



THE CORONICLES

A Collection of Canadian Stories During COVID-19



The Coronicles, originating in Moncton, New Brunswick, acknowledges the unceded territory of the Wolastoqiyik (Maliseet) and Mi'kmaq peoples.



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This book
is dedicated to
the resilient people of Canada during
the COVID-19 pandemic,
and the ones who suffered from Anti-
Asian hate crimes.

JIAYU LI

Tomorrow

THIS BOOK ASPIRES TO EMPOWER, INSPIRE, AND DOCUMENT the genuine emotions of Canadians during the COVID-19 Pandemic.

Ever since lockdown began, I became patterned, dull, and foreseeable, like a bunch of grey middle-class houses lining up one against another; like Sisyphus pushing the stone up day by day even knowing there will be nothing to change; like the portion of myself I most hated. I feel like a grain of sand in an angry rushing river—washed away and insignificant.

Out of my house is an overwhelming number of significant historical events happening every day, but I can only stay home. Staying home to see the people of my own being assaulted, attacked, and treated like a virus. Staying home to witness the injustice to African Americans on the very land I live. Staying home like there might be no tomorrow coming. The helplessness and uselessness eat me alive every day. It is one of the most horrible ways I can think of to learn how insignificant you are to the world and history.

However, there comes one point where you realize feeling nothing is a privilege. Hundreds of thousands of people being split by injustice, hate crimes, and death, but their experiences are being washed away by history just like mine. We need to make a mark. We need to be empowered. We need to leave something that would help future generations to understand our genuine helplessness, emptiness, fear, and anger during this unique time. To record this period of new normal, I need the compiled expressive help of Canadians to document; thus comes The Coronicles projects.

I wish you can find something you can connect to in this book. Tomorrow will come, we will get through this—together.

I am grateful for all the 73 people who submitted to this collection. This book would have never come together without your stories. A special thank you to Nicole from the YMCA and Catherine from Chocolate River Publishing who provided generous help on editing, composing, and publishing. The Coronicles also received generous financial support from the YMCA Community Action Network, Canada Service Corps, and the Government of Canada

NICOLE WRY

A Changing Time

“YOUNG PEOPLE ARE OUR FUTURE” – various people over the age of 35

This collection of stories is a reflection of what the current state of our community looks like. It offers a brief snapshot into the minds of youth whose lives have been highly altered by the pandemic. Young people or “youth” are buzzwords. The world does not expect a lot from the people who fall into these categories.

I have been a token young person in many rooms. Being a young female who is a leader gets me bonus points. The more intersectionality’s others discover in me make them want me in the room even more. Their expectations are never that a young leader will actually use our perspectives to change the world. Society wants that shiny sticker that says we are youth approved.

Luckily, I have been a leader with a voice that people listen to, and I have been a leader with a voice that no one wants to acknowledge. It is not easy to be vulnerable and share your story.

I commend these young people for sharing their raw, real-life truths. Young people are changing the world – they are no longer waiting to become the future. They are making changes now, causing tiny ripples to create significant change.

Youth have taken the world by storm, shown the world that youth will not stand for injustices and inequalities. *The Coronicles* was born out of this desperation.

I fully believe that this small book will be used in 20 years to reflect on the pandemic. Students will be using it to write history

papers. Thank you to all who have submitted for the collection. This book would not have come together without you.

A special thank you to Jiayu Li, who gave birth to this idea of bringing youth together in a safe way. She has taken on a huge role in this team, and the book would not exist without her.

Part I: Literature

From all around the country, we collected Canadians most genuine pandemic stories and experiences.

EMMA HAWKESV

Nothing Could've Go Wrong

AT THE BEGINNING OF 2020, I thought it would be like any other year. I couldn't have been more wrong. When the news hit that the coronavirus was beginning to spread, I thought we would be okay. I suspected that they could just close airlines and put people in lockdown, while places that hadn't been affected would remain the same. I was told that I wouldn't have to worry about it and that it wouldn't reach here. That was true until March. When a large majority of the world decided we needed to do something, a massive lockdown began around March 13th, and it still hasn't found its end.

The 2-week break from school felt like a breath of fresh air. Even though March break had been the week before, I felt that being able to stay home would be a great opportunity to just think. About a week into quarantine, I dyed my hair blue, thinking that I would be able to show it off when we got back to school. The next day, it was announced that school would be closed indefinitely. I thought that would mean we would get another couple of weeks off. At the end of the second week, we were told we weren't going back until September. This is around when everything started going downhill for me.

At the time, I thought it was just a phase, but now I understand that it was a lot bigger than that. Around April, my sleep schedule started to become worse and worse, which in itself isn't too bad. I would stay awake until 5am and wake up at 2am. There was about a month where half the time I wouldn't even sleep and just take a nap for a couple of hours during the day, then wake up to drink excessive amounts of caffeine. This cycle is something that I'm still struggling to climb out of. All this time alone wasn't too different than my usual personal life since I've always been a major introvert. What I wasn't

expecting was being completely alone. I only have one friend. We've known each other for almost 12 years and over the past couple of years, we've started drifting apart, much to my dismay. I had no one to talk to and it took a toll on me. We only had one conversation over the 6 months we didn't have school, which only lasted a few minutes. I always felt like a burden, trying to strike up a conversation, and the more they didn't answer, the more I lost hope in having someone by my side.

To preface, I have never been diagnosed with any mental illnesses and I don't want to self-diagnose and tell people I actually have something I don't even know I have, but I can tell that my mental health as a whole has gotten worse. Whatever motivation I had vanished; the small amount of confidence I ever had also vanished into oblivion and overall, I was at an all-time low. I wouldn't eat most days because I couldn't find the motivation to get out of bed, which began to worry my parents. I never confided in them because in the past I had been told, usually by my dad, to "just move on" and "you need to stop feeling like that".

Quarantine had many lows, but there were a couple of good moments too. Right before school began, my family and I went on a trip, which we usually did every year. We weren't able to go where we usually did, but it was a good way to end the summer. We've had the same "quarantine bubble" since around July, which basically just meant that the family members that we would have over followed all the rules and quarantined for the appropriate amount of time before we would see them. I had to begin to prepare myself to go into buildings again. When the quarantine started in March, I didn't go into a store until the end of July, therefore I hadn't had a chance to wear a mask. I would go get the mail sometimes or go for drives to get a change of scenery, but it really opened my eyes to see that I don't cope too well with big lifestyle changes, especially when it comes to being unwillingly confined to an environment, sometimes for weeks at a time. It forced me to discover how much I actually preferred being alone as opposed to always assuming I would rather live with no one around me and never leaving. In all honesty, in the moments where I was lowest, I was very unaware of how different the year had panned out for my life. Until this year, I always thought that my life was pretty

boring. It made me realize that I would do a lot during the year that I miss now that I can't do it, like visiting my family during the summer. I definitely used to take things in my life for granted and overall, I feel like quarantine changed me, both positively and negatively.

MADISON MURPHY

Challenges

THEY SAY LIFE THROWS CHALLENGES YOUR WAY EVERY CHANCE IT GETS, that it's a never-ending cycle of new obstacles for us to overcome. And as you may know, in the year 2020, society was collectively thrown a challenge that would go down into history books for our children to look back on. For some, the pandemic has brought loss and grief, and for others, a whole new meaning of living would be discovered. As for me, I've truly learned how short life can be, and of course, how to entertain myself when stuck in the house for 3 months due to an international lockdown.

I'm sure anyone who has lived through the COVID-19 pandemic could tell you exactly when and where they were when they first heard about the virus. For me, it was my 16th birthday. I vividly remember life being completely normal one minute, celebrating with my closest friends, and the next, hugging them goodbye, telling them I would see them at school the next day. Well, little did I, or anyone, know that it would be our last time seeing each other for a terribly long time.

Initially, when we were thrown headfirst into the pandemic, we all expected to stay home for two weeks, wait for the virus to pass, and go on with our life as we had previously. As frivolous as it may seem, many of us were excited about this so-called "break" at the time. Besides, what kid wouldn't want two weeks off school in the middle of the year to simply relax and sleep in? I only wish I had known what was in store, how long it would be, and how much anguish would be felt by the world in the coming months.

Something that frequently crosses my mind, as I'm sure it does the minds of many others lucky enough to survive these trying times, is what I would have done differently in the months and weeks

approaching the lockdown. Of course, it was impossible to know at the time what was about to happen. Personally, this pandemic has taught me many things that I will take with me throughout my life. Believe it or not, how to properly disinfect a surface or how to wear a mask to offer the most protection didn't quite make the top ten. Above all, I've learned just how precious life really is, and my biggest regret is not having realized this sooner.

All that being said, you might be wondering what I would have done if I could go back in time and relive those weeks before the pandemic began, and no, I would not have tried to stop the virus from ever spreading. If I could do it all over again, I would have simply done one thing differently. I would have held those that I love closer, hugged them tighter, and spent more time with them.

Unfortunately, in life, it is only once something is taken away from us that we realize how much we need it. The advice I would give to anyone, and what everyone will learn sooner or later, is to never take the time you have with those you hold dearest for granted. For as the COVID-19 pandemic has taught us, the world can turn upside down in a mere instant, and in the end, it won't matter what mark you got on your exam, what kind of clothes you wore, or how popular you were in school. At the end of the line, it is the connections you have with the people you love most that make life worth living.

MARISSA OSTRIDGE

How Is It Fair?

A HEADACHE, A RUNNY NOSE, A COUGH: these are all symptoms of something known as the common cold. We live with it for most of the year. Whether it be yourself or someone you know with these symptoms, the world goes on as normal. Until now.

A headache, a runny nose, a chronic cough: these are also symptoms of a deadly virus known as the coronavirus or COVID-19. What was once normal now poses a deadly threat to all of humanity — except to those who are immune. Everything in this world is now deadly. Yes, that includes a teddy bear, because something as simple as one breathing on it could kill another.

Many in the world choose to ignore the virus, saying that it is not a problem, or it doesn't exist, or that the government is trying to control us. However, even those who take it seriously do not truly realize the dangers of this pandemic. They are aware that it is killing hundreds of thousands, but what their minds aren't registering is that their lives are at risk.

We remove our masks in the presence of our closest friends, but who are they letting down their masks to? When people don't use hand sanitizer or remove their masks to talk, they are putting their lives and the lives of those around them in danger. People are dying, but we don't react until someone we know has caught this plague. I don't think people realize how serious the threat to our lives truly is.

I am so scared of this pandemic because almost my entire family falls under the high-risk category. I have never lost someone with whom I have strong connections. The thought of that terrifies me, because I am highly emotional and extraordinarily empathetic. I don't

like being terrified, and what makes it even worse is that there is not a single member of my family besides my parents who lives in the city — the limits of our travels. So, if anyone in my family gets sick there is a much higher chance that they will die, and I won't ever get to see them face-to-face or hug them ever again.

How can we expect to live our lives normally knowing that the last time we see our loved ones may be the last time we ever see them? For me, I have to avoid thinking about how deadly this is, because I know if I do I'm going to cry — like I am right now — and I just can't handle crying for months on end. Right there. I have to not think about how deadly this is. Is that why some people don't take this pandemic as seriously? I know that there are others who don't even believe in the pandemic, but are there some who think like me? Perhaps I could be more cautious at times, but when push comes to shove, I don't take this as a laughing matter.

You know, it's not just my family who is high risk. I have asthma, so there is an even higher chance of me dying than the average teen. My lungs would fill up with fluid, and I would choke to death. Do know how often I think about that? How is a 16-year-old supposed to live her life knowing that it may end soon? It turns out I have seasonal allergies and I just caught a cold. That means that I have been tested for COVID twice. I have now faced my worst fear twice.

I go to school almost every day, and see teenagers wearing their masks below their noses. I spend hours of my day in so many different places that so many different people could have been in. What if those people don't care about the virus and fail to take precautions? What if those people are asymptomatic? That means that those people are walking around not caring about the threat to not just their own lives, but the lives of everyone around them, spreading the virus out like the rain pours down, without even realizing it.

Headaches, a runny and stuffed up nose, and a cough: my asthmatic lungs are filled with even more mucus than normal. Despite getting tested just a short while ago, there is a constant little voice in my head telling me that every time I cough or sneeze, I could very well be facing my death. How is it fair for a 16-year-old girl to be living like this?

ROSIE PELLERIN

COVID-19: The Impact

IN EARLY 2020, SHORTLY AFTER THE CELEBRATION OF NEW YEARS, the world was struck by a sudden unpredictable occurrence: the threat of a worldwide pandemic had been brought to light. People all over the world went into a panic, going to ridiculous and utterly chaotic extremes to prepare for the worst. They began hoarding, withdrawing from public spaces, and going through bouts of excessive sanitizing. Face masks suddenly became the new fashion craze, and arguments, theories, and the overall fear-induced conversation began to spread across the Internet like wildfire.

Around a month into government-imposed quarantine, which had shut down nearly all schools, workplaces and social venues, things began to calm down. However, the effect of the pandemic still spreads fear throughout the world today, especially as the death toll continues to rise. For some, however, the virus has been somewhat of a blessing; quarantine has been mostly helpful to many of those, like me, with mental health issues, because it has given us a major break from the stressors of everyday life.

