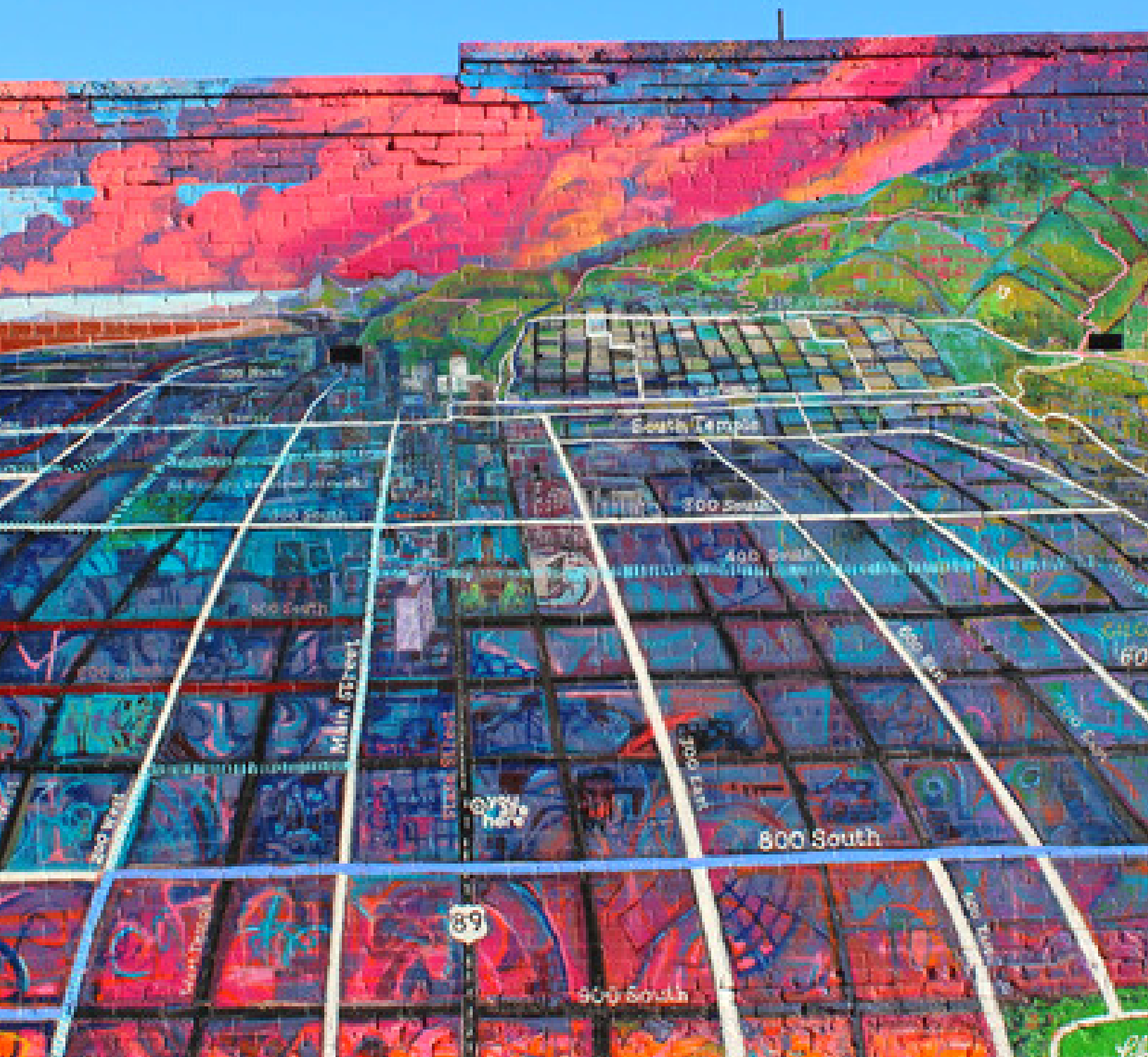


QUARANZINE

FOR THE QUARANTINED SOUL



Anika Rao, Claire Doctorman, Diya Rao, Elena Sandulli; Teen Squad 2020



EDITORS' NOTE

Anika Rao, Claire Doctorman, Diya
Rao & Elena Sandulli

Hello! We are a team with the Salt Lake City Public Library's Teen Squad program. Our project this summer was to create a magazine, which we titled *Quaranzine*. In essence, the purpose of our magazine is to document people's experiences while they are social distancing, as well as provide entertainment by featuring local artists and including socially distanced, community-engaging games. Additionally, we created an Instagram page to feature some of our interviewees and their responses to our quarantine interview questions. You can check it out on Instagram @quaranz.ine.

We hope you enjoy reading our magazine and also hope that you find some comfort in empathizing with other people's experiences during this unprecedented time.

TABLE OF CONTENTS

2	MEET THE CREATORS
4	CURRENT EVENTS
11	BLM RESOURCES
13	QUARANZINE INTERVIEWS
49	INDIVIDUAL RESPONSES
52	GAMES & ENTERTAINMENT



Meet the Creators





Diya Rao

Hello! My name is Diya Rao and I will be a senior at West High School this year. I moved to Salt Lake City from India five years ago. I love being a part of my tennis and ultimate frisbee teams and am passionate about playing the piano. This is my fourth year volunteering with the library and I am honored to be the Foothill Teen Squad Branch Leader as well as the team leader for this project. I enjoy volunteering as it helps me to be socially useful while sharing my talents and learning from others.



Anika Rao

Hi! My name is Anika Rao. I am 14 and will be a sophomore at West High School. I enjoy participating in Model United Nations and Debate tournaments, reading, writing, playing the piano, and swimming. I am excited to volunteer with the library for the third year this year!



Elena Sandulli

My name is Elena. I am 13 years old and I go to Clayton Middle School. My hobbies include dancing, running, playing soccer, baking, and playing the piano. I love to travel with my family and I have been to some awesome places like Lima, Peru, Venice, Italy, Victoria, Canada, and France. My favorite subject in school is Language Arts.



Claire Doctorman

My name is Claire Doctorman. I am lucky enough to be the teen librarian at the Anderson-Foothill Branch of the Salt Lake City Library System. The library I went to as a child! In my free time, I like redoing furniture, naps, collecting eccentric clothing, rewatching early 2000's feminist TV show, listening to heavy metal and boxing. I hope someday to travel all over the world, hold a baby panda, publish my own YA book, and have a backyard big enough to raise as many happy dogs as possible.



CURRENT EVENTS



COVID-19

Masks

After initially opposing mask usage, the World Health Organization released a statement in support of wearing protective masks in public. Researchers have not ruled out the possibility of aerosol COVID transmission, so they say the safest option is to wear masks in public. Data from areas that implemented mandatory mask requirements, including Salt Lake County, shows that case counts reduce as the usage of masks increases. However, there has been much opposition to mandatory mask requirements from people who either believe that it gives too much power to the government, or believe that it can lead to pleurisy and other respiratory illnesses. Both of these claims have been debunked by researchers.

Case count in SLC

As of late July, Salt Lake City experienced two large waves of COVID-19 cases. The total number of confirmed cases in Salt Lake County was 18,817, with 172 deaths. Collectively, Utah had 39,714 with 303 deaths. However, after the mask mandate in the county, the total number of cases has been decreasing. On the other hand, cases and deaths in previously “low-risk” counties have been rising.



ECONOMICS



The United States and global economies have completely tanked due to the COVID-19 pandemic. Quarantine guidelines have greatly reduced profits in the hospitality industry, which includes travel and restaurants, in particular. Shopping, especially small businesses; transportation; health; and entertainment sales have plummeted. Perhaps the most shocking example of the pandemic's effect on the economy was when oil prices per barrel were negative. The US GDP shrank by a record-breaking 33% in the April-June quarter (annualized percentage change). At its highest, the unemployment rate reached 15%, the greatest it has been since the Great Depression.

To help the approximately 30 million Americans in need, Congress passed and the President signed the CARES act, which gave unemployed Americans \$600 a week in addition to states' unemployment benefits. However, the benefits ended on July 31st, and republican lawmakers, worried about deficit spending, have not yet agreed on an extension but several want to reduce the benefits to about \$200 a week. Democrats in Congress, on the other hand, want to continue the \$600 a week in unemployment benefits.

ENTERTAINMENT & SOCIAL MEDIA

Entertainment

Social distancing guidelines have limited in-person access to the arts. Many organizations, including “Together at Home” by Global Citizen and the World Health Organization, organize free online music concerts. Another initiative called “The Shows Must Go On” encourages producers and directors to release free past theatrical performances. Andrew Lloyd Webber was one producer who participated and made some of his most famous musicals, including “The Phantom of the Opera” and “Cats,” available to the public.

Currently, many of the most popular books and movies are ones that focus on inequality. Books like “White Fragility,” “How to be an Antiracist,” and “Walking with the Wind” are at the top of the bestselling charts. Some of the most-watched movies and TV Shows are “Just Mercy” and the Netflix original documentary “13th,” both of which were available free to the public in June

One activist account said, “These platforms amplify the voices of the oppressed, the poor, the people who suffer, the people who need our help. These platforms are changing lives.”.

One social media account based in Utah is @catcallsofsaltlakecity. It is the Utah branch of Chalk Back, an international and youth-led organization dedicated to fighting street harassment. To influence cultural change in the SLC community, @catcallsofsaltlakecity provides a platform for people to share their experiences of harassment on Instagram anonymously and free from shame, and takes to public streets with colorful chalk to share stories of sexual harassment word-for-word. Throughout the world, but particularly in a traditionally conservative state, catcalls and street harassment are normalized and rarely discussed, but @catcallsofsaltlakecity strives to educate our locality and advocate for womxn of all identities to both be and feel safe in public spaces

Social Media

Social Media platforms like Instagram, Twitter, and, more recently, TikTok have been incredibly important in educating young people about COVID-19 and current human rights issues.



2020 SUPREME COURT TERM



The 2020 Supreme Court term featured several surprising rulings on human rights and religion. Some of the major ones include-

A Louisiana law that required doctors performing abortions to have admitting privileges in nearby hospitals was overturned in a 5-4 ruling. Requiring admitting privileges was a law that many states were considering to reduce the number of abortions because getting them is a long and difficult process.

In a 6-3 ruling, the Supreme Court said that the Civil Rights Act of 1964 protects members of the LGBTQIA+ community from discrimination in the workplace. It is now illegal for employers to refuse to hire or fire LGBTQIA+ employees based on their sexual orientation.

The Supreme Court ruled in a 5-4 decision that President Trump did not legally revoke the Obama-era Deferred Action for Childhood Arrivals (DACA) program, which protects 700,000 people who were illegally brought to the United States as children.

