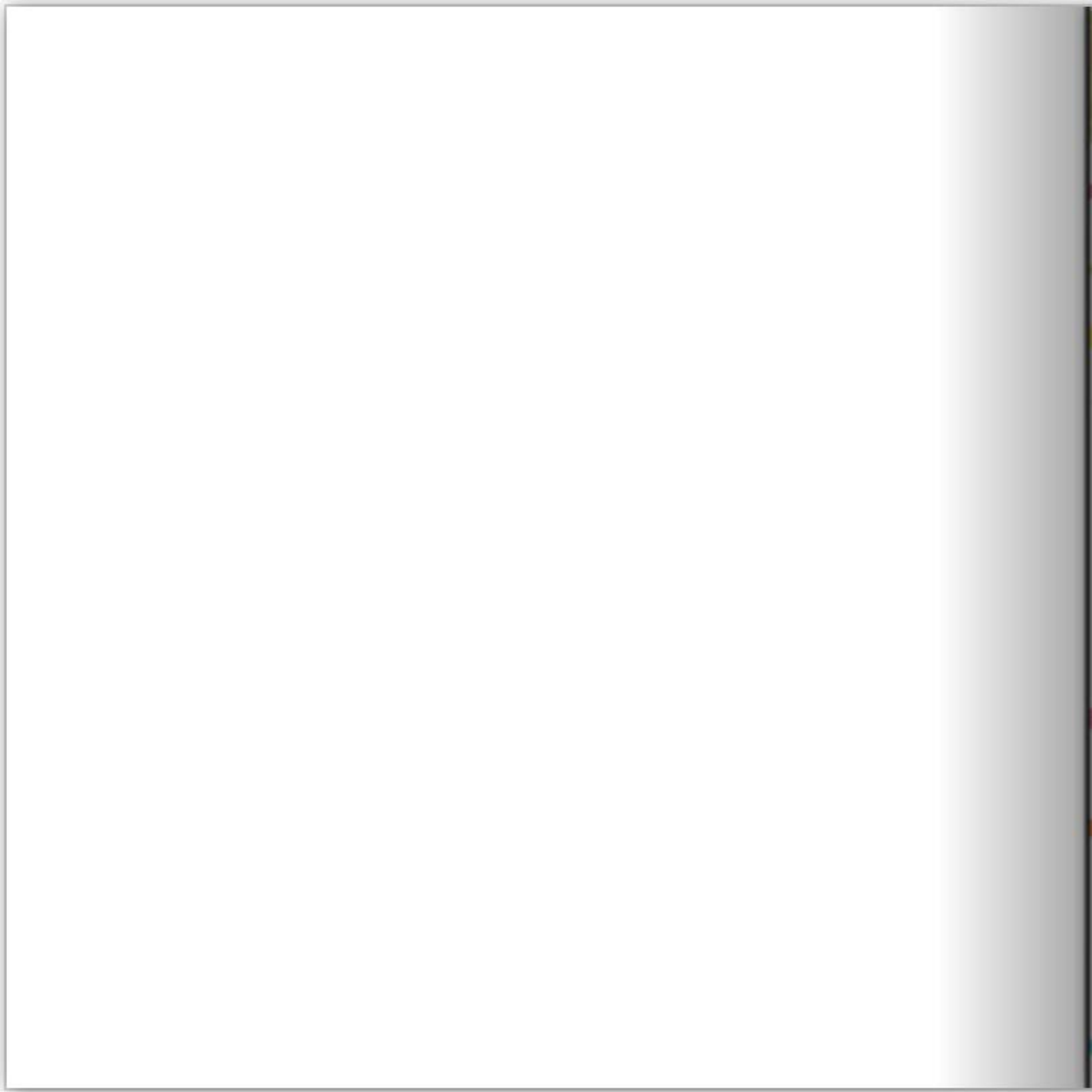




PANDAMIC 2020: COVID19

Coronavirus

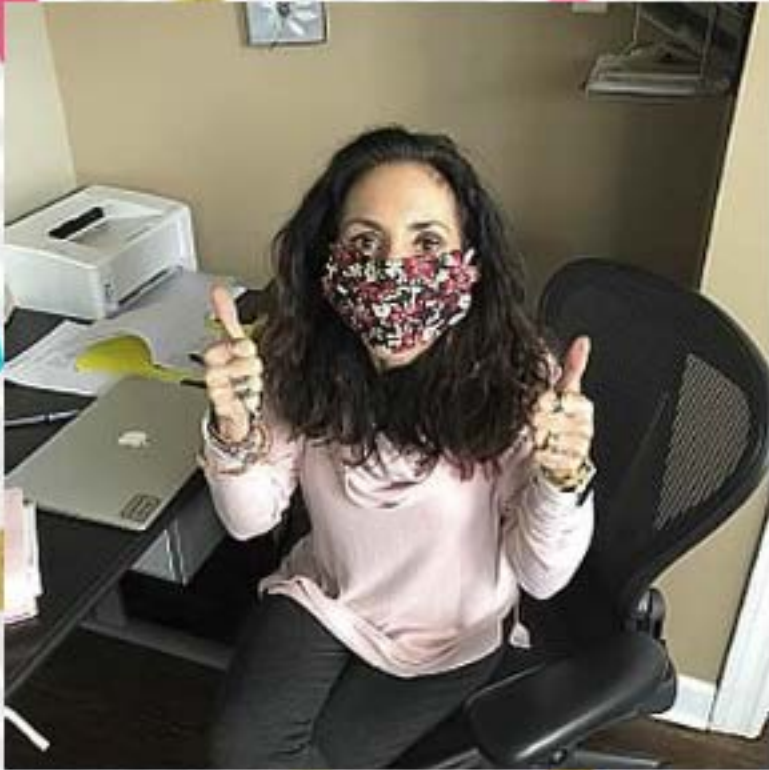
How The Zakeris Persisted



FAMILY



We figured out rather quickly how to entertain ourselves with out soccer best we could



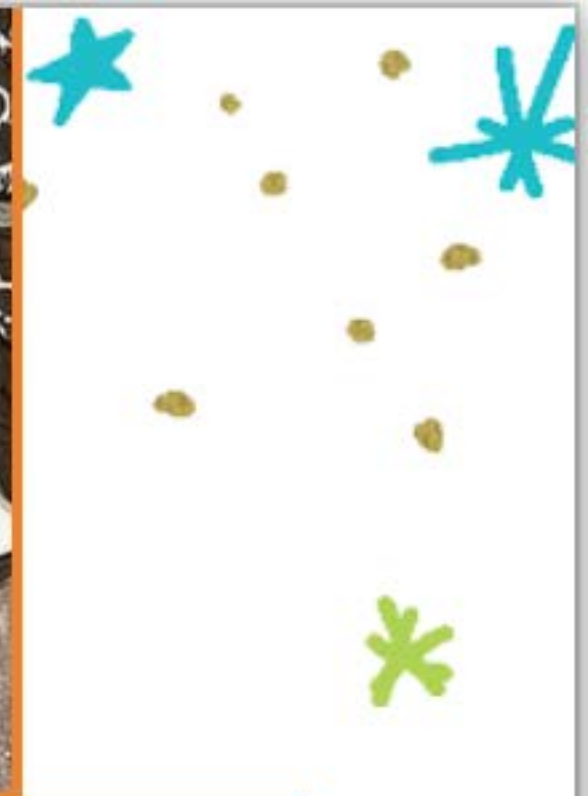
**SANITIZING, MASKING,
AND TEMPERATURE TAKING**



PADEMIC TIME CAPSULE:
4/18/20

BAKING!





...SO
MUCH
BAKING

together



AND EATING...



Bonefish, Libertad, Annie's, CPK, Cap'n Nemos, Morettis, La Principal, Delivered Tacos and Tamales, Pita Inn, Burt's Pizza, Boiler Plate, Libertad, Dengeo's(3), Kneads and Wants, Spoonfoolery, Beth's Bake Shop, Annie's, La Principal, Moretti's, Grazianos(2)



**...SO
MUCH
EATING**

Daily Crosses
 • Touch Trials
 • Moves
 • Dribble runs

Left foot

Touch Trials
 Backboard trap
 Touch boys

Touch

- Keep Running w
- Every Sunday do
- Try to start und
- Average < 5:50 2

55 min EVERYDAY
 clock
 DU EVERYDAY
 Dribble runs
 Pick a card

• Everyday 605 moves

Neymar
 R7 flick
 Elastico
 Zidane
 Roll step
 Roll with long
 Dribble trap
 L-V

Moves

Dribbling

• LEFT foot 100 • 30 inch vert
 • Moves more FNid • Yoga everyday
 • Touch is softer
 • Dri: bbling is easier
 • Bench 135 normal
 • Squat 225 normal
 • Sub 5:30 mile • 100 miles
 • Sub 11:30 2 mile

