sue is sheltering in place in the Miracle Mile district of Los Angeles. She is none-of-your-business years old and works as a Co-Active coach/group facilitator working with mental health and addiction clients at several treatment centers. She is working from home via Telemed. Sue is watching less TV than ever before and is proudly smashing old narratives that she doesn't cook.

“It has taken a lifetime of hard work to understand what it is to differentiate and let go of enmeshment with others. I always understood that if I separated it would mean I'd be alone and lonely. Recently I've experienced the victory of learning to live my own life. Thank goodness, just in time to be able to social distance, live by myself and have a jolly good time getting on with my own glorious life and enjoying my own company. Disclaimer: I facilitate Telemed groups everyday so I connect with 100s of people a week and I attend 12-step meetings with 100s of people online and I am rich with family and friends all over the world, all reaching out. To say I'm alone would be a big fat lie. It is difficult to not take on the pain and suffering of others knowing that I am not struggling and I am aware that most are less fortunate and don't have comfort and their basic human needs. Impossible to ignore the great divide of the have and have nots. I want to remind people to reach out to anyone who suffers with mental health and addiction. This is a difficult time as isolation and boredom can be killers.”





## AMY AND KOKOMO

Amy (51 today) and Kokomo (almost 15) are sheltering in place in West Hollywood. Amy is a writer and journalist covering entertainment, sports, technology, and pop culture who has worked from home for more than a decade. She's an extrovert and normally has an active social life.

During this quarantine, Amy finds her focus is off and to be cooped up in the house non-stop is impacting her creativity. She's grateful to still be working but worries that as life contracts to a small microcosm of what it was before this virus, she won't have anything to write about or things to talk about with her friends and family.

To ward off the cabin fever (and the quarantine snacking pounds), Amy has been doing YouTube dance classes and expects to master all of Britney Spears' moves by the end of the social distancing.

Amy has binge watched Tiger King, Unorthodox, Ozark, and a ridiculous number of Hallmark romantic comedies. She's also doing zoom chats with friends and, in fact, had a virtual birthday party on zoom on Easter.

Kokomo misses her friends and social life too as normally, Amy takes her to the Farmer's Market for trivia night and Kokomo has lots of friends there, especially the nice lady who always brings her bacon. Mom doesn't share her bacon.

"If there's any positivity to be found in this strange adventure it's in the ways we communicate with our friends and family and the need to connect. Life is on pause right now, but human connection and love and friendship are not."

Instagram: @amylamare

Twitter: @mazingamy



## JENNIFER, ARVLI, EMI, RICKI AND CHIBI

Emi Ward (18), Arvli Ward (62), Jennifer Ferro (51), Ricki and Chibi the Chihuahua are sheltering in place in the West Adams area of Los Angeles. Emi is a high school senior, Arvli is on the journalism faculty at CSUN, Jennifer is the president of KCRW (<https://www.kcrw.com/>), Ricki is a ball chaser and Chibi is the Trembler in Chief. Arvli and Jennifer are both working from home. The family has been baking, cooking, doing yard work and cleaning. Favorite shows binged during the time of Covid-19 include Before the 90 Days, Killing Eve, Westworld and Real Housewives.

“We need to write this all down because we’re going to forget what this was like one day. There is nothing to compare it to. Not 9/11, not the 2008 financial crisis, not the Great Depression. I think we’ll all ask ourselves how valuable the weak and the sick really are to our world. I think fundamental changes in our economic and political systems will be the result. And we’ll be better for it.”

Instagram: @jenniferro





## MARK, MANDY, KEV, ADAM, CATIE AND BRODIE

Mark (55), Mandy (55), Kev (30, not pictured) because he was working at the time of the photo, Adam (23), Catie (18) and Brodie (approx 1 ½) are sheltering in place in Century City, Los Angeles. Today is Catie's birthday -- HAPPY BIRTHDAY CATIE! Mark is a dentist and is only working on emergencies. Kev is a veterinarian at an emergency practice, and is working long days. Mandy works as a legal assistant and feels very fortunate to be working at this time. Adam is working remotely. Catie is a senior in high school. The family is eating well thanks to Mark who is cooking up a storm and Catie who is baking delicious healthy treats. Until a few days ago, the family's biggest mission was to adopt a dog. The Steins are very excited to have found Brodie, a gentle giant who is a source of love and joy. Thankfully, the family enjoys long walks as much as Brodie does. Binge watching shows is a favorite pastime with Unorthodox coming in as the favorite.

Instagram: @Toothbizz, @Mandy.Dumas.Stein





## SYLVIA

Sylvia is sheltering in place in Beverly Hills.

“As a healthy, retired 82-year-old widow, I normally attend a variety of classes, frequent plays and movies, dine with friends and spend weekends with my daughter and her family. With all this coming to a halt, I have had to reconfigure my days. Every day is essentially the same as the one before. To maintain some form of continuity, I dress in street clothes even though I stay at home and no one comes through the door. I am resourceful and fill my days by reading books and magazines, corresponding on the computer, watching TV shows and films, writing, catching up with people on the telephone and doing jigsaw puzzles. My major concern is that when this pandemic is over, we will have to adjust to a new normal that will not be as full, as satisfying, as the life we had before.”





## CAROLE AND ALAN

Carole (69) and Alan (74) Sudar are sheltering in place in Beverlywood, Los Angeles. While in isolation they read, watch TV, play games, garden and spend time on social media. Zooming and FaceTiming with their grandkids is definitely a highlight. Favorite shows binged include Shtisel, Longmire, DCI Banks, Virgin River, Ozark and Unorthodox. Alan and Carole are enjoying the “true sense of a communal experience. Everybody is going through the same thing together. We all have to look out for each other for the good of the community.”





## SELWYN AND DARRYL

(FaceTime Portrait)

Selwyn (57) and Darryl Solomon (66) are sheltering in place in Hillcrest, San Diego. Selwyn works in sales and is an ardent rideshare driver and Darryl is retired. Selwyn is working from home and is itching to get back behind the wheel. Luckily his day job is very busy at the moment, so his days are filled with work from 8 to 5. When he clocks out, his passion for cooking, which went on on moratorium when he became a rideshare driver, kicks in with a vengeance. Think Greek lamb chops, Durban curries and spag bols. Of course, streaming is in full force, but not the usual. A bunch of filmmakers in South Africa have been sharing their movies online and he has been indulging in a home made film festival from their archives. Other favorite shows the brothers have binged include Little Fires Everywhere, The English Game and Unorthodox. Selwyn also blasted through Sunderland Till I Die and Tiger King, and tried the third series of Ozark, but gave up after four episodes. “Just didn’t bite me this time around,” he says. He was also sadly disappointed by Hi Fidelity.

On the positive side, Selwyn is loving discovering new streets in the neighborhood on his afternoon walks. Biggest challenge? “Post traumatic shopping disorder.”

Darryl is enjoying walks in the neighborhood, cooking, listening to talk radio and watching television. He observes: “San Diego is like a large quiet country town, and I’ve always wanted to live in the country. The days go by at a naturally slow pace and that suits me just fine.”



## JO, PETER AND ROXY

(FaceTime Portrait)

Jo and Peter Ostrin and Roxy are sheltering in place in El Dorado Hills, CA. One of them is 60 (in 21 days) and the other is much less. Black Peter is a computer engineer and is oh-so working and Jo is a mixed media and zentangle artist and is oh-so-not working but oh-so cooking. They've been spending time crocheting, cooking, decluttering, building guitars and working a lot.

Jo loves her overlay crocheting. She is making madalas and they are hanging all over the house and the trees outside. She has also been busy crocheting tree sweaters to protect the poor dears from the cold. Peter is building two guitars, both Taylor GS copies, one with a curly maple body and one from mahogany. And walking Roxy for miles. Jo loved Messiah. Peter has refused to watch TV since last September.

Peter says, "We fight less. It's been an amazing time. We have been married for 33 years, and recently discovered we quite like each other." When I asked him about challenges during this time, he said, "Jo hates leaving the house. Quarantine is perfect for her."

I feel a little odd including the following quote from Peter but he scares me a little and I don't know what he'll do if I leave it out, "Alon and I go back a ways and I am proud and in awe of the work he is doing."

You can see Peter's guitars at [powguitars.com](http://powguitars.com) on flickr.



## **PETRIA, MATTHEW, TAYTO AND VOLPE**

Petria and Matthew Seymour (both in their 50s), live in Playa Del Rey in Los Angeles under the watchful eye of their Shiba Inus Tayto and Volpe. The humans in this pod are both show business producers and currently working from home in the animation and virtual reality space respectively. Petria and Matthew have been doing a lot of gardening, mask making, dog walking and cocktail mixing. Passion projects abound in the Seymour household but you know how it is, these sorts of things are always under wraps, behind firewalls or under NDAs. Westworld is winning the show-they-cannot-do-without award. “Helping those in need makes us feel needed and part of the community,” says Petria. “And masks are easy to make!”

Challenges include, “feeling frightened of being in groups and COVID-19 nightmares.” Petria adds, “Some folks on the right of politics seem to have lost connection with love and kindness.”





## **DAVID, MICHELLE, RUTH, MICHAEL, BRENNAN, TESSA AND DALYAH**

David (65), Michelle (55), Ruth (22), Michael (20), Brennan (24), Tessa (22) and Dalyah (21) are sheltering in place in Westwood, Los Angeles with Gordon (1) and Stoley (13) who are canine and not pictured.

David and Michelle own Streets Ahead ([streetsaheadinc.com](http://streetsaheadinc.com)), a company that manufactures leather accessories. The factory has been shut down since March 15th due to the effects of COVID-19. Ruth is the designer at the company and is a part-time nanny. She is currently unable to attend either job. Michael is a sophomore at UCSB and is attending school online. He is also a talented musician and is making lots of great music and starting his rap career in the garage. Brennan is doing school online and about to celebrate the big 25 in isolation. Lucky for him this household is always a jol\*. Tessa is the only pod member currently working; remotely in casting and entertainment. Dalyah is a sophomore at Loyola Marymount, studying online.

The Sack Pod has been doing lots of drinking, eating and jolling. Tons of cooking and getting creative (and fat) in the kitchen. Some of them are exercising. Some are painting. Some are making music. They're enjoying having quality family time together and are about to complete their third extravagant puzzle. Favorite shows include The French Village, Messiah, Fauda and Unorthodox. Michelle says, "Some days morale is low. It's a weird time for everyone, and staying motivated is a challenge."

\* jol (plural jols) (South Africa, slang) Noun: a party. Verb: to party. Aka jawl or jorl. Instagram: [@ruthsack](https://www.instagram.com/ruthsack) [@tessadenicola](https://www.instagram.com/tessadenicola) [@dalyah123](https://www.instagram.com/dalyah123) [@sackkman](https://www.instagram.com/sackkman) [@\\_brennnaaa\\_](https://www.instagram.com/_brennnaaa_) [@sackslovethewawl](https://www.instagram.com/sackslovethewawl). Michael's music: Spotify and Apple Music, Playyard.





## TESSA, NATE AND PRECIOUS

Tessa Nathan (61) and Nate Newburn (22) are sheltering in place adjacent to Park La Brea in Los Angeles. Tessa is a gardening educator and Nate is a musician. Tessa has been working via Zoom with a couple of kids at home doing remote gardening with no tools or resources. She finds it amazing how creative and inventive people can be. She also wonders if “cleaning counts as work? If yes, I’m working very very hard.” Nate has been studying online.

Aside from work stuff, the members of the Nathan Newburn Pod have been cooking, listening to music and the silence in the hood, talking, trying not to read the news -- even headlines, puzzling, gardening and growing, serving Precious the cat, connecting, bickering, solving, writing, thinking, dreaming, hoping. Nate has been playing the guitar -- a lot.

Nate is working on his debut album. Luckily the songs were recorded before lockdown and he’s been able to work with producer Robbi Robb remotely and without any distractions, which is brilliant.

Favorite shows include Unorthodox and Good Girls Revolt.

Tessa feels like “We are witness to the earth’s pause and that in the silence, there is pure potential. In a weird way it’s a relief. Of course, easy to say if you’re healthy, have a roof over your head and food on the table.” She adds, “Maybe America will realize it needs Medicare for all.”

“On a personal note I get PTSD just going out to a grocery store. World consequence feels waaay too scary to even think of. But I can’t stop those thoughts at 2 a.m.”

Instagram: @natenewburn @tessanathan

Nate’s music: Spotify and Apple Music, Nate Newburn



## ELVIS, MIKKI AND CHLOE

“Be gentle with yourself and others. This is a time for empathy.” (Mikki)

Elvis Kuehn (29), Mikki Itzigsohn (31) and Chloe the dog (14) are sheltering in place in Mid City, Los Angeles. Elvis is a musician and Mikki is a music supervisor (writer’s note: and musician). Both of them are working from home with Elvis writing songs for his band, Fidler’s next album and Mikki doing what music supervisors do. In the evenings they’re finally working on that lounge act. They’ve also been gardening, doing lotsa cooking, writing postcards to loved ones and rediscovering the things they love — records, movies and books. Mikki is also painting.

Mikki and Elvis have been rewatching *The Wire* (and there’s the constant *Seinfeld* addiction). Other shows they’ve enjoyed during quarantine include *8 1/2*, *Crip Camp* (documentary), *There Will Be Blood* and *The Johnny Cash Show*.

“Ten thousand flowers in spring, the moon in autumn,  
a cool breeze in summer, snow in winter.

If your mind isn’t clouded by unnecessary things,  
this is the best season of your life.” - Wu-Men

Instagram : @old\_mik @elviskuehn



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## DAVID, TRACY, ZELDA, SADIE AND ATTICUS

Zelda turned eighteen on March 12, but her birthday, like everything else in their lives was about to get canceled. Sadie, 22, was about to move into a new Brooklyn apartment, when the city started closing down. Tracy, 56, was a private chef in Los Angeles cooking for several families, when grocery shopping became a risky proposition. And David, 54, was writing for an advertising agency by day in West Hollywood and freaking out about coronavirus by night in his home office. Atticus, the dog, spent most days sleeping in Aunt Gerry's old chair, when his world got turned upside down.

The week before her birthday, Zelda was in a car accident that totaled her car. It wasn't her fault, but she still got a concussion and lost her car. Then her surprise birthday party had to be canceled along with the rest of senior year, prom and graduation. On top of that, she had just been cast in her dream role as Olaf in Frozen at her local community theatre. So this quarantine has been a bitch, as she might say, and with new concerns about freshman year at Kenyon College -- everything's up in the air.

Zelda has found solace in painting butterflies all over the house -- on a new dresser, on her bedroom wall and on her jeans jacket. She has found a safe haven in Pretty Little Liars, Breaking Bad and Dance Moms. Last week, Tracy made her a belated birthday cake, surprised her with a quarantine party and she finally got to blow out her 18 candles.

Sadie, who graduated from Skidmore in 2019, had just signed her first lease on a Brooklyn apartment, with lysol wipes in hand, when she lost both her jobs. She managed to get all of her possessions moved into this gorgeous new apartment on March 15th, and then made the tough choice to leave it all behind. The next day, she returned to LA on one condition: that she would quarantine for 14 days to avoid infecting her parents.

In spite of being exposed in NY, Sadie fortunately did not get sick. After two weeks of living in David's home office and FaceTiming for family dinners, she was able to rejoin the family unit, where she has been learning to make sourdough starter and bread with Tracy and learning to make TikToks with Zelda. Sadie is connecting with college friends via Zoom, editing a video of her bread adventures, and she and Tracy have become obsessed with Love Island. She watches Bon Appétit videos about New York restaurants and hopes to be back there soon.

Tracy, the eternal optimist, has not missed a day cooking for her fortunate clients. From the fish market to the butcher to bartering for flour, she has not only shopped in a double-mask, hooded sweatshirt and gloves, but has kept several families fed each week, not to mention cooking for her own hungry crew. In her free time, Tracy continues to strive to master Tartine's Basic Loaf and to Instagram the results. She spends most of her day trying to order groceries, and answering baking and cooking questions from her friends. In her evenings she watches Survivor, Unorthodox and Love Island (shout-out season 6!). Every night at eight, she stands on the front porch and along with the rest of her Mar Vista neighbors, she howls into the night.

David, the eternal pessimist, has not missed a day of work, but has however, missed a lot of sleep. While no one would mistake him for a handyman, David has found satisfaction in fixing stuff around the house. He has MacGuyver'd a pair of old closet doors to turn the living room into a makeshift home office. Watching Stranger Things with Zelda, an expert who knows the show inside and out, has been a highlight. David finds refuge in the pre-corona world of the screenplay he is writing and in the rush of riding his bike. While the Saltzmans were just on the verge of having an empty nest, David is grateful to have everyone back under one roof — all finding their way through this moment together.

For Atticus, life has been completely disrupted. While he appreciates having the family around, he wishes he could get a good day's sleep. He was happy the other night when the whole family took him for a walk. They waved at other people in masks. They took selfies in the golden sunset and then headed back home to Boise Avenue. INSTAGRAM: @traytrayout @saltysadie @princesszeldas @davidsaltzman72



## LEE, SHERRY, JOEY AND HERBIE

Lee, Sherry, Joey (20), and Herbie Angelucci (9), the pup, are sheltering in place in Marina del Rey, Los Angeles. Sammy (18) is in his apartment in Koreatown. Lee is a composer and music producer. (Writer's note: Lee played Bruno Martelli in the movie and TV series Fame.) He scored a documentary recently, but other than that, he's taken the work slowdown as an opportunity to upgrade the computer and purge some really old stuff he doesn't need. Lee's also trying to do what he used to do at the gym, at home. He's also writing some music occasionally. "I really want to practice piano, but I managed to give myself carpal tunnel so I'm doing lots of icing and physical therapy on my right hand."

Sherry is taking virtual yoga, dance and exercise classes, and taking a ton of pictures of different plant species around the house. Her flower pictures keep getting better and more exotic looking, even though she's confined to the house and walks with Herbie around the neighborhood. Joey is practicing trumpet and doing his University of Miami classes online. He's also working on some original pieces, ("that sound amazing" says Lee) for his composition class at school.

Lee's favorite show during the time of Coronavirus is Baskets with Zack Galafanakis. "I think I watched all four seasons in three days!"

Something positive?

Lee: "Los Angeles is an amazing place without the traffic jams."

Challenges?

Lee: "I've had two colleagues (one was also a good friend) die of Coronavirus. The trivial challenge is not being able to eat out."

Parting words?

Lee: "I can be incredibly lazy if I'm working on something. It's because other people 'hakne n tchaynik' or because of a feeling of impending mortality. I actually do love the slowed down part of this time though."

leecurreri.com



# SHARON, SADIE, JONAH, OZZIE AND SAMPSON

(FaceTime Portrait)

Sharon Rocklin Stillman (55), Sadie Stillman (11), Jonah Stillman (20) and Ozzie (3) and Sampson (7) the mini labradoodles, are sheltering in place in Excelsior Minnesota . Not in this pod and self-isolating in her own pod is the equally as important Ellie (23). Sharon is a full time mother and a fine artist working out of her home studio. Sadie is a 6th grader and Jonah is a public speaker/author and generational consultant currently working from home. Ellie (23) lives not too far from Excelsior and is a full time 7th grade English teacher.

Sharon has been spending quite a bit of time in her ceramic studio in the basement of her home. She has recently started making more functional clay pieces. Most of her previous clay works were decorative and sculptural. She's been working on hand built porcelain vases and platters that are perfect for mother's day gifts. ([stillmanstudio.com](http://stillmanstudio.com))

Sadie is online daily for school. Jonah spends his time on Zoom calls, virtual meetings and phone calls and has taught himself to play the guitar. Sadie plays the ukelele, writes her own music and lyrics and hangs out with mom in her studio. The family loves to play scrabble and now that the sun is finally shining in Minnesota, they're taking lots of walks.

“On March 14th, after returning from a trip to the UK, my son was diagnosed with COVID19. Thankfully, except for me, neither of his siblings were exposed to the virus. He was quite sick for the first week, experiencing a sore throat, fever, cough, severe body aches and complete loss of taste and smell. His symptoms began to subside during the second week leaving him fatigued and still coughing. The greatest challenge was trying to prevent myself from being infected while taking care of him at the same time. There was not a single minute of the day when I was not aware of every surface I was touching, ensuring that I was gloved and masked most of the time. My advice to anyone with someone at home with the virus is simple: WASH YOUR HANDS! Regular soap works fine. Sanitize all light switches, door knobs, counters and toilet flushers and try as best as possible to isolate the patient to their own room and bathroom. On top of dealing with the virus, I am also navigating a divorce, which during the best of times is challenging. Suffice it to say, divorce during a pandemic is definitely not recommended. Things could be worse though. No matter what, we still thankfully have our health, a roof over our heads and food on the table.”

“Self-isolating can be difficult for many but artist's do it all the time. Most of us spend hours alone in our studios thinking, planning, experimenting and creating — it's how we operate. I love how this time has brought out the creative side in people who never previously thought they were or could be creative. It has allowed us to slow down and take time to smell the proverbial roses. My hope is that when this pandemic passes that we don't slide back into our everyday frenetic lives and we continue to take the time to be grateful for our families and our health each and every day.”

Instagram: @sharonstillman



## STEPHANIE AND NANA

Stephanie Inyama (53) and her mom, Nana (83), are sheltering in place in Baldwin Hills, Los Angeles.

Stephanie is a consultant and Nana is retired. Stephanie is working remotely and studying to pass the Project Management Professional certification test, while Nana is working hard to beat the family at walking, including family members in Europe.



Favorite shows they've binged include Call the Midwife and Live PD. Stephanie says she's, "Trying to be like Nana." Nana observes, "I'm trying to stay alive and I'm grateful."

Both are feeling aches and pains, which is no wonder since Stephanie loves line dancing and aquacising and Nana used to play soccer and walk marathons.



## SALTY

Salty is sheltering in place on a bend high above Ballona Creek in Culver City. She began work on an art garden about six weeks ago that gives expression to her conception of a 'Home Free Movement.' "It's a mood garden; a peace park," she says. "People have stopped by and are having a luckpot if you will. It's just going to keep transforming. We don't really know what's going to happen here, but it should be an interesting experiment."

She goes on, "Basically, I'm rising from the garden and seeing if I can't upcycle everything with it. It's a life-gives-you-lemons-make-lemonade kind of a vibe," says Salty, referring to the sparkling yellow fruits people have been dropping off that sit on an altar at the portal to her domain. A couple of feet from the lemons lies a key feature of her "Studio Oasis" — the last vestige of an oak tree; a stump wedged firmly in what she refers to as the sacred ground. Like a giant talking stick, the stump tips its proverbial hat to Speaker's Corner in Hyde Park, providing an opportunity for passing cyclists and COVID walkers to step up and have their say. "It's all about storytelling. People can get on the stump and speak on a subject or muse on something." Next thing she declares, "Stand on the talking tree and see what you have to say." And that's exactly what I do.

