<center>"The Art Of Being Sustained"
By Jay Kuznar</center>

Ever since the pandemic has started, I have thought of the unfavorable effects of the whole situation and how it affects other people who are older more than younger people like myself. I've also been quarantined with my mom and the rest of the family for the past week because of my little brother being born. I have been quarantined since March, but now we don't even get to go into the grocery stores.

A place that I felt most comfortable during the pandemic was in my room alone because it feels the best. A reason why I feel this way is because my room is more peaceful than the rest of the house, so it's kind of comforting for me because whenever I walk into my room I get a sudden aroma of relaxation. When you have nothing to do or already have everything done, you can just relax which is the greatest feeling in the world. Everybody knows the feeling of being able to relax in your room by yourself and just think about things and maybe play some games or watch some videos on your phone. An example of this would be like the other day when I had already done my chores and cleaning and then I headed up to my room and just got the whole relaxation feeling from knowing that I had already worked hard. I went on to just lay down in my bed. My room/bedroom sustained me the most during the Pandemic.

Another place that I feel safe and sustained during the Pandemic is my living room. Now, the living room I feel is the most versatile room in the whole house. The reason that I think the living room/space is one of the most, if not the most important room in the house is that every single house has one making it one of the most essential rooms wherever you live. Also, A living room can be used

for many things whether it's playing board games, watching movies, or a big sports game. This room is personal to me too because there have been so many memories made in my living room and family moments like for example when the browns made it to the playoffs for the first time since the 2002-2003 season. This moment was crucial to my family and me because of how excited we were sharing the moment when it happened.

My mom has always been there for me but she was especially there for me during the pandemic. I have always lived with my mom and she has always had a place for us to stay no matter what our situation. She is a very strong person and has never given up on anything she pursues. She has always attempted to get me things when she could and not a thing changed when the Pandemic started. During the Pandemic, she was always and still is trying to keep me and my family safe from this coronavirus/COVID-19. She has always done the cleaning, cooking, and organizing around the house, and she always helps me with my schoolwork. If I'm sick my mom tries to get me medicine and take me to the doctor to get better. I love my mom and always will because she has been there for me always.

Lastly, the person who sustained me the most was me, myself, and I. I feel as though I have sustained myself throughout the whole Pandemic. Other people have talked with me and helped me cope with the whole situation but for the most part, I have helped myself more than anyone else during quarantine. My reasoning for saying this is because I have been focusing on myself a lot due to the fact that there are restrictions. I've read, practiced my skills on basketball, and I always take time to think and calm down (sort of like meditation). I mean there was nothing else to focus on considering that sports were canceled for the Lorain Titans Basketball program that I was a part of. This shows that you and only you have to make sure you are right always before anyone else.

COVID-19 and the Pandemic haven't been good for anybody. Now, with 90 million cases worldwide it has just expanded and

evolved. We all had somebody or someplace that helped sustain us during this horrible time.