

# ***The Current***

***Issue 4 (Newsletter 1)***

***March 2020***

## **Letter From The Editor**

### **Good News for a Change**

If you are like me, then you are overwhelmed with the negativity in the news and social media, especially surrounding the coronavirus. The World Health Organization (WHO) has declared a global pandemic. Thousands have died and their worst projections have millions more following. Now more than ever, it is extremely important to follow the advice of educated officials, exercise extreme precaution, and follow the “Safer At Home” order. This includes young people.

Despite the plethora of bad news, it is important to maintain a sense of optimism and shed light on those working to find a resolution and help others along the way.

On Monday, March 9, the WHO reported that out of the 80,000 people in China who have been hospitalized due to the coronavirus, “more than 70% have recovered and been discharged.”

A 103-year-old woman in China has become the oldest coronavirus patient to successfully recover.

Furthermore, researcher Qiang Zhou, and his team at Westlake University in Hangzhou, China, have officially determined how the virus binds with human cells. According to Thomas Gallagher, a virologist at Loyola University Chicago, this information is ‘very unusual’ this early into a viral outbreak, and will be ‘essential’ in contributing to drug or vaccine research against the coronavirus. Although a normal vaccine must be tested for 12 to 18 months before being made available to the public, emergency circumstances call for rushed processes.

The director of the National Health Commission’s Science and Technology Development Center, Zheng Zhongwei, stated that “according to our estimates, we are hopeful that in April some of the vaccines will enter clinical research or be of use in emergency situations.”

At the same time, in the United States, Washington's Health Research Institute has begun a 14-month long trial at Kaiser Permanente in Seattle and is recruiting volunteers. “The goal of the study is to learn about the safety of the vaccine and how the immune system responds to it,” stated the organization in a recent press release.

In China, the last of the temporary coronavirus hospitals have been closed. The incoming patients no longer overflow the strained medical system. Meanwhile, South Korea’s reported numbers of people recovered from the virus per day are exceeding the number of newly infected, indicating the initial Asian outbreaks may be reaching their conclusion.

Despite Disney closing its theme parks, hotels, and cruise lines, they have agreed to continue paying their employees. UberEats has officially waived delivery fees for local restaurants to help soften the blow closures are having on small businesses.

Meanwhile, Eight Oaks Farm, a Pennsylvania distillery, began fighting the skyrocketing price of resold hand sanitizer by transforming the business into a hand sanitizer factory. The family-owned distillery is distributing the sanitizer to charities. They hope to “drive that [skyrocketing] price right down” by giving the sanitizer away for free, only asking for “whatever people decide to donate.” Inspired by Eight Oaks Farm Distillery’s kind actions, other distilleries across the country are following suit, such as Green Mountain Distillers in Vermont and Durham Distillery in North Carolina.

After the suspension of the NBA, many stadium employees were suddenly without a job and income. NBA stars Kevin Love, Giannis Antetokounmpo, and Zion Williamson are the first of many players who have donated thousands of dollars to reduce these employees’ anxiety. Since their donations, players from all sports and teams across the country have followed suit. Giannis Antetokounmpo wrote, “It’s bigger than basketball... I want to help the people that make my life, my family’s lives and my teammates lives easier.” Mark Cuban, the owner of the Dallas Mavericks, has put in place a program to continue to financially support the employees at the team’s stadium during this unplanned time off.

The City of Detroit has enacted a Coronavirus Water Restart Plan as a first effort to provide water to families that are unable to pay their bills.

In the wake of madness, death, and hysteria, it is important to maintain a sense of involvement. We are in an unprecedented time, but it is in moments such as these that the actions of good people shine brightest.

Stay healthy and safe,

**Samantha deNicola**

**Editor-In-Chief**

## **Malibu’s First Confirmed Coronavirus Case**

By Esme Bolander

On March 19, Pepperdine University released a statement confirming that one of their students attending school on their Malibu campus has been tested positive for coronavirus. The student did not live in on-campus housing and the university reported that the student is in isolation. The University has taken all of the necessary precautions to slow the spread of the virus. According to a recent press release, they shut down in-person classes on March 13, transitioned to online classes for the rest of the spring semester, and told their students to return home.