And then it's time to take the tour. Salty leads me around the beloved stomping grounds of her childhood. We walk along the path that runs to the ocean, where she would unicycle and roller skate as a child. She speaks of her cultural awakening. She shows me a Zen garden across the street from where her grandmother lived that planted the seed of what would blossom into a lifelong love for landscape architecture and space design that parlayed into a high level career in the TV and movie business.

Salty's language is peppered with new twists on old idioms. She tells me she's a believer in "civil myth obedience" and proceeds to spin me a yarn about her vision for the land around her art garden. As we continue on her "Walk and Talk" experience, Salty explains, "I've been to other countries where there are these weird river-meets-the-road-meets-the-path places. There's a lot of infrastructure but it's architecture that the people are not appreciating."

She fills me in about her plans to host similar extravagant happenings under and around the bridge that spans the creek. She sees herself as an MC of improvised variety shows complete with bands and string quartets performing on a circular concrete platform and a cast of intrepid performers who will emerge from a giant drainpipe and sing, dance and act for the wanderers on the 'Walk and Talk.' "You never know who's going to be on the show. It will be a mythical reality where you take a real

place and you make it live. And you start inviting conversation. You invite multiple perceptions. It's what happens when you come together at the level of energy and music. A cosmic picnic as it were."

"I just love the idea that you can just walk and anyone can guide the walk." She continues, "It's all a total work in progress. I imagine an infinity shaped labyrinth. A costume closet for performers. A VIP area on the tennis court. A nap shack where you can chill or write a poem. An inner child rescue mission."

We move under the bridge and Salty says, "This is where it gets good. In the echo chamber." She breaks into glorious song. The words yo-yo mellifluously off the bridge walls and swirl around the concrete river canyon blending seamlessly with the gurgling of the gently flowing water.

My funny valentine, Sweet comic valentine, You make me smile with my heart, Your looks are laughable, Unphotographable, Yet you're my favorite work of art

We circle back to the art garden and I urge Salty to get on the stump and declare her truth. "I'm a little myth understood but I'm creating another type of dream reality show. Freedom is as freedom does. And for my next trick -- anon Alon!" And just like that, my audience with the elvin ringmaster of Ballona Creek is done. Until such time.







# RUSSELL, CLAIRE, MAISIE, GEORGIE AND MILO

(Zoom Portrait)

Russell (39), Claire (36), Maisie (5), Georgie (23 months - nearly 2) and Milo “the photo refusenik feline” are sheltering in place in North London, UK. Russell is a TV producer and Claire is a history teacher and a head of year in a local high school. They’re both working. Claire is having to prepare lessons for Google Classroom for her pupils. Russell is producing a satirical TV show called ‘The Mash Report’ for the BBC, which is being made entirely under lockdown. Outside her teaching, Claire founded a Facebook group called ‘Family Lockdown Tips & Ideas’ on Facebook to share ideas with local parents in lockdown. Little did she know that a group intended to help a few friends would grow into a group with 1.1 million members in over 100 countries around the world.

Outside of work responsibilities, Russell and Claire are making sure that their girls are having as interesting and exciting time as they can whilst they’re in lockdown. There’s been a lot of crafting, LEGO, coloring, trampolining and watching movies.

Claire’s group has become a passion project for her. Russell’s made bagels from scratch and is devoting himself to The Legend of Zelda: Breath Of The Wild on his Nintendo Switch and growing an ill-advised lockdown beard. Like everyone else, they’ve started on Tiger King, have been watching Better Call Saul and Russell is watching Ozark. Also Sex Education on Netflix was amazing. Special mention for Feel Good starring Mae Martin, which was delightful.

Positives: “Living under lockdown has really shown us that you don’t have to live big to live well. Time together is time well spent. And it’s really great to hear the birds sing so often and so loudly. Who needs cars?”

Challenges: “Not being able to spend time with friends and colleagues has been hard. Though I’m working with people and speaking to them on a daily basis, not sharing the same space denies me the warmth and collegiality that comes with working in the same space on the same project. Hugging a friend is something that’s such a relatively small and trifling gesture but one that I miss dearly. Now all interactions with colleagues are work based. I can’t wait to just shoot the shit with workmates again. Also - sport. How I miss watching sport.”

Parting thought: “There’s no doubt that COVID-19 will change the world as we know it. I only hope the world it leaves behind is one in which we realise how lucky we are to be here, one in which we can learn to enjoy what we have and one in which we learn to be kinder to one another.”

Instagram and Twitter: @russellbalkind

(Computer photo of MacGyvered tripod and me hard at work courtesy of Russell.)



# TARRYN, AV AND JAY

(Zoom Portrait)

Tarryn and Av, both 37, and Jay, aged 4, are sheltering in place in Manchester, UK. Av is an aeronautical engineer in the defence sector and Tarryn is a special educational needs teaching assistant. Av is currently working from their home office otherwise known as the kitchen breakfast bar whilst Tarryn tries to keep Jay educated, entertained and exercised throughout the day.

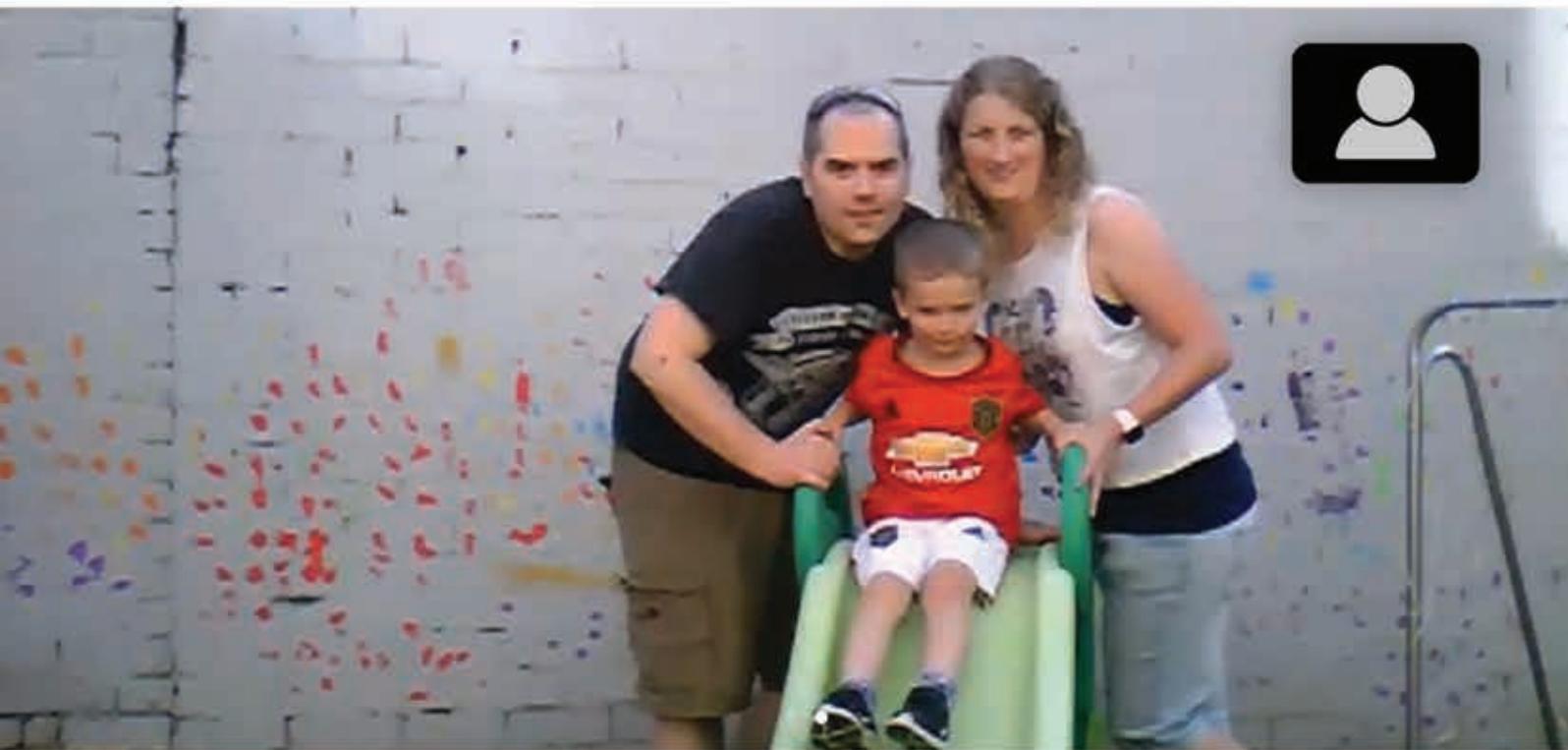
Tarryn and Av feel very fortunate that Jay is at an age where education is not yet compulsory and that they are under no pressure to formally teach, although Jay is excited by the idea of home school. Tarryn says, “ Jay is at an age where he is still excited by new concepts such as learning to read and therefore we try and encourage this every few days but we are led by him. If any of us are having an off day then we’ll try again the next day.”

Their house somewhat resembles a recycling centre with Tarryn not allowing Av to dispose of any cardboard box or item that could be repurposed for craft activities. Their favourite lockdown creations to date are toilet roll ninjas, Mr.Robot and tin can bowling alley.

The family has a new found appreciation for things on their doorstep that they previously took for granted, including the local moorland they frequent on an almost daily basis as part of their permitted exercise where Jay adores “going on a blossom hunt.” There is also the Giving Wall in the back garden, where Jay has the freedom to splash paint to his heart’s content. It’s called the Giving Wall as Tarryn hopes “It will be the wall that keeps on giving to occupy Jay so that I can just have ten minutes to myself because let’s be under no illusions, this is an immensely special time where we feel blessed to be with our children but there are times when it gets a little bit too much and we either need to scream or cry or both!”

Tarryn is the proud wearer of a rare auto-immune disease badge (Addison’s Disease). For the majority of 2019 when she was pre-diagnosis she felt present but not present in family life. She is therefore beyond grateful to have this time together to create some very special memories with her boys.

The day of this shoot was Tarryn and Avs 8th wedding anniversary and they seem to like each other even more since Lockdown. “Phew!” They planned on celebrating with a Fakeaway meal and some Haagen Dazs with Av opting for salted caramel and Tarryn for pralines ‘n’ cream. (Writer’s note: HAPPY ANNIVERSARY! Definitely salted caramel.)



## DYLAN, ELISE AND KYLE

(Facebook Messenger Portrait)

Dylan (40), Elise and Kyle Woods are sheltering in place in Wedowee, Alabama and Edgewater, Florida. Dylan is currently taking a few weeks off in order to limit exposure to his family that could result from his needing to get out and work. Kyle is autistic and Elise is understandably concerned about him contracting the virus. Kyle is homeschooled by his mom.

Aside from his main gig remodeling homes, Dylan works for several combat organizations as an official, judging and reffing fights. However, that line of work is not considered essential owing to it not being particularly compliant with social-distancing protocols. Additionally, he works on music production in his free time, and recently started a band called the Fear Mongrels. Dylan would also really love to do standup. Boating and fishing are other favorite activities. Without question Dylan is up for a passion project or two. He is currently writing a book about South African music legend, Robbi Robb. (Writer's note: Robbi is profiled later in this book.)

Dylan's motto for the times is "Positivity breeds positivity."

Instagram: @Dylanvillain9000



## MARIO AND STEPHEN

(Zoom Portrait)

Mario and his partner Stephen (both 36) are sheltering in place in Capitol Hill, Seattle. Mario is the Director of Fun at Hipstamatic. Yes, that's his actual title, although he asks "What's fun anymore?" He is currently working from home. As he puts it, "Luckily photos are essential." (Writer's note: Hipstamatic is a wildly popular photo app that I use a lot.) Mario and Stephen's life seems to revolve around eating. The most exciting part of their day is figuring out what the day's meals will be. Their only exercise seems to be the walk to the grocery store. They spend a lot of time cooking and probably more time cleaning. The couple is taking a deep dive into the world of wine. Not in an attempt to become sommeliers — they're just drinking a lot of it. Favorite 'lockdown' show is Tiger King — "Only thing crazier than the news!"

"Video chat has been around for years but I've seen more friend's faces in the last month than in the last year. There are little wins every day and I've found that documenting them has been therapeutic. I'm taking pictures daily of the things that make me happy so that when I look back at this time it will make me smile."

Mario is finding it challenging "taking life one day at a time. I feel like I want to plan at least the next 3 months in advance but all planning seems futile. I'm struggling to allow each day to be its own." Instagram: @amusedmario



## MICHAEL AND ISAAC

Michael (41) aka Mikey A. and his African dad Isaac are sheltering in place in Compton, CA. Michael is a behavior therapist working with deaf children with autism. With schools closed, he's in limbo. Isaac would rather keep his occupation private.

The first week in isolation was hard for Michael. He had no idea what to expect and was "pretty much in a lil funk." But now he's "owning it and getting a hang of the new reality." He and his dad have been talking a lot more. Michael's also rediscovering his dormant cooking skills. "Like hey old friend I remember you...we can cook — we're reunited and it tastes so good!" He's also learning how to use Zoom. "I mean there's no manual guide and there are so many cool tricks you gotta learn!" He's also been talking to family and friends through Facetime and group chat on Instagram.

Michael is bingeing anything on Disney Plus using his sister's account. "Don't judge me." He loves all the Star Wars content but also the Pixar shorts. "Lava is just a story full of love. May the force be with you, always."

Michael, who is deaf, recently participated in TedXComptonBoulevard. The event was originally set for a stage and audience but because of the pandemic ended up being a virtual TedX talk online. The organizers felt the stories still needed to be told especially to uplift people during the pandemic. Michael's talk was about making Compton more inclusive and accessible to the Deaf and people with disabilities. As a result of the event, he was able to launch the Compton ASL club. He is now teaching basic sign language online as a way for the community to be more inclusive and understanding of Deaf culture even with everything that's going on. "I still believe we can be the change we want to see in the world."

Michael wants people to know about sheltering in place in Compton because he feels it's important to change the narrative. "There are good people here. Yes, we struggle, but we're also self reliant and about building a stronger community."

The pandemic has made Michael's life harder to navigate. Since he's a lip reader, face masks really make it hard for him to understand facial cues. He's missing that human connection he craves and he's had to be more creative to figure out how to understand people. He's been advocating for clear masks that make the mouth visible. "So if I need to go to the grocery store and I'm not responding, I'm not being rude y'all; I just can't hear you!" On the bright side, "It's the perfect time to learn Sign language so nobody has to struggle so hard to understand each other."

"Ordering food using the drive thru is hell. What am I supposed to do with the intercom? Or doing zoom calls with hearing people who don't sign — it's hard! Duh! But I'll find a way. I have too. If I don't adapt, I can get left behind in this new reality."

Michael's next goal is to get his children's book out of his head and into print. Any help in this regard would be greatly appreciated. Instagram: @Mikeyisjussayin @comptonaslclub (Follow for Free ASL lessons and to get a sign language T-shirt)







## GEOFFREY AND ABIRA

Geoffrey (78) and Abira Breskal (75) are sheltering in place in Brentwood, Los Angeles. Geoffrey is a retired property developer and Abira is a working artist. Geoffrey misses his daily routine, especially early morning gym sessions at Bay City Club and regular lunches with friends. These days he is playing bridge online, reading more and devoting time to his new passion, the family tree.

Abira is hard at work, painting and “messing around” in her home studio. They both enjoy their daily walks in the neighborhood and yoga Zoom classes with Chris. And then there’s lots of housework, cooking, drinking, listening to music and gardening. A whole lot of streaming is going on as well – A French Village, My Brilliant Friend, Fauda and their current favorite, The Restaurant.

Abira wonders if “life will ever get back to normal. We miss our Shabbat dinners and get together. The big challenge for all of us is to keep sane and healthy and not let the situation we are in bring us down. On a positive note, we are impressed with the way Americans have coped and the way the first responders are putting themselves in harm’s way helping those who have been infected with the virus.”

Instagram: @abirabreskal





## STEVE, SHERRIL AND KITTY WOMPAS

Steve Weisberg, Sherril Schlesinger and Kitty Wompas are sheltering in place in Del Rey, Los Angeles. Kitty Wompas showed up feral about 6 years ago and Steve and Sherril showed up eons before that. Steve is a musician, composer, arranger who leads his own 17-piece orchestra from time to time ([www.SWOchestra.com](http://www.SWOchestra.com)). Sherril is a filmmaker focused mainly on editing and post production. They're both involved with various projects that will hopefully resume production post the quarantine era. Sherril thinks "It's going to be interesting to see how movies are shot, maintaining safe distancing. I wonder how long it's going to take before we see a screen kiss again!"

Sherril: "I feel like I'm just landing back on planet earth. Upon returning from a trip to NYC, I became very ill and ended up in hospital in isolation for 9 days, being treated as if I had COVID-19! I pretty much had every symptom ascribed to C-19, but I was tested THREE times and all came back negative! The doctor surmised bad tests or a mutation...or maybe just good, old-fashioned viral pneumonia. I'm waiting for a reliable antibody test to try solve the mystery." (Writer's note: Sherril did test positive for antibodies.)

Since coming home, Sherril has spent a lot of time on Zoom calls with family and friends. "Connection is feeling more precious than ever. It's a bit of an oddity — I really want to feel connected to those I love, but I'm also feeling introspective and quite vulnerable. It's a balancing act. Besides that, I guess like everybody else, a lot of time is spent on cooking, eating, cleaning, rinse and repeat! I'm a little obsessed with eating healthy nutritious food. Partly because I believe that goes a long way towards healing and health, but also because I had trouble eating in the hospital.....it's not a weight loss program I recommend!"

I asked them about passion projects they might be engaged in:

Steve: "There really hasn't been much time for passion projects. Currently all my passion is being consumed by stuff that just needs to get done and processing feelings with friends and family working through these dark times. A few days after Shinks (Sherril) got out of the hospital, my friend of 35 years, producer Hal Willner, passed away from complications from C19. We're devastated by this loss. Besides our personal friendship, he brought me on to arrange and musical direct many of his projects. Both Shinks and I worked on his incredible Stay Awake show in London and the 30th Anniversary of Solidarity celebration in Gdansk, Poland. His last big studio project is being released in September."

Sherril: "I'm still trying to fathom a world without Hal in it! You asked about passion projects...he was all about that."

“There’s a screenplay lurking I’d love to get to once I figure out where the other 23 hours of the day have gone! And publishing my website (that’s been under construction for a while) is one of the many things it would be good to get to....the list grows daily.”

Binge favorites?:

Steve: “Little time has been spent binge watching anything, between Shinks’ life threatening illness and recovery, to the many Zoom calls with family, friends and mourners of friends.”

Sherril: “We did binge watch Unorthodox in one sitting....and loved it. And then decided to watch a couple of funny movies because we really needed to laugh. A Woody Allen film, a Ricky Gervais film.....like that.”

Challenges?:

Sherril: “Kitty Wompas also got very sick a few days after I came home from the hospital. She’s feral by nature so vets and medication don’t sit well with her. Let’s just say....she isn’t talking to us at the moment.”

Positives?:

Sherril: “Oh dear, I guess this hasn’t exactly been the most uplifting story. Gratitude is a biggie – we’re both really grateful that I’m still here. I had people praying for me around the world from a wide range of influences....and we’re very grateful to all of them. God has many names! We’re also very aware that we’re getting to go through this time with food on the table and the comforts of a home. This pandemic has revealed so much of the disparity and inequity of the world. I’m hoping that this awareness invokes action in the ‘new normal’ – compassion and kindness to those who are suffering; taking action to help those in need.”

“And I love that nature and animals have reclaimed some of the spaces that humans have vacated. I hope that the ‘new normal’ involves an increased awareness and respect for the environment. Apparently during the lockdown the planet has reduced 6% of toxic air emissions, but according to experts we would have to reduce emissions by 7% annually for 10 years to reverse global warming.....something to think about.”

“I’m hoping this time that we’ve had to pull back from the busy-ness, has allowed us to reprioritize. Of course toilet paper first, and then authentic, honest, vulnerable connection. I’m hoping humanity will finally live up to its name!”

Steve: “The only thing I can say that’s positive....is that we didn’t die yet! And despite all appearances, I’m actually not depressed!”

Instagram: Steve - @weisbergsteve, Sherril - @shinx1





## **KIT, MEGAN, TIM, CARRIE AND LILLY**

Kit (62) a.k.a. Kitonius V Plumii (that's another Story), Megan (59), Tim (31, not pictured), Carrie (29, not pictured) and Lilly the Jack Russel (6), are sheltering in place in Malibu, California. Kit and Megan run a family business supplying designers and the public with silk and Sunbrella products. They also manufacture draperies and window coverings, cushions and curtain rods and tracks. Due to the pandemic, business is limping along but they consider themselves fortunate.

Tim lives at home and helps with the business. Carrie lives in Santa Monica, visits and enjoys walks with Lilly, juicing celery and making tie-dyed tee shirts. She also assisted in assembling a photo book project for a family member. Daily Zoom sessions with world class yoga teachers are a daily feature of the Plumridge Pod. They also go for walks three times a day. Megan bakes bread and creates ayurvedic based vegetarian meals. Her spring vegetable garden was planted early and is starting to flourish.

Kit: "For 18 months I have been working on a body of work for an art show at Topanga Canyon Gallery planned for August 2020. For this show I ironically had started building leather plague masks months before COVID-19 hit. I have 10 Characters and each is paired with a steampunk musical instrument. The men have different face masks and are paired with hats of different styles, all made in hand stitched and dyed veg-tanned leather. The females feature aeronautical style caps and goggles and neck or shoulder embellishments such as gaudets and pauldrons. The characters are based on Jules Verne novels. For years I have had this pipedream that the world would somehow stop and I would be able to spend most of the day and night working on complex projects. Then came COVID-19. From this point of view, it has been an incredible time for me to be able to get ahead of my own creative curve."

What shows are you watching?

Kit: "Initially I was hooked on the news during the first week of the quarantine. Megan steered me in the direction of "Kids Wild," a live stream on YouTube. There is also a live safari drive in an area called Timbavati in South Africa that we've been tracking. I now spend 6 hours a day on safari in my own home. I can watch with one eye and keep the other on leather and metal; punching and stitching, dyeing and creating verdigris oxidization, soldering, riveting and performing other functions required to make my instruments and busts.

What challenges are you facing at this time?

Kit: "Megan and I have had our own business together for 37 years now. So it is always a challenge meeting financial goals. This situation has really constricted our business but the years of experience we have gained navigating tough situations has definitely put us in a good frame of mind to be able to handle a downturn like this. We have both practiced yoga for more than 30 years and have learned that all painful experiences pass eventually."

Instagram: @kitplumridge Websites: [www.kitplumridge.com](http://www.kitplumridge.com), [www.plumridge.com](http://www.plumridge.com)



## MOTTI, LIORA, GUY AND TOMER

Motti (56), Liora (55), Guy (25) and Tomer (19) are sheltering in place in Woodland Crest, Los Angeles. Motti is an insurance broker at GoHealthPlan Insurance Solutions and Liora is a travel advisor/planner/owner at TravelLulu, a company specializing in tailor-made luxury travel. Guy is a private chef and Tomer is a freshman at SDSU. Keren (22, not pictured) is living in Worcester, MA and is about to graduate from Clark University.

