



February 12, 2021

Dear Leota Families,

I want wish everyone a wonderful mid-winter break next week! It has been a busy past few weeks as we wrapped up first semester and headed into the second half of our school year. Taking breaks and enjoying various other activities is both rejuvenating and reenergizing. Thus, I encourage students to turn off zoom, log out of Schoology, and close those laptops/Chromebooks. If the forecasts are correct, we will likely be getting more snow to enjoy!

As always, below are some of the wonderful things happening, or coming up, around campus:

2021-2022 High School Course Registration for Current 8th Graders: Both NCHS and WHS visited 4th period classes this past Wednesday, presented registration information, and walked students through how to register online for high school courses. If your student missed the presentation, information and materials can be found at the following links – [WHS Registration](#) and [NCHS Registration](#). Please note the upcoming dates below to assist current 8th grade parents and students with high school course registration:

- **February 25th – WHS & NCHS Virtual Parent Nights** (you will receive information from your child's high school with the details)
- **March 3rd – 4th period for Students (8:30am)** – Registration Due for NCHS & WHS
 - Students will be given a unique Zoom login in 4th period to meet and finalize their registration by getting it checked off by high school counselors

2021-2022 Leota Course Registration Dates for Current 6th and 7th Graders:

- **March 15th and 16th** – Counselors will visit English classes to present registration information and walk students through the process of entering course selections online
- **March 21st** – Deadline to enter course requests online in StudentVue
- **March 22nd and 23rd** – Counselors will return to English classes to verify course selections and meet with students individually in breakout rooms to clean up selections if needed

Last Chance to Buy a Yearbook: Our final day to purchase a yearbook for the 2020-2021 school year is **February 21st**. Our Yearbook Club is compiling an amazing yearbook, even during a pandemic, which will be treasured for years to come. For a multitude of reasons, we will not have extras at the end of the school year, so don't miss out and be sure to buy one now!

Chinese New Year: Today brings Chinese New Year, also known as the Lunar New Year. It lasts fifteen days and is the most important holiday in China, Korea, Thailand, Vietnam, many other Asian countries, and one which many Asian American families also celebrate. The celebrations last fifteen days, starting with a New Year's Eve family reunion feast and ending with the Lantern Festival.

President's Day: Even though it is during our mid-winter break, remember that President's Day is Monday, February 15th. This day is set aside to recognize the work and leadership of U.S. Presidents over the course of our country's history.

Again, I wish you all a fantastic break next week!

Warmly,

Bryan McNiel
Assistant Principal

Happy Friday to you! In this weekly bulletin, you will see:

- Next Week at Leota
- Leota Counseling Office News
- A Message from the School Nurse
- Yearbook Sales
- Drama Club Spring Musical Auditions
- Leota PTSA Weekly Update



Next Week at Leota

Feb. 15-19	School Closed: President's Day/Mid-Winter Break
Feb. 22	Periods 1, 2, 3
Feb. 23	Periods 4, 5, 6
Feb. 24	Period 4 (8:30-9:00am) Check-in & Students Complete Working Wednesday Plan Library Book Check out (11:00am-2:00pm) Early Release-School Day Ends at 1:35pm
Feb. 25	Periods 1, 2, 3 NCHS/WHs Virtual Parent Night for incoming 9 th graders
Feb. 26	Periods 4, 5, 6



Leota Counseling Corner

February 2021 Edition

“
RESET,
REFOCUS,
RESTART.”
”

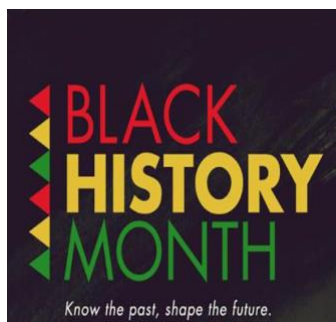
With the arrival of February, it brings us many notable observations, more specifically, Black History month, Lunar New Year, and Valentine's Day. Academically, it means a new semester, a new third quarter class, and a mid-winter break. All of which is a chance for a fresh start from the beginning of the school year. It's a reset on grades, attendance, attitude, and maybe outlook. Hopefully students, parents, and families will take advantage of the mid-year reset to refresh and recalibrate yourselves to continue moving forward and finishing the school year strong.