Just before the virus panic began and our schools were still opened, I was in an absolutely devastating mental state. I had recently lost not just one, but both of my best and only friends due to undesirable circumstances, which had greatly pained us all emotionally. I found myself in a bout of major depression, plagued by severe brain fog that prevented me from focusing on my schoolwork and properly processing information, which significantly lowered my grades. Not only that, but I was also struggling with many other issues, such as an eating disorder, anxiety, and unfavourable outside factors. I was having a ton of trouble even getting to school each day. It felt as if my life was falling apart, and despite my history of getting

near-perfect grades while barely needing to try, I was on the cusp of failing all of my classes. Along with the stress of these circumstances, my perfectionism only made it worse; I felt as if my depression was trapping me and that failure was inevitable.

Shortly after however, the virus hit, and when our schools closed, I was freed. We were exempt from our classes and given “credits” without grades, so I no longer had to worry about failing. I no longer had to force myself to go to school, and I finally had time to focus on my mental health. My issues went deep, however, and it took me a long time to get where I am today (I’m still struggling a lot, though I am far better). Overall, though, I believe that I would have been far, far worse off if the virus hadn’t hit. I’ve never found myself stressing over the virus itself; as a teenager, I’m in a far safer position than most, and we in New Brunswick have among the least cases in the world. In addition, the chances of death due to the virus are very low, so I don’t believe I have much to worry about.

All in all, the virus has had a significant negative effect on the world, but it has also had many positive outcomes: people are generally a lot more cautious about hygiene, better informed, and the countermeasures we’ve taken are preventing the spread of many other diseases. As a society, we have learned a lot from this experience, and I believe that it will be carried on to many future generations.

ALISAR ALOMAYAN

Positive and Negative

AFTER THE SPANISH FLU IN 1918, not many of us could imagine that something similar could hit the world so much. 2019 was not a very joyful present for everybody. Covid-19 was a new word that shook the planet.

When I first heard about COVID-19, I couldn't believe it. I thought it was fake news, but when I found out on TV how many people were suffering and dying from it, I felt like I was living on a different planet that was full of fear and sadness. Covid-19 changed my life dramatically. One of them is getting used to staying at home for days. Never in my 16 years of life have I had to stay at home all the time. It was frustrating and boring that I couldn't do simple things like go out with my friends, things that were our daily routine and that became extremely valuable during the pandemic. Another annoying consequence of Covid-19 is that we have to wear a mask all the time. It doesn't let you fully breathe, and it's just not comfortable when something constantly is covering the face.

COVID-19 also changed my life in a positive way. For example, I get enough sleep, spend more time with my family, enjoy the beauty of nature, and I've found out who I am. I have been analyzing my life, my goals, my weaknesses, and now when I am 16, I have to think about my future, so I had enough time during lockdown to realize what I want to be and what steps I should do to achieve my goals.

COVID-19 taught people to value their health, life, relatives, friends, and parents - things that before we took for granted. Coronavirus taught people to value each day, each hour, and each minute of life.

CHRIS MUHIGI

Ever since March Break

MARCH BREAK HAD FINALLY STARTED. Thousands of kids around North America were so grateful to have a break from school, thinking they would eventually come back to the place with which many have a love-hate relationship. Unfortunately, we all did not know that would be the last time the seniors walked into the castle of the Moncton High Purple Knights.

The school year was on the verge of coming to an end with the coronavirus spreading at an abnormal rate. When finding out the news that the school year was being delayed until further notice, I felt so lucky to the point where you'd think I should have bought lottery tickets.

I grew up wishing there was no school, and it was astonishing that my dream became a reality. Over time, Moncton had moved into lockdown forcing all families to stay inside for everyone's safety.

Going into lockdown created a lot of stress, as we could not tell what was to come in the future, or whether we would ever see our peers again. Isolation affected my mental health, causing stress, loneliness, and predominantly the fear of catching this deadly virus.

It was scary watching news stories all over the television reminding us daily how the virus was taking the lives of innocent people.

The pandemic struck a big impact on my life, as my way of living changed drastically for months. Not being able to see the faces I normally would each day affected my mental health much more than I thought it would. However, I finally had time to myself to do whatever I truly desired, from working on myself for the better to learning new

hobbies as well as wasting plenty of time. Overall, it seemed like I was in control and that really built my independence.

Life is wonderful and I should be grateful for what I have. Over 20,000 lives have been lost to the pandemic in Canada, which has made me re-think my priorities and remember how great life is. It has been a reminder to appreciate every aspect life has to offer. With so many deaths each day, I am grateful for my family and friends, even if it means video calls and text messages. I am grateful for my health. This pandemic has made me re-evaluate my life, assess my priorities, and has served as a reminder that even the small things in this precious life should be appreciated.

CAMILLA VASCONCELOS

A Lesson from the Pandemic

“Come on, hurry! Get this toilet paper!” This was the beginning of the unknown,

Of a pandemic that would soon vastly grow.

Schools shut down; everything underwent a lockdown.

And who would’ve thought that I would somehow like it?

A new routine was created, Learning from home was awaited.

Challenges surged; fear emerged.

Cases rose, people died,

And the invisible enemy came disguised, Taking us all by surprise.

Going out with friends is now gone, It is takeout only and move on.

We are home all the time,

And managing my time has gone surprisingly fine.

“Is that the dawn of the new normal?”

Look at the bright side:

Families in the same household seeing each other again, Freed from the chain of the busy life in their brains. Look around, look! People spending time with loved ones, People walking on the streets and not on machines! People calling and not texting,

People reflecting and reconnecting!

Look at all this incredible time we have gained!

Time to think, to ponder, and time to contemplate. Time to understand that we need to repent.

Summer came along and brought much free time.

Little did I know, this next experience would be divine.

I started reading the Bible, and I was redefined. Now, I'm going to tell you what I learned, What to me, this pandemic has confirmed.

Prior to 2020, the world ran in circles, like a horse without a bridle.

But God's Mighty Hand ordered the world to stop, and that was vital.

His strength once again revealed, and so many people were miraculously healed.

We are nothing, we are like a drop in a bucket, regarded as dust on the scales. But sitting enthroned above the circle of the earth, Jesus prevails, And the people of the earth are like grasshoppers with its wails.

The message is clear. The end is near.

Repent people while you can,

Seek the Lord while He may be found.

"Whoever has ears, let them hear." Luke 8:8

Disclaimer from author: the part where it says "and the people of the earth are like grasshoppers with its wails" is there just to show how the world is sinning so much without repentance, that when punishment comes, all they do is wail, instead of recognizing the sovereignty of God and turning away from their wicked ways. This section is not about the loss and grieve of the people who lost loved ones, for I recognize that this is a deep, undeniable sorrow, and my respect go out for them! *

ELIZABETH ARSENAULT

I Accepted the Challenge

AH YES, THE CORONAVIRUS. I still remember the moment I realized that COVID was a serious threat. When the first human case of COVID-19 broke out in Wuhan City, China, most people didn't think that it was a big deal. At first, we thought that the virus would never make its way overseas to us, that we would be fine, and that although 2020 had a rough start, things would get better. Boy, were we wrong.

The beginning of 2020 was like any normal year. Every day after lunch, I would proceed to my 4th-period class just like every other high school student. This class just so happened to be English where we often discussed the current state of the world. We talked about many subjects ranging from what we did over the weekend to abortion. We talked about everything, and when the coronavirus came along, you just know that was the theme of every single one of our discussions after.

When the topic of COVID-19 came up, I was a lot more optimistic than a lot of the other students, or maybe it was that they were more aware of what was going on. Every time we talked about COVID, I brushed off the idea that things would get too bad over here and that we might have to take a few weeks off school.

Some time passed and March break was rapidly approaching. We students were excited to get a break from our usual workload, but we didn't expect that we wouldn't be returning to school until fall.

First, it was two weeks off from school, then three, then four, and then suddenly school was completely cancelled, and then began the quarantine. You see, quarantine wasn't all that bad for us introverts.

I just carried on with my life and did what I would normally do in my free time. I drew pictures, practiced all my instruments, played video games, and I even took up some new hobbies like birdwatching.

Sometimes, it was really difficult to deal with being around my dad all the time since I used to live with my mom five nights a week. I should give you some context. See, my mom passed away during the summer of 2019 due to cancer, so along with living in a completely different environment than I was used to, I was still dealing with losing her. While being trapped inside and not being able to see my friends or talk to any counsellors, my mental health wasn't flourishing.

When summer came along, things were looking up for me. The Atlantic bubble was open, and my family and I had decided that it would be a wonderful idea to stay with them in P.E.I for a while. Of course, I jumped at this opportunity since I only really got to see my family during the holidays. I packed my bags and headed over to the island where I would spend most of my summer living with my aunt and little cousin. My entire family lives in P.E.I., so I had many options for housing. I spent some time with my grandmother and three of my aunts. My Aunt Angie works with downtown Summerside and commissioned me to do a mural for her right downtown. At first, I had no idea what to paint.

First of all, everyone walking or driving by would see it and second, this was the biggest canvas I had ever worked on. However, I accepted the challenge and chose something very near and dear to my heart to paint for everyone to see. I sketched out some designs and ended up settling on a colourful Beatles yellow-submarine-inspired scene. It was perfect for Summerside and it was so colourful! I couldn't wait to start painting! A few weeks passed, the mural was finished, and it was almost time for me to return home. I was very proud of the work I had done that summer and left the island feeling confident.

The beginning of the school year was odd, to say the least. It was confusing and hard to get used to. After a few weeks, everything seemed to calm down, and I was getting used to this online school stuff. I was also presented with some amazing opportunities! Extracurricular activities were starting up again and that meant that last year's musical was going to be put on after all. I was so excited to

be playing the bass for the musical, and I thoroughly enjoyed being a member of the band; however, I was asked to fill the spot of one of the leads in the show.

To say that I was shocked would be an understatement. I genuinely did not know what to do. Liz.exe has stopped working. But seriously, do I decline the offer and stay in the band or, do I step out of my comfort zone and rise to the occasion? Well since I enjoy making life challenging for myself, I accepted the opportunity and began practicing my lines for the big show. Oh! Did I mention that I was also asked to create the poster for the musical? No? Well, that also happened. I mean, 2020 seemed to be my year of opportunity, that is until Christmas came around and we went into the orange phase. Extracurricular activities were all cancelled and at this point in time, the Atlantic bubble was closed, which was bad news for me. This meant that I had temporarily lost my big role in the musical. More importantly, I wouldn't be able to spend Christmas with my family. The holidays weren't fun at all. I missed my family a lot and Christmas just wasn't the same.

I guess that what I'm trying to convey here is that COVID-19 really sucks, but it taught me the importance of family. I never spent that much time with my family, but through these tough times, I realized how much I can rely on them and that they will always be there for me when I need them. I have also grown a lot as an individual in the past year, and I now realize that change is inevitable. Things aren't always going to go your way and you need to be able to adapt and handle whatever life throws at you, but when things get tough, don't ever be afraid to reach out and ask someone for help.

KAIA BOURGEOIS

Volatile Times

THE UNEXPECTED VIRUS OF COVID-19 has taken its toll on our world. The greater part of the nation has gravely suffered from this pandemic. Our lifestyles needed to drastically change to keep it from spreading by self-isolating; however, this caused us a couple of difficulties. It caused our population's physical and psychological wellness to be imperilled. Many individuals had lost their employment and the economy suffered. This whole event came as an entire shock to our reality.

Personally, I have experienced some adverse effects from this pandemic. I was restricted from visiting my father. As the pandemic progresses and prolongs, we still cannot predict when it will be safe for me to visit him. The lack of visitation has strained my relationship with my father and his side of the family. My grandparents are limited in their access to technology, so we speak on special occasions.

Another negative impact of the virus was cancelling our first family Christmas trip. This vacation had been reserved prior to covid-19. My mother, my brother, my grandmother, and I were planning on going to Paradise Island located in the Bahamas. I had hoped to go snorkeling and to visit Atlantis. I wanted to experience the infamous Shark Tank water slide. As disappointing as it was to miss my vacation trip, the restriction fluctuations in Zone 1 in New Brunswick also impacted the sport I practice. I have been figure skating for the past 8 years of my life, which means that this was a routine for me every winter. This season has been very different because whenever we would enter "Orange Zone", my season practices would be cancelled, and this happened repeatedly.

This year our education system was greatly impacted; several

changes had to be made to adapt to our new lifestyle. Half of our learning was done from home by logging in online. This new way of learning benefited me since I am more of an independent learner. I was able to progress on my own time and how I wanted. By accomplishing this, I have noticed that my marks have increased overwhelmingly.

The pandemic has changed people's lives radically. Many lives have been lost and others have become gravely ill. My family and I are fortunate to not have come in contact with the virus. Even though my life has been negatively impacted by this pandemic, I am grateful that the inconveniences were minimal. I am hopeful that this event will resolve itself eventually and we will be able to enjoy life as it was before.

MEADOW LAFOREST

The Pandemics Effect on Me

I'M NOT SURE IF THIS IS REALLY WHAT YOU WERE EXPECTING but I have decided that this will not be a sad, depressing, story about how the pandemic has completely wreaked havoc on my life. Although that is exactly what it has done, I choose to deal with my problems by using jokes because... why not? I have been trying to write this for 4 hours and I only have 73 words down... Oopsies. Anyway, the pandemic has changed my life in many ways because it has changed my perspective on life. I have learned who my real friends are, and I have also learned how to procrastinate with style.

To begin, I would like to start with a little story. A few months ago, my mother was on my case to go outside more, so I went for a walk. She then proceeded to drive around the neighbourhood to make sure that I wasn't going to hang out with people because, well, we are in a global pandemic. I wasn't even doing anything wrong, but when I saw her, I was terrified.

