

it's not all bad

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ISSUE #8

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The artist, Shrutika Manivannan, is raising money for [RAHI](#)



The pervading sentiment seems to be that you're either emerging out of lockdown with six-pack abs or with six-pack flabs—there is no in-between.

To test this hypothesis, we ran a single-participant study:

(09:00): Subject wakes up without an alarm. Rewards herself for this excellent display of discipline by taking another nap.

(11:30): Subject wakes up for a second time and eats breakfast because 'it is the most important meal of the day'.

(13:00): Subject insists on a no-carb lunch.

(16:00): Subject declines to watch a movie because she 'plans on going for a run'.

(17:00): Subject complains about how sunny it is outside and defers her run to later in the evening.

(18:00): Subject is asked to join a group call. Subject agrees but 'only for five minutes' because of planned run.

(19:00): Subject defers her run to 'before I sleep.'

(20:00): Subject eats a big dinner as reward for no-carb lunch.

(22:00): Subject begins her 40-minute home workout (*previously: run*)

(00:30): Subject retrieves baked pita chips from the kitchen and begins working.

(02:30): Subject falls asleep watching a Disney movie.

It seems that the abs and flabs in question are not mutually exclusive. The motivation for both seem to be in competition, yielding a net neutral result. Further tests are yet to be conducted— a second trial of 15 days is currently underway!

Want to know what kind of post-quarantine person you're going to be? Take this BuzzFeed Quiz we made! [Click here.](#)

reasons to cackle

In the [most bizarre political exclusive](#) we've ever seen (imagine Rakhi Sawant interviewing Arvind Kejriwal), the rapper Cardi B went on Instagram Live with Bernie Sanders. Although we were most concerned by Cardi's mango-eating technique (she bites? right? into it?!), the chat covers all the hot topics: pandemic fallout, reasons for Bernie dropping out of the Democratic race and, most importantly, the state of his nails. *PS: it is confirmed that the B in Cardi B stands for Uncle Bernie, as she calls him.*

This is not a drill: you can literally [invite a llama](#) (and other farm animals) to your next Zoom call. Sweet Farms is a genius organization and llamas will save us all.

Can't hug your person? Hug a tree. Iceland's Forest Service has [recommended](#) that people feeling stressed and alone in isolation get outdoors and hug a tree to connect with nature and release some oxytocin. This is the beta version of the *Chipko* Movement—their advisory even has potential hug-methods to try!

reasons to think global

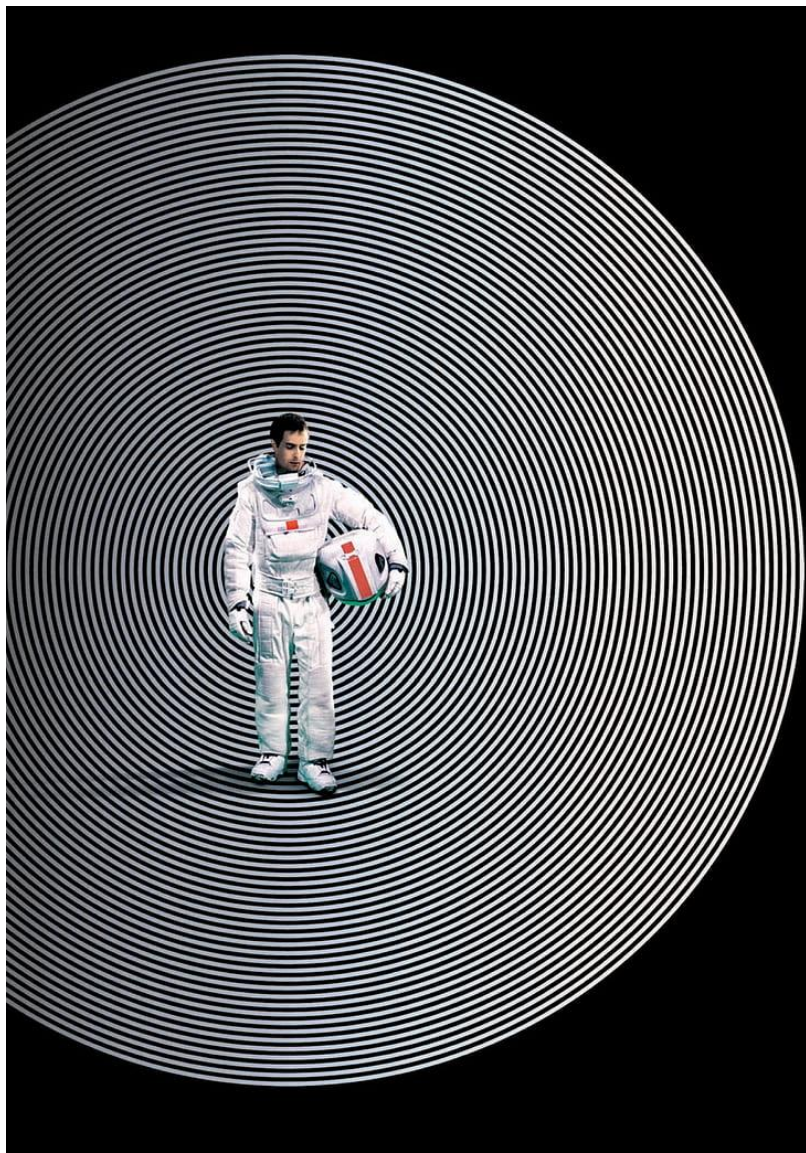
Each country (or city or town when you're considering the diversity of a place like India) has chosen their [unique way](#) of conveying the holy 6 ft metric of acceptable social distance. Some have chosen familiar equivalents, like [this Florida county](#) advising residents to keep "at least one large alligator" between one another. Others used tapes and paper signs to cross out unusable spots—in cafes, theatres, even urinals!