Motti is working from home. Business is down but he is confident that things will turn around. Liora has been working on trying to secure refunds for her clients, canceling trips, postponing some and trying to plan for the day after. Guy was working and surfing in Cape Town when the pandemic hit. He returned to LA in March just as everything in Soth Africa and the rest of the world was shutting down. He has been cooking up a storm — trying out new recipes for his weekly menus that he makes and delivers to clients. Tomer has been home since the 2nd week of March, doing online remote learning.

Activities pod members are engaged in while sheltering in place include lots of cooking, experimenting with making sushi, baking, taking neighborhood walks and online yoga classes. There's also an art project taking shape, a bit of gardening, cleaning out of closets and lots of catching up of series on Netflix and Amazon Prime, which they didn't do much of in their pre-corona lives. Favorite shows have been Fauda, Broadchurch, Unorthodox and Afterlife.

Liora: “When Tomer went off to college in August 2019, he was the last of our 3 kids to leave home and we were ambivalent “empty nesters.” Motti and I were traveling in Peru early March when the pandemic hit and we came home to a much changed reality. Two of our kids were back at home. Our quiet space has been “invaded.” But of course, it's been wonderful spending quality time with them. We miss seeing our friends and ‘normal’ social interactions.”

Challenges during this time?

Liora: “The insecurity of having a diminished income and not knowing when it will return but also feeling very blessed and grateful. As someone said, we are all in the same storm but not in the same boat. We are fortunate that ours is still sailing and we have the tools to survive these difficult, challenging times with a roof over our heads, food on the table and each other.”

“I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars.” – Og Mandino

Guy: Instagram @mychefguy    Liora: Instagram @travelLulu, [www.travelLulu.com](http://www.travelLulu.com)  
Tomer: Instagram @777tomer    Motti: [www.gohealthplan.com](http://www.gohealthplan.com)



## NANCY, BOB AND DIO

Nancy Nimoy (63), Bob Glaub (68 - this week) and their trusty canine Dio (5) are sheltering in place in Del Rey, Los Angeles. Bob is a currently-not-working working musician and as you might imagine has been playing lots of music. Nancy is an artist, illustrator, painter, graphic artist and is working up a storm. She's working on a book jacket, art commissions, and drawing more than ever on her iPad to quickly upload and document work dedicated to the Quarantine. This includes "Bashing the president and depicting quiet soothing Sheltering at Home portraits of our home, inside and out. I've painted and drawn scenes with new coveted objects like paper towels, toilet paper and disinfectant. I've done self portraits of my curly hair being unmanaged professionally and the gray stripe widening down the center of my head. I like to photograph and then draw people in masks going about their regular business, showing how quickly folks have adapted to this odd time. There's a lot of beauty to see. I'm also currently working on a project about aging in America with my brother who is a geriatric psychiatrist."

Nancy has sold prints, giving part of the proceeds to various COVID causes for health workers and food banks. She would like to organize a show around this. "We artists are lucky and not so lucky. It's difficult to get unemployment, yet we are better adapted than most to accommodate this crazy time."

"I feel very fortunate during this time to keep painting and drawing without too much instability. Yes I miss working in theatre, music packaging and publishing but I feel so bad for people who are impacted far more by the virus itself and unemployment. My passion project is to help get Trump out of office this year and to use this pandemic as a reset button for the next generation of this country. Less cars, less congestion, less inflated work environments, healthcare for all. I'll be working toward this goal not by complaining but by communicating through my art and simply talking to people outside my WLA comfort zone."

Bob and Nancy are listening to tons of music, reading, gardening, reorganizing individual workspaces, and doing too much cleaning. Mostly they eat! As Nancy puts it, "My cellmate and partner is loving that I'm around to mostly cook three square meals a day. And we both kind of love getting off the merry-go-round of life -- the schlepping in traffic, obligations, the pressure to show up at events. Not to say we don't miss our dear beloved fun talented friends and the music and art events we do professionally and privately."

"We are actually getting through a few shows on TV which we usually don't do!" Bob's been getting into Curb Your Enthusiasm and The Plot Against America. "Bob and I watched the whole third season of Ozark which was compelling although he likes it more than I do. I like nerdy arty farty documentaries and news shows

— we both love any music documentary. We really enjoyed Unorthodox.”

“We are quite happy doing what parents of small children call “parallel play” — Bob playing bass out in his studio man-cave, me drawing and painting in my home studio. I still maintain a studio at the Helms Bakery Building but mostly I drop into Father’s Office to pick up Helms Bakery bread and cinnamon rolls!

Bob and Nancy are blessed with lots of extended family, and for birthdays they’ve been doing tailgate parties with In-n-Out burgers, BBQ or Pizza and skateboards transferring presents to the birthday person and bubbles for the little ones to chase. As Bob says, “Tailgate parties with family have been a lifesaver. We look forward to hugging our grandkids and having sleepovers with them. I also look forward to playing music live and in the studio, as well as golf and dinner with family and friends. And VOTING in November!”

I asked Bob if he has something positive he wants to share: “All Things Must Pass — thank you George Harrison!”

Instagram: @bobbyglaub @nancynimoy

Websites: nancynimoyart.com and nancynimoy.com (Designed by the impeccable Kim Baer. Requires Flash.)







## DAN, SONIA, HENRY AND BIRDIE

Dan (42), Sonia (40), Henry (8) and Birdie (5) are sheltering in place in Frogtown, Los Angeles. Dan is a musician and plays bass in the band Circles Around the Sun. He's planning to start working on his solo record sometime. Sonia is a graphic designer. Both are working.

Dan: "Henry and I have played baseball almost every day. And we got a Nintendo Switch. Also homeschooling is impossible, but Mom is doing a good job."

Dan picked out the Sopranos as their favorite show during the time of COVID-19. When I asked him if he could think of something positive that might come out of all of this, he said he's "pretty sure when all this is over, they will get rid of middle seats on airplanes."

As for something challenging, Dan points to "the neighbor who's constantly having techno concerts in the backyard."

Instagram: @danhorne @soniagracepowell @circlesaroundthesunofficial

P.S. Dan is randomly one of five bass player in this book. Can you spot the others?





## RABBI DAVID WOLPE

Rabbi David Wolpe (61) and his 23 year-old daughter are sheltering in place in Westwood, Los Angeles.

“I am a Rabbi and my daughter is headed to UCLA for graduate school to study autism. I am working — doing online classes and counseling and a daily taped minute of inspiration and worship services — and she is working at SpecLab, which is a place that teaches autistic youth to perform and is still holding online classes.”

“I am mostly reading, teaching online and have enjoyed watching a variety of things, including Scott and Bailey, a British crime show, as well as both of us finishing a raft of books. We both love mysteries and have read a bunch in addition to some literary fiction. I’ve also been reading a variety of non-fiction — there is lots of good reading time! When her mom comes to visit we have binged the show Better Things.”

“As a Rabbi I have seen varied reactions to quarantine. Some have found it restful, even if disorienting. For others it has been a terrible trial. But technology has permitted a degree of interaction for which we should be very grateful. And my hope is that emerging from this crisis we will understand our interdependence better and be more sensitive and grateful to those whom we too easily took for granted.”

Website: [www.sinaitemple.org](http://www.sinaitemple.org)





## COURTNEY AND HARLEY

Courtney and her Harley (dog not hog), are sheltering in place in Corona Town, Los Angeles. Her occupation is making herself happy, although a bit of research reveals that she's also an artist, writer and actress. Courtney is working on a big project that involves getting through the day. She's also organizing small videos of people talking about their experiences during this time.

Harley has been quite busy drinking water, barking at squirrels, talking to trees, playing with toys and taking lots of naps. Courtney does most of that too, but has also been writing short stories without endings, screaming at computers, making colorful bead jewelry, singing to herself, redecorating and meditating. Her favorite shows during this time are My Neighbors Are Trying to Make a Baby in Every Room and Unorthodox.

Things that Courtney has discovered in the time of COVID-19:

“There are a lot of ways to eat canned tuna. I saw 4 ladybugs on one tree. I can go a long time without showering. If you don't wear underwear you don't need to do a lot of laundry. If you eat off the same plate it cuts down on dishes. I really don't like exercising in my house. I can be alone and not lonely. I can be bored and not call my exes. My resentments towards people have completely disappeared.”

Challenges during this time?:

“I get easily distracted and have a hard time finishing thi—”

Parting words?:

“If you have time, I know some people are swamped, but the Nextdoor website has posts of how you can help your neighbors.”

Instagram: @Courtneyrackley\_, @Crackarts, @thepeopleofcoronatown

Websites:

Courtneyrackley.com

Crackarts.com

Notoverthinkingit.com

DEALBREAKERS on Amazon Prime

<https://www.amazon.com/dp/B083MX2MZH>







## ANN, ROBIT AND SHANKO

Ann Burroughs, Robit Hairman and Shanko Mbalati are sheltering in place in Mount Washington, Los Angeles. They are “always occupied but never occupying. Working and playing day and night.” Robit is currently creating ‘Naked America,’ a poem and “music sweet music has captured (his) soul.” Shanko has become a farmer and a gardener and Ann continues to run a museum and chair the Global Assembly of Amnesty International remotely. (<https://www.amnesty.org/en/>) She feels “challenged by the enormity of the world’s grief and uncertainty for the future.” Robit’s message during the time of Corona: “There are two kinds of people, avoid them both.”

Robit’s music: <https://soundcloud.com/frankwitness>





## **B\_RAD, KATHLEEN, MAMA, LITTLEMAN, ROKY AND KLO KLO**

B\_Rad (Brent Rademaker) (56), Kathleen (48) (not pictured) and their canine friends Mama (7), Littleman (6), Roky (5) and Klo Klo (5) are sheltering in place on the Highland Park/Eagle Rock border in Los Angeles. B\_Rad notes that he recently filled out the US Census without the dogs, and that they have coyotes, raccoons, cats, hummingbirds, squirrels and bobcats too.

B\_Rad is a musician (Beachwood Sparks, Gospelbeach, Further, Shadowland) and record label CEO. “Curation Records is my passion; bringing the music I love to the rest of the world. It’s also my occupation; I am blessed to be doing what I LOVE as a job.” Besides working, B\_Rad has been songwriting and sleeping. His favorite show he’s binged recently is My 600 LB Life.

I asked B\_Rad about an interesting thing that’s happened during the Time of Corona:

“We finished a 5-country tour of Europe at the start of the COVID crisis (late Feb into March), and even had an event on March 13th in Los Angeles. And with all the places, trains, cabs, restaurants and venues, including hugs and kisses and autograph sessions; myself, the band and EVERYONE involved with the tour seems to have made it safely through. That’s astonishing to me, considering the amount of loss there’s been. I feel beyond lucky and relieved. I’m sad for all the tours and shows that needed to be shut down but we will rise above soon and safe.”

B\_Rad continues, “Positivity is all I wanna share. Good news used to travel fast but now these days when everyone has the ability to share it, they’d much rather share the bad news. I have also used this time to donate more than just my time. Even though I’m poor, I think it’s important to dig deep and help those who aren’t getting government help. People with money should share.”

“Staying sane and believing what you believe without offending the naysayers are challenges. Planning future projects is delicate. Timing in my biz is everything. This crisis reminds us all to GO WITH THE FLOW. If it’s real it’ll work out!”

“I propose seasonal lockdowns four times a year to let Mother Nature catch her breath.”

Instagram: @brent\_rademaker

Website: [curationrecords.com](http://curationrecords.com)







## GRAHAM, MARYLYN, LYON AND K.P.

Graham Sibley, Marilyn Fu and their 10-month old twins Lyon and K.P. are sheltering in place in Silverlake, Los Angeles. Graham is an actor and Marilyn is a screenwriter. Graham is interviewing his die hard Trump supporting uncle for a play he is working on. Marilyn is developing a series about a hate crime that took place in Detroit during the eighties.

“Being creative with childcare takes up most of the free time but every Sunday morning we have been taking drives to our old apartments all over Los Angeles and sharing stories about ourselves before we met each other. We might turn this into a photo essay book. Oh, and we learned how to make our own baby wipes.”

“With so much death all around the world, we feel grateful to be surrounded by so much life at home — watching our sons learn how to stand, walk, and say their first words.”

Of course there are challenges: “Balancing childcare, work schedules and doing dishes while trying to stay sane.”

Graham and Marilyn’s favorite show they’ve binged during this time is Chernobyl.

Instagram: @sibleyface @marilynsfu





## THE BROUS-LIGHTS

The Brous-Lights; Rabbi Sharon Brous, David Light, and their three children, ages 16, 14 and 11, are sheltering in place in Los Angeles. Sharon is a rabbi trying to make the world more just and loving, and David writes Disney musicals about zombies and cheerleaders. “What could go so wrong with a girl and a zombie?”

Sharon has been concentrating on developing advanced strategies for cleaning the dishes and floors while remaining laser focused in back-to-back Zoom meetings. And David has nearly perfected his pico de gallo and fruit smoothie.

Sharon is working to hold her community, as everyone struggles with varying levels of loss, illness, uncertainty, loneliness and fear. “I’m somehow teaching and preaching more than before, trying to spread the message that this time, with all its rupture, is calling us to lay to rest the world as it was and imagine in its place the world as it could be.”

David, meanwhile, has become the resident short-order vegetarian cook, while furiously working to crack the next chapter in the Zombies canon.

“As a family, we’ve been doing a lot of baking and puzzles, and even a few family TikToks. We go on a run every morning; we read the news compulsively and watch Congressional subcommittee hearings (at our own peril); and we’ve been working to help distribute masks to people who need them.”

“CHEER and Schitt’s Creek are family favorites. And not to play to type, but we LOVED Unorthodox.”

“We planted an apricot tree in the backyard when our youngest was born. For 11 years, it didn’t bear fruit, but days after quarantine started, it began to flower. Now, assuming we can keep the neighborhood squirrel away, we’re weeks away from our first harvest.”

“Sometimes it takes a crisis to recognize the miracles that are with us every day. We are working hard to embrace the vulnerability and uncertainty and cultivate an attitude of appreciation through this upside-down time. And we’re trying to be generative, to think about what we might create and learn, and what new sensitivities need to emerge so that we’re better versions of ourselves on the other side of this.”

“COVID norms are really counter-intuitive. We’re trying to figure out how to be proximate when we can’t be in physical proximity with people we love, how to be helpful when we can’t just show up and lend a hand, how to be present without taking unnecessary risks that might endanger ourselves or others. And paradoxically, trying to figure out how to give the kids the space they need to be kids/teens, to rebel a little, and to find privacy and solitude when they need it.”

Instagram: @davidjlight

Websites: Check out IKAR—[www.ikar-la.org](http://www.ikar-la.org)—there’s so much goodness happening there.

And <https://www.disneyplus.com/movies/z-o-m-b-i-e-s/6kjGy4OR1In6>







## MALCOM, KELLY, MARMITE AND GEORGIE

“We miss Obama.”

Malcolm ‘Sir Mal’ Cross and Kelly Brand (both old enough to know better) are sheltering in place in Rancho Park, West Los Angeles with their beloved cats Marmite (3) and Georgie (2). Malcolm is a musician and is currently working. Kelly is an RN/sleep technologist, not working at this time. The couple is taking a rest from the rat race and keeping busy creatively. Kelly is drawing robots and Mal is busting his chops creating the \*Freshest\* content for his band PLVNK (@weareplvnk on Instagram Folks) and working on making regional Italian pasta by hand. In the midst of all this chaos, PLVNK put out a new single which you can hear \*here\* <https://distrokid.com/hyperfollow/plvnk/6am>.

Rupaul’s Drag Race (all Seasons) and “the Best Show On TV, Survivor,” have been binge favorites during the time of COVID-19. The challenge of the age? “Dying car batteries.”

Instagram: @sirmal @weareplvnk @robotsweethearts





## **MARGIE, STACEY, ANABELLE, GEORGIA, MASON AND PETEY**

The Koff Gilmores; Margie (55), Stacey (51), Anabelle (15), Georgia (12), Mason (12) and Petey (8) are sheltering in place in Culver City, CA. Stacey is assistant head of Westside Neighborhood School and a doctoral student at LMU and is working double time. Margie is a producer and her work is on hold.

“Each day starts with echoes of multiple school Zooms through the house. During breaks there is gardening, deep cleaning and organizing, inside games (cards, board, and video), outside games (trampoline, pickleball, spike ball, basketball), workouts (running, biking, yoga, soccer, skateboarding) news/show binging, cooking and family meals.”

“There have been attempts to unearth previous talents and hobbies like piano, drawing, knitting and photography. And a few attempts at new skills like painting, vegetable gardening, video editing, DIY haircut, home repairs and TikToks.”

Favorite shows binged:

“They’ve all blended in our brains at this point.”

Something positive:

“This amount of time together with no plans or places to be was unimaginable two months ago. So far, we feel healthier, happier and more connected as a family. Life became real simple real fast, and we are fortunate to have our home and each other to weather this time of crisis.”

Challenges:

“Staving off anxiety about the unknowns and political divisiveness and allowing the sadness for all the loss and hardship. Missing the freedom to be with friends and family.”

Instagram: @margaretagilmore @koffstacey



## **FIELDING, LARRY, ELLIS, LARRY AND AVERY**

Fielding Edlow, her husband Larry Clarke, their daughter Ellis and 2 cats, Larry and Avery, are sheltering in place in Hancock Park, Los Angeles. Fielding's age is "unlisted", Larry is 50-ish and Ellis is 8. Fielding had the cat "Larry" before the husband "Larry." It gets pretty confusing in their home with all the Larrys walking around eating snacks and napping.

Fielding is a writer/comedian, Larry is an actor/director and Ellis is a 2nd grader and aspiring dancer/actor. Fielding is working on a new play and comedy pilot while trying to fit in Zoom stand-up shows. Larry is working on his first documentary. Ellis is learning about fractions and loving "sound experiments."

Fielding and Larry take Ellis' scooter to Elysian park and she rides around in a closed-off parking lot while they just watch. They swim every day in their pool and Ellis's mermaid flippers have been the new fun toy. Larry's been cooking a lot more and Fielding got a bike. They have socially distanced picnics with neighbors and have been getting to know people better. "It feels like we're all finally living inside Thornton Wilder's Our Town." Ozark and The Last Dance are top of the list of favorite shows they've watched recently.

"Larry's documentary is about a friend who succumbed to heroin addiction. He's been wanting to make this film for years and has been interviewing people in his friends circle. Fielding's new play was inspired by God of Carnage and is about two couples with drastically opposing viewpoints on the whooping cough vaccine. "I had my dream cast do a first read-through over Zoom and it was one of the highlights of my quarantine so far."

Challenges: "Finding time to simply connect with my husband. Having unyielding compassion for myself during this time. Allowing my daughter and husband to have the honor and dignity of their own experiences. Reframing/recalibrating this time so I look at it as a gift of shared, slow-moving, spiritually connected experiences with my family. I paid for an online trampoline class and now I'm having a hard time actually DOING IT!"

Instagram: @fieldingedlow @lclarkerealm Website: [www.fieldingedlow.com](http://www.fieldingedlow.com)





## PHIL, NURIT, M.R., Z AND AVA

Phil, Nurit, M.R., Z and Ava the Husky, AKA the Smiths, are sheltering in place in the Mid Wilshire area of Los Angeles. Their ages range from 7 to 52. Phil sells records and bicycle parts online and Nurit is the executive director of the Music Forward Foundation.

Phil has been keeping busy with order fulfillment, toy repairs, home improvement, yardwork, teaching himself drums and catching up on life's backlog. "Lately this has included an effort to repair and sell my collection/accumulation/hoard of surplus bicycles."

Nurit has been slammed with work and is finding relief digging in the dirt in the front yard. And she's thrilled Phil is working on his hoard. The girls have been (until this week) occupied with school. "Summer is a new phase, which presents a new world of challenges and chaos."

**POSITIVES:** Phil: "I've really enjoyed the reduction of automobile traffic, and the corresponding Bike Boom."

**CHALLENGES:** Phil: "Keeping the house clean. Navigating social distancing with family and friends."

**THE FUTURE:** Phil: "It's clear that we have experienced and are experiencing a unique event which has already changed and will continue to change the course of human civilization on a global level. The animal, mineral and vegetable kingdoms will be impacted too. It's a Revolution precipitated by a Cataclysm. Certain things will fall away and new things will emerge. There will be winners and losers; the dinosaurs will not survive. For those of us fortunate to live through it, it's an amazing opportunity to reinvent ourselves and reimagine our society."





## TIFFANY AND CASHEW

Cashew “Cash the Love Dog” Butter Kilgore (7.5) and his human Tiffany (37 years young) are sheltering in place in Venice Beach. Tiffany is head of marketing for Cinema Management Group (an International Sales Agency for Independent Films). She has been working from home for 12 weeks straight and just these past few weeks has been going into the office on a staggered schedule.

“Cash and I take daily walks, visit the beach after work sometimes, see close friends for dinner, snuggle, play fetch and explore the downstairs construction job. For me, other activities include looking at the stars and moon, watching movies, listening to music — and books on tape, rearranging my apartment, coloring, drawing, cooking, drinking beer (HA!), talking to friends, facetimeing with family, and taking a lot of photos I have yet to post or share. Oh, and I’m all caught up on Ozark... and checked out The OA. That was a cool show.”

“I have a few books I’m planning to write this year, as well as starting a blog about relationships, however these are still in the mental stage of work and not yet taken physical form. Although I love the freedom that working from home has allowed during this time, it has definitely turned out to be a lot more work than I imagined, so unfortunately the passion projects are still on the back burner.”

“Seven months ago I shifted back into a vegan diet and during the stay-at-home ordinance, I haven’t eaten out once. All I’ve eaten are home-cooked (organic/non-GMO/vegan) meals, some I’ve never eaten before, and loved every one of them! AND the best part about it is that no animals were harmed :-)”

“I am a hugger and being restricted from hugging people that I would run into around town has been the most difficult thing. I miss human — face to face — connection.”  
Instagram: @givehugs @cashthelovedog #cashthelovedog





## JANET

Janet Farber (90) is sheltering in place alone in Sherman Oaks in the San Fernando Valley. She has lived in the same house since 1960. Her three kids, who are 64, 62 and 60, all grew up there. “At one time there were 23 children on our block. Many of them are still friends.”