You know that feeling when you have to cough in public but you hold it in because people will look at you like you just robbed a bank, kicked a puppy and burned down a school? Well, that's what it felt like seeing my mother driving around the corner. I wasn't doing anything wrong, but it felt like I had broken about half a dozen laws. It was at that moment that I realized that instead of becoming an engineer, I would rather find a cure for COVID-19 because I want to get the heck out of this pandemic.

Also, before the pandemic, I had like 10 friends and now I have 3. HUH? I really hate to compare my friends to toilet paper but that's exactly what I am gonna do. Do you remember when toilet paper

basically went extinct for a little while? A couple of years ago, you were cool if you had AirPods, and then when the pandemic started, you were cool if you had toilet paper and hand sanitizer. We cherished and basically worshipped it at one point.

That's a bit of how I feel towards my current friends. They're the OG's y'know? I'm almost 100% positive that no other people could put up with my energetic, goofy, looking self. They know how dumb I am, and they still choose to be seen with me in public. Many friends have left during the pandemic but because of this, I have learned how important the friends I have are. I don't have much in my life but at the same time, I have a lot as long as I have them.

Finally, I have learned that what I expected an apocalypse to be like is not at all what it is actually like. I dreamt of anarchy and zombies, but what we got resulted in home offices and toilet paper extinction. Ah yes, the home offices. My bedroom got taken over by my step-dad so that he could work from home. Don't get me wrong, reducing the spread of COVID-19 is pretty neat, but it also means that school is not the same.

Not only is it a learning curve for the teachers and students, but it also isn't the same when we are in the building. The atmosphere isn't as exciting anymore. We no longer have a connect block, only four kids can sit at a cafeteria table, and group projects are very rare. School used to be a place where I would go to be with my friends and catch a break from my home life, but because of the pandemic, the excitement is gone and going to school has just become a depressing routine that I dread. I would rather stay home and listen to Donald Trump talk about injecting people with disinfectant, to be honest.

In conclusion, jokes aside, the pandemic has affected me in many ways, and it has also taught me a lot. I'm grateful that I have been given the opportunity to learn these things; however, I do wish that the circumstances could have been different. This has been a really difficult time for everyone around the world, but I know that we will all get through it. The pandemic is changing the way many of us live our lives, but these changes are important as it is keeping us and the people around us safe. If staying home saves lives, then that's what we should do. I think we all need to remember that, and we'll be okay.

REICHEN GALAITES

Isolation

LOCKDOWN WAS SOMETHING A LOT OF STUDENTS, including myself, looked forward to. I saw it as an opportunity to escape the never-ending stress and burden given by the school, but I never anticipated how all of it could go wrong.

The first week of the lockdown was a fun and exciting adventure waiting ahead for us. To know that we had no responsibility and no school work holding us back in life made it that much better. But, just like most things in life, when we are given something more than we asked for, we begin to grow dissatisfied.

A few weeks suddenly turned into several months. Each day became repetitive. I slowly became weary and tired of my usual daily activities, lost, and mindlessly wandering without any purpose.

After months of isolation, confined within the walls of my own home, close friends slowly turned into acquaintances. The lockdown, which we thought of as an early extended vacation, slowly became a time of growth and reflection. It made me want to experience new things and make the most out of my time, which allowed me to become a better version of myself. It also opened my eyes to see and be grateful that I live a blessed and comfortable life, as not a lot of people are as lucky, especially with the sudden hit of the pandemic in our country. We take things for granted every day, and we never really know the value they hold in our lives until they are truly gone.

SPENCER DAVIDSON

The Good Side of COVID-19

IT'S KIND OF FUNNY how a global pandemic can actually bring more advantages than disadvantages. Don't get me wrong. I would've rather not had the pandemic, because millions have suffered all around the world, but for me, the pandemic life was pretty fun. Most of it, anyway.

Most of the pandemic has actually been fun for me. We got almost 6 months off of school. That's insane. The last time I had a break like that was before school even started. It was awesome to have a break that long. I was pretty stressed out about work before school got cancelled, so having no work to do for a while was great. It was a very well-appreciated break. I'm sure the teachers enjoyed the break too. I spent the first 2 months doing nothing, and it was nice.

One of my main hobbies is gaming (I'm sure you can see where this is going), so having all of this time off to play games was great. I had so many games I wanted to finish playing through, but I just never had the time. I got through most of them, which was pretty awesome. I also played online with friends a lot (more on that later). It also gave me time to buy new games and play through those too. Gaming during the pandemic just felt different. Normally when I'm gaming, there's always school work I should be doing. No matter what, there is always a new assignment, which is fine. It's just that when I'm playing there's always this voice in the back of my head telling me I should be working. During the pandemic, that was gone. I just felt carefree, like I had endless time.

The only negative impact the pandemic really had on me was that I couldn't hang out with friends for the first while. I'm sure it didn't affect me as much as it did others. Like I said previously, I play

online with friends frequently. So, during the pandemic, we were playing together more frequently, so not being able to hang out in person wasn't that much of a big deal. It still sucked, but it wasn't too bad. We would all go on big group voice calls and all play together and it was really fun. However, there are also a lot of friends that I have at school that I don't really talk or play with online, so not being able to see them really sucked.

I also love the blended learning from home, as I can work much faster at home than I can at school. Sometimes it's hard to motivate myself to do the work, but once I start doing it, I get it done very quickly. But I can't say I'm a fan of the whole check-in thing they've got going on now. It just puts a dent in my off days. When I start working on schoolwork or gaming, I tend to just forget about everything else, so it's highly probable that I will miss Team's meetings. Sometimes, I simply forget about them because I'm doing work. If I remember to do them, I will, but it's remembering to do them that's the problem.

The pandemic has gotten more worrisome recently. For the most part, we barely had any cases for most of the pandemic. But recently, there's been a significant rise in cases, which is calming down now, but it is still worrying (for me anyway). For a while, it didn't seem like a pandemic here, at least not when you compare us to everywhere else. But I hope people here are now realizing just how dangerous this virus is, and maybe now people will be more cautious about COVID from here on out.

GLENYZE ARZA PIELLE MIRANDA

Stole Away from me

I WAS A 10TH GRADE STUDENT back then and was very excited for my upcoming cotillion and completion day. Ever since I was young, when thinking about it, I always get my blood pumping. The thought of dressing up with your ideal gown, shoes and accessories to feel like a princess for a night and your most awaited completion day that symbolizes all 4 years of hard work had finally paid off at once, marching onto the stage to finally grab that diploma and wear those medals that represents days and nights of studying, preparing for exams and running into countless failures.

After all those years of hard work, I am one step away from the finish line, but when I got there, the red ribbon had disappeared which would have symbolized my victory. Did it really disappear? Or someone stole it from me?

The pandemic had stolen it, not just from me but from a lot of people. Stolen chances of making good and best memories. Stole our lives.

I miss normalcy. I miss seeing people's smiling faces. Not just family, but strangers in the street. I miss those connections. I miss waking up at 6 am to go to school. I miss hugging my friends, flying to town to see my cousins, and travelling with my father. I miss life the way it was. I'm angry for all that I miss. My mental health is in the toilet. There isn't a single part of me unscathed by this pandemic.

Going out with friends, studying and participating in a lot of activities distracted me from all of my worries. It was my escape from home, from troubles and from problems. But because of the pandemic, it made me face all of my problems, and made me stronger. It made appreciate simple things such as hanging out with my friends

and going to the church with my family, we took advantage of these simple moments because we didn't know one day it'll be gone like bubbles in the wind.

It made me see my family, how important they are when no one else was there for me. Pandemic made me, us rather, realize a lot of things, the important details of life and how lucky we are for the bare minimums.

Learning from home is a lot different from learning at school. Sometimes it feels like you're not learning anymore but just passing requirements. Luckily, we have our teachers to guide us and make sure that we can keep up with the lessons. Socializing is a major part of school learning, we learn how to connect and be confident in front of a crowd, but unfortunately, we can't do that with home learning, that's the disadvantage, but despite of all the disadvantages, we students and teachers tried our best to make this school year productive and fun.

At the end of the day, we are all just victims of this pandemic, we may all have had our own hardships but there are those who we can rely on and trust, those who are willing to help overcome the obstacles that we encounter on a daily basis. But I believe, despite everything that has been going on, I have faith in humanity, in what we are able to do and in what we can achieve through our resiliency.

ANONYMOUS

How Has Your Life Changed Due to the Pandemic?

MY LIFE HAD COMPLETELY CHANGED since the pandemic started, I think everything started to happen so fast that I didn't even realize it. My mom always told me "you start the pandemic with recent surgery in your knee, barely walking and with crutches; and now, you not only have new leg", that's how she call it but it was only a simple surgery in the knee, "After almost two years, now you are not even in your country, you are in Canada!" I think about it a lot.

Not only my life changed, I changed my way of thinking, my way of doing things, my way of seeing life, my way of seeing death. Some people left, ones forever. Other's for a time; other's came and hopefully forever. Things are different outside, nothing it's the same anymore, and maybe it would never be the same, but that's okay.

That's how life works. We cannot stay in the same place forever, even if we feel comfortable there. Life is moving, and we have to move with it. The clock doesn't stop for anyone.

I think humans like to complain about the bad things, only the bad stuff that happened in life, only the negative. Even though this year we had COVID, and most of the year we were in isolation in our houses- a lot of good things happened. We had life, babies that were born in a pandemic, people that survived the virus, some people get closer to their family, someone found love, some people find themselves.

Some fall in love with a book, some people change their life for good. The year wasn't a waste, it was different, that's it. I don't like to

say that we had good and bad year, there are only years. Not bad, and not good, only years, months, weeks, days, each one of them different to the other, each one of them full of experiences.

I realize how much I love the school and I never notice it. Complaining about waking up early, complaining about how much homework I had, how much assignments, complaining about some teachers that I didn't like. I completely miss that, I miss seeing my friends, talking with people, seeing them every day. Learning from home shows me to appreciate not only school, but also everything that's around me, appreciate all that little stuff that I never thought about a day without them, and I didn't realize that until I lost it.

ANONYMOUS

Remember Socializing?

SINCE THE BEGINNING OF THIS PANDEMIC, my life has changed. In all honesty, all our lives have changed. Some were affected more than others. Personally, my mental state dropped, and I found myself slowly becoming non-productive, sad, and just someone I did not want to become/act. Sadly, I am the type of person you would classify as very social and the type of person who needs physical affection to feel complete. Not being able to see any close friends or family in your province or in other provinces is hard.

During the lockdown in March, we were all expected to stay home to curve the spread of the virus. Although staying with your family is not all that bad, we all only have a set amount of patience with each other. Since I live in a small house with a family of six people, there really is nowhere to go to be by yourself when you need to calm down or take a break from each other. That was a major factor that affected my mental health. Not only that but not having other people's feedback or having different solutions where you need different perspectives.

During all this madness for social and outgoing people, others benefited from this pandemic; those people known as introverts and/or other types of people. They are able to stay home and not have to go out, their social battery doesn't run out as fast, and they don't have to leave the comfort zone that is their homes. Honestly, I am a little jealous of them being able to be content without having many people, but everyone is different when it comes to their own happiness.

Online school/classes are still an obstacle to get used to in my opinion. I like them for what they are, being able to ask questions when we need help, demonstrating what is on our screen to let the

teacher be able to see where we might have gone wrong, etc.

I am a visual person and a hands on person as well. The online aspect (of school) for me is a little difficult because it's easier for me in person explanation, rather than to have the teacher send a video of explaining it one way. Then feeling bad because you still don't get it and don't want to waste their time getting them to explain it another way.

Overall, Covid 19 has affected everyone all over the world. In other severe cases, it has affected others more. I have hope that when people realize that this pandemic is a real world health issue, and that wearing a mask is an easy thing to train yourself to add to your daily life, the world could become a little bit better.

We would be able to curve/get rid of this virus entirely or at least have the numbers go down drastically. For those of us who are outgoing and social people, we will just have to try different safe ways to still fill our social battery without going out of community guidelines that are put in place to keep everyone safe.

CATHERINE MINNAAR

Coronacopia

EVER SINCE THE VIRUS CAME TO TOWN, cooking has been one of my greatest joys, and well, how could it not be? There is something so wonderful about it. Your ingredients are the clay and you are the sculptor, creating something beautiful. When I was younger I had not the experience nor the skill to cook-well, anything. With some help, I worked my way up through burnt eggs are raw chicken to pot roasts and ratatouille. Well, of course everyone always loves to eat food, by far my favourite part of the process was the preparations.

My dad was the family chef for many years, which many people found a bit surprising- a friend's father once cycled through all the women in my family, stopping to ask each time if *they* were the one who cooked for me. Unfortunately as someone who appreciates a wide culinary range, my dad is an Afrikaaner and only made one thing: meat.

Every day and every night it was meat. I barely ate a vegetable or had anything other than what was a 'traditional food'- which usually included porridge. It was all so bland, and I was just about fed up. So, I taught myself how to cook the things that I wanted that my dad wouldn't make, and I haven't looked back since. By far the best thing that has happened to me because of the pandemic, is getting to cook with my mum.

My mum is, and always has been a hard worker. When I was young, she used to work a programming job from home, but as I grew up, things changed. I saw her less and less as her work required more and more.

