

CHRONICLES
of the
PLAGUE
YEARS

BRONX COMMUNITY COLLEGE DIGITAL DESIGN STUDENTS
REACT TO THE PANDEMIC

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2020 IN HINDSIGHT:

Student musings on a year to remember and forget

Foreward

The arts help us cope in dark times – even during a pandemic that prevents us experiencing art and culture alongside others in the same physical spaces. It was from this distinct need to create a sense of togetherness, belonging and community that *2020 in Hindsight* was born.

This initiative, which was spearheaded by Prof. Lisa Amowitz, focused on surfacing ways for students in the Digital Design program at Bronx Community College (BCC) to reflect and process their experiences, while finding connection along the way. The BCC Archives came on board to archive these creative reflections, which emphasize the importance of the embedded knowledge conveyed via unique artwork created by BCC students. This project not only aligns with the Archive's mission to preserve personal narratives of this turbulent historical moment, but also with our mutual goal to improve student retention. The brilliant artwork contained within this manuscript demonstrates how creative pedagogy can help overcome the limitations of a remote environment and provide students with a sense of belonging. We hope these works not only reflect our campus' experience of the COVID-19 pandemic, but also help create a shared sense of purpose.

In partnering with the Digital Design program on this project, we aspire to facilitate the active use of our archival collections beyond research and the classroom. In doing so, we also hope to encourage students to think about using their creative practice in a new way.

Cynthia Tobar

*Head of Archives/Assistant Professor
Bronx Community College*

Cover and interior design by Lisa Amowitz, Director of Digital Design at Bronx Community College

www.bcc.cuny.edu

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Project Managers: Lisa Amowitz and Cynthia Tobar

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covid-19archive.org

INTRODUCTION

For the students, faculty, and staff at Bronx Community College, March 2020 was a sucker punch to the gut.

Our vibrant campus, a beautiful haven filled with vitality and life, became a kind of petri dish—ground zero for the COVID 19 virus to make landfall.

Not only were many students and staff sickened in those early days, but the City University system was forced to close, then transition to remote learning in the space of a single week.

It was a challenge, to say the least: for faculty who needed to quickly learn the tools to make it possible, and even more so for the students, who—cut off from socialization and in-person learning—had to adjust to this new reality.

Stranded in their homes, some students were forced to continue working frontline jobs, while others lost jobs and income, facing financial devastation. Students were confronted with their own illness as well as that of family members,.

Online learning was fraught in those early days. As a community, we improvised our way forward, without the proper technology and know-how to do it.

But two years on, our students have proven their resilience. In time, we adapted to remote learning, to new ways of doing things, of coping. 2020 was harder, and in 2021, the challenges continued. But, somehow, we got through.

These student books provide a glimpse into the minds of the talented BCC Digital Design students who persevered, strived, and thrived.

Lisa Amowitz

*Director of Digital Design
Bronx Community College*



Juddelis Villar

Spring 2021

EVERY THING I'VE LEARNED ABOUT LOVE

JUDELIS VILLAR



EVERY THING I'VE LEARNED ABOUT LOVE

Accompany me through my little archive of 2020. Come share my smiles and my sorrow. Learn the story of how finding love in the middle of chaos helped me survive the most challenging year in history.



***2020
WAS GOING
TO BE
PERFECT***

*we weren't read
we weren't read
we weren't read
we weren't read
we weren't read
we weren't read
we weren't read
we weren't read*



None of us had ever been so close to having our stuff figured out. But we all know what comes next...

I thought 2020 broke ~~me~~

~~you~~

~~us~~

THE WORLD

but then I realized that
~~I~~ was broken before
the world



Being broken is very entertaining

You discover new pieces everyday
And if you're strong enough
you get to decide whether you keep them
or not.

It was hard to realize that healing is not a
straight path
specially in the middle of chaos





I saw the world moving

And the fuel was *love*.

Love will move people

Even in the most extreme situation

Love will keep us connected

We've invented the tools



Do parents teach their children how to love?

I remember when I was a child I had
asthma and my grandma started giving
me breathing lessons

Why didn't she give me loving lessons
too?

Isn't it as vital?



I learned how to love by myself: trial and error
I learned to have standards for the love I receive
I learned to have boundaries
I learned I deserve to have at least enough
I learned that I can't choose who I love
but I can choose how I love them

*And I learned that not everything you hear
about love is true*

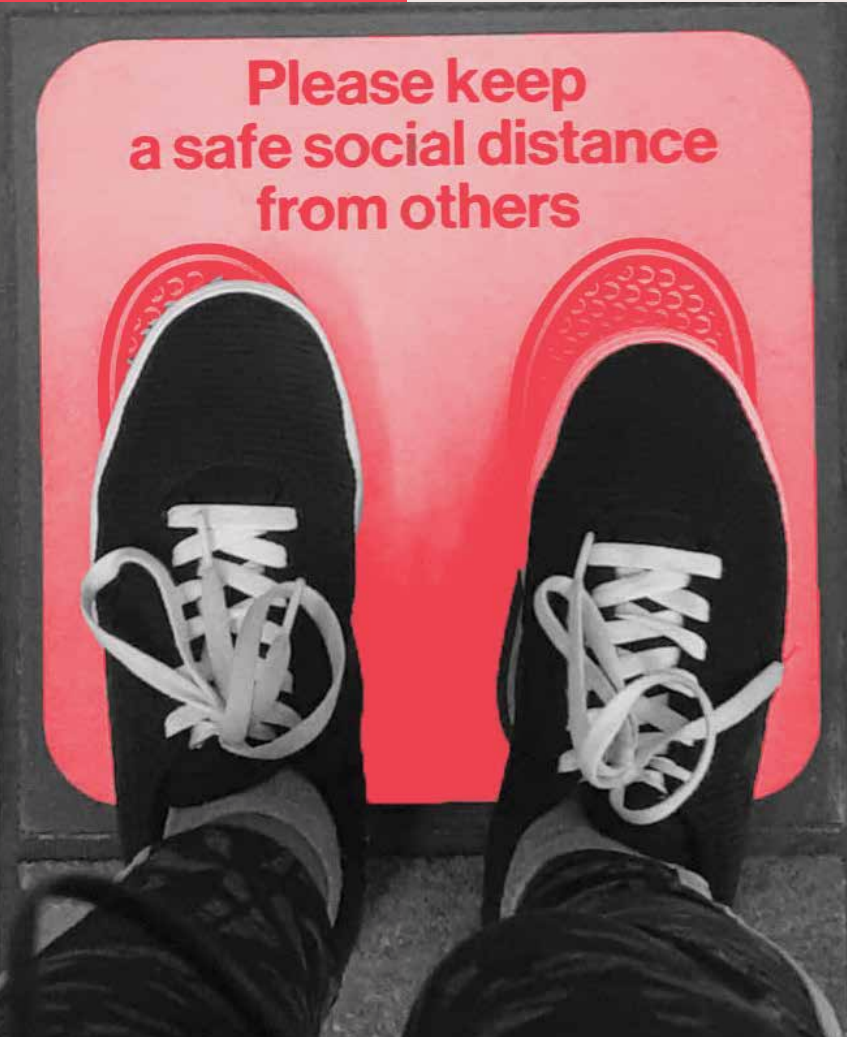


You always hear that you need to find
love in yourself first.

Not true.

I did not.

**Please keep
a safe social distance
from others**



I found love in other people
People who are not in my life anymore
because their love was too much for me
and I couldn't accept it.

However

That love still resides inside of me

Even if i did not want it

Or thought i didn't deserve it

Love is not something to take or leave

Even the love you don't appreciate

will leave marks on you

FOREVER

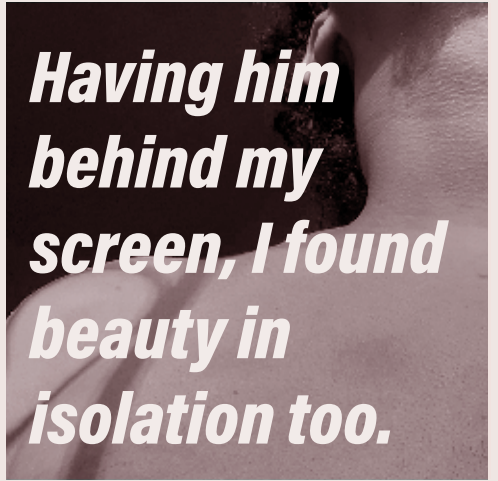
***And after all, in 2020
I found true love***



For the first time, someone was loving me and I was accepting it.



Being in love is the most **beautiful**
yet confusing thing
I discovered colors and sounds I
didn't know existed
the first time I saw
his smile



I remembered all the things I learned about
love when I was a child.

I used them.

All of them.

Good and bad.

I took what I liked and left the rest behind

I learned to talk about love

to share the love I have in me

with someone else

And it wasn't based on ignorance this time

It was completely based on knowledge

on everything I knew

on everything I'd learned

on everything I decided

As all love should be.

The world wasn't so broken anymore

The positive overtook the negative

I had more life than death in me

Solitude wasn't so dreadful

There was a light

And it was love.

In such a small period of time

I learned so much about

something so big

***I only wonder how
much is there left.***



***2020
WASN'T SO
GLOOMY AT
THE END***

The background is a solid teal color with a repeating pattern of stylized suns and gears. Each sun has a spiral center and radiating lines, while the gears are interlocking and have a similar spiral center. The pattern is dense and covers the entire page.

Kenisha Donovan

Spring 2021

Surviving 2020



HAPPY
NEW YEAR
2020

Goodbye 2019... *sigh* This will be your year.....



Cheers



o

l



dear

journal

a lot can happen in a year, but it's only right to be prepared and focus on yourself. it's a new beginning and a fresh new start, so give it your best this year.





Fantastic February

dear journal

the news reported that people are losing their lives due to a virus named coronavirus. not too long, will it reach to the united states of america, hopefully, a few days of school wouldn't be so bad, would it?

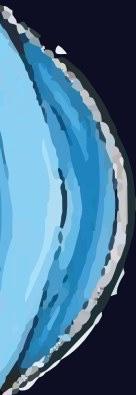
to do list

1. finish art project
2. scholarships
3. homework due tomorrow
4. buy more art supplies
5. visit art museum
6. apply for college

Positive
vibes



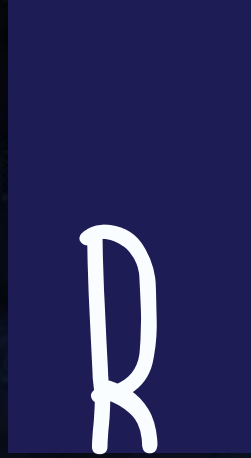




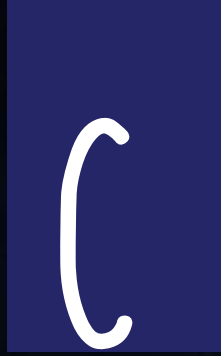
M



A



R

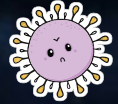


C




H

Madness



dear journal

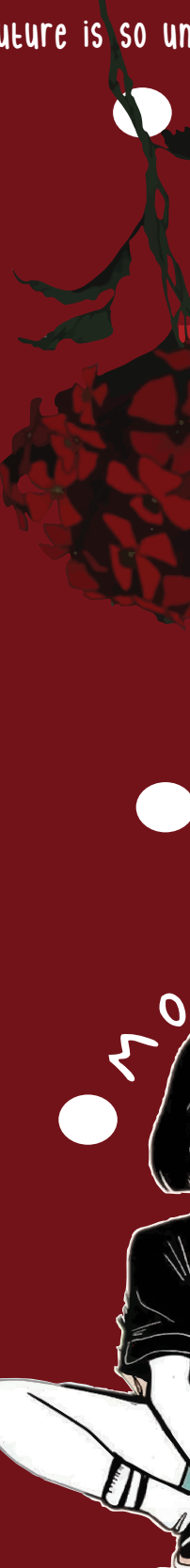


the coronavirus has trapped me in my home for more than a few weeks. Weeks had become months, i'm starting to miss outside; my entertainment varied to the use of electronics. all i ever hear on the news is about the now pandemic, wearing mask, standing six feet apart, conspiracy theories, and people wrestling with each other over toiletries.



Please Wash your hands

worry about my future , a rollercoaster of emotions. my future is so un



but i don't want to sleep. maybe, i'll work on my art. i'll do it tomorrow

April SHOWER



dear journal

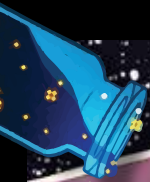
I'm starting to feel an
uncertainty about my
future and the plans I've
set for myself.

I couldn't see clearly
of my path any longer.

I had lost
control of emotions.



may



CPD

all night



add to cart

monday 2020

dear journal

my nights have been occupied with staying up late on social media or living in front of the fridge. however, i found some a hobbies like cooking, searching up international recipes and cooking. it was fun. i tried keeping my self occupied with my art or evening writing, but i never felt motivated to finish anything.



Feelings



Tears



gallery

shopping spree





this
is
america

dear

to
via
t



june

j

u

s

equality.

t

united we
stand
divided
we fall

i

c

e

journal,

day, i cried for hours while watching never-ending
deos of the protest and counter protest on my
timeline. this was one of the worst days of my
life. today is a very sad day for america.



J

U

L

Y

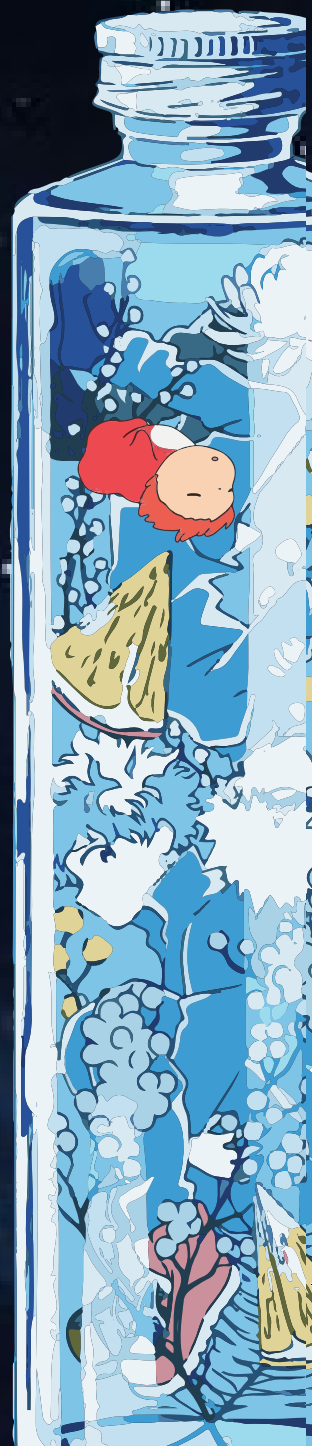


dear journal

today is my birthday but i'm not
in the mood to celebrate.

Lies





AUGUST AIM



dear journal

today, i felt lost so i had to find myself.

i also worked on my art along with other things that needed to be done. although, i had to dig through my mind for creativity, it felt like they were fading away.



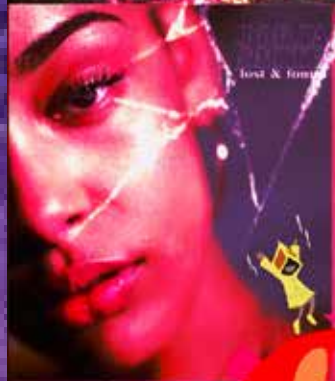
Fugees

TWISSOME
PILOTS

1973

The Score

PARALLEL
ADVISORY
EXPLICIT CONTENT



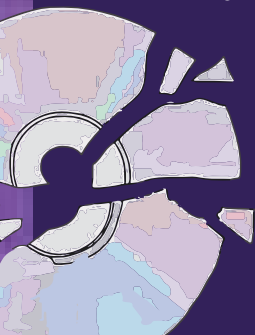


SEPTEMBER

SADNESS

dear journal

today, i found inspiration in listening to music from artist's that i love. i could listen to this song over and over.





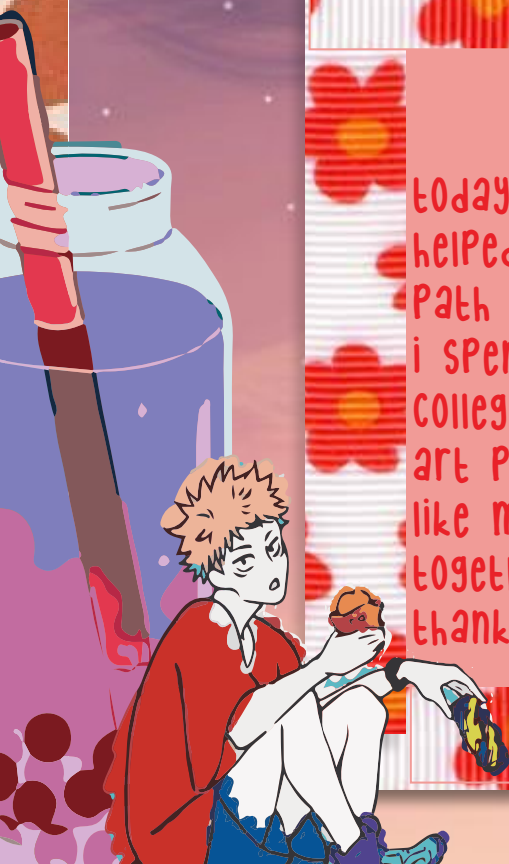
OCTOBER

Leaves



dear journal

today someone close to me helped me get back to the path i strayed away from. i spent my days applying for college and working on my art portfolio. slowly, it felt like my life was coming back together and it was all thanks to him.





Vote Vote Vote
Vote Vote Vote
Vote Vote Vote
Vote Vote Vote
Vote Vote Vote
Vote Vote Vote

dear jour
today, i voted
watched as
america splits in
as the numbers
votes



November Rai



goes up and down.
i felt like i was on
a rollercoaster just
waiting for the
results.

Vote Vote V
Vote Vote V
Vote Vote V
Vote Vote V
Vote Vote V
Vote Vote V

FUTURE





dear journal

today, i decided to move forward with my life even if it means taking a new path, but the year 2020 taught me alot about life and made me appreciate the people who's close to me in my life.

"soon when all is well, you're going to look back on this period of your life and be so glad that you never give up."

-brittany burgunder



DECEMBER

DESIRE

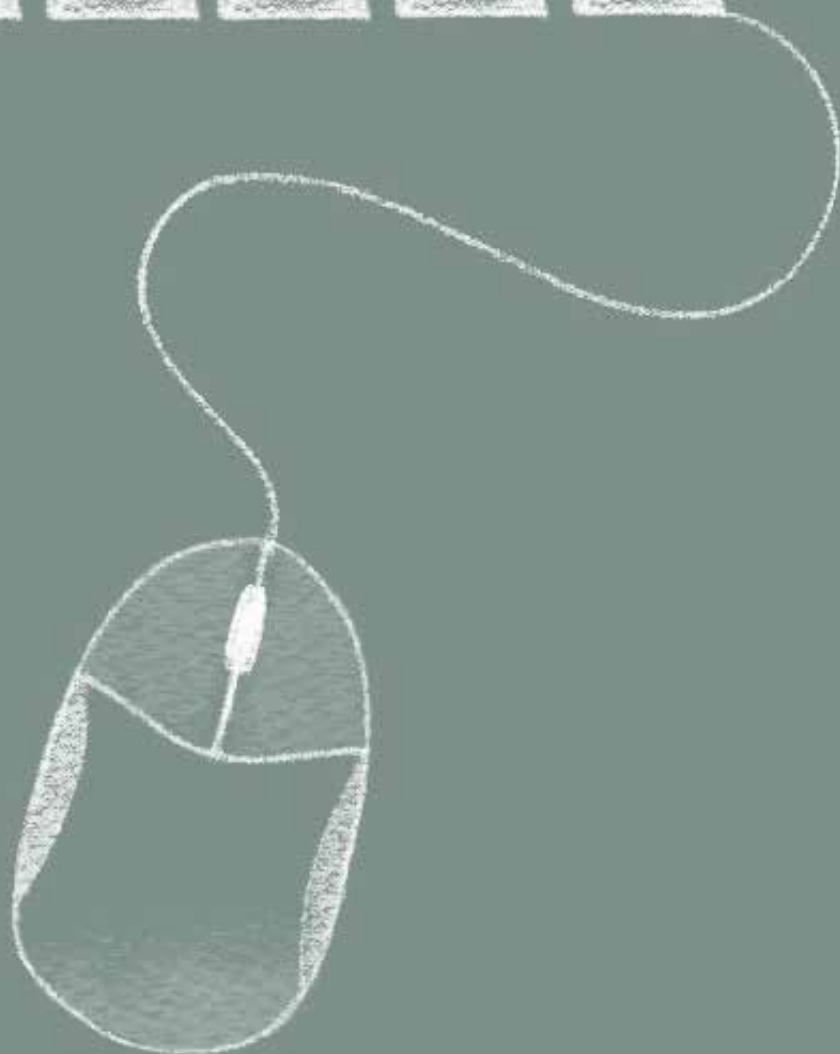


Kristen Molina

Spring 2021

CLICKING THROUGH

C O V I D





CORONAVIRUS DISEASE 2019

A virus spreading all around the world leaving thousands of people sick at home or in a hospital. Scientists and doctors have told us to wash our hands, wear a mask, and stay six feet apart from others. It has kept us from our loved ones and changed how we work and go to school.

So many thoughts and emotions but not enough time to adapt...



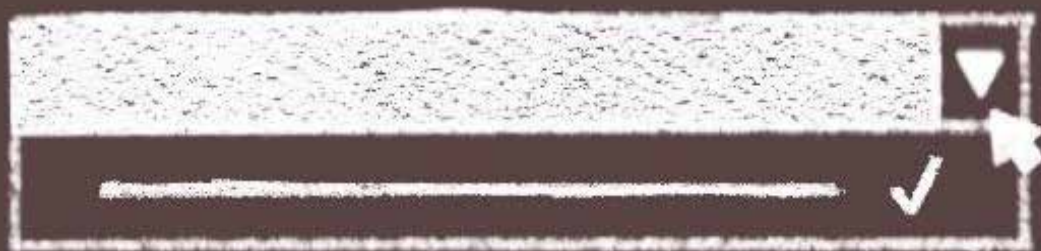
DISTANCE LEARNING

"Welcome to Distance Learning" was the title of an email we thought we would never receive. Classes were going to be taught online instead of meeting in-person which sounded like a perfect dream to some of us. I was heading into my third college semester, so I felt like I had everything under control already. However, handling things through technology was much more difficult than I expected.



THE BEGINNING

The first week of classes seemed to be going well, we were introducing ourselves and going through the syllabus with the professor just like we would on campus. Most of us felt nervous, it was going to take time getting use to communicating with each other through a camera and a microphone especially with the distractions that surround us. This was our new normal and we had to make it work.



CONFIRM

CHANGING COURSES

My statistics class was being taught asynchronously which meant there was no meetings to attend, and I had to learn all of the given work on my own. I was having a hard time understanding the definitions and formulas that were being used in the textbook and the professor would only send us PowerPoints with the same information from it. Everything was confusing and I was on the verge of tears during every attempt of completing the homework. I knew it would only get worse from here, so I called someone from the college and explained my situation. They told me that the best choice was to drop the class and enroll in a synchronous one which I quickly agreed to.



MISSING TEXTBOOK

I was waiting for my other textbooks to arrive in the mail, most of them did except for the one I needed for history. I figured it was delayed because of the pandemic but I decided to call to see what the issue was since I had work to complete by now. It turned out that the book was never in stock to begin with and the closest date for me to get a copy was the next month. I never received any alerts about it and the fact that I had to call weeks after to find out was irritating. I was left with no other decision but to get a refund and rent it from another site.



WORKLOAD STRESS

Issues kept occurring one after the other and my assignments piled up at the same speed. I had multiple essays to complete and tried to hand them in before the due dates. I wrote anything that I felt would be good enough for a grade. I was not learning anymore and just pushing my way to pass. My motivation had disappeared.

