

Quarantine Blog: SJSU Undergrad Edition
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19th-23th of April

BLOG #1 APRIL 19: Day ____ of quarantine, who even knows anymore?

Throughout this quarantine I have been taking up new hobbies that I didn't know I would enjoy until I got this bored. Today was a cooking day. Cooking has been an outlet for me to relieve my stress and something that makes me feel busy. I enjoy doing this because I get to see my family's reactions to the food I make for them and 9/10 times, they love it. I may or may not need to call the big guns in for help (my mom) from time to time, but A for effort am I right? I attempted to create a traditional Mexican meal that I miss the most when I am away at school. I'm from San Diego, so going to school 8 hours away in San Jose makes me miss out on the best meals that my parents make on a daily basis.

What I made today was grilled marinated chicken, Mexican rice, and grilled nopales (cactus). I also made some spicy salsa topping that included onion, tomato, cilantro, avocado, and serrano peppers (SUPER spicy, but so good). Sprinkled some queso fresco on the chicken and a little salsa verde on my rice and BAM a great, flavorful dish. My sister did help me out a bit with this one because it was a little advanced for my college student frozen dinner, cup n noodle self but the end result was to die for.



BLOG #2 APRIL 20: Quesadillas make everything better

Today was a bit harder than most, I found myself thinking about all the fun times before COVID-19 and reflecting on so much that I took for granted. I miss being outside with my friends not worrying about getting sick. Going out Friday nights with them, shopping at the mall, going to restaurants, I even miss my job and that says a lot. I didn't ever think that one day all those things would come to a very long pause. So I took it upon myself to make a good comfort snack, quesadillas! I know this sounds like a basic food but let me tell you, quesadillas have gotten me through the worst times. Most of those times were me being uncontrollably hangry (hungry and angry) so I would make this small snack to calm me down while I wait for the actual meal to be ready.

I made these quesadillas with homemade tortillas using maza. It was super fun rolling the maza into small balls and squishing them on a tortilla press which is traditionally called a tortilladora. I made mine this day more like Mulas where basically instead of folding your tortilla into a taco shape, you just stack another one on top of it. These tortillas were so yummy and got me through my mini depressive episode and put me in the right headspace to get my schoolwork done!



BLOG #3: APRIL 21: A sweet surprise

Yesterday was rough as I mentioned in my last blog posting, but today came a sweet surprise in the mail that made my heart happy! I have a group of best friends that I have lived with for 3 years now. They are everything and have been there through the crazy ups and downs that you go through in college. Katy, Nicole, Jennifer, Ava, and Ally. The 6 of us are truly inseparable. We all even live in ONE room together for an entire school year. Crazy right? Don't worry the room was insanely huge and probably the best year I have ever had. We had way too much fun and way too many sleepless nights, but I wouldn't trade it for the world. I have been missing my girls for a while now during this crazy time and facetimes are barely making the cut for us. We are too use to being with each other I think we may have some separation issues LOL.

I expected today to be just as normal as any other, I went to my front porch and saw a package on my lawn. Immediately I thought it was just something else that my sister or dad ordered from amazon prime, they literally live for amazon. But I saw that the package was addressed to me. I was confused because I haven't placed an online order in forever, especially with my sad bank account. When I disinfected it and took it inside, I proceeded to open the box. I found a picture

of me and my best friends inside with a bottle of champagne congratulating me on my graduation that is coming up soon. It was from Jennifer, she left a note saying how proud she was of me and how she misses us being together. This was so heartfelt and nice of her to do to brighten up my day and made me feel like my graduation is not going unnoticed. My friends are the absolute best and I am too lucky to have found them!



BLOG #4 APRIL 22: AGUA FRESCA YUMMM

I woke up today feeling good! I haven't felt like this in a while. Lately its been hard to stay positive but I have made a pledge to myself to stop obsessively watching the news and reading every article I see about COVID-19 online. This is what is driving many people crazy. So, to take my mind into a positive headspace I did some good old exercise. I jumped rope for almost an hour in my backyard and BOYYY did I sweat! I then did some ab workouts on my yoga mat and it burned so good. I loved the way I felt after. I felt productive and accomplished and lighter. Working out, along with cooking have been the best outlets to my stress. I have noticed online that many people have started working out and living a healthy lifestyle. Were all about to come out of quarantine as new people!

I have had a lot of time to think and reflect on our world. It sad that it took a pandemic to get us to realize that we are the issue. People are now focused on their families, being healthy and treating their bodies right, pollution is clearing up, the earth is starting to slowly heal because we are all trapped inside and don't have the chance to ruin it. It really puts things into perspective. I wanted to take this day to try something new so I made a drink I have been seeing online that is

super good for your body. I like to call it an agua fresca which literally translates to fresh water. It was super yummy and easy to make. I only needed pineapple, cucumber, ginger, and lemon. I found the drink so refreshing and give it a 10/10! Give it a try.



BLOG #5 APRIL 23: Time to grill!

My parents had the best idea today. They wanted to go outside and spend the day grilling some good food. I was so for it! Although I miss my friends and college life so much, there is nothing better than spending quality time with family. I took this day to appreciate and enjoy the fact that we are all happy and healthy, financial stable, & still employed (everyone but me at least lol). It was super fun, my sister made some strawberry margaritas for us to enjoy while my dad grilled octopus and some shrimp and veggie skewers.

The food came out amazing and we spent the whole day in our backyard just hanging out together. For that time, I felt like the world was normal, like we weren't living through a pandemic. My family has been a main reason as to why I haven't gone crazy yet and we have all had the same struggles coping with what our world is today. I feel more connected with them because of this. I am trying to see the positives everyday instead of focusing on the negatives and it has helped me a lot. I am overall grateful!