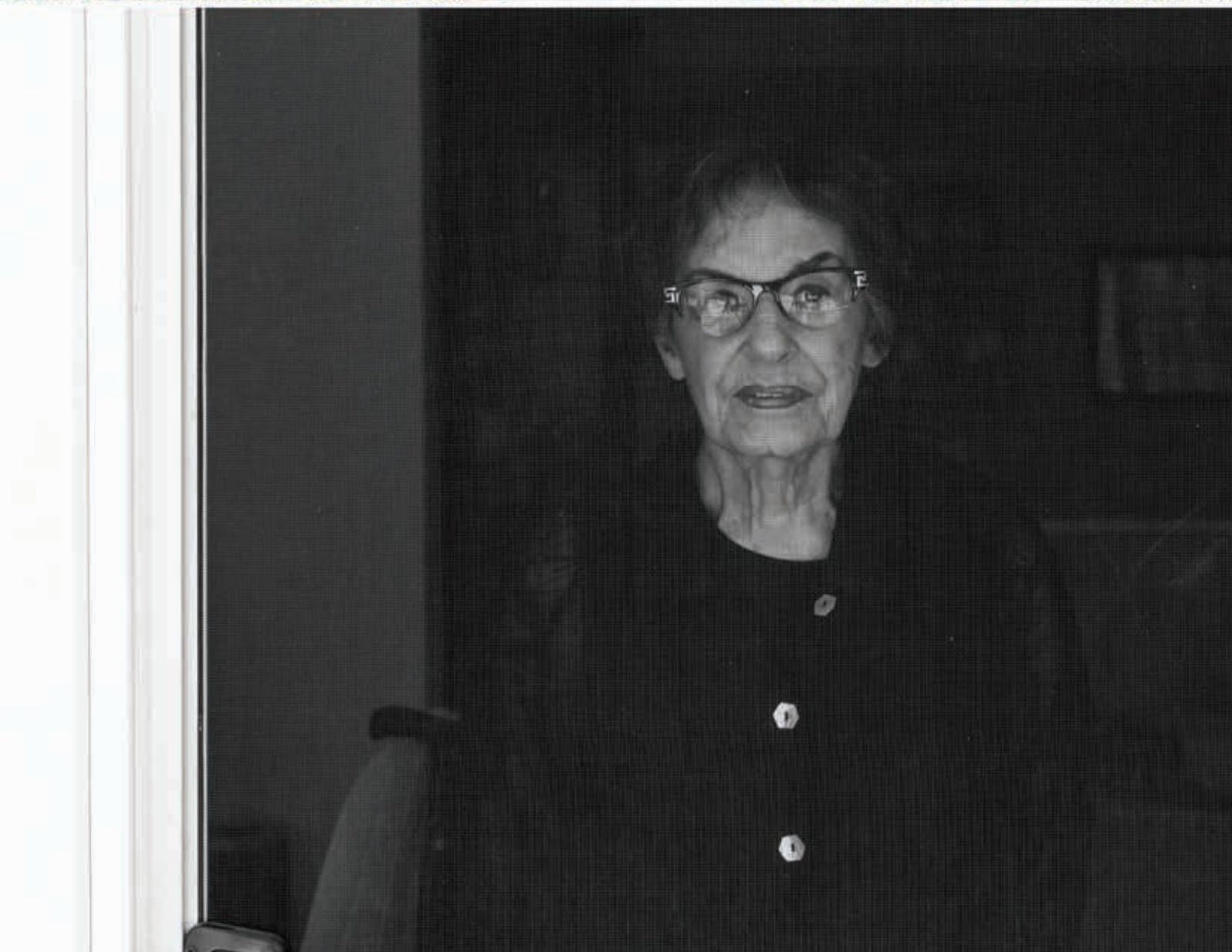
“When I was younger, I taught 1st and 2nd grade in LAUSD schools for 5 years, until we started our family. Then, I became a stay-at-home mom, but doing a lot of volunteer work for many organizations. Most of them have been active during the pandemic on Facetime, Zoom, the computer and the old-fashioned phone. This past week (5/22) with the help of my daughter, I participated in a zoom conference with 115 people. I was one of four people explaining what the Jewish Federation of LA meant to me over the years. The call ended with my daughter Rochelle and I lighting the Shabbat candles. Rochelle (Cohen) is a past campaign chair for the Jewish Federation. It was a very rewarding experience considering it was all done virtually.”

“Since being sheltered at home, I have learned how to use my iPad, and I have become a pro at solitaire and word puzzles. I have also been reading a lot. My daughter and I share books. Somehow, all this keeps me going until the evening, when I turn to TV. Aside from watching the news, I have become aware of the many series of TV shows available, such as Call the Midwife, Good Witch, Home is Where Your Heart Is, The Amazing Mrs. Maisel, The Good Karma Hospital, The Spy and a few others. You can probably tell that I stay up late at night watching TV.”

“I have been quarantined since March 13th. When Passover came around, my daughter suggested I come to her house since she and her husband were isolated as well. We Zoomed with the whole family for the two seders. As for the other two families, I must keep my distance when I visit with Rochelle, since she is vulnerable. Her doctor says 12 ft. away. The others come to my patio and sit at the outside table, while I sit in the house, away from the sliding door. As for friends, it must be by telephone.”

“The hardest thing during this time is not being able to hold or see my great granddaughters. Abby turned 3 on May 20th. How do I wish her a Happy Birthday from so far even though I see her? Jacklyn was born March 8th, right in the midst of the virus. I haven’t been able to see her, except on Facetime. And she is now over 2 months old. I hope that it will not be so long in the future before we can all get back to a little bit of normal.”

“Stay well and safe.”



## DANI

Dani, her husband and two sons, aged seventeen and thirteen, are sheltering in place in Atwater, Los Angeles.

“I’m a hyphenate comic/actor/founderCEO of Laughter On Call. We bring comedians to Alzheimer’s patients and train healthcare workers and families how to laugh against the toughest odds. My husband is a film editor — mostly television, the other two are students. He’s not working currently although he has done some cool projects from home; an indie and a Spanish language show.”

“Pod is like, what? The people you are quarantined with? I need to get with it, we’re four months into this and I don’t know the buzz words.”

“As a pod we watch movies that usually take an hour to agree on. My older boy is making Bonsai trees, embroidering his jeans and making toys out of clay now that his testing is done. The younger one gets most of the ZOOM information wrong for class but has miraculously found a way to learn algebra through this. He also loves to bake chocolate chip cookies and of course, play video games.”

“I have a business that is trying very hard to keep seniors laughing by ZOOMing all of our programming and classes. My husband is fixing up his father’s house because he has Alzheimer’s and we have to figure out where the safest place for him to live is going to be.”

“My favorite shows have been OZARK and the one about the orthodox woman who runs away and turns out to be like a Jewish Billie Holiday. And yes, Tiger King. Now watching Mrs. America - which they don’t let you binge!”

“My mother died 3 months before lockdown. I was able to be with her and to give her a proper funeral with my sister for which I will always be grateful.”

Things positive:

“I LOVE NOT DRIVING. I LOVE HAVING EXTRA HOURS TO BE WITH MY CHILDREN WHO WILL NOT BE CHILDREN FOR MUCH LONGER. And I’m cooking again, no more frozen Trader Joe’s food. Yay!”

Things challenging:

“The 4 same people all the time, really miss my friends. Working from home while tracking my younger son’s classes and homework. Dishes dishes dishes. Fear of the future. Walking into a world that has become a science fiction movie. I never watch science fiction because it scares me too much.”

Instagram: @danikleinmodisett @laughteroncall

Website: [www.laughteroncall.com](http://www.laughteroncall.com)



## DANIELLE, SHILOH AND SHEBA

Danielle and her cats Shiloh and Sheba are sheltering in place in “straight up” Los Angeles. Danielle is a writer, journalist, former presidential campaign staffer.

“Prior to the pandemic I was in my 30s, now I feel like 100. On the day my photos were taken I had reached page 1000 of Tolstoy’s *War and Peace*, an apt metaphor for the current state of the world. Many of us are at war — fighting for life, breath, health, a cure; a job, a break, a meal, enough to pay the rent. While many others are at peace — living quietly at home; reading, writing, cooking, learning; exploring inner lives, dreams, the nature of the soul.”

“Which is not to suggest life is in balance. *War and Peace* is a portrait of life in full, illustrating the ways individual trials are linked to the destiny of multitudes, how the human dramas that fill families and societies are bound up in the fate of nations. I should note, though, that while this book is a product of genius, Tolstoy’s treatment of women bothers me. In this novel, women are either comely nurturing saints or beautiful amusing trifles. I’m considering re-reading *Anna Karenina* to see if he’s kinder to her than he is to Natasha.”

“When not reading or writing: I’m studying Hebrew, meditating, talking on the phone, spending time on my balcony, gardening and listening to music. Even though I live alone, I never feel alone. Literature and music (and my darling cats) are my constant companions.”

“Mostly I’ve watched things that have made me miss *Game of Thrones*. But I’ll give a shout out to *The Morning Show* and *My Brilliant Friend*, the latter of which enabled me to travel during lockdown, both in time and place, from the comfort of my living room.”

“I don’t want to pretend I’ve been productive the entire time. I haven’t. One of the lessons I think, of this moment, is the importance of cultivating a sense of simply being, an understanding of who you are and your inherent value when you are not producing or performing. And this is universally accessible, whether you are rich or poor, sick or healthy. I think of the Hebrew verse, *Elohai neshama shenatata bi t’hora hi*, this idea that our soul is pure and beautiful, no matter our personality, no matter our circumstances. That said, eventually the deep, prodding anxiety that generates productivity unburied itself in me. So I started working on my second television pilot.”

“I also started interviewing my father about a formative event in his life that really shaped the destiny of my family. And I’ve discovered I have so much more empathy for my father now that he’s told me his tale. So the experience has really reinforced something I always knew: that storytelling has this unrivaled power to unlock our compassion and help us access our deepest humanity.”

“In a time of crisis, both the beautiful and the terrible are laid bare, and sometimes they lay together. Each day, I try to cultivate an awareness and appreciation of life’s many miracles as a kind of spiritual antidote to the tragedy and uncertainty and vulnerability upending millions of lives. But I also recognize spirituality is not enough: That going through something like this demands a response — we have an opportunity to grow, to do better in the world and become better ourselves. I’m living with the awareness that I am one of the lucky ones — by dint of fate. And wishing I had studied medicine so I could help where it matters most.”



## NICOLE, ALEN, ARI AND ELLE

Nicole (34), Alen (37), Ari (2.5) and Elle (1) are sheltering in place in Beverly Hills. Alen is a physician who is currently working and Nicole owns a small business — a tutoring company that’s not operating at present. The grown ups are doing Zumba and music classes on Zoom. The little ones are engaged in water play activities and scootering much of the time. The family takes lots of walks. They’ve also been planting herbs and veggies; changing up their backyard. In addition, the family has been picnicking with Nicole’s sisters and parents in each other’s backyards. Fauda has been the most memorable show Nicole and Alen have binged.

Nicole says, “We are so much more present with our kids. I am not being interrupted by my clients, but instead having a ball with my kids. Blasting music, playing in our front yard, being in the street. I feel like we are in the “good old times” at times. It’s the first time I’m truly paying attention and feeling all the beauty. I went on my favorite walk in Santa Monica and I noticed the most beautiful nature, plants and sounds.”

“Challenges include my son missing his preschool and asking to go see his teachers. Also not being able to see my grandma at the old-age home.”

Alen says, “I’m nervous about the unknown; about getting sick then getting my family sick. Also, not being able to work, or working and the hospitals being full.”

Instagram: @nicolesnourian @alen.nourian



## KIM, LISA, JAKE, INSH AND EM

Kim, Lisa, Jake (11), Insh (7) and Em (2 ½) are sheltering in place in Eagle Rock, Los Angeles. Kim is a songwriter/musician/music teacher and Lisa is an artist and suddenly full-time quarantine chef. “I am definitely working way more with a house full of people.” Kim is working over Zoom and Facetime and is a member of the Eagle Rock Isolation Band, which does neighborhood porch concerts for the community. Aside from work, the family has been bike riding, doing yoga, meditating, chalk drawing, arting, skateboarding and working on self improvement. Jake is watching The Flash. Insharia is watching Descendants. Em is watching PJ Masks and Puppy Dog Pals. Lisa and Kim watched the new season of Killing Eve.

### Things positive:

Lisa - “We have been able to work on our relationships 24 hours a day.”

Jake - “We have been connecting more and I get to see my baby sister all the time.”

Insh - “I get to see my moms more and my baby sister.”

Em loves having everyone at home to play with.

Lisa - “It has been really cool to get to know our neighbors better. We have become part of a deeper connected community that has been very supportive — we cook, shop, trade and lean on each other for emotional support. It’s been awesome.”

### Things challenging:

“We have been able to work on our relationships 24 hours a day. Missing our families. Remote learning has been tough for some of us.”

Instagram: @lisamcfann @Eaglerockisolationband





## LISA AND KNOX

Lisa Ebersole (43) and Knox the giant puppy (2.5) are currently sheltering in place in Venice, Los Angeles and previously in Washington D.C. Lisa is a screenwriter and filmmaker, and is gratefully working. She is writing a romantic comedy feature, filming a quarantine documentary about saying goodbye to her family apartment and coaching screenwriters on Zoom. Knox is sleeping, eating and playing. Favorite shows include Normal People and Feel Good.

“I spent the first 2 months of quarantine in Washington DC where I grew up and where my brother and his family live. I went initially for my mom’s memorial service and to get our family apartment ready for sale, but then the memorial was canceled and movers weren’t allowed in our building, so I stayed put, quarantined with my brother’s family, and shot a documentary.

I learned how to shoot a movie by myself. Both the documentary and a short I just completed were shot with a tripod, wireless mic, and me. I also became a homeowner for the first time when I inherited half of my family home.”

Things positive:

“I’ve saved a lot of money on coffee. Reconnected with friends. Got to spend 2 months with my brother and his kids, which never would have happened otherwise. Contributed my saved coffee money to feeding food insecure families in DC.”

Things challenging:

“As fun as it was making movies alone, I prefer making them with others. I would love to create a quarantine filmmaking pod...actually, I’m going to do that. As soon as it’s safe.”

Instagram: @lisaegersole @37problemstv

Twitter: @lisaegersole

Websites: 37problems.com

“Watch my comedy series 37 PROBLEMS on Amazon Prime Video and Xfinity VOD.”

Coaching: lisaegersole.net



## **ROB, HEATHER AND HOUSTON**

“Those who overcome great challenges will be changed, and often in unexpected ways. For our struggles enter our lives as unwelcome guests, but they bring valuable gifts. And once the pain subsides, the gifts remain. These gifts are life’s true treasures, bought at great price, but cannot be acquired in any other way.” - Steve Goodier

Rob Nagle (49), Heather Allyn (48), who was inside hard at work casting Top Chef at the time of the shoot, and Houston (4) are sheltering in place in West Hollywood. Rob is an Actor, Heather is a casting producer and Houston is a pug. Rob is “trying to work. Teaching more than acting these days. Patiently waiting to be able to return to film and television sets and theaters.”

Rob and Heather have been watching Hunters, Unorthodox, Tiger King, The Mandalorian, Little Fires Everywhere, Schitt’s Creek, Succession, RuPaul’s Drag Race, We’re Here, and the first three seasons of The Muppet Show. Rob says, “I wish I had the focus because I would like to read more, but focus is challenging...you know, global trauma and all.”

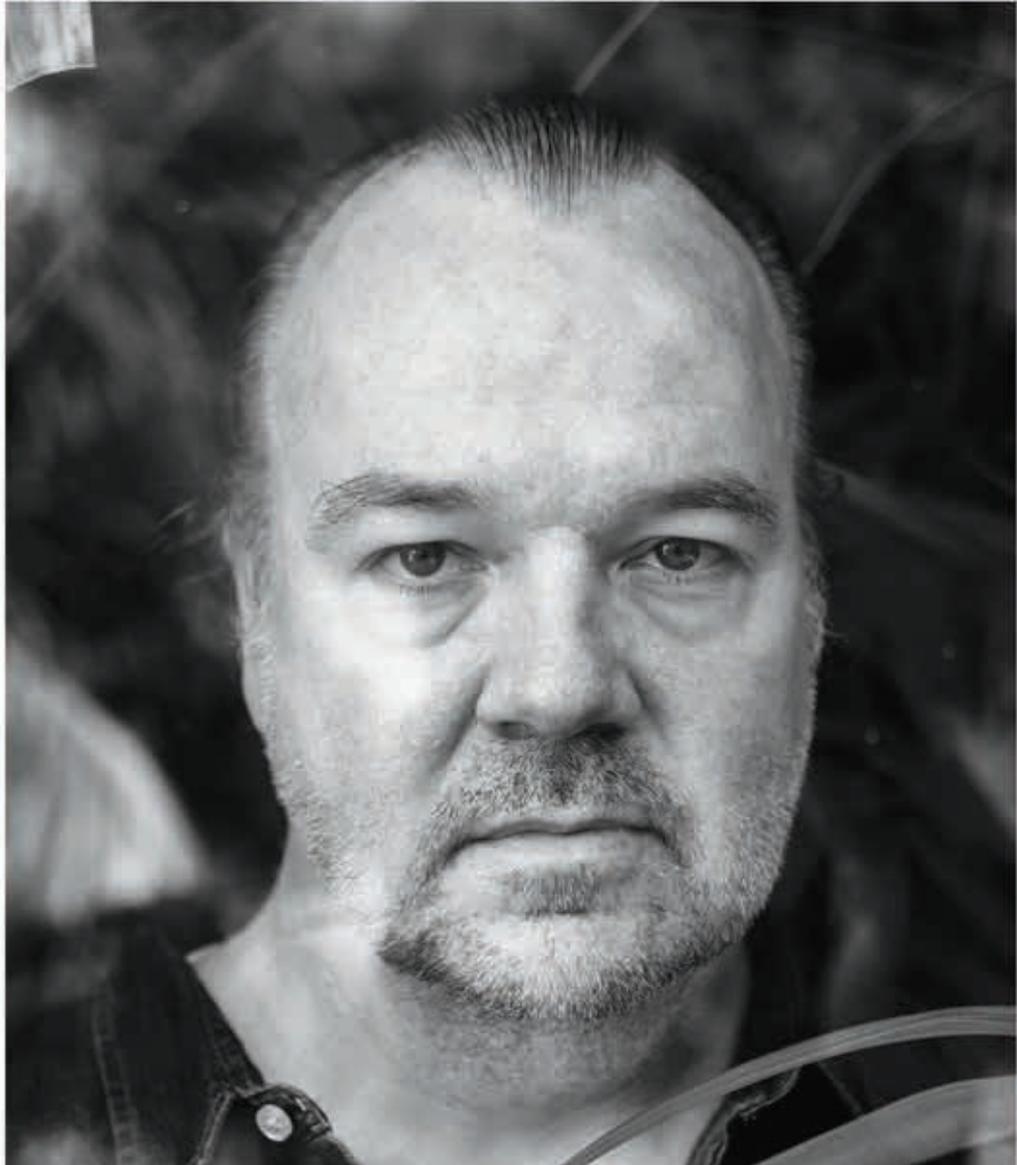
Rob says he’s surprised by how much he’s regularly seen and visited with some friends online, many of whom he hasn’t been able to see this often in person in years.

“My heart grieves for those we have lost from covid, and for their loved ones. For those of us who are fortunate enough to survive it, I believe we will emerge from this stronger and better. We have an opportunity to ask deep, ontological questions about ourselves as individuals right now — who we are, what is important to us, who we want to become. I hate that we are living through a worldwide pandemic, but I am grateful for what we might be able to learn from this horrible upheaval and heartbreaking tragedy.”

“I hope to not just GO through covid and quarantine but to GROW through covid and quarantine. I hope to continue to figure out how to stay connected and creative, in new ways and in new forms...and figure out how to collaborate better (all online right now, of course) with creative people I love.”

“I’m used to my days being very different. I thrive as I strive to be as protean as possible. The struggle to find variety in the schedule of the quarantine days is a challenge. But I’m okay with that. I’m not considered an essential worker. The routine of staying at home is a small price to pay to keep others safe.”

Instagram: @nagdoggie @houstonwehaveapug @allyncasting  
Website: robnagle.com



## SCOTT AND SOPHIE

Scott Nelson (45) is sheltering in place in West Hollywood with Sophie the Cat (10). Scott is an actor, voice over artist and embodiment coach. He has been doing voice-over work and producing and acting in a play through this new Zoom technology with the brilliant talents of Cora Vanderbroek and Jeff Perry. He's also writing a show and working on a book. "I just got accepted into grad school in clinical psychology at Antioch and now I'm deciding if I want to go 70 g into debt to go back to school."

In the time of COVID-19, Scott has also kept busy, "cooking new things! a new relationship! walks! watching the Good Wife! naps! getting involved in BLM, making calls, sending emails, learning and unlearning, making mistakes. Staring at trees." (And hugging them)

He's also been watching plays online. "That's one of my favorite things about this time, that theaters put their work online. Thanks National Theatre Company, MCC and others!"

When I asked Scott to tell me about something interesting or unexpected that's happened recently, he said "A friendship that grew into something more."

Challenges include "Creating structure and organization to my days and sticking to it. Staying out of the social media rabbit hole!"

Instagram: @theangrymeditator



## NICOLE, GREG, ROCKY AND LYLA

Nicole (38) and Greg (46) Pajer, Rocky (Rat Terrier) and Lyla (Doberman) are sheltering in place in Sherman Oaks, Los Angeles. Nicole is a freelancer writer and Greg is a music producer/guitarist. Both are working from home.

Nicole: “It’s the two of us and our dogs — they have tons of energy and now that they know that we are not really able to go anywhere, they have wised up to the fact that we can take them on more walks and are demanding at least 3 a day at this point.

I can tell you that we have not been the people doing Pinterest crafts, puzzles and making Dalton coffee in quarantine. To be fair, we did have a week or so of banana bread making — we made several batches, had no self control, and stress ate about a loaf a day between the two of us. :-) Then we had a week of rain and our dining room floor had a leak. We hired a contractor to come in and fix the problem. When we were handing him the check and saying “thanks,” we were standing in the kitchen and looked up at the ceiling and noticed a brown spot. He used his thermal meter to check it and turns out, the ceiling was filled with water. This led us down a rabbit hole of an entire pandemic full of unexpected adventures: a sewage problem where we found out that a ficus tree had grown a root into our sewage pipe, clogged it, and caused a backup and pressure build. The leak in our ceiling was our master bathroom toilet (the workers had their heads up in a hole that they made in the kitchen ceiling and I went to the bathroom — #1, don’t worry — flushed the toilet and yup....on their heads — hey at least that told us the source of the leak!). Then after running a water test the next day, the shower leaked and it began RAINING onto our dining room table — we scrambled to grab anything and everything and towel it off and get it out of the room. Needless to say, we’ve spent our quarantine IN QUARANTINE within our home.

Because we had a little bit of mold (nothing dangerous but as a precaution) they basically plastic wrapped up our kitchen and dining room. Our entire kitchen and dining room is in our living room. We have holes in our kitchen ceiling and cabinets removed. We have no living room ceiling. We’ve been sharing an office downstairs, cooking in the communal bathroom. We’re sleeping in the guest bedroom, as our master bathroom has been demolished down to the studs. We put on masks when we leave our little area and have to walk through where the workers are.

Greg sucked up a sock in a vacuum — it went right in there and we’ve blown the power in the shared office more times than we can count (so much so that the breaker switch doesn’t go down on its own anymore so our electrician is on speed dial. We are three contractors in (that in itself is a long story), found an active colony of termites in our shower, and have gotten REALLY good at Instant Pot cooking. But we’re healthy, as are our family and friends. We are making the best of it, learning to embrace all the moments - chaos and all, and have learned that at this point, all we can do is laugh.

