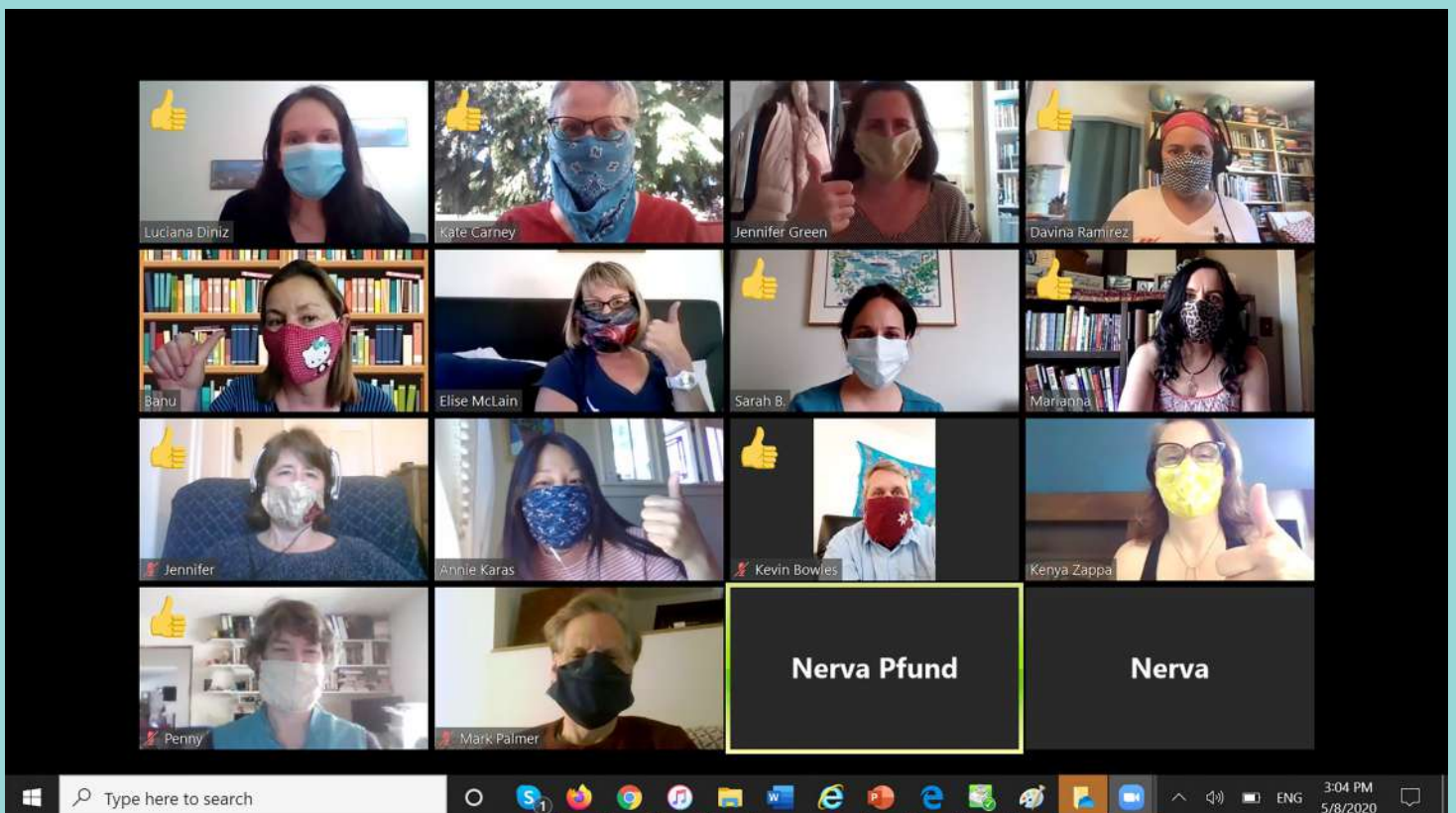




*Volume 21 No. 3 Spring 2020*

# The ESOL Ambassador



## **The ESOL Ambassador**

The ESOL Ambassador is a quarterly publication of the Sylvania ESOL Department. Essays are written by students at all levels of the program and submitted for publication by ESOL instructors.

Subscriptions: The ESOL Ambassador is distributed to various individuals and departments at PCC. If you wish to receive issues regularly, please contact Sarah Bailie at CT 206 or by email at [sarah.bailie@pcc.edu](mailto:sarah.bailie@pcc.edu).

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Looking for more ESOL stories? Check out this podcast form ESOL Comm 4:

<https://overcast.fm/itunes1515141860/esol-comm-4-covid-story-time-pcc>

*Special thanks to  
all teachers  
who contributed  
student work.*



### *Editor's Note:*

*Thank you for reading this edition of the ESOL Ambassador! Like many schools all over the world, ESOL students at the Sylvania campus of Portland Community College experienced a sudden shift from in-person classes to remote learning during the spring term of 2020. As instructors learned new ways to engage with students and present meaningful lessons, students learned new technology and expanded their learning remotely. We're very proud of the dedication of our students and teachers in meeting and overcoming many unique challenges. Because this experience has been on the forefront of our minds this term, this special edition is a compilation of student writing from all levels of the ESOL program about experiences social distancing, research and response to Covid-19, triumphs, and lessons learned during this unprecedented time. We hope you enjoy!*