Beach
 MTWTF S
 Incline
 MTWFS
 Shoulder
 MTWFS
 CURI
 MTWTF S

Squat

	S	W
	10-10-10	10-8-6-6
F	Calf	Deadlift
5-55	S W R	S W F
	30-25-20	10-7-6-6

Every day for 30
 Curren + N @ 19/2
 Yoga
 Deep stretch

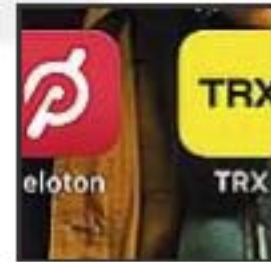
De vino
a Test
en 5:45 1 mile
mile.

KEY EXTRA.
our
ight
Deeb

umps
lan jumps
ain jumps
up jumps
Test Vert

Specific:
T Sun M W Sat

IES



SMILE



Camp Meetings



College Friend Talks



Family Cooking



Virtual Escape Rooms



TOGETHER
we make a family



And Zoom Passover





CLEANING, ORGANIZING, FIXING...

Breezeway, Buffet, Basement, Closets, Cabinets, Garage, Roof, Office Vent, Backyard... the list went on and we GOT IT DONE #TeamZakeri (Survived some hail damage as well!)





AP Description	Teacher	AP Class	AP
AP Biology	Dr. [Name]	AP Biology	AP
AP Chemistry	Dr. [Name]	AP Chemistry	AP
AP Computer Science A	Mr. [Name]	AP Computer Science A	AP
AP English Language	Ms. [Name]	AP English Language	AP
AP English Composition	Ms. [Name]	AP English Composition	AP
AP French Language	Ms. [Name]	AP French Language	AP
AP French Composition	Ms. [Name]	AP French Composition	AP
AP German Language	Ms. [Name]	AP German Language	AP
AP German Composition	Ms. [Name]	AP German Composition	AP
AP Italian Language	Ms. [Name]	AP Italian Language	AP
AP Italian Composition	Ms. [Name]	AP Italian Composition	AP
AP Japanese Language	Ms. [Name]	AP Japanese Language	AP
AP Japanese Composition	Ms. [Name]	AP Japanese Composition	AP
AP Latin	Ms. [Name]	AP Latin	AP
AP Latin and Greek	Ms. [Name]	AP Latin and Greek	AP
AP Music Theory	Ms. [Name]	AP Music Theory	AP
AP Physics 1	Mr. [Name]	AP Physics 1	AP
AP Physics 2	Mr. [Name]	AP Physics 2	AP
AP Physics C: Electricity and Magnetism	Mr. [Name]	AP Physics C: Electricity and Magnetism	AP
AP Physics C: Mechanics	Mr. [Name]	AP Physics C: Mechanics	AP
AP Spanish Language	Ms. [Name]	AP Spanish Language	AP
AP Spanish Composition	Ms. [Name]	AP Spanish Composition	AP
AP Statistics	Mr. [Name]	AP Statistics	AP
AP U.S. History	Mr. [Name]	AP U.S. History	AP
AP World History	Mr. [Name]	AP World History	AP



Shoe design, soccer, running,
AP Tests...



**DIY HAIRCUTS/TRIMS
JUNE 4, 2020 FINALLY A SALON VISIT!**

SMILE





**TIME FOR WALKING, TIME FOR TAKING IN SOME VIEWS:
BA'HAI TEMPLE AND NORTHWESTERN**





(Happy-to-be-)Peer
Pressured by Mom



PIERCING DAY – May 16



National Piercing Day
www.NationalDayCalendar.com



Earrings Ordered,
Ears Iced, Needle
Disinfected, and Four
Holes Later, it is
done!





Happy
Quarantine
Birthday D(ad)!





Q: IF you were stuck on a desert Island who would you take?
 A: Food, water, mom.




Happy Mother's day
 to the ANOMALY
 of a mom!

N; something that
 deviates from what is
 standard, normal, or expected

Thank You for going
 above in all aspects
 of my life, school, social, sports

Devin ♡



I Have
 1 Washed my hands
 2 Used soap
 3 Drunken water



celebrate

HAPPY QUARANTINE MOTHER'S DAY GRANDMA AND LYNN/MOM



For my birthday,
we are asking you to:
- Take 4.50 off your
customer's order until you
reach \$75.