Sometimes I would go a whole day only seeing my mum once, in the mornings when she'd drive me to school. I had never been very close to my parents before. The extent of most of our conversations were about how my day at school had been-which I consistently answered with a simple "Good" or "It was school". When the pandemic came around though, my mum got laid off, and it might've been one of the best things that happened to me.

My dad was still working so we weren't too concerned about finances. But every day, as I woke up and went downstairs, I would see my mum, and we would have time to just, talk. About anything at all. As I got more into the culinary arts, I would ask my mum to assist me, usually just with prep work - chopping onions make me sob terribly. Most of the time we would end up deep in the labours of cooking, watching pots bubble, deciphering recipes, dodging and weaving around each other in the kitchen, attempting to determine if something was just right or it needed more salt (it *always* needed more salt).

I loved cooking with my mum, but what I loved the most was the waiting. Because in the waiting, my mum would teach me words in her language. We would scroll through texts from relatives, or the Afrikaans version of my favourite cookbook, and I would be incredulous at how *that* spelling resulted in *those* sounds.

I would just point to an object or ask how to say something, and she would teach me words and phrases- usually just random things, never anything I would use in day-to-day life. Almost every quiet moment was filled with my questions and my joy at learning. Even though I would always forget what I learned just an hour later- I would always have my infinitely wise mother to ask, or to translate for me again.

I got to know my mum not only as a parent, but as a person. We had real conversations, not just meaningless small talk. We would always save each other the last piece of cake, or the last bit of curry, knowing the other would like to have it the most. I will always keep within me my love of cooking, and now, thanks to the virus, I will always carry the love of my mum too.

DAVID OH

Stripped

AFTER I HAD A SMALL LAUGH OF SAYING I TOLD YOU SO as quarantine began as I prophesied, my laughter shimmered away, greeting the dawn as my eyes became enslaved by the rising death tolls. Corona affected me in a different way. Corona made me mature. It made me grow. At first, I let the jokes slide, “oh, I wish someone in our school would get Corona,” “I wish I can get Corona so that I can miss the exam,” and I even shared a hearty laugh every so often. They were “jokes,” after all.

They were nothing more than a string of words structured to imply a humorous meaning. In the midst of that, ironically, in history class, I found it detestable how generals would sometimes treat the number of casualties as mere figures on the paper - calling them apathetic hypocrites to mankind and their positions. It took me a month or two for me to finally stare in the mirror and recognize myself in them.

Corona made me mature; it stripped me of the naivety and puerile mindset; it picked up a bucket of icy cold water and chucked it at my placidly sleeping figure - rudely waking me. The day I realized the “number” - on the sites - were not mere “numbers” was the day my eyes opened. It affected me on a spiritual level.

I remember messaging my friend, “lol, there is a case in your school.” I do not know what I expected, but her reply shook me. My friend emptied her heart to me, telling me of the risk that her father, who recently underwent surgery, was in if he was exposed to Corona and the fear she felt. I felt like a child.

Not a teenager soon to be an adult, a child. Then I remembered

my grandfather also suffers from diabetes. And also that if I got Corona my parents could not work. And also, because of Corona, our tiny home business was losing clients and sometimes even shut down. My laughing out loud got unsent soon after.

When the numbers materialized into figures, my mask stayed on, not because of myself but because of my loved ones. The heart-wrenching sorrow I experienced as my grandparents, currently in Vancouver, could not visit me, and had to return to South Korea, with tears in their eyes, made me mature. But then it got even worse. Statistics started coming up. Stories were published.

The internet illuminated sorrow all across the globe. When I heard the stories of loved ones dying, unable to stand beside them as they die, when I read that the rates of suicides were rising, when I read that tears and blood were being split, my life changed. I became more mature. Those numbers were not numbers. They could be happening to my neighbour. They could be happening to my friends. They could be happening to my family, halfway across the world. The phrase statistically, I am safe as I am a healthy teenager slid off my tongue.

Honestly, life was easier when I was more ignorant. When I glanced at the charts and interpreted them as nothing but numbers, and mindlessly ignored them. Life was so much easier when I would be like, wow, fifty thousand people died here, but thirty thousand people died here. What losers. They should have been smarter. When I could laugh at the fact that my friends were quarantined after going on a trip, when I had warned them about it, and they had claimed I was overreacting. When I could complain that wearing a mask was so annoying, life was so much easier. I now live carrying a heavy anchor imposed on myself, praying for the victims, praying for the world...

Corona made me more mature and empathetic. You know what? Perhaps scarred would be a better word. That scar of mine will never fade, it will never disappear, but I will wear it with honour and with pride. I will stand because I comprehend better now, perhaps it is just a small step in a longer journey, but it nonetheless was a step. This is my coronicle.

REESE MANN

Silver Linings in My Life as a QuarantEEN

2⁰²⁰. FOR THE WORLD, it was the year of celebrity deaths, raging forest fires and oh! The global pandemic that shut the ENTIRE world down. For teenagers and me alike, it was the year of online school, getting tired of parents (the feeling was mutual), hours spent on facetime, loneliness, and BOREDOM. When given the opportunity to share my quarantine experience, I reflected on the obvious negatives but was shocked and delighted to discover ways that I had gained and grown, given the circumstances.

Being an involved student and athlete, the cancellation of school made my calendar emptier than the shelves of toilet paper during March. With heaps and heaps of free time and nowhere to go, I was not sure how to fill my days. As the days turned into weeks and weeks blurred into months, I learned how to motivate myself to achieve my goals, without the help of teammates I had grown so accustomed to. My goal by the end of this dumpster fire was to grow; I wanted to become a kinder, stronger, and more confident version of myself.

Without organized sport and the spirit of a team I needed a workout partner. Considering my only options were family, Dad was recruited. Each day we pushed each other to finish our workouts. My friends and I downloaded Nike Run Club, an app that allows you to track your distances on a leaderboard. As an avid distance runner and being ridiculously competitive by nature I ran everywhere.

Running allowed me to get out of the house and feel some fresh air. Furthermore, it was an escape - from uncertainty, the news, and most prominently THE BOREDOM! In the hopes of pushing myself

I joined a challenge with thousands of runners on the app. To run 100km in the month of May. This was an ambitious yet attainable goal that I accomplished and gave me a sense of pride and confidence. In life during lock down moments of joy came as a rarity. Each moment of it gave me hope that this would be over eventually.

When I began realizing the pandemic was not going away soon, I made it a priority to improve my well-being and mental health. Due to the fact that most of my life is cram-packed with activity and commitment I rarely have the time to relax. Suddenly I was hoping for days to go by quicker instead of wishing for an extra hour to watch a show or soak in the tub

. One way I expressed myself was through journaling and tracking what I am grateful for. When I began taking a mere five minutes of my day to give thought to how I was feeling, I noticed a profound change in how I viewed my life. Putting things into perspective allowed me to realize that this darkness and depression won't last forever. Now in February 2021, which is almost an entire year later from the start of the pandemic, I can say that it did get better.

Before COVID, my dad lived here as much as he did at the Sheraton in Toronto for his job. Due to airline cancellations, he has been home since the beginning of the pandemic. Having the entire family under one roof while being stuck together made us so much closer and appreciative of each other's company.

Don't be fooled, we had moments that made us want to explode. To keep busy, we had family game nights, movie nights, and watched old home videos with nostalgia. Inevitably, what brought me the most happiness throughout lockdown was getting our puppy Stella. She is the most precious, energetic, and snuggly ball of cuteness in the entire world. Looking back now, I can't imagine life without our four legged friend. With all the dreary and lonely restrictions from socializing she made it up with games of fetch, long walks, and belly rubs. As she sleeps beside my desk while I type this, I'm grateful to her for bringing light when the world was very dark.

It is no secret that quarantine has been hard on us all. Lock down took a toll on our mental and physical well-being like never before. With the power of love and family, I was able to turn an unfortunate

situation into a time of self-reflection, awareness, and growth.
Ultimately, you get out of life what you put into it.

YIZHENG MU

My Life During Quarantine

LAST YEAR IN JANUARY, the world was hit by COVID 19 and everything got into a situation where our normal life was changed; flights were cancelled, schools were closed, and people lost their jobs. As well, there were many who died of or are suffering from Covid.

It has been an awful situation and a hard time for many people. But for me, it hasn't changed too much. As a high school student, the biggest change is that now I only go to school every second day. It was really exciting at first, but then I got bored as I don't have a lot to do on the days off. I still enjoy the days at home, because I am able to do other things other than attending school.

Speaking of school, we need to put on masks and sanitize our hands upon entering the classroom, as well as our seats and desks every time we go into a classroom. During lunch, I usually sit alone and have lunch by myself, in accordance with social distancing.

I haven't been out to play soccer with my friends or to a restaurant for a long time because of Covid. Nevertheless, I had some good time at my friend's home. Visiting friends is still allowed, which is a good thing.

To conclude, I've been trying to adapt to the changes in life, and thankfully it's not very hard.

ANONYMOUS

How COVID-19 Affected Me and Others

IF YOU TOLD ME ONE YEAR AGO THAT COVID-19 WOULD HAVE AFFECTED NOT ONLY MINE BUT EVERYONE'S LIFE, I would not believe you. If I were told that I had to wear a mask everywhere I go in public; I would not believe you. If I knew that I would only be going to school every second day, I would not believe you.

Not only did COVID-19 affect our lives, but it also changed the lifestyle of how we live. The life we had a year ago was a privilege that we took for granted; looking back from now; we would do anything to go back to the mental state we have had before and retain the freedom we have had before.

Before the strike of COVID-19, I saw friends who struggled with mental health. But, after the quarantine and being alone for so long, they reached a point so low that it is now hard to overcome it. Mental health tends to block people from thinking straight and clearly. Personally speaking, mental health has not been a problem. I find myself missing the time of being with friends and wishing to socialize more than I am right now.

But we do not have the power to control what is happening right now. I have always loved being outside of my home. I loved to surround myself with many people, but this pandemic left me alone, being stuck in my head. It has made me think more negatively at times, but then sometimes being alone has helped me clear my mind.

School is also something challenging at this time. We go to

school every second day and do online school on the off days. This has been difficult not just for students but also for teachers, for them to learn a whole new technique of learning and teaching. Many students struggle with doing online school; we are expected to sit down all day and look at a computer screen, which is very challenging, especially for those who need to be interacting and socializing.

I struggle with technology and managing time at school and off time. I do not feel as if I am learning as much as possible and would much prefer being in a classroom. Besides the academic aspect of school, socializing is a massive change for me as well. Also, the constant isolation from the rest of the school is difficult, and not knowing everyone I will graduate with one day.

Sports are something that many have as hobbies, and some even have sports being a very important part of their life. Sports are the biggest concern to me with COVID-19 and have affected me in many ways: not being able to take part in a team with friendship connections like it usually does, not being able to play games, or just have a consistent season.

I went from being busy 4-5 days to have one practise for each week. I have always heard that sports release endorphins, and I truly agree with this more than ever. Sports are my way of coping and the way I would spend my time, but this entire pandemic has affected that greatly. I wish that 2021 could have been different with sports, especially because I missed out on so many opportunities, plus I am missing valuable practice time to improve my skills.

I look at my life, and I think how imaginary this all seems. Life takes unexpected turns all the time, and this is something that hopefully will come out of for the better. As well, I know that this will eventually get better. But for now, I simply adjust my lifestyle.

ANONYMOUS

Global Pandemic.

COVID-19 STARTED VERY UNEXPECTEDLY. No one expected to be stuck at home for months. During the falsehood, all of us suffered, be it a big owner of the company or an ordinary average schoolboy. But for me, COVID-19 was a real tragedy. I moved from another country during the pandemic when everything was online. Many of my friends from other countries had to leave earlier. There are many new rules and conditions that we must follow for our good. Many of the plans had to be cancelled.

The global pandemic started in March. Almost everything was closed, and there was nowhere to go. All you could do was sitting at home and enjoying time with your family. And the most offensive thing was that it all happened during my move. The first year in Canada, and because of the COVID-19, I could enjoy commonplace things. I could go out with friends or go to football games because of the new rules. Mass gathering was not allowed, which means no more games where I could meet new people. The first year in Canada is the biggest challenge for me. There are still so few opportunities to meet new people and make friends.

Before COVID-19, I talked with people from other countries who are visiting students. We spent much time together, we became awfully close. Initially, they were supposed to leave in the summer, closer to mid-June, but due to the outbreak of the pandemic, they were sent home earlier. And unfortunately, I have not had the opportunity to tell them yet, or to escort them to the airport. Of course, this is probably the saddest event when you do not have the opportunity to say goodbye to those who are so dear to you. But we keep in touch and sometimes call each other.

With the advent of COVID-19, many new rules have emerged. Of course, the rules are needed for our safety, and to quickly get out of this situation. But on the other hand, wearing a mask for eight hours every day is not the most pleasant thing on the planet. Also, although keeping a distance is the strongest rule, not all people try to observe it. For some, they get annoyed and try to simply avoid contact.

New rules at school equal distance, masks, and division into groups. Now at school, we sit in a distance, which is very unusual, and I had to get used to it. Therefore, depending on the level at which we are at now, we must wear masks either always, or take them off only when we are sitting at a desk and while eating. Also, my most disliked element is that our school is divided into groups, and most of my friends are in another group. It is impossible for me to see them. You also need to sanitize your hands before entering every single classroom. That is certainly not the biggest tragedy, but at the end of a day, my hands get really dry. But there is also a positive side, which is reduced class sizes. Teachers now have more time for each student, and more time to explain materials.

