



A New Challenge!

Some small businesses that are suffering because they are closed are the personal service providers: Physical trainers like Mary's Fitness, hair cutters, massage therapists, individuals who clean our houses and businesses, and other similar service providers who can't offer their close contact services right now.

Many of us, on the other hand, collect regular salaries in the form of social security, pensions and regular wages (those who can continue to work). If you regularly schedule training or cleaning or massages every week or every month, you have just gotten a pay raise because you aren't getting those regular services so you're not paying for them. At least that's how I view it.

So I challenge everyone who still gets a regular paycheck and who uses these kind of personal services to continue to pay your providers. They are your friends and you want them to be in business when this is over.

So when you have to clean your own house this week, send your regular payment to your cleaning service. If you exercise with a trainer, continue to exercise on your own and pay your trainer. Please don't cut your own hair.

April 24, 2020 We keep cutting kits, but it's a moving target as to how many we will have when you come through the door. We've cut more than **5000 kits** now, and that does not count the hundreds of masks that individuals have cut and donated from their own stash! We have delivered at least **3091 completed masks (not counting what will be delivered today)** to a variety of groups in the medical /first responder groups. And that does not count the masks that you have made and have given away.

We cannot supply every individual who comes to the door for a mask, although I try. We have gotten calls from lots of big corporations, various departments within the State of Wyoming, the military and the guard. I want my community to be safe, but we can't handle all needs. It breaks my heart that we can't, but we can't.

So I ask everyone who comes in wanting masks to sew at least 5 masks, keep a couple and

bring the rest back for donation. If they can't sew, they know someone who can. Within two degrees of separation, you'll find a quilter, a mom or grandmom with a sewing machine, a neighbor, a friend, a friend of a friend. Anyone can operate a sewing needle and can stitch these by hand. It's not hard. I challenge every regular customer to make at least 5 masks and bring them back for donation.

For those you who have already donated masks, you are marvelous (do I sound like Billy Crystal?) AND please keep making more! I know you are tired of making them, but the need continues to grow because our Covid-19 numbers in the state continue to rise.

For everyone who has donated elastic, fabrics, your time and talent, and money to keep this project afloat: Thank you very much! And please, send me an email reminding me what you have given, from fabric, to elastic, to ties, to masks, to money. I am trying to keep a list, and I have many of you down, but I know I have forgotten others in all the chaos. I will throw a big party for us when it's safe -- sometime this summer!

(I've got a plan for a t-shirt--more later)

Do you have Covid-19 Brain, too?

I have it. It used to be called the CRS disease: Can't Remember S***. It goes by other names, as well, but right now, we've all got Covid-19 Brain.

It's easy enough to tell. Conversations go like this:

"What did you say?" and then 2 minutes later, "You told me to do something, what did you want?" Then 2 minutes later, "You wanted what?" And then you get screamed at because your partner is tired of reminding you. Assuming he remembers what he wanted in the first place.

Or you're reading a recipe that calls for 1 cup of something. And you have to refer to the instructions at least 2 or 3 times to remind yourself. Or you tell me to cut 1 yard, and I have to ask you again how much, and then when I go to cut, I'll say, "You wanted ½ yard, right?" All in the space of about 30 seconds.

So how many of you have cut your hair? (If you're paying attention, there was no segue to this topic. I usually do better, but it's kind of a cut and paste brain at the moment.) I resorted to trimming my bangs and I have heard from others doing the same thing. Have you left the water running in the sink and

forgotten to turn it off - several hours later? Have you left the burner on your stove on after cooking? I hope all of your irons are automatic shut offs and that your refrigerator beeps at you when you've left the door open too long. Just don't ask why I'm using these examples.

And the Covid-19 dreams just keep getting stranger and stranger. (That was another no segue segue.)