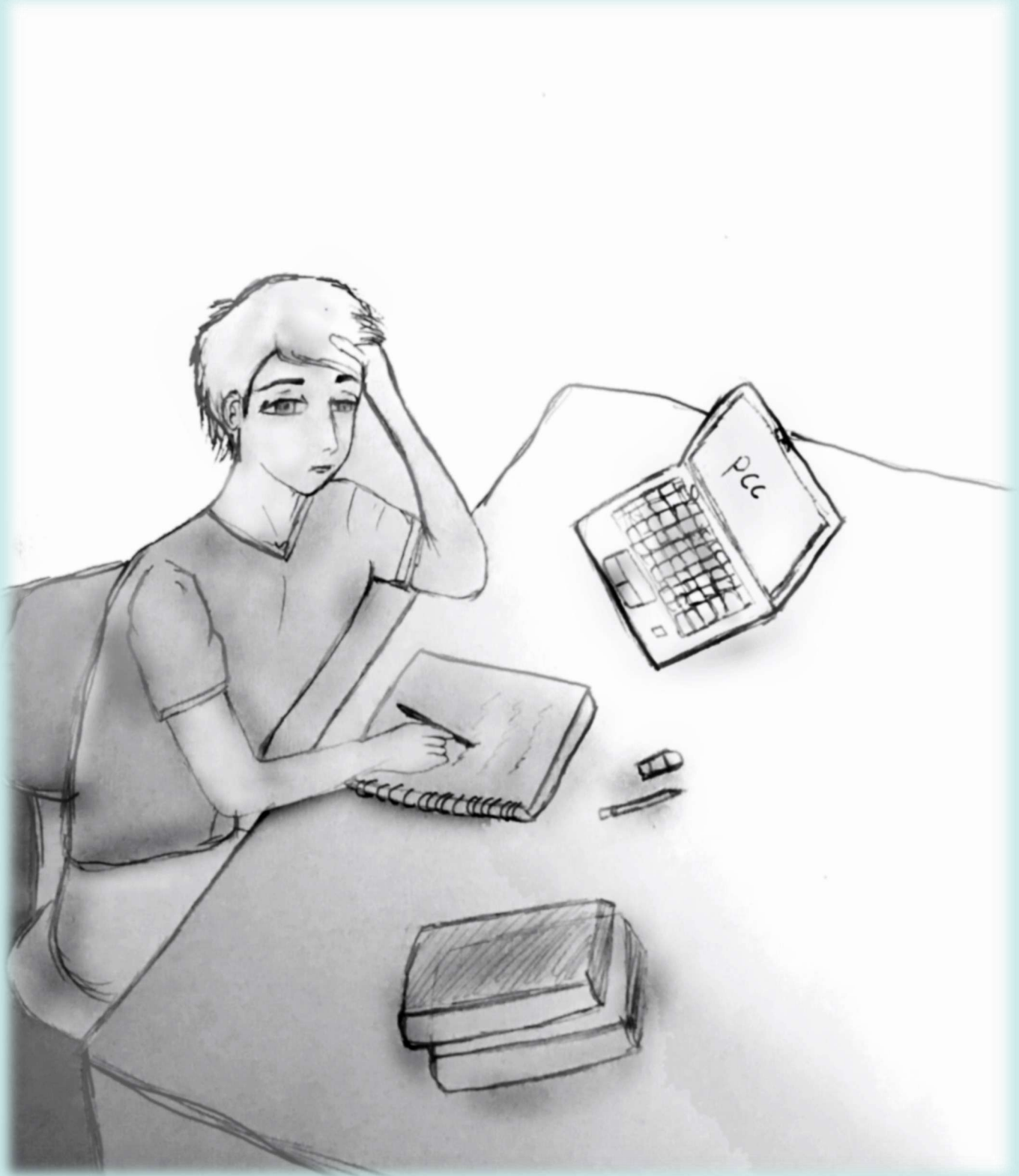
Picture by: Afreen Mohammed

Dear Coronavirus,

I am writing to you this short letter to let you know how powerful you are in case you still don't know about this. First, when you were born in December of 2019 by some creature (nobody exactly knows by which one: a bat, a snake, or something else), I didn't know your name and how fast you would conquer the world. Second, I couldn't even realize that you could come to me and change my life. When you got your official name, Covid-19, you were already in the US. Soon, you let people know, you are in Portland already! Easily you changed the whole neighborhood into something crazy, and chaotic. In the first few days, people cleaned out the stores: no groceries, no medicine, no toilet paper! People started to be afraid to come outside of their homes. Many companies sent their workers to work from home. Kids got additional vacation time. Certainly, you caused the death of many people. However, you changed our life not only in a negative way. You also created some positive changes. People started to spend more time with their families. For instance, I don't have to wake up at 5:00 am to wish a good day to my husband. He works from home now. I don't have to catch a school bus with my kids. They study from home. I don't even have to go to my college. I learn online! With you, dear Covid-19, people learned how to attend meetings online. Our college started to use Zoom for our online classes. Because of you, I started to learn computers. Thank you for your motivation! Because of you, I have learned new words, such as personal protective equipment, strain, etc. However, despite all the positive changes that happened last time with people and my family, I wish you had never come to the US. I hope scientists can find a vaccine against you, and people will live their regular lives - enjoying being outside and never afraid of other people that are closer to us than the "social distance".

Written by: Pavlyna Dallman

Picture by: Afreen Mohammed

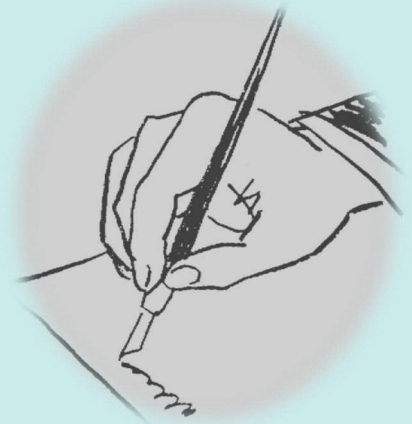




Dear Coronavirus,

Out of curiosity about your wellbeing, how is residing in a human body treating you? It seems to me like you are enjoying it. I wonder how you would feel if you knew that you are killing the human body. I believe your journey began in Wuhan, China, and I guess that's when you first decided to jump from an animal to a human being. The Chinese people trusted you, and were hanging out with you. They also ate and laughed with you. But you were not honest with them. After you started killing human beings in Wuhan, you continued killing in other parts of the world. Our children aren't going to school, our health care employees have lost their lives, we don't have freedom, our family is scared to go out, we are not going to church, and some people have experienced psychological and mental disasters. All those things happened because of you. I have one question for you: why did you come to this generation and at this time? I guess you want to test us on how we use technology and how we use medical strategy. One thing we believe is that at this time we aren't ready for you. Yes, we aren't ready, it's true. So, you use this advantage. You are happy now, you are laughing now, and you are relaxing now. Because of the time, you are a winner; you are stronger than us, you are tricking us, you are challenging us, and we have not controlled you at this time. But one day, soon, we will be winners, we will challenge you, we will kill you, we will trick you, and we will be stronger than you. We will change our health program and start using new technology. Then we will take our world back from you. On this day you won't survive, and you will never come back to our world again. With that being said, do you want us to wipe you off once and for all or would you rather pack your things and live humanity for good?

Written by: Meseret Kebede



Dear Virus (Covid -19),

Virus, I have known about you for 4 months. When you went to Korea, my friends worried about my family and others who live in Korea and then people didn't know you would be here. Now, my family and friends are worried about me from Korea. I can't go to school, restaurants, cafes or anywhere. I still can't believe you are here. One day, I read an article. The article was that the air was getting clear because people can't go outside, and cars have disappeared from the road. I wondered why you were here. Is it because people were destroying the environment? Please don't make people's lives hard. All of the world is fighting you now. Please don't take someone precious to us anymore and please give people an ordinary life.

Written by: Hyeji lee

I really hate Covid-19 because it robbed me of my freedom and my schedule is messed up. I came to America to learn English and I want to go outside and talk to many people so I can practice speaking English because English conversation is very important to me. But, I have to stay home. It makes me lonely and stressed, so I hate Covid-19. I want my freedom and life back.

Written by: Reina Aoki

## Letter to Myself

Dear Elliot,

I am yourself 2 years later, and I'm living in 2022. Maybe right now, you are feeling extremely desperate, scared, and especially lonely by the terrible nightmare that the Coronavirus epidemic has brought to you and the whole world in 2020. If so, the good news is that I deeply understand and empathize with your feelings. More than anyone else in the world, I understand you the most, because I experienced the feeling that you are experiencing. So now, I really want to share my little thoughts for you, my darling. I hope that after reading this letter, you will no longer be afraid and know exactly what you need to do the most right now. Yes, that's right! This pandemic will definitely end sooner than you think. Everything will start activating again, from social activities to the economic development of countries around the world. However, one thing will change forever. This is our world which is no longer the same as before, it is completely different. I don't rush to tell you if it will change in a good or negative way. But I can tell you who will survive and adapt best to the world then. It is those who used their time at home to be smart and more effective. They certainly feared a lot by 2020. But not long after that, instead of letting that fear overpower them, they put it aside in their minds and tried to cultivate their knowledge, as well as their skills. Day by day, they enrich and nourish their souls with countless useful knowledge that only when being at home, they have a chance to access it. And the results they achieved were immense. Now, I can see that the people who are successful in 2022 are the ones who spent their time in the smartest way in 2020. Instead of complaining, they saw the strategy ahead and start perceiving the sources of valuable knowledge for the future. I hope that you have somewhat understood what you need to do right now for your future. I always wish all the best for you and your family. And I look forward to seeing the wonderful achievements that you can gain thanks to your hard efforts during these difficult times.