Also, there are new hockey rules. We are not allowed to use showers. Just imagine: after training, being sweaty and not having the opportunity to wash. You must wait until you are home and do everything. Also, during the game, if you are a substitute player, you must wear a mask.

In the summer, my family planned to go to Toronto, but unfortunately, we failed due to the new rules and had to spend the whole summer in New Brunswick. But again, because of the new rules, a lot of things could NOT be done in the summer.

Of course, COVID-19 is a big test for all of us, and it is not an easy test. But, COVID-19 taught us a lot, too. We now have time to be with ourselves and deal with old thoughts and feelings. It also became possible to consider our life anew, to understand what huge work teachers do. Learning online is tough, and teachers do a great job of teaching us. Also, the shopping center is not the most important thing in life. Spending more time with your family and enjoy being with each other is. COVID-19 taught us to value everything that we already have and value the house, appreciate the place to which we are chained

and find advantages even in the most difficult situations.

A few people can say that something good happened during the COVID-19. But if we look from a different angle, the pandemic has helped us realize the simplest things and consider our life.

ANONYMOUS

How COVID Impacted Me

THE PLACES THEMSELVES HAVEN'T CHANGED, —though from wearing masks to avoiding crowds—but how we can live in the workplace will be fundamentally different. Although the coronavirus may not cause damage as catastrophic to global human health as the 14th Century plague was, the latest pandemic surely changed the world.

In this pandemic, I have changed a lot. All the schools were closed so we only learn online. In the morning, I wake up, turn on my computer, and open the “social media” called Microsoft Teams. I still learn all from school like Math, Modern History, and Pre-Calculus. I think all the things that happen now changed a lot for the students. As we always stay at home using social media, that makes us not good at socializing.

Many students, including ethnic minority children, low-income family children, and children in rural and mountainous areas, find themselves lacking computers or the access to the Internet at home. The Covid-19 crisis has brought a deeper understanding of digital devices, which requires timely attention. Governments and organizations worked together to remove technological barriers by investing in digital infrastructure, reducing connection costs. Relying on technology will not by itself be effective in learning for all people. It is important to ensure the sportiveness of parents, as well as the quality of materials to maximize the effect of learning. In the pandemic.

I always watch movies on my phone, read books, or play games with my friends. We always stay at home; we cannot go out to play sports or go to markets. Everything is online nowadays. I

also go outside to exercise. Everything is closed, like supermarkets, restaurants, gyms, malls. So, ordering things online became the only choice. I dislike this very much, because I cannot stand sitting in one place and not doing anything. It makes me sad because I do not have anyone to talk with, and that I cannot go to my friend's house or go to a party. I feel very annoyed and frustrated.

The thing that I hate most is wearing a mask. I know it is very necessary, but masks are suffocating. What is even worse is that I wear glasses, which often become foggy when I breathe. The pandemic changed me a lot, and I do not like the change. I hope this pandemic will end as soon as possible. I really miss my family members who are in Vietnam. I really want to go back to Vietnam and have a big hug with them.

I really hate this Covid-19 thing. This is the first time that I have had a lot of days off school in my life. I hope everything will become normal again and we can go over this pandemic. We need to unite to pass this pandemic.

DYLAN DOYLE

Last Year

COVID HAS HAD A BIG IMPACT ON EVERYONE, including me. I can no longer visit my Grandfather because we are in orange. If it were not for COVID, I would be in Miramichi right now.

Picture this: A sunny summer day. Working on broken down snow blowers and snowmobiles, and lawn mowers. My Grandfather would be working with me, quietly. I feel relaxed and happy.

Right now, it is different, but I am still talking to him.

To me, the pandemic makes me feel Meh.

I am not able to see my friends who are not in my bubble. I have five friends who I talk to but I cannot hang out with. Some of them live in Miramichi.

If it were not for COVID, I would not be doing CO-OP.

Overall, COVID has not had too much of an impact on me. Even though it hasn't had a big impact on me, I still can't wait for it to be over.

PETER SHIN

What COVID-19 Took From Me

WHEN I FIRST HEARD ABOUT THIS DEADLY PANDEMIC it felt all too far away for it to have a real impact on my life. All I could remember was that some of my friends were making jokes about how I carry that disease because I'm Asian. I could've never imagined around a year ago that my life would be experiencing such a drastic change in both my social life and my life as an athlete.

I was a normal high school student who went to school to expand my knowledge and socialize with my peers, enjoying my daily life. In all honesty, when I was notified by my teachers that the school might shut down, I was rather excited than worried, because that meant that I could sleep in all the time and I would have much more free time to hang out with my friends.

However, this quickly turned to despair as the world soon went into lockdown. Going into a lockdown as a teenager was quite difficult to cope with. I never quite realized how much I enjoyed and longed for social interaction until I was stuck at home with no other means of connecting with my friends except for the small screens of my cell phone and my computer. Without alternate options, I was on my devices all the time, without break. What this did to my body was to be expected. My eyesight, which was already quite bad, to begin with, had only worsened, I began to lose weight because of the loss of muscle mass from the absence of daily exercise and movement, and I felt powerless and tired all the time.

Every time I looked at myself in a mirror, all I saw was a boy who had been robbed of his daily life, and he was sad, beaten, sick, and

tired of this situation that we began to call “the new norm”.

Not only did Covid-19 take away my daily social life and my health, but it also took away my sports as well. I consider myself an athlete, and I play various sports like hockey, soccer, cross country, and track. Before the lockdown, I was in the middle of my hockey season, waiting for a big tournament, and I was also conditioning my body for the upcoming track season which was just around the corner. Of course, Covid-19 had to show up in my life and ruin all of that for me.

The result of the lockdown also caused a serious diminish in my stamina, as well as my overall game sense, all due to the lack of practice during the quarantine period. Even now, where we are no longer in a complete lockdown, I still have not recovered my full capabilities in this year’s season. I could really feel that my skills I had in the past were nowhere to be found as I struggled to even play one period, let alone a full game. Having great stamina, was one of the main assets when it came to the benefits I could bring to the team, but that was no longer possible. Even with all the effort, I have been putting in these difficult times, I am still nowhere near recovering from the long hiatus.

I know for a fact that there are others who have had more struggles and difficulties due to Covid-19 than myself. However, I know that for many teenagers out there, this situation of mine is highly repeatable, for I have seen many of my friends go through the same problems that I have gone through in these unprecedented times. I wish that this pandemic was all just a dream, but this is our reality and I know that Covid-19 will continue to take more and more. However, I am going to fight through this with the people I love, and cherish what I have left until hopefully, one day, the world is free from this deadly virus.

DAVID PAENG

How COVID-19 Has Affected My Life

WHEN I FIRST HEARD THE NEWS ABOUT COVID-19 ON SOCIAL MEDIA, I would have never imagined that it would impact my life on the opposite side of the earth. Well, I was very wrong about that one.

When there were rumours about closing school and starting “online classes,” I was thrilled to hear about it. Who would not be happy about waking up whenever you want and having more “freedom” throughout the day? Every day was a paradise to me. Out of the 24 hours that I had, I just had to work on my modern history class for the credit. That is nothing compared to what we had to do in the past. Plus, all the assignments were due at the end of the semester. Literally all the assignments. So now, what would an intelligent person do in that situation?

They would probably work every day even **THOUGH** it might not be much, but the more intelligent one, which is me, decided not to work on it until a month before the due date. I can say that I had a lot of fun doing nothing for months, but it was not fun when the “time” came. Another creative thought came into mind: start the assignments a week after and continue the cycle until the due date. I even sent an email to the teacher to give me another chance, and he did. Here’s when the story gets more interesting. I decided not to use the chance wisely and give up on it. At the end of the story, I didn’t get the credit, but I got enrolment status. You might be thinking can the story get worse than that? My answer is yes, yes, it can.

Shifting from grade 10 to grade 11 gave me a goal to get the

work done this time and get good grades. I was relieved that we could physically attend classes. Also, I wished to go every day, but it was still impossible due to COVID-19. Eventually, I got to attend school every day for a period of time, but we will get to that soon. To not procrastinate this time and go through the consequences, I needed to change. Change my habits and mindset.

Well, it was not easy as I imagined. When I look back at myself for the past six years, I've always been procrastinating. Changing a habit that's been going for years is not easy to change in a week or a month. I got some assignments at the start of the first semester because they were the basic stuff, but I wasn't using my time wisely with studying for tests. When it was the day for the first test of human physiology, I decided to skip school to avoid taking the test that day. That's when I started to trap myself in an unending cycle.

After missing a day, I decided to miss another day because I still did not study for the test. When I checked my attendance at the end of the semester, I could see that I missed about a month of school. It is a lot because we only go to school two or three days a week. I got many people worried and involved. I managed to pass most classes, literally a pass. It was very embarrassing because I've had so many chances, but I still decided to do a very minimum of it. It was also a disgrace to the Asian community to receive a low grade like that. I regretted it very much and learned a lot from the past few months.

COVID-19 is a pandemic that the whole world is going through, and others are certainly going through more challenging times. By far, the most formidable challenge of online learning was discipline, and I am just thankful for everyone that helped me go through it in diverse ways.

JACK GOOSTREY

2020

ON MARCH 13TH, 2020 THE WORLD WOULD FOREVER BE CHANGED. A virus outbreak that originated in the far east was turning the world into a terrifying dark place that showed no remorse. Seemingly overnight normal was no longer the same. The new world was filled with sanitized hands, masked faces, and strange new rules to be taken as laws. Every day has become a waiting game, sitting by the television to see how many new cases have been detected in your local area as if they were waiting to see if they had gotten the right lottery numbers, the lower the total the better the day has gone. Streets where celebrations were once held now fall silent

. The areas once used for social gatherings are now ghost towns. The joy, sights, and sounds flushed out with it. But brighter futures are on the horizon. Now that a vaccine is here, it is simply a waiting game. Soon we will be able to get back to our normal routines. Life will be returning to normal and soon, perhaps with some luck, 2020 and its legacy will be a thing of the past.

As an individual who is not particularly at risk of the effects of Covid-19, this pandemic is especially irritating. The fact is this is affecting not only my education; I'm in the 11th grade and this is a year that can begin to affect my future employment-wise. However, it is my hope that universities might allow some leeway this year given the circumstances of this year, which brings me to my next point. Half the time we are learning from behind a screen. I know this is a difficult situation to get around and that the schools must walk thin lines when it comes to sticking to Covid-19 guidelines, but at the same time learning has become increasingly difficult to do. And on top of that we lose access to half the people at our school instantly, as our last name is now what separates our groups. Some of my best friends happen to

be in the other group and this was news that was taken poorly by not only me but many others.

But disappointment has become a normal thing nowadays.

Not only has this affected how we learn but how we stay active. Most organized sports have become difficult to run and tournaments are now seemingly out of the question. Being a hockey player, this is something that I find especially irritating as it denies us the chance to play the game we love in front of fans. This was difficult to get used to at first but now that the season is nearing the end it has sort of become the new normal. I mostly feel bad for the graduating players this year. For a lot of them this was their last ever hockey season and to have it play out the way it did was unfortunate.

In my opinion, 2020 was a test. A test of the human spirit, no matter what the world threw at us, we shrugged it off and kept on moving forward. It was the world's way of telling us to slow down and look at things a little bit more thoroughly. And in this battle, we have fought hard, and eventually we will all be given the greatest reward we can all wish for right now. Hopefully, sooner than we all think.

EMMET MACGLASHING

The Weirdest Year of My Life

MY NAME IS EMMET MACGLASHING. I was 15 years old when Covid shut down the world, but now I'm 16. I was a grade 10 student in March of 2020, but little did I know I wouldn't be a grade 10 student for much longer. When schools originally shut down, it was supposed to only be for two weeks. April, May and June are all months you are supposed to be attending school if you are under the age of 18, but in 2020 we had those months off. That's 90 days of staying home every day and having nothing to worry about at all.

I was out of school and didn't have a job before the pandemic, so that left me with nothing but video games and Netflix to enjoy for three months. My usual day over this time would look like this, wake up at 11am, play video games and watch Netflix all day, go to sleep at 4am.

I couldn't eat as much as I normally would because my family had to save money, that's because my parents work got shut down for the first couple weeks of lockdown, so they weren't getting paid. If I said I didn't enjoy being in lockdown then I'd be lying, my experience with Covid wasn't as bad as some peoples in the world. I wasn't too disappointed about not being in school because I'm not the biggest fan of school anyway. I was kind of excited about schools shutting down because waking up at 6 every morning isn't something I'm a fan of.

The way the Covid-19 virus impacted me is probably similar to the way it impacted other kids my age. I was impacted because schools were shut down and we were automatically moved up into the next grade. Missing three months out of the school year was hard for me as a grade 10 student because that was my time to prepare

for grade 11. I missed information that could've helped me in my remaining years of high school because of the virus. For me Covid-19 was the first big pandemic going around the world that I was alive for. It wasn't until the summer when I started leaving the house again and started to have the ability to do things outside.

Now looking back at Covid, it's honestly crazy to me seeing what the world was like just less than one year ago. So much has changed in the world since then and to most people 2020 was the worst year of their life. Looking back at 2020 for me, it was one of my favourite years because of all the free time I had and that's all because of the Corona virus.

ANONYMOUS

Not Only a “Crisis” but Also an “Opportunity”

—The new life under the epidemic

AN EPIDEMIC IS LIKE A BATTLE WITHOUT GUNPOWDER. In the face of reality, the fireworks are gone, the streets are withered, and the red couplets are falling. Almost from the beginning of the 2020 new year, a sudden infection of new coronavirus has caused a huge impact on our economic, social, and spiritual lives. At the same time, the arrival of the new coronavirus also makes me wonder: What impact has this brought to our new daily Lives?