For example, I dreamed that I was getting ready to sing with a friend of mine, and my costume was white with blue spangles and sequins, kind of a 1950s Hollywood-styled Western get up, complete with a white cowboy hat. Now that may not be all that strange, but I have this big floppy colorful hat that I wear when I travel, and I threaten Heidi that I'm going to buy her one because she really really loves it. I'm kidding. She tells me she refuses to be seen with me when I wear that hat. She's kidding. Maybe. But the strange thing about my dream was not what I was wearing but what she was wearing: an evening gown all in green sequins. We were quite the duo.

Erin Gravely has a blog site where you can record your Covid-19 dreams. She said she got the idea from a book, *The Third Reich of Dreams*, by Charlotte Beradt, who lived in German during Hitler's reign. Beradt started having nightmares of being hunted by storm troopers and she wondered whether she was the only one with such nightmares. She started covertly collecting and studying people's dreams, more than 300 of them and later published them after she got out of Germany.

Gravely said she wasn't planning on doing that kind of research, she just wanted to see if other people were having similar kinds of dreams during this pandemic. Maybe the collection of stories will eventually turn into a book. Remember what I said a couple of weeks ago that 18 months from now all the books will be about Covid-19 in some way?

Anyway, Mary Louise Kelly, host of *All Things Considered* on NPR, interviewed Gravely last week and Kelly started her interview by describing her own Covid-19 Dream:

"The other night, I broke into my NPR colleague's apartment and stole all her toilet paper. She had dozens and dozens of rolls - so many rolls - stay with me here - so many I then had to steal a beach towel to carry them all, bundled, bulging, slung over my shoulder Santa Claus-style. This was - yes, thank God - a dream - one of several crazy COVID-19 dreams I have had of late."

Or this story from Wired magazine: "A California woman in her seventies was dreaming of a grocery store. Her cat had instructed her to buy a specific brand of chicken, but it was too expensive. When she got to the register with her cheaper chicken in tow, the cashier told the woman she'd have to submit the proper paperwork for the chicken later because the system couldn't find the correct part number. The woman apologized for her stupidity but had to ask: Where was she supposed to find a part number on a chicken carcass?" Emma Grey Ellis, Why Covid-19 Quarantine Dreams Are Taking Over the Internet, Wired Magazine.

Now, there are some sane reasons for why this is all happening. Some of the psychologists who study sleep disorders say it can be caused by too much sleep - meaning, for stay at home workers they now are able to sleep for longer periods, which may mean more REM sleep, which means more retention of dreams. In addition, some dream cycles are now more disrupted, meaning more REM cycles, meaning more dreams and possible more retention of dreams. Translation: we're not really dreaming more, we're just remembering more about what we dream.

Another factor might be related to the dorsolateral prefrontal cortex of your brain being deactivated, the brain area which sleep doctor Jessica Payne calls the "rational center." She said in the Wired article, "We have these unprecedented levels of arousal [due to the stress of the pandemic] operating in a system where your brain isn't telling you things are crazy," Payne says. "It makes no sense, you're experiencing more fragmentation but continue on making the dream." Translation: Your brain doesn't know what to make of the Covid-19 life we're living. Or to put it in Star Wars terms: You've got crazy Han Solo captaining your brain and he's trying to make the Kessel run in less than 12 parsecs. And we all know that's impossible.

I dreamt the other night that our President told us that injecting cleaning solutions into our bodies might help expunge the virus from people with Covid-19. And then I woke up and realized that was not a dream. For all my readers, please do not get your science via press conference. There are better sources. Including the labels on the bottles. Lawyers carefully write those labels because someone in the past did something silly and sued. Even the label on lawn mowers that says don't put your fingers into the moving blades. I'm betting someone out there has some missing fingers and a bunch of money.

And the bleach injection trick has already been attempted by a nurse in 2008 (among many others). She killed (or was on trial for-I didn't go

further in my search to find her ultimate outcome) at least 4 people by injecting bleach into their dialysis tubes. I'd say that sounds like injecting a cleaning solution into your body.