Warm regards,

Elliot



Dear Covid-19

Before you came to my town, I was able to get my nails done, go on walks, and eat out. Now that you're here, I'm stuck in quarantine, making food and gaining weight because I'm eating way too much! My dogs are bored, and I can't take them on walks. Because of you, I couldn't go to Las Vegas for my birthday! I have a personal question, if you're not offended? Are you not tired of killing so many people? When will you disappear?

Sincerely,

Sanaz Khosravani

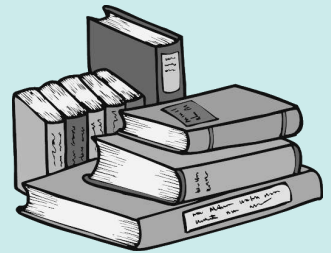
Your hater (No offense)

Picture by: Sanaz Kordiboroujeni



Since we began social distancing because of the Coronavirus, my habits and my life have changed a lot. In the past, nothing was better than walking on a beautiful day. It could make my negative emotions go away. But now, I just sit at home and look at this wonderful life through the window. However, because of this disease, my parents have started to care about their children. In everyday life, they can always sympathize with us although sometimes I feel so lonely and terrible because we rarely have chances to talk with each other. Such a long time I didn't eat the food that was cooked by my mother, but yesterday she cooked for us! We stayed in the living room and talked about our activities, and shared our feelings. They praised me for being a strong girl. No matter how strong and independent I am, I still need my parents sometimes to sit and talk with me. Besides that, I've started to read some new books which I planned to take a look at. I found some special words in a lot of languages and noted it. I've translated some amazing English quotes into Vietnamese; I love words.

Written by: Anh Ta



My life has been quite isolated since the Covid-19 virus began to spread. It has affected all my environment which is my family, friends and job. The way that I see life has changed because I feel insecure. I've been living with the fear of being infected or infecting someone in my family. We have created a routine to be safe in and out of the house. When we go to work or do some errands we wear gloves and masks all the time. We wipe down everything before getting in the house. We have a disinfection station at the entrance of the house. The Covid-19 virus has affected my life on a big scale, but we are doing as much as possible to keep ourselves safe.

Written by: Barbara Campos

Four weeks ago I decided to stay home because of the Coronavirus. Since then a lot of things have changed in my life. Because of the Coronavirus, I can't go to school like I used to. Now I'm doing online classes that are pretty good, but I miss the real classes. Before I could meet my friends, but now I just talk to them on video cameras. Every time I go out now I need to wear gloves and a mask because it is dangerous to go out without gloves and a mask. Every Friday I played soccer with my friend, but now I can't. It is so sad. When I go to the grocery store now, I am really scared even to touch food. I avoid every unnecessary contact with everyone now, even with my roommate. It has been four weeks indoors, and I am really sad about this situation.

Written by: Daniel Dragoti



The Coronavirus has spread around the world, I think our lives have changed a little bit. I had hoped to visit somewhere with my husband during spring vacation, but we had to change our ideas because of the Coronavirus. I haven't always watched the news, but now I watch updates on the news about the number of people diagnosed in the United States every day, and the updates let me know how serious it is. Before the Coronavirus is eliminated, I won't get together with my family or my friends. Up to now, my husband and I have stayed at home for three weeks except to buy food and walk the dog. For our safety, PCC put the courses online to learn and interact with the teacher. Even if we have to go outside to buy food, I will wear a facial mask and keep people at least 6 feet. Then when I go home, I will disinfect soles, clothing and wash my hands. Although the Coronavirus is scary, we should treat it correctly and stay at home for safety.

Written by: Na Zhao-Exstrom

My life has changed a lot because of this inconvenient time, which we all pray that we will get over. First of all, my daily routine has changed. I have been sleeping late and waking up late, and because life almost stopped outside, and the gym is closed, I have started working out inside. I have stopped going outside since quarantine started. If I need something then my husband gets it for me. Moreover, living in a second floor apartment with two kids is absolutely hard, because they can not play as freely as they would like to. I have been cooking more, and spending more time with my kids doing homework, watching tv or playing video games and some soft games such as tossing a softball to each other or drawing together. I can say that I have also benefited from being at home. For example, I am not going to the mall and spending money, I am not driving a lot, and I am taking better care of myself. For instance, I am doing some skin care, yoga, relaxing, and spending more time with my loved ones. In conclusion, we want this hard time to be over soon. We want to get back to our usual life routine, and we want the world to be safe from viruses and from anything which is bad for our beautiful blue planet. Stay safe and give more love to your loved ones.

Written by: Afreen Mohammed



When people learned about Coronavirus in China, our life in the USA didn't change. At first, people just talked about the virus, but when I saw the news about death and epidemic there, I got really scared. After the infection of people in other countries with this virus, the whole world has changed. First of all, flights to other countries have been closed since mid-March. Second, all schools, universities, restaurants, malls and other public places have been closed for one month already, except stores, pharmacies and gas stations. Now, people can't go out even for a walk. Third, people started to panic and stock up on food, so many stores are still out of some products. This world situation is unusual for many people. Finally, most people have been sitting at home for over three weeks. Some people continue to work, but from home, and it's so difficult because many people have children. I hope this situation will finish soon and we can live as before.

Written by: Kateryna Soloviova



Many people have experienced psychological trauma due to the Coronavirus. I'm also psychologically shocked. Since I heard the news about the virus in China, I've thought that the disease will reach here. Since that time, I've been following the news, and I've been shopping too. I have felt more intimidated when I've seen people competing for goods, and it has run out of shelves. I've stayed home without work, so there was a lot of stress. A week after these events, I've decided to go outside every day to walk in the park. I've been wearing gloves and a mask to protect myself. Then I realize the Corona virus may kill us with fear and anxiety before it reaches us, so we must learn to live with its existence in our lives.

Written by: Shatha Al Salman

Social distancing is one of the government's ways to reduce the spread of the Coronavirus. I strongly support all efforts made by the government because it is all to protect us, but honestly this has been very boring. My life has changed after social distancing because I could not freely explore many places in Portland. I am new to Portland, so I want to visit many places here. I have liked studying at Portland Community College (PCC) because I can study English and socialize. I have really liked meeting people from other countries at PCC because I can learn new things and I can improve my English skills, but PCC is closed until the end of the term and all classes are moved to online classes. I have missed going to PCC and meeting new friends. I hope that a vaccine or medicine for the Coronavirus can be found soon so that we can all do normal activities without social distancing.