C



B-

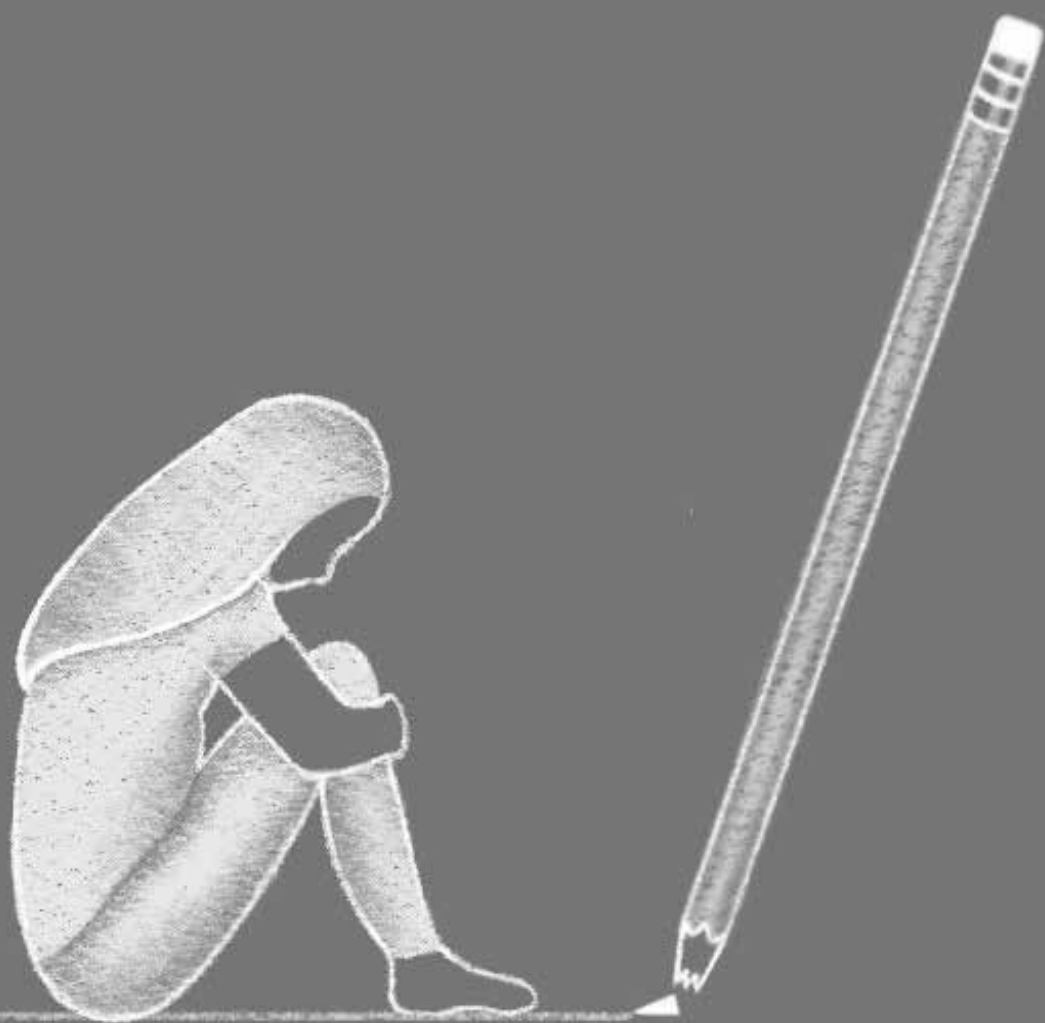
C+

C-

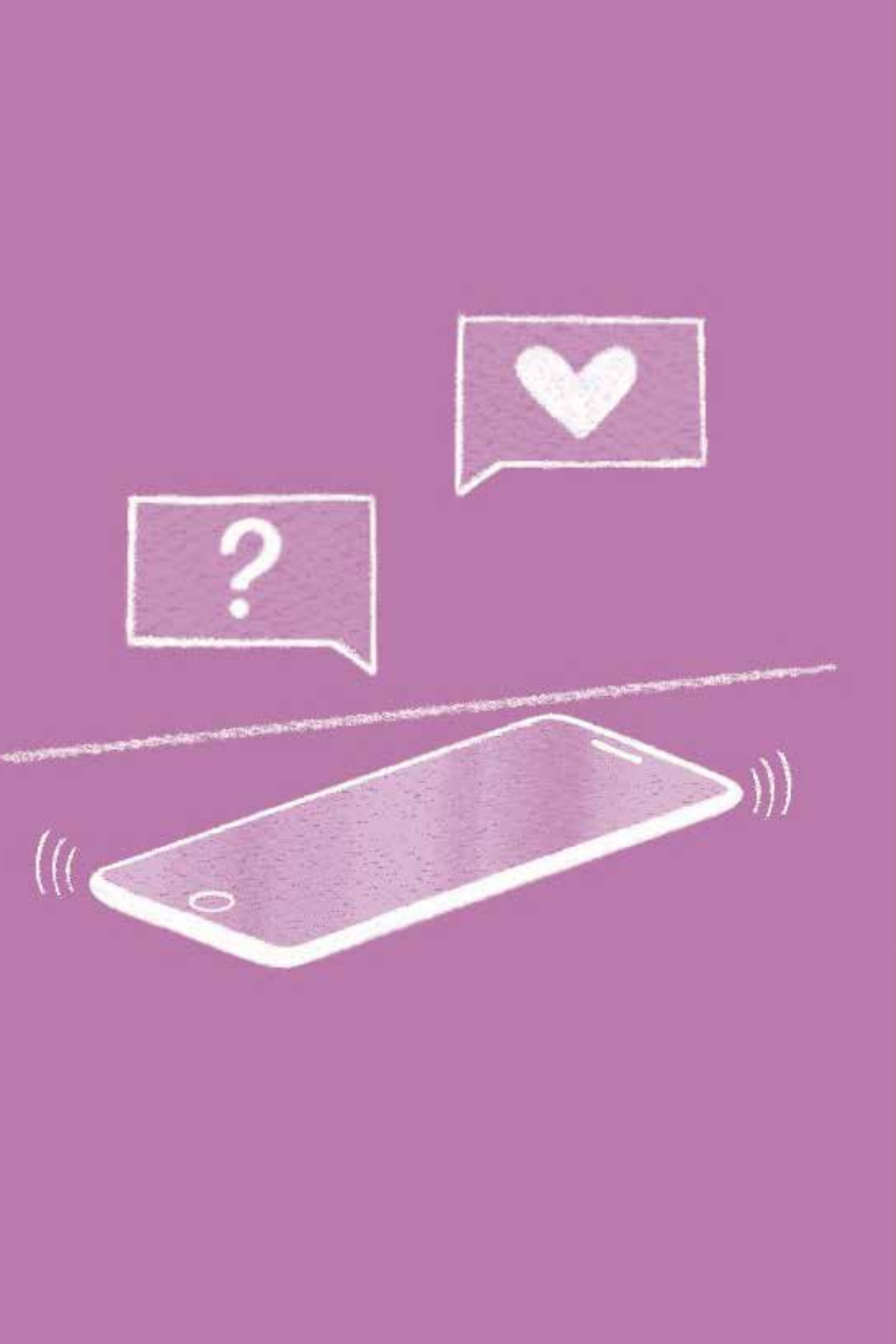
B+

GOING DOWNHILL

Midterms week was over, and my grades had dropped to B's and C's. I knew this was not my best effort, but the results hurt more than I thought it would.



I give up...



THANK YOU MOM

I just wanted to lay in bed with the thoughts of not succeeding. My phone rang and I went to go turn it off until I saw a message from my mom.

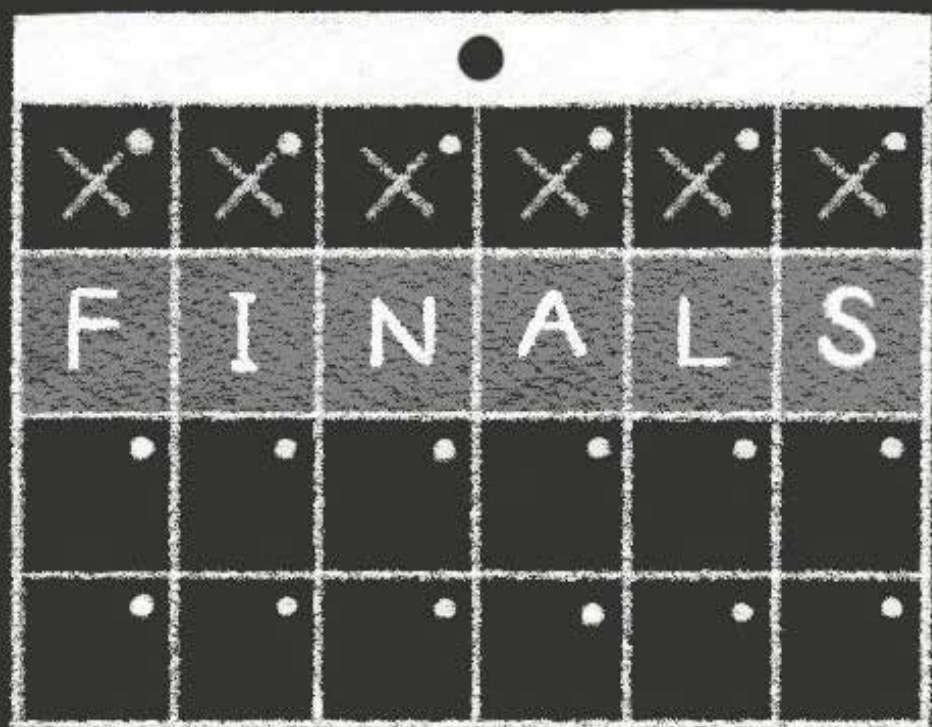
Hi sweetie. Are you okay?

Her mother instincts never failed. I knew she was going to continue worrying even if I tried to lie. I picked up my phone and told her to come to my room so I can explain. She opened the door and sat next to me; I was holding in my emotions for so long that everything came pouring out.



JUST DO YOUR BEST

I had high expectations of myself in a situation that was out of my control. I was not disappointing anyone, but it was easy to feel like I was. A grade is just a letter or number, but it was one of the good things I had before this overwhelming pandemic. I had to remind myself that it was okay to feel weak and ask for help. All that matters now is finishing what I started.



THE FINISH LINE

Finals week was approaching which meant I needed to study everything that I missed. This time I was mentally and physically prepared, so I deserved any grade that I was given at the end. It was time to make myself proud.

A

A-

B

A

B+

END OF SEMESTER

I was checking every hour to see if the official grades were posted, I was nervous that things would just be the same or worse. After waiting for what felt so long, I had finally seen that all of my grades went back to being A's. I had this heaviness lifted off of my chest. None of this was easy and it never will be, but I promised myself that I was going to get through it little by little again next semester.

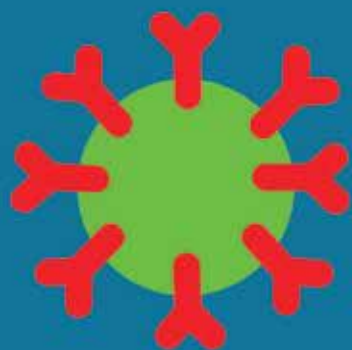


Kwame Twumasi
Spring 2021



SHADOW MANTLE

Kwame Twumasi





SLUMBER

It's 3:30pm and a young woman named Gaia lays in a hospital bed. She has been in a coma that was triggered by the morbi virus for a whole year now. This virus caused a pandemic that befell every country on earth. It was reminiscent of the historical plague centuries ago that reeked similar havok resulting in many deaths. The modern people of earth weren't ready.

Hi, it's good to see you. You look well. As do you, Doctor. Yes, thank you. It's been seven years and she still looks the same, beautiful. Gaia's mother, Mrs Jones, takes a pause to look at her daughter and glances back at the doctor, then back to her child. She was going to be an engineering major after she graduated from high school.





BAD NEWS

Gaia was a smart girl.. is a smart girl. She gives a positive sigh then proceeds. *Have I told you this? No, I don't think I have told you this.* Doctor Clarke has heard this story countless times. Miss Jones always tells him stories of Gaia's childhood. He assumes it's her way of keeping her daughter's memories alive, so he always waits patiently till she's done, then gives any news or updates.

When Miss Jones finishes with her story she turns to the Doctor to apologize. *I'm sorry for keeping you waiting, I know you are a busy man and you came here to tell me something. No, it's fine. If it helps I don't mind hearing the stories, I like knowing more about her,* he says in a sympathetic tone. He clears his throat, then says, *I don't really have any bad news, but I do have some good news.*





DEPARTURE

She is stable, her condition isn't getting worse. That's it? What about the somewhat bad news you seem to be hinting at? Mrs Jones exclaims. *No, there isn't any bad news, but we still don't know when she will wake up, if she will,* the doctor says looking disappointed and ashamed. Miss Jones turns slowly towards Gaia and walks to her bedside. She puts her forehead on hers, then kisses Gaia on her cheek. As she walks out with the doctor, she looks back at the door and leaves.





AWAKE

A few hours after her mother left, as Gaia lays in her bed, she hears a cold husky voice say, *"It's time"*. She has woken up from her coma. However, this miracle was a cruel joke from fate. Suddenly, her body starts to move on its own uncontrollably. Her eyes open, the pupil expands till her eyes turn black. The eyes make a smokey transition back to their normal state but she's still seizing.

Unfortunately for her, there was no one available to come to her aid. The aftermath of a riot turned massacre had the majority of the staff members busy with the injured. Instead of a peaceful protest, a small-scale war fueled by hate ballooned into something no one wanted but expected.





BLOOD MARCH

How could this happen? Unbeknownst to the protesters, their opposers hid among the marching crowd in disguise as allies. They carried hidden weapons, waiting for the right time to attack. Before they reach their destination, where the police were present, someone gets stabbed, but no one notices until someone screams in reaction to the man who falls bleeding. This halts the marching and the chanting.

The terrorists take this as a signal and start attacking. The huge crowd goes into a panic, bodies start to drop one after the other. Some people flee the massacre as fast as they can, while others grab whatever they can find to join the fight or defend themselves. When the police arrived it was too late, the damage had already been done. All they could do was arrest and call ambulances to transport the injured and bodies.





AWAKEN

A few seconds into the seizure, Gaia begins to regain control over her body as the shaking stops, but she then notices her strength fading at the same time. Her body is overcome with a sense of heaviness as she loses feeling, she's slipping away, somewhere. That somewhere she doesn't know but it will soon be apparent. She manages to tilt her head toward the open window and notices the rain pouring outside.

The chilled atmosphere that comes with the rain gives me a cold spark of energy that pulsates through my body like a jolt of electricity made of ice, zipping around so fast goosebumps start to appear as if accompanied by a cool breeze. The rain always made me feel alive, during the good and the bad, she says, noticing she can move her lips to speak. She starts to reflect on the way she feels at that moment. All of a sudden the rain drops start falling so slow it looks as if their motion is static. The minute starts.

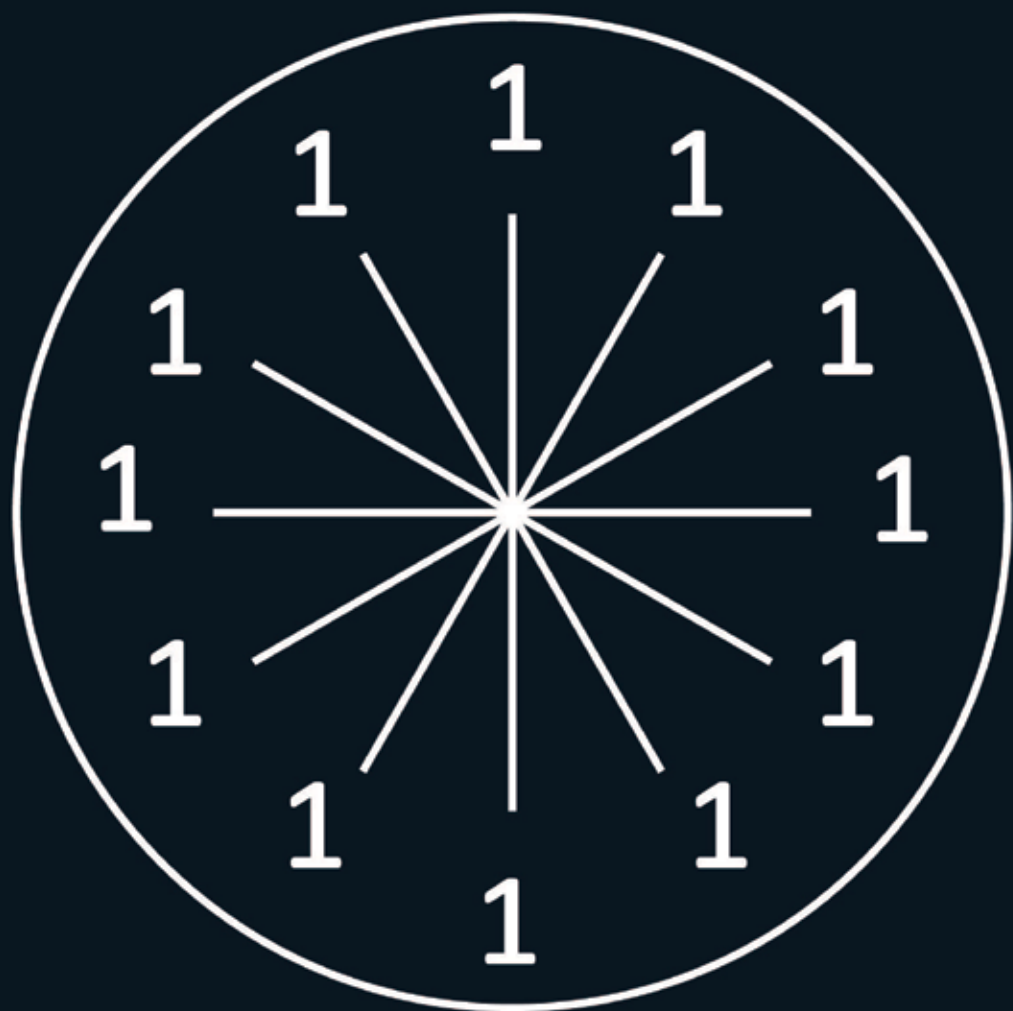




SUNKEN

The light in the room begins to dim and time assumes its pace. She blinks, she sees a faded figure near the window and she blinks again. Gaia knew what was coming, who was coming. But when the figure slowly comes into focus, a masked 'person' emitting black smoke from their face, hands, and feet, she is stunned with surprise. In her stunned state Gaia becomes aware, she is actually dying. However, she isn't sad, but feeling empty. She would never experience the pain. Gaia utters her last words, *I guess it was bound to happen someday, somehow*. The masked figure bursts into a pitch black smoke that fills every corner of the room.

Moments later Gaia's consciousness 'wakes up' to an empty void, it's pitch black, not even a ray of light in sight. She senses she's no longer in the hospital. Gaia tries to move her mouth, touch herself but she can't feel herself. Is this our fate, is this the afterlife? she says. An emptiness, filled with nothing but yourself alone? I thought I felt empty and lonely before this, hell. Eternal loneliness without a paradise to enjoy. If not a paradise, then put me in a chaotic world, a dystopia, leave me to struggle for survival as penance whatever sins I have committed. At least I would have some semblance of life, hope for something good to come.

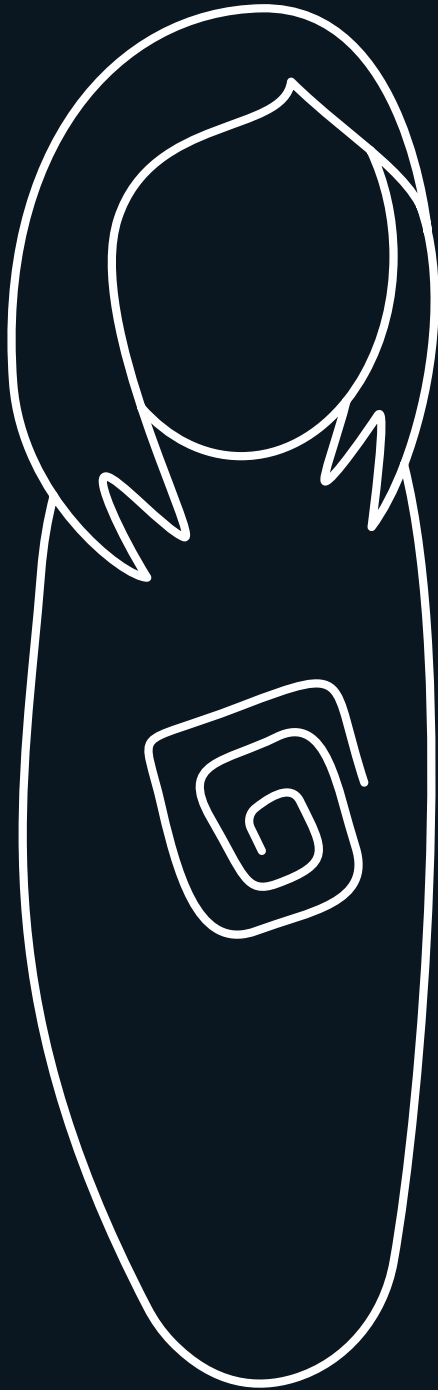




FOREVER FLOAT

As Gaia floats in nowhere she asks herself, has it been a decade? A century? A millenia? There's no rooster, no light of dawn, no moonlight, no crickets in a somewhat soundless night, no people. This must be hell. It must be hell, knowing your whole existence leads up to being stranded in a dark empty void all alone, how could life be so cruel in this way. Is God real?

How could a just and loving god condemn his so called children into such a callous fate. Death has me suicidal. Have I been buried? How did mama take it? Has she stopped mourning? I hope she does, I don't want her to get sick. I hope there's heaven, she deserves it.





NUMB ENOUGH

It takes a while, a long while till she calms down and accepts her fate. I wonder what is going on up there. I bet there are flying cars, teleportation and flying cars are becoming a thing of the past. Oh maybe there's a cure for all diseases and disabilities. Maybe there's peace and no poverty. *No, just one minute. Who's there?!* Gaia cries. *It has only been a minute,* a cold husky answers.

The 'Dark pod' tends to alter the perception of time of those who are brought here, chosen one. I asked a question, I demand an answer! who is there?! Gaia screams with a mask of courage and a soul brimming with fear. *Fine, since you are so persistent,* the cold husky voice says. The voice clears their throat and says, *seeing how you are trembling with fear, I've decided to spare you the fright, although this situation doesn't. So who are you? Well I'm the one who brought you here, I..So you're a demon. No, have you no manners?? Did your parents never teach you that? I hate being interrupted. Anyways I am whom you call Death.*





CHOSEN ONE

Gaia pauses for a moment to process. *Get a hold of yourself, there's no reason to look so surprised. So you are him, her?. Yeah, I'm a woman-ish. What? It's complicated. Tell me, please, after all I have more than a minute to spare, an eternity. But before you start, why are you here? Am I already dead? You really handled this eternal loneliness well, I wonder why you're chosen. You are still alive, I mean your brain cells are.*

You have five more minutes till you are dead, completely. What?! Death bursts out laughing. You should have seen your face. Who are you anyway? Death isn't supposed to act this way, wait I have a face? Well, Death can when she wants to. Yeah so have 45 secs till your fate is decided. What do you mean? You'll either be sent to a good place or a baad place, if you pass the test. I know what you are thinking, it's not those places. I'm talking to you, one staring at the words. You see Gaia, you have been chosen as an heir to the Shadow Mantle. You'll become me.





THE MERGE

Let's begin! All of sudden Gaia feels herself growing, getting more powerful, she hears overlapping voices flushing into her mind. She starts to scream as the power circulates through her being. The moment passes, Gaia's vision seems to restore as she is able to see the one in her presence and her surroundings. *Hi,* death greets her. *Huh? what's happening, what did you do to me?*

I can feel my limbs, are they even real? And why can I hear you in my head? Ahhh, so many questions. Have you never been so talkative? Anyways we are Death and so are you, almost. What...we? We just merged with you, the voices answered. We are the former souls that inherited the Shadow Mantle. For millennia there have been multiple chosen by the force that emerged when the first soul left it's vessel after the beginning.





COMMENCE

*The one that speaks to us is Osu, I am the current mantle until you take my place. Wait wait! I never asked for any of this, I don't want to become Death. Do you have any idea how depressing that sounds. I'll basically be killing people, I don't want to kill people!*The voices begin to argue over whether she's the right choice for the job, after all everyone who was ever chosen accepted their fate as the chosen one.

A few of the mantle voices mention she was chosen by the force and the force is always right. Gaia yells, *stop! Did you forget you're all in my head?*My apologies Osu says. *Is this star wars or something, talking about the force? You all sound like my classmates. Were you even listening? The force is the one that chose you, it's the source of our existence. Let's begin.* There's a bright flash, the first light Gaia had seen since she woke up from her coma.



John Taveras

Spring 2021

The *Silence*
of a
Sunflower



By John S. Taveras

Introduction

Have you ever felt special to someone else? Have you ever got to know someone for no reason and realized this person had become part of you so fast in time that months feel like days and days are like seconds?

I have. It was beautiful, like a dream. An illusion, a perfect illusion where a kiss meant everything and a goodbye meant nothing because I knew she would be there, forever in my dreams, forever in my head.

This story is about love, affection, and gratitude. A dream about someone who disappears in the silence of an illusion. A flower in a garden consumed by the fires of passion. But she left, and without any reason. Why? I do not know. But I feel blessed, because I met her, and I shared my love with someone else. Just like my love for the sunflower, the flower that teaches me that the present is more important than anything else, because there is where we experience our real existence, truth, love.

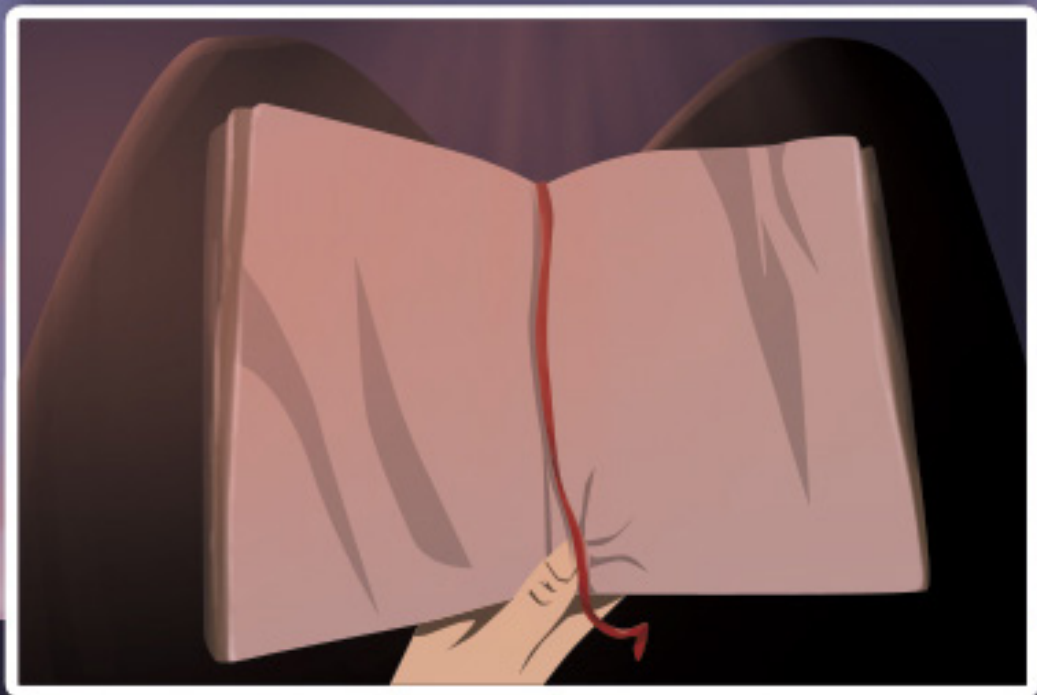
Nothing in life has a meaning except the meaning you give it

- Tony Robbins -





He opened his journal to clear his mind. To express his feelings and ideas. Just like you, just like me.



Thinking...



Sometimes...

It is really hard to understand another human being. At times I feel like everything is okay, that everything is peaceful, and my mind is clear until I realize that life is more than that. That it is good to feel uncertainty in life from time to time. However, what about when a man falls in love not once, or twice... But many times.

love is everywhere and everything. Everyday I feel how I love being alive. The sunlight that gives me energy is love. The woman I see walking towards their destiny is love. Even the kiss of a bee to a flower is an expresion of love.

Life is painting a picture, not doing a sum.

-Oliver Wendell Jr-



*What's your definition
of love?*





**Focus on where you want to go, not on
what you fear**

- Tony Robbins -



Welcome Home.

We were waiting for you for a long time. We are very blessed that you are finally here. She will be there to see you.>>

“What are you talking about?. Who is she? .I came alone and nobody is waiting for me. I think you are confused sir..”

<<Confused?. Hahaha!!. Probably I’m confused. Probably I’m right. You will see it. It’s just a matter of time.>>

“Ookay. I’m lucky enough if someone is waiting for me in the house.”

<<Just wait to arrive. The house is special. Big enough for you to spent time. Also, this town is beautiful, specially in this season.>>

<<You should take your lady out.>>

“Wait. Whaaat?.”



*It's
Beautiful...*



Loneliness

Is the state of being alone and feeling sad about it. ... It's a feeling of sadness or even anxiety that occurs when you want company. On the other hand, it is possible to feel loneliness in a crowd, especially if you aren't interacting with others.

What's to be lonely. Does Lonely exits only if we are alone. What about if I feel complete in the state of loneliness. My question is. Do we really need people around us. Or do we need how they make us feel.

"The driver makes me think about it...I don't really know what he is talking about. I don't remember that someone is wanting for me. Maybe he is waiting. Maybe his delusions are true. But if not. Do I have to expect something. Expectations are poor, adventure is what I want, peace, self love, then I would like to share my love to the animals, to the plants, to her".