Pepperdine University already had two other students who tested positive for COVID-19, but those students were enrolled in study abroad programs and thus are not a health concern for Malibu residents. As the coronavirus spreads, it is important for the community to know the truth about if and how the virus is spreading throughout Malibu. Unfortunately, as a town of fewer than 25,000 residents within LA County, the number of cases in Malibu is combined with other nearby cities. This makes it challenging for residents to get an accurate number of those infected within Malibu. In LA County's reporting, it has not yet been made clear what city Malibu's number of cases has been or will be added to. Thus, it is important that we continue to take all the necessary precautions to limit the virus' spread. If one thing is clear, it is that the coronavirus is now present in Malibu. However, if everyone continues to be careful and listen to our educated officials, there is no reason to panic.

As coronavirus has spread across the world, there have been a variety of reactions, especially from younger groups. It has become something of a joke on social media, as people try to cope with such a scary unknown through the use of humor. It has become enough of a joke that — for too many students — the threat does not seem real.

When asked why she thinks this is, Senior **Whitney Clarfield** said, "I think that it was hard for us to take it seriously because we didn't talk about it at all in classes except to talk about when/if [school] would be canceled. Like we didn't talk about why [the district] would in terms of how intense the reaction by LA would be." However, things have intensified, and something that makes these preventative measures seem extremely important and relevant is the first confirmed case of COVID-19 in Malibu.

On March 19, Pepperdine University released a statement confirming that one of their students attending school on their Malibu campus has contracted the coronavirus, and is now in isolation. The University has taken all of the necessary precautions to slow the spread of the virus, shutting down in-person classes on March 13, and transitioning to online classes for the rest of the spring semester, according to a recent press release.

Pepperdine University already had two other students who tested positive for COVID-19, but these students were enrolled in study abroad programs and thus are not a health concern for Malibu residents. As the coronavirus spreads, it is important for the community to know the truth about if and how the virus is spreading throughout Malibu. Unfortunately, as a town of fewer than 25,000 residents within LA County, it is challenging for residents to get an accurate number of those infected within Malibu, as Malibu's number of cases is combined with nearby cities. It has not yet been made clear what city Malibu's number of cases has been or will be added to. Thus, it is important that we continue to take all the necessary precautions to limit the spread. If one thing is clear, it is that the coronavirus is now present in Malibu. However, if we all continue to be careful and listen to our educated officials, there is no reason to panic.

## **Quarantine or stay-cation, you tell me? How to Make the Most of Staying at Home**

By Bella Howe

As the fear of COVID-19 spreads across the globe, many people have made the personal decision to put their house on lockdown. Many schools have begun shutting down and moving online, including Malibu High School. For the time being, it appears that high school students across the nation will be out of school for a significant period of time. In the beginning, the news of school shutting down sounded like an extension of spring break for many students. However, many failed to realize that the extended time spent indoors has a tendency to give rise to cabin fever. Yet there is no reason to fear, as mastering the art of self quarantining, or as some may call it, staycationing, just takes some creativity. For those that cannot think of what to do with their time, here are eighteen ideas of how to stay entertained while stuck at home.

#1 Do some homework: As a student, it is quite tough to ignore all the notifications about assignments that are due later that night because it feels like you have all the time imaginable to do that. Why not just save it for later? However, doing so is only hurting you in the long run. By the end of the night, you begin stressing on finishing all the work on time. To create the optimal amount of stress-free time to spend doing other fun activities, get all your responsibilities out of the way early in the day.

#2 Have a game night: Being stuck for three weeks in the house with your family gives you tons of time to organize a night full of games and snacks.

#3 Deep clean your room: With all this extra time on your hands, there is no excuse for ignoring that huge pile of clothes stuffed into the corner of your room or all those papers on your desk. Put on your favorite playlist and get to work. An organized room can be quite satisfying and can make you feel accomplished.

#4 Cook dinner (and maybe dessert too): For some of us, college is right around the corner, and obtaining skills around the kitchen can be very beneficial. Lookup a recipe online, find a family recipe, or just start to help your parents (or whoever cooks in your household) with making dinner.

#5 Give your pets a bath: Now that you are in close quarters with everyone, including your pets, you may notice when they start to stench, so bath them. Bathing animals can go very calmly or can be quite an adventure depending on your pet's personality. Either way, it is fun and productive.

#6 Spa/Reading evening: Start yourself a warm bubble bath, light a candle, and grab your favorite novel — enough said.

#7 Make a movie: You can get your whole family involved in this one or put together past videos you have. Then you can put on a screening for your family once you have finished editing and enjoy a homemade movie night.

