

Race & Oral History Project, UC San Diego

Narrator: Nadia Atef

Interviewer: Sabrina Serafica

Date: May 7, 2020

Location: San Diego, California (Zoom)

Collection: Race and Oral History Course, Spring 2020

Length of interview: 00:49:59

Sabrina Serafica: Hello, my name is Sabrina Serafica, a current undergraduate majoring in History at UC San Diego. The date is May 7, 2020 and I am interviewing Nadia for the Race & Oral History Project this Spring Quarter 2020. Nadia, to start off, can you please read the statement I sent you?... Oh sorry, you're on mute, Nadia.

Nadia Atef: No, sorry. I need my kids quiet. Okay. Yeah. Hello, my name is Nadia. I'm here today for a survey with Miss Sabrina. So we can start. Yeah, ok.

SS: Yeah, oh, no, sorry. Just to start off, can you read the interview that I sent in the chat. You just have to read it and then state your name.

NA: Excuse me.

SS: The, the, the ...

NA: Present?

SS: The, the thing I sent in the...the words that I sent in the chat? Can you read... it out loud?

NA: Oh.

SS: Yeah, sorry.

NA: That's okay. Okay, so “I, the interviewee, hereby transfer to the University, the right to publish, duplicate or otherwise use the recording and transcribed interview, and any photographs and/or videotaped footage taken during the interview. This includes public, publication rights in print and electronic forms such as on the internet the right to rebroadcast the interview or portions thereof. And permission to transfer the interview to future media”.

SS: Thank you. Thank you. I know it was a lot to read. But you did that beautifully. Just to start off... how are you today? I know you already introduced yourself, but just... how are you?

NA: Hi, how are you? My name is Nadia. I'm here for the interview with the Miss Sabrina. We're doing good. It's sunny day in San Diego. Actually, it's very hot day. So we're doing good.

Thanks again for that.

SS: So my first question is about UWEAST. Can you explain what UWEAST is?

NA: Is? Can you repeat, because I don't recognize the question. Please.

SS: So it's around the organization you're part of: the United Women of East Africa. Can you explain what U—, the United Women of East Africa is?

NA: It is like, more than 12 years ago, some womens from East Africa. And they decide to organize... organize this organization to help the womens because they came here from their country. And they stay only home and they need to help their kids, their family. So they organized this organization like this, they do activity for themselves. And they do help their kids too. So this is the subject for, for the Center. So the womens, they work a little bit. They do like cook... they cook something to sell, and they do activity for themselves, like gymnastics or

sometimes we bring some for yoga. And also to help their kids to be busy and to learn more.

Actually, they came from Ethiopia, from Eritrea, from Sudan, from Somalia. And later on, they come from Kenya and Nigeria, from Egypt, from Morocco too.

SS: Okay. Wow... how has the organization provided for you personally?

NA: It's helped me make a lot since I was working. But when I have my kids, I stopped working because I have two little girls. I need to watch them since also my kids, they have both surgery, one in your head and other one in your foot. So I cannot keep them by somebody, so I need to watch them. But thanks for the center, they help me. So I take my kids with me there. I can do my activity there and my kids, too. They play with other kids. They learn with other kids because they do their girl scout every Monday and they do the tutoring. Somebody helped them to do the homework every Tuesday. And for me sometimes if I need help, they help you to look for a job or the training or go to a workshop. And because I have some knowledge, too, because I have a Master's Degree in Hydrogeology, so I have some knowledge, so I help them, too. And we help each other. The ladies when we have cooking classes, or when we do yoga classes, or when we have received some doctors, they come to help us for diabetes or high blood pressure or for... to learn about cancers. So, I'm there sometimes to help also, for translate for other people. And also to do the activity with them.

SS: That's really nice. Um, so we're going to move on to more personal questions. I'm going to ask you about your upbringing—, upbringing. Could you give us... could you give us a description of your hometown, from your childhood hometown?