"Probably he is right and there is someone waiting for me."

The worst loneliness is to not be comfortable with yourself

- Mark Twain -

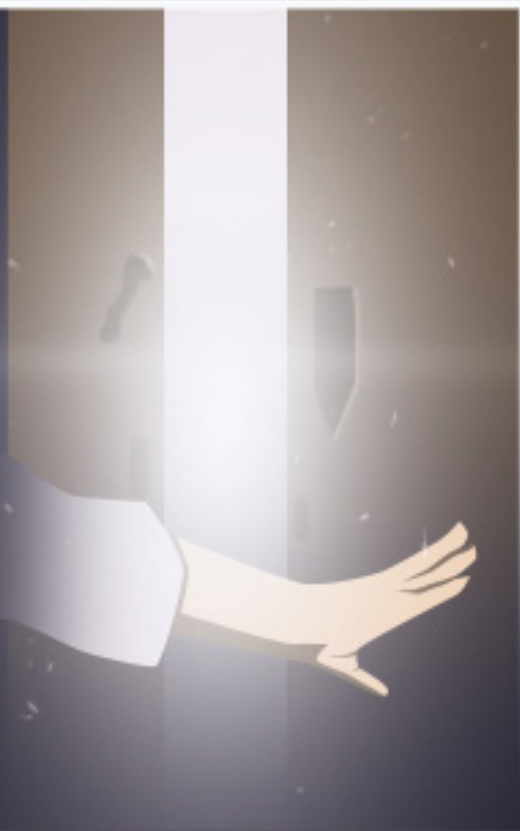


MONTE FALGO

**CITTA DEL VINO
CITTA DEL OLIVO**



"I will love the light for
it shows me the way."



The light, the truth, the path. I can feel it.

Then he becomes part of nature. He discovers his desires, his truth.

But she was there, just to let him know how is to live again,
how is to disappear in a kiss.





Like a dream

There is too much to think and too many things to do in our lives. Like a bird in a garden we fly in time looking for pleasure, love and adrenaline. Others look for peace, for calm and excitement, as the wind that follows nature and pass-through everything with sophistication and elegance. I like to call this “The dance of opposite lifestyles”. But what about when we are both, what a wonderful balance we have to do in order to succeed in life because it is our responsibility to live well, but do we need too much to live for.

The light is something we need to follow and the path is the way we need to walk on. The garden is where experience grows and the love is inside of a recipient, it can be a person, an animal, or something else. Mine is a woman, someone who is not here anymore, someone in the past that existed but just in my mind because she was everything I looked for, yet everything I lose but I want her back to me.

We all have dreams

- Jessie Owen -

A decorative graphic of a green leaf with a central vein, positioned in the bottom-left corner of the page.

Love

Love is an energy, love is God. Love is everything, love is everywhere, love is the way we feel gratitude when we wake up from our dreams and realize we are alive. Love is someone who makes you feel comfortable, happy and full of joy. Love is in the good and the evil because we should learn how to love in both sides, when things are different or difficult or when they are beautiful and harmonious.

Self-love is something else, self-love is something that we learn to when we fall into the darkness but we try to get out from there. Why doesn't society teach self-love in schools or universities? because the mind doesn't comprehend what love is, because we focus our attention on someone else forgetting our existence as the most important being in the existence.

Do you love yourself?

You are lovely because you are love

- Osho -



“My dear. Thanks for everything.”

Like a Sunflower on fire, she will disappear, because just in my
dreams she reveals herself to me.





I remember

Your Mexican accent and your beautiful hair. I remember how I admired you. Your eyes were the light of my weekends, your mouth the sense of existence, truth, and desire. Your body the perfect architecture, sensitive, emotional, painful. I remember your truth when I saw you crying because of your problems and I was there to hear you, even though you aren't here anymore I'm still here waiting for a signal. Waiting for...

“Observing you was like observing a piece of art alive. It was pleasurable.”

“Kissing you was the vice of my days, a drug for my soul and my body.”

“The remembrens of you is the gift of loving again.”

My dear. Thanks for everything.

Despite knowing they won't be here for long, they still choose to live their brightest lives. The sunflowers

- Rupi Kaur -





In Greek mythology

the story goes that a nymph named Clytie was in love with Apollo, the God of Sun. Apollo was so angry that he then turned Clytie into a sunflower. But, as her love for him was so strong, she watched him move across the sky every day, just how sunflowers follow the sun.





Good bye

My dear sunflower. I don't know if our pathway is going to cross each other. I'm not sure about that, but I'm going to remember you because of your silence. This is a quiet place where you were burned by the silence of your beliefs. You just disappear one day and it was hard for me to understand why. I hope you can grow again to dance with the sun. I hope you can give yourself a new opportunity to love, to live, to deserve.

Thanks for everything, my dear. Always remember that my arms are open to protect you, my ears are open to hearing you, and my mouth to kiss you, to talk to you...To love you.

Good bye.

**Life is extremely painful but beautiful in simple ways
we can't describe**

- John Taveras -



Zere Ashetova
Spring 2021

5+

Little Chef



Quick and tasty recipes for
young chefs



Zere Ashetova

“No One
is born a
Great Cook,
ONE learns
by doing.”

Julia Child





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FRUITS AND VEGETABLES

Your body can get important vitamins and minerals, as well as fiber, from fruits and vegetables. Aim to eat about five different portions of these a day. It's useful to think of a portion as roughly equal to the amount you can hold in one hand—such as an apple or two broccoli florets.



DAIRY

In addition to being a source of protein, dairy provides valuable vitamins (A, B12, D) and minerals (calcium). Dairy includes milk, yogurt, cheese, butter, cream, sour cream and cottage cheese.

PROTEIN

This type of food is made from amino acids, chemicals that work all over your body to keep you active and strong. We eat protein from both animal and plant sources—meat, fish, nuts, and seeds, beans, and dairy. It's healthy to eat a variety of these.



STARCHY FOODS

Bread, cereals, rice, pasta, and potatoes are all starchy foods, also known as carbohydrates. These foods give you energy and should form a part of every meal. Many starchy foods come in whole-grain varieties, which are healthier for you since they contain more vitamins, minerals, and fiber.



FATS AND SUGARS

Everyone needs fat for energy and for their bodies to work properly, but it has to be the right type of fat. You can find healthy fats in vegetable oils, nuts, seeds, avocados, and oily fish. Avoid eating saturated and trans fats (mostly in processed foods).



SUGARY FOODS AND SALT

Sugar gives you energy and it makes cookies and cakes taste sweet. Eating too much sugar, though, can lead to mood swings, tooth decay, and obesity. Too much salt is linked with health problems. Avoid very salty snacks and don't add too much salt to your cooking.



COOK'S NOTES

Gather and prepare all ingredients before you start cooking—you don't want to discover halfway through a recipe that you have run out of

something important. It's important to preheat the oven for 10 minutes or so before using it so the correct temperature is reached.

KITCHEN HYGIENE

When you're in the kitchen, follow these important rules to keep the germs in check.

- Always wash your hands before you start.
- Wash all fruits and Vegetables.
- Any cutting board or knife used in the preparation of raw poultry, meat, or

fish should be cleaned thoroughly with hot soapy water before using it again.

- Use separate cutting boards for meat and vegetables.
- Always check the use-by dates on ingredients, and don't use them if the date has passed.

SAFETY

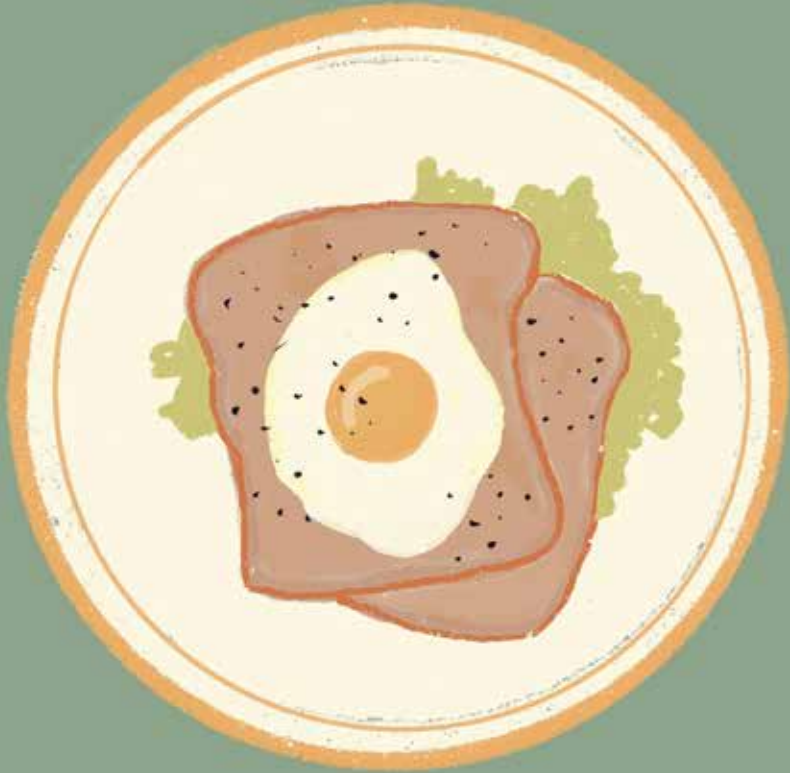
- Always use oven mitts when handling hot pans and baking sheets.
- Wear an apron to protect your clothes.
- A sharp knife is safer than a blunt one, but remember

that sharp knives should be used carefully and treated with respect.

- Keep the cooking area clean, and wipe up any spills that could cause accidents.



Fried Eggs



DIRECTIONS

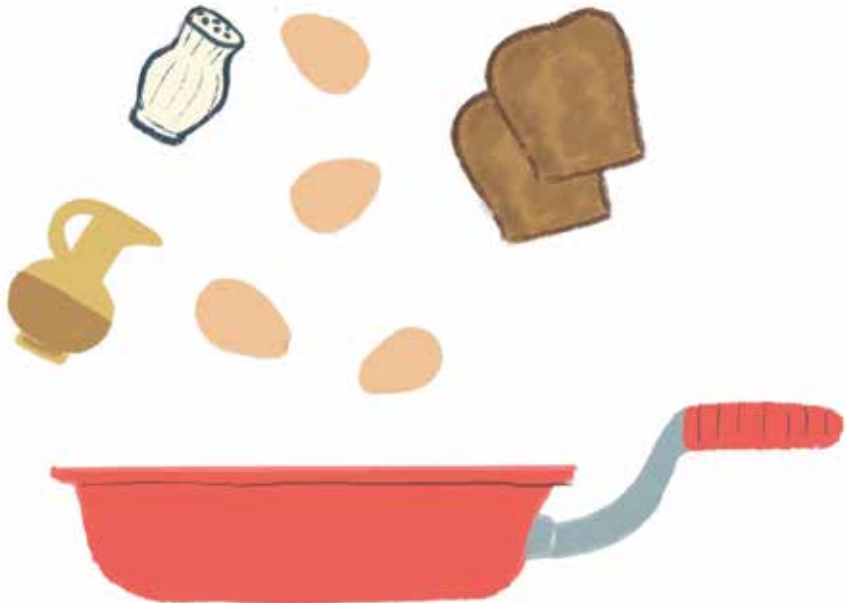
Crack the eggs into a bowl. Gently pour the eggs into the frying pan. The eggs need to be fried for about two minutes on medium heat. If you like

your eggs well-done, carefully flip the eggs with a spatula. Serve the fried egg on a slice of toast. Season with black pepper.



INGREDIENTS

2 large eggs,
1 slice buttered toast,
1 tsp sunflower oil,
ground black pepper, to season



Orange, Lemon & Mint Tea



DIRECTIONS

Add 8 fresh mint leaves, two slices of orange, 2 slices of lemon, 2 tb spoons of honey, black tea bag (or green tea bag) to a ceramic tea pot and fill with boiling water. Allow to stand for 5 minutes, then enjoy!



INGREDIENTS

1 lemon,
1 orange,
8 Mint leaves,
2 tablespoons of honey,
1 tea bag of black or green tea.



Strawberry Banana Smoothie



DIRECTIONS

Process all ingredients in a covered blender until smooth.



INGREDIENTS

1 cup strawberry yogurt;

½ cup 2% milk;

2 bananas

2 cups fresh strawberries, hulled.



Pancakes



DIRECTIONS

In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth. Heat a lightly oiled griddle or frying pan

over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

INGREDIENTS

1½ cups all-purpose flour,
3½ teaspoons baking powder,
1 teaspoon salt,
1 tablespoon white sugar,
1½ cups milk, 1 egg,
3 tablespoons butter, melted



Chocolate Chip Cookies



DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C).

Cream together the butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Dissolve baking soda in hot water. Add to batter

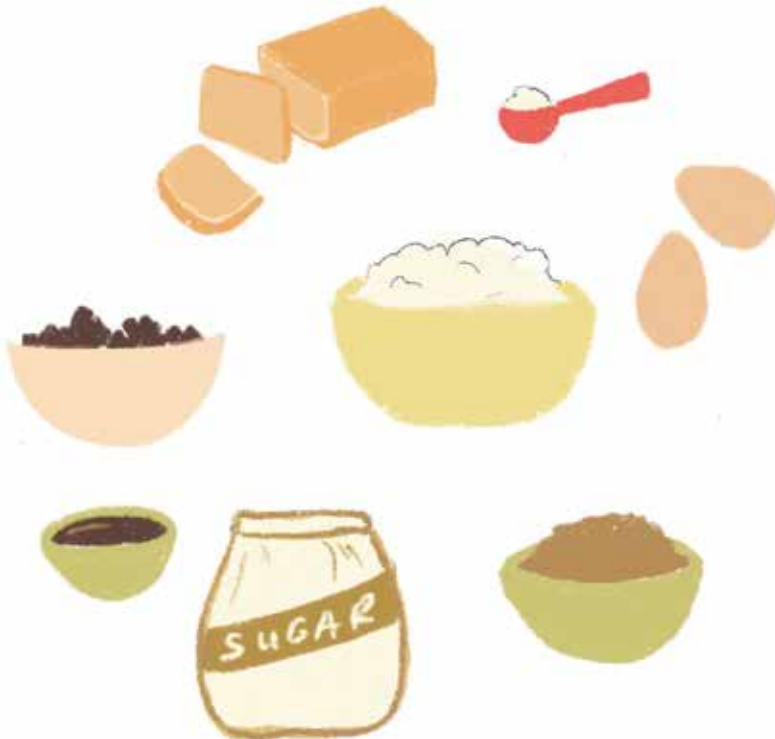
along with salt. Stir in flour, chocolate chips, and nuts.

Drop by large spoonfuls onto ungreased pans.

Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.

INGREDIENTS

1 cup butter, softened,
1 cup white sugar,
1 cup packed brown sugar,
2 eggs, 2 teaspoons vanilla extract,
1 teaspoon baking soda,
2 teaspoons hot water,
½ teaspoon salt,
3 cups all-purpose flour,
2 cups chocolate chips



BLT Wraps



DIRECTIONS

Place 2 bacon strips across the center of each tortilla. Top with lettuce, tomatoes and cheese; drizzle with salad dressing. Fold 1 side of the tortilla over filling and roll up.

INGREDIENTS

- 16 ready to serve fully cooked bacon strips, warmed if desired;
 - 8 flour tortillas (8inches), room temperature;
 - 4 cups chopped lettuce;
 - 2 cups chopped tomatoes (3 small tomatoes);
 - 2 cups shredded cheddar cheese; ½ cup ranch salad dressing.
-



Rise & Shine Parfait



DIRECTIONS

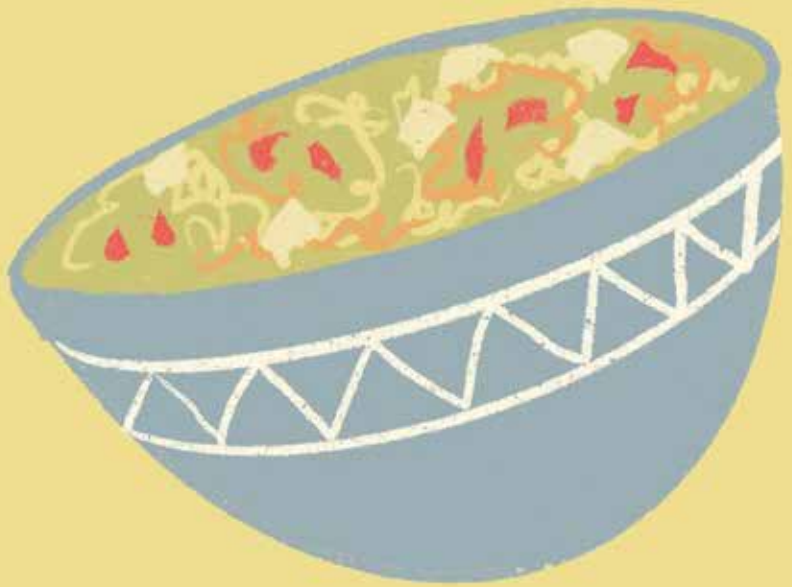
Layer half the yogurt, peaches, blackberries and granola into 4 parfait glasses. Repeat layers.

INGREDIENTS

4 cups vanilla yogurt;
2 medium peaches, chopped;
2 cups fresh blackberries;
½ cup granola without raisins or Kashi.



Vegetable Salad



DIRECTIONS

In a large bowl, combine all the ingredients together with the dressing and toss until well coated. Dress with olive oil.

INGREDIENTS

½ medium red onion peeled, sliced

1 large avocado peeled, sliced

2-3 large tomatoes stems removed, cut in wedges

1 large cucumber peeled, sliced

6 cups torn romaine lettuce

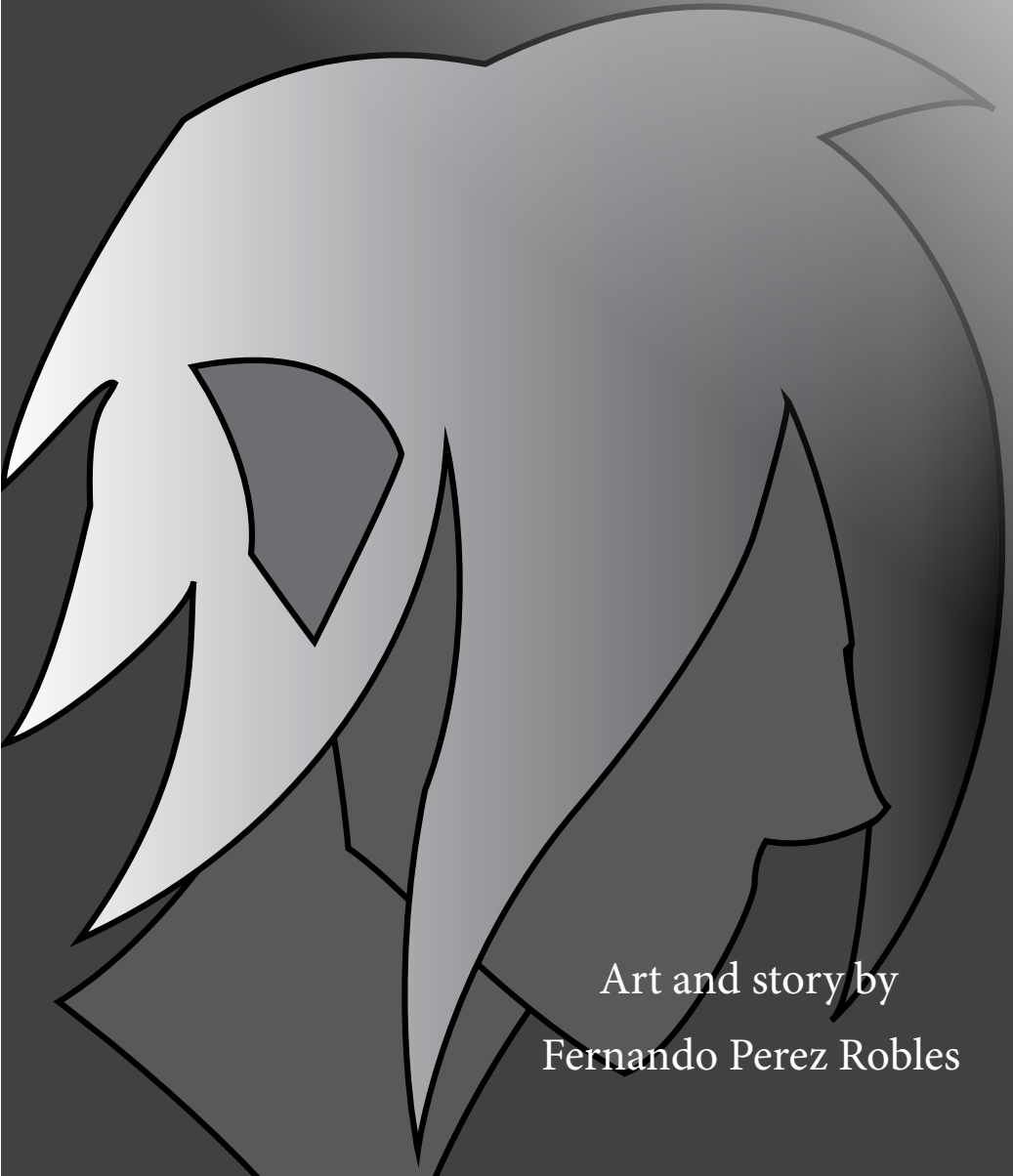
2-3 bell peppers stems removed, sliced



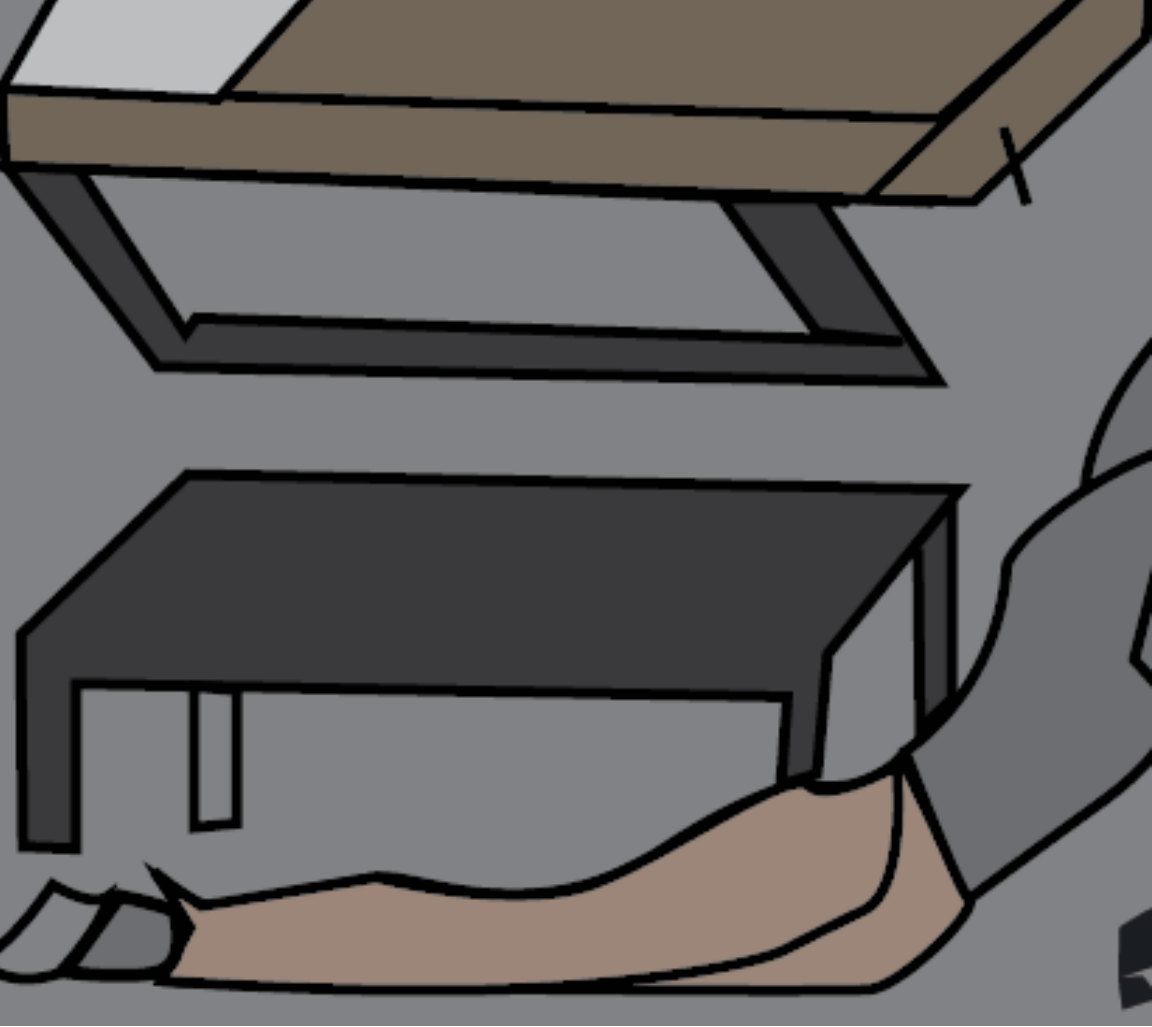
The background is a solid teal color with a repeating pattern of stylized suns or gears. Each sun has a central spiral and radiating lines around it, resembling a gear or a stylized sun. The pattern is dense and covers the entire page.