#8 Try out Meditation: During these times, stress can begin to peak, especially since the news tends to focus on the worst parts of the situation. Try turning off the news and find a meditation video or audio guide that can take your mind off the chaos of the world.

#9 Create some art: The options for creating art are endless. You can paint, color, draw, collage, cut, paste, sketch, and sculpt. There are a lot of good craft ideas on Pinterest that use household items as well. Keep in mind that there is no such thing as 'not being artistic.' Art has a fluid definition, so whatever you think is art, is art.

#10 Do an Oscar movie marathon: Many great films were nominated this year, start going down the list to watch some award-winning films.

#11 Facetime your friends: Thanks to the internet, you are not completely isolated from everyone but your family. Since we have apps like Facetime, Houseparty, and Google hangout, you can call up your friends and ask them what they are doing to stay entertained.

#13 Do some at-home workouts: Be creative with how to do some exercise. You can go up and down your stairs in your house or lung across the hallway. Remember, walking to the fridge does not count.

#14 Throw a dance party: Take out your holiday lights from storage, plug them in, put on some music, and dance. Great way to get exercise that can last for hours.

#15 Rearrange the furniture in your room: Every time I do this, I feel like I live in a different house. It is a very refreshing feeling, and it always ends up looking a little bit different each time.

#16 Pull some pranks on your family: There are endless ideas on the internet of how to prank your family or roommates. My favorite is just finding ways to scare everyone by popping out of the cabinets or standing behind doors. With April Fools coming up, it might not be a bad idea to start practicing some pranks.

#17 Teach your dog a new trick: This is an activity that usually no one has time for but is very rewarding. Even if your dog is older, a couple of treats can persuade them to do anything.

#18 Make a new music playlist: With apps like Spotify and Apple music, access to music is at your fingertips. Start creating groups of songs that make you feel happy to keep the mood light.

No matter what you decide to do with your time stuck in your house, try to remain kind and light-hearted to others. This situation is only temporary. Stay safe and take care of those around you.

## **Push the pause button on sports**

**By Sophia Pilot**

Sporting events worldwide have been postponed or canceled in response to the coronavirus pandemic. Since these events take place in large facilities with thousands of people, the potential for spreading the virus is enormous. After the Center for Disease Control (CDC) advised people to take precautions, one of them being social distancing, NBA commissioner Adam Silver decided to postpone the season for 30 days. He has been in contact with health officials to determine the next steps for the NBA, with health being the first priority.

Moments before the tip-off between the Utah Jazz and the Oklahoma Thunder on March 11, 2020, players were sent to the locker room after the two head coaches, Billy

Donovan and Quin Snyder, and the officials met on court. Fans awaited an explanation and later found out the game was postponed due to a medical emergency. Utah Jazz center Rudy Gobert received positive test result moments before the tip-off. Although he was not at the game, the league knew others were exposed. Gobert was asymptomatic, meaning he did not show any symptoms of the virus. The Jazz were tested by Oklahoma health officials in the locker room. Days later, Donovan Mitchell, shooting guard for the Utah Jazz, contracted the virus. He explained, "I don't have any symptoms. I could walk down the street [and] if it wasn't public knowledge that I was sick, you wouldn't know it. I think that's the scariest part about this virus. You may seem fine, be fine. And you never know who you may be talking to, who they're going home to." He indirectly blamed Gobert's irresponsible actions days before for his health. Gobert jokingly touched all the microphones after a press conference, as he didn't believe that the virus scare was significant.

After the news spread, Gobert publicly apologized on social media, "I have gone through so many emotions since learning of my diagnosis...mostly fear, anxiety, and embarrassment...The first and most important thing is I would like to publicly apologize to the people that I may have endangered. At the time, I had no idea I was even infected. I was careless and make no excuse." Since then, he donated \$500,000 to Vivint Smart Home Arena workers and others affected by the spread of COVID-19. Players affected by the virus have made similar donations. Donovan Mitchell helped to fund a program to provide students of the Granite School District with meals during the closure of schools. Steph Curry made a similar donation to help students without meals after the Oakland School District announced its closure. Many players including Zion Williams of the New Orleans Pelicans, Kevin Love of the Cleveland Cavaliers, Giannis Antetokumpo of the Milwaukee Bucks, and Blake Griffin of the Detroit Pistons have stepped up by paying NBA arena workers without jobs.