NA: My childhood is in Morocco. So especially from Fez. Is old city. Is many, many, many years. And my city, everybody if we can Google Fez, Morocco, is famous with a big university. They call it Qarawiyyin. Long time ago in the 17th and 16th, it was a university for everybody from Europe, from Asia, from Africa. So they studied their medicine, math, physics, chemistry. A lot of knowledge there. And my city is like kind of a quiet city. It's in the middle of Fez. So we don't have beaches. We have mountains, we have a Zeus thermal, like water from the ground is thermal. It's kind of touristic town. And spring is the beautiful season there. And summer is very hot, but it's healthy; nobody can get sick. In the winter is very cold, sometimes snow too, like we have four seasons.

SS: Wow, it sounds really nice. Can you give us a little background of your family, or any previous generations you know of? You can talk about your family, I mean your parents, or maybe your grandparents.

NA: Yes, like I told you, my city is a traditional city. So we live together. When I born, my grandma, she was with us as... I remember her because she died in '94. So I love her so much because she was very, very nice with us. She educate us. She help Mom for our education, too. You know how grandmas, all the time, recited some history or stories at night. And if I have problem, I don't like to bother my mom, or I'm, so I'm go to my grandmother's, and she can guide me because she have more experience. And yeah, I, my grandma, she passed away '94, and I finished my study when she passed away. I was in high school. And after that, yeah, I go to university. I study four years and, after that... two years. And all this I was with my mom. My dad, he passed away in 2017. I miss him a lot, a lot, alot. Because he leave early. He passed away early. And I was in my house with my brothers. Four brothers and me, so just girl. So, I was like,

a, you know, I was like a princess. I was the only one girl. So everybody buy something for me and ask me what I need. If I need to go, for example, because I was in geology, so I need to go sometimes early to go to the mountains to study with our group in university. So they take me into there. And also they tell me, "Hey, when you're done, just all us." So even I finish at midnight or something, they come to pick up me. So I was happy with my family. Yeah, they do lot for me, They do lot. And all the time they are next to me: when I graduate. So it was like, such a nice time over there. I'm still contacting them. They still, with me. I'm visiting. sometimes my country, I visit my mom, my brothers, but all the time we are on a phone.

SS: It sounds like nice memories. I guess my next question is, why did you and your family move to America?

NA: I remember this. In 2006, I was still in Master's Degree, or first year in the Master. And we was talking, me and my friend, and one of my friend... she do like a lottery in computer, in internet. So she did. She did mine too. And forget about. But like, in four or five months, they respond. So they accept me in the lottery. So I won the lottery. And they run away to the university and they talked to my teacher, my professor. And I told him, "Look, I win the lottery to go to America... And I win in the university because I was number one in my university in that first year." And he told me, "You cannot lost your study. You finish. We can do recourse lessons for you. In six months, you can finish one year with the project and everything and you can have your diploma and go to have good luck in the United States." So I did and I came.

SS: That's, that's amazing. Can you describe what it was like to move to America? Like, how did you feel? What was your reaction to everything that was happening?

NA: You know how you left your family and you came here? Because I have here my friend and they... they pick up me from airport and I stay with them. Thanks for them. They help me a lot. I feel like, you know... In beginning I feel, "Is different country, different culture, different... air, different atmosphere." I was excited and scared. How can I react? Especially for the languages. Because I studied with French, because in my country we speak French and Arabic. English, yeah, we studied, too. I have some languages, like some English. But I was scared. But in the end when I came directly, I was working in a warehouse for two weeks. And after that I changed to a store in two weeks, just I came and I go to the store to work. I said, first, I question, "how can I know, for the change? I don't, I'm not familiar with the change." So, but it was good. You know, I learned a lot when I was in the store. Like people, they talk to you or you talk to them. And I pass it. It was a good test, but I pass it.

SS: So this is a follow up question: but are you married? Did you—

NA: Yes. I believe I have girls... kids.

SS: Did you meet your husband in America or did you know him before?