Fernando Perez-Robles,
Spring 2021

The Feel
OF THE
PANDEMIC

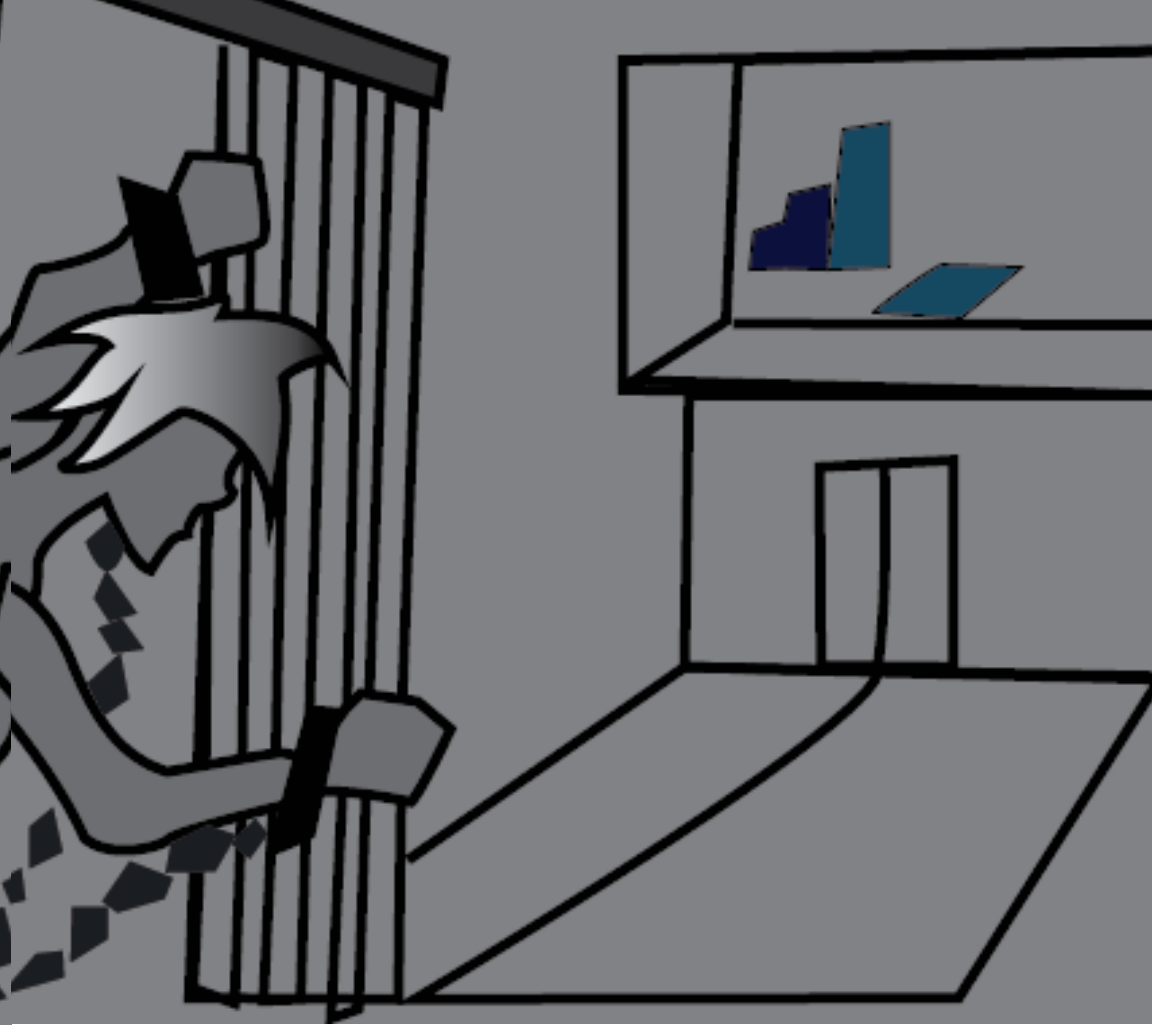


Art and story by
Fernando Perez Robles



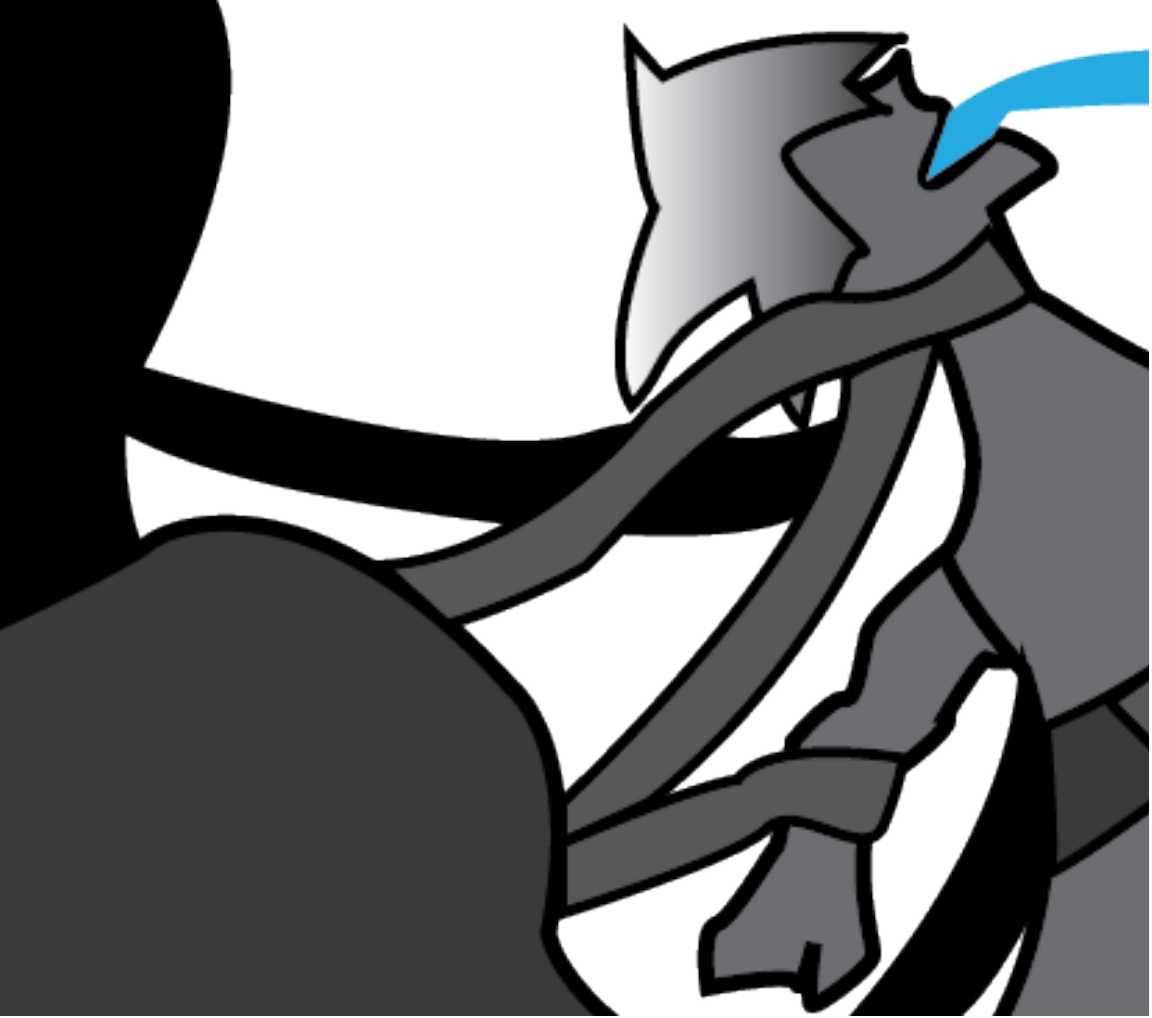
PRISONER

2020, the year of the pandemic, when you feel as if you are trapped like a prisoner in your own home. This book shows what people experienced both emotionally and physically as the year dragged on.



In this time being locked up inside of your own home like a prisoner in jail. Despite the comforts we have, we are still being held hostage in a confined space all day long. As you feel that the pandemic is your warden and your fear are the security patrol watching keeping an eye all day. That your safe home is only another word for a solitary confinement cell. Your home is no longer a home it's your COVID-19 cell of 2020.

OMG THIS SUCKS THIS IS THE WORST--ALL DAY--I WANT TO SEE MY FRIENDS--OMG--HOW MANY HOURS CAN I SCROLL THROUGH INSTAGRAM!



SOUL TEAR

In this design shows what you feel like by spending so much time inside your home. In 2020 people are told to stay indoors and they feel as if their being tied down by tentacles all around you. The boredom you go through makes it feels like your being pulled apart through the inside.



Your body is being pulled down by dark tentacles holding you down as you sink into nothingness.

Whereas as your soul is being clawed out by the hands of the devil itself to take your captive soul from this time of seclusion. As your soul is being teared out from your body from your mouth to be food for fear demons. The same with your body being bound down to the ground to be mashed to nothing. This is the feeling of imprisonment of this time that continues to devour us from inside out.

**MY...LIFE...
SOUL. CAN'T...
BREAK..FREE...
FROM THESE...
BINDS**



LOSING HOPE

In 2020 some people began to think that this Pandemic will never end and that ghost surround them and haunt them with doubt and depression. Moreover the peoples depression and anxiety makes them feel that there is no way out of it no matter



Depressed in feeling that this time of seclusion will never end and hope is dwindling away. That your memories of good times will never come come again as ghost come out to haunt you all day with no rest. This worsens when all around you is talk of the disease spreading and hope is dwindenling away from this time of desperation of freedom from the shadows of doubt. To see the sun, to feel the air and touch grass is a desire that most have given up and doubt that day will never come.

T H E G O O D
T I M E S . . .
W I L L N E V -
E R C O M E
B A C K W I L L
T H E Y ?



PAIN

During the COVID-19 Pandemic of 2020 there were many loses of life young and old throughout the year. As the lives of people families members and friends were lost in great scale all over the world. there has been so much pain in this Pandemic.



Feeling tormented as if spikes are running through you pinning you down to the floor. That there is a blade stuck across as you are bleeding out. As there is a giant claw above you coming down to steal your life and turn you into dust from your own sorrow from the seclusion of the pandemic. The lives of loved one around us ceasing from existence from this disease's onslaught of death. It doesn't stop at just one target adults, children, elderly all are prey to it. All for it to enjoy watching us suffer for demons' delight.

PAIN... SO
MUCH....
PAIN... WHEN
WILL IT END



BURNING HATE

In the Pandemic of 2020 all people around felt depressed or filled with anger. Since being in secluded and restrain from many things people began fight, protest, argue and more. All began to fight in blamig who carries covid or who can get the vaccine



Rage rises from within the bodies of the people, all raging for things to go back to how they were. A rage that people would tear each other apart to simply keep busy or to take frustration away on others. This bringing a new era for anger as people fight each other for no reason, just on basic instincts for savagery and selfishness. For people go at rage with this disease has made people forget that humans are meant to be better. However, people only see petty disputes like religion, immigration and race as the perfect reason to fight. As people think that by removing others is the best solution to end the disease.

**I FREAKING HATE
THIS PANDEMIC
I WANT MY
FREE-DOM BACK
NOW. YOU
HEAR ME NOW**



Dissolved

During the 2020 Pandemic, people start to feel that they are dissolving and mixing in a void of depression. People are all dwelling in darkness in mind because the Pandemic makes them feel lost and hopeless as each day they spent inside they lose hope.



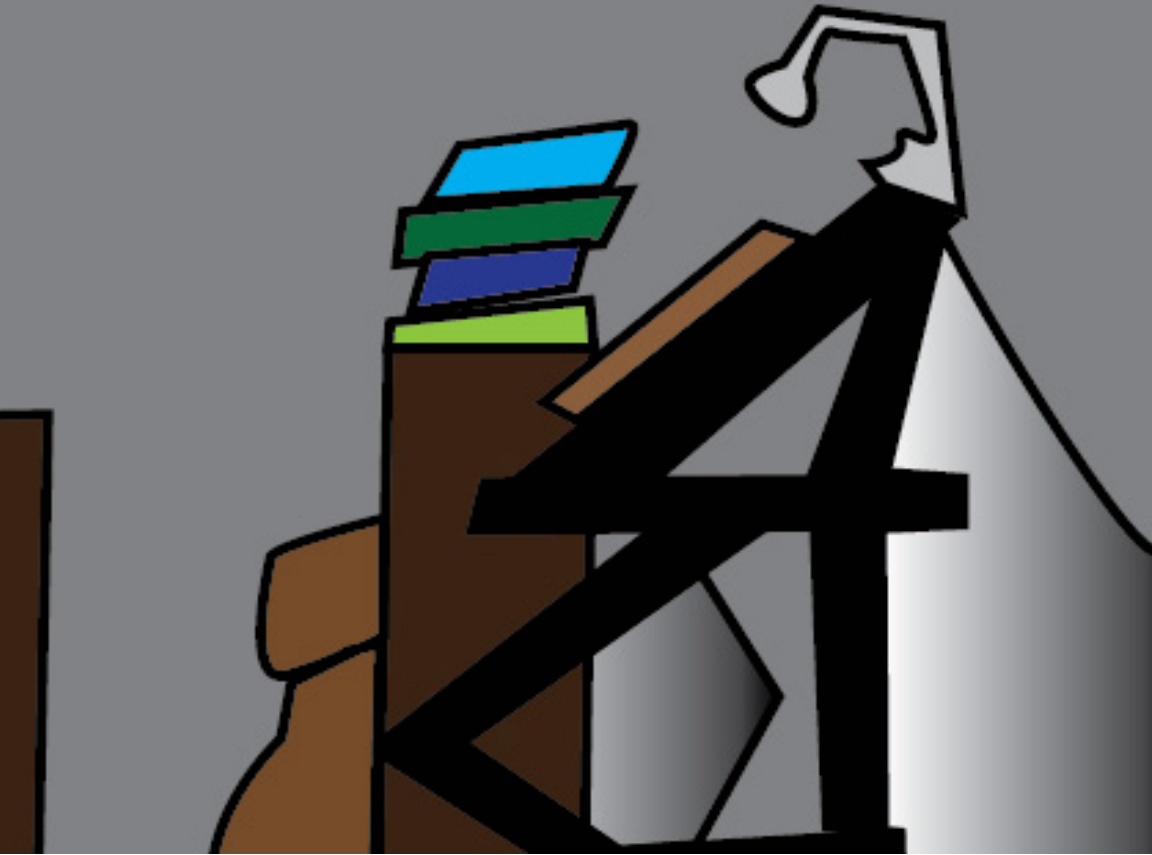
As time goes on you no longer feel that you are human or a living being. So much time indoors that time seems to melt away. Such as light and dark, people try to find a good side to all situations even now in this time of pandemic for one; no going outside in a rainstorm or going to school really early or staying at home comfortable. However one can't like being at home 24/7 but if there was such a person they are fading into a liquid. A liquid of emptiness and nothingness in their minds. This is what I call the "Nothing" a state when people are corrupted by their laziness that they fall into water and be submerged till they no longer exist and turn into a memory.

*Where....why....
I am...I...fading. Why
is...there...no light...
Why am I ceasing...
in this...why are
shadows...holding me*



Procrastination

In the year of 2020 as classes became virtual Student have become more distracted as they can throw school off their concerns. And they just spend time playing and they don't bother to do it as no one would know that they did it



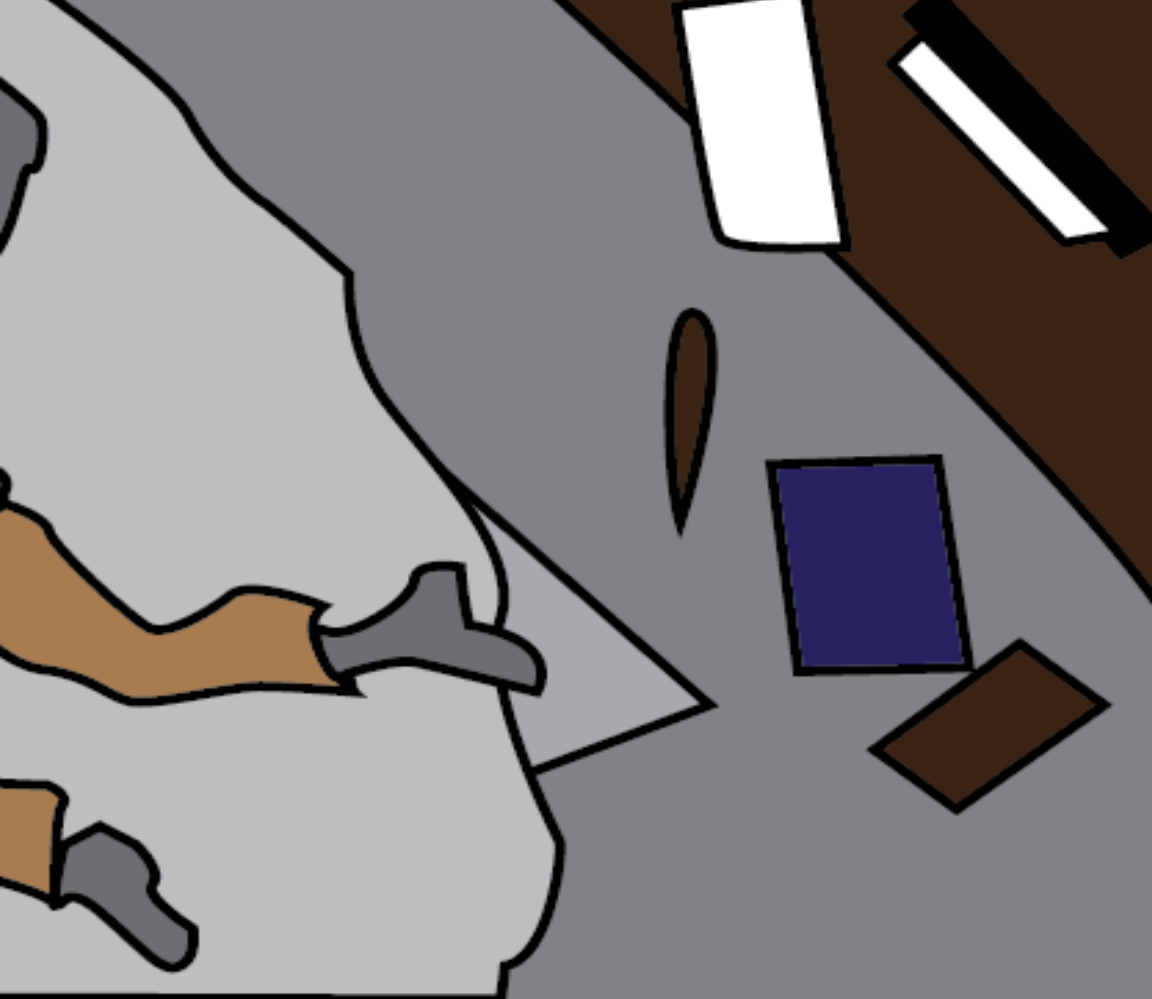
in times of learning is important to overcome any obstacle in life but in this time is only disturbing and unconventional for most. As you try to learn the biggest block in learning is yourself and you feel responsibility of learning gone and only want to goof off. You spend all day caught up in your own ways ignoring work and swear to do it the next day. But you do nothing all day and continuously do it day after, after day until the day comes where your work must be turned in but you don't have it. All because you wanted to do only whatever you want but forget to do the important task and responsibility that fall on you start to make you feel ashamed of yourself. And this repeats over and over again.

Eh...nah.. tomorrow
i got a day to
do it so i'm not
worried about it



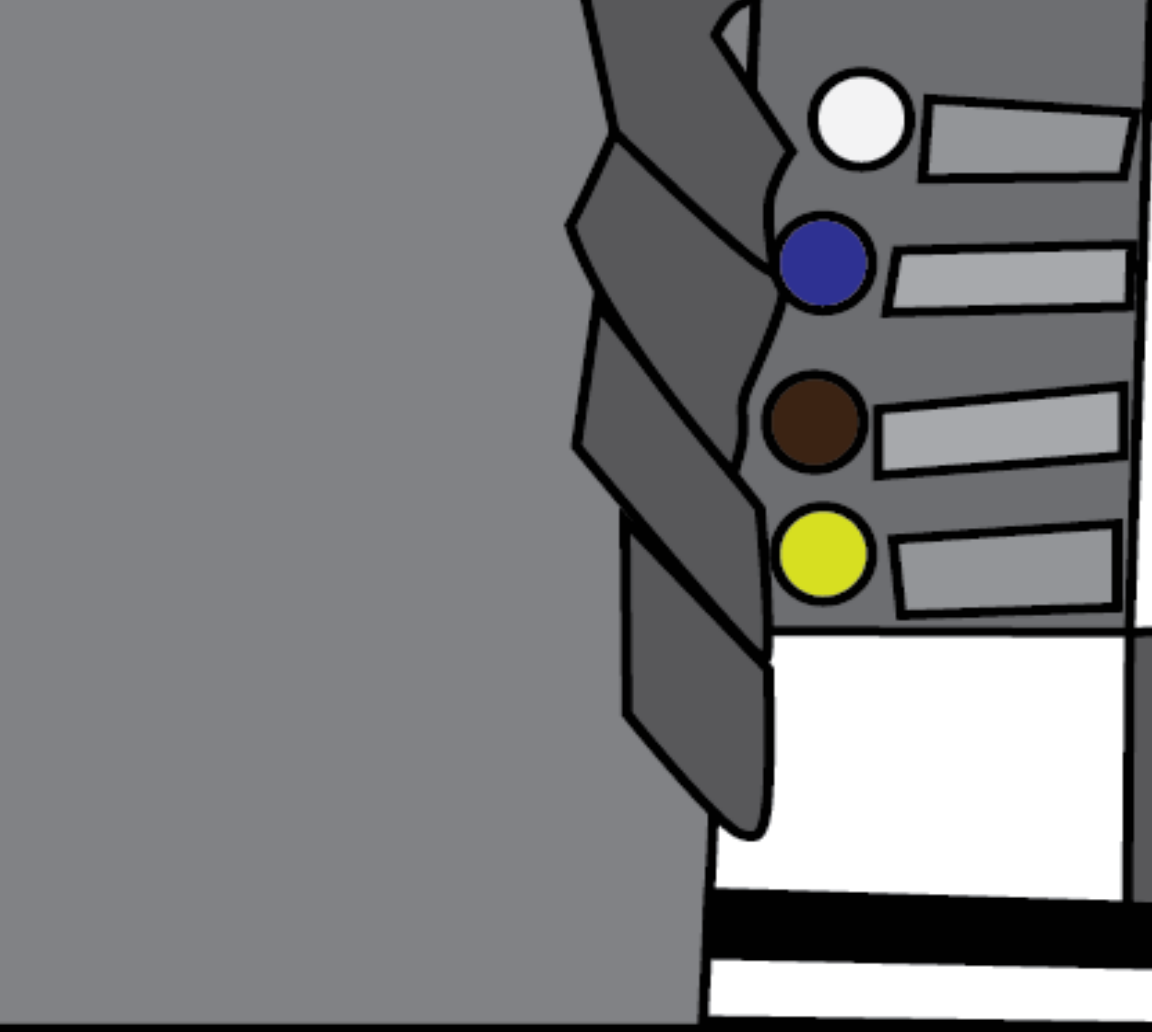
LAZY

During the Pandemic People all around have taken laziness to another as they felt that the only thing to do was to be lazy and do nothing. About half the population have taken to sleep in the reality of seclusion.



In this year of imprisonment the sin of sloth runs through the bodies and mind of the people. Our minds clutter with doubt, anxiety and pressure to the point that they don't care anymore. You only feel a strong and dominant need stay in bed all with no care of what happens. In tis time there is only lazyness and loitering in your home no matter the what you see or want to do your mind denies you and body follows along with it. We are now the most lazyness than any bear.

**UGH...WHAT MORN-
ING ALREADY... NAH
I DON'T HAVE TO
LEAVE. SO MORE
TIME BED**



PHONE

In 2020 with all the time all the people are hook up on their phones all day searching, texting and looking that their loved ones are doing well. For most it brings more pain to know what goes on say it's not good idea because it might cause anxiety on people



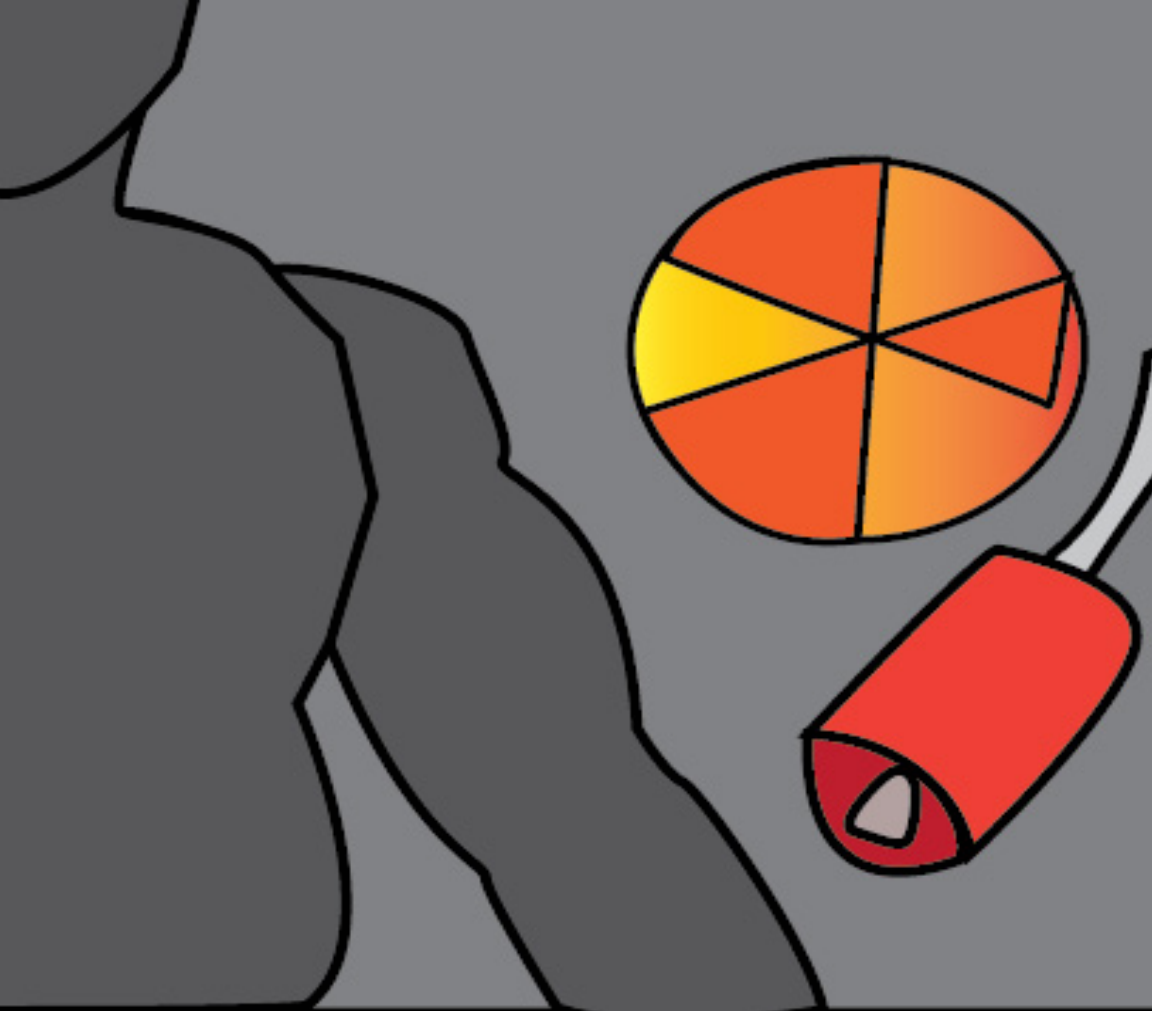
here entertainment came in a box, now goes to the hand holding a phone. People grew tired of the same things everyday till the point you spent all day glued to your phone all day until the battery dies. A habit that modern people have that replaces speaking directly in this time of seclusion. No matter where you turn to, the first thing you will grab is your phone just holding it, staring at it without end. By using it your doing what the pandemic wants you to do lock your mind inside and turn from reality. So it can leech you slowly and the phone is the anasthesia that numbs the pin.

AHH...SOCIAL
MEDIA, YOUTUBE
AND GAMES IN
THE PALM OF MY
HAND



Glutton

In the seclusion of the Pandemic people that have turn to stress eating gaining weight. As everyday for all that are fit with their friends and family aren't even able from fear of COVID. People now eat more than usual the point they become either diabetic or get heart disease.