In *Little Sisters of the Poor vs. Pennsylvania*, the court ruled

in a 7-2 decision that the Trump Administration can exempt employers from providing free contraceptives (as part of the Affordable Care Act) to employees if they have religious or moral objections to doing so.

Finally, In *McGirt vs. Oklahoma*, a 5-4 ruling from the court said that the state of Oklahoma does not have jurisdiction over a historic Native American reservation. This means that state officials do not have the authority to prosecute people who commit crimes on the reservation.

HUMAN RIGHTS



Black Lives Matter Movement

The death of George Floyd in police custody on May 25th sparked international outrage over the institutional racism in the United States' Criminal Justice System. There are growing calls from Americans to defund or even abolish the police, prisons, and the prison industrial complex. Protests took place in over 2,000 cities in the United States, ranging from large, urban cities to small, rural towns. Support for Black Lives Matter has increased exponentially across political, generational, cultural, and racial lines. Protests took place for weeks in Salt Lake City in early June. Yalecrest Anti Racism is one Utah organization that promotes and organizes events and initiatives that encourages conversations about racial tolerance and opposition to racism.

(See page 36 for ways you can help)

overwhelmed hospitals due to the COVID-19 pandemic and high poverty rate.

Although it is still unclear exactly what caused the explosions, they have been linked to the 2,750 tonnes of ammonium nitrate that the Lebanese government stored in the port with low security for six years, despite numerous warnings from port officials.

Beirut Explosion

On August 4th, a pair of explosions occurred at the Beirut port in Lebanon. The powerful second blast killed 154 people, wounded over 5,000, displaced 300,000, and caused an estimated \$10-15 billion in damages throughout the city. The impacts of the explosions have been exacerbated by other crises in Lebanon, including the

LOCAL NEWS

Schools

Social distancing guidelines eliminated the possibility of typical high school graduations for seniors. Graduation ceremonies varied greatly across different cities, school districts, and even individual schools. Some graduations ceremonies were online, and others in safer areas were held in-person. The largest public schools in Salt Lake City had drive-by graduation ceremonies. Highland, East, and West blocked the roads outside the schools, and students were assigned blocks of times in which they could take pictures and receive their diplomas.

In a 6-1 decision, the Salt Lake City School District Board affirmed a reopening plan proposed by Interim Superintendent Larry Madden on Thursday, July 30th. Schools will begin the year via online learning, with a few exceptions for those most vulnerable, and reassess at the end of the first quarter in October. In addition, the plan will delay the reopening of schools by two weeks to ensure that laptops and wifi hotspots can be administered and students, parents, and teachers can get accustomed to online education platforms.

Earthquakes

On March 18th, a 5.7 magnitude earthquake hit Salt Lake City. It was both the highest magnitude earthquake in Utah since the 1992 St. George earthquake and the first major earthquake to hit the Salt Lake Valley since the city was founded. There were over 2,300 aftershocks, including two with magnitudes over 4.0 in April.

The Utah Emergency Management reported minor damages to homes and buildings, including the Salt Lake Temple and a homeless shelter in downtown Salt Lake City. Around 50,000 customers reported power outages in and around the city. In addition, the Salt Lake City Airport was shut down - about 70 flights were diverted and passengers were evacuated from the building.



Ways You Can Help BLM

- Educate yourself and others about systemic racism in the United States (see page 12 for resources). Start conversations about what you learn with your friends and family, and embrace the initial discomfort of the dialogue.
- Check your own implicit biases.
- Address racism when you see it.
- Donate to local organizations and bail funds that support protesters in your city.
- Check the actions of businesses you support. Many large corporations have racist policies or support racist people.



- Sign and share petitions. Change.org is a good place to start, but signing government petitions will make the most impact.
- Support Black artists and Black-owned businesses.
- If you are old enough, vote and encourage others to do so! Change only occurs when we elect people who represent our beliefs.
- Email and call your local government; make sure to include why this issue is important to you.
- Finally, continue being anti-racist even when momentum for Black Lives Matter dies down.

ANTI-RACISM RESOURCES

Shows to Watch

- The Hate U Give
- 13th
- Just Mercy
- American Son
- Dear White People
- When They See Us
- If Beale Street Could Talk
- See You Yesterday
- Stay Woke: The Black Lives Matter Movement
- Malcolm X
- Killer of Sheep
- Fruitvale Station
- Desert Island Discs with Bryan Stevenson (BBC Radio)
- Witness Black History
- Slay in your Lane

Books to Read

- The Hate U Give by Angie Thomas
- The 57 Bus by Daksha Slater
- How to be an Antiracist by Ibram X. Kendi
- White Fragility by Robin Diangelo
- The New Jim Crow by Michelle Alexander
- Americanah by Chimamanda Ngozi Adiche
- Just Mercy by Bryan Stevenson
- Stamped from the Beginning by Ibram X. Kendi
- So You Want to Talk About Race by Ijeoma Oluo

Podcasts to Listen to

- 1619
- About Race with Reni Eddo-Lodge
- Code Switch
- Intersectionality Matters with Kimberlé Crenshaw
- Pod for the Cause
- Momentum with Maria Dautruche
- Seeing White
- The Diversity Gap
- Pod Save the People with Deray
- Nice White Parents





QUARANTINE INTERVIEWS



NICK PENZE



Nick Penze is an adult who is originally from Chicago, but now lives in Utah. His last 'normal' day consisted of traveling for work in Chicago, staying in a hotel, going out to dinner, and flying on a plane without a mask or social distancing.

"During quarantine, I've been working out a lot more- running, mountain biking, and hiking. I have lost almost 20 pounds since March 15th (when everything shut down). I have realized that I don't need to travel for work as much as I thought or eat out as much as I did before. I can't think of anything I miss that surprised me, but I definitely don't miss eating an entire plate of nachos at The Montage.

I'm looking forward to in-person concerts and live sports once quarantine is over. For myself, I hope I keep up what I've started: working out, getting outside, traveling less for work, and spending time with family. For society, I'm not expecting much positive change because everything has become extremely political. I'm not personally afraid of anything in particular.

However, I am afraid that the landscape will change permanently; small businesses will die, restaurants will close, and people will struggle. I prefer things being less hectic during quarantine compared to 'normal' life. I normally fly over 150,000 miles a year for work, but right now, I'm not traveling at all. I am getting into my office almost every day, which is a nice change of scenery from the house.

Like everyone else, I'm staying in touch with friends via Zoom calls and FaceTime. I also make it a point to reach out to friends more regularly, with a call if possible, but otherwise, a text".

PAUL FLORENCE



Paul Florence is a Junior at Judge Memorial Catholic High School and is a cross-country and track runner. He says, "I remember feeling like everything was normal a week before the shutdown. Shortly before quarantine began, I performed as the main role in our school's play "Peter and the Starcatcher". During the performances, everything was normal. I hung out with friends, people congratulated me, and I went to the cast party. About a week later, everything shut down and I remember feeling glad that we performed the play we had been working so hard on before everything went crazy.

"Paul wants society to realize that "sometimes some things aren't predictable and sometimes, when something unexpected comes, like this pandemic, you just have to find a way to deal with it." He also wants society to change the education system. His schooling went really well, but he heard that the public schooling system didn't run as smoothly. He wants to try to find a way to fix it so that it fits everyone's needs and lets everyone learn in an environment they're comfortable with.

Paul enjoys having more free time and prefers online over regular school. "I do miss some aspects of school like interacting with teachers and being able to eat lunch with friends. The part of online school that I liked the most was that it felt like regular school to me, with most of the tests being open-book which made it easier to learn". He stayed sane by following his normal school schedule and doing Track workouts that his Coach sent the team.

He was looking forward to signing yearbooks at the end of the year but couldn't, unfortunately. "I'm glad that they found a virtual yearbook signing this year, but having a digital signature isn't the same as having classmates sign your yearbook with an actual pen on an actual piece of paper".

He has mostly been staying connected with friends over Discord, messaging, FaceTime, and Zoom. He stays connected over Discord because, before quarantine, he and his friends used to play Dungeons and Dragons together at a physical location. Now, they play every Saturday with their voices connected on Discord.

ANNA DROZDEK



Anna Drozdek is a teenager in high school. "The last day of school, I suppose, was the last 'normal day for me. Once I got out of school, I haven't really left my house too much. I remember driving to school and was having a blast during my free period with my friends in the library. Lunch came around, and rumors of us not coming back to school started spreading. I didn't think too much about it, but here we are.

I've started going to sleep later and waking up at 2 in the afternoon. The only 'good' habit that I seem to have picked up is that I randomly start to clean things everywhere. I have realized that I don't really need to drive; I had a seizure after the earthquake in March and the law says you can't drive for a year as long as you don't have another one, so I haven't driven since. I used to have to drive everyone and they would always be excited for me to get my license because they were tired of driving but now they have to resort to driving again!

I miss going to class. I like school but I have anxiety and get really stressed going in and being around people, but for some reason, I still miss it. I don't miss when I occasionally had to take the trax to school.

Once this is all over, I look forward to giving everyone a hug. I miss it. I didn't like hugs before, but I appreciate it now that I can't do it as much. I want this experience to teach others to value personal space. I think that the break we all got in quarantine was something that we needed. I got a lot of time to think about what I really appreciate and enjoy in my life, what really matters and what doesn't, what I don't need to stress over, and things that don't have to be a burden to me. I think online school is easier, so I like it for that reason, but I miss socializing and going to the building to learn". Anna was looking forward to hanging out with her friends this summer, but since it's not safe to, they FaceTime and text everyday! "We are on the phone from 3:00 p.m. to 2:00a.m.- it's the best!"

GRETA ASAY

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It's so nice to be able to do what I want when I want, without pressures and strict schedules.

GRETA ASAY



“My name is Greta Asay and I go to West High School. I have gotten in the habit of eating three normal meals a day! Previously, my eating habits were not consistent at all. But, being stuck in the house all day has allowed me to eat normal amounts of food at normal times. Amazing!”

Greta has realized, during quarantine, that she doesn't need the constant validation of others. “When I'm at home, I can truly be myself, dress how I want, and say what I want without fear of judgement from my peers.

I genuinely miss being out in the city, even if it was just driving to school. Now I look forward to going out on errands and just to get out of the house! I don't miss seeing other people as much as I thought I would. I honestly feel kind of bad about that, since that seems to be the main thing other people miss”.

Greta looks forward to being able to see movies in a movie theatre! On a more serious note, she wants society to learn the importance of working together towards one goal. “I personally want to put more effort into bettering not only myself, but society as well.

Additionally, I'm afraid of how this virus will impact the economy. I am going into adulthood, and am currently worried about my financial future.” Greta loves being able to work at her own speed, which quarantine allows her to do. “It's so nice to be able to do what I want when I want, without pressures and strict schedules. I feel like all online school was was busy work; I didn't really feel like I was learning anything. I don't blame the school at all in this regard, though. The whole remote learning thing was new to all of us. I just hope that if we have to continue online school in the fall, we will be able to manage the remote learning a little better. I was looking forward to the end of school, when AP tests were over, and you get to enjoy learning more”.