Because of this epidemic, we were forcibly banned from walking around the streets and enjoying the holidays. We have not gone shopping or eating with friends for a long time. Movies that were supposed to be released during the holiday were also postponed again and again. Most of the physical industries are facing different rates of loss. According to EZ-Tracking’s statistics, when it comes to outings, such as outings, gatherings, etc., the time investment has been reduced by 98%.

One side is loss, the other side is gain.

This epidemic has made people more aware of the fragility of life. The health and well-being of a family is the most important thing. My relationship with my parents has improved a lot during this time at home. When everyone chooses to isolate at home, there will be less going out and more interaction at home. Since my parents have their own careers, and I also have heavy learning tasks, communicating

with my family and getting to know each other is not the first thing.

But through this epidemic, my family and I stayed at home around the clock for 6 months! This is the longest time I have been with them since I can remember. During this time, I found that my parents are getting old, and there is some grey hair hidden in the black silk. The skin is not as shiny as before, and the facial gully seems to be telling me “Don’t wait until the tree desires tranquillity and the wind continues, and the child desires to accompany but the relatives are not there “. Until then did you know how to regret. After all, tomorrow and accident, you never know which comes first.

The epidemic has also caused more attention to the sports and fitness industries, such as home aerobics, running, and yoga apps will become more and more popular, and the sales of home fitness equipment will increase. In this 21st century, people in cities live at a fast pace, struggling for their houses and cars, but they often ignore sports, which is unhealthy over time. Take my own life as an example. As a student who was stranded at home because of the epidemic, I paid more attention to my physical fitness. I skipped rope or exercised with the app every day to make myself more energetic and even achieved the goal of losing weight.

One year ago, who would have thought that in less than a hundred days, the pace of life of everyone in the world would be completely changed by a virus. The sun will still rise from the east tomorrow morning, but we can never go back to the past. Maybe it takes a long time for many of us to rebuild a brand-new lifestyle that suits us, but in any case, life must go on, no matter what role we each play in this world. What we all have, family and social responsibilities, are still there.

Although we are not rich or wealthy, at least there are still years to be quiet. The cold winter is slowly fading, and spring is oncoming. Maybe the spring breeze will blow away the haze deposited in our hearts as soon as possible in the past few months and let us re-greet what belongs to us---a better and brighter tomorrow!

BEN CONNOR

How Coronavirus Has Impacted My Life

ON MARCH 13, 2020 WHEN THE CORONAVIRUS PANDEMIC made its way to New Brunswick and places were beginning to shut down, we first believed that we were going to have a short two week break from school and then almost everything would be back too normal. Little did we know that wasn't the case, as days went on, we started to realize that maybe we won't be going back in two weeks and then later found out we weren't going to be going back at all. Now almost one year later it has not changed a lot and there is no sign of going back to normal anytime soon. When I think of how Corona virus has impacted my life, I think of three things, sports, travel, and mental health.

On March 6th, 2020, my hockey season ended, therefore we got it finished just in time. Three weeks later when we were in lockdown there was no doubt that we would have a hockey season next winter and everything would be normal. Now on February 21, 2021 we have not played a game since December 28th due to orange and red phase, had two previous three week breaks in orange phase before Christmas as well, have not played in any tournaments and have played in games without fans. It is obvious that it is not the same and this season has not been nearly as good or as fun as last season and it has been extremely disappointing that we didn't have a full season this year due to the Corona virus. With only one year left of hockey next year, I am hoping it will get better.

Secondly, is the impact corona has had on travel. My family and I love to travel and usually go down south or go places like Maine or Toronto. There is no better feeling then getting on a plane for vacation

and my family and I miss it so much. Travel and vacation are a way to take time for yourself and to just relax and be happy, but now with coronavirus and travel restrictions, it is advised that you don't even leave your own zone within your province. We are all hoping that sometime in the near future travel restrictions will be eased and we will be able to travel but there is no way of knowing what the future holds for us.

Lastly, Corona virus has an impact on mental health. Personally, my mental health has always been good and strong, and I have never had problems with it. Although this past year during the pandemic it is hard to be happy all the time. After awhile when you are not aloud to go anywhere or see your friends and having sports cancelled it can be hard. It has taken a toll on me and has definitely made me not as happy as I was. I'm also constantly having to worry about what the future will be like. If I will be able to play sports normally next year or not, or if my grad year in high school will be normal. It can be hard thinking about this stuff and worrying about the future.

Overall, the Coronavirus pandemic has had a big impact on my life and is something I will remember forever. It is frightening knowing that were not close to going back to normal just yet and we don't know how long we will live like this, but with the hope of the vaccine maybe we are closer than we think. Corona has had an impact on everyone and although my sports, travel, mental health, and lifestyle are affected I am lucky that things are not worse and that my family is healthy.

CONNOR CAMPBELL

Thievery of Covid

THE CORONAVIRUS HAS IMPACTED MANY PEOPLE GREATLY, some more than others and some maybe not at all. Well, I would say I am somewhere in the middle! I am sick and tired of wearing masks every second I am out in public. Covid-19 is ruining the few years left that I have in school, and with certain people, too. Covid-19 is ruining the activities that I love doing so much, it is cancelling the sports I love playing with my friends, and it stresses me out every day. I hate thinking that if I am not careful enough that I could be the reason why someone elderly in my family gets sick and passes away.

I remember thinking last year right around this time that we were going to get an extra 2 weeks on top of our March break. Thinking back on this moment makes me feel silly; how could I be so naive? I had gone to one track practice, the first one of the season. This practice was cold, not many people were there, but I still went because I love that sport. We went into full lockdown the next morning AND that whole season was cancelled.

I really looked forward to playing soccer in the summer as well, or at least full games with 22 kids on the field all playing the ball, having a great time and, most importantly, concern free. In the summer barely any people signed up and for the most part it was just me and a group of my friends. We had restrictions ON what we could and could not do; I thought it was so silly. I thought surely there would be no way that these rules would carry over to school soccer in the fall. I could not have been more wrong.

When fall soccer came around there were so many new rules; a lot of rules just did not make any sense with the science of how the

virus worked. The virus is for the most part transmitted and passed by airways, yet we did not have to wear masks while playing or while we sat on the bench. This is where it really goes off the rails: if a player touched a ball with their hand the play stopped and the ball would be sanitized, but when a ball got kicked at a players hand it did not need to be washed. I do not know why some of these rules even existed and it angers me.

I can talk badly about the effects that Covid had on my teenage life for hours upon end. However, it would be shameful of me to not recognize that last summer was one of the best summers I have had. I was restricted, but I found loopholes and alternative things to do when I was bored. I also got to connect with my family a lot better. I saw my family a lot this summer.

Whether it was for camping, or just visiting and volunteering to do something for them. I would be lying to whoever will be reading this and to myself if I said covid did not shape me for the better. Before Covid I never was great with accomplishing homework. I would do it, but always AT the last second. The end of my sophomore year was when it started for me. Thankfully I only had to do one class of work and it taught me very useful skills that I use to this day on all my technologies to help finish my schoolwork on time.

Coronavirus was the worst thing ever for my teenage life, but it has also shaped me to be the person I am today. I can sit here and say things about how I wished the virus had never happened, but I also am satisfied with who I am right now and how my life is going. I am more afraid of what my life would be like if it never happened in the first place. There are specific moments I can think of that happened since the start of the virus only because the virus actually started in the first place. I'm tired of living in fear, but there is not much I can do and life goes on, so I will just stick it out.

ANONYMOUS

How COVID-19 Impacted My Life

“Coronavirus is good.”

“We don’t have school if Corona exists.”

“I hope the virus does not go away,” I said to myself.

I WAS RATHER HAPPY THAT COVID-19 FIRST BEGAN. After all, the schools were closed! I’m sure I wasn’t the only one who thought of it this way. As a student, I had my eyes focused on school. I went to school around 35 hours a week and brought home homeworks to complete for the next day. I was stressed, exhausted but had to keep studying to maintain a high average. During the weekends, I would finish all my work and reward myself with a break. I used to spend all weekend watching Netflix and working out. I did not care about what was going on in the world because my life was full every day.

During this time, the department of education decided they would close the school and try things online. But there were no online communications; it was just the teacher showing us the work we had to complete. The teachers didn’t teach us anything; we had to look at the posted documents and learn them ourselves. But doing work was not mandatory though; everyone received enrolment in courses (Unless if the course offered credit, you could complete all the assignments to receive credit).

In my grade 10 year, I only had a one-credit course which was modern history. At the beginning of the online transition, I thought it

would be the most straightforward school year ever since I would get enrolled in classes even if I don't do any work, leaving Modern History the only class I would need to focus on. Little did I know, I received 5-6 assignments every week, which had to be self-taught. As time has gone, I realized the importance of teacher's teachings. This was the moment of my life where I started wanting to go to school. To see my friends again, to hang out and learn together. When school ended, I was able to obtain the credit, but many did not. Some could not catch up with all the online work, and I am sure they would have done better physically in school.

When the summer vacation began, I went to volunteer at a camp in Sussex. I was surprised to find out that the camp was running at this time of the pandemic. Even the camp director Duane thought it would be impossible for the camp to be open. Things were so much different this year; around 75 kids were coming in each week with eight different cabins. Including myself, there were about nine people per cabin, and the cabin was their bubble. People from different cabins could not interact and had to stay 6 feet away from each other. We also had to sanitize our cabin three times a day, wear masks and get temperature checks twice, once during breakfast and once after supper. That was tough; most kids refused to get their temperature checked; after all, the kids are aged around 6-12.

I worked at camp the whole summer, and thankfully, no one was affected by COVID-19. It was weird living in this whole different situation, but I could get used to it pretty quickly. Although, at first, I enjoyed the COVID situation, I feel the opposite now. Instead, I would go to school every day, and I strongly desire a regular camp where I don't need to wear masks all day.

ANONYMOUS

Experiencing a Whole Different Life from before

WITH THIS CATASTROPHIC PANDEMIC HAPPENING AROUND THE GLOBE, I got three additional months for summer break. This unpredicted situation caused chaos to everyone in a short period of time. Some people saw this as a disaster, while others saw this as an opportunity. As the virus continues to spread globally, all the goals I set for the summer became futile: plans to get a job, taking a lifeguard course, attending driver education school, and enjoying the summer mood before moving on to grade eleven. Everything I planned for the summer evaporated.

At first, just like most other people, I saw this as a tragedy. I was frustrated that I could not do the things I wanted to do during the summer break. However, it was a six-month break after all. The break I wanted so badly from the beginning of every school year. So, for about two or three months, all I did was eat, sleep, and play. I really felt that I was in utopia. Not having to worry about school was the best thing in the world. Sometimes, I did feel guilty for not doing anything productive, but it wasn't a big deal at the time because I was having so much fun.

After those few months, although I did what I wanted to do, the pleasure did not last too long. I was beginning to get bored of every single thing I did. All the days were the same and became just as boring as before. Even my favourite video games became dull. It is weird to say but, I actually wanted to do some kind of learning at that point. I wanted to learn something new that fit my interest.

It did not take too long to find what I wanted to learn. I decided

to learn a programming language to help me with my further studies after high school. With the help of one of my friends, I found a suitable programming language to study. By this time, I began to see this pandemic as an opportunity. A chance to do things that I could not do while I was busy with school or other extracurricular activities. For me, it was learning a new programming language. Even though I could not accomplish a lot of materials, it was a good opportunity to learn the basics of coding and it also helped me a lot during the computer science course at school.

The COVID-19 Coronavirus has impacted me hugely in positive ways and also negative ways. It ruined my summer plans, but it allowed me to self-develop in a variety of ways, such as learning a new programming language, exercising to stay healthy, and just being productive. Many people see this pandemic as a disaster, which it is, but I believe that people should start seeing this as an opportunity. An opportunity to become healthier, overcome bad habits, and be productive as you can.

ALAN ZOU

Difficult Times

AS ALL OF US KNOWN THAT THE COVID-19 HAS BRING US A DIFFICULT TIME, people can't go out as what they want. They need to stay at home, decrease the contact between people, not much chance to see friends physically or hang out with them as usual.

I believe some of you might heard about the Chinese new year festival, in Chinese people's mind it is the same as thanks giving, about people would go home and sit with family members to enjoy the time. Because some family have members that would leave the city they used to live in to find a greater opportunity or work, Chinese new year festival is also a festival for them to come back and meet the members. It is not only to share the things that they have met, but also a chance to relax and stay with the families that they have not seen them for a year.

But things are not so well this year, because of the covid-19 situation and the influence it brings to the world. Go home and celebrate the festival could brings the virus from one city to another city, which is a risk could influence the whole family. So many people have made their decision: stay at where they at and meet the family members next year. It is not a easy decision to make, it means that they need to stay at where they at for another year without seen their family for the whole year. Most of the people probably cannot take this decision that easy, but for their family they have to.

I got a friend who have his dad work in another city other then the one he is, he can only see his dad once a year physically and his dad usually would bring him some gifts. But this year his dad decides to stay at the city he is currently in and meet his son virtually. They can no longer sit together and have the same meal as past. A year might

not be too long, but it is still sad that they can't meet this year.