Written by: Merta Sari Stout

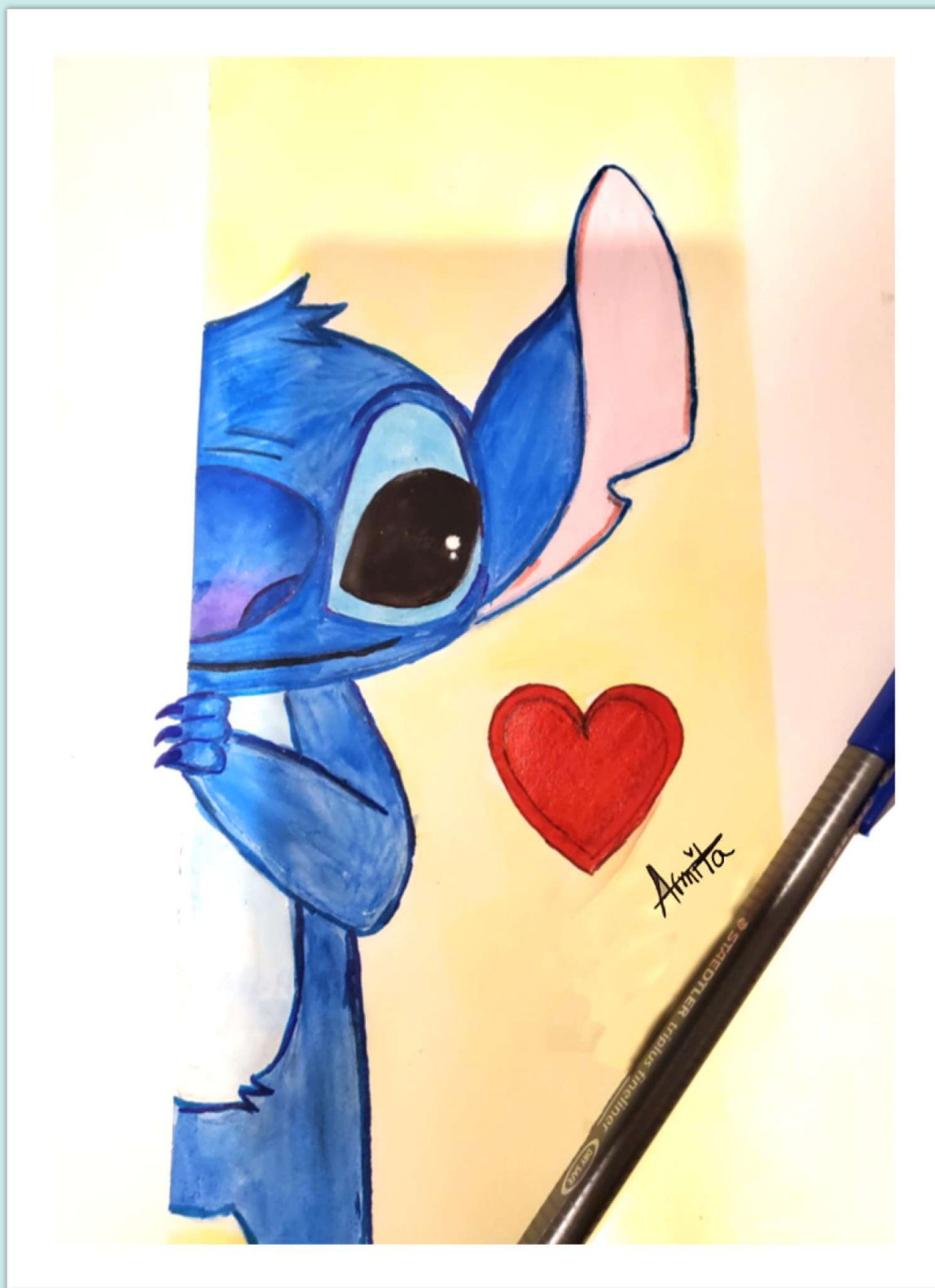
My life has changed since we began social distancing because of Covid-19. First of all, I haven't taken online classes before, so this entirely virtual environment has made it stressful for me to learn. Secondly, I have stayed at home and have stopped walking around my neighborhood which was my daily exercise. Finally, I had to wear protection when I went grocery shopping. My daughter and I wore masks, and I wore gloves to touch the shopping cart and open doorknobs of the freezers in the store. My daughter was responsible for grabbing the food items, and we both paid attention to keep at least 6 feet from others and avoided touching our face, nose, and mouth. Although these changes caused a lot of inconvenience, we know that social distancing is an efficient way to stop the spread of the global pandemic Covid-19. I hope it disappears as soon as possible, so we can go back to school in the near future.

Written by: Nina Chuong



Staying and praying for the world in the corona time

-Armita Gorg

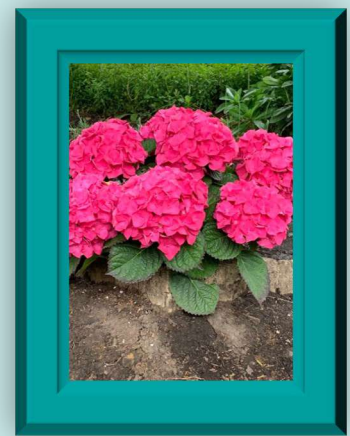
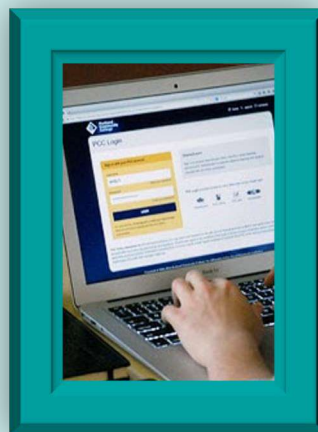
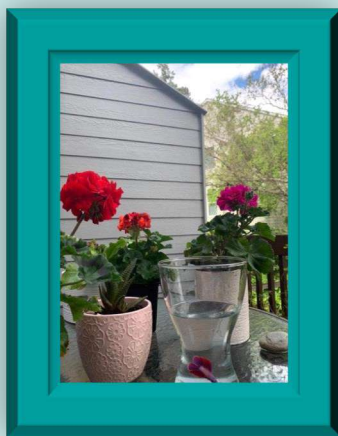


I'm James. My life has changed since we began social distancing because of the Covid-19. My daughter and son have been staying home for a month. I have been taking PCC online classes since last week. We have been unable to go to church every Sunday and worship for 3 weeks. Still, if possible, my family is trying to go for a walk in the afternoon. Also, my son and I have been practicing piano since April 1.

Written by: Yongjoo Moon

Social distancing because of coronavirus has changed our lifestyle totally since 3 weeks ago. We have to stay at home the whole day. The schools and colleges are closed. My daughter and I have taken online classes since last week. My husband and I have lost our jobs. The first day of spring was my new year Norooz , but we couldn't celebrate with my family. We have not socialized with my friends and my family yet. These days, I am entertaining myself by gardening ,cooking and learning English at online classes. These days are very critical, so we have to protect ourselves to get back to normal. I hope all people around the world stay safe and healthy and these days too shall pass.