The unplanned bathroom remodel is finally entering the fun stage. We’re meeting with a bathroom designer soon and we recently went to a bathroom remodeling store in NoHo, fully decked out in masks, gloves and eye shields, and climbed into a ton of bathtubs

(nice little Saturday, as they say in “Old School”). So far, we have purchased one item for that project — the bathtub of our dreams. Who knew a bathtub could be so cozy? Knowing that I can take a relaxing bath when this is done — at the END OF JULY, is thrilling!

One more thing; the morning that the workers came to quarantine off our bathroom, we realized that we access our closet through the bathroom and that would be sealed off. So we quickly scooped up and grabbed the basics — several pairs of sweatpants, shorts, t-shirts and swimsuits. (We had no idea how long this would go on, otherwise we would have grabbed more.) That’s why Greg was in swim trunks during our photo shoot.

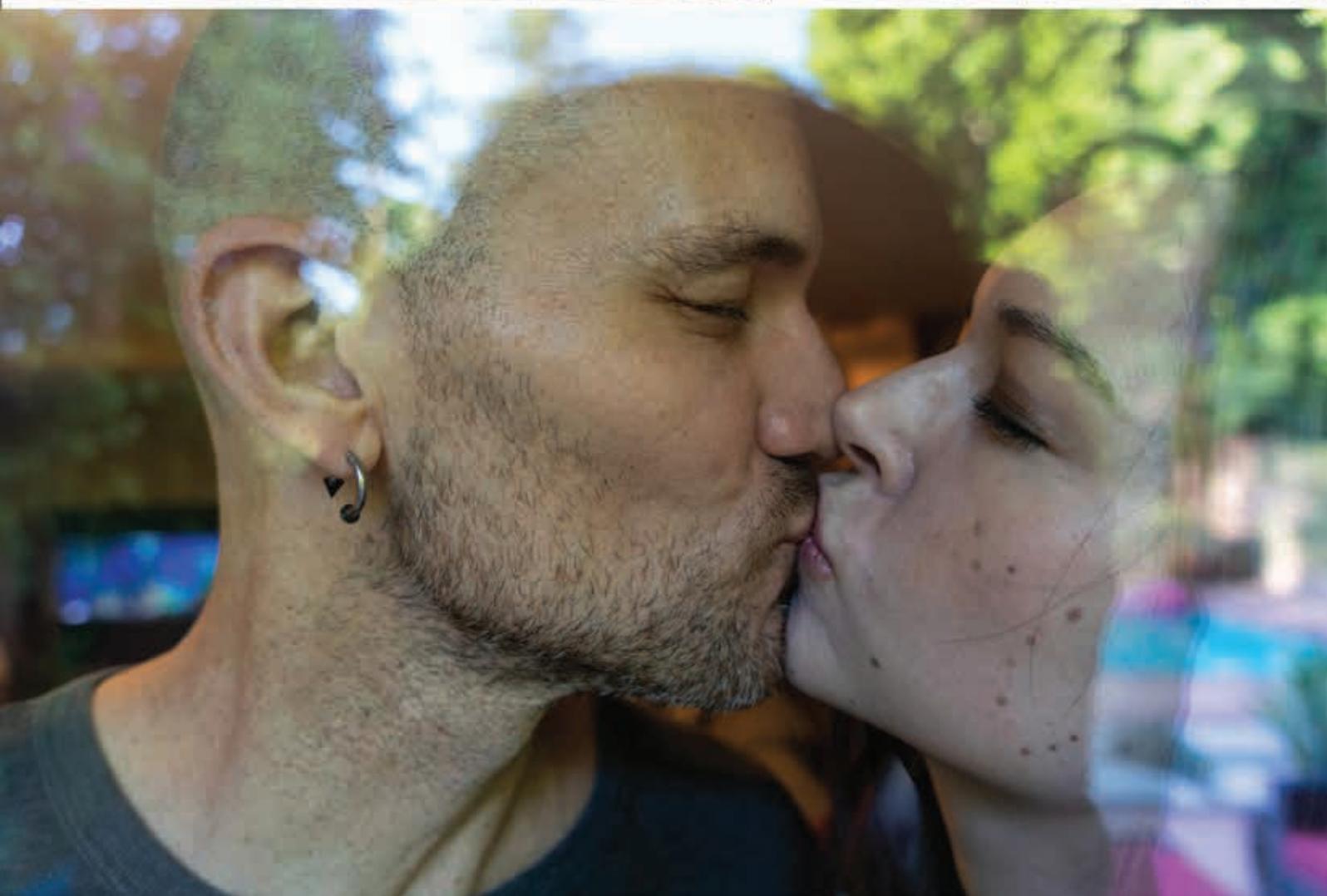
Oh and another thing — the first contractor was too cheap to spring for a porta potty for his workers (we’re going to be getting one soon and I never thought I’d be excited about the idea of having a porta potty on my front lawn - you should totally come back and take pics of us in front of that bad boy) and one day I came home from acupuncture to find a man in my driveway asking if he could pee in my backyard. Every meme I’ve ever read about how “saying no” makes you stronger, happier, and better for it, flashed before my head and I politely declined. I should have said, “Sure but I have no idea what my doberman would do if you went pantless into our backyard.” I was telling a friend the story after the fact and said, “I can’t believe on top of all of this, I have to tell men they can’t pee in my backyard. I shouldn’t have to be the penis patrol in the middle of a pandemic.” He promptly replied, “If you write an article and the headline is ‘I shouldn’t have to be the penis patrol in the middle of a pandemic,’ I would definitely read it!”

You can’t make this stuff up. My mom has said we should have our own reality show by now. At this point, I don’t disagree.

As cliché as it sounds, quarantine life has definitely made us more grateful and remember to appreciate so many little things. We’re looking forward to getting back into our kitchen and trying some new recipes and even just being able to walk around our house without boxes and clutter everywhere. It’s also taught us that all those times that we ordered takeout because “we had nothing for dinner” were a lie. There is always SOMETHING for dinner. You just have to get creative. And with Instant Pot cooking, we’ve definitely nailed this. You haven’t quarantine lived until you’ve mixed a can of Amy’s black bean soup with split pea soup and added sauerkraut to the mix. Greg’s speciality is finding whatever we have lingering in the back of the fridge and freezer and whipping up “a concoction” with it. We have never been materialistic people but this quarantine has also made us realize that we are even less materialistic than ever before. Being home around so much stuff makes you realize you don’t want extra stuff. We just want to put our home back together and then do some traveling, visit family and spend money on good food and life experiences.”

Aside from the challenge of renovating and repairing a house during a pandemic, Nicole mentions “the regular COVID19 era business that everyone else is facing - trying to decide how, when, and how often to safely go out in public and missing so many simple pleasures that we all have taken for granted — going for a walk in the neighborhood without having to dodge people, popping into our favorite store to grab our favorite vegan ice cream, seeing and HUGGING friends.”





## **JOSH, MARY SUE, KIERAN AND HUDSON**

Josh Schweitzer (67), Mary Sue Milliken (62), Kieran Schweitzer (22) and Hudson (2) are sheltering in place in Mar Vista. Josh is an architect/artist (semi-retired); Mary Sue is a chef/restaurateur of Border Grill and Socalo restaurants; KS is a student/artist; and Hudson is a layabout.

Josh is doing a little work on the winery project that he designed in Buellton, CA, as well as working as repairman, painter, etc. for Mary Sue at her restaurant, Socalo. He's also designing a home for the family in rural Portugal. Mary Sue, with her business partner, Susan Feniger and their team, has been engaged in keeping the restaurants afloat. which is no easy task. Protection of employees and providing services needed in the community have been more than a full time job during the Great Pause. She also made an air plant garden on an old mattress spring and is hoping to purge more cupboards and closets. Kieran is "battling boredom, painting, eating mom's delicious meals, battling boredom some more and plotting (his) return to Oakland."

"Bread baking has resumed in full force along with cookies, making ice cream, gardening, painting (art projects), learning Portuguese, playing tennis, cycling and hiking occupying most of the time...AND READING!"

Favorite shows binged include Afterlife and Space Force. Bordertown for Josh.

"I am surprised how easily we've settled in together. Days go by without much happening except for what we create on our own. We have one friend we talk to every night at 7 p.m. aka wine o'clock - (but not whine o' clock) and we've learned so much about each other - it's a special treat."

"I don't think I will go back to working at the crazy pace I was before COVID - thankfully! This has shown me that my team can do a lot without me and I enjoy having more time at home."

Instagram: @ marysuemilliken @ josh\_schweitzer Website: bordergrill.com





## **LAURIE, KIKI, LIAM AND CHARLIE**

Laurie and her three four-legged pals, Kiki (15), Liam (6) and Charlie aka “the Rascal” (1) are sheltering in place in West Los Angeles. Laurie is an actor and a hospital social worker. She is currently working in a children’s hospital.

“Those of the four-legged kind are usually up to no good. They are always a source of entertainment. Charlie and Liam have taken to staring at the birds outside the screen door. I can often hear Charlie “meapping” as I call it, because he wants so badly to take out one of those birdies. Kiki, well, being 15, I believe she has earned her right to nap ALL day long.”

“Me...well my sheltering in place is a little different because I am working during the week, but when I am home, I like to go on an early morning run because no one is usually out at that time of day. I also enjoy getting on Zoom chats with friends as a way to stay connected. I find it hard to live alone during this time because I like the emotional connection of having someone physically present. Prayer and meditation have been useful tools for aiding my wandering mind and boredom. For more than 10 years, I have wanted to do a “one woman” show. I am slowly mining my way through it. Right now I am in the very early stages of putting the ideas together.”

“I’m still going into the hospital to see patients and families. It has been a little scary with COVID and I am also immunocompromised, which has resulted in some fear about staying safe while trying to support others. With that being said I am grateful to be able to show up for others and get out of myself for a bit. My faith in God has also become stronger. I am relying much more on him as a source of respite and strength when I start to feel overwhelmed.”

“In all honesty, it has been emotionally, physically and mentally exhausting to go into work and be hypervigilant there, and then have to come home and still keep the same hypervigilance, especially making sure that I am not bringing anything home from the hospital. In the beginning, I was in constant fear that I would get COVID and die in my apartment all alone and that no one would know because my immune system is compromised and I kept hearing about the “high risk” group I’m in. It’s a very real thing for me and I have to be mindful every day to do what I can to stay safe.”

“I have had a lot of grief coming up during this time. I think it is the grief of not having physical contact, of the reality of not being able to do the things I used to do whenever I wanted to, and not knowing the timeline of all of this. I like to think I am in control (haha). The disruption in routine, and also feeling the grief of others has been really hard and at times overwhelming. I am an empath (I do not throw this word out lightly). I feel everything, so I have not only been feeling my own grief, anger, sadness, etc, but also the collective grief and other feelings that are happening. This experience can take its toll mentally and emotionally, and physically whether you are showing up for work, kids, family etc. or not! My mantra these days is “Go easy, dear one.” That is all I/we can do. Be gentle, do the best we can, care for ourselves and others, while staying compassionate and open hearted.”

“Not letting the fear of the unknown get the best of me has been a challenge. It is a moment by moment choice to bring myself back to the present. My sleep has been so messed since this

started. For me sleep is everything. Naps are now my best friend.”

“When this started, I found being alone to be EXCRUCIATING. I realize this sounds dramatic. It was fun for about a minute. It’s one thing to live alone but know that I can go out and see people whenever I want. Once it was mandated to stay at home, it became more challenging to be with myself ALL the time. I am finding that I am becoming more comfortable in my own space and company. I have a lot more moments of peace where I can lean into the stillness. I’m also connecting with people I have not connected with in quite some time. That’s been cool!”

“I am a hugger! Man I want to hug people so badly and I can’t. That is by far, one of the hardest things about this. Physical connection is so important. We were not created to live in isolation. When I am allowed to hug again, watch out everyone — you will be getting hugs from me!”  
Instagram: @mlaurieann







## MEREDITH

Meredith Scott Lynn is sheltering in place in Hollywood. She is the founder and CEO of WRiTE BRAiN BOOKS and an actress. Meredith is working hard every day during the pandemic. She's co-podding with her best friend Deborah. "I see her twice a week. We trust each other to self care throughout the week. If she drives to me, we walk or couch hang, I cook, we eat, we play drums at 8pm in my courtyard, we watch tv and movies and we laugh. If I go to her place, we hang in her gorgeous garden yard, she cooks, we eat, we listen to Pandora and sing/dance around, she plays ukulele and we laugh.

Tiger King and Cheer have been Meredith's favorite shows during the time of Covid-19 and she read a whole book, cover to cover in under a week. (First time since starting her company)

"I also completed an expansion-style pivot at my education company developing multiple brand new robust and remote programs to address the pain points of distance learning and support students who struggle and suffer the most in light of inequity and limited resources. I'm working long and hard with no guaranteed revenue in light of cancelled conferences where I usually generate it."

"In this time of going it Covid-alone with very little in-person time with my special lover person, I realized I will be fine if we aren't meant to be. I didn't know. Now I do."

Instagram: @meredithscottlynn

Website: [www.WriteBrainWorld.com](http://www.WriteBrainWorld.com)





## **KATEY, NICK, ANDY AND MAGGIE**

Katey (44), Nick (38), Andy (3 and a half) and Maggie (3 weeks) are sheltering in place in Atwater Village, Los Angeles. Katey is an improv/acting teacher; Nick is director of public programs at the California Science Center; Andy is a scooter rider, FaceTime caller, Zoom class taker and toy train enthusiast; and Maggie is a professional baby.

Katey: “I was working remotely until the baby came. I was continuing to work on a production of Matilda for the JAMS/SMASH Theatre Company. Once the pandemic hit, we knew we wouldn’t be able to complete the production that we’d worked so hard on, but still wanted to give the students some sort of artistic experience while they were in their homes. So, we began working on a virtual version of the show and rehearsed over Zoom. We are still completing the final product, but we feel excited that we’ve been able to make something special for these young artists during this unprecedented time for arts education. And I am on maternity leave from my other jobs as a member of the Improv Faculty at AMDA College of the Performing Arts and Comedy Playground.”

Nick: “I have been working remotely throughout the quarantine. Overseeing ‘Hands-On’ education programs at a science museum in a time when no one is able to go anywhere or touch anything has been particularly interesting. Immediately upon the museum’s closure, we focused our energy on finding ways to bring science learning to children and families who were no longer able to go to school or even leave their homes. We quickly developed and launched Stuck at Home Science which provides new hands-on science activities and videos daily, using only household supplies. And as summer approaches, we are completely reimagining our Hands-On Science Summer Camp to take place online. I am overseeing many of the elements connected to enrolling and facilitating remote learning classrooms for over 1,500 students this summer.”

Katey and Nick have also been busy keeping the kids occupied. “There is a lot of FaceTime with family, playing with trains, reading books, Cosmic Kids Yoga, Art/music/gym classes over Zoom, neighborhood walks, backyard obstacle courses, gardening, science projects, meals together — basically anything that will keep the day moving for Andy and distract him from the fact that he can’t go anywhere or see anyone! And as for Maggie, we’re basically in the eating, sleeping, pooping chapter of life!”

“Our passion project was making sure that our daughter was born safely during this crazy time! For the first few months the pregnancy was a huge focus and now that she’s here safe and sound, we are using this time to bond our 4 person family.”

“We’ve been watching mostly Dinosaur Train, Cosmic Kids Yoga, and the Cars movies. And when there is oh so precious adult time, Dead to Me on Netflix, which was created and written by some of our best friends. Oh, and Jeopardy. Always Jeopardy.”

“Our quarantine pod has been pretty tight due to the baby coming, but we were lucky 164

to have Nick's aunt come down from Santa Barbara to help with Andy while Maggie was being born. Otherwise, it's really just the 3 (and now 4!!) of us, all day every day."

"I think that Maggie being born during this global pandemic is something pretty interesting that will always be a part of her story. When this all started, we couldn't believe that we would be going into family lockdown with me 7 months pregnant. We had no idea what those last months of pregnancy and then childbirth would look like during this unprecedented experience. It was terrifying. But now she's here, she's healthy, I'm healthy and we're all safe. Now we just get to celebrate her and our family."

"Despite all of the negativity and anxiety surrounding this pandemic and quarantine, getting to be together 24/7 during this significant time for our family has been invaluable. If you have to be stuck in your house all day with a 3-year old, you'd be lucky to have it be Andy! Watching him become a big brother and rise to the occasion on every level has been nothing short of amazing. He's kind, patient and gentle with his baby sister and is dedicated to taking care of her. And for us, getting to watch them bond and connect so deeply in such a short time has been a true gift. This is totally unbroken family time at a time when our family has finally become complete. That has been pretty cool."

"The biggest challenge is, hands down, the absence of friends and family. Welcoming a new baby is traditionally a time when family comes together and ours is scattered all over this country. Not knowing when any of Maggie's grandparents will get to hold her in their arms and kiss her face is devastating. Watching our friends have to stand at the sidewalk to get to lay eyes on her is heartbreaking. We have this beautiful little girl and we want to share her with the world, but the only way to do so is in front of a screen. We're grateful for the technology that at least allows our families to see her (and spend time with Andy) right now, but it is not enough. As soon as all of this is over, our first priority is to get our family and friends together to celebrate and welcome Maggie!"

"We miss people and we miss the connectivity of collaboration. We have been truly happy to share this time together as a (growing) family, but we also eagerly anticipate the day we can expand our "pod" to include the amazing people we have been lucky enough to share and build our lives with. We have an incredible little boy and a delicious baby girl that deserve to experience all that this world has to offer and we're excited for that world to open its arms back up to us all! Also, there are so many unknowns in relation to how this will affect Andy. He is used to spending his days at the park, the zoo, museums, Disneyland, etc and all of that just stopped on a dime. We find ourselves wondering about long term residual effects. He doesn't understand why this is all happening, but he definitely knows that something is going on and it's not right. Taking a 3-year old away from everyone he knows and everything he loves to do has been very challenging. That's why we're so happy for him that now he has his little sis. Right now she's the perfect distraction and the focus has shifted from all that he's missing to what he has gained!"

Instagram account: @King\_katey





## JONAH

Jonah Sanderson (31) is sheltering in place in the San Fernando Valley. He is living with his father Jay Sanderson who is president and CEO of the Jewish Federation of Greater Los Angeles and his mother Laura Sanderson PSYD. Jonah is a rabbinical student and Jewish innovator working on creating a Jewish landscape to address suicide and mental illness in the Jewish community. With help, he's reached 700 people and raised \$60,000 for his organization, which is called Back Engaged Now.

The family all love to cook and bake. Jay has been busy making restaurant-style dinners. Jonah is baking challah every week for Shabbat and is bingeing Sex and the City. Laura loves working out and reading. Jonah's sister adopted a kitten.

The pandemic has been particularly difficult for the Sandersons. Jonah's beloved uncle, his father's twin brother, died of Coronavirus in April. He was sixty two. "Jeffrey was born with a severe mental handicap. He was both the bravest and the most humble man in my life. He was such a charismatic man. He loved McDonald's hamburgers with extra pickles and ketchup. We miss him terribly."

Looking to the future, Jonah says "We are learning new ways to be adaptable Jews that I pray we will take going forward."





## MATT, KATIE AND DAISY

“When we elect people who don’t believe in government, they govern badly. This could be going so much better - in so many ways. VOTE!”

Matt Hoverman (52), Katie Atcheson (“what’s the question again”) and their daughter and overlord, Daisy Hoverman (4) are sheltering in place in Burbank, CA. Matt is head writer for a Disney Junior animated series, Katie is a life and career coach for creatives and Daisy keeps Mom and Dad from sleeping more than 6 hours at a time. Matt and Katie are both working.

Matt, also a playwright, is writing a sequel to *Midsummer Night’s Dream*. “Because Shakespeare left some loose ends.”

One of the most important activities the Hoverman Atcheson Pod is engaged in currently is “Keeping Daisy from sticking her ‘safety scissors’ in the air conditioner’s fuse box again and blaming it on the bees. “The bees made fire, Mommy!”” Matt and Katie have also discovered that Daisy is a “Go Fish” card sharp.

Favorite show: *Unorthodox*.

Co-quarantining: “We have — after much agonized debate — just started to co-quarantine with a babysitter, and the family of one of Daisy’s friends — so she can have a playmate who can get down and up from the floor without cursing.”

BLM protests: “Our hearts (and dollars) are with the protestors and we’re big marchers, but we haven’t felt safe enough to protest due to the virus. Matt was already very focused on diversity and inclusivity in children’s television, but the protests have made this even more of a priority for him and everyone with whom he works.”

Something positive: “Matt’s 30 year college reunion was supposed to take place this year. Instead, we had a Zoom call. Ordinarily, such a reunion might provoke worries about what to wear, who’s successful, etc. But we were all in sweat clothes, unshorn hair and stuck at home. It was so touching, funny and delightful!”

Challenges during this time: “The hardest thing is seeing its impact on Daisy. She’s very extroverted and has been really struggling with always being kept at a distance from her number one passion — other people. We had to have the plumber over and she whispered fervently, “Daddy, hold me back! I know I’m not supposed to hug the plumber but I might not be able to control myself.” It’s pushed us to open up to another family and a young fun babysitter — all of whom are similarly super careful.”

Websites: [MattHoverman.com](http://MattHoverman.com) [momentumcoachingwithkatie.com/](http://momentumcoachingwithkatie.com/)



## WENDY, LOWEN AND KANO

Wendy Haines (“guess my age”), Kano (11) and Lowen (12) are sheltering in place in Top-O-Topanga, Topanga. Wendy is a Somatic coach and teacher, acting teacher and producer. “There has been some work shrinkage, but yep, I am working and Zooming away as much as possible.”

Wendy says that “Mountain biking has been our new passion. It’s amazing to be able to leave from home, hit the trails in Topanga, have fun with friends. (We mask and social distance while we ride). The kids have been into building jumps with their neighborhood friends for their bikes and skateboards. They keep getting bigger and bigger!”

“Kano built a garden and Lowen has been sewing masks on his late Grammie’s sewing machine. I have rediscovered my love of sewing too.”

“There has been some allowance in the neighborhood that the kids can run around together if they are biking and/or social distancing and wearing masks. No going into each other’s houses and no sharing food.”

Interesting and unexpected things that have happened during isolation include “Reconnection with people I haven’t seen in a long time. A Zoom birthday party; rather than the dance party I had scheduled...but the dance party WILL happen. Also, my sister came to visit for the weekend over Memorial Day. We all got tested to be sure we could mix safely.”

“A theme for the sheltering in place has been the experience of getting off the “rat wheel” of life. The result of this has been a deep settling within...a new perspective around the cost of living life at the pace that we were. That deep settling has been welcome. When things opened up around racial injustice and protests, I felt a marked awakening within myself. I feel catalyzed and moved to be a part of the work for justice.”

“We went to a protest in Venice. Masked and committed to distancing, we sat at the edge of the crowd and listened to the passionate speakers for two hours. Both of my kids listened attentively and as we walked back to the car, in separate conversations with each other, I learned how it was for them. My oldest said the experience was “deep,” my younger one said it was “inspiring.”