But there is a reason for all of this, it is not mean less. Not do meet each other this time is for meeting each other in the future, in a safe and happier situation. It might be sad for now, but thing will be better in the future. Staying at home and decrease contact can help the covid-19 event to end as soon as possible, the sadness of now will become greater happiness in the future.

ELIZA KHAN

Poetry: How COVID Changed My Life...

Covid, 5 little letters that have changed our world.

It has been the most annoying year for me.

I recently moved from Dubai to Canada in 2019.

I had millions of plans to meet my closest cousins in 2020.

But all it gave me was anxiety, pain and hate.

I spend most of my time in quarantine.

All I did was miss my friends, my cousins (who I spent most of my life with) and my family, whom I had left behind.

In all ways I suffered sadness.

I wish Covid can be gone so I can live my life again.

Covid is a painful time for everybody and will be a story for everyone.

It has put my friends, my family and me in danger.

I tried imagining the world without Covid, how much fun I would have had.

I would have achieved millions of goals I had ever dreamed of.

But Covid had restricted me from doing so.

I remembered the first news of Covid taking over China in December 2019.

My friends ignored to believe me, my family thought how many could be in danger. So far there have been 99.3M cases, 54.8M recovered and 2.13M deaths.

How many more lives will Covid take?

FABRICE NIYOKWIZERWA

Impacts of Corona.

IN 2020 WHO WOULD EVER THINK THAT THERE IS A VIRUS THAT COULD CHANGE MY WHOLE LIFE. I will explain how Corona has changed in my life, discuss a few things that bother you about the pandemic and the positive things that have also come out of it as well.

This pandemic caused the biggest change in my life. I cannot meet people and be close because of Corona. They said that we must keep a social distance at least six feet. I feel lost in the sense that I can do nothing about it. I just must follow the rules and do what everyone else tells me to do. Another change that I am experiencing is wearing a mask for a long time, which is not easy for me! I cannot breathe well if I put on a mask for a long time. The final change that really annoys me is, I used to go to watch and play some games like basketball, soccer, and others. But now I cannot because they closed public places where I and others used to play those games. They took this away from me. I have lost my way to connect with people, adding energy to my day and finally mentally feeling better.

Secondly, before Corona, I visited friends every day. Now we must stay home and only go to necessary places like the market, hospital, and others. I no longer spend time together with friends. Which causes me to feel sad and lonely. I craved to spend not only time with friends and sport buddies but just be in a different place then my house.

Another way that Corona has affected me was my move to Canada last march. I was thinking that I was going to start school, but I did not because of the pandemic. Who would ever think that I would miss six months of school! Never in my life do I think this

would happen. Finally let us think of the positive things that have happened due to the pandemic. Industries that make masks have many customers who buy masks because of the pandemic. People got jobs in those industries due to pandemics, like construction, delivery people, and finally health care.

They built new hospitals and clinics for the pandemic, which gives people jobs. People that ask those questions regarding corona in public places. They are in front of the door before you enter, they ask some questions and get a salary from that. Some people improved their knowledge about using it online. Before the pandemic people did not use online in a lot of things. Now most things are done online. Like myself, I joined Teams to learn online, I was able to do my homework at home, take walks outside and finally watch movies on Netflix. These are some of the good things that the pandemic has brought into your lives.

In conclusion, even though my life has changed in some positive and negative ways, and I see how not playing sports or being with friends has affected me. I do see how there are some good that has come from this pandemic. Does it all make sense to me nope, but will I survive and get on with my life, yes. I hope one day we'll be back to normal but I fear this is our new normal. Whatever it is that you define as your normal.

MARIE ROACH

Covid-19's Impact

I STILL REMEMBER FRIDAY, MARCH 13TH, 2020, like it was last week. I woke up, and went to school, nothing new or special, it was an ordinary Friday, or so I thought. If I knew that would be my last day at my school of almost 9 years, I would've treated it as such. My teacher had told us that we should bring anything we may need for school home; in case we wouldn't be at school for two weeks. Honestly, I was excited at the thought of no school for two whole weeks, and so were a lot of other people in my class. I had some homework I needed to do, and this would be the perfect time to catch up on it.

My friend had invited me to go to the mall with her later that evening, and I hadn't seen her in a while, so of course I said yes. At this point, I didn't understand the seriousness of this mysterious virus. While at the mall, I was checking my phone quite often for any updates, because a school closure hadn't been confirmed yet, and then I saw it, no school for two weeks. I was over the moon. Throughout those two weeks, I became more aware of the situation, and more scared. My parents still had to work, leaving me and my sibling home alone. It got boring and lonely very quickly. When I heard schools weren't reopening in two weeks, and they were going to reevaluate when we would go back to school, I wasn't as excited as before. The idea of no school sounds awesome to any thirteen-year-old, nevertheless I still wanted nothing more than to be back in school.

Obviously, we never went back. When I found out we wouldn't be going back to school for the rest of the year, I wasn't happy. I cried so much. I had seen it coming, but I was still really upset. Looking back

on how upset I got, I just see how lucky I am that it wasn't my last year of high school. High school graduation is a much bigger deal than middle school graduation. I felt bad, for being upset, because I knew that others had it worse. We still got some sort of graduation, but it wasn't very fun, if anything it was stressful. I hadn't been around such a large group of people in such a long time, I got super scared and overwhelmed, and we had to leave early.

Through the summer, I didn't really do much, even with the restrictions eased. The only people I saw on a regular basis were my grandparents. As my first day of high school drew closer and closer, I got more and more scared. I couldn't sleep, I felt unprepared. I never got a proper introduction into high school, so I didn't know what to expect. On my first day of high school with my friends. I hadn't really spoken to them for a while, so we had some catching up to do. I was scared of high school, but I was also excited, specifically to meet new people and make new friends, and I did make new friends. We never really got to hang out outside of school, aside for at times like Halloween and New Years Eve, but we call, text, and hang out at school. I hope that when this pandemic is over, we'll be able to spend more time together in person, and not just in school.

In conclusion, if you had told me one year before Covid-19, that in one year, I would experience a pandemic, I wouldn't believe you at all. Something that lives through this pandemic, and my experiences with it, have taught me that I need to be more thankful for what I have. I'm thankful that I live in a place that overall hasn't been too badly hit by Covid-19, I'm thankful that my loved ones are safe and healthy, and that I have amazing friends, and that there are several vaccines approved for use. I hope that we'll be out of this pandemic soon. I don't know if things will ever go back to how they were before, but I hope things will go back to as normal as possible.

TOM LE

As an Introvert

THE START OF COVID-19 WAS UNEXPECTED. At first, I was confused and scared. However, as time goes on, I realized that quarantine was an early vacation for lots of introverts including me. I also realized that quarantine is a wonderful way to do your hobbies, unless you play sports, then that sucks for you. Being able not to worry about school for four months was fantastic. So far, I've been enjoying staying indoors and not talking to anyone. However, Covid-19 had restricted us from exploring and meeting our loved ones. But that's not a problem for me since I have never left the house. It was relaxing and stress-free until the beginning of high school.

Although the pandemic didn't change my lifestyle that much, high school did. I wasn't scared of going to high school, I was scared about having to socialize and meet new classmates. As a proud introvert, I was not ready to talk to anybody after 4 months of self-isolation. To my surprise, it wasn't that bad. Although the first day was depressing, it gets better once we get used to our environment. Eventually, I realized that I didn't fear talking to classmates, but I am terrified of looking stupid when answering the teacher.

Luckily, due to the pandemic, we didn't have to go to school as much as we must. Doing online school was dumb but it was a suitable alternative in my opinion. However, I want to have online classes and meetings would be more fun. But if I had to be honest, I wasn't responsible for the work given to me and I seem to procrastinate more. Sometimes I can't resist clicking on a video titled "How many potatoes does it take to power a car.". To me it seems educational. I'm getting off topic already, which tells you how distracted I get.

Covid-19 had me thinking a lot recently. I was always thinking

about my life decisions and how poor my choices were. I have never really had the time to think until now. It has changed my way of living since I didn't want to be a failure. Although I did say that Covid hasn't affected me, it did emotionally. I've tried to get motivation from YouTube and the internet but none of them helped. I've tried reading but that was a failure too since I was never really interested in reading.

The only thing that kept me going was video games. People might think that I play video games cause it's fun but, I only play it to escape what's happening around the world. Sometimes, I wish that life could be easier somehow. All this realization only came now when it's too late, and not during the time I needed it most. This had made me want to start using my head more and stop being so carefree. School has also been a disaster for me since I feel like my intelligence is slowly rotting due to quarantine. It's not easy to sit down and read a book if you're not motivated or interested in anything but video games. Quarantine might be the worst and the best thing that ever happened to me.

I think that Covid-19 had a big impact on people's lives and that 2020 was a horrible year. Lots have died from the pandemic and I feel guilty about still being alive. Since Covid-19 hasn't really impacted my life as much as others, I feel sympathy for those who have lost their jobs due to the pandemic. However, it is also their decision on whether to give up or continue going to find their dream. Sometimes you gotta look through the bad to see the good.

ANONYMOUS

How COVID Has Affected My Life

IT COMMENCED WITH WHISPERS THAT STARTED SPREADING LIKE WILDFIRE until everyone talked about the new killer virus, Covid-19. I remember it so vividly; there I was in fifth period minding my own business until I overheard my classmates speculating when the school would close. Naturally, I ignored it; they spoke their minds and based their opinions on their raw emotions. Until, out of nowhere, I saw my teacher utter something to the students. Naturally, I was intrigued that the teacher would feed into these rumours unless something was going on.

Before I knew it, I was at home 24/7, and the same day repeated; I would shower, brush my teeth and head downstairs and like always, I would eat breakfast with my whole family. Some context I'd like to share is that my father is a taxi driver, so we were very anxious for him and how he would operate his job when all this happened. Unfortunately, barely any people wanted to ride the taxi, so money started to get tight.

On top of all of this, my mother was a private house cleaner which was even worse because some of her clients were worried about going to their house to handle business. With all this in mind, my dad had to make one of the hardest decisions of his life. He moved back to truck driving, which might not sound like a big deal, but my dad was a truck driver for over 15 years, so I grew up with my mom for most of my life with the occasional pauses when my father would come home once a week.

Learning in the pandemic was very difficult because no one

had any motivation to fuel them. At the time, I had one mandatory course, my modern history, so the most school work I ever did was an assignment; I understood that all the other teachers and classes were trying their hardest to teach the classes online and help us teenagers learn.

Unfortunately for us, this was like an early summer vacation. We weren't going to do unnecessary work which wouldn't count on our report card. Speaking of no motivation, Covid-19 cut off all sports. This was a game-changer because I had recently started boxing a couple of months ago prior, and I was planning on fighting very soon that year. All the training I had put my body through had gone to waste. The worst part was everything was closed; I couldn't even go to the gym to workout. With no gym, barely any homework, and no motivation, I did what any other student would do and played video games to pass this awful time.

Did I mention how much my mom was nagging me about playing too many video games? That's the day we ordered weights. What should've felt like two weeks felt like two months for the weights to arrive. At first, I was motivated and would wake up early everyday to workout and make sure I was in shape and ready for when it was time for me to fight. To be quite frank with you, I wish I could end it on that note, but unfortunately, then I would be lying; the days got longer and I found myself skipping my workouts because I wanted to lay in my bed.

Multiple days went by, and I didn't even notice when summer had come because nothing had changed; the grass had become greener, and the sun was shining, but how would I know? I was still stuck inside without any hope. Most people thought this Covid situation was nothing more than a vacation from school, but it was just a risk to my family and took precious time out of my life.

All in all, my experience with Covid was not direct. Still, physically and emotionally, it shaped me to be the person I am today, for the better or for, the worse Covid impacted everyone's lives.

HALI DOUTHWRIGHT

COVID-19 Has Changed Lives

COVID 19 is effecting many people much worse then me.

They get overwhelmed and they can't control it.

It is time to help them and comfort them.

COVID has been very difficult for everyone, especially me.

We need to do something about it.

It is time to take a stand and get the vaccine that way we can stop COVID from spreading.

We do not need a super spreader.

COVID-19 is spreading across Canada that means we need to stop travelling.

I know you have family across Canada but you people can face time them and message them.

Public health is trying their best to stop this disease.

JUSTIN HOPE

My Experience With the COVID-19 Pandemic

WHEN COVID STARTED, I did not see it coming. Well first the school closed and then we all went into lockdown and then we were all stuck inside, and we could not go anywhere it was a big change for all of us. We all went from going out and socializing to staying inside and going nowhere. For once no one was outside.

I believe that all of us staying inside and keeping safe is the main idea to stop the spread of Covid 19. I will end eventually when we achieve herd immunity with vaccines, and we will be to get back to normal. I cannot go camping with my grandfather, cannot go for walks, I cannot go to the Y or go to hockey games or cannot do anything really. I hope some time we can go back to doing what we did before when it gets safe. I hope this will end soon and not go on for a long time.

Inside what I do is play video games and watch tv. For once in my life, I am bored. Online school has been different than regular school because you cannot talk to the teacher much and you always must be online even if there is nothing going on. At least there is less carbon emissions because people are not traveling as much. And the economy has crashed. Hey at least we can breathe better. However, it has caused more mental illness from isolation and stress. It has caused many people to lose their jobs or get laid off. A lot of people are stuck at home now with nothing to do. I do not know when this pandemic is going to end. And that makes me sad.

In conclusion, Covid 19 has changed how we live our lives, and we are getting better at living with it.