For the pass year people have gotten to state of oppression of own making where we stay inside and are doing the same things all day. Then when you are fed up with all of it you go into a state of ecstasy that you cannot control or get over it. You just feel the need to eat and eat that you can't stop. All the time eating heart disease food that you eat all day without caring of weight gaining. This ecstasy is a continueing and ypu can't stop until the fast food damages your organs and your body. Then all of of your body and organs begins to fail on you. This wil eventually leave you with last question in your mind "Why didn't i take better care of my body".

**More food... more
food...I am not full
yet...give me more
food**



News

In the past year of 2020 there have been growing reports about the Corona virus spreading throughout the country in 2020. Everyday is the same thing that makes people severely paranoid and uneasy that they are even reluctant to even answer their own door anymore.

PANDEMIC GETTING WORSE

Covid spreading through the country

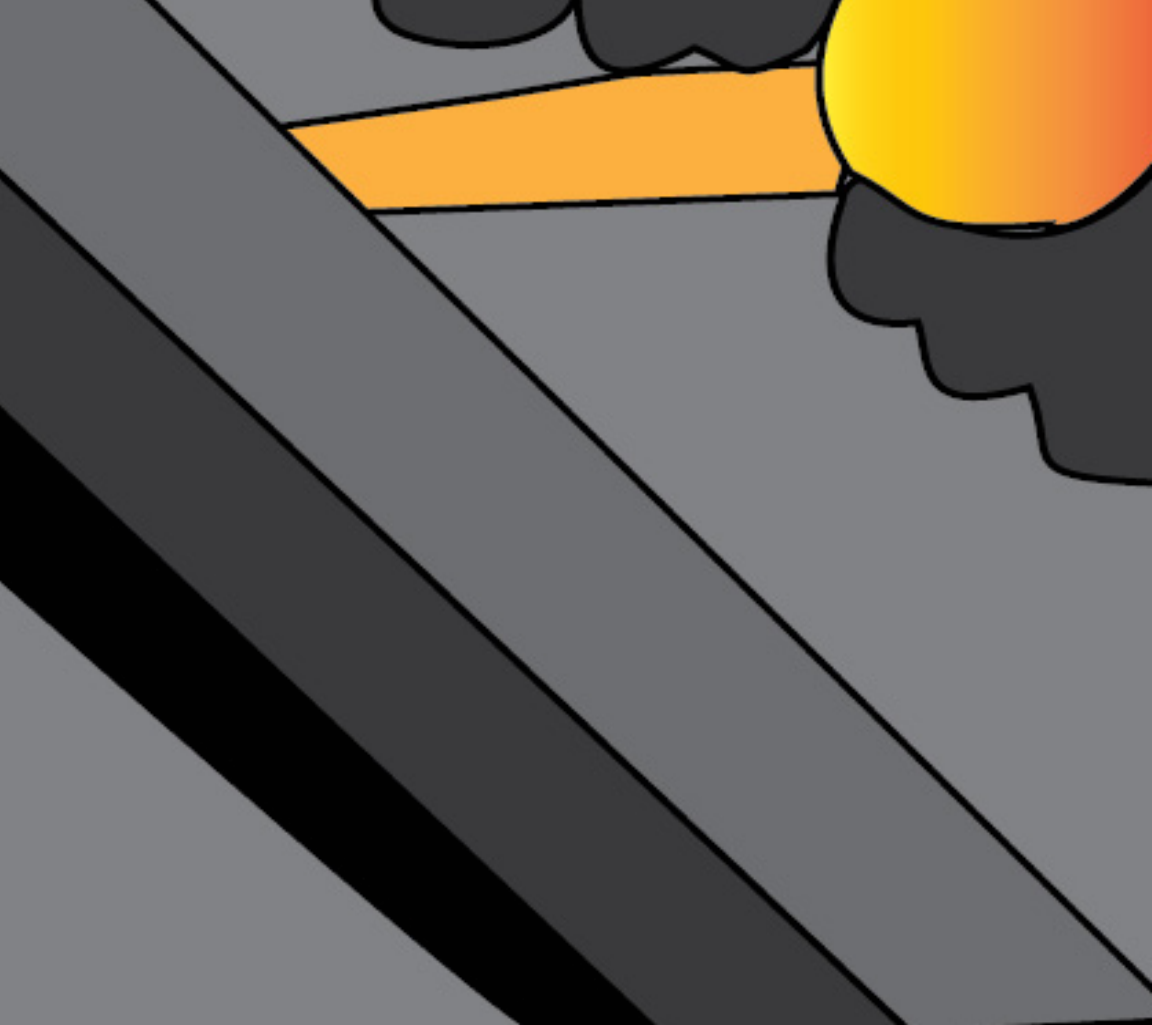
All around nothing but the cries and whisper of everything that is going on in this time. Word of those in sorrow and suffering going on throughout the world and around your own area. Death of loved one and other not fortunate enough to have someone to help you calm these reports. Hearing about all that those are going through the city you live in only to remind you that there are so many things that you want to do is only close due to the fear of contamination.

**News news news
about the Pan-
demic all day, ev-
ery day when will
everything go
back to normal.**



HOPE

Despite the Pandemic people are feeling hope that things will go back to normal. People have been impatient and anxious but try to look on the good sides of the pandemic during the year. In the end of 2020 to the new 2021 we still hold on for things to get better.



Even if there is little chance that will pass quickly we must always have a chance of hope. That no matter how hard or how much it pains us there is hope. People during this time of the pandemic carry hope with them even if they do not show it. All must have hope for better things in life or keep a good will. To keep the best hope for all shall end with happiness and joy for everybody. And that the light of the sun will shine through this veil of shadow that surrounds us all

**DESPITE ALL
THAT'S HAP-
PENED I
STILL HAVE
HOPE THAT
ALL WILL BE
WELL**

The background is a solid teal color with a repeating pattern of stylized suns and gears. Each sun has a spiral center and radiating lines, while the gears have a similar spiral center and pointed teeth. The pattern is dense and covers the entire page.

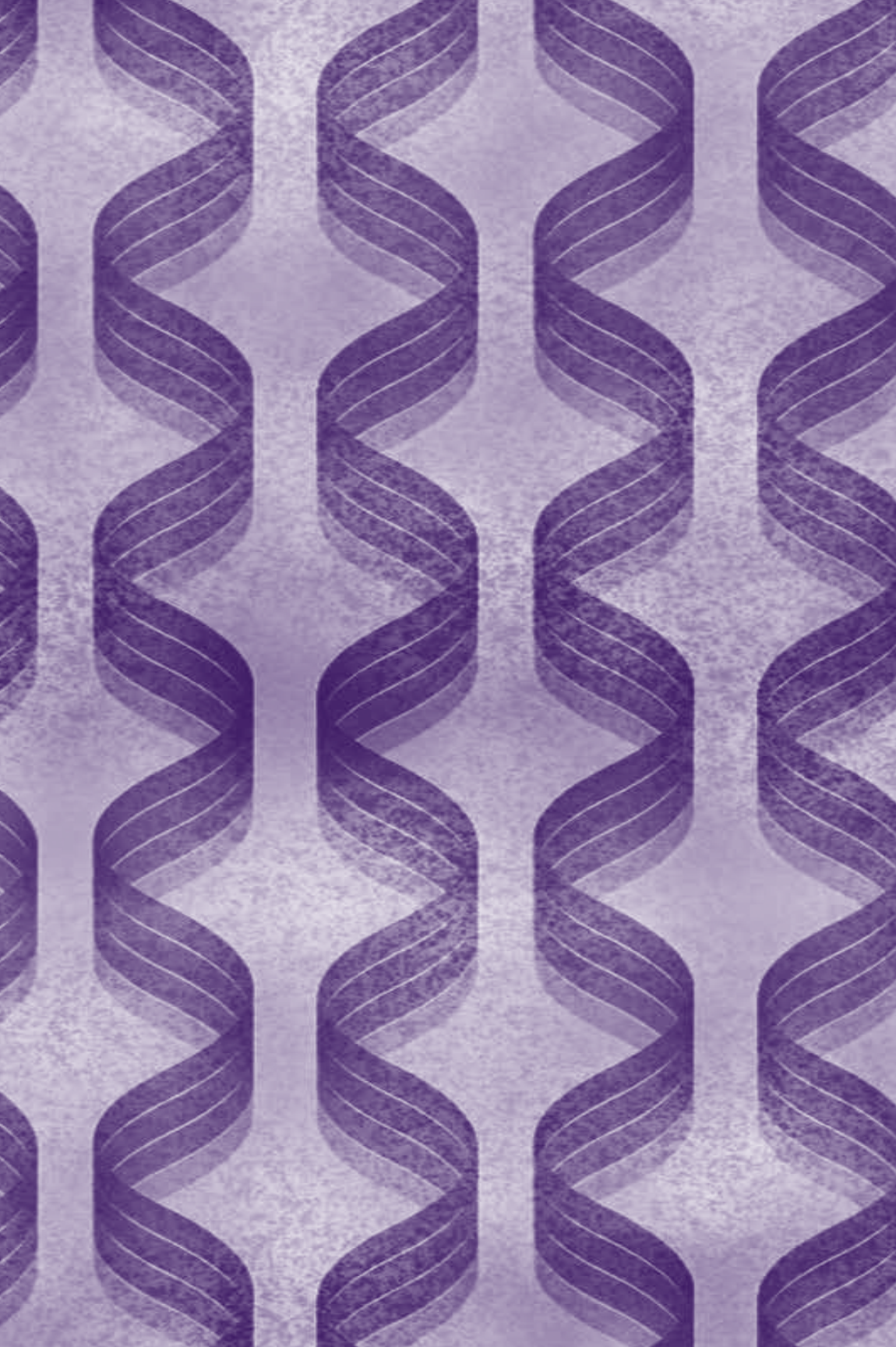
Cinthia Taveras
Spring 2021

A simple guide to using your time wisely during a pandemic.

Cinthia De Sena

10 things to do while in **QUARANTINE**





Time management is one of the biggest enemies of the whole human race, if not, the half of it. Some struggle with life when nothing is planned and just go with whatever life presents. While others plan every detail in their lives. They are always occupied with full agendas—doing things that they didn't want or have to do. However, that second group presumes how busy they are would give them the title "The Most Productive Person of the Year" I personally think that there is always time to do, what you have to do, what you need to do and what you love to do.

A new year start, 2020, all of us thought about the plans or goals we have, most of us even have lists that we want to accomplish as 2020 was moving forward. But... that happened, yes, the most trending topic around the word, COVID-19. We were not expecting a year like that. Moreover, we weren't expecting that all our plans were broken into little pieces. No personal meetings, no vacations, no work, we got nothing. The most valuable resource that we all humans have —Time— was facing a totally distinctive perspective.

What can we do while lock down in our houses?, Is there something more than watching TV?, Can we do, learn, or practice something we really like instead of wasting time doing nothing?



CONNECT WITH PEOPLE YOU LOVE

We know that quarantine can be very lonely. We are all day at home without social interaction. That's sad. But we think you can also make things work out even at home.

Here are some tips to help you:

1. You probably have family outside the country or in the country that you cannot see. Schedule a time to talk to them and probably make jokes and have a great time together.
2. Call your friends and start a book club.
3. Call your friends or family that live alone so they won't feel abandoned.





TAKE CARE OF YOUR PLANTS

Plants are not just decorative elements; they can bring you so much joy once you learn how to grow them. The fact that plants require care as it were your family builds that capacity on you to care about others.

Have you known that plants can release oxygen to your house? Or they can purify the air?. Plants also bring that sense of nature to our home and help us feeling calm.



BAKE!

BAKE!

BAKE!

Who does not like baking? If you do not, you like eating the cake and that would be enough

Benefits of Baking at Home:

1. You can control the amount of ingredients; put less sugar or fat you will have a healthy recipe in comparison with the ones we bought outside.
2. You can be creative, explore and try new recipes. You can experiment as much as you want.
3. Bake with a helper, it can be your sibling, child, or mother.
It's always good to share those significant moments with someone and then you can eat together.



BE SMART WITH YOUR MONEY

There is not so much that you can do in quarantine so if you are receiving money from your job, or the government do not spend it on clothes that you will use when quarantine is over. Use part of that money and save it.

Make plans, start writing a list of things that you may need in the future such as retirement, future education or vacations.

!Do not put excuses! You do not need a large amount of money to save it for more economic stability. You start with tiny steps and you will succeed.



LET'S EXERCISE

Exercise instead of being a suggestion should be mandatory! Using quarantine to move your body is a significant use of your time. Exercise brings energy, a positive mind and awareness of your body it can impact you physically and mentally either you exercise alone or with company you will have remarkable results.

How can you make an Exercise routine in quarantine?

1. If you do not like doing it alone, schedule a video call with some of your friends and make your routines together.
2. Make sure you line up the days and time that works better for you.
3. You can exercise in a park and breath some fresh air.

你好!

Bonjour

Нин hao

LEARN A NEW LANGUAGE

With the invention of Google translate, it is impressive how old-fashioned look the idea of learning new languages. But let me tell you that learning a new language is one of the most benefit habits that we can accomplished.

Benefits of Learning a new language:

1. You can interact with people out of your comfort zone.
2. Your mind and brain will use parts that are dead in the rest. You will be open to innovative ideas, concepts, and cultures.
3. You can plan vacations (when it's possible) to practice what you learned while enjoying a different culture.



MAKE YOUR FAVORITE COFFEE DRINKS

The best thing is that you can make it for your family and friends when they visit you. They will be surprised when they see your new skills. You will spend less money buying coffee outside, also knowing the ingredients in how to prepare it is going to be more healthy.

Do you know that people get pay working at cafes?., There are no limits when we talk about coffee. You will enjoy your favorite drinks and probably (sooner) you 'll get paid.

They will be surprised when they see your new skills. You will spend less money buying coffee outside, also knowing the ingredients in how to prepare it is going to be more healthy.



SELF CARE ROUTINE

Though everyone has different skin and, therefore different skin issues, concerns, goals, etc. There are certain skin-routine rules that generally apply across the board. You can prepare your routine according to your skin type and moreover using the ingredients that are right on your kitchen.

Some tips that can help you in your routine are:

1. Cleanse
2. Moisturize
3. Protect
4. Add extra steps as needed or wanted
5. Start searching what works for you and give yourself some love.



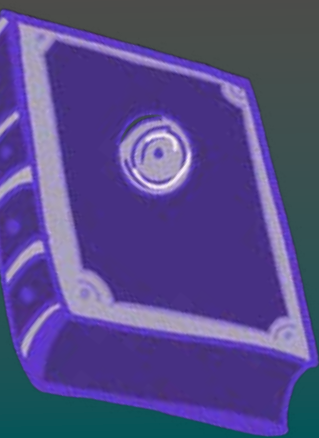
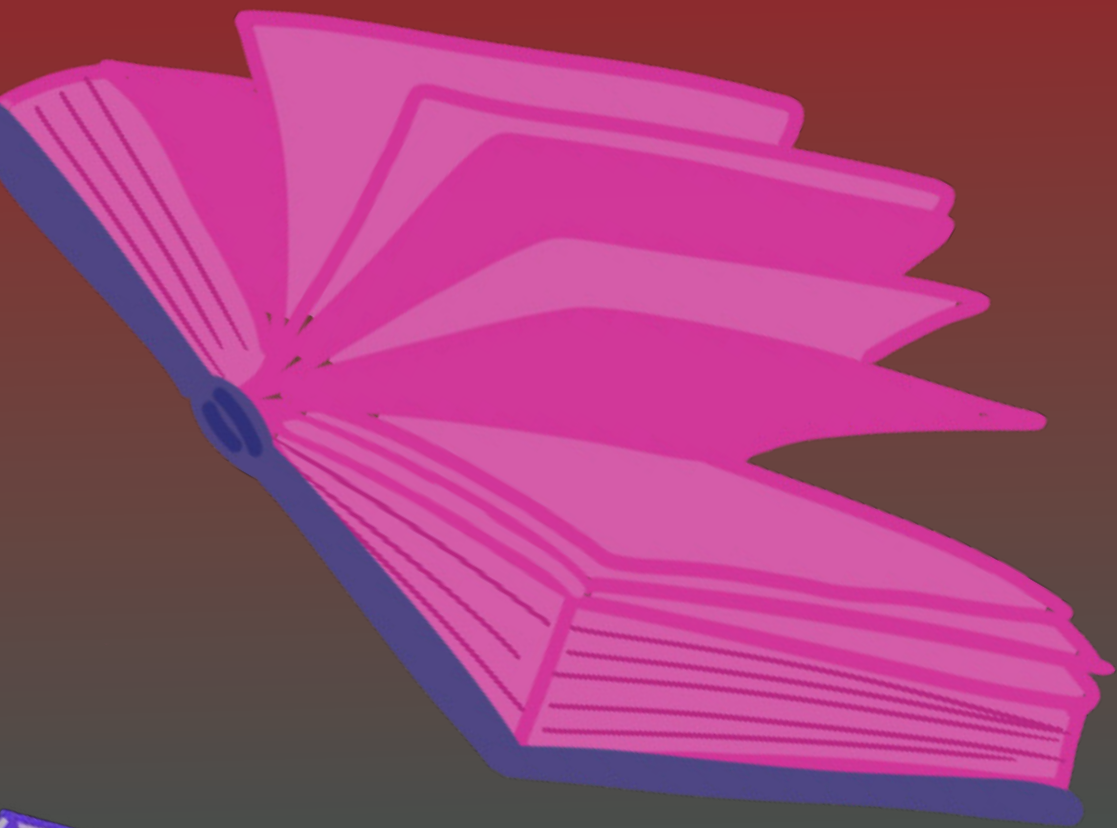
ORGANIZE YOUR ROOM

Know that this is not an option, everybody should have their room organized. But, let me tell you; the pandemic it has been an excuse to not clean your house even your room.

You do not have to do everything in one day, make a plan according to your needs and do it step by step. Small steps make you be consistent as you improve your tasks.

Benefits you will have by cleaning your room:

1. You'll find things very easy in case it get lost.
2. Have you realized how relief and distressed you feel when your objects are in the right place?



READ!


READ!

READ!

There is literally no disadvantages to reading. It is the most powerful habit that you can build. It takes consistency, open mindset and love for it. However, if you feel that you do not love reading, let me say that this is a habit that you can learn and once you realize the benefits you'll be a book lover.

What can you learn by reading?

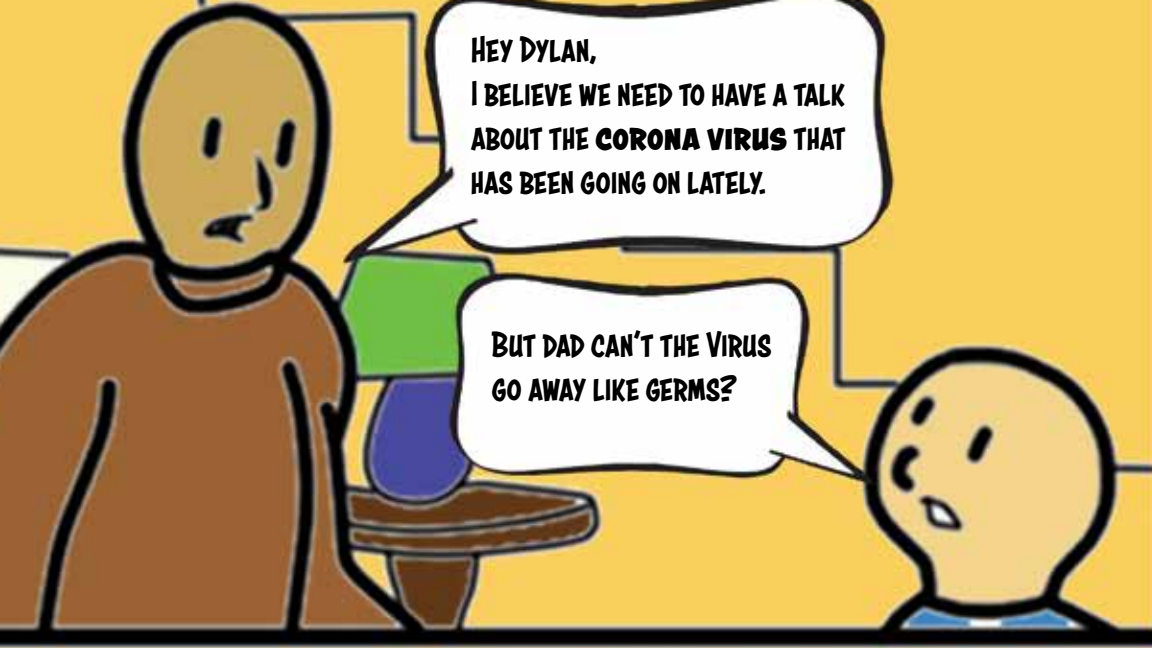
1. It helps your creativity. You can have different and innovative ideas just seating in your sofa.
2. It opens your mind to new ideas about other cultures, concepts and personalities.
3. Empowers you to sympathize with other people.

The background is a solid teal color with a repeating pattern of stylized suns and gears. Each sun has a spiral center and radiating lines, while the gears have a central spiral and interlocking teeth. The pattern is dense and covers the entire page.

Achieme Foster
Spring 2021

**Let's talk
about Covid**





HEY DYLAN,
I BELIEVE WE NEED TO HAVE A TALK
ABOUT THE **CORONA VIRUS** THAT
HAS BEEN GOING ON LATELY.

BUT DAD CAN'T THE VIRUS
GO AWAY LIKE GERMS?



NO NO NO , DYLAN THE **CORONA VIRUS** IS FAR DIFFERENT FROM
COLDS. SURE IT IS LIKE TINY LIKE
GERMS, BUT...

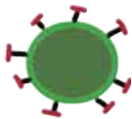
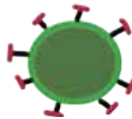
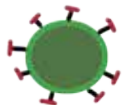
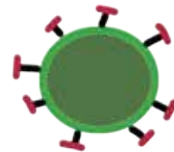
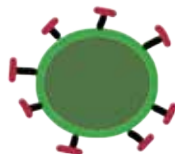
INTRODUCTION

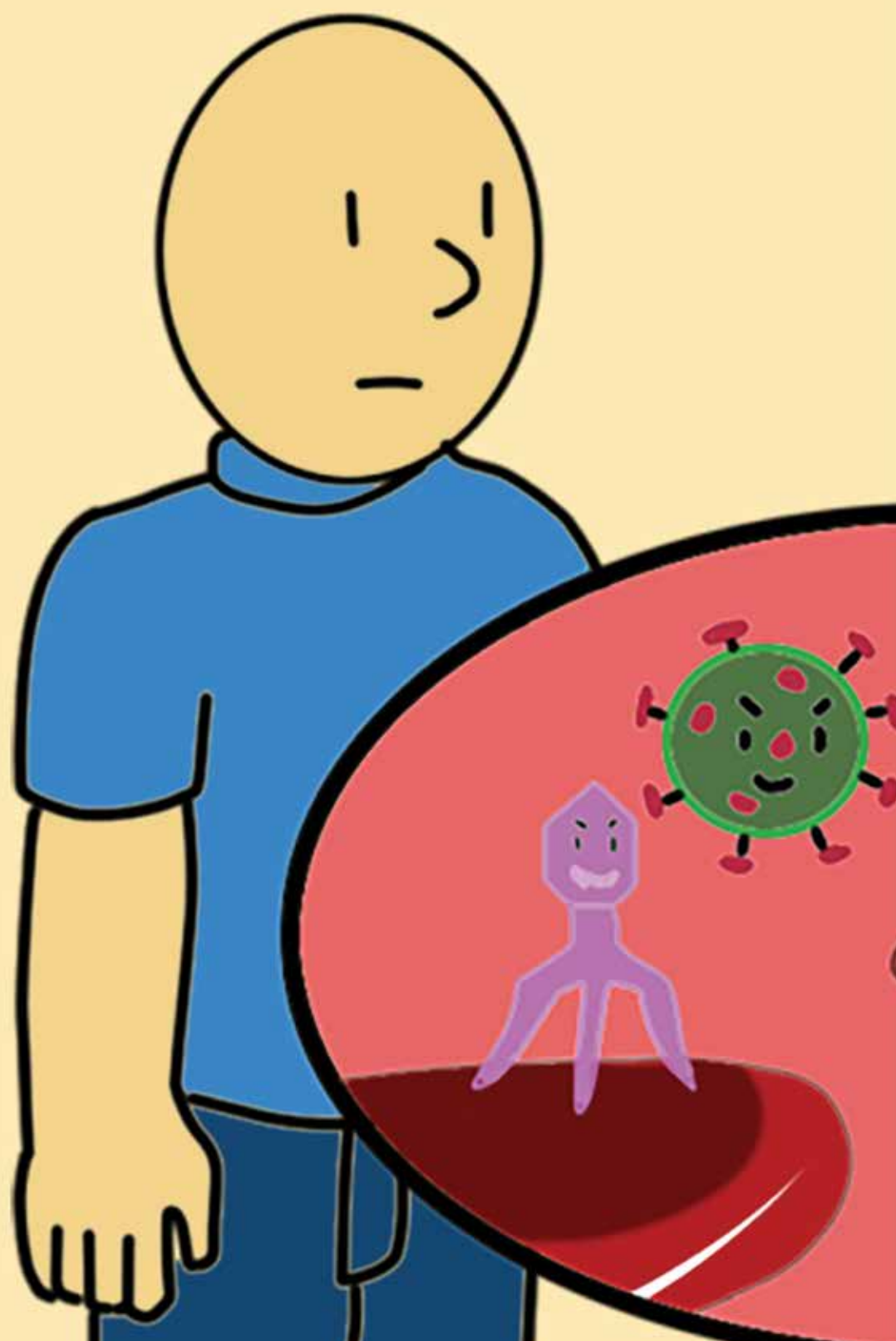
The Coronavirus Disease 2019 is a new virus that was first found in Wuhan, China. It causes lung (respiratory) illness in people. A lung illness makes it hard to breathe and get oxygen into the body.