“May we carry forward into the yet-to-be-revealed road ahead the gifts of connection forged during this time. Connection to family, to home and to a greater cause. My mother passed away on January 29 after an 8 month journey with cancer. One of the gifts she gave me during her final loving months was forced surrender. The challenges of this COVID time have been when I have resisted and grappled with the unknown. Ultimately, I can now see resistance itself as the self-generated force resulting in my discomfort. I have drawn on my mom’s gift during COVID and in doing so, I’ve found peace.”

Writer’s note: Many of my portrait subjects have written beautiful messages to me as part of their responses to my questions. Up until now, I have resisted including them. Here’s Wendy’s: “I find it admirable and inspiring to see how you have followed your creative impulse at this time and have created such thought-provoking and beautiful work.”

Instagram: @wendyhaines Website: <https://www.wendyhaines.com>



## TERRY, SARAH, THEODORA AND JAMES

Terry (45), Sarah, Theodora (12) and James (4) are sheltering in place in Santa Monica. Terry is an actor (<https://www.imdb.com/name/nm1130991/bio>), and is not really working at this time although he's writing a little. He calls that "Being lost, not working."

Activities in the Maratos pod during the time of COVID-19 include arguing, fighting, crying and sleeping. Their big passion project involves figuring out "How to silence each other."

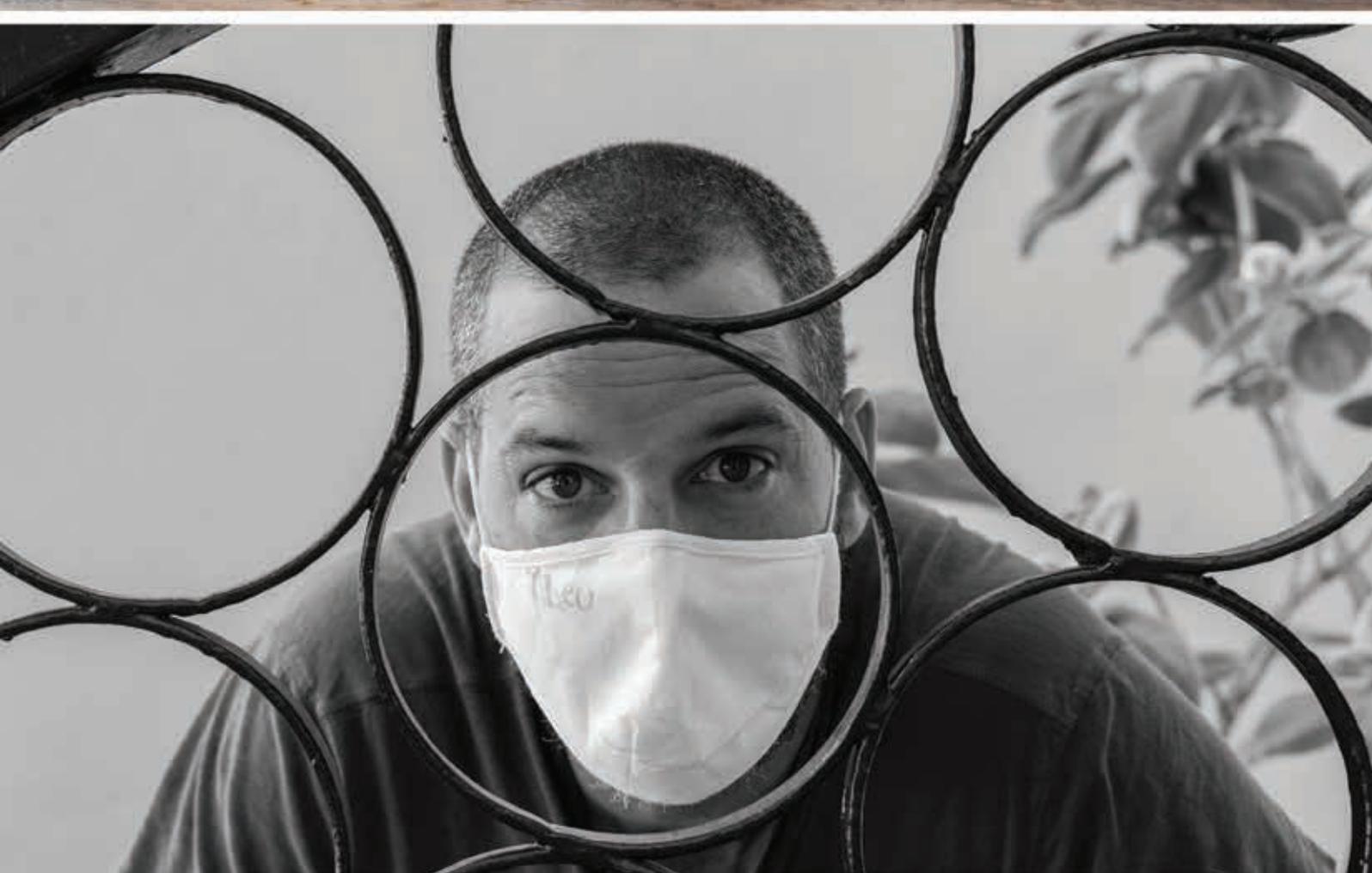
Co-quarantining is absolutely not happening. "Sarah would never allow that. She trusts nobody. I coughed once while sweeping the floor and was put into the bedroom for five days. Best five days of my life."

Regarding the protests: "I'm very proud and happy about the protest. I did honk my car horn a few times while running errands at people holding signs. Other than that I didn't get involved due to my little boy having some issues with his lungs and couldn't risk it."

Something positive: "It's a very exciting time to be alive for me."

I asked Terry if he'd like to be tagged. "I've no idea what that is — like have someone spray paint my face?" Instagram: @terrymaratos





## ARYA

Arya Marvazy (33) is sheltering in place in West Hollywood. He is an LGBTQ+ activist, and is “working harder than ever for our non-profit JQ. As our work serves and supports our LGBTQ+ and ally Jewish community, and the broader queer community, we have ramped up our efforts to ensure that people have more access to our programs, experiences, and support services. Other than that, some reading, a weekly bath (I know, the drought — I’m sorry).”

“A few weeks into the quarantine I began to put together the foundations of my own coaching practice, something I’ve been dreaming up for years. My vision is to craft a new style of coaching that blends traditional life-coaching strategies and mentorship principles for clients to feel aligned and accountable towards their goals. Admittedly, with work ramping up especially for Pride month, and more importantly, recognizing the fight for racial justice as a fundamental responsibility in my lifetime has slowed this down a bit. In due time, I hope all of these efforts compliment one another.”

“Isolation has helped me to acknowledge and begin to repair my addiction to my phone and social media on the whole. The most problematic element being that social media is as helpful to my work as it is a vapid time suck. Two or three weeks into quarantine I made a decision - I would digital detox from my phone for Shabbat, the Jewish day of rest, from sunset Friday through sunset Saturday. This very well may be one of the best decisions I’ve made in my adult life. I believe I’m now over two months into this new habit, and it makes Saturdays a day for true rest, reflection, and rejuvenation in a way it wasn’t before. We’ll see how the habit develops!”

“I have participated in several protests, the most noteworthy of which was the All Black Lives Matter March on Sunday June 14th, which so powerfully replaced this year’s LGBTQ+ Pride parade. Without exaggeration, it was one of the most beautiful and powerful days I’ve spent on this earth. The love, unity and collective power of over 40,000 people of all backgrounds marching through the streets protesting, chanting, singing and demanding justice and equality for all Black lives was overwhelmingly gorgeous and emotional. Given the entire movement for queer rights began with visionary Black and Brown trans women near Stonewall, this year’s march — for the first time in my life — actually felt like what a Pride march should be. A march of solidarity and unity, a march for justice and equality and a march that respects our elders upon whose backs our community is built today. All Black Lives Matter.”

“My life mantra is: ‘Your life is happening for you, not to you. Treat it as such.’ I believe in the power of gleaning meaning from every single event that happens for us in life — whether those events range from devastating and depressing to wonderful and amazing. There has been deep sadness, darkness and loss of life in these last few months due to both the viral outbreak and the far more wide-reaching global pandemic of systemic racism. Today many people around the world have awoken to the concept of systemic repair — be that our healthcare system or the infrastructures of racism that America has been built upon. Dependent on the country’s vote in November, I’m hopeful about our capacity as Americans to build towards a more healthy, just, and equitable nation for future generations.”

“Work life balance (some say ‘integration’) was a challenge before, especially because I am deeply fulfilled by the work I do, but it’s even harder to manage when it feels like there are so few reprieves from the madness. Would’ve been travel for me, but of course that ain’t an option either!”



## DONNA

Donna Brown is sheltering in place in Santa Monica, CA. Donna is a mother and grandmother and an advocate “always working for the voices we no longer have and the future of our children and the environment. I am a mother on a mission.”

In 2008, Donna’s son Cliff was murdered at the age of 21. The murder was never solved. He was just a few weeks away from graduating from Cal State Northridge. Cliff aspired to become a lawyer. One of the last things he spoke to his mother about was how hard it is to be a black man in America.

The murals in the photos were painted by artists who Donna met during the recent protests in Santa Monica who collectively came together after the initial destruction to beautify the city while honoring a young life suddenly taken. “My son grew up in Santa Monica, rode his bike on these very streets. This is his Hometown.”

During the time of COVID-19, Donna has been listening to a lot of music. “It heals my soul,” she says. She’s also been working with her plants and Zoom calling with friends and loved ones. Donna has been seeing her daughter and grandson, but she is a cancer survivor so she needs to limit exposure to loved ones.

“I’ve truly been sheltering in place, yet finally and safely participated in the local Santa Monica peaceful protest for a few blocks, then came home to unfortunately seeing all the damage from looting in other parts of my city. That was disheartening. My concern was health and physical safety, and initially I was extremely angered by the looting, but then came to understand that it was the broken system that saddened me. We need more love, encouragement, empathy and positive action.”

“No matter what we all are going through in this lifetime, I can say in my faith that all is well! Be kind to others and teach your children not to bully each other. Because hurt people hurt others. Be a part of the solution and not a part of the problem. In order to change the world we have to change ourselves!”

Something interesting that’s come about during this time of isolation. “I come from the time of typewriters and personal interactions, but I’ve realized that can still be created through technology.”

Donna spoke about some of the challenges she’s dealing with at this time. “As a human being, I’m having a human being experience. I’ve had loved ones that have transitioned on. And dealing with injustice and not receiving justice!”

Instagram: @jfcencouragementproject

Website: <https://www.theencouragementproject.net/about>

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## JOANNA, STELLA, MAISIE AND HONEY BEE

Joanna (57), Stella (16), Maisie (10) and Honey Bee (9) are sheltering in place in Valley Village. Joanna is an actress (<https://www.imdb.com/name/nm0324790/>) and Stella is a high school senior. Joanna is not currently working “as the TV/Film industry is shut down. I’ve had a couple of self-tape auditions, which Stella helps me with. She’s a good director.”

### ACTIVITIES/PASSION PROJECTS

Joanna

“I’ve been manically cleaning and organizing — my kitchen cupboards are pristine. After a few weeks I recognized the obsession with household chores as being a way to have some control in a world gone scary haywire. Tending to small repairs and things that have bugged me for months (years?) feels like little accomplishments. I find ironing — making rumpled things smooth and pretty, very relaxing, especially while watching old episodes of Antiques Roadshow, or my guilty pleasure — Say Yes to the Dress.

The week before we began sheltering in place was the start of the Iditarod, which I began following as a fan of Bravermountain Mushing, a dogsled team from Wisconsin. In honor of Quince Mountain’s rookie run I decided to participate in Iknitarod — knitting mittens for children in Alaska. I hadn’t knit in ten years, but I got out my bin of old yarn, and those first days at home afforded me the time to make 25 pairs of mittens. And I’ve just kept on knitting — it keeps my hands busy and not scrolling Twitter so much, and it’s been lovely to rediscover a hobby from long ago.

I’ve been cooking and baking a lot — got on the sourdough bandwagon. I’m using kitchen equipment that has been gathering dust, like the ice cream maker; and I made a lot of jam from the mulberry tree in my yard and marmalade from the **tangerine** tree. I finally learned how to properly can by hot water bath so the jars are piling up.

I’ve also gotten into my yard. It is large and unruly and I’ve been clearing out a lot of overgrown brush and weeds. I put in a couple of raised beds five years ago, but stopped planting them because I was usually working out of town or traveling during the summer. There definitely won’t be traveling this year, so I’ve planted some vegetables, and I’m glad I did because having to water them in the morning gets me out of bed when I’d rather just hide under the covers.”

Stella

“First I did online school, finishing my high school Junior year. Some classes transferred to online learning better than others, but my school did pretty well. The main loss was the interactions that I took for granted with my classmates and the friendly classroom dynamic. I missed my teachers.

Since I finished school, I’ve been doing a lot of singing, video games, writing, drawing, songwriting, and watching tv shows. Every Tuesday a couple of my friends and I run a Dungeons & Dragons-adjacent role-play game over Google Meets. We also continue to run a school club that plays board games. My friends and I group FaceTime together. I’m also working on transcribing a collection of songs I wrote when I was five or six years old with guitar and piano and sometimes more coherent words — the songs are so funny. I’m also trying to get a band together, and I’m hoping some of these songs might work for the band.”

## FAVORITE SHOWS

Joanna

“We’ve enjoyed a bunch of shows together that have been a rewatch for me, but Stella’s first viewing: Twin Peaks, Crazy Ex-Girlfriend, Fleabag. Impossible to pick one favorite. We’ve now just started Community. For me, the default mode on the TV is Turner Classic Movies. Stella’s current guilty pleasure is Dance Moms.”

## UNEXPECTED

Joanna

“We saved an injured bird we found in the backyard - he could not stand on his legs. We thought it was a crow, but it may have been a raven. At any rate, his name is Edgar Allen Crow and we took him to the California Wildlife Center.”

## THE PROTESTS

Joanna

“We stand in full support of the Black Lives Matter movement and our hearts are with the protests, but concern over COVID-19 has kept us from joining in person. We’ve been supporting the mission with money donations, spreading word on social media and educating ourselves.”

## POSITIVES

Joanna

“Although it was hard on the kids and the teachers, and many parents, online school at home felt like a little gift to me as a mom. You don’t usually get to see who your kid is in school. Though I couldn’t catch all the details behind Stella’s closed door, it was a delight to hear her talking and laughing and participating and generally being a joyful and dedicated member of her school community. I am grateful for that little peek inside the classrooms.

Also — I’ve never been so glad to live in California, a state that took better action against the spread of the virus than most.”

## CHALLENGES

Joanna

“It’s been a challenge not to fall into depression and despair at the state of our country and the number of leaders and citizens who do not take this pandemic seriously. I tend to be a homebody and an introvert, so apart from the lack of employment, sheltering in place has not been so much a hardship. I think the challenge for me, as things open up, will be in getting myself to want to leave the house for more than essential business ever again.”

Instagram: @joannagoing @stella.havenw





## ALON, LIANNE, LENNON, NOA AND ALFIE

Alon (59), Lianne (57), Lennon (24), Noa, the self-described “Favorite Child” (18), and Alfred the Great (7) are sheltering in place in Del Rey, Los Angeles. Lennon is also sheltering in place in West Hollywood. Alon is a copywriter/photographer/lapsed musician, Lianne is a painter and development director, Lennon is a stylist/clothing designer and Noa is an aspiring college student, which “is proving to be more difficult than expected.” When not in a flat panic about the nightly fireworks that scare the crap out of him, Alfie collects plush toys and spends his days trying to figure out why he no longer has any alone time.

### THE WORK/PASSION PROJECT SITUATION

Lianne: “Workwise I have been very fortunate as I have always worked from home, and interestingly, as a result of our whole team having to be home based, I have had a more consistent connection with my colleagues who are in Bethesda, New York and Israel.

I have also spent a lot of time painting and doing Zoom art lessons with my fantastic teacher Zhenya Gershman.

My brilliant creative husband (yes I said that) was inspired at the beginning of the quarantine with how people are dealing with life in varying forms of isolation. This is his passion project.”

Alon: “At the start of the lockdown I was suddenly flooded with freelance writing work, but it’s slowed significantly over the last couple of months. That said, I am working on an amazing CD cover design project for Nate Newburn, a massively talented musician and songwriter.

And then there’s this photo project, which has taken up a lot of my time and has been incredibly rewarding. Exploring connections with people from my past and new folk I’ve met serendipitously through the project itself has been a real treat and also a fantastic way to fill the extra hours served up by the Great Pause. At this point, aside from continuously adding to the 100 or so portrait profiles that I’ve done, I’m trying to get publicity for my project and hope to have it all culminate in an exhibition and a book.

Additionally, I’m working on FRESH PAINT, a collaborative project with gifted artist Trevor Romain combining photography and digital art with some surprising results. Another exhibition, book and other surprises that will hopefully see the light of day in a post COVID-19 world.”

Lennon: “I’m working on developing my clothing brand.”

Noa: “Yes, I’m working...on finishing Teen Wolf. Mama G is doing her fabulous painting; Lenny is making pajamas of people doing “partner yoga”; the father is doing some RANDOM photo project; and I am working very hard at training my hair to be healthy (aka not washing it for a week).”

### FAVORITE VIEWING DURING THE TIME OF COVID-19

Lianne: “Arghhh! So much time has passed and we have done some serious watching. The girls and I have watched hours of Teen Wolf and House and are trying to get through the entire Marvel movie franchise in chronological order.”

Alon: “Narcolepsy notwithstanding, Unorthodox, Fauda and Money Heist come to mind. And documentaries. And Rachel and Chris, of course. (Thank god he’s over his bout of COVID-19 and his banishment to the basement.)”

Noa: “La Casa de Papel and Killing Eve.”

Lennon: “Money Heist, Killing Eve, Teen Wolf, Back to the Future.”

#### SOMETHING UNEXPECTED THAT’S HAPPENED

Alon: “I picked up a big photography assignment for QuickBooks after a creative director at a major ad agency saw my project.”

Noa: “We had a graduation tailgate party. Thank goodness for Santa Monica Airport!”

Lennon: “Civil war? Almost everyone I know has gotten a puppy so I’ve been having a lot of puppy playdates. Also, I made pajamas and people are buying them. And I made a shirt out of gummy bears.”

#### PANDEMIC ACTIVITIES

Lianne: “I joined in the worldwide breadmaking obsession and have spent many hours measuring flour, nurturing my two sourdough starters and baking an assortment of mediocre to quite fabulous bread. The best fun has been hanging out with our girls.”

Noa: “Blogilates, singing lessons, banana bread baking and Marvel marathons.”

Alon: “Bike riding, sleeping through movies and shows, photography, railing against the Trump administration, admiring Lianne’s art, marvelling at Lennon’s relationship with a sewing machine, feeling pride at Noa’s resilience and creativity, requisite Zooming and lots of fabulous and unexpected girl time.”

Lennon: “Sewing (clothing designing), drawing, soaking in the new hot tub, blogilates and lots of walking.”

#### CROSS-PODDING

Noa: “I have been going back and forth between my home and Lennon’s apartment. Other than that, I do indulge in some backyard playdates (at a distance DUH) and outdoor projector movie nights.”

Lennon: “I’m quarantining in my apartment with my roommate as well as in my house with my family. I’ve been switching back and forth.”

Lianne: “We have had a few outdoor social distancing visits but we have mostly kept to ourselves.”

#### THE PROTESTS

Lianne: “We participated in protests in Santa Monica and it felt important to be there and at the same time bloody terrifying. In the past when I have marched in protests, my concern has

been about getting attacked by an angry opposition person but now the fear is more universal and for the most part people were respectful of our space. But being around so many bodies felt scary.”

Noa: “I went to two of the smaller Santa Monica protests, though I wish I could’ve participated in more. If I didn’t have to worry about putting my parents at risk, I most definitely would have gone to more (while keeping distance and staying cautious of course).”

Lennon: “I’ve gone to a couple of protests. I tried to go to ones where I was able to still social distance. Before the protests, it felt like this quarantine revolved around social media, tik tok, playing with instagram filters and other superficial activities. I was having a lot of fun creatively, but I (and I think most people) were living in a fantasy bubble, not having to deal with the real world. The protests put everything in perspective.”

Alon: “It was a tough decision for me because I have deep respect for this virus and do not want to mess with it. I’m glad we marched though. We got tested five days later and thankfully we all tested negative.”

#### ON A POSITIVE NOTE

Lennon: “I’ve developed more of a style artistically for my brand. And I’ve gotten a lot closer with my sister.” Noa: “We.Got.A.Jacuzzi!” Lianne: “My girls have had an unusual amount of time together and it has been a beautiful thing to watch how much they love each other and how funny they find themselves and how supportive they are of each other.” Alon: “What she said. And change is coming. And sourdough and creativity.”

#### CHALLENGES

Lianne: “Noa graduated from high school and of course like millions of others, she did not go to prom and she did not walk across the stage at graduation. Additionally, she is not heading to Berkeley in the fall to begin her freshman year and that is a big disappointment. Of course, in the midst of a tumultuous human and political time, I know that we have been so fortunate and continue to be.”

Lennon: “Not being able to see friends. Having to be selective with who I’m allowing into my pod, and juggling that socially. Being trapped with people for months on end is difficult.”  
(Editor’s note: I have no idea who she’s referring to.)

Noa: “This has been an extremely challenging time for me and for really anyone part of the class of 2020. A lot of important events had to be canceled due to COVID-19, which really sucked. I’ve struggled most with not being able to see friends with the freedom we had prior to this. I don’t think it’s quite hit me that we didn’t get to have a prom or graduation or final choir concert. Obviously I’m sad about that, but mainly, I just want to be able to sit in the car with friends and be able to hug each other!”

Alon: “Not giving in to despair about people who are really suffering during this health crisis and the economic consequences that are coming.”

Instagram: @alon\_goldsmith @liannejedeikin @noalily @styledbylen @tits.n.allbrand  
Websites: www.alongoldsmith.com www.styledbylen.com Masks by Petria Seymour.







## ILANA AND MICHAEL

Ilana (72) and Michael (76) Silverman are sheltering in place in Beverly Hills. Although they are by no means large areas, they are grateful to be able to step outside on to five different patios. Ilana tries to stay active with a daily 20 to 30 minute walk, and has just signed up for an online Pilates class. “Michael has his various business interests that keep him busy and his mind active!” In addition, he is in constant telephonic contact with his friends — “BOTH of them,” he jokes. This involves calls to La Jolla, London, South Africa, Florida, Canada, Israel, Italy and Australia...so all are predicated on the various time zones. In addition, he enjoys a worldwide group ZOOM chat with his expat and resident South African friends every Sunday. Michael and Ilana also talk to both sons and their families on a daily basis.

Ilana says, “Needless to say, we both greatly miss the physical contact with our kids and grandkids, but are so grateful that we all live in Los Angeles, making social distanced visits possible and quite delightful and fun!”

“We’re extremely grateful for all our creature comforts; a spacious and comfortable apartment, fresh and delicious food, convenient Amazon deliveries of every conceivable necessity, a great library of books, games and puzzles to enjoy and especially for all the amazing technology (Facebook, Messenger, Instagram, WhatsApp and Zoom) that enhances our lives to such a great extent in these difficult times!”