Written by: Shahrzad Taheri



Well... I am sure that everyone who is writing this paragraph has a closer information about how our daily life has changed and the hard situation we are experiencing. But before I start, I want to express my thankfulness that all my family here (in America), in Spain and in Morocco are healthy and I hope this strange circumstance will be over as soon as possible. As we all know, everything in this world has advantages and disadvantages. So, the disadvantage for this quarantine is that we are limited to be in a social group and to me that means I can't do my favorite hobby. Playing soccer. I haven't played soccer for almost one month. Also, we are constantly hearing about this pandemic everywhere and sometimes results are a little bit scary. It's like we are in a really scary movie. Nobody wants to get this invisible monster who is surrounding our world without commiseration. And most important, I haven't seen my friends for a long time. It is very sad. On the other hand, looking now at the advantages, I am a person who likes to sleep a lot. So, since the quarantine started, I haven't woken up early. In addition, I have never used a remote class in my whole life; therefore, I am taking advantage of a new method of learning. Every single day, without noticing, we are learning new things. Finally, my house looks radiant because I have to kill boredom and the best way to do it, for me, is cleaning up the house. Well, there are a lot of things to keep myself entertained but there are some which are not productive as, for example, cleaning up. In conclusion, this pandemic has changed our lives, and we can't be scared. All is new for us, but if we do what the health experts say and avoid going out, unless it is an emergency, we will together get through this. The difference between human and living beings is that we can adapt to the environment. The vaccine right now is in our hands, so stay at home.

Written by: Said Boussaid



There have been some changes in my life since the coronavirus. My name is Ali. My wife and I came to the US 6 months ago. Before the coronavirus started in the world and the US, we started to live in Portland in the US. Before the coronavirus, I took a job and I went to work everyday, but after it, I stayed at home. My job was closed. Before the coronavirus, I started learning English at PCC, but after it, for this term, I'm learning English at home and online. Before the coronavirus I went to stores and easily bought everything every time, but now it's very alarming. Before the coronavirus, we visited our friends very easily and every time, but now it is so hard to visit them because the coronavirus is very dangerous. We stay at home because it is safer and healthier for us and others.

Written by: Ali Nakhjavannia

I believe that this pandemic has changed habits, routines and activities of all people around the world. Before it, I went to PCC three times a week on Monday, Wednesday and Friday and I talked with friends. We shared our lunch together. I liked to travel on a bus when I came back to my home. I went to exercise at the gym three times. Sometimes I went to run in the morning. We went out every weekend. Now I take classes online because Governor Kate Brown gave an executive order for Oregon's state of emergency. These rules include a stay-at-home. After the pandemic I can study more. If I need to talk more with my daughters, now I can do it all the time at breakfast, lunch and dinner. My husband and I go once a week to buy food, but we don't bring our daughters. I have more free time for my hobbies to read and cook. Sometimes we walk to the lake in the afternoon because we don't want stress in our life. It is really difficult for me to keep social distance. I miss seeing so much of teacher Jennifer, Costa and my friends. I hope that it will finish, so everyone can come back to our daily life.

Written by: Ana Cid Gomez

My life was more relaxed before the coronavirus. Now going to a supermarket, I feel nervous and stressed. I can see and feel the people are stressed or nervous too. Before, everything was very relaxed. Now I don't drink coffee or tea with my friend, and I don't go to the cinema, mall, or PCC anymore. Before the coronavirus I met with my friends in church, and after we would go to lunch and long walks in beautiful parks or mountains. I miss going to church a lot on Saturdays mornings. After Covid19 I value the simple things of life. ♥

Written by: Carmen Diaz

Before the coronavirus, I used to start my day every morning by dropping off my kids at school. Then I went home. I cleaned my home and I started cooking. If I needed something from the market I went to get it. And sometimes I went with my friends to drink coffee. Then I went to get my kids from the school and at the weekend I went with my husband and my children to the park or beach, but for the time being we are just staying stay home, and this is disturbing us, but in the end it is to protect us, and we hope that we can overcome this crisis because it's difficult for the world to continue with this situation, and we hope that there will be medicine for this virus.

Written by: Doaa Aldarajji

Doaa said that she does her favorite homemade baking at this time of the year. This is a picture of kolecha which she makes for Eid al-Fitr.



Coronavirus has changed my everyday life. Before the coronavirus, I went out every day. I went to PCC. I went downtown every weekend. I drank coffee in PCC. I felt happy. I went to meet my friend. After coronavirus, I don't go out every day, just when I want to buy something. I feel bored. I study English online. I can't go to PCC. I don't go downtown. I don't drink coffee in PCC. I don't go to meet my friend.

Written by: Hamzah Al Rubaie



Since the end of 2019, we have learned about the horror of a coronavirus pandemic. March 8, Governor Kate Brown of Oregon declared the state of emergency. We were not only deprived of much freedom, but also had to accept many restrictions. Our freedom is our habits and lives, for my example, shopping for food, meeting with friends at Starbucks, trying on my favorite clothes in the store, having lunch in the store and having fun with family, sightseeing in Oregon on weekends, shaking hands and hugging close to friends. The first restriction is the "stay at home" order, which I never experienced before. Shopping for food is once a week, and the mall is closed. Next is to wash your hands and sanitize. And they required social distance also. I have to wear a mask to enter the store. I had to prepare my environment to take classes online. Make zoom usable, practice, and check the PC. I guess heavy stressful days continue in the world; however, these restrictions and orders make me aware of the thankfulness of everyday life.

Written by: Minako Masuda



Before the virus I was in Brazil preparing to travel here, with thousands of things in my mind about places, peoples, stores that I'd go meet. When I arrive: BOOMMM! We don't leave home. At the start I was sad and bored. Now I guess that I'm getting used to it. Only to be here in the U.S, I'm already super happy. After all, that was my dream I hope this passes very fast because I need to enjoy my exchange

Today I'm an au pair here in the U.S. Since the coronavirus, I have spent nine hours a day with my kids. It is exhausting. Everything is closed, and I don't have more pranks for them. Staying in the home in Portland really sucks. That city is beautiful. When I finish my job, I'm very tired mentally. It's almost impossible to do something. I'm trying to keep my mind safe from stress with meditation and affirmation words. I glued pictures on my wall with stuff I want to do when all this is over. One of them is to surf and to travel.

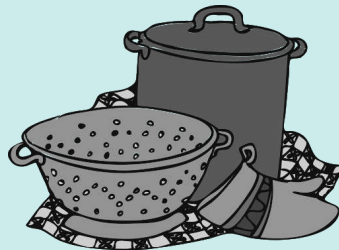
Written by: Samila Albuquerque



Picture by: Kay Huynh

Before the Covid-19 pandemic, I worked 8 hours 5 days. My husband worked 5 hours every day. We were better off financially. Today we are going through a bad time. We hardly have a job, and nobody helps us, but we hope that this will happen soon and that we will get ahead. As they say about every misfortune, there is always something good. Now I have more time for my family and me. Today I cook my husband and daughter's favorite food, and I clean my house. I have time to read a book and play with my daughter. Before Covid-19 my life was very fast. Today I have the privilege of enjoying every moment with my family with optimism, always thinking about the future.

Written by: Ana Beatriz Gomez



Now I have more time to spend with my family.

I have more time to rest.

I have more time to clean my house because I'm in my house all day.

I have time to do exercises in my house. Sometimes I go for a walk.

I have more time to walk.

I don't work

I don't go shopping anymore.

I don't go to the gym.

I can't be away from home for long.

I can't go visit my friends.

Written by: Roxanna Hernandez

I spent more time at home with my family, and we don't work because the company where I work is closed. We wake up later but when we go back to work we will wake up very early. I cook more at home, before I go to the restaurant twice a month. This spring we stayed home, but last year I was on a trip. The parks, schools, and stores are closed because of coronavirus. Sometimes we go for walks and I wear a mask. I don't go to the Church, because I have to stay home. I study at home online, because PCC is closed. I miss my best friends and my work. Coronavirus has changed everything. For the first time of my life I celebrated Mother's Day with no friends.

