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Pandemic Times

By Lubaina, Olivia, Mahima, and Natalia

FOOD AND FITNESS: The Key to Surviving the Coronavirus Pandemic **By: Mahima Wuppalapati**

At the beginning of 2020 a deadly disease gripped the world in its iron fist: the coronavirus. It was spread all around the world and due to its extent it was called a pandemic.

This deadly pandemic changed people's lives like never before and people have to prevent this spread by self-quarantining. So while sitting at home people have to stay fit and eat healthy.

There are many ways to stay fit at home. Yoga is a good exercise and helps stretch the body. Meditation also helps to stay fit mentally. People can also ride bikes and run or walk for more exercise.

Eating healthy is important too. Vitamin C is especially essential because of its immunity-boosting power which will help combat any illnesses. Foods like spinach, citrus, ginger, broccoli, apples, and berries will provide that benefit.



A healthy, delicious recipe full of vitamin C that can be tried is the Sunshine smoothie. The ingredients needed are: 1 yellow bell pepper, a handful of turnip greens, one pint of fresh strawberries and one fresh guava. The procedure to make this smoothie is: 1. Rinse fruits and

veggies 2. Cut them into small pieces
3. Blend 4. Enjoy this bliss!

Radha Wuppalapati, a doctor at UCI, said “Be thankful for- food on your plate, a roof above your head and the warmth of your loved ones. Make sure to exercise and eat healthily. But most importantly: appreciate life!”

DOCTORS: STILL DOING THEIR JOBS IN THE FACE OF THE CORONAVIRUS

By: Natalia Gustin

One doctor working at a hospital teeming with coronavirus patients said “This morning I said “Bye” to my children and wife for who knows how long.”. Every morning they would drive to the hospital full of fear and put their protective equipment on including an N95 mask, surgical mask, goggles, double gloves, double shoe covers, a full face mask, blue, green or black medical pants and T-shirts under an infernal gown. The doctors continue into the hallways and help the patients survive.

The nurses will do everything else including brushing their teeth, washing their hair and doing everything one would usually do in a day in order to take care of them for the seriously ill patients that are almost paralyzed. A Patient at a hospital in Wuhan complains “ the government should do a better job providing us. I can’t even get hot water that fast. We need better care.” Many doctors do not know how to save a patient on the verge of death so they take care of the people getting better. The few doctors who know how to save a seriously ill patient never have spare time. However, these doctors don’t spend all their time doing medical work. They will comfort the patients emotionally and tell them to have hope. A 74-year-old man with a serious case of coronavirus asked the feared question of “Am I going to die?” and the hopeful doctor replied “ No. No. You are not going to die. Have faith in yourself.”

When the full 6 hours are over,
Many people can not return
home and are forced to stay in a

hotel to be self quarantined. Only nurses and doctors who work in the section of patients are getting better. Both patients and doctors miss their family and friends. The one thing we have is hope and eventually, it will rule out the coronavirus.

The New Quarantine Routine **By: Lubaina Habib**

Millions of people around the world are trapped in their own homes, with nothing to do, due to the national takeover of the deadly coronavirus. But, some creative people have found different things to do during this dreary time. Keeping productive is a difficult thing to do, stranded at home, but there are a few special things that are both enjoyable, productive, and even a little educational.

One thing people are doing to keep themselves busy is spending



quality time with their family. Whether they are watching movies, playing board games, or just taking time to talk with their loved ones, people are using the quarantine to enjoy the time they have with family. When interviewed about what she thinks is a benefit of quarantine, Sameena Habib said, “The best part about the quarantine is spending quality time with my family.” A great deal of families are calling each other as well, if they are far away, to connect with each other and see how everyone is doing. After all, life is short. People are using their precious time to have fun with their loved ones.

Another way people are using their time is by learning new things online they would not have been able to learn earlier. Like Franz Kafka said, “Productivity is being able to do things that you were never able to do before.” Some people are learning new languages, while others are curious about learning how to sing and dance.

Many people have started setting



up online courses for people who are interested in learning new things or reviewing old things, like things they have learned earlier but want to revise. For example, a person who has recently studied algebra, but has forgotten parts of the lessons they were taught might want to join a class on algebra. Many individuals are using the time at home to enhance their abilities or learn new skills online.

A final way people are using this time to their benefit is by cooking

and creating new foods for them and their families to enjoy. Many people are enjoying this time by baking delicious desserts, cooking crazy combinations, or creating their own food masterpiece. Although grocery stores have long lines and many prefer not to go shopping, people are using ingredients they might find stored at home. Rookie chefs have also tried their hand at cooking, some discovering it to be their true passion.

Many people have used this disastrous time and turned it into a new learning and fun experience. They are spending quality time with family, learning new things,

and cooking up a storm. After all, when someone takes a bad situation and turns it into an advantage, it only has benefits.



**A LOCAL HERO: The Delivery
Man**

By: Olivia Song

Who would've thought going to the supermarket would be so challenging? Ever since the coronavirus has taken its toll, many people have been staying home but they have to buy food to eat in order to keep a healthy immune system. No one is able to go outside because of the coronavirus lockdown. So that is when the grocery delivery man helps out. The delivery man has to travel home to home and drop their items at their porch. People can get their supplies without having to rush to the store in anti-virus protection risking their lives. Grocery deliverers are making a huge effort to assist communities.

The coronavirus struck Wuhan, China in November of 2019, eventually spreading around the entire world. The state of California is in severe danger because of the coronavirus emergency, as Governor Gavin Newsom has declared a lockdown and required every single Californian to stay at home but only go outside if there is an emergency, wearing a mask. Many people are frightened to go outside to buy snacks and drinks. But if they don't take a risk to receive food, how are they

going to survive? That is why the grocery delivery man brings food for every household. But not only is it hard work to buy food, it feels like one is in prison when people are quarantined at home. People are getting used to sleeping in for hours and watching TV while stuffing their mouths with Cheetos all day long. Californians will never get enough and proper exercise if they cannot go outside even when there are current YouTube videos for the following activities to stay productive. This will be a big problem to take care of because, by the end of the lung virus outbreak, adults and kids will turn from being in good shape to fat, chubby looking people. They can't go outside to grocery stores or enter the gym and park for exercise, playdates, and school/work. The coronavirus is affecting every single person.

Despite the fact that nobody can go outside to buy groceries, there are people that can come to the rescue, such as grocery delivery men. There would be many deliveries to take care of each day. Some people would say these deliveries are too much for the worker. According to Mahima Wuppalapati, a fourth-grader, she states, "Although I

do support the fact that delivery men are very helpful during this time, I'm having the idea that this is a matter of life or death when delivering since the coronavirus is airborne." Now that there are more deliveries to make than normal, grocery deliverers have to work speedily and fast. People make appointments for buying food online and having it delivered. Grocery deliverers will go to the store and shop for items requested or desired. If an item is unavailable, they will refund somebody's money or substitute the product with another good. Grocery delivery men are willing to send goods to every household and help people in any way they can. According to Mrs. Venable,



an understanding fourth grade teacher,

"I think the grocery store workers are heroes because they're risking their lives to help people." Some could say grocery deliverers have unique special powers and that it takes hope, sacrifice, and passion to make a trip and deliver food.

Grocery deliverers are heroes in our community and our "doctors." They're preventing the risk of spreading coronavirus by delivering to doors instead of letting people out into the farms and stores, but they are risking their precious lives. Grocery deliverers are unstoppable and have worked hours just to help our community.

