



Throughout the COVID-19 crisis, life as we know it has been completely turned upside down. Although this time is extremely difficult, there are some good things about staying at home quarantining. Families spend more time together. Life has slowed down. People are home with their loved ones. It's not a matter of

how much time you have, but how you choose to use it and the people that you spend it with. Although so many things have changed, one thing that I've come to realize is that we're united. From working out on balconies together, to playing musical instruments for an entire neighborhood, we've found ways to work around physical distancing while staying safe. During this time, I've grown to have a great appreciation for minimum wage workers such as grocery store clerks, pharmacists, and cashiers. Medical professionals have become sort of the un-sung heroes in all of this and I've grown to have a great appreciation for them, as well.

I'm 14; COVID-19 has changed my life completely. It's very difficult not being able to visit the Sisters at the Motherhouse, and visit friends and family. I learned very quickly all the things that I've taken for granted; going to the pharmacy to pick up a prescription with my mom, and just the ability to be in the outside world. One thing that has helped me is seeing that even though we're all quarantined, we're still able to stay in touch and it almost feels like we're still together, even though we aren't. It's been very inspirational for me to see how through COVID-19, people have come together to help and uplift each other. I've learned the importance of being there for others in whatever capacity we can, and that we can still help others during this difficult time. Remember, we will get through this. It will take time, but we will get through this.