Written by: Elizabeth Hernandez



(emoji of worried face wearing a mask)

I make food for my family, but before coronavirus we were going out to restaurants. I shop online, but before corona virus I was going to the mall to do shopping. I put on a face mask and gloves when going to the grocery store, but before corona virus I did not do that.

I drink at home, but before corona virus we were going to bars to get a drink. I talk with my brother by phone, but before corona virus he used to visit us at home. I watch movies at home, but before corona virus I was going to the cinema once a week.

I am working a part time job, but before corona virus I had a full-time position. I am taking online courses, but before corona virus I was going to PCC. I walk everyday outside near the house, but before corona virus I was going to the gym. I had a happy life with my family, shopping and work before corona virus.

Written by: Yvette Kehdi

It's hard to be quarantined, but everything will be fine. Stay home, don't give up. We will all be well, together we are saved. My family and I learn new hygiene habits. I use gloves and a mask when I go to the grocery store, before coronavirus I didn't. We are disinfecting everything we buy, but before I didn't. We are washing our hands with water and soap for twenty seconds, and now we have to be 6 feet apart. I am scared to see how many people die infected, but it's better to be at home and save lives. The doctors and nurses are heroes and I will close the door to the Covid-19 to protect me and those who we love.

Written by: Elizabeth Hernandez



My life has been affected by coronavirus a lot. Before, I went to work and I went to the gym. I also used to go to physical therapy and now I do not. I used to go to the mosque. Now I have to wear a mask when I go outside. I was going to go to my niece's wedding but now I cannot. Before, I could travel and visit my friends and neighbors but now I cannot. I worry about my son getting coronavirus because he still works. I have to stay at home, but now I have the opportunity to learn more English. I pray that the coronavirus ends soon. Today I spoke to my niece who lives in Michigan and she told me one of her friend's got coronavirus and she is in intensive care. We ask God to help those who have coronavirus.

Written by: Ruqaya Ismail

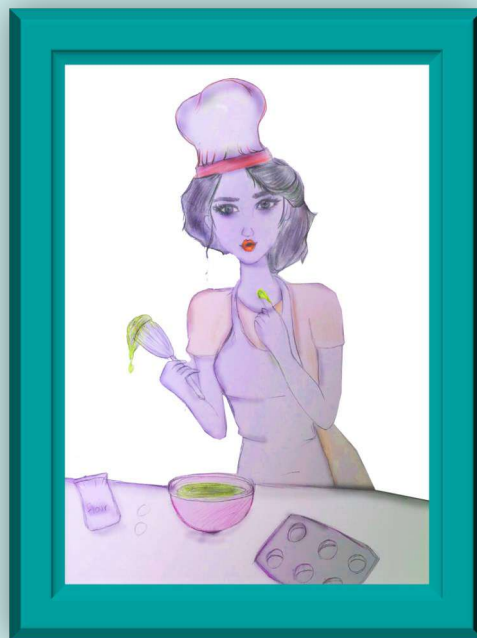
The Coronavirus makes many changes in my life now. I read books, but I don't go to the Library. I take English classes online because of the CoronaVirus. I speak English every day with my friend because I don't go to class at PCC. I don't have a job now. I stay at home every day. My life feels like it will never be the same.

My family does many things for fun, but we do different things now because of the Coronavirus. My family and I play puzzles. My husband and my niece make Tik -Tok videos. We still have fun, but we miss many things from before. I hope the Coronavirus is gone soon.

Written by: Marilu Vada

Due to the Coronavirus, I spend more time at home. I sleep more because I'm indoors. I have time to be with my kids. I can clean my house deeply and take time. I cook my favorite foods more which are enchiladas and tamales. I have more time to go on walks with my husband. Due to the coronavirus, I can't go anywhere.

Written by: Guadalupe Ambrocio Vidal

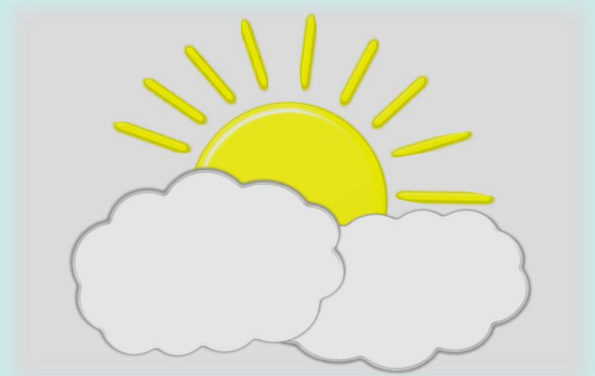


Picture by: Afreen Mohammed

## The Influence of Coronavirus

“The school will close, and today is the last day” said my late client, and she looked out the window with a distant look. She was working as a teacher in the high school near my work, and I’m a college student who worked part time as a nails designer. She was my last client, and it was also my last day of working. I remember that day, the snow fluttered at the end of the season like saying goodbye to the cold winter. The atmosphere was so bleak. Everybody was quiet. Maybe they were thinking of the scary coronavirus which was also known as Covid-19. After that day I stayed at home and isolated from the community. I did not expect to have these days. My father usually makes a joke that we will make friends with the four walls and tivi. That is true. If someone asks me how I am these days, I will answer that I am probably bored. I’m sitting and looking out from the window in my apartment. The weather is pretty nice, and I’d be going shopping, dining with my friends, but I can’t. I remember the noise of the kids who were playing basketball, and the funny conversations of people who were walking and cycling. Now the streets are completely empty. Everything is strangely silent because we are doing social distance for public health. However, this time is also a good time to clean and organize my house. I usually listen to music while I cook. It gives me comfort and relaxation. I also take some online classes to avoid the boring feeling these days. Because of this isolation, my family can enjoy the meals together. We can talk and share the joys and sorrows to each other. After we eat, we always have time together to pray for people who died because of this disease, and for the whole world to overcome this challenge quickly. In my country, people usually said that “After rain comes sunshine”. I look forward to the day our lives will return to normal, and it will be a sunny day.

Written by: Hien Nguyen





## Going Through the Crazy Time

As Coronavirus started to threaten Oregonians, I was the first person who left the job at my company. The reason was I had no family in the USA and didn't have to make much money for myself, but if I got the Coronavirus, it would be a serious problem for me because I have no family members in the US. It was better to take care of myself rather than make some more money. From February 20th to March 11th, I didn't go out at all except to attend classes at PCC. Some Chinese classmates and I bought some masks but no one was wearing masks on campus. One of the teachers also taught us how to prevent the coronavirus, and she mentioned that masks were not important for individuals. That made us embarrassed to wear masks on campus even though we still believed that it might prevent the virus in some way. Following the majority of people and not expressing one's personal thoughts is an aspect of modern Chinese culture due to the Chinese government's long-term authoritarianism, and we did not wear any masks until the spring holiday.

At the beginning of the spring holiday, I was extremely careful about the contagious virus. I stayed home and watched some online movies, read some books, and did some stretching exercises and meditation. During these times, I had my meals later than my normal routine to avoid meeting my other roommates. Gradually, I became bored of staying at home. I even tried some Chinese 8 Brocades Qigong Practice to fight back my boredom, but none of these activities worked for long.

