



*"Alone we can do so little; together we can do so much" - Helen Keller*

Special points of interest:

- > Our travels
- > Our accomplishments
- > Our lives

### LEVY VISION STATEMENT

*To let every client know that we have their needs and best interest at heart.*

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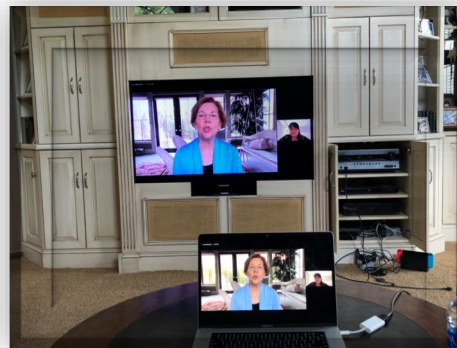
## Graduation Hour 2020 by Victor Levy



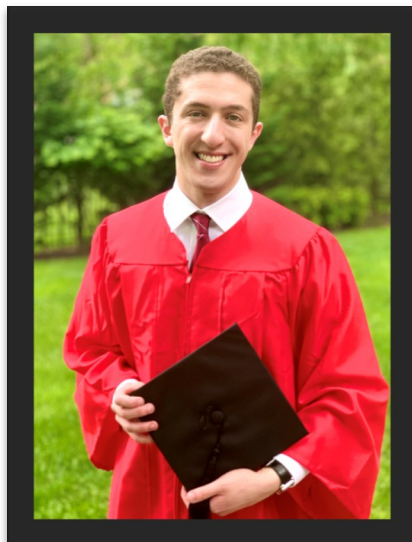
Recently, our eldest son Benjamin graduated "virtually" from Boston University with a Bachelor of Arts degree in political science. This is a wonderful accomplishment for Ben and we are very proud of him. The mini-ceremony was conducted via Zoom. After some uplifting music, Dean Ellmore spent an hour keeping things lively, sharing speeches from previous graduations, recognizing accomplished alumni of the college like Martin Luther King and Barbara Jordan, and the key note address was a special speaker, Senator Elizabeth Warren, who had an uplifting message for all the graduates. She said that this is their world to change, it is up to them to make a difference, and that they need to stay positive and look toward a bigger and better future. Most importantly, she urged everyone to pick a cause and stick with it, whether it is gun control or climate change or student debt, make it your own and make change.



We turned off the television, sat back on our sofa and looked at our 22 year old son. I thought to myself that we had our first college graduate. In the annals of parenting,



certain milestones stand out and this is one of them.



Although the university said there will be an in person ceremony in the fall, for now we are savoring the moment as is. Even though there was no pomp and circumstance, it does not change the fact that Ben has reached his goal to become a college graduate, and for that we are very proud.

One day, coronavirus will come to an end and we will be free from our homes, and these graduates will be part of the new world. Come to think about it, they are the very first graduating class of the new world. Now that's something special.



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## What a Lunch Date Looks Like During Quarantine by Leon L. Levy



I started going back to the office a month ago, and I spend about three hours there each day just to get out of the house and to keep my mind active and to continue contributing to the community and the world in some small way. I am in there mostly by myself, so I can crank up my stereo and enjoy some beautiful jazz while working.

Each day, I leave the office at about 1:00 p.m. and pick up my wife, Fran, and we take a drive to different parts of the city— South Philadelphia, North Philadelphia, Kensington, Allegheny, Fairmount, Northern Liberties, Manayunk, Roxborough, Merion, Radnor and the Main Line.

In South Philly, on Columbus Blvd, we found a place called Shank's Original, where we discovered a delicious steak sandwich. We take our sandwiches to the car where we eat them and drink root beer.



Another lunch date is taking out a 12-inch pizza from Joe's Pizza at 16<sup>th</sup> & Sansom Streets. You get the idea—what's important is for us is to get out each day. We hope to weather this storm, and as the old saying goes—"This too shall pass."



Leon at Shank's Original in South Philly



Lisa DiStefano enjoying family, friends and live music while social distancing

Michael Clatterbuck has been doing more carpentry during quarantine and just finished this flowerbox





“Once you choose hope, anything is possible.”  
-Christopher Reeve



### Got Sprouts? by Judith Trojnar, Client Service Manager

My first foray into sprouting was as a teenager growing mung bean sprouts in my mother’s canning jars. Fast forward four decades when I adopted a raw vegan diet for about eight years and started serious sprouting in containers and in soil on trays.

After moving into my condo, however, the sprouting slowly drifted away from my routine and the raw vegan diet evolved to a whole food plant-based diet. Faced with the problem of trying to keep a supply of fresh vegetables with infrequent grocery shopping trips during this pandemic, I have found the solution with sprouting and resumed this healthy activity once again.

The health benefits are almost too numerous to name, as each type of sprout offers different benefits. You get complete nutrition with eating 50-80% less food than on a cooked food diet. Sprouts are organic, convenient, fresh, economical, and there is a tremendous variety. They contain 10 to 30 times more nutrients than the most nutritious vegetables, packed with enzymes, predigested complete proteins, fatty acids, sugars, phytochemicals, and other nutrients. They are easy and fun to grow in an Easy Sprout container. To learn more about sprouting, check out [www.sproutpeople.org](http://www.sproutpeople.org). Happy Sprouting!



Sprouts clockwise from the top: alfalfa, mung beans, Chinese cabbage, peas, red clover, mixed lentils, broccoli, radish (center)



Big upside to quarantine, Jason Lawrence spends more time playing with his two daughters, Bree and Ash



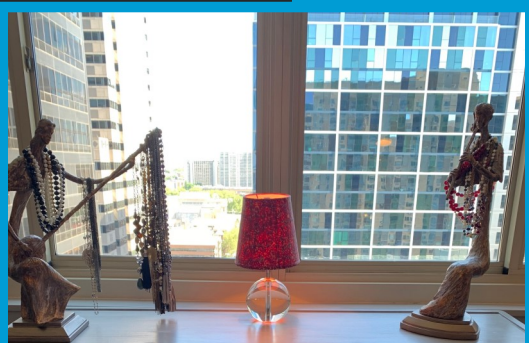
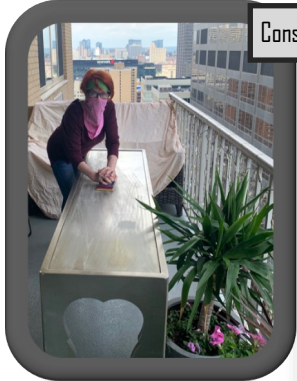
Donna McPeake enjoying her home office



Donna’s balcony is her after-work happy place each evening



Console got a facelift during quarantine



Sure, this feels Natural!



During quarantine, Paula has been doing more home projects, cooking more dinners and perfecting her mixology skill

### Leon Fun Fact:

The last time Leon bought a pair of sneakers was about ten years ago, which is the pair he still uses when doing physical therapy. When we asked Leon why he doesn't purchase a new pair of sneakers, he said: "I'm not a fan of them, unless you're at the gym or on the ballfield."



#### LEVY CORE VALUES

We the staff of Levy Organization believe:

- *Clients Matter Most*
- *Teamwork is Essential*
- *Ongoing Knowledge Drives Success*
- *In Proactive Actions*
- *In Responding Urgently*
- *Accuracy is Critical*

#### This Quarter:

##### Upcoming Birthdays

- ♦ July 22—Paula
- ♦ July 27—Jason

##### Milestones

Jason Lawrence completed the Income Tax module for the CFP exam

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