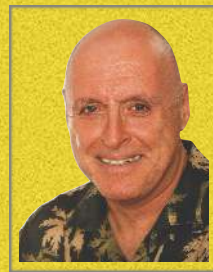


THE EXTRA POINT

BY JERRY ROBERTS



543 Random Thoughts on How We're Doing

I sat in front of the computer last night and had a lot of thoughts and ideas running into one another, but none of them jumped out as *the* thought for today's episode. I'm Jerry Roberts and on days like this, maybe we'll talk about what others are talking about. That's next on The Extra Point.

There I sat, wondering if an Extra Point was going to reveal itself. So many thoughts, maybe I should just start hitting the keys.

One of the things I'm picking up more and more are social media reports on the number of people who are defying the spirit of the governor's shutdown order. There seem to be a lot more people on the roads and in the stores than we had maybe a week ago.

The basic idea is that the only time we should go out is to buy food or other essentials, or to seek medical attention. Otherwise, we should stay at home. Period.

Could cabin fever be setting in already? Is this our limit, 10 days? I hope not because this new normal of ours is going to last a while.

Here's a suggestion...if your employer is not open now and you're not sure when you'll be back on the job, then get outside for an hour a day. Walk up and down the block and get some sun with much needed Vitamin D, throw a ball around with your kids, play with the dog, greet your neighbors, plant something in the yard. Do all that and other useful things. Don't get in your car and hang out at stores.

This has led to companies like Payless and Home Depot to institute limits of how many people will be allowed into their stores at any one time.

You've likely seen the meme of the hospital workers that sums up the situation: "We stay at work for you, please stay at home for us." We are heading into absolutely critical days in Guam's

history. Our brave and dedicated medical people don't need to deal with any extra virus infections. They're going to have all they can handle and probably then some. The only way our medical response will be what it needs to be is with our complete cooperation.

Something else I'm thinking about is the news about how our environment is doing better with fewer of us outside messing with it. Around the world there are positive stories about this. Now, I know once the virus scare is over, most of us will go out and once again lay siege to our planet. That said, maybe a small percentage will be more observant of ways to make things better.

Guam has always been a friendly place and I think that's even more the case now, when we're doing our best to honor the social distancing rules. You can see people smiling through their masks at one another and exchanging kind words. Maybe it's the sense that this is a true shared experience and nobody is immune to the new normal we're getting used to.

Finally, there are thousands of men and women on the Theodore Roosevelt, the aircraft carrier that is anchored in Apra Harbor. That includes a number of Guam residents. Like us, these people are worried about the virus and those who already have it, and the unknown numbers who have it and don't know. All they want is to get everybody well and back to full strength, so they can all get back to their mission. Let's pray for a solution that gives them relief and protection, while making sure island residents are also protected.

That's The Extra Point. Stay home and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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