

SPARTANS SPEAK ON COVID-19

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"Our new reality" during these "unprecedented times" are two phrases that will be embedded in my memory. They are two phrases that have been opening sentences to dozens of emails I have received, TV commercial messages, and news broadcasting segments on every news channel.

I have watched COVID-19 change the entire world through the scope of my phone, computer, and TV screen, from the way medical professionals treat and care for their patients, to the way we grocery shop and communicate with people we used to see every day. I have always believed I appreciated the little things in life and valued what many took for granted, but our current pandemic is highlighting just how much I should have cherished.

There are many obstacles that I am personally experiencing due to a virus that has controlled the world, but I continue to remind myself just how fortunate I am to have family and friends that are healthy and well. I feel socially deprived, but I have not lost anyone to COVID-19. I am physically and mentally feeling the effects of isolation, but I have not lost anyone to COVID-19. I am worried about the future of the world and my own, but I have not lost anyone to COVID-19. I have intense headaches from using my computer for school approximately 10-hours a day, but I have not lost anyone to COVID-19.

As I continue to find inconveniences that COVID-19 has caused me, I immediately think about families that have lost their loved ones to the virus and couldn't be with them during their last moments, or the parents that choose between their insulin or feeding their children because their job closed and they can no longer work, or the children that are at high risk for endangerment and abuse because they are stuck at home and cannot go to school. No matter

what I face, I cannot help but think about those across the globe that are facing more difficult challenges and death.