The owner of the Dallas Mavericks, Mark Cuban, pledged to cover the salaries of stadium workers until the season resumes. "I reached out to the folks at the arena and our folks at the Mavs to find out what it would cost to support, financially support, people who aren't going to be able to come to work. They get paid by the hour, and this was their source of income. So, we'll do some things there. We may ask them to go do some volunteer work in exchange, but we've already started the process of having a program in place. I don't have any details to give, but it's certainly something that's important to me." Owners and others involved in the NBA have stepped up to assist workers while their hourly income is suspended temporarily.

Though players have been graciously donating money, the postponed season will have an impact on the player's salaries. Players will lose a small percentage of their overall paycheck for each game missed. This rule was established through the Collective Bargaining Agreement. Additionally, ticket sales are a significant source of income for the NBA, and canceled games or games played with no live audience will lead to over \$500 million of lost revenue.

The uncertainty of when the season will return leads to concerns if the season will return in time to host the regularly scheduled playoffs. Players have brought forth ideas of a March Madness-style tournament as opposed to multiple game series. There

are concerns that the NBA returning too late will cancel the playoffs or conflict with the Summer League. Adam Silver is considering a return in June. Despite the uncertainty of when it will happen, players are anxiously awaiting the return of the season.

As the NBA players cannot play on the court, let alone practice in groups, they have been resting, watching old highlights of themselves, playing video games, and spending time with their families. Currently, fourteen NBA players and staff have tested positive for coronavirus: Rudy Gobert, Donovan Mitchell, Christian Wood, Kevin Durant, Marcus Smart, three anonymous Brooklyn Nets players, two anonymous Los Angeles Lakers players, three staff members from the Philadelphia 76ers, and one staff member from the Denver Nuggets. While most of them are not presenting symptoms, any team or player who faced the Jazz or the Nets in the last ten days were advised to self-quarantine, while the rest of the NBA are self-isolating for precautions. Adam Silver will inform the league and fans of the situation going forward based on the circumstances in 30 days.

The CDC's advice has also led to the postponing or cancelation of most sporting events. The NCAA has canceled its spring tournaments. March Madness — the division one, 64 team basketball tournament — was canceled in an abundance of caution. For Oregon Women's Basketball Senior, Sabrina Ionescu, this cancelation meant she would not be able to win a collegiate championship, or as she says, it will remain "unfinished business."

Major League Baseball, Hockey, and most of Soccer have also had their seasons postponed due to the spread of coronavirus. Japan has not announced its decision about the 2020 Tokyo Summer Olympics yet and is still monitoring the spread of the virus. Possibilities include resuming the event without fans or postponing it all together. The BNP Paribas Tennis Tournament in Indian Wells, California was canceled, and grand slam tournaments are monitoring the spread of the virus.

## **Let's Talk About the Environment**

By Charli Seyler

Let's talk about the environment. Since the beginning of January, the coronavirus pandemic has sickened more than 180,000 people and killed more than 7,100 worldwide. It is indisputably tragic for many families across the entire globe. While this pandemic is disturbing our world as many have never experienced before, the way our societies are changing has had unexpected environmental benefits.

Some people have found a silver lining, and it goes way past being able to sleep in. Considering the two most affected areas, China and Italy, as well as other tested regions, everyday people and scientists alike have noticed that Coronavirus shutdowns have unintended climate benefits: cleaner air and water.

There have been a few visible signs in both China and Italy. In China, a seemingly consistent gray cloud of nitrogen dioxide — an air pollutant — evaporated significantly in February. This was reported by NASA scientists, who, in addition to the effects going on in

China, have noticed cleaner air in other places that, similar to China, have had serious and rapid quarantine. The quarantine connects to greenhouse gas outputs by limiting many of the polluting activities we do, like travel and consume. For example, in Wuhan, China, 11 million people have been quarantined, industrial operations have stopped, and almost all travel by air, railroad, automobiles have been completely stopped or majorly scaled back.

According to Lauri Myllyvirta, an analyst at the Centre for Research on Energy and Clean Air in Finland, when compared to the same time last year, all these restrictions have contributed to at least a 25% drop in China's carbon dioxide emissions.

The co-director of the Center for Sustainable Urban Development at Columbia University, Jacqueline Klopp, says she expects to see greenhouse gas emissions plummet across the board because of the quarantine measures. Her reasoning is simple, "People were in their homes and really stopped a lot of the activities that lead to greenhouse gas emissions and other pollution."