Here is \$45 to make people
feel good on Tom's 45th
birthday.

Thank you for
helping us



*Remembering
what is
important*



Questions?
Comments?
Thoughts?



Steve Kelley and Jeff Parker

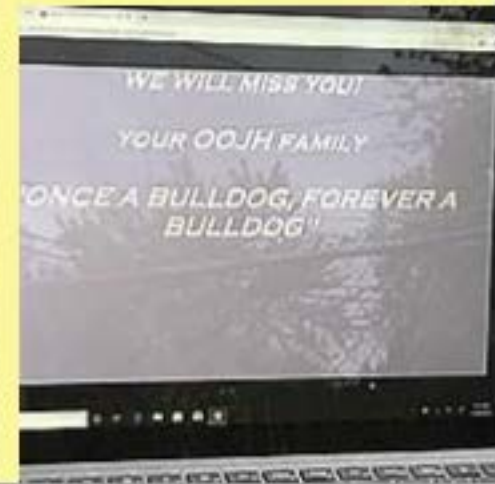


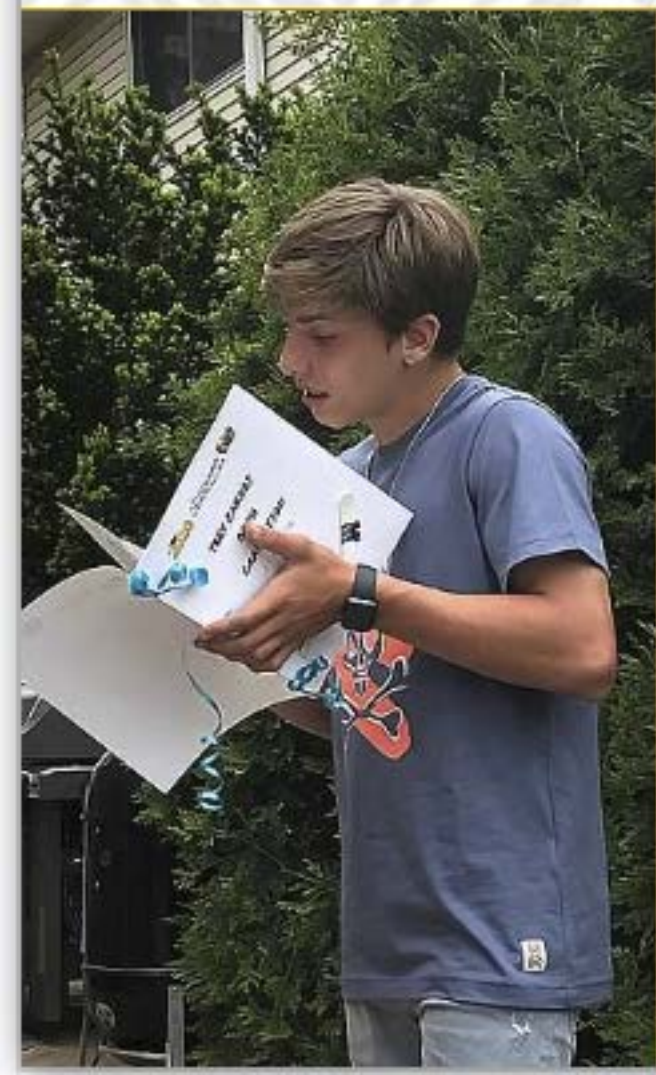
D, T and C hanging out, 2 Webinars for NASW (Racism and Business of Private Practice) and a superhero comic honoring essential workers





We are so proud of you Trey! What year....And your speech to your graduating class had the best message: Be Uncomfortable!







ALWAYS
BETTER



Hard work acknowledged! Devin celebrated on Vikings Twitter for his "Day in the Life of an Athlete". Lynn's website and Trib shoutout. Devin's straight A's, Trey's graduation and graduation parade at Highland, and Darius's workspace



has satisfied
Educ

James E.



Vikings Soccer
@thetwinkysoccer

A day in the quarantined life of Niles North soccer player, Junior Devin Zakeri. Hope you enjoy Devin's mini vlog. #family



Devin Soccer Vlog .m4v
drive.google.com

9:55 AM - 4/13/20 - Twitter for iPhone



LYNN R. ZAKERI, LCSW
Adolescent through Adult Psychotherapy

Start Feeling Better Today

"Truth and courage aren't always comfortable, but they're never weakness."