And in 2010 Wired magazine reported that someone was peddling a miracle solution to cure intractable diseases and it was made industrial bleach. The Wired reporter, Deborah Blum, decided she needed to repeat her earlier article regarding homicide by bleach, "[b]ecause apparently there can't be too many reminders that bleach is, gasp, a poison. In fact, in the United States, household bleach is the number one cause of accidental poisonings, with more than 50,000 cases (including eight deaths) reported to poison control centers in a single year."

So in this time of stress, let's not overload the CDC with even more senseless emergencies. It has enough troubles right now.

And can I say just one more thing? I watched Once Upon a Time in Hollywood last night and I wish I could get back the couple hours that I spent. The movie was longer, but I finally started to speed through the endless scenes of people just driving around in cars, walking down long expanses of sidewalks or dirt paths, sitting watching movies or dancing by the pool. That movie's got to have less dialog in it than the Twilight movies. I get the clever editing that Tarantino brings to the screen, the wonderful acting in places by the leads, but I'd still like my two hours back.

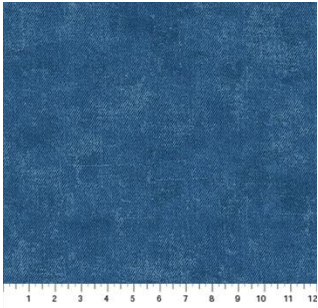
WHAT'S NEW!!

We have very few new fabrics in and I will not be getting many through the April, it just depends upon which companies are open for shipping, my bottom line, and whether we need critical supplies for this Covid-19 pandemic.

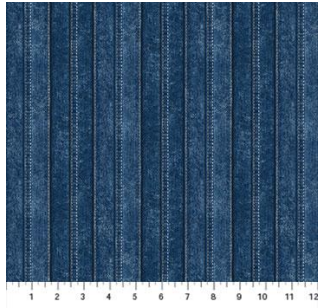
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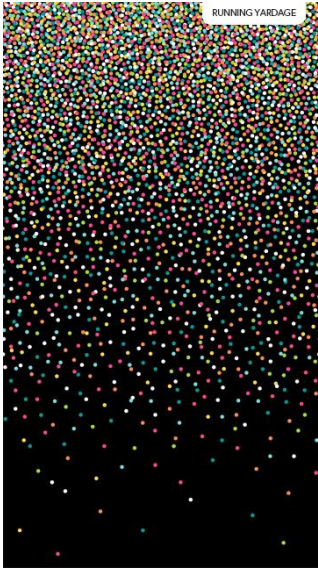
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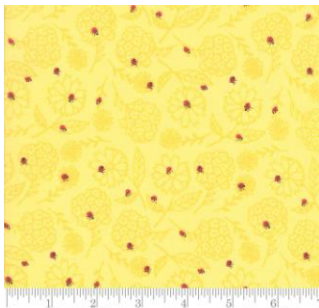
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From Moda:



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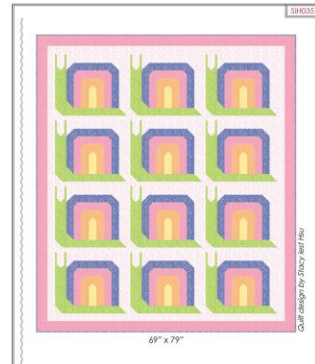


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My Garden
Featuring *Sunday Picnic* from Moda
STACY IEST HSU



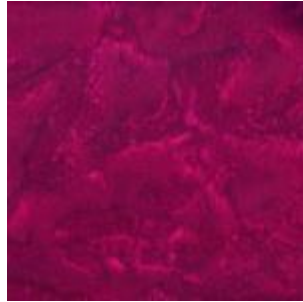
Rainbow Trail
Featuring *Sunday Picnic* from Moda
STACY IEST HSU

From Riley Blake:

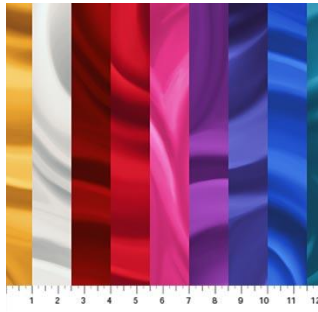


From Hoffman:

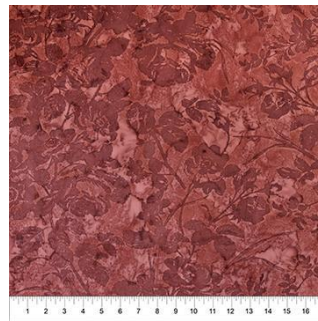
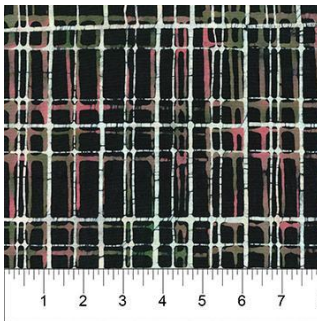




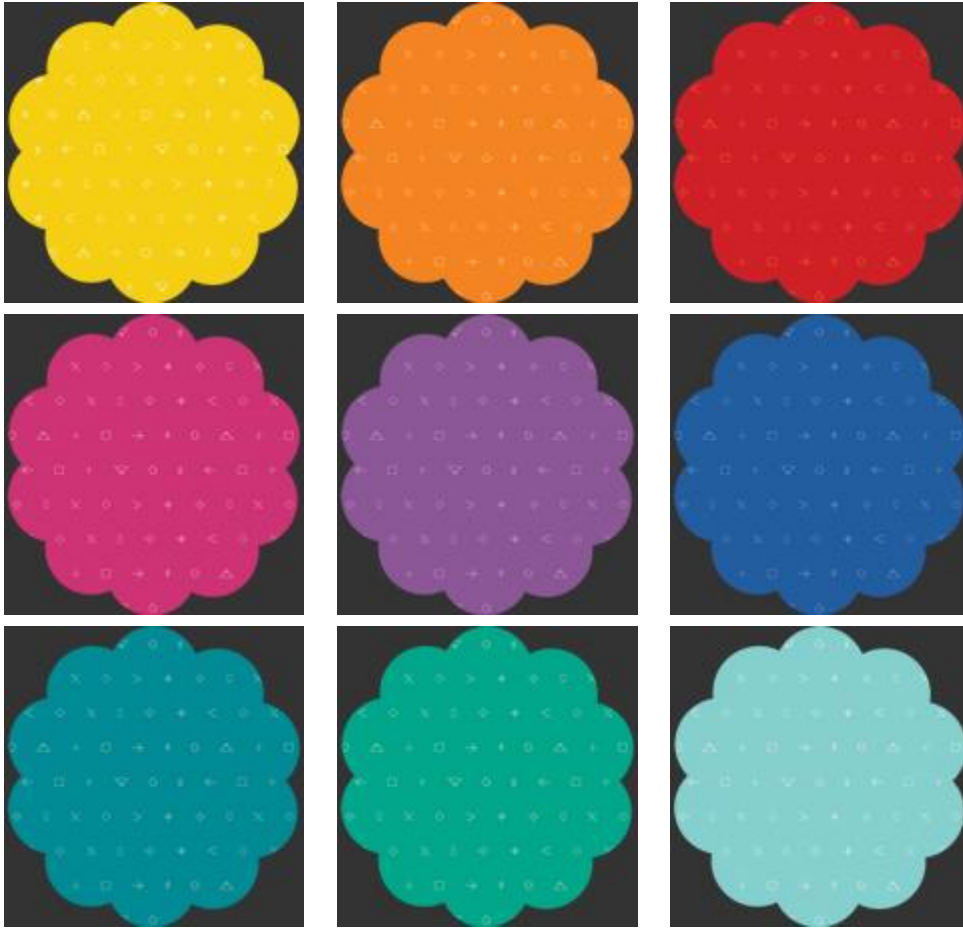
From Northcott:



What you can do with the stripe. It's a pattern that I don't have in right now.