After three quarters of March had gone by, I noticed the leaves on the trees outside my window becoming greener and greener each day, the birds singing in the forest every morning, the bright sun shining like I was in California, and a tiny white cloud at the edge of the sky that seemed to be waving at me. The beauty of Rose City had no fear of the evil virus. The friendly atmosphere and the warm weather gave me some kind of comfort not to be afraid of the pandemic pestilence. As my mind became more positive, I rushed into the kitchen and greeted my roommate. After a long conversation we reached a complete agreement in our views: We both wanted to go out. The best excuse was that we both will live in Portland

or a long time and exploring our surroundings by car is the best thing we can do during the pandemic.

During the next few days, we drove my old car around the city without getting out. We visited every interesting place in Portland from near Washington state up to Forest Park, and then we drove south around Lake Oswego. It is not difficult to figure out directions in the Portland metropolitan area. Burnside Street is the dividing line between north and south Portland, and Willamette River is the dividing line between east and west. We didn't really care about the names of streets and the specific address where we were, and we drove very slowly to enjoy the scenery unless some cars were following us behind or some people were giving us weird looks. As we became familiar with the environment, we also lost our curiosity. Staying at home became the best option for me again.

After several days passed, I had been watching a lot of news and could not sleep during the night. During the daytime, I felt like sleeping, and during the nighttime, I felt awake. The body and spirit became sleepy and lazy. This kind of laziness was so extreme that I didn't even want to get up and open the iPad or the laptop. I just lay in bed watching videos on my phone. I wore pajamas all day and didn't brush my teeth or shower for the next two days. I started to feel gloomy. Finally, I realized that it was not normal and that I had to stop living like a zombie.

The next day I went to Walmart and bought a yoga mat and did some exercise on the yoga mat, but it's very difficult to continue without proper guidance. Shortly after that, I found another solution to make life interesting. Gas prices had **rapidly** gone down, so why not take this chance to go on a trip to the Oregon coast? The routes were carefully planned for the first trip: Washington Square-McMinnville-Dolph-Pacific City-Tillamook-Hillsboro-Washington Square. Even though the Oregon coast is wild and the winds are brutal, this one-day loop trip was very unforgettable.

The next trip was Portland- Madras- Bend- Eugene- Medford- Crescent city Ca- Brookings-Pistol River- Gold Beach- Nesika Beach- Ophir- Port Orford- Bandon- Reedsport-

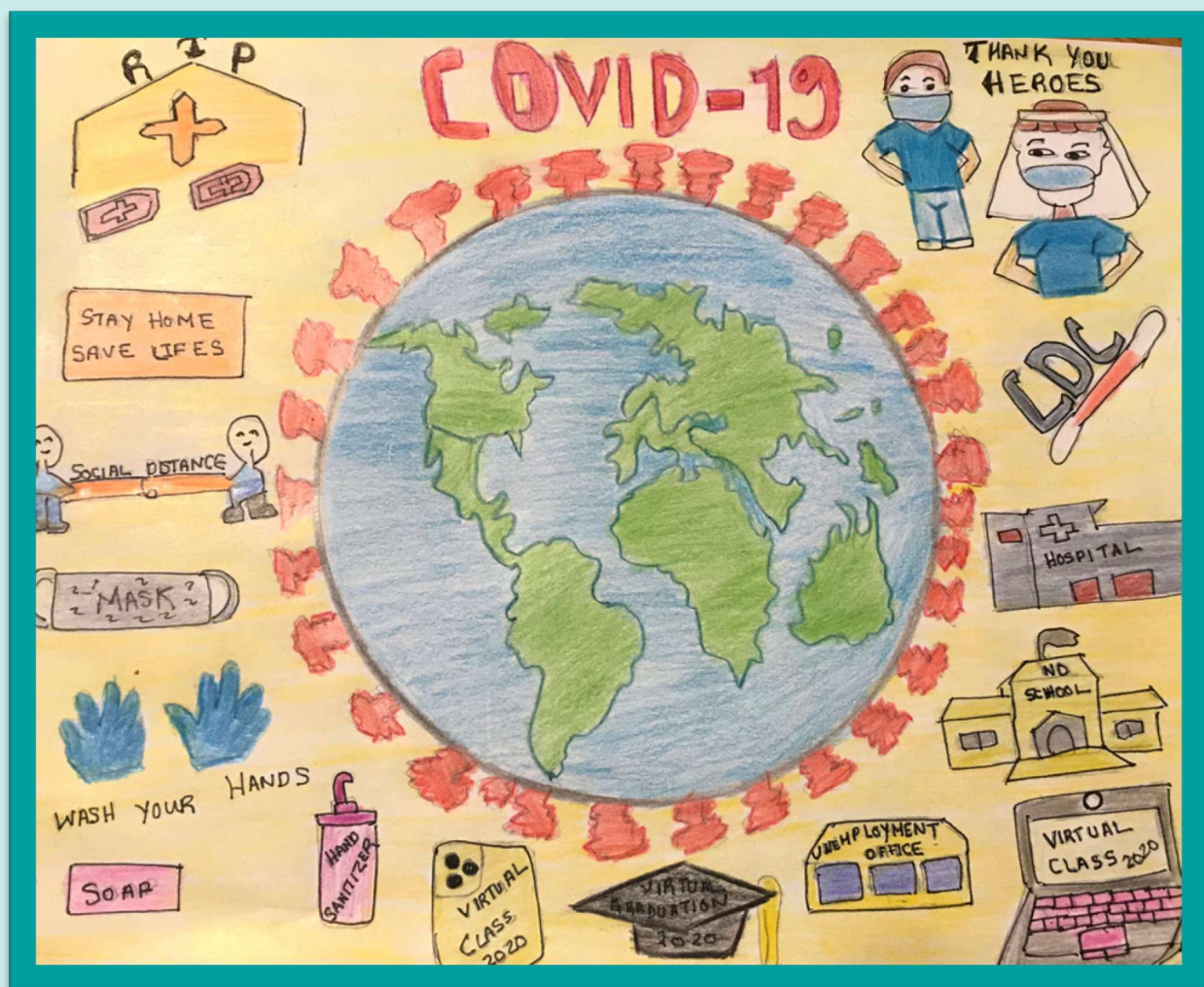
Florence- Yachats- Waldport- Newport- Lincoln City- Pacific City- Dallas- Salem- Portland. Too many stories would need to be told if I had enough time to note them down. To make a long story short, it took me three days. I was afraid that I would get the virus if I stayed in a hotel or Airbnb, so, I decided to sleep in my car. The first night I parked my car in Alton Baker Park near downtown Eugene. The second day I spent the night at TideWays Island Memorial Park.

After a few days, I decided to drive through the Cascade Mountain range. My car got stuck in the snow on a small road near Mt Jefferson. It was early evening, but it was a five-hour walk to the nearest residence. I tried many solutions, but none of them worked very well. The only option I had was to clean all the snow from under the car and pull more dirt around the wheels. The sky became darker and I was exhausted. I realized that I would have to save some energy to walk out of the jungle the next day, so I got in the car and slept like the dead.

The next morning when I woke up, I planned that if I could not move the car within one hour, I would give up on the car and start to walk. Otherwise, I would be in real danger. Fortunately, the snow under the car had melted a lot and I was able to reverse the car easily. The next night I enjoyed Bigelow Hot Springs and stayed in a cave there the whole night.