How does one reset as we head into the mid-winter break? We want to encourage you with the following: give love. Take some time to first and foremost give yourself love - practice self-care. Spend time doing something you enjoy that will refresh your mind, body, emotion, and soul. Then, love on someone else: love on your kids, your spouse, a family member, a friend, a co-worker, and maybe even someone you don't know. How do we do this? Spend time, show grace, say a kind word, be patient, extend forgiveness, and do something kind. Imagine the difference it might make with our families, schools, communities, and even those outside our circle of relationships, if we learn to give more love.



In this Issue:

- Black History Month
- Random Acts of Kindness Day and Week
- International Boost Self-Esteem Month
- Ideas for Mid-winter break



What is it? How was it started? and Why in February?

As a Harvard-trained historian, Carter G. Woodson, like W. E. B. Du Bois before him, believed that truth could not be denied and that reason would prevail over prejudice. His hopes to raise awareness of African American's contributions to civilization was realized when he and the organization he founded, the Association for the Study of Negro Life and History (ASNLH), conceived and announced Negro History Week in 1925.

The event was first celebrated during a week in February 1926 that encompassed the birthdays of both Abraham Lincoln and Frederick Douglass. The response was overwhelming: Black history clubs sprang up; teachers demanded materials to instruct their pupils; and progressive whites, not simply white scholars and philanthropists, stepped forward to endorse the effort.

By the time of Woodson's death in 1950, Negro History Week had become a central part of African American life and substantial progress had been made in bringing more Americans to appreciate the celebration. At mid-century, mayors of cities nationwide issued proclamations noting Negro History Week. The Black Awakening of the 1960s dramatically expanded the consciousness of African Americans about the importance of black history, and the Civil Rights movement focused Americans of all colors on the subject of the contributions of African Americans to our history and culture.

The celebration was expanded to a month in 1976, the nation's bicentennial. President Gerald R. Ford urged Americans to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.” That year, fifty years after the first celebration, the association held the first African American History Month. By this time, the entire nation had come to recognize the importance of Black history in the drama of the American story. Since then each American president has issued African American History Month proclamations. And the association—now the Association for the Study of African American Life and History (ASALH)—continues to promote the study of Black history all year.

(Excerpt from an essay by Daryl Michael Scott, Howard University, for the Association for the Study of African American Life and History)
<https://africanamericanhistorymonth.gov/about/>

Theme for 2021

In recognition of African-American/Black History Month 2021, the ASALH selected “**The Black Family: Representation, Identity, and Diversity**” as this year’s theme. Of the black family, the ASALH says, “Its representation, identity, and diversity have been revered, stereotyped, and vilified from the days of slavery to our own time. The black family knows no single location, since family reunions and genetic-ancestry searches testify to the spread of family members across states, nations, and continents.” <https://www.dodea.edu/dodeaCelebrates/African-American-History.cfm>

Some Resources:

<https://africanamericanhistorymonth.gov/>

<https://asalh.org/>

<https://centerracialjustice.org/resources/black-history-month-resource-guide-for-educators-and-families/>



February is a great month to show love, and to spread kindness! That's why we are encouraging students and their families to celebrate the following events with us:

Random Acts of Kindness Day:
Random Acts of Kindness Week:

Wednesday, February 17th
February 14th-20th

We are joining with the **Random Acts of Kindness Foundation**, which is on a mission to "Explore the Good" and "Make Kindness the Norm". Scientific research has shown again and again that acting out in kindness has a hugely positive impact on mental health, as does receiving an act of kindness! And we all could probably use a mental health boost right now. To participate in RAK week, try the following activities:

Feb. 14th	Create and decorate a KINDNESS JAR . When you witness an act of kindness, write it down and place it in the jar. Keep collecting memories throughout the week to see all the goodness around you!
Feb. 15th	Write a LETTER to someone who has changed your life for the better. And send it!
Feb. 16th	Gather items* to make a BLESSING BAG . Keep this bag in your car, and be ready to give it to someone who might be in need. (*items like socks, protein bars, toothbrush/toothpaste, etc)
Feb. 17th	Practice SELF LOVE and write a list of kind things to say to yourself. Include things you like about yourself, things you feel good at, or ways that you make the world a better place.
Feb. 18th	Go to www.careforthree.com and follow the instructions to remind those around you that we are IN THIS TOGETHER .
Feb. 19th	Choose to SMILE today. Smile at someone out the car window, at your teacher over zoom, or maybe at your sibling.
Feb. 20th	Take 15 minutes to REFLECT on your kindness week. What is one kind thing that you could do every week? Every day?

Visit the Random Acts of Kindness Foundation's website to find more ideas, print posters, coloring sheets, and to find out how you can share a RAK story with the world!

<https://www.randomactsofkindness.org/>



February is International Boost Self-Esteem Month, and boosting your self-esteem is great for fighting depression and anxiety and is good for your overall mental wellness.

Boost your self-esteem by avoiding negative self-talk. How do you label yourself? Stupid, intelligent, ugly, beautiful? Avoid being too critical of yourself and fight negative thinking.

When you're feeling like you've failed, celebrate what you're good at. Are you a great friend, partner, co-worker, parent, pet-lover? Remind yourself of your accomplishments.

Humans have flaws, and that's okay. Knowing what you're not good at can help you improve, communicate, and avoid unnecessary struggle.

Don't forget self-care to boost your self-esteem. Does taking the time to choose your outfits the night before help you feel more put together and confident? Does reading the news help you feel more informed? Put aside time for these kinds of things.

Set goals that are achievable, and then, celebrate your accomplishments. Incremental, little goals help you reach big goals one step at a time. And when you make progress, reward yourself!

Compliment others. Just like giving gifts, giving genuine compliments to others will make you feel good and look for the best in the world.

Go workout to boost your self-esteem. Not only will you feel and become less out of shape, but exercise also releases endorphins that make you happier and more energetic.

<https://blog.healthalliance.org/international-boost-self-esteem-month/>

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20045374>





Ideas for Mid-Winter BREAK



- Load up a cup of cocoa with whipped cream or marshmallows
- Read a book
- Bake cookies to share with your friends and neighbors
- Drop off flowers on someone's porch
- [List of 25 Outings to PNW](#)

If it snows...

- Go sledding (be safe)
- Make a snow angel
- Build a snowman / igloo
- Take a walk in the snow
- Make paper snowflakes
- Snow painting

We wish you all a restful mid-winter break! Please reach out to your student's counselor if you need assistance. If you or someone you know needs immediate support outside of school hours, please contact one of the following:

- Call Teen Link: 206-461-4922, 6:00-10:00 pm nightly, staffed by teens
- Text Teen Link: 866-833-6546, 6pm-9:30pm
- 24-hour Crisis Line: 1-866-427-4747, to speak with an adult crisis expert
- National suicide prevention crisis line: 1-800-273-TALK (8255)
- Dial 911 if you have an emergency and need help

Sincerely,

The LMS Counseling Team



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6th Grade (A-L)
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425.408.6520



James Kim
(Monday - Wednesday)
6th Grade (M-Z)
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Taryn Bakkane
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Erin Palmer
8th Grade
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A message from the
**SCHOOL
NURSE**

COVID 19 Vaccines: ** WHAT****WHO****HOW****WHERE**

WHAT:

The two COVID 19 vaccines that have been authorized for use are from Pfizer and Moderna and are mRNA vaccines. mRNA vaccine technology has been studied and worked with for decades. There is no virus in the mRNA vaccines, so you cannot get a COVID-19 infection from

the vaccine. Instead, mRNA vaccines give our cells instructions to make a harmless protein—one that looks just like an important protein on the COVID-19 virus. When your cells make that protein, your body creates a strong immune response and antibodies to protect against COVID-19. More info on the vaccines can be found in the following links, available in multiple languages:

- <https://www.kingcounty.gov/depts/health/covid-19/vaccine/FAQ.aspx>
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>
- Depending on the site that is administering the vaccine, you may not be given a choice of which vaccine you receive (Moderna or Pfizer). There are little differences between the two and both require two doses: Moderna's second dose is given at 28 days and Pfizer's second dose is given at 21 days.