"Not everything is as it seems, and not everything that seems, is." In some ways, coronavirus embodies this adage, challenging our perceptions about the invincibility of the developed world. According to [this lecturer](#) at King's College, this is Africa's chance to prove its mettle. African healthcare workers' experience fighting Ebola is proving invaluable, the AU has put up a united front, and countries like Somalia are even [lending aid to Italy](#). As [Michael Scott](#) would say, oh how the turn tables.

An emerging consensus among Quarantiners: no better company than a loving pet. As this wave of appreciation continues, animal shelter kennels in the US, [like this one in Florida](#), are empty for the "first time in history" after every dog has been adopted. When it comes to our furry friends, distancing doesn't apply.



The artist, Aaron Pinto, is raising money for [World for All](#)



reasons to advance

NASA has taken 'social-distancing' a little too seriously and has decided to [send two astronauts](#) to the International Space Station (ISS), the first manned mission from the US in almost a decade. SpaceX's Crew Dragon is set to launch on May 27th so mark your calendars!

BenevolentAI is a UK startup with a single-minded focus: Using AI to find new medicine. As early as January, one of their employees happened upon a [Eureka! moment](#). A pale blue section jumped off his dashboard to reveal that a rheumatoid arthritis drug in their database might alleviate Covid-19's most adverse effects. A large clinical trial is now ongoing—nothing is certain but the situation demands that all signs of hope be celebrated!

Early [data](#) published by New York State (the new epicenter of the virus) counteracts our general assumption that asthma is a top risk factor for Covid-19. Considering that asthmatic people have been anxiously stockpiling on inhalers, hopefully this information enables them to breathe a sigh of relief.

reasons to tune in

"The Show Must Go On!" says the colossal composer Andrew Lloyd Webber (Cats, School of Rock, The Wizard of Oz). Every Friday, he [uploads](#) a full stage performance of one of his legendary musicals, available only until 11:30 pm (IST) on Sundays! This week: Phantom of the Opera. Make a movie (or theatre?) night of this mega-hit that's been running for 34 years!

Some matches are made in heaven, and we think we've uncovered a new one: Quarantine and Card-Stacking. Our planet is actually [stiller than it has ever been](#), you can't stack cards outdoors, and it's the type of activity that can merge minutes, hours, and days, into one. Here's a little tutorial to get you started: [click here](#)

More than 100 artists from around the world are coming together for the 'One World: Together at Home' [concert](#) organised by Global Citizen and WHO. Lady Gaga, Billie Eilish, or the Rolling Stones—whoever it is you're joining for (it's literally a 6 hour pre-concert + 2 hour main event), tune in this Sunday!

*That's all for today! As always, let us know what you think, [subscribe \(click here\)](#), and **stay safe**. M&S.*