I love the beauty of nature, the colorful flowers, the blue sky, the wind, the birds, and even every leaf of the Oregonian ever-green trees. I have gained a lot while escaping from the virus. That was my choice to go on these adventures; it may not be a good example for others to follow, and I felt some sort of guilt whenever I saw the “STAY HOME, SAVE LIVES” sign on the road. There are some personal rules I have followed since the spring holiday began. I don’t stay in hotels or go to restaurants, and I always wear a mask except when I’m alone in my car or in my room. Finally, I always maintain six feet of distance in shopping centers, gas stations, and any other place where I need to come in contact with other people.

Written by: Kent Nonamegiven



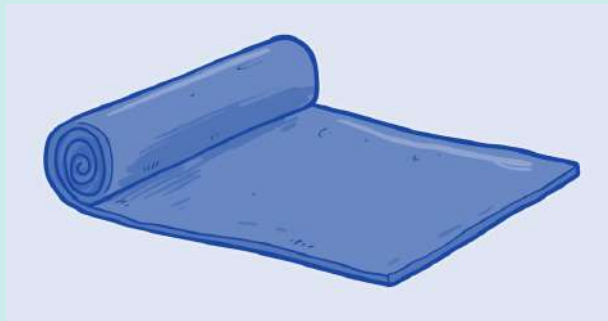
Picture by: Josefina Yoves

There were many changes when the Covid 19 pandemic happened. Everything became more deserted because most people stayed home. Things are harder than before because of no jobs. But there are some things that make us feel more comfortable because traffic isn't busier than before coronavirus. Last thing, I don't like going to the market. The line is longer than before because the market doesn't allow more than 10 people inside. I hope Covid 19 ends soon. It will be better when everything returns to normal.

Written by: Trang Tran

My life before Covid-19 was different because I could work full time, and now I have fewer hours. Before it happened, I was able to go to the store with my family. Now we have to take safety measures, and that is why now just one person has to go to get groceries. Now I have to wear a mask and gloves, and I did not do that before. Also I have to disinfect all the things that I touch and before that was not something I was worried about. Now I have to take online classes and before I was studying face to face. Before I could go with my son to the park, but now he only can play in the yard at home. Another thing that changed is the fear that we have now to go outside. Before we were free to go to anyplace without any worry.

Written by: Mauricio Gonzalez Avila



My lifestyle is not too different compared to before the stay home order. Even now I have been working and I get paid so I'm really grateful for this environment. But I can't go anywhere now like before and I can't see my friends, so I really miss them and my free time. I understand that it is a difficult time now and the extension is longer than before so I feel a bit stressed. Good thing is that I can save more money than before because I can't go out. Also I can spend more time with my host family than before. In my free time I exercise. I dance, do Yoga, and go hiking. I try to keep healthy. I don't want to stay home any more but I try to look for what I want to do and I want to value my own time. I hope this settles down soon.

Written by: Asaka Kina

The Saudi government took coronavirus seriously from the beginning. On the first of February, all the airports around the country are closed, and they cancelled all the flights. The government will pay 60% of the salary for the citizens for 3 months. the last thing was taking is the ministry of health will send teams to carry out the intensive active surveillances as part of several measures to address the global pandemic.

Written by: Roba Arrashoud

The United States government is giving money to the population as a stimulus to the economy. Unfortunately, the Mexican government is not giving any kind of stimulus to citizens

Written by: Paul Gonzalez Herrera

One thing that Thailand is doing well in response to the pandemic. That is to make people aware of the effect of this pandemic and wearing protective masks when going out. In my opinion, that is a good way to prevent Coronavirus transmission. So, I wish people here to wear them too and I don't want them to assume that people who wear masks are spreaders as I saw in the news. Anyway, we still must wash our hands frequently and keep our distance from others.

Written by: Thunchanok Pacharo





### Life Before Covid-19 vs. Life After Covid-19 in the U.S

Are you scared of Covid-19? Life has changed since we began social distancing because of Covid-19. As we all know, Covid-19 has become a global pandemic due to it being a novel virus and there isn't a vaccine to prevent it. Also, doctors haven't found an effective medication treatment against Covid-19. It can spread quickly by someone talking, coughing, sneezing, and touching contaminated objects. In addition, some infected people won't have any symptoms, but they can spread the virus. These are some of the reasons why Covid-19 can become a pandemic in such a short time. We know that we must take action in order to stay healthy and safe, so life is harder than before. There are four dramatic differences between life before Covid-19 compared to life after Covid-19 in the U.S.

First of all, students have to do remote learning instead of in-person classes. Students were learning face-to-face with teachers in a class at school which allowed for listening and paying attention to the teachers, and also there was no interruption from family members. Now, the online classes have students attending classes on computers, which causes more stress than before, especially for students who are not familiar with the virtual environment, such as having to type and having quizzes online in a limited time. On the other hand, students have more free time from saving time on their commute compared to in-person classes. Also, content is always available to access at any time, and this makes it easier to study until students completely understand what the teacher talked about.

Secondly, everyone has to obey the rules about limiting activities in public areas. We used to be able to go outside to exercise wherever we wanted, such as the gym, hiking trails, around the neighborhood or a park. In addition, we had more entertainment including watching movies in a theater, going to a concert hall, or taking a vacation with family. Now, we have to stay at home and have stopped most outside activities besides exercising near our homes, so we have less fun than before. Worst of all, a lot of people have lost their jobs, and the unemployment rate has risen more than ever.

Next, we have to keep appropriate social distance when we go grocery shopping. We

could go to grocery stores at any time when they were open, and we used to not care about the distance that we had with other people as much. Now, the grocery stores keep the first hour they open for only seniors on some weekdays, and we have to wear face masks and keep at least six feet from others. Also, we need to avoid touching our eyes, nose, mouth, and face, and most importantly wash our hands more frequently than before.

Finally, we have to change our eating habits. Before the pandemic, we could choose various salads and a balanced diet at home, or we could eat out at a restaurant with friends or family when we celebrated holidays or someone's birthday. Now, we steam vegetables instead of salads and have more protein and vitamin C than before in a balanced healthy diet in order to prevent getting COVID-19. Also, instead of eating out, we now cook at home on our own because eating out has a higher risk compared to before the pandemic.

These changes caused a lot of inconvenience and tremendously influenced the economy negatively, so life is harder than before. When faced with this unpredictable medical disaster, we should obey the rules from our government and work together to fight against the pandemic. I hope that it will pass as soon as possible, and we can go back to a less stressful life compared to now.

Written by: Nina Chuang



Because the coronavirus is all about human connectivity, I'm going to mention a beautiful Persian poem about why humanity needs a global response to coronavirus. One of the famous Iranian poets that called Sa'adi created this poem in the 13<sup>th</sup> century. These verses called "Bani Adam" or "humankind" decorate the walls of the United Nations building in New York.

بنی آدم اعضای یک پیکرند.  
 که در آفرینش ز یک گوهرند  
 چو عضوی به درد آورد روزگار  
 دگر عضوها را نماند قرار  
 تو کز محنت دیگران بی غمی  
 نشاید که نامت نهد آدمی

Human beings are members of a whole,  
 In creation of one essence and soul.  
 If one member is afflicted with pain,  
 Other members' uneasiness will remain.  
 If you have no sympathy for human pain,  
 the name of a human you cannot retain.

This is the meaning of the poem in English: "All human beings are limbs of the same body. God created them from the same essence. If one part of the body suffers pain, then the whole body is affected. If you are indifferent to this pain, you cannot be called a human being."

Written by: Azin Ardekani