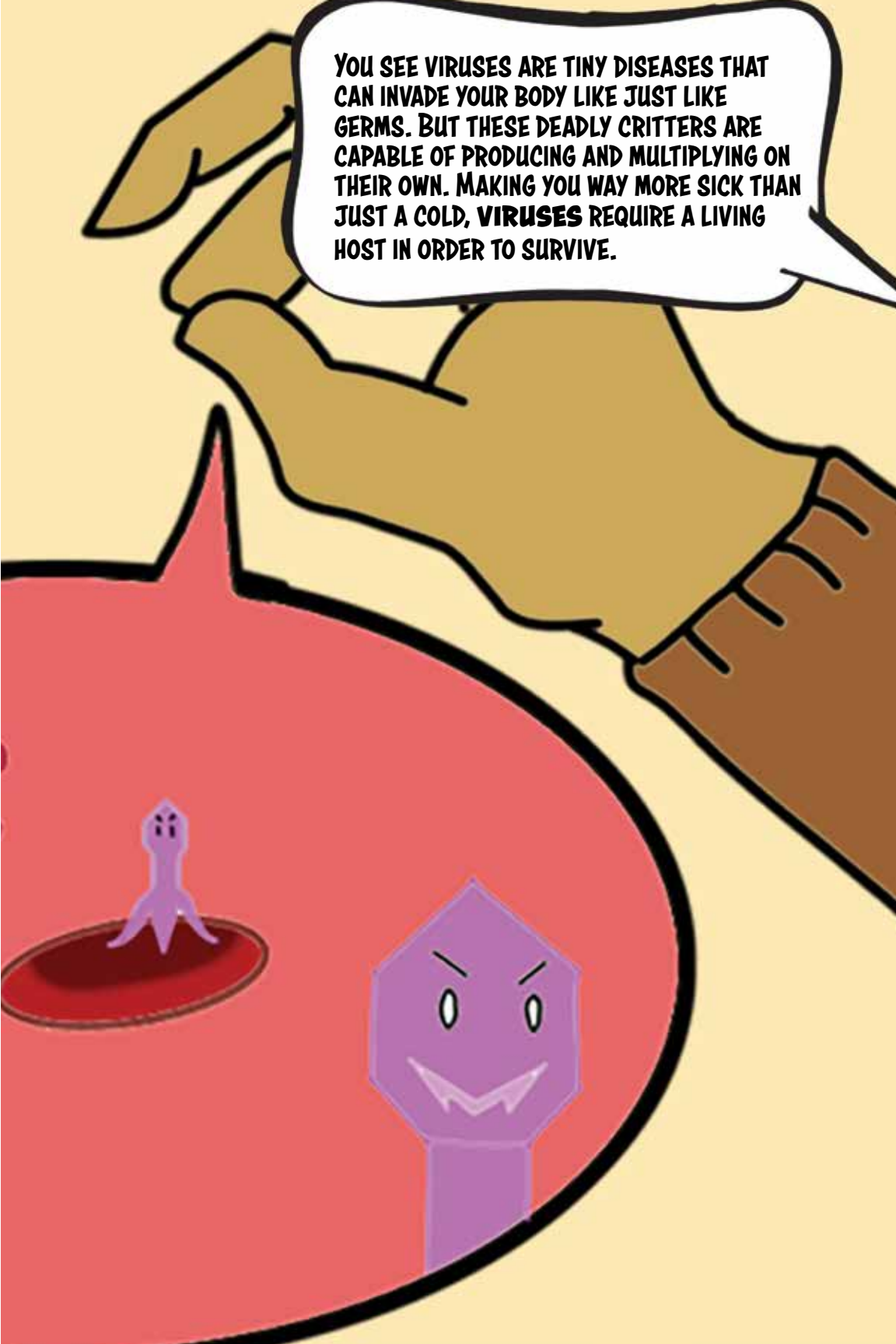
COVID-19 can be spread from person to person. This can happen when a person sneezes or coughs and tiny bits of liquid (respiratory droplets) come out of their mouth. If you are standing close to the person (within 6 feet), you might then breathe it in.

It might be possible to get COVID-19 by touching a hard surface or object that has the virus on it.

COVID-19 can cause lung (respiratory) illness that might be mild, serious or even deadly. The symptoms usually start between 2 to 14 days after a person is infected. Symptoms include fever, cough, loss of taste/smell and breathing difficulties

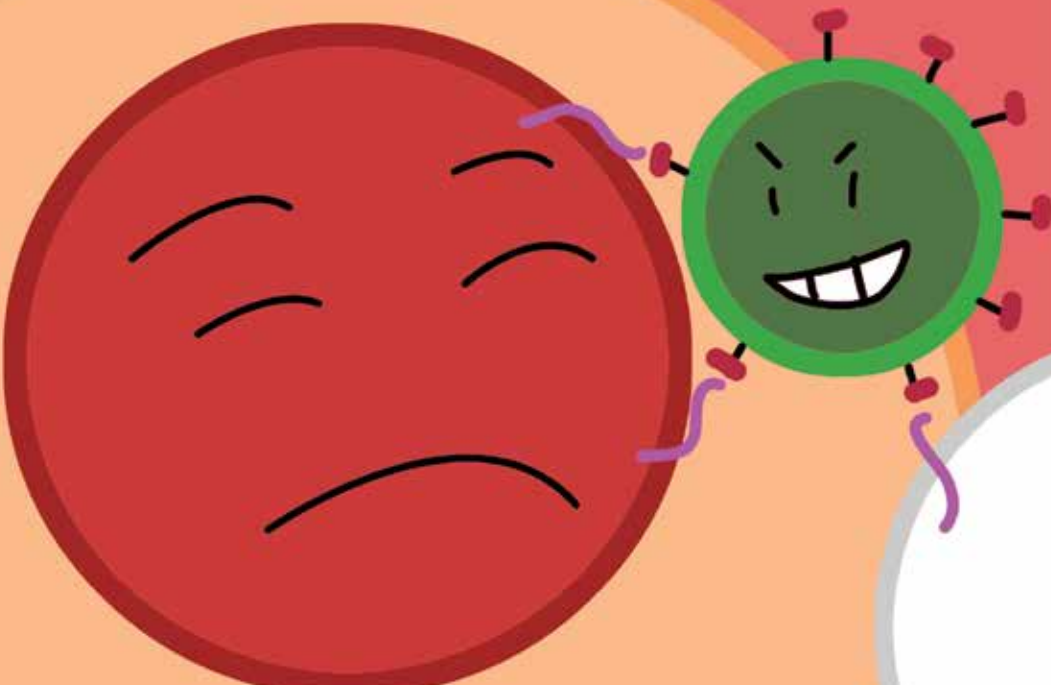
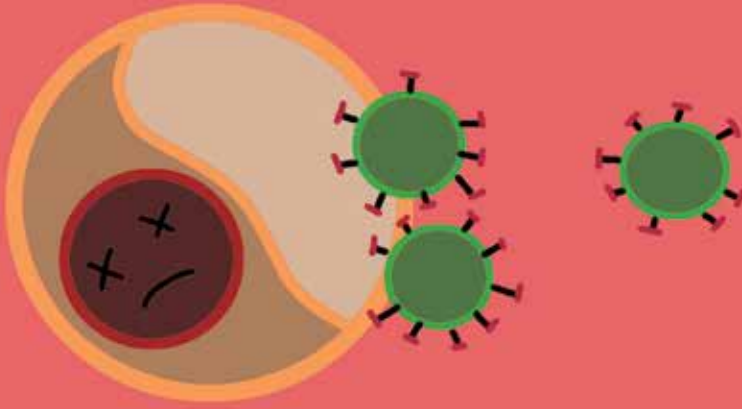




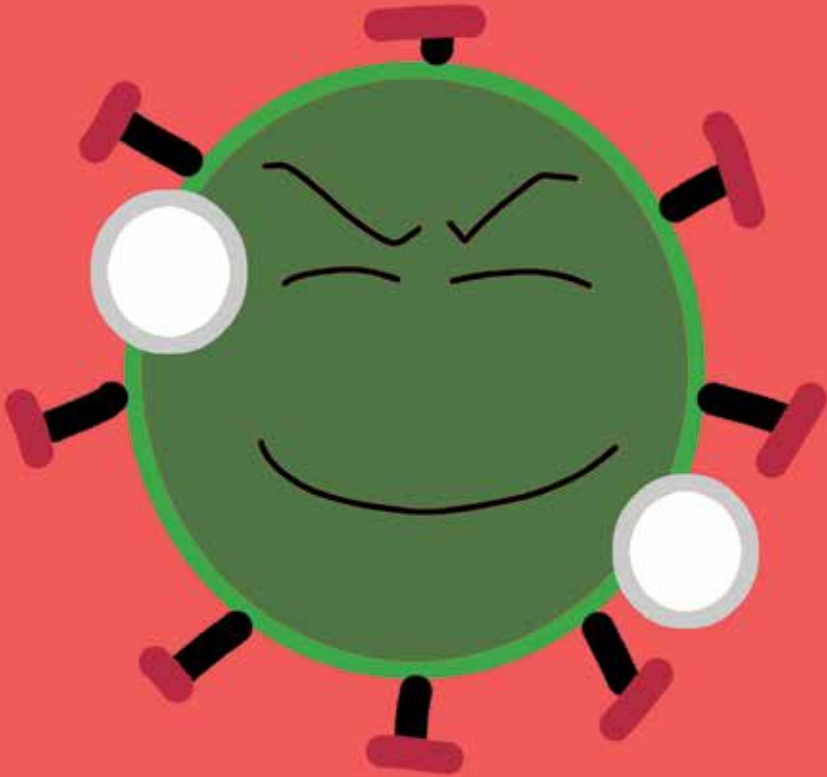
A cartoon illustration of a hand holding a magnifying glass over a red liquid. Inside the magnifying glass, a purple virus with a face and a smaller version of itself are visible. A speech bubble from the hand contains text explaining that viruses are tiny diseases that need a living host to survive.

YOU SEE VIRUSES ARE TINY DISEASES THAT CAN INVADE YOUR BODY LIKE JUST LIKE GERMS. BUT THESE DEADLY CRITTERS ARE CAPABLE OF PRODUCING AND MULTIPLYING ON THEIR OWN. MAKING YOU WAY MORE SICK THAN JUST A COLD, **VIRUSES** REQUIRE A LIVING HOST IN ORDER TO SURVIVE.

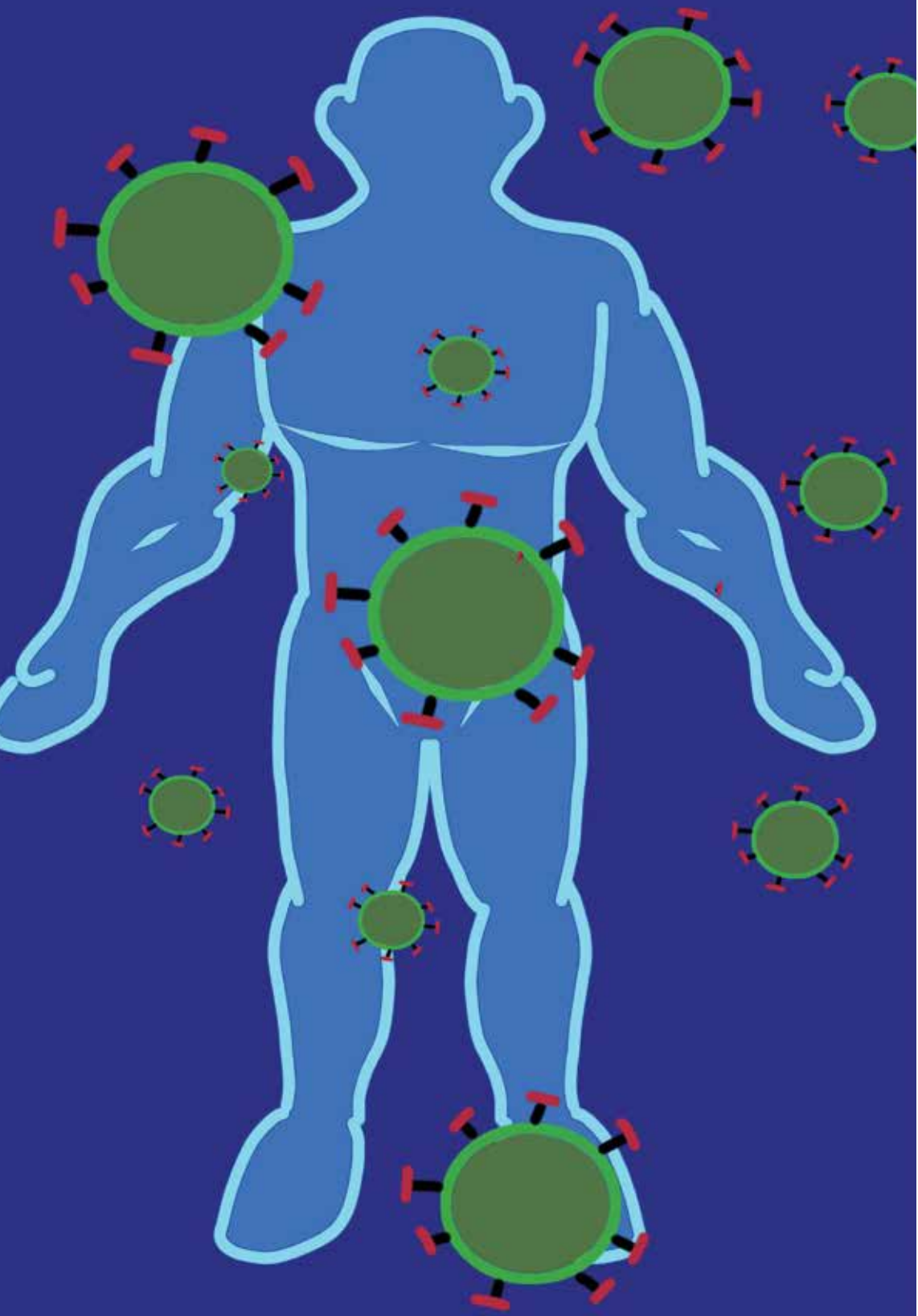
THE FIRST THING THE **VIRUS** DOES IS ATTACH ITSELF TO A HEALTH CELL AND INJECT A SMALL TROOP TO MULTIPLY CALLED RNA. RNA TAKES OVER HEALTH CELLS FROM THE INSIDE OUT AND FORCES THEM TO CREATE MORE VIRUSES SO THEY CAN SPREAD FASTER IN THE HUMAN BODY.



VIRUSES ARE SO TOUGH THAT NOT EVEN THE WHITE BLOOD CELLS THAT KEEP INVADERS OUT OF YOUR BODY HAVE A HARD TIME DEALING WITH THEM.



I DON'T THINK WE CAN STOP THIS THING



How the Virus invades the body

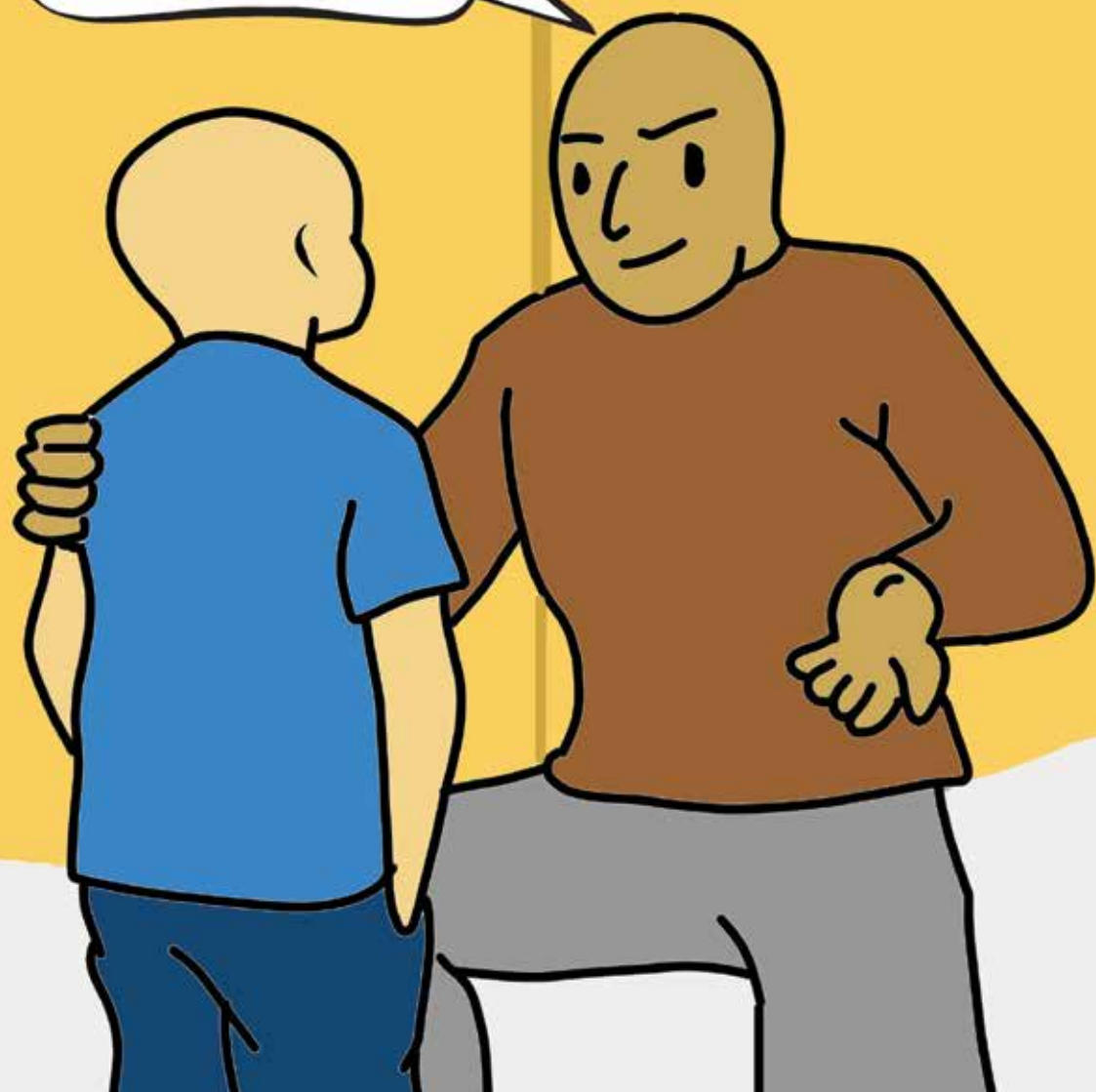
As the virus continue to grow and spread out throught your body making it weaker and weaker. causing the body to not work right without you knowing.

Your body becomes helpless and contaminated, you may not even know where you got the Corona Virus, it could be from where your touching surfaces or from contacts with a person who was alredy infected with the virus.

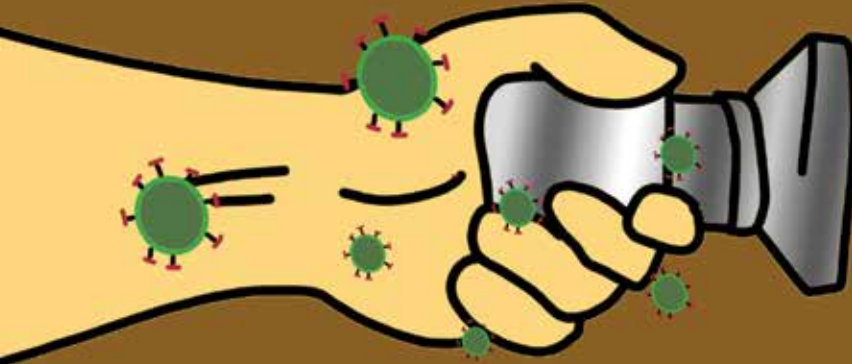
Some people can be Asymptomatic meaning they can get infected and not show any symptions at all people who are Asymptomatic can put you at a greater risk of infections, due to them not showing any cautions to themselves or others around them.

Surfaces

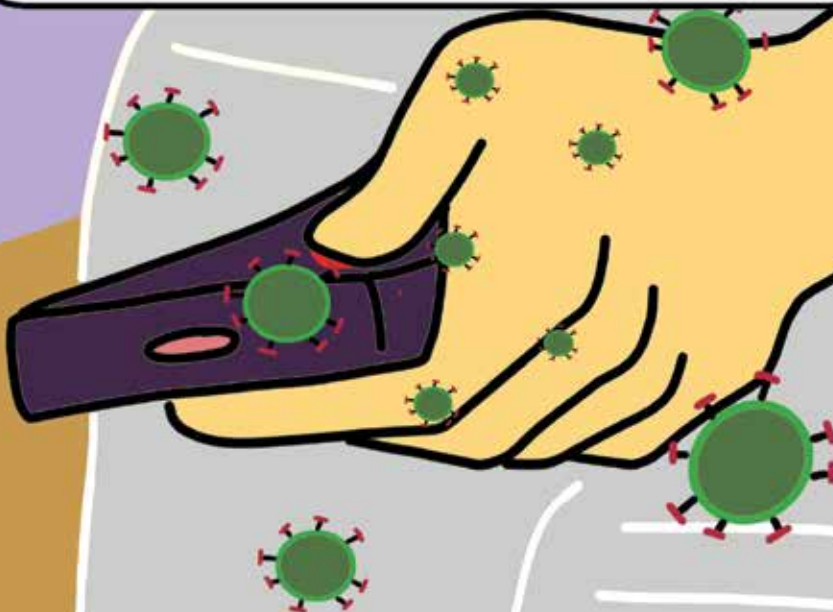
**THAT IS WHY, I TELL YOU
TO WASH YOUR HANDS.**

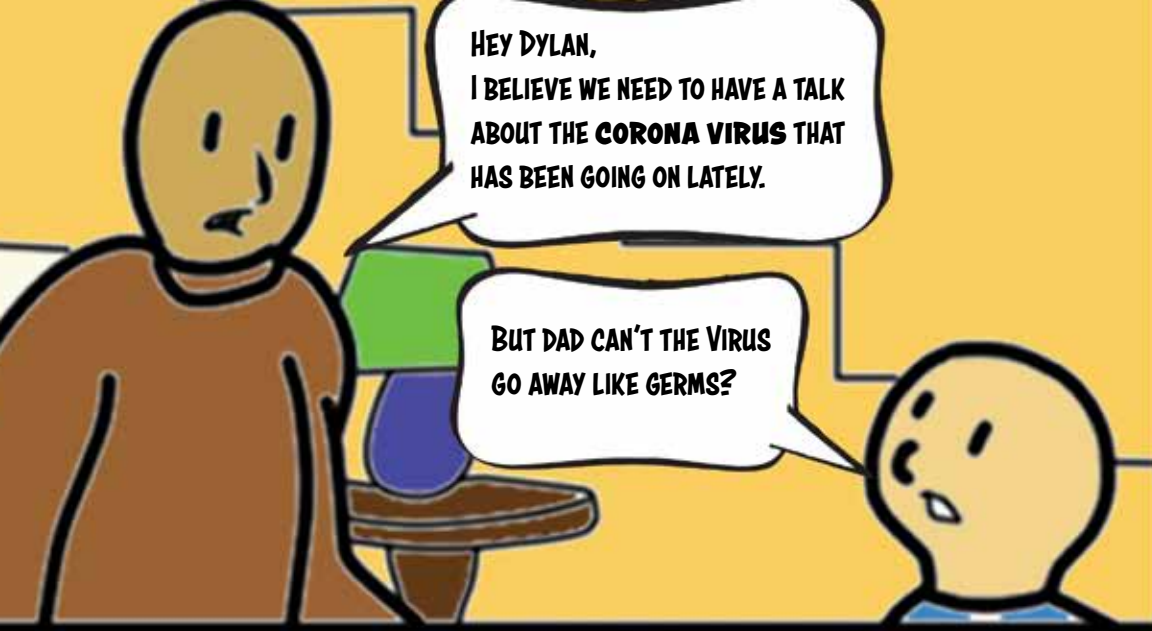


BECAUSE BEING CARELESS CAN LEAVE YOU UNWARE OF YOUR SURROUNDS, CATHING AND SPREADING GERMS TO PEOPLE WITHOUT KNOWING.



REMEMBER THE CORONA VIRUS IS AN ONGOING OUTBREAK THAT HAS PUT PEOPLE IN GRAVE DANGER, AND IT'S FAR FROM OVER. WHICH IS WHY WE STILL NEED TO STAY AWARE OF WHAT WE TOUCH OR INTERACT WITH SURFACE AREAS.





HEY DYLAN,
I BELIEVE WE NEED TO HAVE A TALK
ABOUT THE **CORONA VIRUS** THAT
HAS BEEN GOING ON LATELY.

BUT DAD CAN'T THE VIRUS
GO AWAY LIKE GERMS?

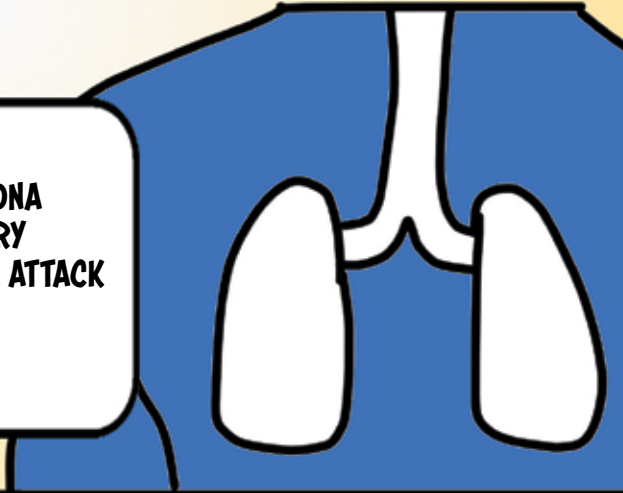


NO NO NO , DYLAN THE **CORONA
VIRUS** IS FAR DIFFERENT FROM
COLDS. SURE IT IS LIKE TINY LIKE
GERMS, BUT...



WELL FOR STARTERS, THE CORONA VIRUS IS KNOWN TO BE A RESPIRATORY ILLNESS, SO IT WILL MAINLY ATTACK OUR AIRWAYS TO THE LUNGS, MAKING IT DIFFICULT TO BREATHE

WELL FOR STARTERS, THE CORONA VIRUS IS KNOWN TO BE A RESPIRATORY ILLNESS, SO I WILL MAINLY IT WILL ATTACK OUR AIRWAY TO THE LUNGS,



THAT IS WHY WE MUST WEAR A MASK SO THE VIRUS CAN'T GET THOUGH AND INVADE OUR BODY.

NOT WEARING ONE CAN JEOPARDIZE YOUR HEALTH AND WELLBEING. YOU CAN ALWAYS MAKE ONE AT HOME IF YOU DON'T HAVE ONE.



Early symptoms

Early symptoms reported by some people include fatigue, rash, headache, sore throat or fever. Others experience a loss of smell or taste.

The Corona Virus can cause symptoms that are mild at first, but then become more intense over five to seven days, with worsening cough and shortness of breath.

Children may also be at risk for the coronavirus. Parents should be on guard for signs of symptoms and call their child's doctor immediately if they appear.