Greta has been able to meet new friends over platforms such as Zoom and Discord, which has been a new and wonderful experience for her. “I have been texting with my old friends, and we go on social distanced walks occasionally”.

DORUK TOYDEMIR

Doruk Toydemir is an 11th grade student at West High School. "I'm Turkish and love to play the piano and bake. I am an avid nature fanatic and love going on hikes up in the Utah mountains.

almost everyone has a great chance to make the most of life at home. I like isolation because it allows me to work on myself. Currently, I am most afraid of giving the virus to my grandmother and the rest of my family. I am not at risk, but my grandmother is at a greater risk than I am. I have to be extra careful for her so that I don't endanger the lives of my family".

My last 'normal' day was a Friday which started with school, going to work, and having a sleepover with friends. Ever since quarantine began, I've started going on more hikes and practicing my hobbies. I've spent time doing art projects, playing piano, practicing baking techniques, and doing at-home workouts. I've broken my habit of getting up early and have gotten up at noon daily since quarantine started.

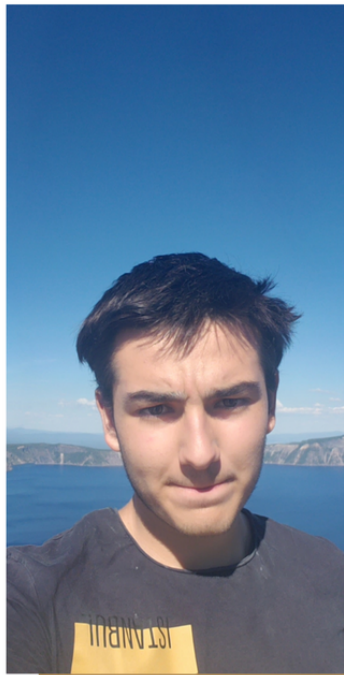
I have noticed that I don't really need to go out and eat a lot. I've spent way less money than I usually spend because of this.

I miss in-person school because of how organized and steady my schedule was. It's become more difficult to stay organized with remote learning. By the time coronavirus vaccines come out and the virus is eradicated, I believe that society is going to be adjusted to an at home lifestyle though.

I want this experience to change me by helping me be more in touch with myself and discover more hobbies. I believe that free time is a great time for learning and that

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I want this experience to change me by helping me be more in touch with myself and discover more hobbies.



CLARK MAXFIELD



Clark Maxfield is an adult living in Salt Lake City. On the last normal day he had before quarantine started, he went to Wendover with his friends.

A habit he has started during quarantine is working out everyday - he does planks and he stretches more.

One thing he has realized he doesn't need after quarantine started is eating at restaurants. He is looking forward to hanging out with his friends again. Clark has been staying in touch with them by texting, calling, and playing online games with them.

Something Clark misses that he didn't expect was how work seemed to fly by. Now, he feels like he has a monotonous routine. He also appreciates how life in quarantine is more peaceful and quiet. He doesn't miss driving.

The most generous act of kindness he has seen is that a person carried an injured counter-protester to safety.

Clark wants this experience to change society by ensuring higher pay and better healthcare for everyone. However, he doesn't think that society will change drastically.

Right now, Clark is most afraid of his father getting COVID because he is vital to his family.

As a student, Clark feels that although online school can be very useful for many classes, some classes are very hard to do online. As a worker, quarantine changed his life because he was unemployed for several months and just recently got a new job.

Something he was looking forward to that he couldn't experience because of quarantine was seeing his family more often- being able to hug them and be with them.

RACHEL ATKINSON

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It took a pandemic for me to start getting into the habit of making my bed!

RACHEL ATKINSON



“My name is Rachel and I'm a nerdy young adult who values my job way more than I probably should. I spend most of my time playing Animal Crossing, Pokemon, or reading. My life revolves around my pup, career, and family. I'm a simple person living a simple life”.

Rachel's last normal day was at the library; she woke up to a text from one of the librarians asking if she would be willing to take on an extra shift. At this time, the library had announced that they were going to be closing for two weeks, and everyone was at the library checking out their stuff as well as stocking up on books and movies for the next couple weeks. “The library was the busiest I had ever seen it that day. It was interesting to me because there were two kinds of people. The first category of people were those who were wearing masks, had gloves, were handling their items with Lysol wipes, social distancing, and just generally being very cautious. The second category of people were those who were just treating the day like it was any other day. Because at the time I wasn't educated about the virus, I fell into the latter category. I thought that people were being obsessive and ridiculous.

The most I was doing was wiping down surfaces every so often. I remember thinking that we were genuinely going to be back in the buildings after two weeks and that life would go back to normal”.

Rachel jokes that “it took a pandemic for [her] to start getting into the habit of making [her] bed”! She misses talking with the patrons at the library! She knew before that she enjoyed talking with them and creating relationships, but until that was taken away, she didn't realize how much those small, daily interactions meant to her. She also doesn't miss people seeing the bottom half of her face. “I've really gotten on board with this whole mask thing, not only because of the safety that it provides, but also because with the mask, people can't see all my adult acne”!

Rachel believes that there are so many personal and societal lessons that we can learn from this situation. She hopes that we can change and become more aware of what is going on in our world and what Mother Nature is trying to tell us. “I know it's become a meme, but our world has been healing while we've been in quarantine. I just hope that when we all go back to “normal” that we can become more aware of it and do our best to conserve”.

ADDIE SHAW



"My name is Addie Shaw. I love being in the great outdoors and experiencing new things in places all around the world".

Addie's last "normal" day before quarantine consisted of school, climbing at the gym with her friends, and lifeguarding at her local pool. She has started working on more drawings and paintings, which she has always had an interest in, but hadn't had time to pursue. She has also realized that she doesn't require or value many material items. She has come to realize that "the things that are most valuable to [her] are interactions with friends and family, and quality time in nature". She misses walking through the halls at school and being in the environment of busy, bustling people, and looks forward to being able to be around other people without wearing a mask, and being able to have in-class experiences again.

Addie says that the most generous act of kindness that she has seen recently has been that her father's coworkers compiled a very generous gift for her family as they had recently undergone a stressful event.

She hopes that people will start focusing more on the message that we can obtain from this pandemic rather than continuing to be blissfully ignorant.

She thinks that certain aspects of quarantine can be beneficial. "I find it nice that with online school I can get up early and finish my work for the day, and still have time to do other things that I love to do, but I find it harder to learn online as opposed to in a classroom. While students are still getting class material, we are missing out on class discussions, which I find to be such an important aspect of education".

Addie was looking forward to traveling to France and Belgium and was also looking forward to playing ultimate frisbee with her club, but those were both cancelled. However, she is happy to be able to FaceTime friends. "I have found an app called HouseParty, through which you can interact with others while playing some basic games together. I have also watched movies through Netflix Party, in which you can watch a movie in sync with others and make comments on the side".

DASHA

Dasha is a hair stylist in Salt Lake City. On her last normal day before quarantine started, she went to the gym, ran errands, and ate at a restaurant. After that, everything changed. Because the salons were closed, she was out of work for months. Now that she can work back in the salon, she has to work longer hours and still makes less because of social-distancing rules.

Dasha is eagerly looking forward to having people in her home. This experience changed her because it allowed her to slow down, relax, and have less things. It has allowed her to have a simpler, more relaxed lifestyle.



A habit she broke during quarantine was doing a full face of makeup everyday, and a habit she started is working out everyday. After four months of being in quarantine, she has realized that she only really needs the little things. Some things that she doesn't need anymore are new clothes and getting her nails done.

Dasha doesn't miss having a packed schedule and being busy. This is surprising to her because she is a very busy person. She really misses sitting in restaurants and hugging people, surprisingly. She also misses her friends, but that doesn't surprise her. The most generous act of kindness Dasha has seen is when a man gave a boy a Mustang convertible after seeing him help clean up after the protests. Someone else saw that and gave the boy a scholarship to college for four years.

THEODORE VIOULET

Theodore Vioulet's "last normal day of quarantine was the day it was announced that school was cancelled for at least two weeks". He was at work, and his friend Steven rushed in to tell him school was cancelled.

"Once quarantine started, I picked up the habit of waking up early and exercising. Although I didn't have much to do, waking up early and at the same time every day helped my circadian rhythm, boosted my concentration, and improved my sleep.

"During remote learning, I have found that I am able to learn a lot more with a half hour on a subject rather than a full class period". Online school is easier, more practical, and much more useful for someone balancing a full time job and flight school. Additionally, I have preferred having more time to work at the local pharmacy, which has enabled me to be promoted to shift manager".



JASMINE YZAGUIRRE

"The last 'normal' day I had was a school day and I was planning to visit my family in California. I was really looking forward to seeing my cousins again.

Time is one of the things I'm thankful for that quarantine gave me. Before this, I always had a full schedule- homework, friends, and family. But now I've been able to focus on myself and start habits that will benefit me in the long run, one of them being waking up at 6:30am. I would previously always wake up in the afternoon, which made me feel like I had wasted the day, but now I'm waking up earlier than before!

I have realized that I don't really need social media. It's really just a window to see friends' lives and occasionally check in with them, but sometimes you can become so addicted to what people are doing with their time instead of figuring out what you're doing that day. Someday we're all going to realize we're going to have to close the curtains; at least, that's what happened to me".

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Time is one of the things I'm thankful for that quarantine gave me.

JASMINE YZAGUIRRE



PAIGE PENZE

Paige Penze's last 'normal day' was March 14th, and she spent it skiing at Park City.

Over quarantine, she has started eating healthy and working out more via an online platform. She has realized that she doesn't really need new clothes, haircuts from outside, and pedicures as much. However, she does miss going out to restaurants, but definitely not the office.

The most generous act of kindness she has seen recently has been that when she was sick, her friend dropped off a whole basket of groceries and goodies.

Once quarantine is over, Paige looks forward to hugging friends and family as well as traveling. She wants this experience to change her by allowing her "to focus more on friends and family and less on materialistic items". If there is one aspect of quarantine she prefers over normal life, it's that she gets to spend more time with her family.

Her working life has changed slightly during quarantine; she has always been productive, but finds that she is more productive at home as compared to in the office.

Paige missed out on the opportunity to travel to a

different country, but she has been staying positive and making the most out of the situation by communicating with friends via Houseparty and Zoom.

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I want this experience to change me by allowing me to focus more on friends and family and less on materialistic items



PAIGE PENZE

ELAYNA SALEY



Elayna Saley's last day of school went as follows: "I remember being at school. Coronavirus was all anyone could talk about. In my Spanish class, we watched the conference with the Governor talking about the virus and were all unsure as to what was going to happen. There was no way they could cancel school for the rest of the year; it just seemed so unreal. That school day went on semi-normal. Later that day they announced we wouldn't go to school for the next 2 weeks. That 2 weeks then led to 3 months.