NA: No, I meet him here in United States. He's Moroccan, too. So I meet him here. Like I was saying, came here after like, one year. I see a lot of people. I make friends. So I, one of my friends, she presents me to him. And we get, we get married and we have kids. And him too, he's alone here. Me too, and our families back home. So we do it.

SS: So, all your children are born in America?

NA: Yes, they are born here in San Diego, yeah.

SS: Do you try to, do you make sure like they're aware of their culture, like where they're from? Of their like, of Morocco and... ?

NA: You know, because I have some knowledge, my husband too because he studied here. He has Master's Degree from San Diego. We said, "my kids, they're born here." So they need to have the culture from here, you know. So that they cannot be separate... here and there, here and there. So we live normally. We don't push them for a lot of stuff from our country. We educate them. Yes. And they take some culture from here. And they have friends here. So they live normal life. They know everything here. Yeah. You know, they are American. So they live American way.

SS: Going off of that, because there are some cultural differences that you grew up around, how do you... what do you feel is your relationship to your community in San Diego? Like do you feel welcomed? Or do you sense a sort of disunity and inequality that you witness?

NA: This is the goals for our center. When we meet each other, everybody come from other countries, and our kids, they born here. So, like we make a community. So we respect each other. We live good with each other. They love me. I love them. So we are like friend. Not friend, actually, like we are family. You know. So when you go in, you see this woman. Maybe you remember your aunt. She make you remember your sister, even if I don't have a sister. So we are like sisters, and mom, grandma. You know. So our kids, they don't have grandma here, but there they can meet Grandma, they meet aunt, you know. We are like family. We complete each other.

SS: My follow up question was: would you describe what your friends are like? Yeah, or like the people you hang around?

NA: Excuse me, can you repeat the question?

SS: How would you describe your friends?

NA: My friend says I choose them. They are my friends. So they are like close to me. So they need me and I need them. To support each other. So I can talk. If I have problem, I can talk with them. If I need to cry, I cry with them. If I have problem, they run to me and they help me. When I pass away, when my father passed away, they come and I thank them. They come to me and they support me in that moment and take care of me and for also for, they take care of my family. So I'm glad I have friends. You know, the human being cannot be by themselves. So we need each other.

SS: Did you meet most of your friends through the United Woman of East Africa? Or do you have all different friends from different....?

NA: Of course I have different friends from East Africa, from our center, actually, and from America. From everywhere. You know, United States, you find a lot of people. So in your life you meet a lot of people. So you choose who is close to you. So I have, from United States, I have friends. From Guatemala, I have friends. Sorry. From Mexico, I have. From everywhere you meet here, you have friends with. So especially me, I'm friendly girl. So it's easy for me to have friends from all the world. I have friends from France, too, from Romania, from Italy. So...

and sometimes we go outside together. Sometimes we invite them, my house or in their house if we have to celebrate like birthday or something. We are together. So no problem. We open.

SS: Okay, I'm going to ask you some questions about yourself. How would you describe who you are today?

NA: Philosophy question! So maybe... "Nadia". I am always, I'm thinking about myself. I'm friendly. I'm open. I can be anywhere I find myself. Sometimes, I feel like I'm comic girl. Sometimes, I'm like geographic, for example, girl if we go outside and then "ah, this is the mountain... This is the history for everything." So I can, was my friend, they said, I can turn, when we are, for example, gathering together next to the beach or somewhere. Somebody said so I can make him happy... laughing. So I change the mood for sad people, so we may, you know, we create, I create something to make everybody happy. Yeah, like some people they told me, I'm very helpful woman. Yeah, it is true. Yeah. If they don't ask me even for help, if just I feel, I go run away to help. With the phone, I can go to help them. "Yeah, you are. You need this. You need to go there. There. There. There. There." And I follow up with them, until they got it. And also I can give advices for everybody, like old people or younger than me or and I feel very happy when I do this. Even sometimes I'm tired or I have something I need to do. I forget myself, but I go to help others. In the end of the day, I feel myself am very happy. I'm proud of myself, "Yeah. Today I did this for my community or for my friend." Or for, just for example, I'm go to market and I meet one old lady and she need help. I don't know her. So I can help her, advice her if she asked for some products or something. I feel myself ,am very happy. I help. I

am for all of humanity. Not, like just for community. No. For the world. I feel very, very happy to do that.