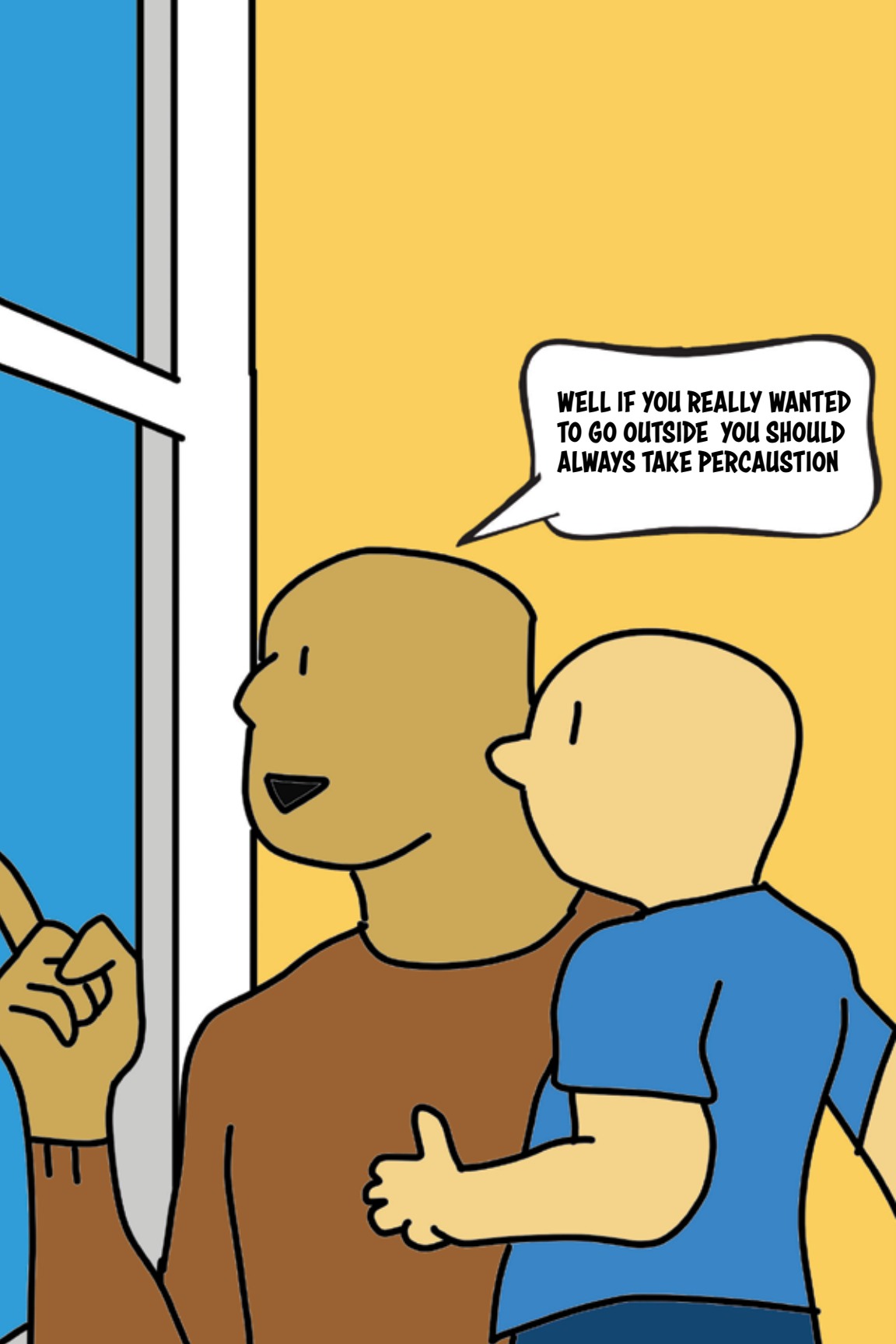
Call a doctor



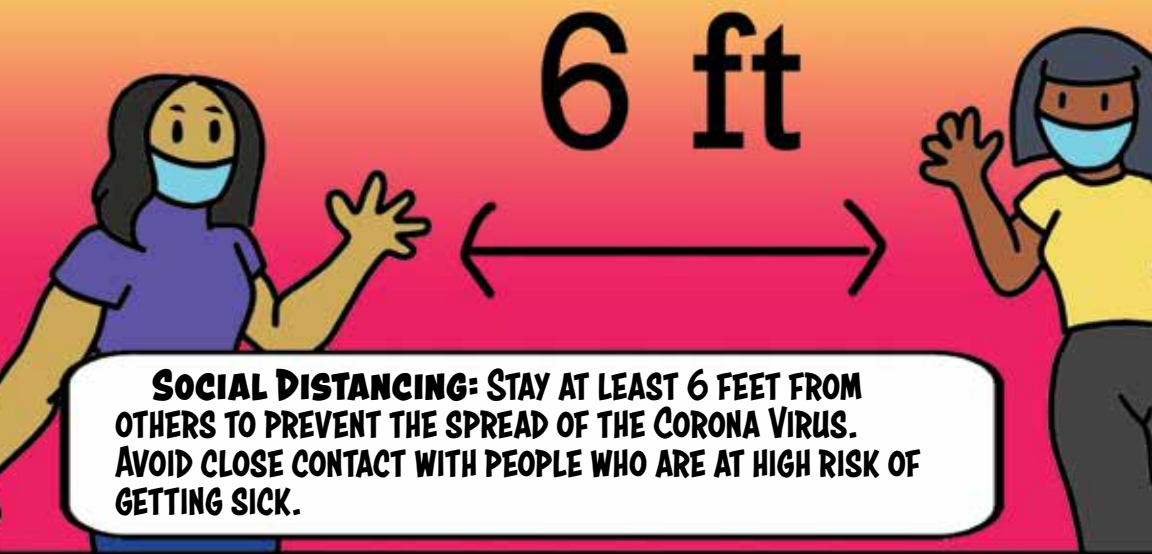
The important thing to do is call the doctor, to remain quarantined and keep socially distant. We must wear the right mask . It's better to be safe than sorry .



**WHAT IF WE WANTED TO
GO OUTSIDE**



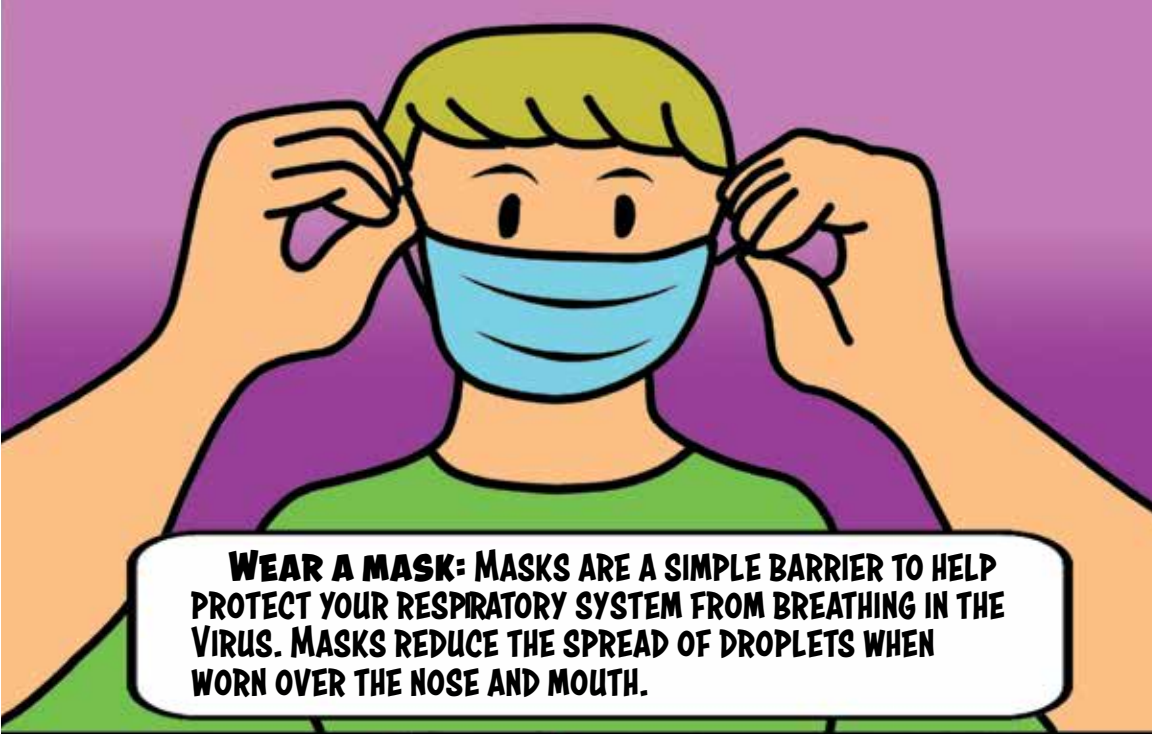
WELL IF YOU REALLY WANTED
TO GO OUTSIDE YOU SHOULD
ALWAYS TAKE PERCAUSTION



SOCIAL DISTANCING: STAY AT LEAST 6 FEET FROM OTHERS TO PREVENT THE SPREAD OF THE CORONA VIRUS. AVOID CLOSE CONTACT WITH PEOPLE WHO ARE AT HIGH RISK OF GETTING SICK.



STAY HYDRATED: IT IS GOOD PRACTICE WHEN SICK WITH ANY TYPE OF RESPIRATORY ILLNESS TO STAY WELL HYDRATED.



WEAR A MASK: MASKS ARE A SIMPLE BARRIER TO HELP PROTECT YOUR RESPIRATORY SYSTEM FROM BREATHING IN THE VIRUS. MASKS REDUCE THE SPREAD OF DROPLETS WHEN WORN OVER THE NOSE AND MOUTH.

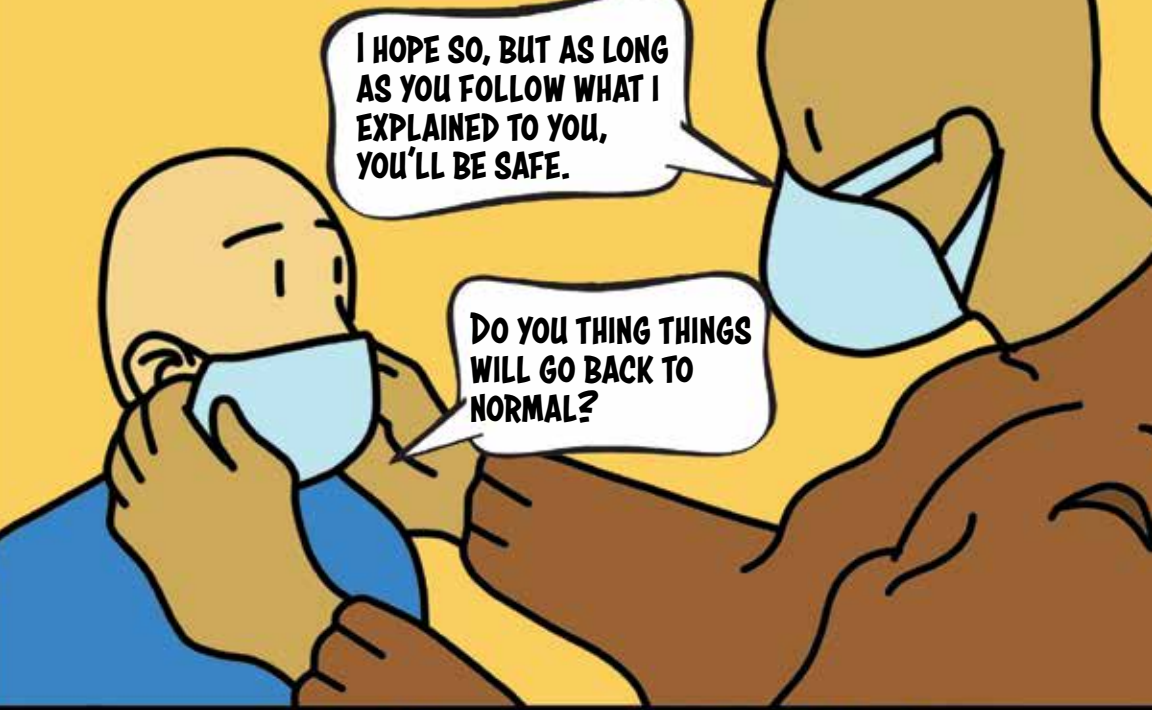


WASHING YOUR HANDS: WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS ESPECIALLY AFTER YOU HAVE BEEN IN A PUBLIC PLACE, OR AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING,



OH THAT REMINDS ME WE HAVE TO GO TO THE STORE TO GET MORE SUPPLYS, DO YOU WANNA COME WITH ME?

SURE!



I HOPE SO, BUT AS LONG AS YOU FOLLOW WHAT I EXPLAINED TO YOU, YOU'LL BE SAFE.

DO YOU THINK THINGS WILL GO BACK TO NORMAL?




EVERYTHING IS GOING TO BE OK, DYLAN



Jessica Diaz

Spring 2021



DIARY OF
AZAZEL

BY JESSICA I. DIAZ

We Wear The Masks by Laurence Dunbar is a really interesting poem and caught my eye. Though short I was intrigued by emotion put into the writing and found it quite relatable. Though in my perspective the smiles is not of joy but of hatred.

We Wear The Masks

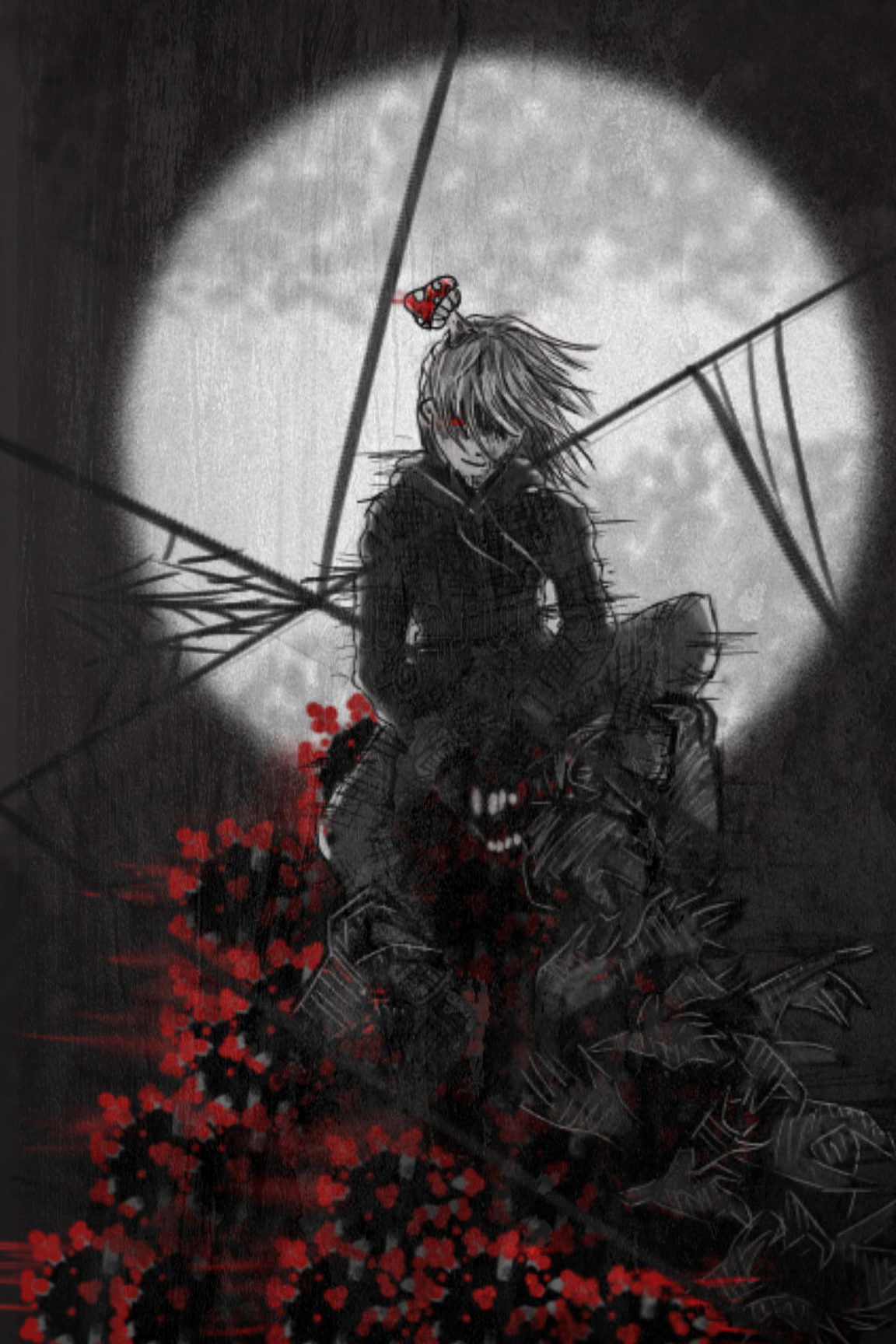
We wear the mask that grins and lies,
It hides our cheeks and shades our eyes,
This debt we pay to human guile;
With torn and bleeding hearts we smile,
And mouth with myriad subtleties.

Why should the world be over-wise,
In counting all our tears and sighs?
Nay, let them only see us, while
We wear the mask.

We smile, but, O great Christ, our cries
To thee from tortured souls arise.
We sing, but oh the clay is vile
Beneath our feet, and long the mile;
But let the world dream otherwise,
We wear the mask!

By Paul Laurence Dunbar

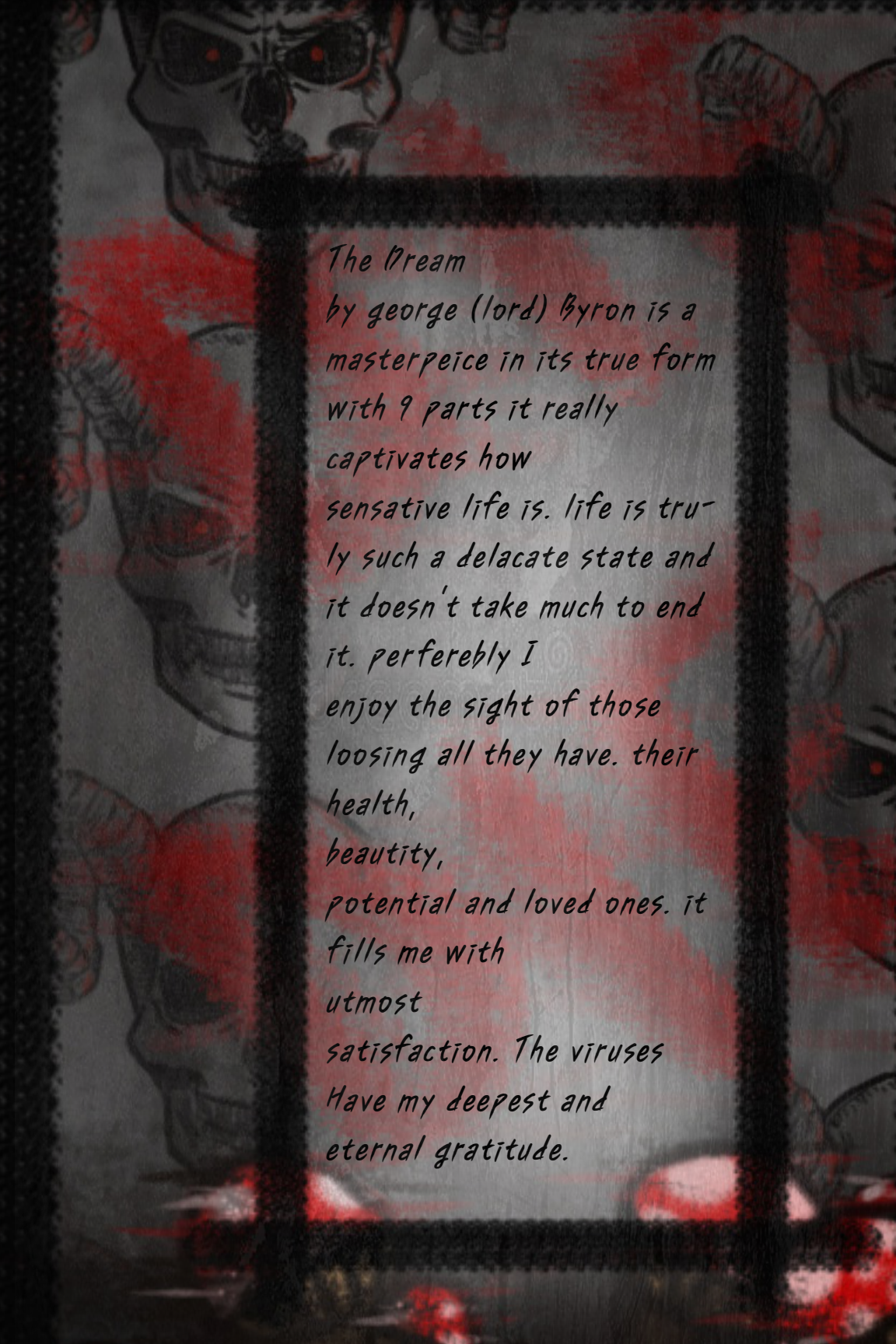




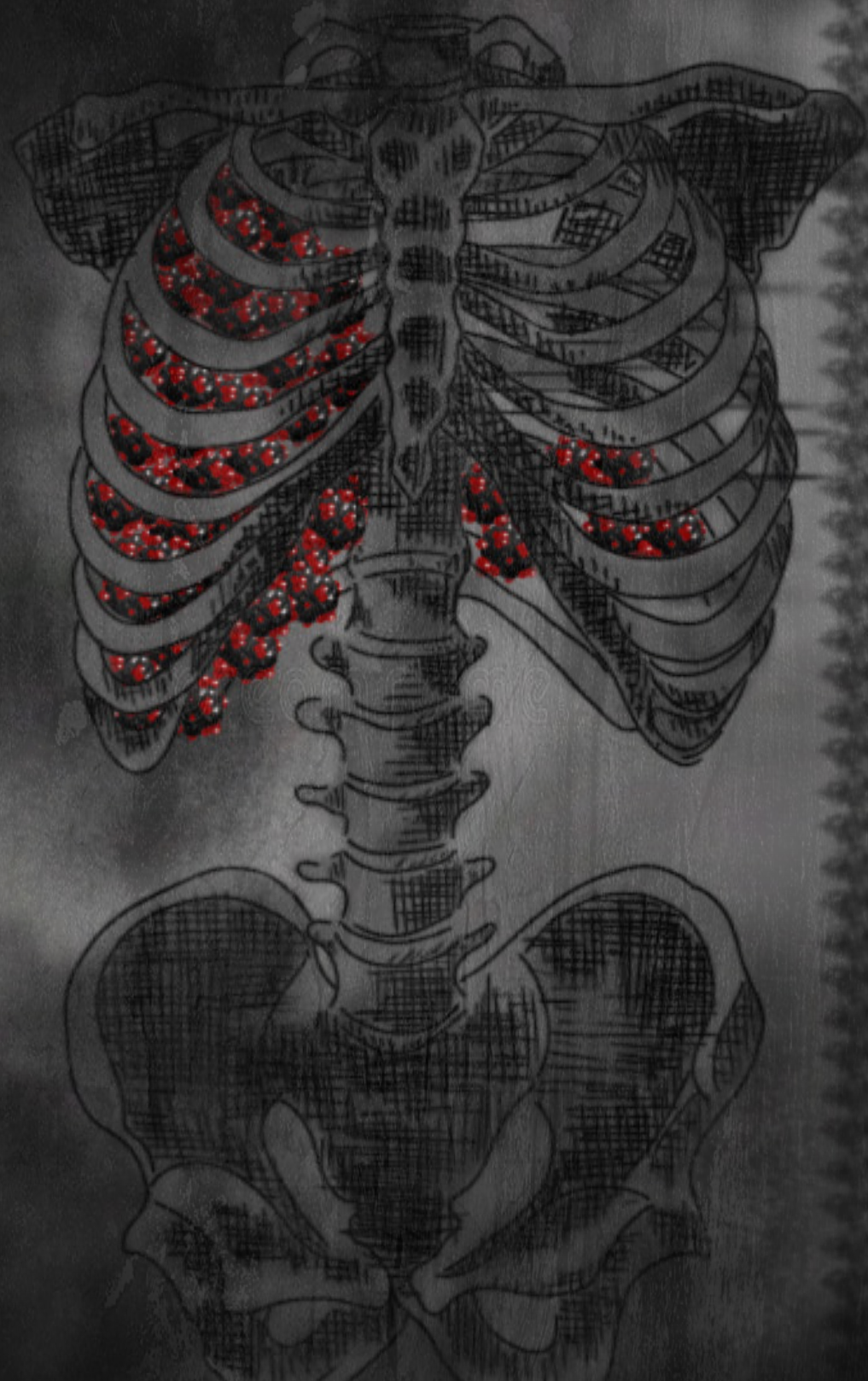
The Dream by George (lord) Byron

Our life is twofold: sleep hath its own world,
A boundary between the things misnamed
Death and existence: sleep hath its own world,
And a wide realm of wild reality,
And dreams in their development have breath,
And tears, and tortures, and the touch of joy;
They leave a weight upon our waking thoughts,
They take a weight from off waking toils,
They do divide our being; they become
A portion of ourselves as of our time,
And look like heralds of eternity;
They pass like spirits of the past they speak
Like sibyls of the future; they have power
The tyranny of pleasure and of pain;
They make us what we were not what they will,
And shake us with the vision that's gone by,
The dread of vanished shadows are they so?
Is not the past all shadow? What are they?
Creations of the mind? The mind can make
Substances, and people planets of its own
With beings brighter than have been, and give
A breath to forms which can outlive all flesh.

I would recall a vision which I dreamed
Perchance in sleep for in itself a thought,
A slumbering thought, is capable of years,
And curdles a long life into one hour.



*The Dream
by George (Lord) Byron is a
masterpiece in its true form
with 9 parts it really
captivates how
sensitive life is. Life is truly
such a delicate state and
it doesn't take much to end
it. Perforce I
enjoy the sight of those
losing all they have. Their
health,
beauty,
potential and loved ones. It
fills me with
utmost
satisfaction. The viruses
Have my deepest and
eternal gratitude.*



Death Is Nothing At All

by Henry Scott-Holland

Death is nothing at all.
It does not count.
I have only slipped away into the next room.
Nothing has happened.

Everything remains exactly as it was.
I am I, and you are you,
and the old life that we lived so fondly together is untouched,
unchanged.
Whatever we were to each other, that we are still.


Call me by the old familiar name.
Speak of me in the easy way which you
always used.
Put no difference into your tone.
Wear no forced air of solemnity or sorrow.

Laugh as we always laughed at the little jokes that we enjoyed
together.
Play, smile, think of me, pray for me.
Let my name be ever the household word that it always was.
Let it be spoken without an effort, without the ghost of a
shadow upon it.

Life means all that it ever meant.
It is the same as it ever was.
There is absolute and unbroken continuity.
What is this death but a negligible
accident?

Why should I be out of mind because I am out of sight?
I am but waiting for you, for an interval,
somewhere very near,
just round the corner.


All is well.
Nothing is hurt; nothing is lost.
One brief moment and all will be as it was before.
How we shall laugh at the trouble of
parting when we meet again!



*I told my love, I told my love,
I told her all my heart,*

*Trembling, cold, in ghastly fears.
Ah! she did depart!*

*Soon after she was gone from me,
A traveller came by,
Silently, invisibly:
He took her with a sigh.*



LOVE'S SECRET

BY William Blake

*Never seek to tell thy love,
Love that never told can
be;*

*For the gentle wind doth
move*

Silently, invisibly.

"Nothing Gold Can Stay"

by Robert Frost

Nature's first green is
gold,

Her hardest hue to hold.

Her early leaf's a flower;

But only so an hour.