WHO:

King County is currently in the state's **Phase 1a and Phase 1b, Tier 1** for vaccine distribution. The full distribution plan can be found at the following links:

- <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/SummaryInterimVaccineAllocationPrioritization.pdf>
- <https://www.kingcounty.gov/depts/health/covid-19/vaccine/distribution.aspx>
- <https://www.doh.wa.gov/Emergencies/COVID19/vaccine>

As of January 18, 2021, Washington State Department of Health has opened vaccine distribution through Phase 1b, Tier 1. This means:

Vaccination is currently open for people who are:

- **Eligible for Phase 1a:** all workers at risk of acquisition or transmission of COVID in healthcare settings; long-term care facility staff and residents; and home health and care aides.
- **Eligible for Phase 1b, Tier 1:**
 - Age 65 years and older
 - Age 50 and older if they live in a household where two or more generations live, (such as an elder and a grandchild), and meet these qualifications:
 - Cannot live independently and receives support from a relative or caregiver (paid or unpaid) or someone who works outside the home
 - Lives with and cares for a young child, like a grandparent with a grandchild.
- Additionally, if you have had COVID 19 in the past, you should still get the vaccine if it has been at least 90 days since infection (or monoclonal antibody treatments for COVID 19).

HOW:

For now, both vaccine supply and appointments are still limited. You may experience delays due to the very high volume of inquiries. This will get easier as other providers receive more doses and high-volume vaccine sites open in our region (Puget Sound Region). Everyone will be eligible to receive the COVID-19 vaccine over the coming months. However, due to limited vaccine supply, the vaccine is provided in phases, starting with those at highest risk.

- **Call your doctor's office or health care provider** to see if they have available vaccination appointments. *Reach out to your health care provider if you have any health concerns that you feel may prevent you from getting the vaccine* (ie; prior history of

severe allergic reactions to other vaccines, history of other severe allergic reactions which required the use of an Epinephrine Pen, allergies to PEG/polysorbate ingredients found in the COVID vaccine, underlying health conditions that suppress your immune system).

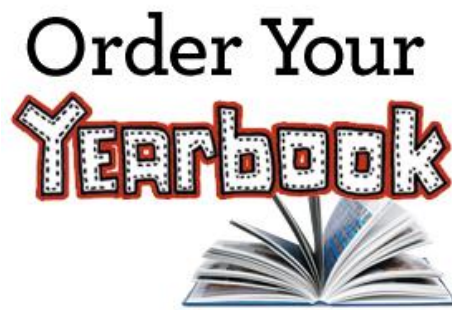
- **www.FindYourPhaseWA.org**. If you don't have a health care provider or if your provider doesn't have vaccine available, check your eligibility to receive COVID-19 vaccine by visiting the Phase Finder web form. Washington State's Phase Finder online tool can confirm your eligibility and provide you with a list of possible vaccination locations. Phase Finder is only identifying if you are eligible for either Phase 1A or Phase 1B, Tier 2 at this time.
 - *If you are eligible using the Phase Finder, you should print or use the screen shot of the confirmation page from Phase Finder. And you should be prepared to share that confirmation along with an identification card to the vaccine provider as proof of eligibility.*
- If you can't use the online Phase Finder tool and have no one to assist you, you can get help over the phone from Washington state's COVID-19 Assistance Hotline: Dial 1-800-525-0127, then press #. Available Monday-Friday, 6 a.m. to 10 p.m. Saturday, Sunday, and [observed state holidays](#) 8 a.m. to 6 p.m.

WHERE:

Locations for getting the COVID vaccine are concentrated at local hospitals/health care systems at this time with expansion into high volume vaccination sites, pharmacies and pop-up clinics coming soon in King and Snohomish counties.

