

Dear LSC Campus Community:

Well, spring should be in the air, but instead it looks a lot like January. Nevertheless, April is upon us and with it comes Earth Day and Stress Awareness Month. It is also National Poetry Month.

Interestingly, the April themes seem to be related. I ask that you consider these April themes as reminders to pay attention to your mental and physical health and the health and wellness of the planet. Through art, through poetry, allow yourself to become open to the beauty around you and find the centering calm.

“April” by Mary Oliver

I wanted to speak at length about
The happiness of my body and the
Delight of my mind for it was
April, a night, a full moon and-

But something in myself for maybe
From somewhere other said: not too
Many words, please, in the muddy shallows the

Frogs are singing.

Mary Oliver, from [*Swan: Poems and Prose Poems*](#), Beacon Press.

Be well. Be safe.

Patricia L. Rogers, Ph.D.
President
Lake Superior College