

The Covid-19 pandemic has definitely taken a toll on Americans and populations around the globe as well. To think it has almost been a year since this pandemic started to spread so widely is terrifying and remarkable from a scientific perspective. Living through this pandemic has been an experience often entailing days with extreme highs and lows. There are definitely many aspects to this pandemic that will be interesting to share with future generations. Back in last March I remember being very scared about catching the virus and finding common household goods because these were becoming scarce. Meats, especially chicken, was hard to come by in the grocery store, and you were very lucky if you could find soap, wipes, toilet paper, or any other cleaning products you could think of. Not much was known about the virus in the very beginning and even finding masks was near impossible, but we have come a long way since then and now many companies are mass producing these masks in many different styles and patterns. Although there have been many frightening aspects and changes during this pandemic, my family became very close through the months where the country was more or less shut down. We would pass the nights playing games, going for walks, watching movies, or exercising. As a gymnast, my team would work out every weekday for an hour and half on zoom to stay connected and in shape. My senior year competition season for gymnastics was cut short along with the rest of my high school year, but through working out with my team I was able to relieve the stress and anxiety that came along with the pandemic. After these workouts with my teammates, I would often go for long walks with my family after my mom got home from work. My mom was still working throughout the pandemic as a nurse in obstetrics and gynecology. At a time where you would expect health care workers to be in the highest demand; many were

put on furlough as people cancelled doctors' appointments out of fear of the virus. As many families all began working from home, schools also shifted to online learning. I never thought that when we were notified that we would be going online for two weeks for school that I would have had my last day of high school, but I do remember the tears I shed when I learned I would never go back to school with my high school friends again. I missed learning in the classroom and interacting with my teachers and fellow students, and I was so relieved to start school in person again at Sacred Heart University this past fall. I never thought I would miss being in person for school so much, but I truly did. I just want everyone to remember that when you wake up for school in the morning, you really do not want to go, and you would rather just stay in bed, you never know when something so simple as going to school is going to be ripped away from you, so always make the most of every day and opportunity you get.