From AGF:

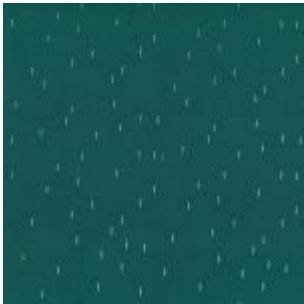


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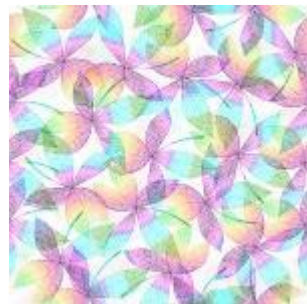
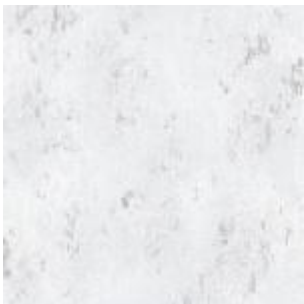




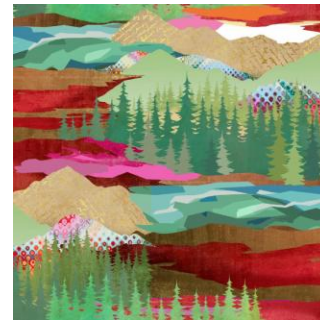
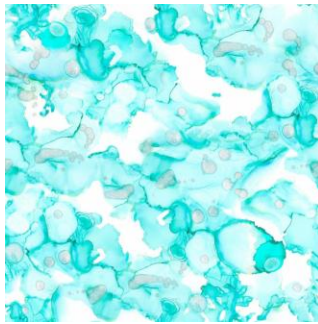
From Hoffman:



This is Peter Pan



From 3 Wishes:



We're still looking for that camper fabric. It's possible I actually didn't order it.

From Print Concepts & Windham:



All Classes are on hold for right now. I will come out with a new calendar as soon as things calm down.

Nolting Longarm Machines

Nolting has 5 main machines, each with different reaches: from 17" to 30" depending on the machine. They are sold with or without a frame, but after I saw & helped set up one of the steel frames this week, I recommend buying the frame. All machines, except for the Standard-- the most economical machine-- have a stitch regulator. I recommend a stitch regulator. All machines can be equipped with a computer and there are a couple of different ones to choose from. In addition, you can get an extended table base so that you can use rulers, you can get larger bobbins on some of the models and on the frames you can get hydraulic lifts to raise and lower the tables. In the coming weeks, I will print out more information on each model.

The best entry level machine is the Fun Quilter. It comes in

17", 20" & 23" reach. It comes with the Intellistitch Equalizer stitch regulator, standard speed control, needle up/down, and fixed handles in the front & rear. This machine can also be equipped with a computer.



The Pro Machine has the Intellistitch Turbo stitch regulator, single stitch option, standard speed control, needle up/down and customizable handles in the front & rear. The Pro Machine comes in 20", 24" and 30" reach with 10-12" of inside height. There are easy dials on the front to set stitch length and other options. This machine can also be equipped with a computer.



The NV Machine is the newest in the fleet of Nolting machines. This machine has a touch screen with programmable stitch regulation. You can stitch in 4 different stitch modes plus single stitch and needle up/down. It also has an adjustable brightness LED work light. This machine can also be equipped with a computer.



Nolting also has a commercial machine with the Intellistitch Equalizer stitch regulator, standard speed control, needle up/down, and fixed handles in the front & rear. This machine can also be equipped with a computer.

**Normal Shop Hours:
Monday-Saturday 10-6
Sunday 1-5**

Closed first Sunday of month (and some holidays)

**Covid-19 Hours
M-S 10-5. Closed Sundays**

Join the fun and come feel the difference of quality fabrics.

Happy quilting!

Sincerely, Barbara Boyer

Around the Block

307-433-9555

www.aroundtheblockquilts.com