When faced with a pandemic, it is important to focus on the positives, like that there seems to be a small silver lining — and not just in China. An analysis by The Washington Post found that the most dramatic drop in pollution occurred over northern Italy. It is not a good thing that millions of people have to be put in quarantine for this to happen, and we cannot ignore that these positive effects have come at a great cost.

Just like China, Italy's story is very much the same when it comes to why they are experiencing a sudden drop in pollution. There is reduced energy consumption, no travel, overall less consumption, and reduced industrial production. Many bodies of water in Italy that are, on a normal daily basis, filled with gasoline-powered boats, are now clear and have fish swimming in them. In places like Venice, Italy, the water is the clearest it has been in over 60 years. Although these positive effects are currently at the cost of millions of people in lockdown due to the current pandemic, these cases show the powerful impact humans could have through simple reductions. The coronavirus holds many negative aspects, but when looking at it in a positive spin, not only has China and Italy dramatically lowered their overall pollution and greenhouse gas emissions, but they have also been forced to adapt and learn new habits. Some examples are new working-from-home habits that limit commuting to work and all the consumption along the way, and a broader adoption of online meetings, reducing the need for long-haul business flights and simple stuff like paper.

The coronavirus is an international crisis, and a personal tragedy for those who have lost, and will lose loved ones. It is true that deaths due to the coronavirus and many not being able to get the supplies they need, including medicine, have to do with China and Italy's decreased economy and pollution. It is clear that this pandemic is not an example we want to replicate when trying to lower our emissions in the future. Even so, if we can look at this disaster as a lesson or opportunity to remember the visible benefits in reducing emissions and try our best to make some of them long-term, it would be the changes we need to have a chance at successfully adapting to climate change.

## **Miracle March**

**By Theo Detweiler**

Los Angeles received 1.5 inches of rainfall between March 11 and 17. With many "sheltering in place" due to the coronavirus, the rain certainly added to the general sense of gloom. However, this storm was much needed, as February was the driest



February on record for many parts of California, including San Francisco. Downtown Los Angeles received just 0.01 inches in the month of February. Meteorologists are also predicting 1-3 inches for the state of California going into next week. These storms are bringing high levels of snow to the Sierra Nevada mountain range, which are a key source of water to the state in the summer due to snowmelt.

Before this month, it appeared we would be going into a rough fire season in the fall. In fact, January and February saw some small wildfires in Northern California — virtually unheard of in winter. Yet, the past week of rainfall has helped to quell scientists' fears, making up some of the rain that was lost in winter.

Wet Springs like these have historically been called “Miracle March.” If we get enough precipitation this March, the hope is it will extend Spring and Summer, making our local ecosystem less susceptible to wildfire.

Fires tend to have a complex relationship with rainfall. One might think that more rainfall would exacerbate fires by causing more growth of brush. This is indeed a problem in areas of annual grassland — which includes some parts of Malibu due to type conversion by invasive grasses and brush. However, in the natural habitat of Malibu — coastal chaparral and sage scrub — the rains are beneficial for fire prevention. This is because perennial plants, shrubs, and trees in our semiarid climate rely on effective water retention well into the summer and fall. By pushing the wet season into March, our native evergreen shrubs might be just wet enough to make a real difference when the Santa Ana winds begin in October and November. These past weeks of clouds may serve as a peek of hope in trying times.

## **Effect of coronavirus on the rest of the school year**

### **By Liam Moore**

With the worldwide outbreak of the coronavirus, also known as COVID-19, schools across the United States are being shut down. The United States was among one of the last countries to get infected, whereas countries in Asia and Europe have been most affected. States most affected by COVID-19 within the United States are Washington, New York, and California — with Washington and New York being the worst.

Nearly all schools within these states have closed and will likely not return before the school year ends. Furthermore, schools across the country have begun to close. So how long until schools in California are officially closed for the entire year?

To compare numbers, as of March 19, New York has 4,597 reported cases of the coronavirus. Washington has 1,187 reported cases, and California has 652 reported cases.

New York schools have already been shut down for a minimum of four weeks, but it is highly likely that schools will be closed for the rest of the academic year. Schools in Washington are also unlikely to return before summer break, and it seems likely that California schools will share the same fate. On March 17, Governor Gavin Newsom advised people to "plan and assume it is unlikely that many of these schools, few if any, will open before the summer break." It is possible that if coronavirus continues to spread, all schools throughout the nation may face the same fate.