- The Phase Finder can help direct you the most quick and easy way to available vaccine sites if you are determined eligible to receive the vaccine.
- When making appointments to get the vaccine, the appointment is made at the same time for both doses to be given at the correct interval (Moderna at 28 days, Pfizer at 21 days).
- A list of organizations administering vaccines is available by county through the link listed here. Note inventory varies daily for these providers so please understand if they do not have vaccine available. Phase Finder eligibility criteria may apply to make an appointment.
Link: <https://www.doh.wa.gov/YouandYourFamily/Immunization/VaccineLocations>
- Most locations are NOT accepting walkups currently, so call ahead before venturing out to a vaccine location.

Debbie Park RN
Leota Middle School
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F 425-408-6502
dpark@nsd.org



Leota Yearbooks on Sale

You can purchase your student's Yearbook online starting Monday 2/1/21 – 2/21/21. The cost this year is \$20 and your student will be receiving their Yearbook in the Spring. If this is a financial hardship for your family at this time please let your student's counselor know, there is funding available. Please use this link to pay for your yearbook: [Online Payments](#).

Thank you and if you need help with your online Touchbase information please contact Mrs. Spencer @ 425 408 6503.



LMS DRAMA CLUB SPRING (VIRTUAL) MUSICAL AUDITIONS!!!!

Please direct any questions to our Drama Club Advisor Mr. Poage @ dpoage@nsd.org.

Spring Musical Important Dates:

- **Audition Submissions for Spring Musical** - January 28th-February 8th (see LMS Drama Club Webpage for details).
- **Callback Auditions** - February 11-15th (Students called back will be notified by director and audition appointment will be scheduled).
- **Spring Musical Rehearsals** - February 22nd - April 8th (T/W/Th's after online classes - Scheduled individually with director. Full Rehearsal Schedule TBD).
- **Spring Musical Tentative Release Date** - April 8th

Leota Office Contact Info

Office Manager : Felicia Casolary: fcasolary@nsd.org
ASB Secretary: Melanie Spencer: m Spencer@nsd.org
Attendance Secretaries: Barb Roetcisoender: broetcisoender@nsd.org;
Patricia Bong: pbong@nsd.org
Attendance Email: Lmsattendance@nsd.org
School Registrar: Mary Hayes: mhayes@nsd.org
School Nurse: Deb Park: dpark@nsd.org
Principal: Audee Gregor: agregor@nsd.org
Assistant Principal: Bryan McNiel: bmcniel@nsd.org



Weekly Update

February 12, 2021

Upcoming Events

3/5	Officer Nominations are Now Open Please contact us to find out more information or let us know your interest by March 5 th .
3/10	PTSA General Meeting with Officer Elections (@ 7pm-7:15pm)
3/10	PTSA Community Café teams up with Professional Chef Sam Spiva to make PIZZA He will demonstrate how to make pizza night something special. Includes both regular and cauliflower pizza dough recipes. (@ 7:15pm)
3/17	Career Day: Sign Up to be a speaker or moderator. See info below.
3/8-23	The movie Screenagers – Register Here
	Included in the newsletter: <ul style="list-style-type: none">• Officer Nominations• Reflections Winners and State Qualifiers• Career Day• Staff Appreciation Pictures for January and February• Screenagers Information• Advocacy Update• Make your Volunteer Hours Count

	Contact for Staff Appreciation: staffappreciation@leotaptsa.com
	Contact for Science Olympiad Club: scienceolympiad@leotaptsa.com
	Contact for Math Olympiad Club: matholympiad@leotaptsa.com . Go to www.leotaptsa.com to sign up for communications and register for upcoming competitions.
	Contact the PTSA board: contact@leotaptsa.com

PTSA Mission: Make Every Child's Potential A Reality!

Officer Nominations Now Open: Due by March 5



Election Positions include: President, Vice President, Secretary, Treasurer

Do you enjoy leading teams of people that want to make a difference in our kid's lives? There are many ways to do this that fit the time schedule you have. Contact us to find out more at contact@leotaptsa.com. We have a fabulous and talented group of leaders that are ready to welcome you.

Congratulations to Our State Reflections Participants

Thank you to all those who participated in the 2020-2021 PTA Reflections Program. The theme *I Matter Because...* was open to all students K-12.