SS: Can I ask a follow up question as to, I guess, how you have become who you are today?

Like, do you think it's mostly through your childhood or has someone influenced you or?

NA: You know, for the, for every person for, to create a personality, it isn't only for childhood or education or influence. Is for all together. First you learn from your home, before you go outside. After that. you go to play with other people outside. You learn from them. Adult or young or... no matter what. Even you go to the street, you see somebody help somebody, you take this knowledge. Even they don't do it, you just observe. Observation make you to learn. Do it make you to learn. Do it to you make you to learn. And after that you go to school. School give you a lot and when you read, you learn a lot lot lot. Especially if you are open to read all the books or any kind of books to learn and this all goes to your personality and create you. And more when you travel. When you travel, so you learn more and all these create your personality. Like this you can be good or bad or depends in what you see in your life. So what you see in your life is fluent in your life, in your personality.

SS: I agree. My next question would be more of you, on your identity and how you view yourself. So, my first question is does religion play a role in your life?

NA: My religion is my priority in my life? You know, for my religion is like, you know, in, just in a life. No religion if you have like a restriction, you go with. It guides your, your limit. Where

you can go, where you can stop. My religion is like this. It guide you. Where you can go. You cannot go there, for example. Be careful here. Be careful there. Do this. Is like a law for the life.

SS: My follow up question is: do you have traditions you practice, that could be in line with religion, it doesn't have to be religious, but any traditions that you practice today?

AN: For example, in my tradition in back home, sometimes we wear like traditional clothes. It isn't religion, but it's traditional. We call it kaftan, djellaba, takchita. I love it. Since you know, Morocco is familiar with this clothes. So when I wear it, I'm proud. Everybody, if you see this djellaba, everybody in the world, they said this Moroccan clothes. So I like to wear it. Not all the time, but sometimes. Cloth—, yeah, also the food. It isn't like traditional, but what I like, you know. Sometimes, not like, “Yeah we have this tradition and this tradition”, but “I like this. I can take it. I like this. I can take it.” In my life, for example for clothes, yeah I like the Moroccan, the traditional clothes, but also I would like normal clothes. Where I feel I'm free, I do it. Food, clothes, or anything when I feel free and cool and good. I'm able to.

SS: This segues into my next question I wanted to ask: what are your favorite foods? And can you describe them? Yeah.

MA: Believe me. When I was in my country, I said, “oh okay, this is the best, the best, the best.” But because everybody know how is the Moroccan food, is international. Couscous, pastilla, soup, we call it harira, in Ramadan, we can make it too... cookies. But first food I eat here, I remember still... is sushi. So right now my favorite, I love it, is sushi. The first one I eat here, right now is the best for me, is sushi.

SS: Do you have a favorite sushi place or do you just, you love all sushi?

NA: I told you because when I came here, the first thing I eat, it was the sushi, and after that I was, if you remember, for a restaurant they call it Todai, all the time. Once a month, I need to go. I miss it, but right now yeah we have it, like sometimes Barona Buffet or the restaurant here yeah I order it. But it was, with Todai it was good. All sushi.

SS: My follow up question is: do you usually cook for your children and your family?

Nadia: Yes. I cook.

SS: If so, what do you usually... What kind of meals do you usually cook for them? Like is it a whole range of things or do you have a specific style that you try to...?