Being in quarantine, I've started cleaning a lot more. Being home for the past four months has sparked a sense of organization. I've noticed things to clean that I haven't realized before. I have also noticed that I don't always need to have a busy schedule.

I liked being on the go all the time, but it's been nice not having a rushed schedule. I miss being able to go to the store or other places without wearing a mask or feeling a little stressed when anyone walks in my direction". She also misses going to the movies and hanging out with her friends.

Elayna also noted that she thinks that "the most generous acts of kindness are just seeing people support each other and do simple things like writing letters to senior citizens. I hope as a society we become more grateful for everything we have, especially our gratitude for healthcare workers and other essential workers.

Online school wasn't ideal for Elayna. "I would prefer to be in classes in person. Online school was hit and miss for me. Some days I wouldn't have very much work, whereas on other days I would have a lot more. It wasn't necessarily harder, but I found it harder to motivate myself to get everything done.

I really enjoy how much time I've been able to spend with my family. I also like the extra time I've had to read more and get stuff done. I was looking forward to going on family vacations and being able to hang out with my friends, but I use an app called HouseParty as well as do Zoom Calls. We've also done socially distant picnics at the park".

ANTHONY SMITH

Anthony Smith is a high schooler. On his last 'normal' day, he went to school and later played golf with three of his friends. To keep himself occupied during quarantine, he started an online business. He misses school, surprisingly, but doesn't miss eating at restaurants.

The most recent act of kindness that Anthony has seen is people painting a mural on the side of a building. He is looking forward to being able to meet and see his friends more once quarantine is over, and hopes that quarantine "will make us see how much we have and what we don't always need".

Right now, Anthony is most afraid of being forgotten by others. However, if there's one aspect of quarantine that he prefers over 'normal' life, it's having the ability to be in charge of your own schedule. He doesn't prefer online school over regular school because it's harder to learn, even though it's easier to participate.

Anthony has been staying in touch with friends by using various communication-based apps on his phone.



KRISTEN

Kristen is the teen librarian at the Glendale Branch of the city library.

On Kristen's last 'normal day, she flew to Kentucky. "COVID-19 had just emerged as a threat, but was still considered low risk. I visited my sister and we went out for coffee and took my niece to the movies- my hometown is small, so it's not as though we were in throngs of people, but it was also before there was any emphasis on social-distancing. On the flight back, my plane was only half full- unheard of! When I returned to Utah, there was speculation, then my daughters' schools dismissed and shortly after, the library closed. There was so much conflicting information, and our lives changed so quickly. I was worried that I had been irresponsible by taking my trip and that I had put people at risk".

We asked Kristen if there was a habit she started or broke during quarantine. Her response- "I was working out regularly before quarantine, but I stopped. For a while, my family and I had movie nights where I would pick a popular movie from my adolescence. We used to take regular walks, but that has stopped as well. It's weird- it seemed like we had more time to do things that were 'good for us', but less motivation to do it."

Kristen thinks that this experience has changed her. She appreciates a lot of the things she took for granted before, and has realized how fortunate she is. She thinks this experience has changed society by changing its perception of racism. "Since folks were at home and didn't have the business of life keeping them from looking inward, the recent events have meant a shift in a lot of traditional thinking. Books about racism have topped the bestseller lists. I think a large percentage of us are trying to learn, grow, and change so that we can reach the goal of true equality".

Most of Kristen's work is done online now. She is no longer creating in-person programs for teens. She spends a lot of time in webinars or answering emails. She mentioned that she stares at her screen much more than before.

Kristen was looking forward to attending several concerts when her sister and niece planned to visit in June. They have no idea when they will be able to see each other face-to-face again. Until then, she has been staying in touch with people via Facetime, Zoom calls, and through GIFs.



ANNA LEE

Anna Lee is Taiwanese and describes herself as “tall enough to ride a rollercoaster”.

“I have realized that I don’t need lots of the people surrounding me to feel content. I used to feel as though I needed to talk to everyone I knew and maintain a certain relationship with everyone. It’s been refreshing to recognize the people I truly care about and want to hold close to my life.

Being able to drive alone and with friends was something I took for granted. Whenever I had bad days, I turned up my music as loud as possible and for the time, I was in my own bubble. Nothing could hurt me, and it gave me a sense of escape.

The most generous act of kindness I’ve seen recently was when one of my bosses bought everyone working a boba drink. He even bought my sister a drink for me to take back to her because she wasn’t working that day.

Once this is all over, I’m looking forward to hugging my friends and hanging out with them. I work as a cashier and I feel a sense of responsibility to not have any close contact with my friends. I’m not able to self-isolate every two weeks so I try to stay safe in every possible way that I can.

I want to come out of quarantine as a kinder person. I want to be able to learn more about the world I’m living in and how small acts can benefit people around me and future generations. I want to come out of this experience wiser, learning how to accept different opinions. I also want people to stop ignoring the truth. I think things will become better in the future because people are finally becoming aware of the problems we’ve ignored for too long.

I enjoyed online school in many ways. I was able to learn at my own pace and the majority of my teachers were very kind about answering questions. I didn’t feel as pressured about classes compared to regular school and even though the workload was heavier, I felt less tired at the end of the day.

I look forward to hugging my best friends. So far, we’ve been calling a lot more, using FaceTime and Zoom. We also text more than we used to and send each other photos”.



RONAK AGARWAL



Ronak Agarwal is a rising sophomore. "The last 'normal' day I had was a Friday that I spent at school. I remember wanting to climb, but I decided not to. I had just had a busy week, so I was looking forward to staying home; I got my wish!

Ever since quarantine started, I have stopped climbing, but have started doing more leg and cardio exercise. I have realized that I don't need to get as much restaurant food as I used to. Something I miss that surprises me is school. I enjoy the summers without school, but now I would rather go to school just to socialize. I don't miss coffee, which I used to drink a lot. However, now that I get more sleep, I don't drink that much coffee.

Recently, the most generous act I have seen was when someone gave me some of their water when I ran out and was super dehydrated. Once this is all over, I mostly look forward to socializing with large amounts of people and extensive human interaction once it's safe, obviously.

I want this experience to make me more patient and easygoing.

I wish this experience would help society realize that we have a lot of work to do and we don't currently have a good system in place. I like online school less than regular school and I find it harder to learn.

Online school is much easier in the sense I can do the assignments whenever I want, but it's much less fun than in-person school.

I was looking forward to climbing a lot over the summer, but I'm not able to because of social distancing. In the time being, I have been face timing my friends a lot and have met with a few people outside with masks".

PHIA JAMES

"My name is Phia James and I'm a recent high school graduate". A typical day in Phia's life would go as follows: "I would wake up at 5:00 and have breakfast at 5:40. I left for school at 6:00 and seminary started at 6:30. Then school went until 2:30 and I would do homework at lunch. Right after school I had play practice until 6:00 and dance started at 6:30. I would stay until 9:30 or 10:00 depending on the day and then I would stay up as late as I needed to do homework, usually going to bed around 12:00 or later".

We asked Phia about what habit she has started, or broken, during quarantine and she replied with "I do not wake up early anymore, so that's one, and I have lost all semblance of a schedule". Phia realized that she used to be so focused on school and extracurricular success and that was her whole life. "I never really paid attention to anything else, and I have realized that there is more to life than school. I really miss school and my extracurriculars, though, and my schedule. I'm not too surprised by that. It is so nice to get to have a bit of time to be home during the day, but I miss getting out of the house for school as well".

The most generous act of kindness that Phia has seen lately has been people starting to lift each other up.

"When I graduated, my neighbors surprised my family by decorating my yard for me". Phia can't wait to hug her friends and to dance with her team again. She wants this experience to help her change her priorities. "Also, I think it is an opportunity for society to become more accepting of each other and to work to protect the environment".

If there's one aspect of quarantine that she prefers over 'normal' life, it would be that she has more down time and family time. However, she did not like online school. "I love the classroom setting and I missed my teachers so much". Phia now works full time as a nanny. "I didn't have time to work before quarantine during the week so I only worked weekends".

She missed a dance performance that was important to her as well as a prom and traditional graduation. With regards to staying in touch, "I don't stay as connected as I should. Occasionally I go on social distancing walks or text friends".



ANOUSHKA KHARKAR

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I think the pandemic has allowed people to spend time with themselves and start to realize the things in their life that they wouldn't normally notice.

ANOUSHKA KHARKAR



The last normal day Anoushka Kharkar had was right before school was suspended and mandatory social distancing rules were put in place. “It’s been so long, but I remember that a lot of students were not at school and people were beginning to think about the possibility of cancelling our school’s spirit bowl and other competitions. It was a typical day at school, and I was sleep-deprived from pulling an all-nighter for my psychology test that day.

I started painting during quarantine, something I never thought I’d be capable of doing! I’ve always envied artists so I decided to pick up a new hobby and create new art everyday to get better, and I’ve definitely seen improvement”. Anoushka has realized that she doesn’t need to constantly be working in order to feel successful, which was a mindset she had during school. It taught her that she could relax and still be productive. “I was surprised as to how much I missed physical school, something that I’ve always ridiculed as being necessary. I truly didn’t realize the extent to which the routine of attending classes helped my learning.”

The most recent act of kindness that Anoushka has seen has been the BLM protests that have created a huge wave of activism and empathy for people of color in America. The fact that people were willing to risk their lives to protest for the deaths of so many victims of police brutality and systemic racism was incredibly inspiring to her.

“I really look forward to hugging my friends and being able to see them on a regular basis. I didn’t realize how important seeing them was for my mental health. I also think that this experience will teach me to be resilient and work in environments that I usually don’t. Overall, I think the pandemic has allowed people to spend time with themselves and start to realize the things in their life that they wouldn’t normally notice. I wish I could have gone to the Pride Celebrations in Salt Lake City, as it has always been a staple of my summer experience. I love the sense of community and acceptance that comes from attending and I look forward to attending at a time when it is safe!”

LYDIA BARNUM

Lydia Barnum is a student at West High School. On her last “normal” day, she drove home and spent the evening doing homework.

“A habit that I have started is getting more sleep compared to when I had school. For school, I would have to wake up early and would be sleep deprived, but now I am able to sleep later and feel energized during the day”. Lydia hasn’t been leaving the house much, and she realizes that she hasn’t been needing her car as much as she did before quarantine. A good benefit to this is that she spends a lot less money on gas, which she is happy about.

“I miss going to school and having a set schedule. I function well with structure, so school helped me with that. I am looking forward to seeing my friends in person. I have been able to be in contact with friends from school as well as a lot of my online friends, but I get a lot of happiness from seeing people in person. But since I’ve been seeing less people, I’ve felt more free to express myself, especially through my art. With less people around me to judge and intimidate me, I have felt more comfortable with myself”.