The Leota PTSA is proud to announce the students recognized at the Council level and who will be moving on to the state level.

Judge's Choice Award at the Council Level:

Literature
Visual Art - 2D
Visual Art - 2D

Mikaela H.
Hope V.
Anvitha S.

Moving on to the State level:

Music Composition	Alex Z.
Dance Choreography	Shriya P.
Visual Arts	Divyata B.

Thank you wonderful artists, we hope to see more art from you in the future!

And best of luck to the 3 students representing Leota as their pieces move on to the State Level for judging,

Career Day: Be a Speaker or Moderator

This year all NSD Middle School PTSAs, along with the Northshore School's Foundation, have come together to organize a virtual Career Day! In order to make this happen, many volunteer speakers are needed.

There are TWO (2) ways someone can volunteer to help with Career Day this year: as a Presenter or as a Moderator.

We are looking for Presenters from ALL career fields and paths, including professional, trade, service industry, stay at home parents – you name it, we welcome it!

For more information about Career Day & how to volunteer email careerday2021@outlook.com or [Click here to see more details](#). Thank you!

Want to See Staff Appreciation Continue Next Year?

Staff appreciation for January and February were a huge hit. □ Thank you to our teachers, the staff appreciation team lead by Jana Sarti and of course the volunteers that donated the items. After three years at the helm, Jana would like to pass the torch to a new leader. If you are interested in leading a team to help this continue, please reach out to contact@leotaptsa.com.

♥ January we gave out Wellness Kits to each staff.

☺ February we provided Warm Drinks Goodie Bags

✨ We love being able to show our appreciation for our amazing & wonderful Leota staff!! ✨



Screenagers: March 8-23rd

Join Northshore Council PTSA for a virtual movie* presentation of the film "Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience". Filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level with a film that examines the science behind teen's emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and depression in our digital age.

[Register Here](#)

Your PTSA Advocates for ALL Kids!

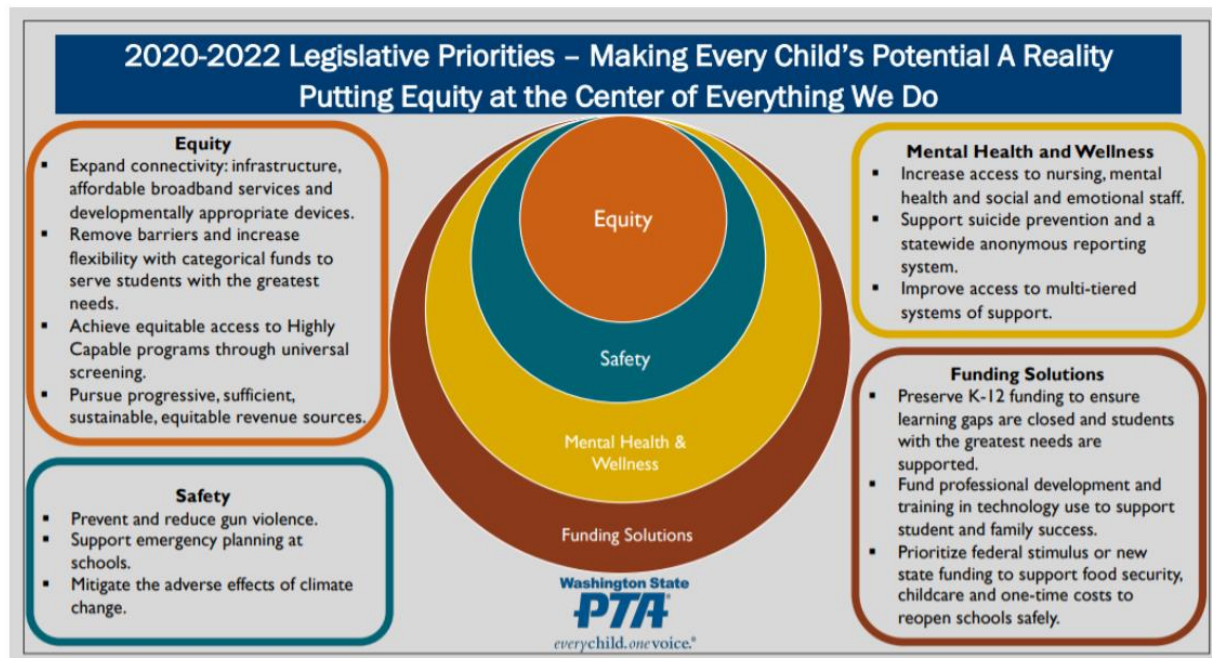
Advocacy is at the heart of Leota PTSA!