“Even though there is no way to paint in my usual art studios I go to in regular life, I now have my easel set up in the living room. Admittedly I dislike the mess this creates! I take a weekly 2 and 1/2 hour ZOOM class with the fabulous Zhenya Gershman, founder of the Z-Art Academy in Brentwood. My art has been a wonderful outlet for me...creative, fun and definitely therapeutic. I’m honored and feel extremely privileged to be one of Zhenya’s fortunate, happy camper students. I’m indebted to my awesome cuz Lianne for the kind introduction.”

“Both Michael and I love watching TV and we’ve found many shows we’ve enjoyed together, including A Place to Call Home(Australian), Grand Hotel, Somebody Feed Phil, Unorthodox, Velvet, Fauda, Master Chef (and many other cooking shows), as well as Million Dollar Listing and Below Deck on Bravo. I also love a show called The Big Flower Fight (thanks for the suggestion Avryl) and most HGTV shows, especially Property Brothers, House Hunters International and HomeTown. On weekends Michael loves watching golf...so happy it’s back!”

“Being physically isolated from friends and family, albeit tough, ironically has made us feel even more connected and supported than ever before by the special and important people in our lives. Perhaps it was something we always took for granted, but now it is something we are acutely aware of, and we are enormously appreciative of all the love and support!”



## TRACI, JENNIFER AND ELI

Traci Des Jardins (54), Jennifer Roy (55), Eli Mardigan-Des Jardins (20) and Linus Roy (somewhere between 12 and 14) are sheltering in place in Shaver Lake, San Francisco and Santa Rosa. Jennifer is head of marketing for Dandelion Chocolate, Traci is a chef/restaurateur and Eli is a college student. Jennifer is working a lot - remotely - spending a lot of time on Zoom calls while doing Liberty puzzles. “In fact, the puzzles have saved my sanity.”

Traci is not really working and is cooking up a storm. (Writer’s note: Believe me, that’s a good thing.) She has a few projects in the works and thanks her lucky stars that she sold and closed two of her restaurants last year. Eli is not working and is “working on enjoying summer under quarantine by water skiing and trying, not very successfully, to like alcohol.”

In Shaver Lake, they have been doing lots of walking, water skiing (Jennifer prefers swimming) paddleboarding, cooking, eating, drinking, singing and sharing stories.

In SF, Jennifer has her routine of “waking up every day very early and taking Una and Ernesto, the crazy Bengal cats outside in the garden for about an hour or more with coffee in hand. Oddly, it’s become an enjoyable routine that I’ll miss once I head back to work at the chocolate factory.”

Eli is working on his family farm and truck while he’s sheltering in Santa Rosa with his other parents.

Traci is working with Impossible Foods promoting their new cookbook with some cool social media live all-day sessions and enjoying a slower pace for once in her life. Two restaurants that she consults for, Arguello and School Night, are scheduled to open soon so she’s helping prepare for that.

They’re not watching that much TV —however Jennifer loved Normal People, Traci and Eli loved Waco, and Jennifer and Traci are watching Ozark (terrifying) and Schitt’s Creek (hilarious).

## CO-QUARANTINING

“It’s complicated.” They started their quarantine for the first few weeks in Tahoe with another family, including Eli and Jonas. (Jennifer’s 18 year old) “It was a great place to start sheltering in place because we were on a ski mountain and spent our days hiking up and skiing down (as the lifts were closed). We also had epic snow. We wrote and recorded songs about my sister Suzie who was alone in NYC with COVID-19. We sent her a recording every day for about a week. Eli also celebrated his 20th birthday.<sup>192</sup>

“We headed back to SF (Eli went back to his other parents in Santa Rosa) where Jasper, Jonas’s 20-year old brother joined from Madison, WI. The kids have been going between 4 sets of parents and other family. Currently we’re in Shaver Lake where it’s quiet and beautiful, despite the Trump flags and signs. We plan to spend as much time in Shaver, including a few weeks in August with all the kids before they head to their respective colleges. As of publication, that’s the plan.”

### SOMETHING SURPRISING

“No one has missed eating out. Of course it helps that Traci has been cooking every night. For about 6 weeks it was just Jonas, Traci and me, and every morning Jonas would ask, “What’s for dinner Traci?” She managed to find purveyors who shifted from wholesale to consumers so we got to eat incredible produce, fish and meats. Every meal was crazy good and fun.”

### PROTESTS

“We went to the BLM protest in the Mission and it was very weird being out with so many people.”

### POSITIVES

“We have all gotten along really well. No fights, lots of warm hugs at home. Alone time also helped. Jonas loves to walk so he would get up every day and take a long walk before Zoom school. Hanging all day with the cats and dog has been special.”

### CHALLENGES

“Not hugging anyone other than our pod mates. Keeping a positive attitude. Witnessing Jonas ending his senior year online and not having the senior spring and hanging with his friends that he so looked forward to. Eli still doesn’t know what his junior year at college is going to look like.”

Instagram: @tracidesjardins





## SEAN, JANETTE AND JONATHAN

Sean (54), Janette (13) and Jonathan (15) are sheltering in place in Los Angeles. Sean is working in banking but recently got really sick, had to go to the hospital and didn't work for a while.

Activities the family has been engaged in during the time of COVID-19 include skateboarding, scootering around the house, running track and family cooking. Sean and Janette binge watch Reign while Jonathan watches all different types of anime.

“Something positive we'd like to share is to stay safe and just because we are quarantined doesn't mean you can't still have fun.”

Instagram: @B\_Leaf @seansmorris





## GAMAL

Gamal J Palmer is sheltering in place in West Adams, Los Angeles. He is senior vice president of leadership development at the Jewish Federation. In that role, he oversees a myriad of leadership programs, professional development for the staff and board development for the board of directors. During COVID-19 Gamal has been pushing himself more and more to lean in and learn from his Federation colleagues in new ways.

Gamal also designed and facilitates Diversity Gym, a series of workshops based in the reality that we're all at different levels when it comes to biases and prejudices, and that much like fitness, we need to work out the conversation together. Diversity Gym is offered to organizations (within and outside of the Jewish community) that are committed to understanding implicit bias and racism. He is also the founder of Global Eye Entrepreneurs, which creates opportunities for male entrepreneurs of color.

During the time of COVID-19, Gamal has been “working all the time. Managing my awesome and highly dedicated Federation team. It’s been challenging switching Diversity Gym from in person to virtual; ensuring that the intimacy, authenticity and components of human connection are still very present.

Gamal is “Cooking as if 12 people are coming over for dinner, but only one sits down at the table. And I’m reading and watching lots of soap operas (oops, I mean the news). And talking to the moon. Meditating more and more. Oh and ZOOOOOOOOOMS. Meetings on Zoom, leading workshops on Zoom, sitting on panels on Zoom! #ZoomLife.”

Gamal is from Philly, but hasn’t lived there since high school. He has 8 siblings and loves them all. His favorite show he’s binged during this time is Casa De Papel (Money Heist) -- “WATCH IT!”

Gamal has been surprised by what’s happening with the racial justice movement. “I really thought the impact of COVID-19 would surely erase any talk and efforts having to do with equality. Then BAM, America woke up and started admitting we’re often pretty racist. I’m very grateful for the racial justice movement. It’s time to dismantle structural racism!”

“I grew up marching. I believe in protest and felt very inspired to see so many of us younger folks out there. But as a person with adult asthma, I couldn’t be there myself. Of course I also got very nervous that so many people around the country were all marching in the midst of COVID. These are the tension points we have to grapple with.”

“I’m actually ok with improvising life — events, conversations. I don’t need to know what’s going to happen moment by moment. Yet I’ve always wanted to have a general sense of my future — to feel grounded and working toward a larger goal. However, in the context of COVID-19 the future is so uncertain. Over the past few months I’ve been learning a new level of letting go. Letting go of what I think life is supposed to be and being excited about what it actually is.”

“For those of us reading and seeing these beautiful artistic expressions of Life in the Time of COVID (for example this book), we must recognize that it’s a privilege. This time of being Safe in Shelter is an opportunity for all of us to get related to what matters to us versus what are mere distractions.” Instagram: @Gamaljpalmer



## LYDIA AND DEST

Lydia (51) and Dest (12, not pictured) are sheltering in place in Topanga, CA. Lydia is a writer, yoga teacher and property host. Her property has been her business for the last five years, used as an Airbnb and a location for photo and film shoots.

“For the first 2 weeks of COVID everything went dead — all bookings canceled. My workload got very busy after that. Locals wanting to stay in the mountains and get away to nature. I was homeschooling Dest and airbnb-ing. I enjoyed the moments although it was tough with getting a 12-year old to adjust to working at home. But we pulled it together. Started getting up at 6 am. I’d take Dest to the beach to surf and I’d practice a little yoga or go for a run on the beach. Getting back by 9 am for school Zoom meetings. It became our schedule. We needed that to find our way. Dest didn’t enjoy the Zoom meetings. If he couldn’t see his friends, throw a ball, surf together, skate together, he found Zoom meetings pointless. I started my own practice of yoga again. I didn’t feel the need to get into Zoom yoga classes or such. The mountains and practice became my sanity.”

“I was really in a good place with the quarantine. I was keeping the business going on the property and felt my guests were very grateful for the chance to get away from the city and reconnect with nature. It was quite lovely to feel how my property offered some sanity to some very special guests.”

“I then received an LA County notice on my gate and my life was suddenly changed. No more Airbnb in my tiny house, an order to demolish and the need to sell my house. It seems that LA County is working from home and cracking down on people renting out our unpermitted havens. The timing is unfathomable but it is what it is. COVID-19 doesn’t stop inspections. Where parts of the world have slowed and some have stopped, other parts go full steam ahead.”

“I’m not fearful of COVID-19. I have huge respect for precaution and others that have to be extra cautious. And I have a respect for how everyone has taken it differently. I do believe it is serious, very serious, but I also think it’s causing us to regroup — look at life a little differently. I certainly have seen it in my guests. There seems to be a little more introspection going on, trying to figure out what’s important in our lives.”

“As I looked at the pictures Alon took of me in my home and on my property, I saw that I needed a haircut. I saw my hair was really going gray and I noticed that I wasn’t smiling from within. Perhaps the timing of the pics — it was just a day or so after the 2-hour inspection by four masked inspectors and two armed cops walking my property and taking pictures of anything they could find that could be an issue; another citation they could write up. My being was deflated and I can see it in the pictures. My eyes say everything. I was sad. I was tired. And I appear baffled by this world we live in. I have been so fortunate to live on my property for 13 years and COVID has brought me even closer to the peace of the canyon, the wild life, the spirit of being alive. Closer to my boys. Closer to me. Closer to closure.”

“I have often said, I feel rich, but it’s not money, it’s the way I lived. August 10, during COVID-19, I will begin the process of demolishing my home.”







## WENDY, TONY, LILA, THOR AND CRICKET

Wendy Gadzuk, Tony Buhagiar, and the cats Lila, Thor and Cricket (who hides from strangers) are sheltering in place in Morongo Valley, CA, just outside of Joshua Tree. “We are both 49, about to have our big ones in August (for Wendy) and October (for Tony) while most likely still in quarantine. Guess we’ll have to postpone our joint big 5-0 party!”

Wendy and Tony are both visual artists and musicians. Wendy is also a co-curator at La Matadora Gallery in Joshua Tree, and a caregiver and hospice volunteer, among other things.

Favorite shows Wendy and Tony have binged together: The Sinner, The Great British Baking Show, The Pharmacist.

Wendy: “Marcella, Unsolved Mysteries, and almost any new (and sometimes old) documentary. I’m still trying to find episodes of Forensic Files that I haven’t seen or only seen once.”

Tony: “Rediscovering many occult horror movies from the 60s and 70s.”

Wendy talks about their time during isolation:

“The quarantine hasn’t affected our life in a dramatic way, aside from not being able to perform and/or see live music, and the gallery has been touch and go. Hospice volunteer work has been by phone only. Adaptability is key now when planning anything, as the guidelines that we are working within change daily. Meanwhile, making art has been a constant.”

“We are both actively engaged in art, music, and practicing meditation as our lifelong passion projects. I’m working on a book of haiku poems to go with my Deconstructed Divination oracle deck I recently created.”

“It has been interesting to notice that as artists, our lives haven’t changed drastically during isolation. Tony has generally been the more reclusive one, and an unexpected observation is that he seems to miss socializing even more than I do. I did notice, when La Matadora Gallery was open again, how exhausted I was at the end of the day just from talking to people, after having not done that for a while. We give away a lot of energy without realizing it.”

“The biggest challenge is to keep working when we don’t know what parameters we are working within, as they are constantly changing. Where will we show our work? Do galleries have a future? Will music venues still exist when this is over? Those are unknowns. But the work must continue.”

“Art sales have been interesting, too. When the shutdown first started, everything dried up. I had just curated and hung a fantastic group show at La Matadora that was not seen by the public, aside from opening night. Nothing sold after that. Once we all settled into our reality, I found that people (myself included) really wanted to acquire art. I bought several lower-priced pieces from artist friends online, and I sold many of my low to midrange priced pieces of art, as well. Much more than usual. I think we are all longing for some kind of connection. Sometimes, in the midst of all the chaos and social injustices happening in our country, art feels trivial. But it is not. We are offering human connection, which is something that has great value.”

“Tony and I tell each other every day how grateful we are to have each other and our home, especially during this time. We are fortunate. We never take that for granted.”

Instagram: Wendy - @wendy\_lee\_gadzuk, Tony - @funnyfarmart

Websites: [www.wendyleegadzuk.com](http://www.wendyleegadzuk.com) <https://funnyfarmart.bigcartel.com>

Wendy and Tony’s Music: <https://soundcloud.com/stonelevitation>







## DANNY, MIMI, BUDDY AND GUY

Danny Frankel, Mimi (not pictured), Buddy and Guy the cats (Guy not pictured), are sheltering in place in Joshua Tree, California. Danny is a groovy drummer/percussionist. He usually plies his trade on stage and in the studio but during the time of COVID-19 he “plays on peoples records and projects @ my place or @a studio where it’s safe. Just me.”

“My ‘passion project’ is to survive through all of this and help other people too. I’ve developed even a fonder relation to nature. Its strong force and presence wins!”





## PAULA AND KUROSH

Paula and Kurosh are sheltering in place at Casa Dari in Joshua Tree, California. Paula is a food stylist and Kurosh is a didgeridoo crafter. They live right next door to Kurosh's mother Gretha, so they are fortunate to have a family satellite as part of their quarantine situation.

During the time of COVID-19, the couple has been creating art projects, painting, playing music and dipping in the pool. Kurosh is making the world a more beautiful place by completing Casa Dari projects.

Favorite shows include Finding Your Roots, Home Town and Planet Earth.

### SOMETHING SURPRISING

“I realize how badly I want to retire!” (Paula)

### SOMETHING POSITIVE

“I love my husband! He loves me!! LOL.” (Paula)

### CHALLENGES

“Not being able to see my family in Boston is very difficult.” (Paula)









## **MIKE, MAGGIE, KELLY AND FRANKIE**

“Life is too short not to be lived.”

Mike Smalley (65) and his doggos, Maggie (12), Kelly (9) and Frankie (7 or 8 maybe), are sheltering in place in the Old Town neighborhood of Yucca Valley. Mike is retired and a disabled veteran. “The pups are dependently wealthy.” (Editor’s note: Mike is also a talented photographer.)

During the time of COVID-19, Mike has been walking, gardening, acquiring bushcraft tips and seeking out new road trip destinations on YouTube. Mike is surprised by his success with organic gardening in high temperatures and is hoping for the best harvest he’s ever had during these days of isolation. The pups are very big into napping.

Mike’s only contact with the “outside” world is with friends and folks via video chat. He has found it interesting, “Observing my moods ebb and flow like the tides.”

His favorite show is Hasta Alaska, a YouTube video documentary. “The pups particularly like the star “Alaska” the dog.”

Mike’s biggest challenge currently is “Keeping the faith that good will triumph over the current evil in the world. Love is all there is. Share it!” Instagram @smalley.mike  
[www.mikeysphotoart.com](http://www.mikeysphotoart.com)





## GARY

Gary Daigneault (69) is sheltering in place in Joshua Tree, California with his wife and sister-in-law.

By day, Gary, Jessica Jean, Cody Joseph and Tami Rolleff run Z107.7 FM. “The Radio station is considered an “essential” business because we are giving important information regarding the pandemic and closures, cancellations and other things that affect our audience. The lobby is closed and we only have a few employees in at a time. The Z107.7 “Pod” for our morning show is myself and Jessica Jean on the air with managing editor Tami Rolleff answering phones and editing news. Producer Cody Joseph comes in later to assist.”

Gary is also working on a live staged reading (via Zoom) of an original Play. Before the pandemic he directed 24 Musicals over 20 years for Theatre 29, the Twentynine Palms Community Theatre group. His favorite show during the time of COVID-19 is Snowpiercer, as well as all things Disney+.

### CHALLENGES

“With the radio station lobby closed, we have to come up with alternative ways to get information, distribute prizes and perform other activities.”

### POSITIVES:

“Z107.7 is able to keep our local population informed with accurate, informative non-spun information.”

Instagram: @garydaigeault Website: <http://z1077fm.com/>





## **BOBBY, JANE, MO, HAWK AND LIBERTY BELLE**

“On the 6th March I was rolled into Loma Linda Hospital and straight into ICU where I slipped into a catatonic coma-like state. It had been a few weeks since a minor surgery to remove a small tumor from my lung. That surgery went fine — no chemo or radiation was needed. But then the fevers began. And the weekly ambulance drive to the emergency room with no understanding of what was happening to me. Q fever they said, a bacteria found in the placenta, amniotic fluid, urine, feces and milk of infected animals. People can get infected by breathing in dust that’s been contaminated. Nonetheless, nothing was working to get me past this delirious condition. They were ready to send me home to die, when the community kicked in and I was whisked off to Loma Linda, where upon arrival the urgent care staff basically pointed the EMT to the doors of the ICU. And so I was placed in ICU, hooked up to machines, readings and beepings surrounding me, as slowly I slipped into something like the Bardo state of the buddhists. A deep dream/coma like state where nothing is real or solid — not dead, not living; not conscious, not unconscious; not hearing, not not hearing; not breathing, not not breathing; not seeing, not not seeing.

During this time, unbeknownst to me, the nation’s most populous state had ordered its nearly 40 million residents to stay home to prevent the spread of a deadly coronavirus. Something like a thousand people had tested positive in California. Hospitals went into quarantine, family members watched family members die from behind glass walls, not able to give that last kiss or to whisper a last “I love you.” Three weeks later, I opened my eyes. A nightmarish dream was over. Two weeks later, I was sent home. I had not died, but the world had died in some way. Gone — everything. The saloon doors closed, the Gallery lights went out, the PA system turned off...the BBQ lid came down, and all the world seemed to dissolve into quarantine; into some kind of catatonic coma dreamlike state, living but not living, dead but not dead, conscious but not conscious. Everywhere things had changed. I am still somewhat, like many, a deer in the headlights. All I can do is shake my head in disbelief. Waking from a dream into a dream.

I feel a lot better now. I was finally diagnosed with lymphoma. Myself and my 3 cats, 2 who are teenagers Mo and Hawk (Mohawk - named after the Trailer Park) and Liberty Belle, aged and peaceful, still the slinky matriarch of the house and Jane my partner, yelling at the news-wild political world outside but on the screen inside. She has been a real darling putting up with me. I am gathering strength and starting to put on weight again. I wear two masks at a time when dealing with others. Everyone at the thrift store is masked. And outside, it’s America — black lives matter and the Joshua Trees are threatened. But still, if you look carefully, you can tell when a person is smiling — it’s in their eyes.”

Learn More about Bobby Furst at [BobbyFurst.com](http://BobbyFurst.com) and [furstworld.org](http://furstworld.org). Donate to Bobby’s community driven Theater for the Arts.: [www.patreon.com/furstworld](http://www.patreon.com/furstworld). 218



WE  
DO NOT WANT  
RICHES  
WE WANT  
PEACE





## GRETHA AND LUNA

“Go to sleep thankful, wake up grateful.”

Gretha Showghi (76) is sheltering in place in Joshua Tree, California. She’s fortunate to live right next door to her son and daughter-in-law, Kurosh and Paula. And then there’s also Luna the tortoise. Gretha is a homemaker. During the time of COVID-19, she has been busy gardening, sewing and working on various home improvement projects. She enjoys nature shows and the PBS Masterpiece Theater series.

**THE PROTESTS:** “I have not participated in any protests out of caution for my age. I’ve followed it closely on TV and cheered them on.”

**CHALLENGES:** “Not being able to see my son, daughter-in-law and grandchildren back east and hug the people I love.”

**LAST WORD:** “My beloved aunt passed away peacefully at the age of 90 this spring in Holland. This quote was printed on the announcement: “When you are sad, look into your heart and you will see, you weep over what gave you joy.” Kahil Gibran





## **AMRITAKRIPA, ROBBI, KARLI, TIMOTHY POPPIT AND BLU**

Amritakripa, Robbi, Karli, Timothy Poppit and Blu are sheltering in place in Joshua Tree, California. Age range is 6 months to 6 decades. Robbi is a music producer, musician, editor and viral marketer. Kripa is a chanteuse and senior regulatory specialist at MegaFood.

Robbi is producing a new album for 3rd Ear Experience, a free form experimental jam band founded by himself and Kripa. Kripa has the good fortune of working from home for Megafood.

“The forced lockdown has simplified life to a large degree. By eliminating many social distractions, we have more time for painting and jamming, and hanging out with furry friends. We have taken this time as an opportunity to start moving towards being self sustained with regards to food. We are ‘growing soil,’ planting fruit trees and preparing planting beds and storing seeds. So, in a sense, we should be well prepared for a world that might change for the worse; soil is the most important crop you know. We expect the best but prepare for the worst.”

“Coincidentally, in Robbi’s last newsletter for 2019 he spoke of doing a virtual world tour in 2020 with 3rd Ear Experience. This would entail live streaming to a different country each day/night making our way from Russia to Portugal, from Canada to Argentina, from Cairo to the Cape. In preparation for this we had bought an Atem Mini Switcher that can cut between 4 live cameras to make the streaming look really special with green screening and digital fx. Then came the pandemic. Doing this live streaming is no longer just a passion project but seems to be a project that is going to be a very very important aspect of the post pandemic world. To take a musician’s ability to perform for people away is like robbing them of a deep sense of meaning for their lives. So Robbi is turning this project into a community service for performing artists, photographers, short filmmakers and musicians.”

“Kripa, is working on an idea to do a gallery/fashow showing of her art and bringing her art to life by having models and dancers wear the garments depicted in her fairy paintings. This new technology will now serve this idea within the confines of social distancing. Also, Kripa since she was a young girl, wanted a ‘secret Garden’ and so she has been working on planting lavender, sage, rosemary, butterfly bush, honeysuckle, purple succulents and a variety of flower bearing plants that are rabbit proof and desert friendly, all in a small area that she has cordoned off with a beautiful wooden fence built by her own hands with her own set of Makita drills!”