Outside of school, Lydia is a huge fan of BTS and their fans, who go by the name ARMY. “The Black Lives Matter Movement has been filled with support, but one thing that I feel really proud of is the actions taken by the group BTS and ARMY. BTS donated \$1 million in support of the BLM Movement and ARMY decided to match their donation. I feel very proud as a fan because this shows how much of a positive impact we can have”.

“I hope that society learns to be more caring”. She wishes that the COVID-19 situation would have been handled better, but still hopes that people have gained more empathy for others. “I am fortunate enough to be able to stay at home and not to go to work. I enjoy my time at home and am grateful for the safety of it. My time at home has allowed me to be more creative with my art and has given me less responsibilities”.

Lydia talks to her friends through social media platforms. “Social media has become much more important during this time, especially to kids and teenagers, because it is our main form of communication currently”.



EMERALD KEHR

"My name is Emerald Kehr and I love long walks on the beach". On her last normal day of school, Emerald 'skipped school' to film a video for a class and went to Costco with a teacher and a friend. "We figured it might be the last time we could choose to not be in school".

was looking forward to her track season, which was cancelled, unfortunately. "My first high school track season was going to be great because I trained hard for it since Cross Country was over in the winter. We ended up having one meet (we won!) before everything shut down".

Over quarantine, Emerald thinks that she has become a little awkward. However, she has also realized that she doesn't need to care about what other people think about her or what she wears. "I started wearing what I really want to and I don't know why I didn't before!"

Surprisingly, Emerald misses the crowded hallways at West High School. "Even though I never thought I'd say this, I'm looking forward to going back to school. I think this experience has changed me because I've been able to slow down and realize what is REALLY important. It turns out I was prioritizing some things that were not important in the grand scheme of things. It sounds cheesy, but I hope that society can do the same and put kindness before anything else".

Emerald has discovered that she likes spending more time with her family and that it's healthy to be alone sometimes "(not this long but downtime is nice)". Emerald



ADDIE STEWART

Addie Stewart is 16 years old and will be a senior at East High School this fall. "The last normal day I had was a busy one. I had a full day at school with cooking practice for my school culinary competition afterwards. I managed to fit in a run before dinner with my family and as much homework as I could manage before bed.

Ever since quarantine started, I've been eating healthier since I have more time to prepare healthy foods and I'm not as busy or rushed. I have also realized that I don't need to worry as much since life will work itself out and might give us unexpected breaks to catch up".

Addie misses some of her new second semester teachers at school which really surprises her! She is also eagerly looking forward to being able to see her out-of-state family again. She is not surprised, though, that she doesn't miss the pressures of everyday life. "It's nice to take a step back and reflect", she says.

She wants people to start becoming more respectful of others and themselves as they learn to take care of each other and recognize everyone's different needs.

She was really looking forward to some concerts this spring and summer from some of her favorite artists and bands such as Michael Bublé and AJR.

Addie has been staying connected through zoom calls and going on physically distanced walks to see family, "which is nice because we can be outside at the same time".



ANNA YOUNG

"My name is Anna. I am half Japanese and half white. The last 'normal' day I had before quarantine was the Wednesday before everything shut down. I had a track tournament and got to spend time with friends. I felt determined to work hard the upcoming track season and remainder of the school year, which was eventually canceled. The idea of having to put my life on hold did not even cross my mind".

Anna has gotten out of the habit of procrastinating work. "I am now in the habit of completing responsibilities soon after I learn about them so I can do things I enjoy without the stress of completing assignments later".

"My spring sports (ultimate frisbee & track) were canceled. I was also planning on travelling to Japan and Korea over the summer, which was also canceled. I was looking forward to summer concerts and festivals as well". Anna misses festivals, carnivals, and large social events where she can meet new people. She didn't realize how much she valued this type of socialization until quarantine stole it from her.

The most generous act of kindness Anna has seen recently is that her grandfather drove alongside her while she went on runs so that she could feel safer.

If there's one aspect of quarantine that Anna prefers over 'normal' life, it's the flexibility in her schedule. Now that many events are held via the internet, she is able to attend them from anywhere. "I like online school in the sense that you have full control over the amount of time you invest for each class. However, I prefer regular school because I learn better in a discussion-oriented environment, which was practically nonexistent with online school".



TAISEI SUMMERHAYS

Taisei's last normal day of school was indistinguishable from any other day. He attended his classes, ate lunch with friends, and followed his daily routine. "The only exception was that a lot of the day's conversations were centered around COVID and why the district's decision to not enact quarantine was ill-advised. During the last 10 minutes of my last class of the day, we were told over the announcements that quarantine would begin after spring break for 2 weeks. However, the duration was extended indefinitely."

During quarantine, Taisei has gotten in the habit of taking the time to take better care of himself. He has been trying to ride his bike and exercise daily, which he didn't have time to do during the school year. He also largely abandoned his sleep/eating schedule, because the schedule he developed for school wasn't great for him.

Taisei hasn't had to let go of anything he thought he needed. His life was almost exclusively devoted towards school and academic activities, so he didn't have much to give up when quarantine began.

He is surprised that he misses going to school in person and think that the thinks that the most generous act of kindness he has seen lately is people attending Black Lives Matter protests.

Taisei is looking forward to being able to leave my house without worrying that he will contract the virus, and not

getting angry because he sees people disregard safety precautions. Taisei hopes that people will get angry about the inequalities that the pandemic is exposing. "I'm worried that people will prematurely declare it to be safe to return to normal, and then there being another resurgence in COVID (like what is happening now)."

Taisei prefers not needing to wake up early in the morning to go to school now that he is in online school. His experience with online school is that he has had more work, but that was largely due to him cramming for AP tests. He thinks it will be harder to learn.

Taisei is looking forward to going out to eat again. "Some food (like pho) isn't as good as take-out."



DAPHNE LIU

Daphne Liu is a rising senior at West High School. On the last day of school, she was completely oblivious that a shut down was even possible. "After school, I went to The Cheesecake Factory with a few friends, but it was scary because everything felt so dirty. We even opened doors with our feet. I remember my mom texting me to come home because Corona was going to get bad. After eating, we got news that we would have a 2-week break from school and I was excited. I had no idea what was coming."

Daphne has been rigorously social distancing, using hand sanitizer, and washing her hands a lot. "It amazes me when I think about all the things I used to touch with no second thought. I also realized I don't need to make fast food and coffee runs so often, and am surprised I miss school."

I hope that people will realize that their actions are impactful to society and that going to parties and not wearing masks is selfish. Essentially, I hope that people realize how interconnected society is. Just because you are not high risk does not make it OK for you to ignore social distancing procedures. Coronavirus-related issues disproportionately affect low-income communities which happen to have more people of color, so I really hope this shows people that abusing social distancing is abusing their privilege.

Still, I doubt any of this will happen because people have become so reliant so social interaction (which is super important) and rarely take any precautions.

I prefer the control I have over my sleep schedule compared to normal life. I still have to get things done, but I feel like I have more freedom to determine what sleep schedule and work schedule works best for me. However, I have mixed feelings about online school. For me personally, my teachers either ghosted us completely, or piled us with busy work. This made it so much more difficult for me to learn, especially since I then had to balance self-studying for AP tests alongside random busywork from those same classes".

Daphne has been having socially distant hikes outdoors and video calling friends to work out and watch movies together. "Technology is so powerful now".



AVERY SMITH

"My name is Avery Smith. I will be a junior at Highland High School in the fall. I love solving complex math problems, losing in chess, keeping a journal, and going on long drives with good music.

"The last "normal" day before quarantine started, Avery was under a lot of stress and was very busy. It was the week that she was preparing for high school instrumental region solo and ensemble competition, planning MORP (a school dance), submitting her election portfolio for next year, and trying to study for AP tests. However, all of a sudden, she didn't have to worry about any of these things anymore. "The next day, events were cancelled, and the day after that, school was cancelled as well. I became much more concerned about the future and what was going to happen. Would I see my friends again? Would I ever go back to school? Would I get to finish my sophomore year? My busy life has been replaced with lots of free time and doubtful questions."

Since quarantine started, Avery has started writing letters to my friends and family. Although sending a quick text is easier, she thinks that writing a letter shows the receivers that you care about them and that you put in time and effort to reach out and write them. She also loves to decorate the envelopes with cute drawings.

"Over quarantine, Avery has realized that she can live with her mistakes. Before quarantine, I was super involved in everything. I tried to do everything perfectly and be responsible for everything. While I thrive under this type of environment, I have realized that I sometimes make mistakes and that's okay. During this time of uncertainty, our actions can be irrational or wrong. We just have to accept that we made a mistake, or we couldn't fulfill a duty that we didn't even have. There is nothing we can do about the pandemic, but we can forgive ourselves for feeling confused and being a total perfectionist."

Something Avery misses that surprises her is being able to go outside and do things."The most generous act of kindness that Avery has seen was for some graduating seniors in her neighborhood. "Lots of people have gone out of their way to show their love, support, and appreciation for these new found adults. There have been parades, social media shoutouts, homemade treats delivered, signs made, and so much more."Avery is excited to have a busy life again. She is excited to come home and have to do homework. "Going back to school will be such a fun and exciting time. I also can't wait for the day to come where you can go anywhere, without a mask, and hug people without the underlying fear of getting sick."Avery wants this experience to help society remember to simply be nice.



ALICIA DU

Alicia Du is a student at West High School. Her last normal day was quite average. “I don’t remember it much, but there was this looming cloud of anxiety hanging over everyone. The pandemic still didn’t feel real—even though we heard about it on the news, I didn’t think it would get this bad. None of us knew what to expect, but I was mostly happy that school was going to be online. Looking back, I didn’t realize the severe consequences of the pandemic and how much it would affect us”.

A new habit that Alicia has picked up is washing her hands a lot more and being conscious of what she touches when she’s out in public. She has also realized that she doesn’t need a lot of people in her life to be happy. As long as she has a few deep friendships, she doesn’t need much else. “I expected to miss hanging out with friends, but I didn’t expect to miss being able to drive and leave the house almost every day.

An act of kindness which Alicia was a recipient of was that her friend brought her some food that she made (it was delicious, by the way), which she did not expect, but it warmed her heart so much and made her day.

“I want this period to be a time where we can reflect on our mistakes, learn, and move on from them. I want to emerge from quarantine as a better person—and I hope that we as a society can progress as such.

I’m afraid of what the world will look like after quarantine. Will the hysteria that has spawned with the pandemic continue? What will the new ‘normal’ look like? Being Asian, will I become more of a target?”