Since every state in the US has reported a case of COVID-19, and it spreads at an exponential rate, the situation could worsen quickly and it is not unlikely that every

school could close for the rest of the year. Though the rate of infection is currently increasing at an exponential rate, it will begin to slow down and eventually stop.

As Governor Newsom has recognized that schools are probably not going to open again before the end of the school year, many schools are searching for a solution to avoid missing so many school days.

Within our school district, an idea was presented to change the dates for spring break so that spring break would be during the "coronavirus break." This was to avoid as many missed days as possible. Now, as of March 19, the school district has said that school is scheduled to return on April 20, which is immediately following our originally planned spring break.

Looking at the severity of COVID-19 and its rapid spread, it is only a matter of days until our school and many schools across the nation adjourn for the rest of the school year.

## **What to Read and Watch While You Are Stuck at Home** **By Aidan Reid**

### TV Series

#### ***And Then There Were None (Amazon)***

Based on the book by Agatha Christie, *And Then There Were None* follows ten strangers who are all invited to an isolated mansion and then stuck there as they begin to get murdered one by one. This is a suspenseful series that leaves you wondering who did it until the very end. The acting is incredible alongside an amazing setting, making for a show worth watching.

#### ***Elementary (Hulu) & Sherlock (Netflix)***

A modern day take on Sherlock Holmes with Jonny Lee Miller as Holmes and Lucy Liu as Watson. The show is seven seasons, making it the perfect show to binge watch while stuck at home. For anyone who has not seen *Sherlock* (another modern day adaptation of the classic detective series), that is another great show to watch over the coming weeks.

### Books

#### ***The Cuckoo's Calling by Robert Galbraith***

This book is a fastpaced mystery about a detective and his assistant trying to solve the murder of a model, despite the police believing it was a suicide. The book is the first one in a series written by J.K. Rowling under the pseudonym of Robert Galbraith. The writing is superb and the book is impossible to put down. It is the perfect novel to read while stuck at home.

#### ***Daisy Jones and the Six by Taylor Jenkins Reid***

This book chronicalizes the rise to fame of a fictional band from the 1970s. It is a quick, enjoyable read. The characters are all very well developed, the 1970s atmosphere is amusing, and it is written in a uniquely captivating manner.

## Movies

### ***Harry Potter: The Complete 8 Film Collection***

As we are all stuck at home, now is the perfect time to rewatch all the Harry Potter movies, or if you have never watched them, now is the perfect time to start. The series is eight movies in all, totaling around 20 hours. J.K. Rowling's movies provide the perfect dose of magic to get people through these strange times.

## **Compromised Immune Systems & the Importance of Social Distancing**

**By Samantha DeNicola**

The COVID-19 outbreak this past month has had a considerable impact on many people's lives, but particularly those with compromised immune systems. For example, Type 1 diabetics have an autoimmune disease, which means that the body attacks their normal, healthy tissues, and experts do not know why. It is likely a combination of a person's genes, along with something in the environment that triggers those genes to get destroyed. Other immune system disorders affected by this virus include severe combined immunodeficiency (SCID) or temporary acquired immune deficiencies. SCID is an example of an immune deficiency that is present at birth. Children are in constant danger of infections from bacteria, viruses, and fungi. Temporary acquired immune deficiencies are when your immune system can be weakened by certain medicines, in some instances. This can happen to people on chemotherapy or other medications used to treat cancer. It can also occur in people that have had organ transplants that take medicine to prevent organ rejection. Infections such as the flu virus, mono (mononucleosis), and measles can weaken the immune system for a short time. Your immune system can also be weakened by smoking, alcohol, and poor nutrition.

The concern that comes with having an autoimmune disease or a weakened immune system is profound. The Centers for Disease Control and Prevention, or CDC, is recommending that those at high risk stay home while this virus is spreading to reduce the risk of exposure to the coronavirus. Simple yet vital issues that arise, however, are as follows: How should they get groceries? How do they exercise and get fresh air?

Renee Patenaude, a concerned parent who has an autoimmune disorder and history of respiratory illness, has been so consumed in recent weeks with caring for a family member undergoing cancer treatment that she forgot to stock up on food and necessities. Over the course of two days, Patenaude made ten different stops around her nearby cities, in search of basic bathroom and cleaning supplies. Every time she entered a new store, the 49-year-old worried she was exponentially increasing her chances of exposure to the coronavirus, given that so much as a cold could put her and her relatives in jeopardy. She was in fear of bringing home the virus to her sickened loved ones. As she scanned the empty shelves, Patenaude's heart sank as she thought of the stockpilers who were lining their pantries. "I didn't have that luxury. And many who are going through health issues do not have the funds to spend that much money upfront," said Patenaude.