- Brené Brown



Chicago Tribune

of graduation ceremonies too

There is a sense of relief and accomplishment as students graduate from high school. It's a time of joy and celebration, a time to look back on the challenges and triumphs of the past few years. For many students, graduation is a milestone that marks the end of a significant chapter in their lives. It's a time to reflect on the lessons learned and the friendships formed. It's a time to celebrate the hard work and dedication that led to this moment. Graduation is a time to look forward to the future with hope and optimism. It's a time to embrace the possibilities and to take the first steps towards a bright future.

Niles North High School				Grade: 11
Graduation Year	Counselor			
2021	SHAFFRON			
Weight	Weight (Cumulative)	Unweighted (Cumulative)	Credits	
4.5710	4.5130	4.0000	41.00	
Course / Section / Period / Description				Teacher
EN202-3	03	Gen Eng Lang AP		KUTHALS, ANN
LA2519-3	06	Spanish 4 Hon		RANFT, SUSAN
MA2H03-3	07	Precalculus Honors		HARTEN, SHAWN H
PE2003-4	04	Varsity Phys Ed		VANDERJUGDT, TERRI
Is a pleasure to have in class				
C2P56-1	04	AP Physics 1 TB		REED, SCOTT D
Excellent attitude. Good class participation. Works diligently				
O2U07-2	02	US Hist AP		Stucky, Sarah
Best wishes for a relaxing summer. Take care				
OSL01-5	08	Law		Bordenet, Patricia



SKOKIE SCHOOL
DISTRICT 68

This Certifies That
Trey Zakeri

has successfully completed the Course of Study prescribed by the Board of Education, District 68 for the Eighth Grade of the Old Orchard Junior High School and is therefore entitled to this

Certificate of Promotion

Given at Skokie, Illinois, May 28, 2020.

Garwood, Ed.D.
Superintendent
[Signature]
Principal

Uma M. George
President of Board of Education
Alma Jesi
Assistant Principal
[Signature]
Assistant Principal

Congratulations, you have achieved the Very High Honor Roll (based on Term GPA)

Fall Term		Spring Term	
Grade	Credit	Grade	Credit
A	1.00		
A	1.00		
A	1.00		
A	1.00		
A	1.00		
A	1.00		
A	1.00		
A	1.00		



IF YOU
THINK OUR
HANDS
ARE FULL
YOU SHOULD
SEE OUR
HEARTS





AND MORE FOOD... THAT CRAZY GR
GRANDMA'S RASPBERRY BARS, FARM
TO GO JAMAICAN AND EVEN A JUNE
TE

CHERISH
MOMENTS



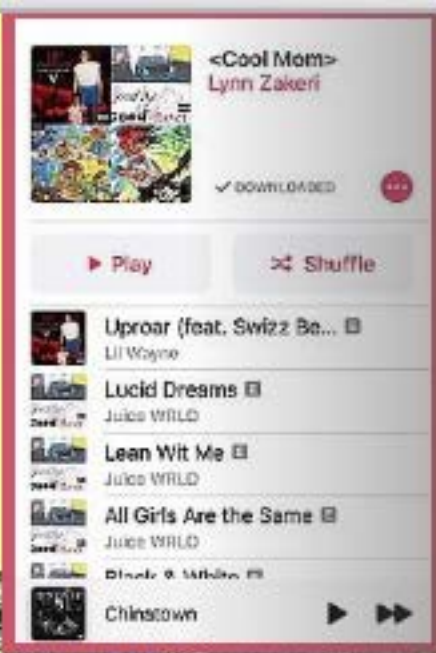


[Click Here To Give To Our Employee Assistance Fund](#)



**WEEK, DENGEO'S ON THE BIKE PATH,
ER'S MARKET, RACHEL'S PATIO, GOOD
NIGHT OUT AT EJ'S PLACE IN THEIR
NT!**





Training continues, soccer at St. Joans, running, football at Terminal... and biking for Pokemon!



And the newfound entertainment continues too... with a new backyard TV, Fortnite tournaments...

RACIAL HUMILITY

George Perry Floyd Jr. (October 14, 1973 - May 25, 2020) was an African American man who was killed by police during an arrest in Minneapolis, Minnesota on May 25, 2020. Protests in response to both Floyd's death, and more broadly to police violence against black people, quickly spread across the United States and internationally.