NA: Okay, we have plan. Once a week we go to the restaurant with my family. But the rest, yeah, I cook but the basic in our plate is vegetable. Lots salad. Any kind of meat, fish, chicken, or beef and whole grain. Like we don't cook lots of rice. Yeah, I cook rice, sometimes not all the time but we eat vegetable and the sauce and everything, we do bread. But my cuisine, my kitchen here in my home, is sometimes I do the gratin, like a French food. Sometimes I do pizza or spaghetti, like Italian cuisine. Sometimes I cook couscous or tajine, Moroccan tajine. Sometimes also, I like to do a quesadilla with shrimp. Mhmm. Sometimes a burrito, like what I like with fish, because I prefer fish a lot. Barbecue, sometimes. Like we do a barbecue like once in a month, sometimes two depends of the season. So, yeah, but I cook at home. And we go to the restaurant once in a week with my family. But not right now in this situation, we miss restaurants.

SS: My follow up question is: did you teach yourself how to cook or did you, did you learn from someone else, like a family member or anyone? Or...and are you also teaching your children recipes or passing down recipes from your family?

NA: Okay, for myself, as then, it was my hobby. I was, I remember myself when I was in middle school, I started. You know, we talk each other, like friend in class, “Yeah, my mom, she prepared this”. So we talk. How she do it. She did like this, like this like this. So I write it. I write it. And I go to my mom, “Mom, I can do this. And you can help me.” Yes. And we do it. So it was, the beginning, it was my hobby. I was doing like cookies. And after that, I start to do like glacés, like ice creams. And also was able to do the salad. And of course, I go to the kitchen with my mom and I help her. So I learn like this, and I add. I don't stay just in my mom's kitchen. No. When I go outside with my friends at school, they talk and I learned from the others how their kitchen do. So, because even we are in one school, each family is a little bit different than the other. We have something in common but they have some things, so I add in my mom kitchen. And after that, I, when I was in high school, I was, I told you it was hobby, I was buying the books. That time we don't have internet. Books for salad, for soup, for... for... for... for... So I learn from, and you know the books is come in sometimes from France, from England, to do like a creams, different creams for the cookies, or cakes. So like this I learn. And after that it's coming, the internet. YouTube help a lot. So when sometimes I have idea to cook something, I Google it and I do it. It's different cuisine in our hand. So I said okay, let's open, not stay just traditional or classic stuff. No. I open and we do like modern stuff. And my kids know they are still young. Little. They propose for me, “Mommy, we need this today for lunch. Can you

provide?" I said, "Okay, I can do it. I can do it." But not yet. Not like really. They are still young to go with me in kitchen.

SS: So I'm gonna move on. I know you mentioned it before, but now we're going to talk about the COVID-19 pandemic. So my question for you is basically what is your understanding of the situation around COVID-19? Like, how, what is, what is going on?

NA: It's scared. For me and for my community. It's scared. Yeah. Hopefully this pandemic will go away from the earth. It was shocked. Because it... we don't have this before, you know. Is something new. It was for me, it was shocked. How is, we need to stay home. We cannot go outside. And this virus, they don't know it. How can attack people? It was, for me, it was something like monster. But after that when I stay home with my kids, I said okay. We wait. We wait until this pandemic go away, so I start do what I don't do usually. I start cleaning. I do my cleaning but I start like do deep, deep cleaning, too. You know, sometimes if you need to forget something you do something to fool. So I start to do cleaning. I start to do reading for myself because I like to do reading. Like in internet, I download some books and I read it. You know Lemony Snicket, I start to read it. All the series. I like it and I do my kids' reading too and I teach them because they need to learn reading in French and English and I help them in a math. And they go inside my kitchen and what I told you, I look for something. many years I don't do it in kitchen, so I started to cook something. Like this my day go. Sometimes we call each other to hear, to check for each friend or anybody in quarantine. "Hi, how you doing? You need help?" You know, we ask each other if they need help, if they need, you know.... Sometimes just if you talk to somebody, you feel good and like this we gathering in the phone. "Hi, How are you...?"

How are your kids?" If they need help in homeworks. What they do. What we need to do. Until this pandemic go away. We hope it go away soon. And we hope everybody stay safe.

