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Connection to the College (student? faculty? alum? friend of the College?): Alumnus/alumna

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**Describe your day today -- did you go out? what did you do for fun? did you cook or eat anything special? did you do work or chores? who did you spend time with?**

I went to physical therapy today. I had to wear a mask of course, as it has been a requirement of San Diego County since May 1st, and was strongly encouraged for almost all of April. There are notices on the door stating that masks/facial coverings are required, if you have been sick or have a fever do not come in.... One of the ladies asks if I have an appointment, I say yes. She then asks me a series of questions (do I have a fever, have I traveled recently, do I have any Covid19 symptoms, have I taken care of anyone with Covid19 or Covid19 like symptoms, etc etc). Then she takes my temperature while maintaining social distancing as much as possible. I then am required to wash my hands (I make sure to use a paper towel to turn off the sink and open the door). It is only after all of that when she finally asks me my name. The other lady working is thoroughly washing every surface that might be touched throughout the day. I am given the standard clipboard and pen to fill out the new patient forms. I am instructed to put them on the desk instead of handing them to the worker. They wipe down the clipboard and pen while I use hand sanitizer.

When the physical therapist comes out and introduces himself (masked of course) I have to stop myself from shaking his hand. I wonder if we will go to bowing to each other in the future... We do some basic exercises and tests of balance and strength to assess where I'm at and what needs help. I get three very simple exercises to practice until my next appointment. We schedule 12 sessions and I think that while I was not happy about doing physical therapy at 7:00 in the morning, I am very thankful that I am the first appointment of the day and therefore the first one to touch anything after everything being cleaned, so I keep the 7am time slot.

Luckily I am one of the people still working right now. About half of the people I have talked to are not employed during this crisis, and almost all of the rest are working from home. I am a nanny for a surgical coordinator, so she has to go to work and so do I. I am very thankful that I still have regular income and a routine.

On my way to work I decide to treat myself after an early and painful first session of physical therapy, so I go through the Starbucks drive thru. This is a surprisingly big deal for me. The Starbucks by my house closed in March and just reopened last week. This was my first time going through their drive thru since February. There was a sign on their menu stating that it was a "face covering zone" and I heard the employee tell the car in front of me to make sure to put their mask on before coming up to the window. After I am handed my coffee, I thank the employee and use hand sanitizer.

When I arrive at work, I have to leave my shoes outside to prevent tracking in anything and then immediately wash my hands. During nap time, I usually watch the county's media briefing. They go over how many Covid 19 tests have been conducted, how many new positive cases we have, how many deaths from Covid 19, and other statistics. This week they started phasing in some openings. I am thankful that I am living in San Diego now, because other states are relaxing their stay at home orders much more than I think we are ready for. Here this week they allowed malls to be open, but not really... they are allowed to do curbside or delivery only. No customers are allowed in stores (most malls here are outdoor). Basically everything is curbside or delivery nowadays, except a few businesses (grocery, pharmacy, etc) and those now have limited hours, require everyone to have a face mask, and limit the number of customers that can be in the building at one time. There is no such thing as "popping into the store real quick," if there are 45 people at the grocery store you have to wait in line outside maintaining 6 feet of distance between you and the person in front of you. I've only gone grocery shopping three times since our stay at home order in March. Before Covid 19 I would go to the grocery store at least twice a week. Now after work I just go straight home. My husband is unemployed right now, the fertility clinic he worked for went belly up very early on during this. The majority of their patients were from China, in fact they had an office that was specifically for Chinese patients. And then the American Society of Reproductive Medicine declared that there were no procedures to be done during this time. So there went that. So when I come home my husband is usually playing a video game. I tell him how physical therapy went and then we watch some

shows on Hulu and order pizza (paid for online and left on the doorstep to prevent exposure). Life has changed in so many ways these past few months, it's difficult to even comprehend sometimes.

**What do you remember best about being on campus in May of other years?**

May has always been my favorite time at Hanover. May is Spring Term. It's when all the professors teach things they are passionate about and when the students broaden their educational experience. There is always such a light and free feeling on campus in May. Everyone is outside and exploring Horseshoe Falls, the acre, Crowe Falls, staying out late, napping under a tree. The last time I was on campus in May was my senior year (2010) and I took a class called Prahna, Chi, and Ki. Most of my close friends were in the same class as me, we lived in Greenwood Suites together, and we were about to graduate. We would spend our days finding each other's chakras and then get milkshakes at Hinkles, and at night we would smoke hookah on our porch or go for walks around campus. We were independent without the burdens of adult life.

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