If there’s one reason that Alicia prefers quarantine over ‘normal’ life, it’s that it has been the perfect excuse to cut off toxic people in her life, and reconnect with others who she hasn’t spoken to in a while. She also found that “online learning can be somewhat easier, but [she] can easily get distracted, so sometimes it can be difficult to keep up with deadlines”.

Alicia was looking forward to a summer filled with outdoor activities with friends—and doing all the ‘normal’ things that we can’t do now. “My friends and I have been hosting virtual movie nights every week and we FaceTime each other a lot. I’m so grateful that I’ve been able to get closer to some friends that I probably wouldn’t have without quarantine”.



GABBY

"I'm Gabby, I am 16 years old, and I love to make jewelry and hangout with my friends when I have free time. My last normal day was on my birthday a few days before school closed; I was with my friends and went to dinner afterwards with my family.

Once quarantine started, I have realized that I don't need to feel upset if I am not with my friends, because there are so many people that are not able to see their friends at all. I'm very surprised at how much I miss school. I don't necessarily miss the school environment, but I do miss not being able to see people that I would see nearly everyday. However, I do not miss the anxiety I would have in class when I would be called on to answer a question.

I feel less stressed about online school when it comes to teachers not asking me questions in front of the class, but there are definitely times where I have had a harder time learning some of the lessons that are assigned.

The most generous act of kindness I have seen recently is how passionate people are about making changes to society surrounding equality, specifically with regards to the black lives matter protests. I really hope that society will start to realize the importance of life more, and have a more positive change in attitude towards everything.

Once quarantine is over, look forward to being able to hangout with different groups of people and being able to go out of town. I am most afraid of life never being the same to how it was before quarantine started. I was looking forward to my yearly trip to California, but it ended up being cancelled. However, I have been Snapchatting my friends more often".



SNOW SCHUBERT

Snow Schubert is a child in Salt Lake City, whose last normal day included school and violin lessons. He has started a youtube channel during quarantine. Snow has also realized that he doesn't really need pants, when he is home during quarantine.

"I miss school. This surprises me a lot! But I don't miss waking up early."

The most generous act of kindness he's seen recently was his Mom surprising him with a new puppy! Snow is looking forward to going swimming and hanging out with friends, as soon as quarantine is over. He enjoyed "how clean the air was when nobody was driving. I would like people to see how much of an impact not driving makes on our air quality".

Some aspects of quarantine he prefers over normal life are "getting to spend more time with family and watching SmarterEveryDay on YouTube."

Snow doesn't like online school. "I do get my work done faster, but I like real interaction with the teachers and other students."

He was looking forward to Spring break, playing at the park, and meeting new friends, but he couldn't experience these, because of social distancing. Luckily, he has been staying connected with friends through Zoom.



MAGGIE PRINCE

Maggie is 14 years old and in ninth grade. Her last normal day consisted of her and her friends eating lunch at school and talking about how school might be cancelled.

The habit she has started is eating whenever she is bored.

She does not miss all of the homework that she used to have during the school year. However, she does miss her extended family members she has not been able to see lately.

The most generous act of kindness she has seen lately is "when a homeless man on the street asked the person behind her for some food and the latter went and bought the man a McDonald's meal.

Maggie looks forward to seeing new people at school, but is worried the pandemic will not end for many years. She hopes that this experience will change herself and society for the better. "I want to start realizing what I need to work on as a person, and I want society to take into consideration more of our actions. I think it will allow us more time to think of our everyday lives and the things we do in our day".



REBECCA BAKER

Rebecca Baker is a Librarian in Salt Lake City.

On the last normal day Rebecca had, she remembers getting a manicure with her best friend. "We went shopping and laughed about "stocking up." Looking back, I feel regretful...ashamed even...about how blase we were pretending this was a blizzard when really it would be months of quarantine and suffering on so many levels. That day felt just like so many before it: free, easy, normal, and unplanned."

Rebecca has started the habit of making her bed everyday. She has stopped worrying about her looks and started worrying about if she has washed her hands well enough. She carries hand sanitizer and several clean, unworn masks in her car. She also has a bag for dirty masks that need to be washed. Rebecca calls her family much more than she did before. She is also much more conscientious of her personal space in regards to other people.

One thing Rebecca has realized over quarantine is that she doesn't need to go to the grocery store every day or even every other day.

She misses going to the movies and deeply misses hugging my friends..

The most generous acts of kindness Rebecca has seen are the things that people volunteer to do at the COVID-19 Mutual Aid Group. "The COVID-19 Mutual Aid Group is an incredible act of community social action. I have some friends who donate and work with the group and it's incredible how much outreach and support they have provided to the people of SLC."

Rebecca is looking forward to being able to hug all of her friends, traveling to California to see her parents, and travelling anywhere else.

We asked Rebecca how her work life changed during quarantine. "In the beginning I worked entirely online. I balanced my morning routine with work and worked later into the evening in favor of an afternoon break. I actually feel like I have a better work/life balance! I am extremely fortunate though, I have a lot of friends and family who have been laid off during this time. I don't take my position for granted."

Rebecca was looking forward to receiving her Master's from Syracuse University in New York but her graduation was canceled



BRIDGET

Bridget describes herself as a "young, aspiring woman".

She knew she would not be going back to school after her last 'normal' day. "No one else in my friend group thought so, or they didn't want to believe it, but I could tell. So when I walked away from school and got on the bus, I knew it would be the last time for this year. My friends were gathered on the school yard talking about getting lunch together before wrapping up sophomore year. 'I don't know, I don't think we'll be able to anytime soon,' I said. One friend asked, 'Why? You busy?' 'Well, Coronavirus is spreading. We won't be able to go out'. But we all hoped we'd be able to. We're still planning on catching that lunch- maybe later in 2021 though".

Bridget has started exercising more and stopped waking up so early. She prefers most aspects of quarantine except for innocent people dying. She also prefers online school. Bridget has had to miss out on a lot of things she was looking forward to: a scholarship to D.C, prom, time with her friends, time with her grandmother, awards banquets, and a fun birthday. Despite all this, Bridget says, "I want everyone to learn from this crisis that the selfish behavior we saw at the beginning could have become worse than the current situation now. I want that to change. I don't think anything will actually change, at least not until the new generation inherits the system around us".



CHLOE RAYMUNDO

Chloe is a "13 year old girl at home in a full house". Her last normal day was a Friday and the idea that Monday might not arrive buzzed through the halls. "When I heard school might shut down, my response was something like, 'Finally some good news'. I got in the car at the end of the school day, oblivious to the fact that the next time I would see the building, the people, etc. would be months later".

Chloe has broken the habit of getting up early, going to bed early, or knowing what time, day, or month it is. "Aside from that, I find myself with the time to write in a journal." She has realized that "instead of a mountain of school supplies including pencils, notebooks, erasers, all I need is a handy tablet".

Chloe misses libraries. "They have done a good job of keeping the system going, but I miss the browsing, the events, the wifi, and the whole vibe a library emanates. I do not miss school, surprisingly. Honestly, middle school seems like so much less of a mess through a screen, plus I can take more classes in a shorter amount of time."

Chloe is grateful for her sister, who is always busy at all hours of the day. "The fact that she has time to help me out with just about anything is an enigma to me, considering she would braid my hair if I asked, yet stays up until 2 in the morning to finish up her online work."

She is most looking forward to going to stores and libraries, meeting up with friends, planning fun activities, and trying to make a dream come true.

Chloe wants "the world to notice the toll everyone takes on the environment. Without quarantine, I hope people can still mind the trash they make when they shop mindlessly, the carbon emissions their cars spew, and more. COVID-19 is a big problem, but global warming is just as big."

She is most afraid of family members getting sick and her grandparents not surviving. "They live with us, and don't have a great immune system."

"The time quarantine puts in my hands is much appreciated. I don't have to drive places like school or stores, and I control everything from an electronic device." Chloe prefers this aspect of quarantine over regular life. She also likes online school more than regular school; it's certainly more organized.

Chloe was looking forward to "running for a Student Body Officer position, but had to film her campaign video, which isn't her strong suit. "It's part of the reason I was cost the position".

She has been staying connected with friends by calling them, but definitely notices that her friendships have drifted apart.



CLEO SHAW

Cleo Shaw is 15 years old and a rising sophomore at West High School.

In a normal day in Cleo's life before quarantine, she would go to school and then go to Cross Country or Debate after. She would arrive home at around 5 and finish the rest of her homework.

Cleo hasn't broken any habits, but a habit that she has gotten into is drawing more.

Cleo realized over quarantine that she doesn't constantly need to be on her phone, and that there are many other activities she enjoys that don't require a screen.

She is surprised that she misses going to school and having classes in person. She was enrolled in several challenging classes that required in-person learning. Although she misses in-person school, she doesn't miss waking up early to arrive at school on time.

The most generous act of kindness Cleo has seen is that one of her friends isn't going back to in-person school even though she wants to, because she doesn't want to spread COVID.

Cleo is looking forward to going back to school, seeing her friends, and being able to go about her day like she used to before quarantine.

Cleo hopes that people will start to be more aware and cautious of their surroundings, and trust scientists more after the pandemic. She doesn't know how this experience will change society, but she suspects that people will go back to their old ways once the pandemic is no longer a threat.

Cleo is most afraid of not going back to school until junior year.

She prefers not having too much stress because of the limited amount of time in a day. She feels that she can participate in more extracurriculars now that travel times are not too big of an issue. For example, she did a debate camp with her partner that lasted all day for six weeks of summer. She feels that she could not have done that if it was in person.

Cleo says that she really doesn't enjoy online school, but understands why it's necessary. She would rather make that sacrifice than continue the spread of the virus.

Over quarantine, Cleo has been staying in touch with her friends by FaceTiming them and social distance hanging out with a few of them.



ISAAC SIMPSON

Isaac Simpson is 16 and goes to Highland High School.

In a normal pre-quarantine day in Isaac's life, he would wake up at around 6 AM and go to Early Morning Seminary and then go to school. After school, he would participate in his different extracurriculars or go to work.

Isaac has started the habit of playing more video games and watching more YouTube than he did before.

He has realized that, although social media is a big part of his life, he doesn't actually need it.

Isaac misses going to school because he doesn't see his friends as much anymore. He doesn't miss waking up early to go to school.

Isaac has seen many acts of kindness, but one that stood out to him was "One of my neighbors sewed thousands of masks and donated them all while her husband was very sick."

He is looking forward to participating in sports and going to sporting events with friends once quarantine ends.

Isaac wants society to become less dependent on screens after this experience. "I want it to make us more aware of others and help us understand that we don't need screens to be happy."

That we can do a lot of other things to have fun. Also that we are all creative and can do amazing things."

Isaac says that he doesn't have any fears about what's going to happen "I feel like I'm riding a river there are some Rapids and we need to ride them out until it gets smooth again; there is no reason to be extremely afraid of our situation and what's going to happen."

