

## Essential Therapy from the Coronavirus Situation on a “Good Hair” Day!

Perhaps Charles Dickens said it best 150+ years ago in **A Christmas Carol**: “There is nothing in the world so irresistibly contagious as laughter and good humor.” Knowing the stress that the coronavirus is having on our society with its rigid isolation, I found a sure cure for any thoughts of depression that you may have by being so isolated and out of your normal daily routine. Today for example, I called up four people that I don't usually talk to. The first call was a lifelong friend who was a neighbor of mine in St. Louis 25+ years ago, The second call was to a professional colleague from St. Louis. Third, I called my genealogist in Poland about distributing wedding gifts to some distant relatives and of course latest status of my Team Kuzmich Family Extraction Project for FamilySearch.org that we are very seriously engaged in as a family. Fourth, called up a dear friend in rural Maine who I lived as a neighbor in Chicago some 20+ years ago. With each phone call, it was delightful to talk to someone as an unexpected surprise call that they least expected. It gave me an opportunity to express my gratitude for knowing them and to let them know that my wife and I are healthy and doing well regardless of our elderly ages!

Not only were the conversations delightful but my wife also had ample opportunities to reminisce with them as well of some of our fondest memories with them when we have an abundance leisure time with the coronavirus isolation. This may be a perfect time to use our technology resources. As bad as the coronavirus situation is, count your many blessings. We all have technology, abundant food, electricity, water and many other essentials such as our cell phones that may not be readily available on a remote deserted island. My suggestion, let's consider using our leisure time effectively by taking advantage of our particular situation and don't hesitate to pursue your genealogical needs. Because the Lord will surely bless us when we use our time and resources wisely. When more given, more is expected!!!! This Sunday, President Nelson has requested that we have a church-wide fast for the coronavirus situation. Please don't hesitate to participate!