- ✓ Mark your calendar for the upcoming *virtual* PTA Focus Day on January 18th, 2021. This event is a great opportunity for parents and students to directly speak to legislators!
- ✓ Sign up for advocacy information and action alerts through the [WSPTA Action Network Group](#). These action alerts are quick, easy ways to communicate with our legislators on topics they are actively working on.
- ✓ Visit our [Leota PTSA Advocacy webpage](#) to find more resources and learn about additional ways to get involved.

Advocacy at the District and State Levels

Attend a School Board Meeting! usually held on the second Monday of the month at 4pm and the fourth Monday at 7pm. [Click here for more info.](#)

Contact your state legislators: Find and contact your local Washington State Legislators at <https://app.leg.wa.gov/DistrictFinder/>



Make your volunteers hours count!

Did You Know Your Company May Donate When You Volunteer?

Many companies will donate for hours volunteered in addition to matching financial donations. Please check with your company to see if you have a “dollars for doers” or similar volunteer hours matching program and take a few minutes to register your hours towards a Leota Middle School PTSA donation.

Amazon Smile is Also A Great Way to Donate

Visit <https://smile.amazon.com/> all year long, every time you are making purchases with Amazon. Whenever a purchase is made with Leota PTSA as the beneficiary, Amazon will send us a donation. Be sure to select Leota PTSA as your beneficiary.

Join the Leota PTSA Volunteer and Info Facebook Group

Join our Leota PTSA Volunteers and Info closed Facebook group if you would like to hear more about volunteer opportunities:

<https://www.facebook.com/groups/LeotaPTSAVolunteers/>.

There is no requirement to volunteer. By joining, we hope you feel part of the Leota parent community and are better informed about what is happening at our school.



2020-21 CHAMPION SPONSORS (\$500+)

ELIZABETH SWAN

SYLVIA BAGLEY

JIM HANNA

2020-21 HERO SPONSORS (\$350 - \$499)

NASOS KLADAKIS

2020-21 FRIEND SPONSORS (\$250 - \$349)

LONNIE LONG

CARRIE MCKENZIE

KRISTEN WILEY

YAN CHEN

2020-21 AMAZING DONORS

\$100-\$249

Srividhya Mahalingam
Mohamad Saleem
Susan Carr
Carol Mazzoncini
Patricia Simpson
Brenae Brix
Sue Lohman
Tambi Wille
Alycia Roach
Karen Check
Jane Flaherty
Kelly Peterson
Nina Karamehmedovic
Douglas Lay

Maurice Carson
Ingrid Gooding
Teru Morimura
Shih-kai Lai
Ravi K Krishnamaneni
John D Deehr
Beth Bishop
Saravanan Murugesan
Chad Gustafson
Donna L. Clinton
Aaron Moreau-Cook
Gleason-Geise Family
Christina muzzy
Ravikumar Annepu

Liza Chen
Shawn Miller
Brian Mendonca
David and Theresa Held
Ekaterina Kolosova
Anurag Handa
Tina Williams
Valerie Olson
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Ujjwal Maheshwari
Cu Mai
Vivek Garg
Cuong Mai
Daniel Kim

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Anissa Wheeler
Fleur Tanner
Tracy Dulas
Whitney Glaser
Val Kok
Tina Shriner
Meenu Kallar
Sujata Banerjea
Christine Puniesto
Heather Kostner
Juliana Omli
Shawn Graves-Macleod
Karla Pak



Thank You for Your Kindness