One aspect of quarantine that he enjoys is sleeping in rather than waking up early. I

saac did not have a good experience with online school. "Online school was very difficult. I usually don't have a hard time with school but I barely got the grades I wanted. It is a lot harder than in-person school."

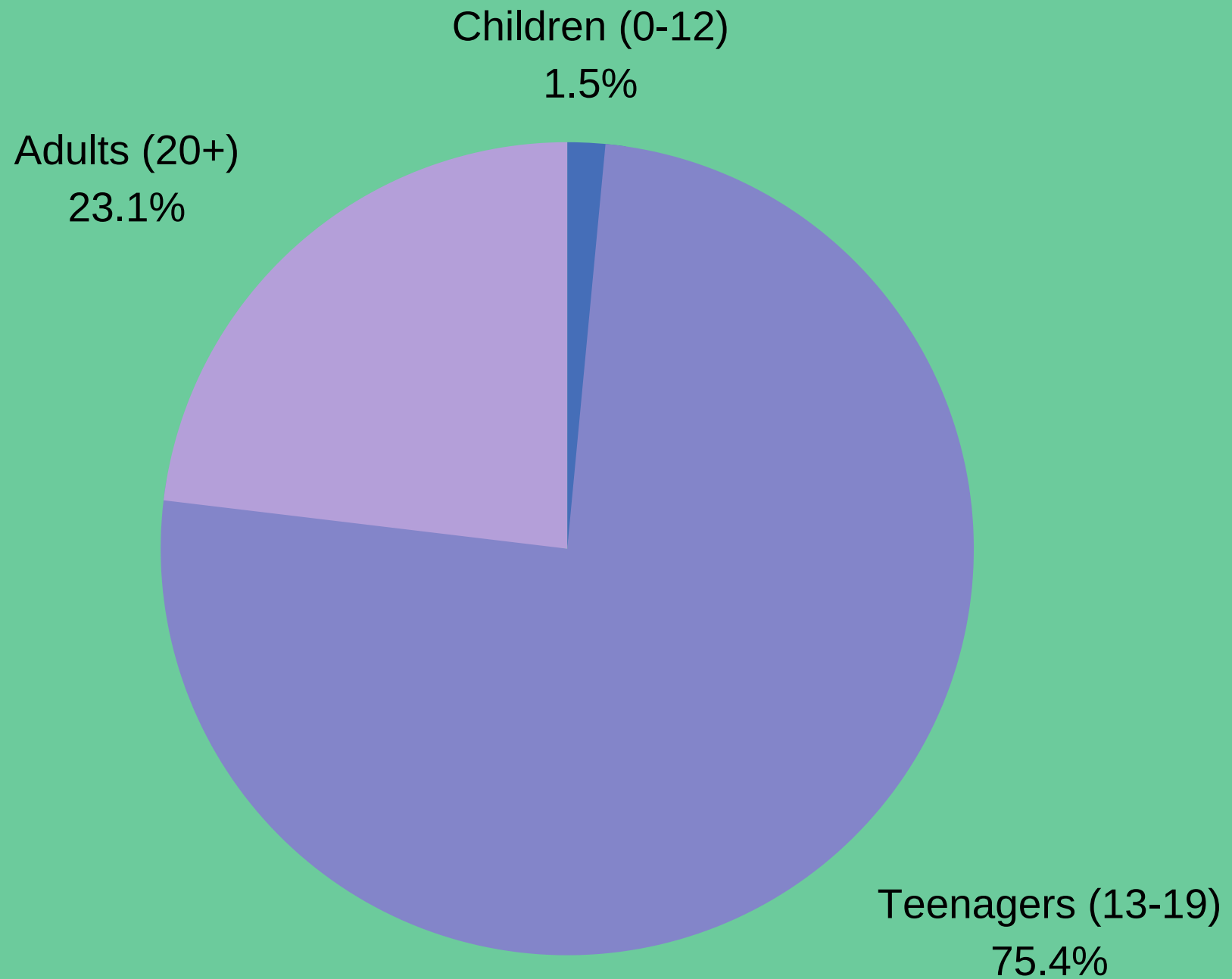
Isaac's work has not changed very much. He has been earning extra money for helping out with COVID cleanups.

Isaac was looking forward to school dances and rugby season, both of which were cancelled due to social distancing guidelines.

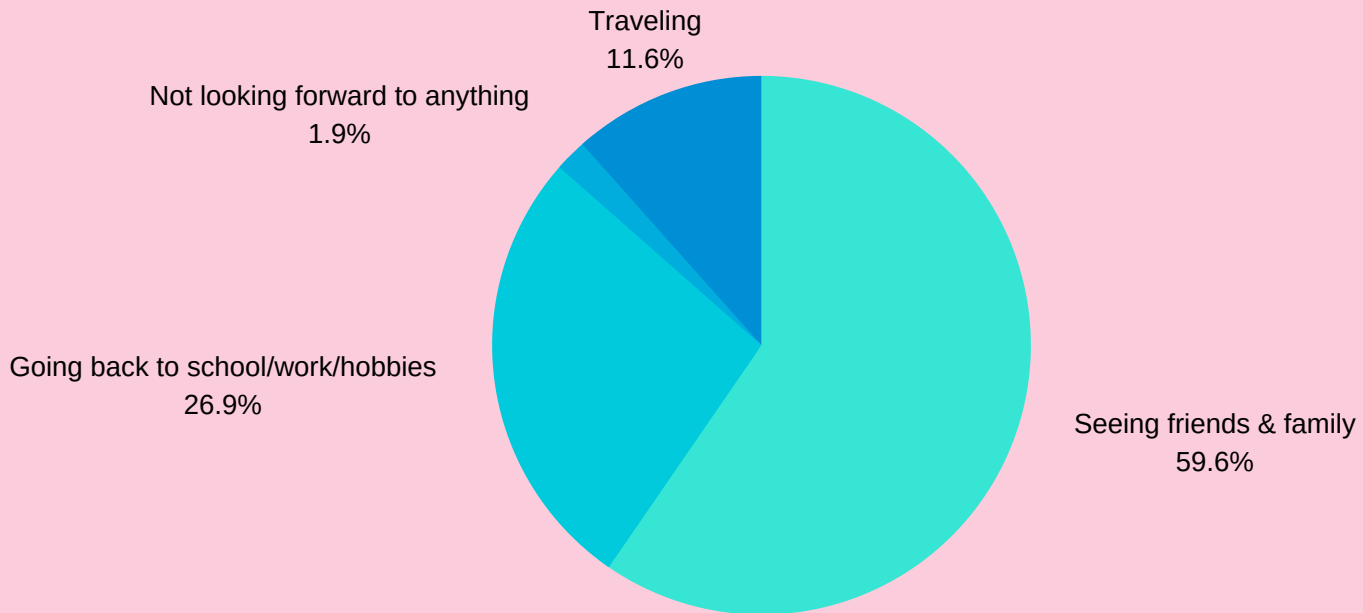
He has been connected to his friends via Zoom, social distance parties, and drive-by birthdays