“We’ve been Zooming with family in England doing general knowledge quizzes. The first one we did was a costume party. Robbi came as Van Gogh with bandaged ear; Bella our daughter wore a tambourine around her neck and a small one on her head, sporting a mustache that curled up on the edges, she was Mr Tambourine man; and I came as a forest nymph. It was hilarious. Thank heavens for Zoom — came at the right time for us to be able to spend such quality time with distant family.”

“At the beginning of shelter in place, on Easter Sunday, we rescued a baby bunny. Kripa and our daughter Bella had both recently dreamed that we found a kitten when we were

together in the garden. Within a few days of the dream, we came across a tiny bunny in the garden that was being attacked by our resident scrub jay named Blu. The little guy was huddled up in a corner outside and as the sun started to go down, we were getting concerned that he wouldn't make it through the night. No sign of mama or a bunny nest in the vicinity. We decided to bring him in and, in the process of researching what to feed him, we discovered that baby bunnies are called kittens — so he literally was a dream come true. We called him Timothy Poppet. Thus began a 6 week ritual of feeding Timothy twice a day and hopefully giving him a chance to thrive. Kripa would do the 5:30 am feed and Bella would come over to do the 5:30 pm feed. On most days, Blu would sit in the tree above Timmy's cage and watch intently as we fed him. Exactly 6 weeks after finding him, we released him to his desert bunny life. After Timmy ran out into the desert, Bella and Kripa would stand in the garden, scouring the view to see if they could find him. After some time, we spotted him frolicking in the dirt and we started calling his name. Sure enough, he stopped what he was doing, walked up the drive and through the garden gate, coming to each of us individually as if to say thank you. He was so happy to be free that it filled our hearts, although we did miss seeing his sweet, excited little face every day. About 8 days after we had let him go, I looked out of the bedroom window and said, I think that might be Timmy. Indeed it was and Kripa was happy to give him a little treat of oats and kale, 2 of his favorites. Since then, he hasn't missed a day of visiting. And Blu? He still comes almost every time Timmy shows up. Timmy is bigger now and has learned that he can chase Blu off but he did let him share his water dish a couple of days ago and they now quite contentedly eat their treats within a couple of feet of one another. I think they may actually be friends.”

“Of course there have been challenges. Not being able to physically see friends and spontaneously hug. Knowing that so many people are suffering in so many ways and seeing the division and confusion that is rife.”

“There have been lots of positive learnings through the pandemic experience. No man is an island they say. So we learn that we are mirrored to ourselves through our family friends and the larger community as a whole. We know ourselves and learn ourselves through others. We are whole, because of the whole. By being forced into quarantine, and social distancing, we lose that sense of the mirror, the external mirror. The external knowing of ourselves, through ourselves in others. This can be very disconcerting, like a teenage girl with raging hormones who cannot find a hairbrush. This drives her nuts! For us it has been a peaceful time enjoying the silence of the desert and the darker starry nights. Realizing that we need a lot less than we have become accustomed to and that it's not always necessary to be running here, there and everywhere. Being in contact with family overseas because we are blessed to be able to connect from remote locations. Spending more time with our beloved intimate family. So we are appreciating every day, and so grateful for that one simple decision we made 15 years ago to buy a house in the desert. Our quarantine has not been so claustrophobic because of our peaceful surroundings and beautiful distances.”

“Above all, we would like to express our gratitude to all those brave protesters, to the doctors and nurses, store tellers and to teachers and all those who are putting their lives on the line in these strange and uncertain times in service and for the sake of all living beings. Thank you.”





## EVA AND TUFFY

Eva Soltes is sheltering in place in Panorama Heights, Joshua Tree with Tuffy “the sweet compassionate 10-pound pup that mothers me.” Eva is founder and director of the Harrison House Arts & Ecology Center. In the time of COVID-19, Jamie, Raffaella, Lin, Zoe and Miranda have sheltered at the center as volunteers.

Eva is trying to stay connected to community with helpful and meaningful programs. She’s creating online programming, fundraising, building a board of directors and working with volunteers. The volunteers have been making soil, digging garden beds, sprouting seeds, planting and watering. One of them recently completed painting a beautiful new mural.

Harrison House Music, Arts & Ecology Center is a non-profit residency/performance/education program for gifted artists and environmental activists. The center is dedicated to the practice and teaching of drylands permaculture and providing a place for artists to explore the meeting of art and ecology. Learn more at [www.louharrisonhouse.org](http://www.louharrisonhouse.org).

SOMETHING SURPRISING: “I’ve been busy as hell!”

CHALLENGES: “No public gatherings, hugging, snuggling, travelling or planning! And I miss my dance family in India at the Balasarawati School of Performing Arts where I try to spend a part of each year.”

POSITIVES: “Fortunately the beauty of nature continues uninterrupted. It’s been great having time to focus on growing food and regenerating the earth while getting three weeks to the gallon of gas!”

“I hope through this pandemic people can return to actual living in their immediate world and enjoy tending nature, reusing water and growing food, and that the virtual world doesn’t take us over. Think globally, act locally. And be sure to vote!” Instagram: [@lou\\_harrison\\_house](https://www.instagram.com/lou_harrison_house)









## PAUL, MARY AND RUFUS BIKO

“Nothing can take the place of love and kindness.”

Paul (64) and Mary (60) Moeller, and their African Gray parrot Rufus Biko are sheltering in place in Joshua Tree, California. Paul and Mary are both retired from the corporate world and prior to quarantine were doing assorted gig jobs including playing with several bands, creating and selling art, parking crew for music events and hauling trailers. Now, Paul works security at the campground where they live and Mary has done some commissioned paintings and has also been making and selling jewelry.

“Four years ago, we were living north of San Diego on the Pacific Coast in Encinitas. We were doing OK financially. The weather was perfect. We had a wonderful social life. We lived a block away from the ocean. But the anxiety and stress associated with living and working for twenty years in overcrowded and increasingly expensive coastal southern California was leading us to question what was REALLY important. This led us to a decision to leave the corporate workforce world and make radical changes to our lives. We had no idea what ‘retirement’ was going to look like, but we were ready to find out! We sold almost everything we owned, used retirement funds to purchase a 35-foot fifth wheel trailer, a diesel pickup truck to haul it, and other provisions... then moved into it, and started travelling full time...Adios Encinitas!”

“After 2 years on the road — winding our way throughout the West - we decided to take a break, and planted ourselves in Joshua Tree, where, over the years, we had developed numerous wonderful friendships. We quickly found ourselves integrating with this delightfully diverse community. We’re still living in our 300 square foot trailer but are now permanent residents at Joshua Tree Lake Campground (where the Joshua Tree Music Festival is held). Back in March, as we both came to the realization that we might be hunkered down at home for a long time, we began to focus on home improvement projects to make our little desert outpost more comfortable, livable and fun — and on enjoying each other’s company.

Mary: “During quarantine, I’ve submersed myself in various art projects, especially jewelry making and watercolor painting (I’ve done several commissioned works). As a former horticultural specialist, I worked with Paul (who’s definitely not a horticultural specialist) to design and create a lovely garden. The extreme temperatures of the high desert have certainly challenged my gardening skills, and every day I learn a little bit more. I’ve also rediscovered my love of cooking, which had been on the back burner while we were travelling.”

Paul: “Prior to the quarantine I was working as a musician, playing several nights a week at local venues. I was also deeply involved in photographic art (Possibly Art Photography), which has brought in a few dollars over the years. When quarantine hit, and I realized that it might be a long time until music gigs returned, I decided to switch gears. I saw this as a grand opportunity for a sabbatical — a retreat into self-reflection — digging deep to discover what’s important to me. You could call it my ‘moment of zen’, or as Warren Zevon put it “splendid isolation.” I set aside my musical instruments and photography, and headed off in a new direction — completely reimagining our limited living space, and submersing myself in an ambitious building project to embellish and desert-proof our tiny travel trailer home. Over the next 3 months, I designed and built a roof structure with shade awnings, a wraparound deck, workshop, outdoor storage and laundry area, and a delightful garden. It’s been a satisfying, joyful experience. I’m still dreaming up more additions (though I have started to ease back into music and photographic endeavors)!”

“We’ve really gotten into snuggling into bed in the evening, turning out the lights and listening to serialized story podcasts. Our favorites have been Son of a Hitman, The Plot Thickens, Missing in Alaska, and Serial – Seasons 1 & 2.

“We’re permanent residents of a fairly isolated commercial campground here in the Mojave Desert about 10 miles from Joshua Tree’s nearest businesses. When the quarantine hit, and tourism and vacation travel came to a halt, our campground really emptied out. But something interesting happened. About a dozen RV campsites here became occupied by folks who had made conscious decisions to provision up and move into their travel trailers to ride out the quarantine. Over the next months, in this post apocalyptic feeling environment, a small, and diverse community began to develop, including a couple living in an ancient 25 ft motorhome with their 3 young boys; a retired teacher and children’s book author who had been travelling full time in his RV for the past 5 years; a widow who had moved into her travel trailer, left her home in the Midwest and headed out here to be closer to her daughter and grandchildren; a family of chanting religious pilgrims; a chronically ill vagabond guy who has been living in his car for several years and does a daily mindfulness video broadcast over the internet; a Marine with a beautiful Airstream trailer who is consumed with training his rottweiler puppy (which is now the size of a bear); and some retired “snowbird” couples determined to stick around here until the heat got too unbearable. Aside from living here in trailers, many of us had very little in common with each other — but the caring community that blossomed here was really a wonder to behold. We all have each other’s backs: keeping an eye out for one another, taking turns making trips into town, and making sure that everyone has what they need to get by. In these troubling times filled with fear, anger, sadness, uncertainty, anxiety, panic, resentment, discord and lots of misunderstanding, we manage to all set aside what might have otherwise divided us, hunker down together in this desert enclave — and show concern and comfort for each other — COMMUNITY! It’s been a beautiful thing to experience.”

## CHALLENGES

“Struggling with the anxiety that comes from waking up each morning knowing that there is a madman in the Oval Office. Not being able to hang out with friends and family, or gather with fellow musicians to make noise together. Social distancing makes hugging difficult.”

## POSITIVES

“As married partners being quarantined and living in such close quarters, these unexpected and extraordinary times could be a recipe for disaster. However, we’ve seized this opportunity to grow together as a couple. Our love for each other is stronger than ever.”

## LAST WORD

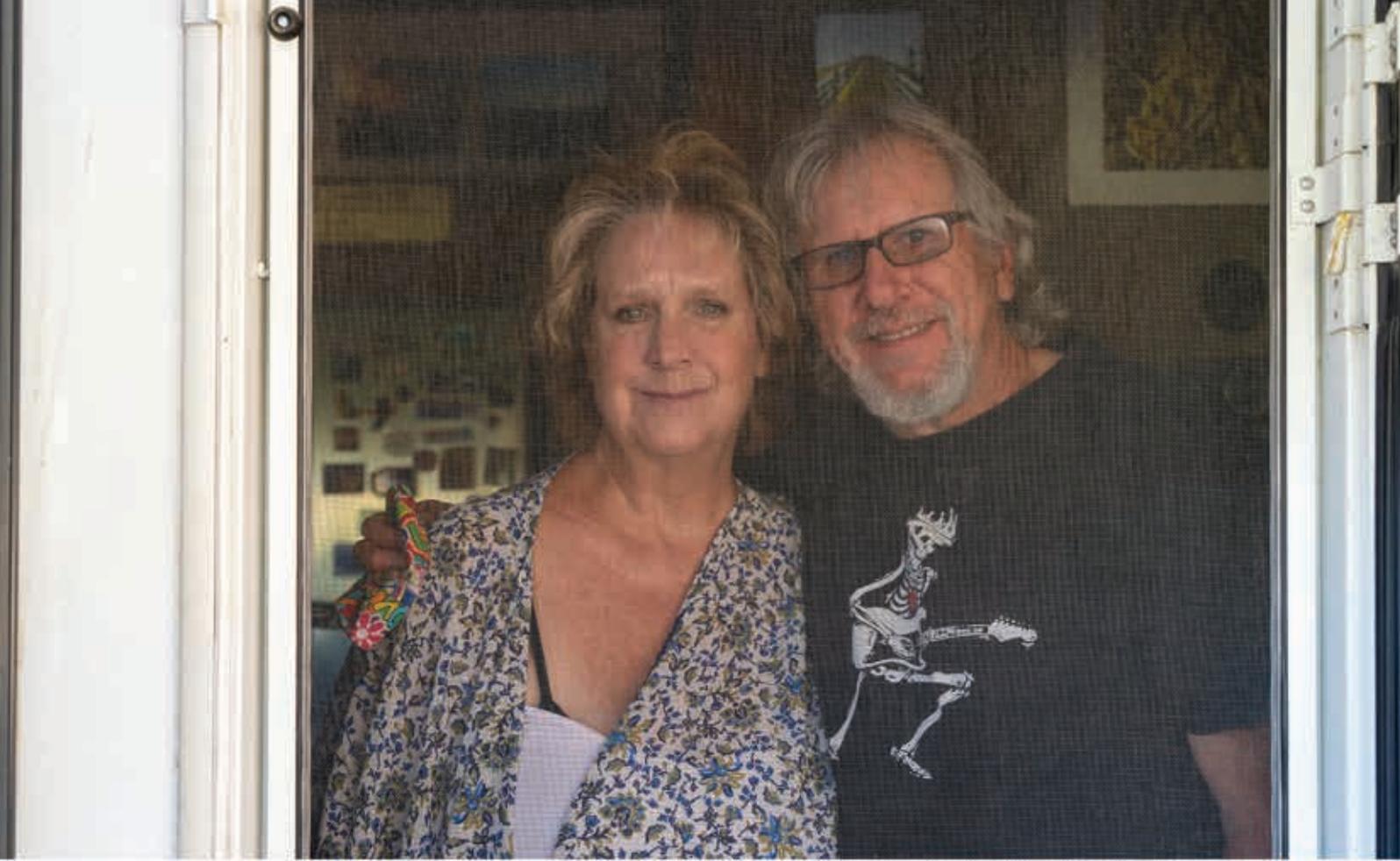
“Thank you Alon for taking on this soulful, ambitious project and inviting us to participate. It warms our hearts to have such a vivid reminder that we’re all human, and we’re all in this together.”

Instagram: @possiblyart Mary’s art: <https://www.etsy.com/shop/colorfulcreationsart>

Paul’s photography: <https://www.facebook.com/PossiblyArt>

Paul’s music: <https://www.facebook.com/MangledMetaphorMusic>





## GALIA

“We are pushed by the pain, until we are pulled by the vision.” Rev. Michael Beckwith

Galia Nitzan is sheltering in place in Joshua Tree, California. She is also renting a room in a loft by the beach in Marina Del Rey, Los Angeles to escape the summer in Joshua Tree. Galia is a designer, builder and creator of beautiful spaces, and is creating her next career in Somatic Psychology, preparing to go back to school to study full time.

“I am in the second year of an extraordinary communication course with Landmark Education. What a magnificent time to be in a transformational program that has me exploring, creating and celebrating my dreams fulfilled in the world. I am studying Somatic Experiencing, with the intention to go back and get my second master's degree in Somatic Psychology and work as a therapist. I'm also taking classes in breath work and ecstatic dance, and I'm coaching and mentoring people to harness their dreams and manifest them into reality! I am committed to being a light in the world.”

“I loooooove watching movies on my laptop. Period pieces, set in Europe or some exotic location, art house movies, anything about love, humanity and the human condition.

“For me, this is a precious, exquisitely painful and yet poignant time. Everything is changing. It both scares and excites me, and I see the opportunity to harness my dreams and start visioning and manifesting the life that I love! I consciously practice surrender and fearlessness as a choice at every moment. My greatest sadness: I miss my family in South Africa. I would get on an airplane tomorrow and visit them.”





## LISA AND ERROL

Lisa (60) and Errol (59) are sheltering in place in Los Angeles. Lisa is a physician and Errol is in real estate. Both are working a lot during the time of Corona. Gardening, housecleaning, exercising, watching documentaries and cooking have been keeping them busy when not hard at work. Errol is also growing and pruning his magnificent vegetable garden. Lisa is taking part in a pandemic triathlon challenge and is running and bike riding.

The favorite shows they've binged during this time are The Marvelous Mrs. Maisel, "We've needed to laugh," and Fauda, "which was difficult to watch but important to ponder the complex relationship between Israelis and Palestinians."

"Lisa's daughter lived in our house for the first three months of the quarantine because she felt safer staying with us. She recently moved back into her house with her roommates in West Hollywood."

Lisa has actually enjoyed cleaning the house and has gotten inspiration from an Instagram cleaning account (GoCleanCo). "I'm digging deep and the house has never been cleaner." Errol is obsessing about the flush of heirloom tomatoes in his garden. "He talks to them and handles them with such love and care. They are almost too precious to eat."

"We did not participate in the protests because Lisa has the risk of exposure every day at work and we are being extra careful not to be exposed to COVID in other situations. We participated in the protests emotionally."

Positively Speaking:

"Errol has started taking leftovers for lunch and we are cooking EVERY night, which means that we are eating healthier and saving money."

Challenges:

Lisa is missing her family members who don't live in LA. And they're both missing their friends that they can't see.

Last Word:

"We appreciate Alon for taking these beautiful photographs and memorializing this sad, uncertain moment in time for us. We will never forget."

Instagram: @Errolspi @drlisaclaire



## TRACEY, AÏDA AND LADY LUNA

Tracey A. Leigh, Aïda Mashaka Croal and Lady Luna Santiago are sheltering in place in Los Feliz, Los Angeles. Tracey is an actor, Aïda is a writer and Lady Luna is an attention hound. As the acting business has pretty much slowed to a near halt, Tracey does occasional work as an audiobook narrator, and records audio descriptions for the visually impaired for Netflix. Aïda, on the other hand, has been fortunate that her writing work continues uninterrupted. She is currently developing an original TV series for HBO.

Tracey and Aïda have been busy with apocalypse gardening, apocalypse cooking, apocalypse bingeing shows they'd otherwise never watch and getting taken on walks and being trained by Luna. When that gets to be too much, they'll take a day trip to someplace they've never been in the 15+ years they've been in LA, like Big Bear or the Sequoia National Forest.

Aïda loves reading novels and prior to the pandemic, rarely found the time. Now she feels like a kid again, holing up for hours devouring new worlds. She is currently reading "Hurricane Season" by Fernanda Melchor. Luna has devoted herself to finding new ways to steal the socks off of her moms' feet. Tracey is steadily figuring out how to live off the grid. Favorite shows include "The Boys," and "I May Destroy You."

The Unexpected: "A termite situation we became aware of in the fall suddenly got out of hand, and in order to have the house tented and fumigated, we had to find a place to stay for a few days with the dog. We were lucky on that one. We've also discovered the potential of our virtually unused front porch as a substitute living room for social distance visits with friends."

The Protests: "We attended one Justice for Breonna Taylor rally. We were a bit nervous about being around so many people, but felt we had to be present. Everyone was masked, and businesses along the route were set up with tables full of hand sanitizer, water and masks. It was a great coming-together."

Challenges: "Sleep is definitely a challenge. There's a low-level buzz of ever-present anxiety that wakes us up at odd hours of the night. We've recently started taking melatonin and it's helped, but hasn't erased the issue."

Something positive: "It's pretty basic, but for the most part we're enjoying spending more quality time together. Happy to be one of those couples for whom the extra time spent together is a plus!"

Instagram: @traceyaleigh and @Mashaka74  
Website: TraceyALeigh.com



## FRANCISCO AND MARYBETH

Francisco Letelier (60) and Marybeth Fama are sheltering in place in Venice and Joshua Tree. Francisco is a visual artist, arts consultant, educator, writer and editor. At this time he is working a lot although not on public murals or group projects.

“We’ve been art making, arts consulting, translating, gardening and cooking. Sheltering in Place looks different in Venice and Joshua Tree. In the desert we can roam for miles and still be isolated.”

“As artists we are both always working on passion projects. It’s what we always do, in this time or not. In my work I respond to events in the world in the past, present and future as a way of addressing our contemporary states of being. My work entails intense research and reading. My overall practice output during the last 6 months has led to a series of works.

“I’ve been working on the Home Sweet Home Series, which dovetails with the work I have been doing for the last 2 years concerning Operation Condor that I started as a Truth and Reconciliation fellow at the Santa Fe Art Institute in Santa Fe, New Mexico. I am also working as an administrator and consultant with Venice Community Housing Corporation, supporting the creation of affordable housing in Venice through their Arts Initiative. I also finished the translation into Spanish of Peter Harris’s *Safe Arms: 20 Love & Erotic Poems (w/an Ooh Baby Baby Moan)* based on Pablo Neruda’s *Twenty Love Poems and a Song of Despair*.”

“Arte Mujer y Memoria an exhibit of Chilean Arpilleras (patchwork tapestries) created by women that chronicle life under the military dictatorship of Chile 1973-2000 opened in March 2020 at The Museum of Latin American Art in Long Beach right before we went into the COVID era. I worked on the exhibit as a co curator with MEMCH (Movement for the Emancipation of Women of Chile) and provided workshops and educational materials on their website. This is ongoing work as the exhibit was changed to be accessible to the public.”

“For the last few months I’ve been contributing to the creation of The Markaz Review, an international collective of creatives working on the forthcoming online community and publication. An online community, The Markaz Review is an intellectual and literary destination that seeks to erase the boundaries between peoples and celebrate culture. We intend to transform what was The Markaz from a brick and mortar center in Los Angeles to an international online collaborative. The site goes live on September 16, 2020.”

“Please vote!”



## BRENDA AND SONYA

Brenda Tippins is sheltering in place in Inglewood, California. Her eldest daughter Sonya, has been a part of her household during the time of the COVID-19 pandemic.

“The fear we’ve had of this terrible virus sent me and my family through many emotions since my two daughters and a granddaughter are healthcare workers. Sonya, who is an in-home healthcare worker with an elderly client always takes precautions upon coming in from work by keeping the needed distance from me. Having to report to work each day but respecting the stay at home requirements, the only concerns are making sure our daily needs such as food and household goods are in place.”

“As for myself, I take advantage of the curbside services that stores offer or go into grocery stores during hours reserved only for seniors. As an active senior, having to stay home is a huge challenge for me. However, I have managed to continue some of my activities via Zoom. For example, working with the Union’s political department where we’ve visited politicians’ offices to push for their support with different initiatives such as getting more PPE supplies for healthcare workers. I’ve also attended Town Hall meetings with candidates running for political positions.”

“Since 2014 and the murder of Keshon Fredericks, my grandson whom I raised as a son, I’ve been more focused on public safety and justice. This includes a broad range of topics. As a black person, I am definitely concerned about the unjust bias against black Americans. So, I’m in support of the movement. However, I do not support the Black Lives Matter organization per se and the idea of defunding police. That said, I do believe that the role of the police should be clarified and changed. As for the protests, I did not participate. And because of this terrible plague that is going throughout the world, I believe the timing was absolutely not right.”