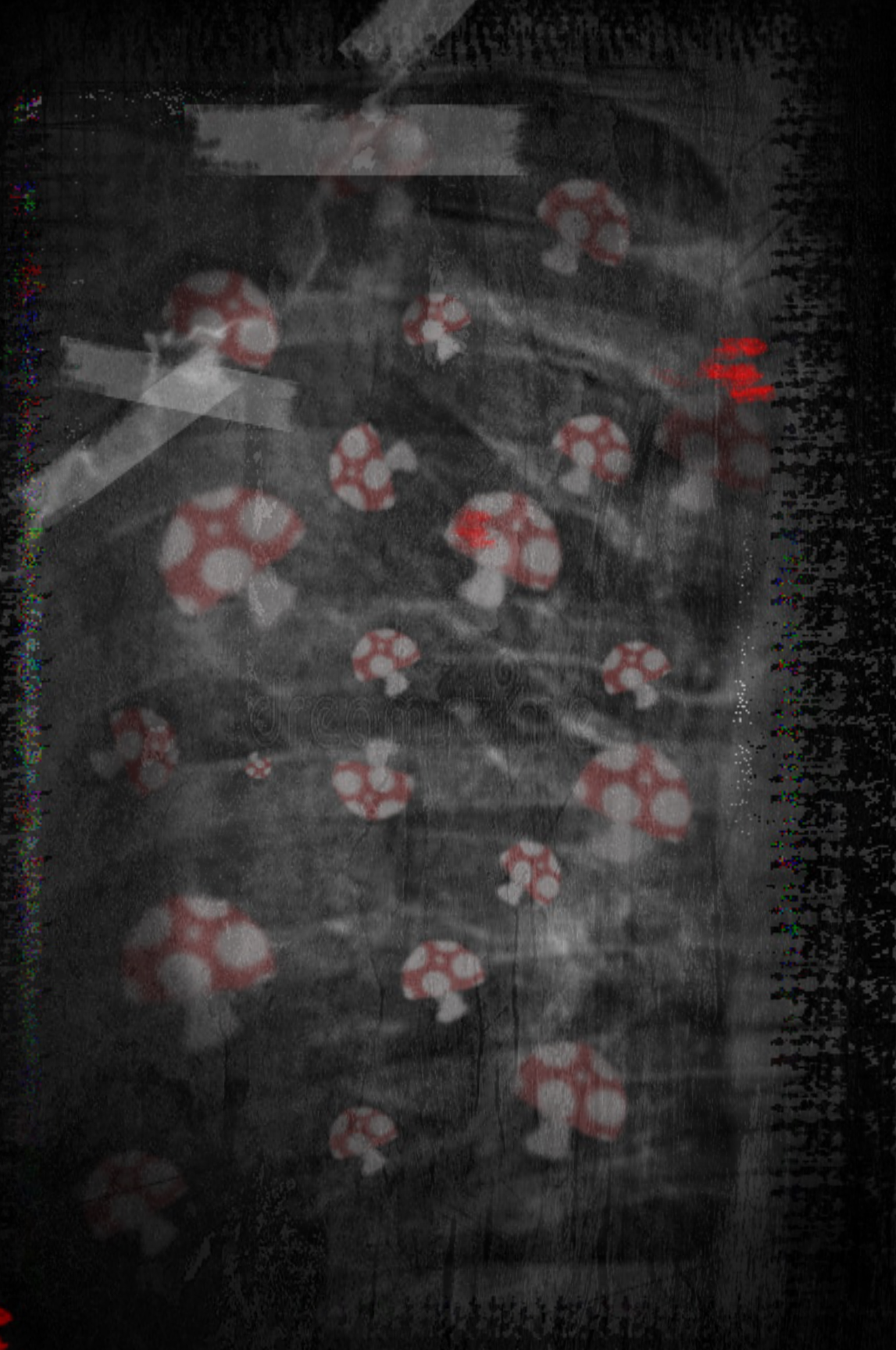
Then leaf subsides to
leaf.

So Eden sank to grief,

So dawn goes down to
day.

Nothing gold can stay.





The Rest

BY JANE HUFFMAN

Still, I keep myself, I take
to bed. One lung is red. Cut red
flowers hung in pink water.

My other lung is out of line.
From one lung, I tell the truth.
From the other lung, I lie.
Cut pink flowers hung in red
water.

Like a pain, the truth is mine.
The lie is that today I want to
die.
Cut red water hung in pink
flowers.

The rest of it is stillness, rest.
A soft cough into a hard pan.
A hard cough into a soft plane.
Cut pink water hung in red
flowers



THATS IT...



Jesenia Flores

Spring 2021

The Power of Gen Z:

The Social Issues of the Pandemic





**BLACK
LIVES
MATTERS.**

When does killing and racially profiling Black people **STOP?**



In **June 2020**, a black man named **George Floyd** was choked to death by a cop. And that sparked a lot of **outrage**. It took the media by storm all over the world with a lot of countries doing their part of the movement, which is the first **Black Lives Matter** movement that went global. Unlike in **1990**, the news was the only thing covering it and painting the protesters without their side being told in bad light with just focusing on the **looting** on the news.



B L A C K

L I V E S

M A T T E R S

choas And how in Korea town **store owners** were so scared of the riots that they have **firearms** to protect their stores during the day. When the protests were going on in the newspaper, they were dubbed as **“The L.A. riots:”** And that has been going on for centuries since segregation. All before social media and now we have **TikTok, Instagram, Facebook, Snapchat, Twitter, etc.** to share the other side of the **protests**. And around the world, racist historical figures like Robert E. Lee and Christopher Columbus were taken down by the protesters. In conclusion, don't trust anyone.



**S T O P
A S I A N
H A T E**

Since this virus happened there has been another victim of hate crimes in the **Asian Community**. And Trump in his final days of being president had called the virus the **"Chinese Virus."** Or secretary of state Mike Pompeo said **"Wuhan Virus" and** many more names like **the "Kung-Flu"** which has resulted in people to attack all of ages. And the attacks were so terrible that the victims had to go under treatment in the hospital.

Asian Empowerment Day

**Stop Racism
Stop Sexism
Stop Violence**

Suzha Kim
4/1/21

Yang Ai
Yan
4/1/21

Condolences to the families and peace to the victims of the Atlanta shootings

Huan Jang
Guan
4/1/21

Sharon
Yang
4/1/21

Sehaina Sahay
Yuan
4/1/21


Racism. Sexism. Violence
Asian Hate

Also, an **84 year old Thai Immigrant** named **Vichar Ratanapak-dee** had passed away due someone **violently pushed** him down to the ground. According to **NBC** news article called "Anti-Asian hate crimes by nearly **150%** in **2020, mostly in N.Y. and L.A.**, new report says" said that the rate of h **Anti-Asian hate crimes** had risen to a **150%**, while the crime right went down to **7%**. And the cops said that the shooter was having a **"bad day."**

Hate Is A Virus



According to **Medical News Today** article states that "between **2003-2018** hate crimes against Asian people had dropped by **30.8%**" This is happening all over the world and not just the states. As for in the **U.K.** the rate for those hate crimes rose up to **21%**. In conclusion, **hate is a virus.**



Ariadys Morillo
Fall 2021

THE THREE MONSTERS



Monsters Don't Only Hide Under The Bed



Once upon a time

there was a young witch that didn't have many friends. She was surrounded by three monsters that were the only ones that understood the little witch and spent time with her. Or at least that's what they made her believe.







The first monster had hair so long that it almost reached the floor. This monster could be found at the school the young witch attended to and it was feared by many kids.

The long hair monster constantly repeated to the





young witch “I am your only true friend” “this kids friendship should mean nothing to you”. This young witch didn’t dare to disobey the monster’s wishes because she worried of what could happen to her classmates or even herself if she did.





The second monster had big horns and was dressed in a human suit that made him look less intimidating. He wasn't feared by anyone because to many people he was harmless. But this monster used this as his advantage to get what he wanted.

The young witch pity this monster because he seemed to be so lonely just like she was. But things got out of hand when just like the long hair monster, this one wanted to trick the witch into spending all her time with him. And he did this by making the young witch feel guilty and responsible for his feelings and emotions.







The third monster had a big elegant dress that showed everyone all the power and status she had. Out of the three monsters this one was very clever because she had a public image to maintain. Unfortunately, the young witch and this monster live together. There was always conflict between this monster and the young witch because everything that came out of this monster's mouth was pure hatred towards the young witch. "You're selfish" "You are not pretty enough" "You're not very smart" "Why don't you behave like a normal girl?" all of these phrases were then followed with the excuse that it was "love".







One day a letter arrived to everyone in the village. The letter was warning everyone that someone had released horrible creatures named “Coronavirus” all over the world and they had found their way to our village. And even though the best warriors from all over the world were trying to defeat these creatures it was almost impossible because of how quickly they reproduced and spread. So, to stay safe everyone in the village needed to stay home because these creatures were capable of horrible things.



Stay Home!
Danger!!





The young witch had so much free time now that she didn't have to go to school and see the long hair monster, or having the monster with horns trying to spend the rest of the day with her. For the first time in a long time she felt kind of relieved. However, somehow she still felt exhausted. Because she still had to write letters back and forth to stay in contact with the first and second monster. So for many months the young witch was trying to analyze her situation with the people around her.







Until the young witch finally realised that the first monster was so possessive over her because it had a fear of being abandoned. And even though the young witch felt bad for the monster, she also knew that it wasn't her responsibility to save someone who didn't see this as a problem in the first place. So the young witch had to make a tough decision and it was to save herself from someone who was sinking her with all that unhealed trauma.

The young witch proceeded to write an extended letter to the first monster. In this letter she wanted to be clear about how she had been feeling about the long hair monster mistreating her, all the damage this monster had caused her, and finally saying her final goodbyes. She sent the letter and the young witch felt a weight off her shoulder. And just like that, the young witch never saw the long hair monster again.







The young witch was so proud of herself because this was a decision that should've been taken years ago. And now that the first monster wasn't there she was able to focus on what she was going to do with the second monster. She was clear that this monster had emotional dependency. But she felt that maybe if she tried hard enough she could help the poor horn monster overcome this trauma. But as usual, this monster used this to his advantage and tried to keep the young witch next him with lies and manipulations.







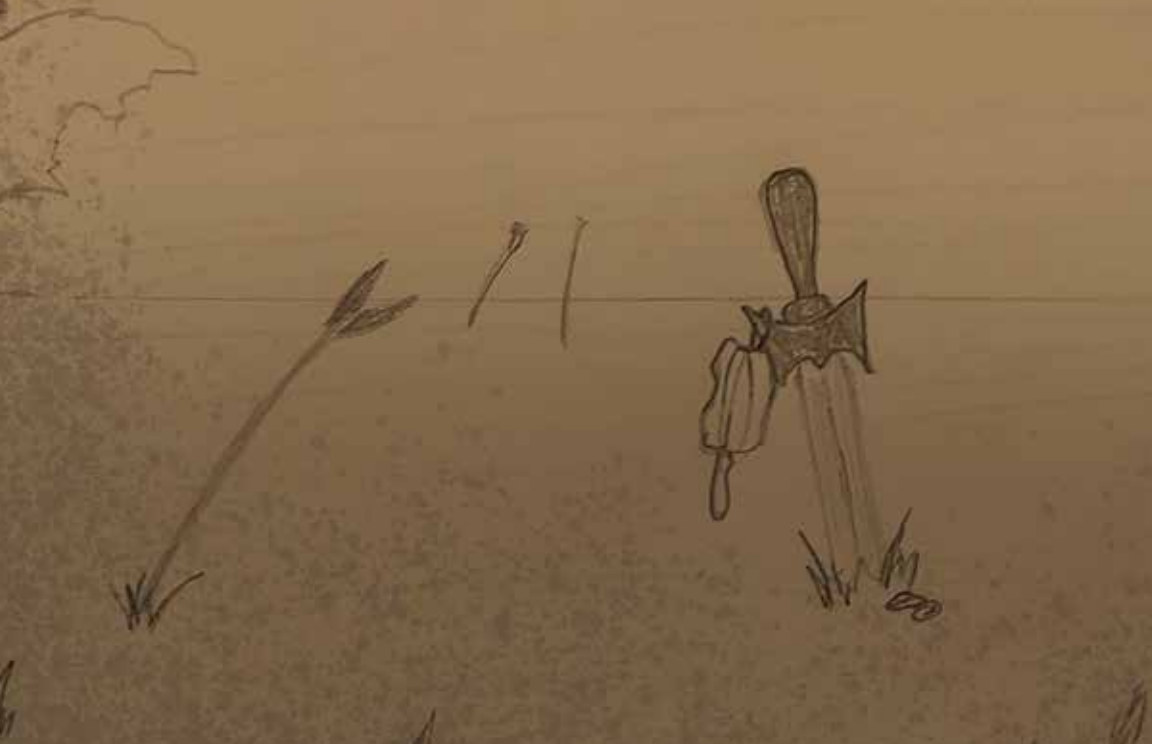
But once again the witch realized she couldn't save someone who didn't want to be saved. At first she was waiting for the right moment to get away from this monster but then she realized there was no right timing. Because if she waited any longer she worried she would be trapped in this situation forever. So she proceeded to save herself. She cut all ties with this monster because she knew it was the only way. At first the monster insisted on talking to the young witch but eventually he finally gave up.







A few more months went by and the warriors finally found a way to defeat the Coronavirus creatures. And slowly everyone was adapting back to their normal lives. But the young witch still had one more monster in her life. The third monster, the one that made all the time spent at home a living hell. But as much as the young witch wanted to get away from the third monster she couldn't because she lived in





this monster's house. According to the young witch's plans it would take years until she could be able to leave that house.

But a few days later the young witch received a letter from her father offering her to move in with him to another village because he also recently realized the type of monster the young witch was living with. And the witch happily accepted to move in with her father.





Now the young witch finally could say she felt at peace, free, and happy. Something she didn't realize she hadn't felt in many years. But she believed that if the Coronavirus creatures were never released she would have never gotten away from the monsters that tormented her for so long. However, she was still aware of all the lives lost in the hands of the Coronavirus creatures worldwide.



IN HONOR AND
MEMORY OF THE
PEOPLE AND
WARRIORS LOST
DURING THE
CORONAVIRUS





The young witch doesn't blame the monsters for their behavior because they are also victims of their own self destructive behaviors. In the meantime, the young witch still had a lot of self healing to do, because she came to the conclusion that she was also part of the problem of why in the past she ended up surrounded by monsters.

Her new task now is to heal in herself what had connected her to those monsters. She didn't want to become the monster of her own story by letting the story repeat itself.



The End



The background is a solid teal color with a repeating pattern of stylized suns or gears. Each sun has a central spiral and radiating lines around it, resembling a gear or a sunburst. The pattern is dense and covers the entire page.

Jorge Guzman

Fall 2021

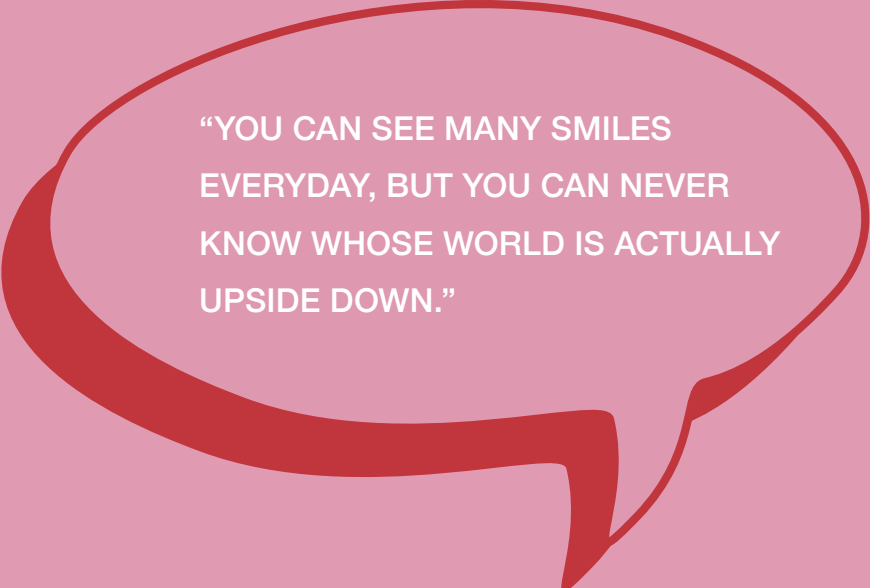
~~The Reality~~

*Behind
Social media*

Don't Believe
Everything You See



December *2019*



“YOU CAN SEE MANY SMILES
EVERYDAY, BUT YOU CAN NEVER
KNOW WHOSE WORLD IS ACTUALLY
UPSIDE DOWN.”



Fake Reality

Welcome to Emily's life. She is an influencer who only shows the beautiful and perfect part of her life, but in reality, her life is not as perfect as it looks on social media. For many years Emily has dealt with anxiety and depression, but she knows how to hide perfectly in front of other people. Not letting her follower knows what's happening behind the screen.



00:05



Instagram



Emelykw



Liked by Patriciap20 and others

Emelykw Happy New Years, 365 days starting now....



Getting Better

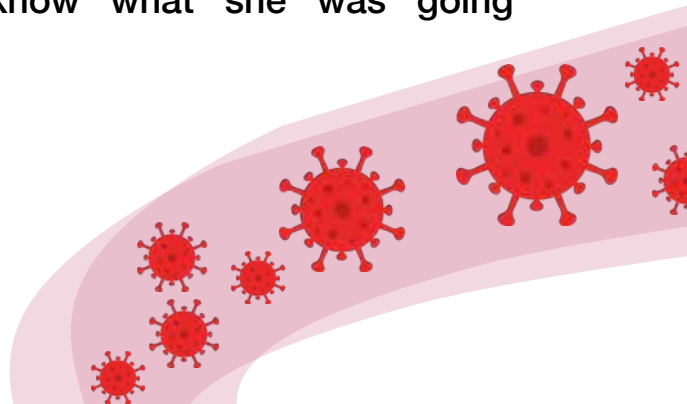
After a long year of Emily going to therapy, she was getting better. It has been a while since Emily was feeling as good as she feeling. After started looking for help. Her depression and anxiety were under control because of her medication. But something was coming that nobody was expecting, and that will change Emily's life forever.





Beginning of Covid-19

IN March, everything started. The whole city closed, and there were no businesses, schools, or airports open. Everybody was locked at home, and this brought many changes for Emily. She was so scared and anxious. But she couldn't speak with her psychologist because the clinic was closed due to covid. So Emily couldn't seek the help she needs, and her friends did not know what she was going through.





00:05

< 19



BFF ❤️



Tus, Mar 21, 11:40

you guys hear?

about the new virus that is going around?

Lily

YES, I think they're going to close the city

Veronica

Yes, people is saying that is coming from china, and is all around the word. they are going to close everything.

Even the airport, we may have to cancel the trip

I can't belive this is happening

Keyla

Yes they're going to close the whole city

This is crazy

I'm having an anxiety attack

We have to wear mask to go out and quarantine

Lily

Stay safe girl this virus is no joke

There is so many people getting sick and dying



OMG, I'm so scare



#Stayhome

After a few days of quarantine, Emily wasn't feeling the best. She was sad because of everything that it has been happening in her life. She was working from home and spending the quarantine with her boyfriend. However, her relationship was not in the best moment, They have been into many fights most of the quarantine, and her performance at her job hasn't been the best. Also, she was not sleeping at night because of all of the emotions that she has been feeling lately.





I FEEL LOST :(

Happy Relationship?

Never believe everything you see on social media. Pictures do not always tell the truth. Emily's relationship was just a pretty picture. Emily's relationship was just unhappy posts. A lot of fights and disagreements between Emily and her boyfriend. But her followers don't get to see what is going behind the screen. Her relationship on Instagram looks so perfect—the type of relationship that everyone would want. But Emily knows that her relationship is not as happy as it looks.





Behind The Screen

Emily wasn't happy in this relationship.
Her boyfriend was meeting another girl.

He does not want to be with Emily anymore. He does not love her anymore. He feels it will be best to break up. But Emily does not want to leave him. She feels things can get fixed and can be better she is not ready to let it go. She still loves him. After a few days fight back and for the situation his boyfriend decided to leave her





#It's over

Love can not fix everything. Although, people say love can do it all. That day Emily's boyfriend decided to leave her. They both knew that their relationship was over, but Emily was not ready to let him go. He was clear about leaving her. He knew was not happy at all in that relationship and Emily either, but her emotions did not let her see the thing through. In the end, their relationship was not working for both of them, and the best decision was to end it.





Two Months Later

It had been two months since Emily and her boyfriend decided to end things. However, Emily was not having a good time at all. She lost her job because of the pandemic, and She decided to take time off from social media, Which did not help either because that was another source of income for her. At this point, she was living out unemployment. Emily was going through a difficult time on her own. She did want to ask for help from her follower and friends. She thought they were having a hard time already because of the pandemic.





#TheGoodbye

After a few months out of social media because of the situation that Emily was dealing with. She decided to close her social media to have more peace in her life. But she recently opened Instagram again to make her first post after a few months in the dark. She wants to share with her followers the happiness she is because she finds a way out of her problems. However, people didn't get what she meant by saying she finds the solution put all of her problems.

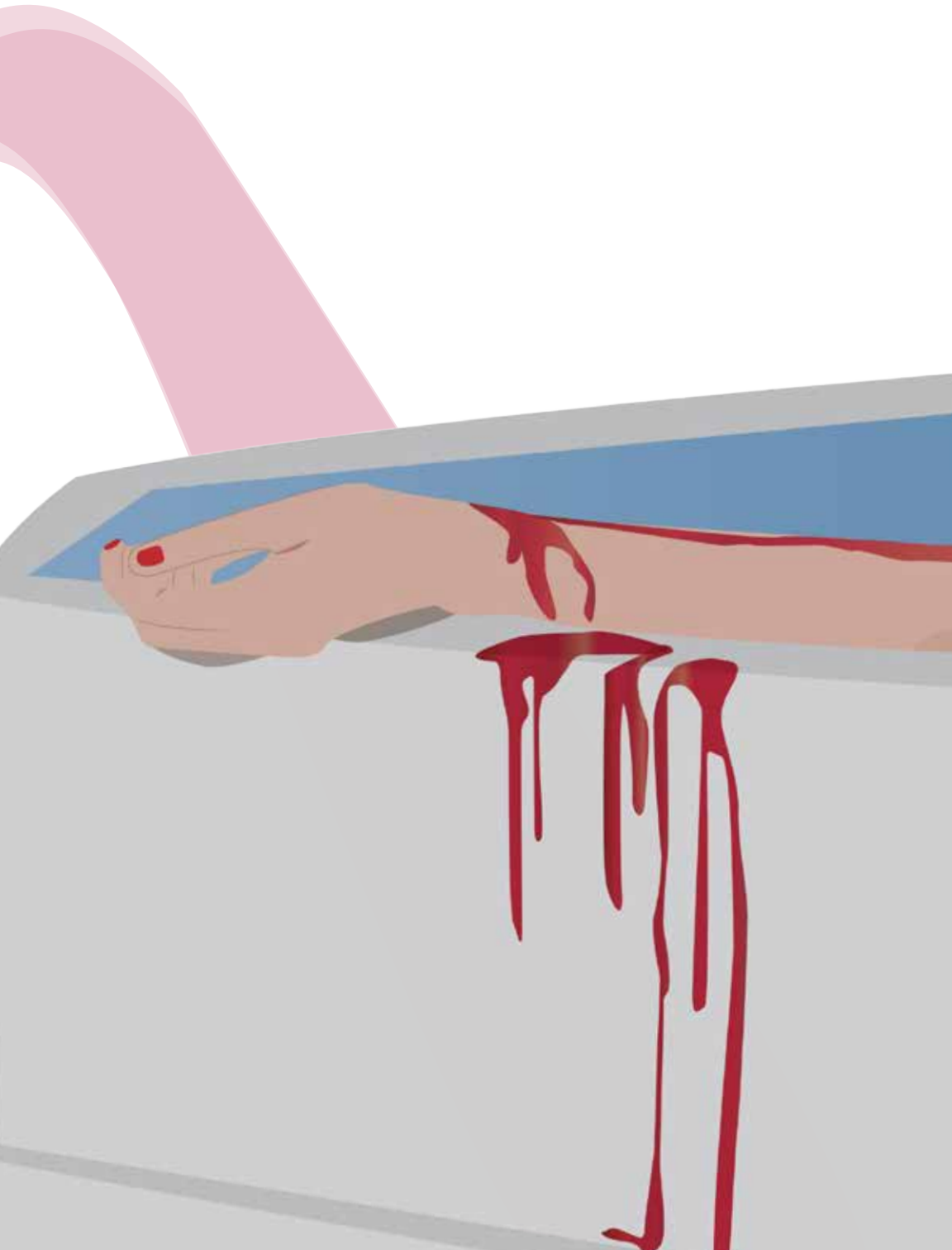


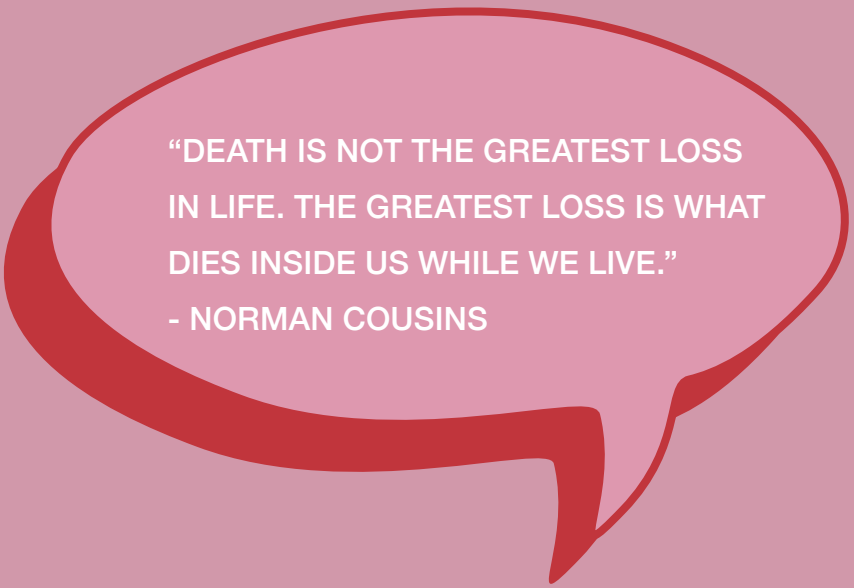


The Last Day

Nobody understood what she meant with her post, but Emily wasn't happy in this world no more, and her solution was to take her life away. She thought that was the only option she had out of her problems. But taking your life is never an option because Emily never communicated her feeling or what was going on in her life. She thought this was the right decision. Always communicate your feelings no matter how deep the situation can be. Taking your life away is never an option. Unfortunately, for Emily this was the last day alive.







“DEATH IS NOT THE GREATEST LOSS
IN LIFE. THE GREATEST LOSS IS WHAT
DIES INSIDE US WHILE WE LIVE.”

- NORMAN COUSINS

*The
End*