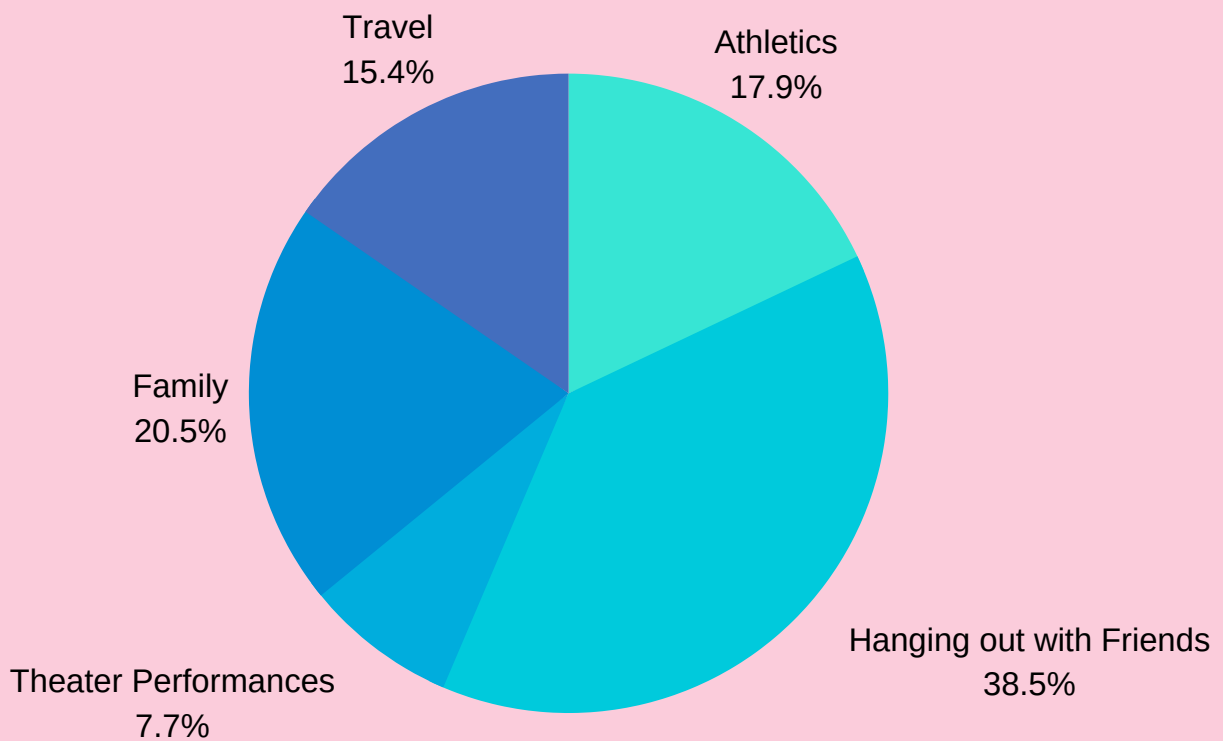
Age Category of our Participants



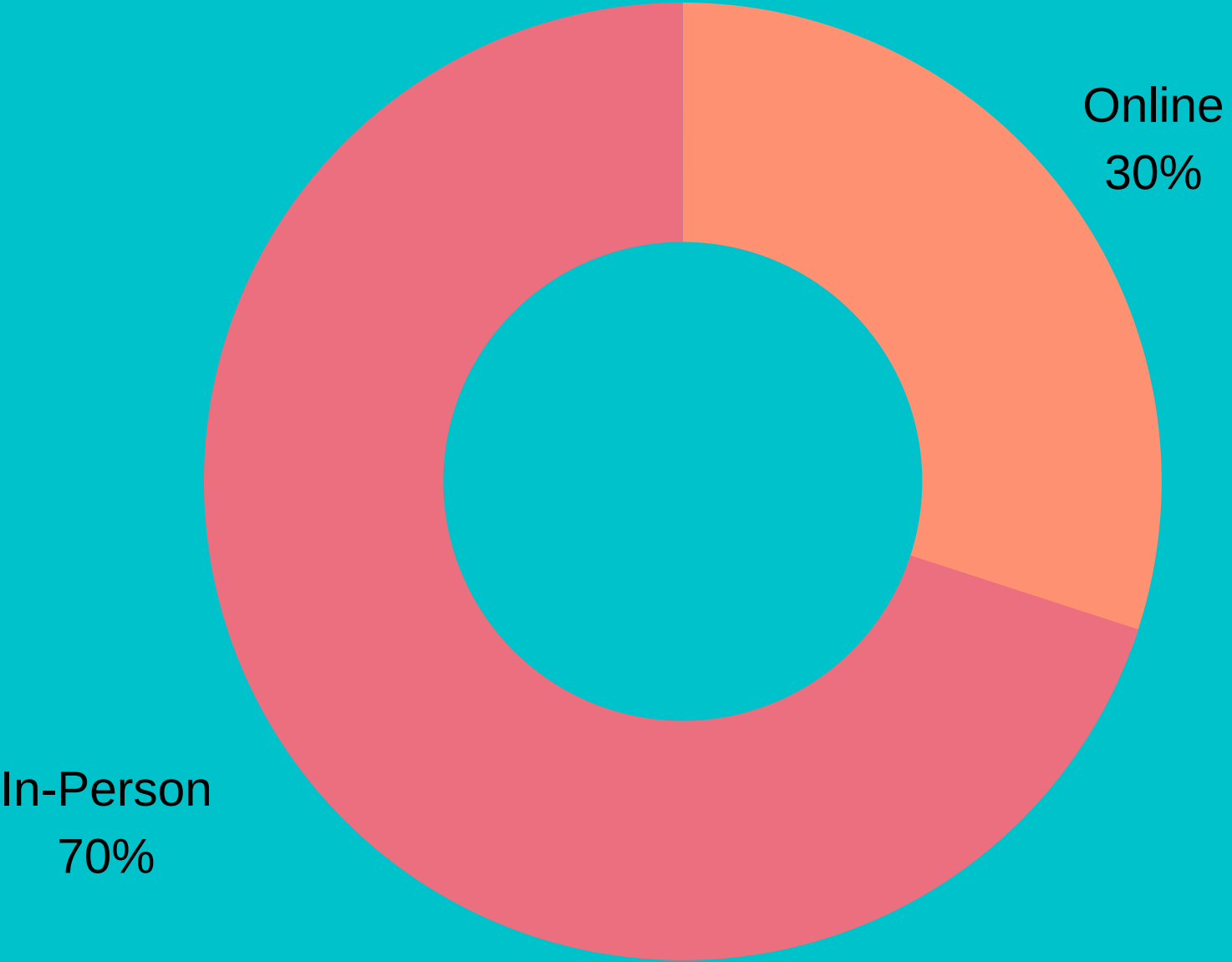
What are you looking forward to the most once this is all over?



What was something you were looking forward to that you couldn't experience because of social distancing?

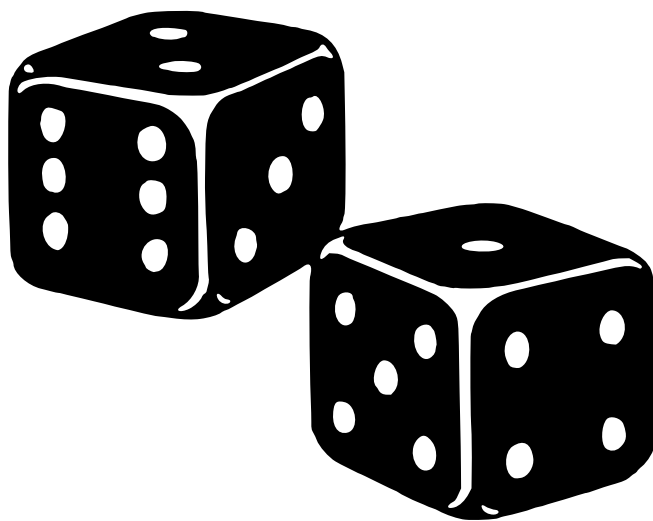


Do you prefer online or in-person school/work?





GAMES & ENTERTAINMENT

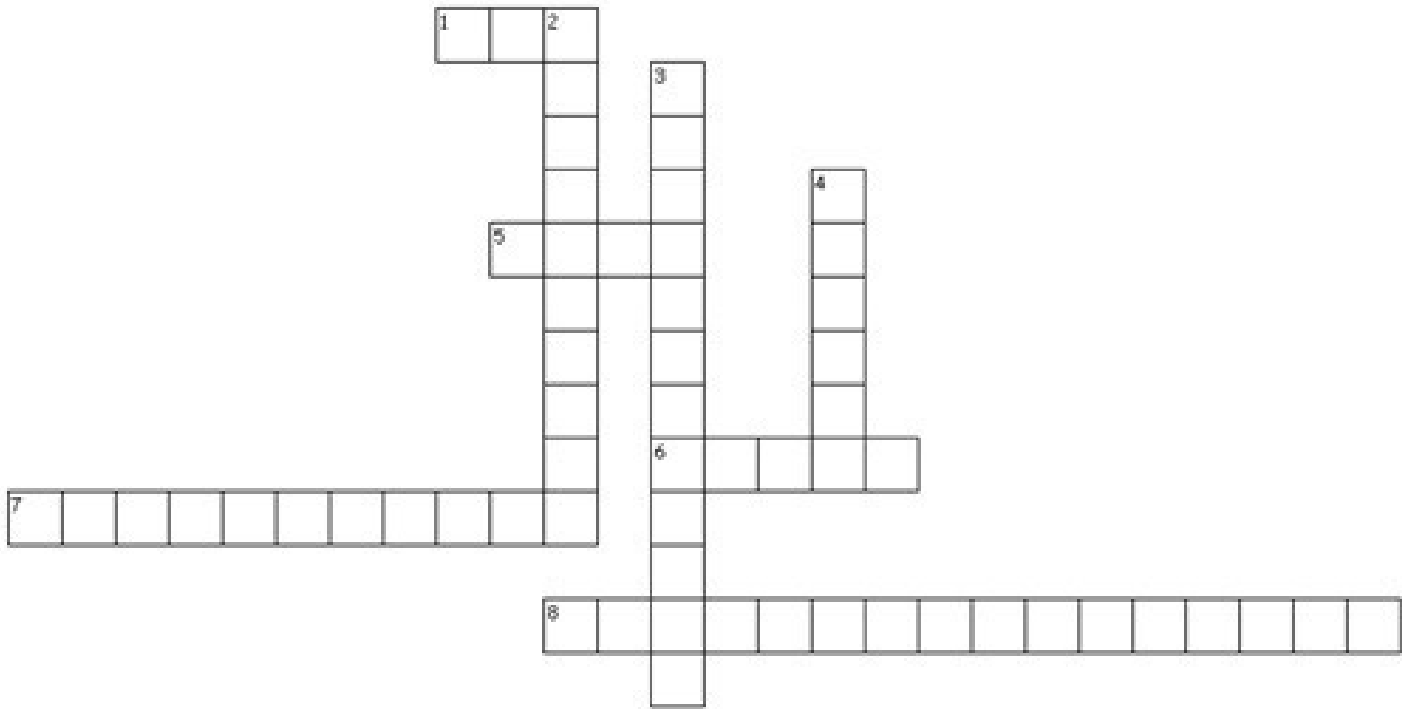


Quarantine Wordsearch

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PHFGXCXGASJWHGZ
WCLOROXWIPESTUF
YNRBEVDOBISKSAM

**BORED, CLOROX WIPES, CORONAVIRUS, HAND
SANITIZER, MASKS ONLINE SCHOOL,
QUARANTINE STAY HOME, TOILETPAPER**

COVID-19 CROSSWORD



ACROSS

1. National public health institute of the US
5. _____ your hands for at least 30 seconds
6. One of the symptoms of Covid-19
7. A disease caused by coronavirus called SARS-CoV-2
8. Limiting face-to-face contact to avoid the spread of a disease

DOWN

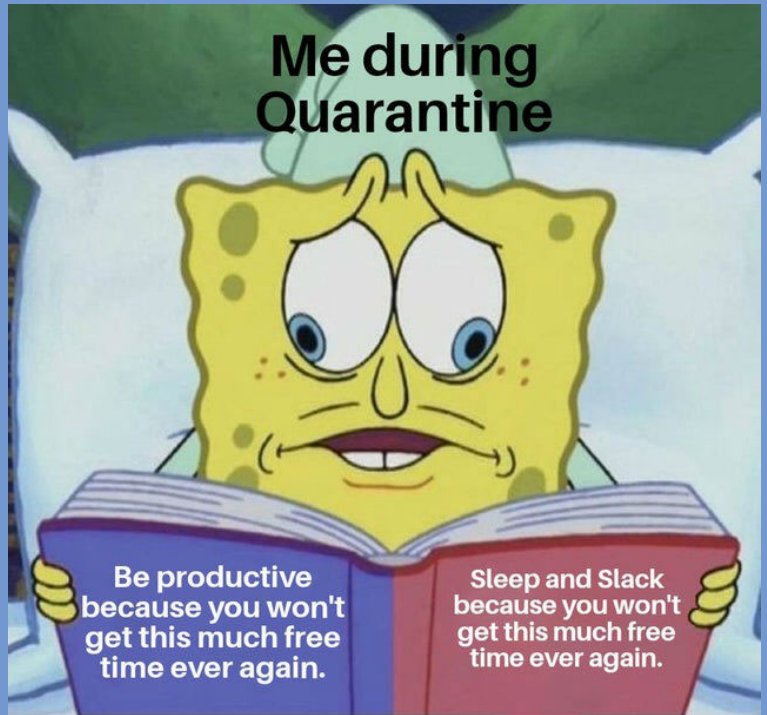
2. Spreading from one person to another
3. The director of the National Institute of Allergy and Infectious Diseases
4. Students had to switch to _____ school

QUARANTINE MEMES

When you find out your normal daily lifestyle is called "quarantine"



Me during Quarantine



Mombie Needs Coffee by Heather McCain added a new photo.
March 22 at 8:17 PM · 🌐

Me teaching my kids the only thing I remember from elementary school

@mombieneedscoffee



laughing at people fighting over toilet paper



realizing you're out of toilet paper



👍👍👍 137

23 Comments · 502 Shares

Mural Scavenger Hunt



146 Regent St



**South of the 222 S.
Main Street Building,
Salt Lake City**



250 S. 400 W. Salt Lake City



741 Kilby Court

Murals at The Gateway