UNITED BLACK FAMILY RALLY TO SUPPORT BLACK LIVES

Fountain Square
(Downtown Evanston)
Sunday, June 7th @ 2pm

Supported by: Evanston NAACP, DEM (Black Evanston Men), Chessman Club Of The NorthShore, Kappa Alpha Psi - Evanston Chapter, S.O.U.L. Creations (drum call)



CALL TO ACTION

- Set a reminder in your phone for August 5th 2020. Register for your mail-in ballot.
- Urge Mayor Van Dusen to take the Obama Mayor Pledge
- Support black businesses and understand "Racial Capitalism"
- Unlearn systemic racism
- Have a frank conversation with your child(ren) regarding racism/race.

More for information visit <https://tinyurl.com/yc2em56z> or scan



Minneapolis
'I can't breathe': Four police officers involved in the arrest of a black man who died in custody were fired this week after a bystander's video showed a white officer, Derek Chauvin, pressing his knee into the man's neck as he pleaded, "I can't breathe." The FBI is investigating the death of George Floyd, 46, a restaurant bouncer detained under suspicion of trying to use a counterfeit \$20 bill at a convenience store. The initial police statement said he "resisted officers," but video shows bystanders begging an officer to stop kneeling on Floyd's neck while he is handcuffed and lying face down on the street. "He's talking, so he's breathing," another officer said. Police kept applying pressure to Floyd's neck even as his nose started bleeding and he stopped moving. "They treated him worse than they treat animals," Floyd's brother Philonise said.





KIE VIGIL FOR LACK LIVES

2:30 PM
OAKTON PARK
JUNE 14TH

8 min 46 second moment of silence Call to Action
All Welcome, Families Encouraged
Social distancing and safety practices required

Three stylized illustrations of people wearing face masks. From left to right: a woman with dark hair and a white mask, a woman with blonde hair in a bun and a black mask, and a man with a beard and a blue mask.



UNION PIER MICHIGAN, JUNE 18-21

OH WOW did we need to get away, and we found the perfect home to get away to. 90 minutes, a deck with a hottub and grill, a firepit, close to the beach, and just the best family time

That is... except when Trey threw up... and couldn't go kayaking. But it forced us to maintain our distance from others, stay indoors, and even watch Pulp Fiction!

We grilled Dad's faves... Persian kabobs and lamb, and celebrated Father's Day with a new shirt from his favorite place (Tommy Bahama).

We made Shirley Temples, ate appetizers and Smores and introduced the family to Cards Against Humanity (we laughed toooo hard!).











Illinois enters Phase 4 and we do some more outings. We continue to support small businesses (Pannenkoeken Cafe/Pete's Pizza) and have a physically distant belated Father's Day with Grandma and Grandpa

7/3 AND 7/4 DROPPED OFF GOODIES FOR ELYSE (WHO BROKE HER ANKLE),
WALKED THE 606, GOT LUNCH FROM LONESOME ROSE, WENT TO THE
MORTON ARBORETUM. GREAT WEATHER. GREAT WALKS.





Another Saturday night, this time the 4th of July sans fireworks. At least no official ones. Everything still closed so we grilled, played another game of Five Crowns, listened to music out back and watched The Chi





**WE WERE UNSURE IF CAMP WOULD BEGIN, BUT IT
BEGINS TODAY, 7/6/20. NO FIELD TRIPS, NO
INTERMIXING OF GROUPS, TEMPERATURE
CHECKS, MASKS AND SANITIZERS. HAPPY FIRST
DAY DEV AND TRIZZO!**

3/15-7/5 112 Days

Darius work meetings: Endless

T and D Zoom classes: Not enough

Hours on Fortnite: I don't want to know

Lynn Clients: Almost 500

Family Movies/Series: 21

Lynn Books Read: 8

Family Cumulative Miles Run: Endless

Vacations Cancelled: 2 (Kohler and Newport Beach)

Tears shed over missed Sports: Hundreds

Fire Pit Fires made: Never enough

Cabinets and Closets Organized: Several

Loaves of Bread Made: Bi-Weekly

Temperatures Taken: 112?