SS: I think you mentioned you still have family in Morocco. Have you been keeping in contact with them and how they're dealing through, with the pandemic?

NA: Yeah, we've called. We talk to each other every day, in a phone. In the beginning, we was talking about the coronavirus, but right now, no. It's just, "Hi, how are you? How you doing?: We talk to not get more stressful because this, if you talk a lot can make yourself just stressed. So we talked about, "What you cook today? What you did today? Who call you today?" You know, yeah, every day we call each other to check, "Hi how're you doing?" How if it's hot, the weather there, or here. Normal talk, but before yeah we was talking, "Did you scare? No? Yeah, we cannot go outside", you know. But right now, no, no. Just we talk like five minutes. "Hi, how you doing?" We check in each other. And... because everybody right now is busy with the kids to do the homework over there. Here. I have my friends in France, too we talk. They have a lot of homework. And that's yet.

SS: I know you mentioned your reaction to the pandemic. But I would like to ask how has COVID-19 impacted your life? Or in what ways has it altered—?

NA: It isn't, because... I start to do like a coach for diabetic people. I start to do it when the pandemic come. I finish it just online, like Zoom. And in my plan I was to work with. But pandemic come, is blocked, but maybe we are thinking to do it with Zoom. And I was thinking to go to the college, is in Spring. So right now it's blocked. I was wondering lots about my kids because they love, you know, to go to school to see their friends. I feel sad for them. But I keep

calling their mom and they make my kids to see their other friends, like in FaceTime. To not feel like they are so far than their friends. Yeah, sometimes, before, I told you, we go once in once a week in the restaurant, we take our kids to the park, to the beach to play with the bicycle.

Sometimes I take them to, you know, to Legoland. But everything right now just home until this pandemic go away. So I was first just thinking about my my kids, how they can react. I was scared if they can have problem since she could to stay in just home, but since they thinking to do different in FaceTime is good. And for my future like for job or something is blocked right now until the pandemic go away.

SS: I guess another question I had is: how do you feel about the government or the people in power's response to the pandemic? Like all the measures they put in place or whatever they're doing right now to combat it. How do you feel about him?

NA: Like, all the time, we can said, the government, since they are government, they know what they do. And they look so far, something we cannot see it. But they, yheir job is to see it. So they do it. They do it, what they see is good for, for everybody or for the country.

SS: Do you think it is being effective? Or in your opinion, should they do more?

NA: Believe me, I don't think in my mind this question before. Because for me, you know, the doctor is doctor. He need to check the patient. He knows what he needs to do. For me, I cannot think he can listen to the heart here or here. You know, so for them, for me, I am not select politician or not. I'm so far. I'm geologist. So I cannot thinking about what they can do or what cannot do. So, you know, sometimes, you, when you are a kid and you are with your parents, you don't think it's something your father, he need to do. So you sleep good. You eat what you have

it at home. You do whatever you need to do. But the rest, you said, “Ah, my dad, he can do it”. You don't take in what he, “he need to go to work, to find money, to pay bills, to pay your rent, to pay, to pay. So do you, you don't thinking about this. And you don't have it in my mind. Like this for me. For the government or who's responsible, I don't know what he need to do, like to suggest. No. He know what he need to do for us. So avoid. I don't, I don't have it in my mind at all. What he need to do, what to not.

SS: I guess a follow up question: when or if this pandemic ends, do you think life will be the same or do you think there will be changes?

NA: Maybe depend of the person. If he like to be changed or he need to be... stay the same. I don't know. Even for myself, I don't know if I'm staying the same or I'm going to change. So maybe if, depends of the personality for each one. He need to choose, or maybe is normally what, how, you know... I don't know.

SS: Yeah, it's a loaded question.

NA: You can't see the nature, what he can do.

SS: But, do you personally, do you want life to change, or do you just want life to go back to the way it was before it happened?