The other concern that comes with having to deal with a health issue and trying to isolate yourself at home is trying to maintain your schedule. For example, many Type 1 Diabetics have

to eat and exercise at the same time each day to keep their blood sugars balanced and to stay on track in order to feel healthy. If they do not work out for an extended period of time or at the wrong time in the day, that can put their blood sugar into a volatile position. They can face hypoglycemia, where they are in danger of fainting or having a seizure. In order to get their medicine, people that are sick and in need of medication put themselves at risk when leaving their home. They get exposed to people who have been around others that may have the COVID-19 virus while being asymptomatic, which is the most dangerous part. Asymptomatic people can still carry the virus and transmit it to others, without having symptoms. If an employee at the market, for example, walked up to Renee Patenaude trying to help her, they could give her the virus unknowingly. She will then most likely transmit the virus to her loved one, and they would both end up ill and quarantined in the hospital.

In order to fight this virus, we must stay home as much as possible and stay away from friends for the time being. People with compromised immune systems are at high risk and are more susceptible to the virus. Those who have a compromised immune system have a very hard time dealing with the virus, and treatment does not work well for them. In an effort to help keep elderly and people with compromised immune systems healthy, we need to stay home, wash our hands, and distance ourselves for the time being.

## **A Stock Market Update By Aaron Bond**

Coronavirus anxiety continues to send the stock market plunging. The Dow, which appeared to be making a comeback after a tumble of over 1,000 points in February, plunged yet again in early March, down to about 27,000 points from 29,000 points in early February. Industries hit the hardest since the beginning of 2020 include those in the transportation and energy sector, many of which have seen 40-50 percent declines in stock value.

As of mid-march, the Dow witnessed a colossal 3,000 point fall in a single day, its worst since the crash of 1987. The S&P and NASDAQ suffered similar losses, falling 12 percent and 12.3 percent, respectively. President Trump stated in a press briefing Monday morning that the United States “may be” headed into a recession. He is, however, confident that the economy will recover after July-August.

In response to crumbling stock prices, the Federal Reserve cut interest rates to essentially zero percent. It also injected a multi-billion dollar stimulus package into various markets to cushion the effects of falling stock prices. Trump praised the Federal Reserve, stating, “I want to congratulate the Federal Reserve. People in the market should be very thrilled... we got [interest rates] down to potentially zero.” The federal government is also substantially reducing reserve requirements, allowing banks to have less cash on hand than typically required. This gives financial institutions the ability to approve more loans for companies and individuals suffering as a result of the struggling economy.

In his Monday press briefing, President Trump announced that airline companies, which are suffering the most due to low stock prices, will be given a significant safety net. Trump claimed that “As far as the airlines are concerned, the airlines — we’re going to back the airlines 100 percent. It’s not their fault. It’s nobody’s fault, unless you go to the original source. But it’s nobody’s fault. And we’re going to be in a position to help the airlines very much. We’ve told the airlines we’re going to help them.”

When asked about the stock market, Trump added, “The best thing I can do for the stock market is we have to get through this crisis. That’s what I can do. That’s the best thing we can do. That’s what I think about. Once — once this virus is gone, I think you’re going to have a stock market like nobody has ever seen before.”

Despite Trump’s optimistic attitude, Americans continue to liquidate their stocks at rates never before seen in modern U.S. history. Even gold ETFs and trusts, which are typically

considered safe investments during crises, continue to fall, though their rate of decline is substantially less than that of the DOW and NASDAQ.

Despite injections from the Fed, investors question the degree to which these measures will revive the economy. Caroline Baum, from MarketWatch, argues that “It is becoming increasingly apparent that lower interest rates aren’t an appropriate weapon to address the kind of demand shock resulting from the coronavirus either. If consumers are hunkered down at home, lower mortgage rates aren’t going to stimulate home purchases.” She suggests that the best remedy for Americans will be to attain more effective COVID-19 testing kits, which will hopefully give Americans relief throughout the crisis and will allow scientists to track the progress of the virus better.

Yet, the only way to truly re-stimulate the economy will be for Americans to return to small businesses and for them to regain confidence in the market. Though this will take time — hopefully only a matter of months — America’s economy should eventually return to bull market territory, without having to face another devastating recession.