Hands Sanitized: Thousands

SOME MORE STATS:

1 COMMON APP STARTED

27 RESTAURANTS SUPPORTED

2 PROTESTS ATTENDED

1 GRADUATION, 1 BIRTHDAY

1 WEBSITE COMPLETED

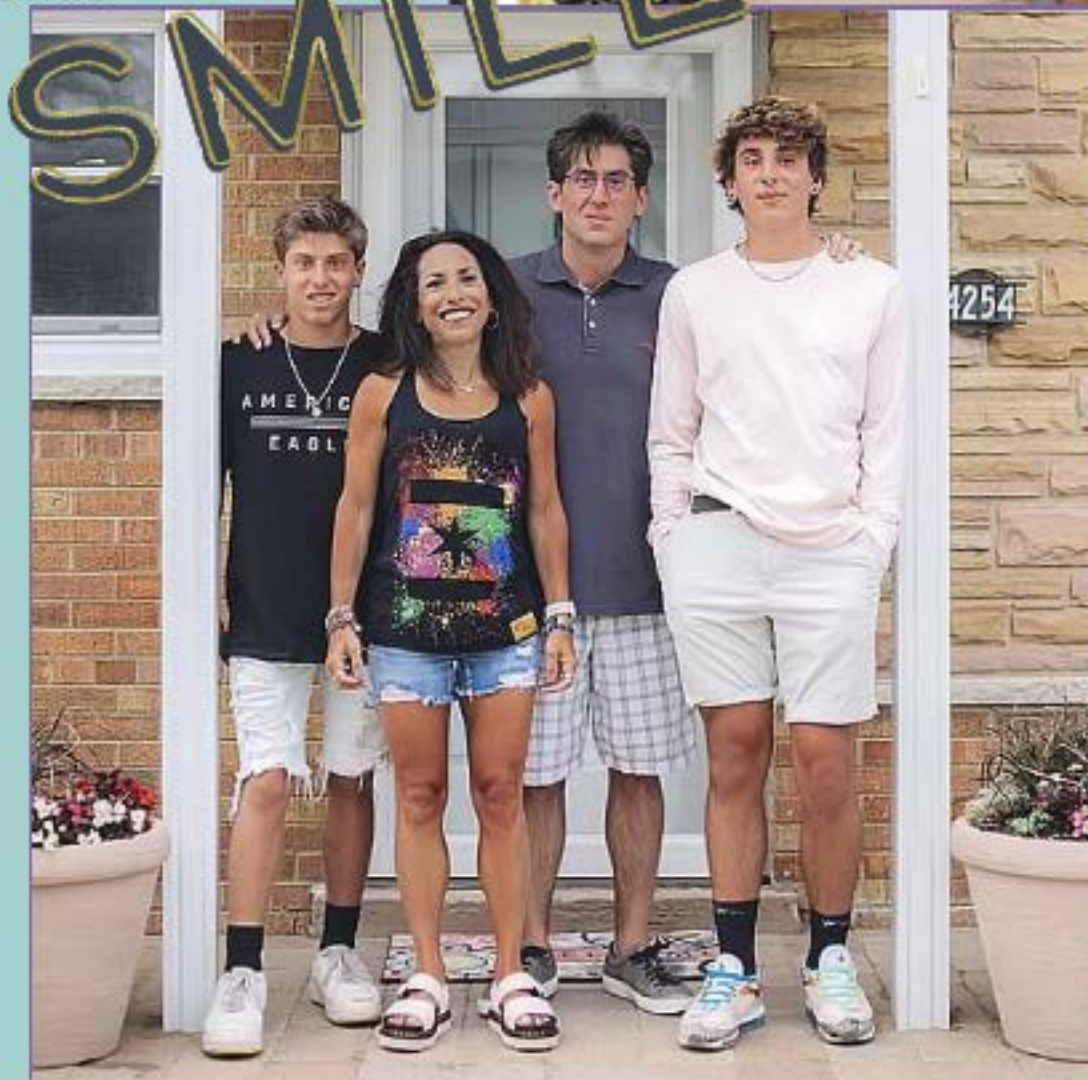
1 COVID-19 TEST TAKEN

(NEGATIVE)

2 ANTIBODY TESTS TAKEN

(NEGATIVE)

1 HAILSTORM





FINGERS CROSSED FOR A NEW
PRESIDENT...2020



Summer 2020:

Will school reopen? If so, how?
Will masks last for years?
Will soccer happen?
How will it be different?
Will we get a vaccine? When?
Will life ever go back
to 2019 comfort?