NA: I don't know. I was thinking this pandemic can change us. But how? I ask this question for me. I'm going to change for... I don't know. I don't know. Until we go out, maybe we can see ourself. Maybe. I don't know. Because inside me, might be, I said, “I'm still Nadia, yeah I'm still Nadia.” But how can I react? I don't know. Until we contact each other again, maybe in that

moment we can see what can be. How else, if I'm not changing, but other one, usually I'm with them, they change. If they change, maybe I need to change with them. Maybe.

SS: I guess a follow up question, this is kinda broad, you don't have to have an answer but: has the pandemic created or highlighted experienced disparities within your community? Like have you noticed some people are struggling more because of this pandemic? Or has it highlighted people's... people's struggles?

NA: The struggling in economic way. For example, like myself. My husband, he stop working. And he was working like just basic job. When they stop it, it was problem for us and for other friends too, in community. How we pay the rent. How we pay the, the bills. It was a big question mark in our head. So this, they, yeah. Lot of people they, you know. To survive, maybe the food is everywhere. But how to pay the bills is a problem.

SS: I guess, to ask a follow-up question about that: do you have hope that it'll get better? That, you know, we'll make it through this? Or that your husband will find a job again? Even though you're struggling right now. Or how do you feel about the situation?

NA: Yeah, we have all the hope this pandemic could go away from the Earth. Like this, you know, people, they can survive. They can go to work. They can at least have the basic life. So for us, too, we need this pandemic to go away faster. "Like this my husband can go away, go to work, and me too. 'Cause I told you I have plan to do. Right now, it's stopped. Like to prove our life, and for everyone, too. I think. Lot of people, they are home right now, but they wait to open jobs. Like this, everybody could have the solution for their life, to forget this period.

SS: It is, this is a great period of uncertainty and sudden changes, so I could, I could see that... how you feel. I guess, I, do you, would like to share any other thoughts about COVID-19 and how it's affected you, or... ?

NA: For this pandemic, maybe give me a listen, or for, maybe for a lot of people, how to help each other. How to support each other. If not with money, at least like psychologic, you said, like psychologic. To talk to each other. To calm down each other. Yeah, just we need to be patient. Hopefully you need to stay safe. Hopefully everybody safe. It's the big listener I take, and maybe a lot of people. How to manage yourself in some period. And the life, it isn't like just this line. Sometimes like this. Sometimes like this... down. So, this pandemic yeah, I see when I call my friends "Hi, how you're doing? If you need any help. How're your kids? How're your family?" And I feel them. They are happy. Even, I don't go outside, because of my kids, they are too young. I told them, "If you need help, just call me. My husband, he can help." And they feel happy. You know. Even I know they cannot call. Everybody is stuck home. But, you know, like the support is help to pass this pandemic. So I, for myself, I advise myself and everybody: for any bad period, we need to stay safe first. We need to keep the hope. Tomorrow is the best. And help everybody. And stay smiling.

SS: That was, that was, those were really nice thoughts. I guess that's all I wanted to ask about COVID-19. And we have been almost talking for an hour and I don't wanna take up too much of your time. So I guess my last question would be: is there anything else you would like to share? It could be about you. Could be about anything, any, anything you would like to say?

NA: Since this pandemic come, and I was home. Long time, I don't read lot of book. But has give me chance to read. And to read, can sometimes help us to calm down and to forget what's going on and stay focused in that book. What you read. Yeah. It give you another life. You live another life with the books. So it was good and I advise people to do it. Maybe if they have chance to do.

SS: I guess follow-up question: do you have any book recommendations that you would like to share?

NA: To share for everybody, I hope everybody stay safe. Maybe you can help yourself with healthy food and to do reading from books, of course, and help each other. And if you see somebody need help, and sometimes, people, they cannot talk, but if you feel, just do it. It's good for you, and for them.

SS: That was really amazing, to talk to you. Thank you for your time. It really means a lot and it's important. I think... this is the end of the interview if you want it to be. Unless you wanted to share anything else. But you did share some amazing stuff.

[00:49:59]