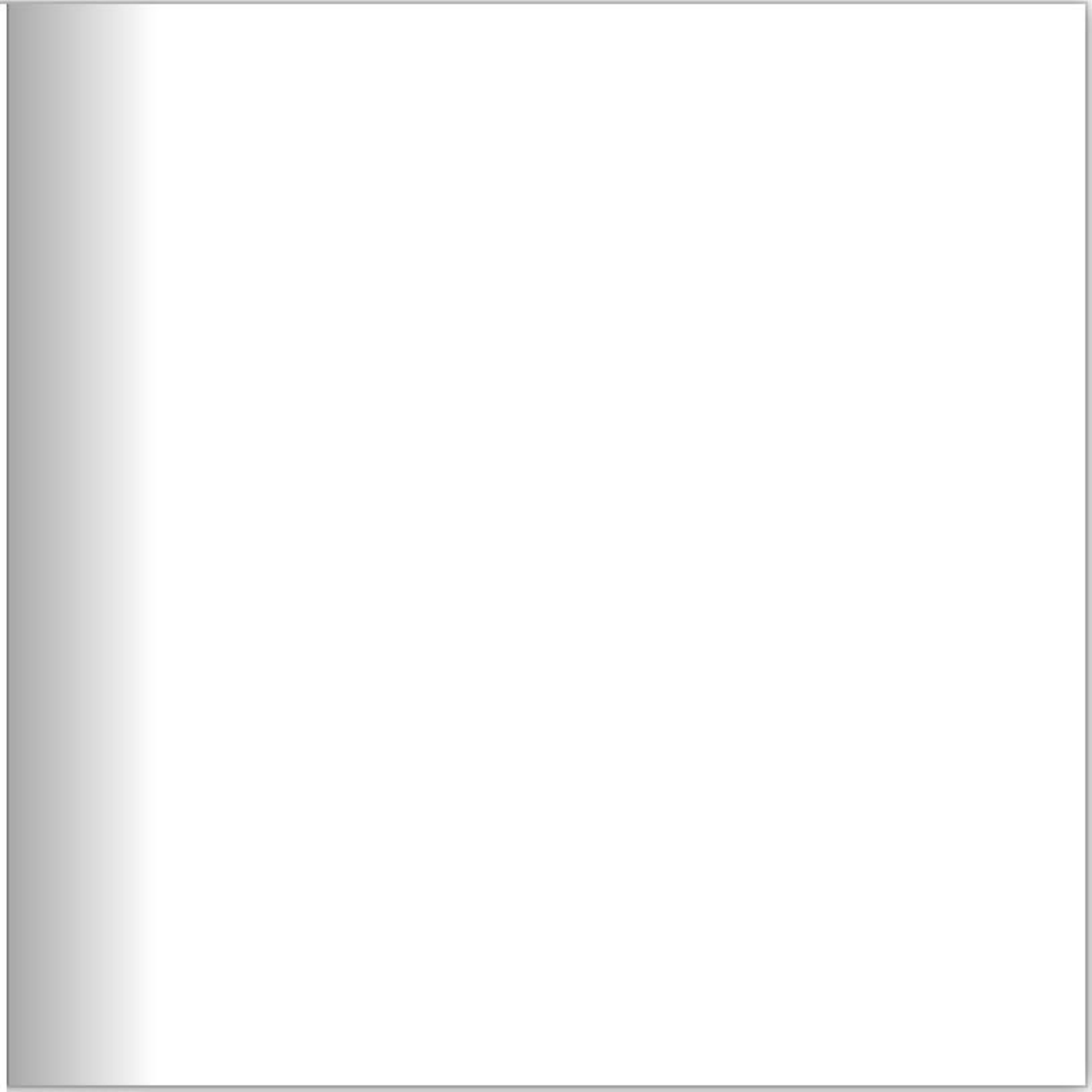
together

But we would not change all that much. Devin and Trey would add some soccer games. Darius and Lynn would add some soccer games. We bought a whole bunch of workout equipment for our basement but still miss LTF, DTF and team practices. All four of us would take away the health scares and numerous deaths... and the need for masks. But we made a whole lot of memories, and are closer than ever, and so very grateful that the three people we had to be quarantined with were each other.



SFLY051114-347

Shutterfly.





Recently, it has come to my attention
how frequently people see food in packages or out,
and pick at it. Whether it is people's drink plates, plates
before dinner, or it is a tin of peppers that
have yet to be prepared, somebody always feels
the need to touch and eat part of it. It's
disgusting and rude.

Sign here to end this practice

~~Denise Zakeri~~ Denise Zakeri



SFLY051114-347