LUCAS WOODS

The Unexpected Complications Caused by a Pandemic

A COUPLE OF YEARS AGO WHAT WE PICTURED A PANDEMIC TO BE WAS NOT REALLY WHAT IT TURNED OUT TO BE. Of course, we have the typical things that you can picture such as masks, social distancing, and virus tests, but there are plenty of other effects that have appeared due to the coronavirus. Some of these effects have affected me personally like visiting limits, public closures, and online school.

With four older siblings in my family, and with some of them being in university, visiting limits have had an impact on me. With the constant change in zone phases, it makes it a challenge to be able to visit with my siblings. My family and I always like to do things with each other but with some of them not being able to come back home it is never as fun as it could be.

These rules have also affected meeting up with friends. Recently with the orange and red phase, going to people's houses or meeting up in person has been either restricted or heavily limited. Not being able to do stuff in person with friends and parts of my family has led me to stay inside a lot more and spend most of my time being unproductive and rarely motivated.

Public sites in New Brunswick can be a great way to get exercise. Sadly, due to the pandemic, we have seen plenty of restrictions set in place which limit people from going to these public areas. With parks being closed it limits the amount of physical activity I could be getting

daily. One of my favourite winter activities is ice skating but once again we are seeing limits put in place. With limits like masks required, less than five skaters at once, and, at worst, rink closures, it makes it hard to enjoy skating and to stay in shape from it. For the past couple of years, I have participated in a recreational basketball league.

Once again, with the coronavirus restrictions, most of the games that were scheduled have been cancelled and practices have multiple restrictions set in place. Basketball has been one of my main sources of physical activity and, with the restrictions recently added, the amount of exercise I have been getting has gone downhill. The public sites in Moncton were an amazing source of exercise for everyone and it is difficult to accept its current state.

Education systems around the world have similar school day schedules this year, one day in school the next day in online classes. Most students see this as a free day off but, when it comes to learning from these online meetings, it becomes nearly impossible. The best way for me to learn is in a classroom-based setting. Being in class helps me stay motivated to do the work I was given and to pay attention even when subjects get boring.

When at home participating in online meetings, it is extremely easy to get distracted and to be unproductive in a comfortable environment. While in online classes, going for extra help is never the same as in person. Teachers are sometimes unable to get back to you right away when you are not there face-to-face, which can be a struggle. With the focus of schools being education, it is upsetting to see how the coronavirus has negatively affected the learning of students around the world.

Before I ever experienced a pandemic, I never expected some of these added complications to come along with it. With visiting limits, public closures, and online school the pandemic has become an even bigger hassle than what I expected. The least we could do now is respect the rules put in place and work through these complications together.

MARC BOUDREAU

Covid-19 Journal

WHEN THE CORONAVIRUS PANDEMIC STARTED BACK IN DECEMBER OF 2019, it never really affected any of us. But when it started to spread, I remember we did projects about it and we were wrong about all of it. We had written that it was very contagious, but was not harmful at all and could only be dangerous to elders or people with other health conditions. No one ever thought it would change life as we knew it; boy, we sure were wrong...

Once March break rolled around, it was the only thing anyone would talk about. After a first few cases were found in the US and Canada, it exploded. When we went back to school, we all knew something bad was happening, because there were government warnings and directions posted all over the school. Then, the famous “Friday the 13rd” came and decided to be our last day of normal life. Within two hours of leaving school, they decided to close for two weeks, and when the two weeks passed, the news no one wanted to hear delivered: schools will be closed for the remainder of the school year.

That’s when Covid-19 really started to impact me and my life. The things I had waited my whole life to do were cancelled: big things like eighth grade graduation, award ceremony, May day, my last day at middle school, and the grade eight trip. Even the little things such as setting up my last assembly, the ball hockey season, and even just saying goodbye, all of it, were gone. That was one of the worst days I’ve ever had, which lead to my worst weeks, then my worst months.

I got over it after those few weeks, though I definitely wasn’t happy about, but it got better. What really helped was that we had switched into the yellow phase and I could finally go see my friends

and family. It was great. We would just go on bike rides and do things outside; it was nice to hang out with someone again. It helped a lot actually.

Then summer rolled around, and we had almost no Covid-19 in the province, so it was summer as usual for most of us, just no traveling out of province until later on when the Atlantic bubble started. My life was pretty normal then; Covid-19 didn't affect us too much during the summer; we didn't even have to wear masks to go into stores yet. I can actually say it was one of the better summers I've had. In the summer, I even started playing football with the school; it was only flag football but it's a start for me.

Then came the start to the school year, that is when it really started to affect me and a lot of others. It was a huge change that no one was prepared for. School – the biggest part of our current lives – has changed drastically. In high school, we don't go there every day anymore, just every second day. It's a huge change because now the teachers only have half of a semester to teach. So that just puts a lot more stress on us because the teachers think since we're at home half the time we can handle double the amount of work that we would normally have. Turns out we can handle it, it's just not great for us. Then, since we can't have gatherings, they got rid of everything fun for the year at school and that doesn't exactly help with our stress and mental health. The only thing left are sports, which I'm not going to lie was one of the best things I've been a part of, but pretty much the entire season for every sport so far has been cancelled due to Covid-19 spikes resulting in phase changes.

In conclusion, the pandemic itself hasn't affected me directly, it's just affected on the aspect of changing the way I live by taking away activities, changing school system, not letting me

socialize, and impacting my mental health. But besides from all of that, it's been ok. It really just depends on what Covid-19 phases our zone's in.

NICK ALAMO

How COVID Has Changed My Life

CCOVID HAS HAD A BIG IMPACT ON MY LIFE. In spite of what is going on around the world, for me personally, my movement amongst my community is very limited. I spent the majority of my time bound to my home, and could not go or hang with my friends, especially my family. Even though we had a bubble, it was not enough.

Family outings were very limited and we could not do any family outings like the Water Park or going out to restaurants, or grocery stores. Many rules are put in place. Borders are closed and we cannot travel.

My hockey team was put on hold, and not allowed to play against other teams. There were no out of town tournaments. A big part of this was getting to hang out with other players in different regions. It all came to a stand still.

When I was not playing hockey I would like to go to the gym but unfortunately, that did not work out for me.

My co-op placement for school changed. I wanted to go to a construction placement to gain experience, but no sites would give me the opportunity. I am hoping to take a trades program at college next year. School was short last year, affecting my education. For now, it is okay.

SARAH HACKET

What Is Time?

BY DEFINITION, it's the indefinite continued progress of existence and events in the past, present, and future regarded as a whole. Some may say that it is unbendable, but let's change the question now.

What is Time during a Pandemic?

Now you may be thinking it doesn't change, and to that I say physically, you are correct. It hasn't changed. It is the same number of hours and minutes that make up our days and months. If you thought it had changed, you are also correct, but not in the way the previous statement was. It changed in our mentalities. In those months we were all kept home, we were there to experience time passing without something routine to put our minds to. The days were long, but the months passed by in flashes. We woke up every day, but by the time we went back to bed we felt we had just been asleep.

We are going to say that the pandemic was a horrible time to live in, but we won't remember that time of just staying home, doing nothing because there wasn't anything for our brain to attach to. So, we'll only remember the bad events that happened, strung into one horrible quilt. Every quilt has golden threads. During this pandemic we communicated better than ever before: Facetime, Skype, Zoom, letters, and phone calls. We are more aware; we sanitize our hands until they crack; we don't go anywhere without our masks on; we jump on closing the province when things get bad again. We have learned from this, kind of how white blood cells fight viruses. We were hit hard and we paid for our mistakes, but now we know how to fight it off if it comes for us again. Time can be seen in many ways. Too fast to notice, or excruciatingly slow, it all depends on how you experience it.

SKYLAR DORCAS

Humanity's Metamorphosis

THE UNSEEN TOXICITY OF A HIGH SCHOOL ENVIRONMENT subconsciously reinforced teenagers to adhere to unattainable societal norms. The subliminal pressure we put on ourselves to fit in and be part of the crowd blinds us from who we genuinely want to be. I first realized this when this school year started and exactly how harmful it can be to young people.

During 2020 we were isolated from everyone, excluding our intimate family and our colleagues at work. By being confined to only my family, the people who deeply care for me, I was not exposed to the detrimental comments, opinions, and actions of teenagers my age. I never became fully aware, until this year, of how much my peers affected how I perceived and treated myself; these strangers decided whether I could feel pretty, smart, or confident that day- they unknowingly controlled my life.

We are very aware, especially as young people, if others are judging us and I believe this irrational fear of being an outcast holds many people back from living the life they desire. The isolation allowed me to pursue any hobby without feeling like I had to prove anything to anyone; as the months passed, the internal shackles that imprisoned me slowly disappeared.

Ever since I've learned to not care about others' opinions and learned to focus more on self-growth. I have gained a lot of confidence. Admittedly, I am still learning. Like everyone, I have bad days, during which I stay up at nights wondering if I am delusional because I have not seen a new face in so long, or if I have truly developed my individuality and finally accepted myself. It happens to the best of us.

It was hard being detached for such a prolonged period and I recognized that I am very privileged to have a warm environment like my home that I can retreat into for support. In fact, many people lack such an environment. Thanks to COVID-19, we all became better versions of ourselves. When looking around after I went back to school in September, I found that everyone seems more satisfied with themselves, and they focused on their values instead of others' opinions. It is a pleasant change from the apathetic attitude towards school that was radiated in the hallways previously.

Although the past year has brought many challenges, it brought triumphs to be celebrated ; we became more aware of problems such as sexism, homophobia, and especially racism. However, personally speaking, as a Caucasian, I never fully understood the depth of this hate until 2020. Social media has been an enormous factor in this fight against hate. It educates many, including myself, about how ingrained those social issues are in our society. Now, both young and old people are fighting for equality which they only saw in their dream. Progress is being gradually made to create a safe world of all.

Initially, the quarantine started with tremendous uncertainty and fear. While these elements are still present in today, The Generation Z has blossomed into what I believe to be the most diverse group of people yet. I look forward to experiencing the political, social, and systemic changes that are produced this year, because even though everyone struggled in some way, the resilience and eye-opening knowledge the global population has gained will certainly have tremendous positive effects soon.

ZANDER TOWER

The Effects of COVID-19

COVID HAS CHANGED MANY LIVES, whether it is getting laid off your job, not going to school, not being able to visit your family and friends, sports, or even the way we learn and go to school. For me, Covid really affected my sports, all the holidays and, as surprising as it seems, the way I learn and go to school. But as of now in 2021, I should be thankful I can go to school and play sports, because most people around the world cannot do that at this moment.

Covid-19 affected sports for me on a whole other level, because sports are my everything and what keeps me busy most of the time, but when Covid came I was left with almost nothing for five months until I started a basketball camp in the summer and boy, I was happy. Basketball and baseball were my two main sports but due to Covid and mainly focusing on basketball I do not play baseball anymore, but who knows maybe I will start back up later.

The basketball thing started back up again in July 2020 and I did this program/camp called TH and thankfully I got to play basketball again until it got cancelled in January and February 2021 because we went into red phase, but it has started back up again in late February 2021. The worst thing of all was back in March 2020 when Covid had just started, my hawks' provincial team was doing a good and we were ready for provincials, but a week before provincials it got cancelled due to Covid, and as my last year as a hawk I did not even get to finish the season. So, from that point on, I did not play a game of basketball on a team for 10 months.

Along with sports, Covid also ruined the way everybody spent their holiday this past year. It also changed a bit of activities and the

way we hung out with people over the summer, although Covid did slow down a bit in the summer, which was a good thing. First, Covid ruined and cancelled Halloween for a lot of people so that was not fun, but it is not really a holiday, so it did not bother me that much. Thanksgiving was different, as I did not get to see my family, but I got a few turkey dinners in. Finally, Christmas just felt different this year. I did not get to see a lot of family and there was basically zero Christmas spirit. It just felt awful.

The major thing that Covid changed for me and probably a lot of other people across the world, is the way we learn now, going to school, virtual learning, not seeing half the people at school and even no school activities. Right now, even though I have been doing it for 7 months, virtual learning is still a substantial change, not having your teachers there with you to help you and teach in front of you in class. Most of teaching now is over laptops and phones which is not a fun thing to do.

Finally, Covid has had some big impacts on my life in the past year. My main impact has been the way it impacted my sports life, my life with friends and family over the summer and holidays, and even the way I have had to learn over the past year. Hopefully later into 2021 everybody will have the vaccine and we can all live a normal life again.

LIBBY ROLLIN

I Finally Feel Good

I finally feel good.

But you must have misunderstood.

My life has been taken by a force that attacks,
human systems, friendships, creating cracks.

Many laugh and ignore the fact,
that this “pandemic” is something rather abstract.

It is believed to weaken your breath,
but it brings me to my knees.

This terrible disease,
has stripped me from everything I love.

The friends that helped me through it all,
are no longer how I recall.

The world has been plagued by more than just illness,
and every single one of us is a witness.

Looking at the future like a crystal ball

but no matter of many times you try the answer comes up as nothing
at all. You feel guilty complaining,

but this is not the life of which you were aiming.

Constantly in fear of who is around you,

no longer recognizing those who surround you.

Happiness is not what it was.

Now, checking your phone is the only way to get a buzz. Physical and mental health alike,

we are not alone in this fight.

Though it feels like a black hole has swallowed us,

the only way to relieve our pain is to share and discuss.

Look at all we have withstood,

I finally feel good

ANONYMOUS

How Has My Life Changed during Lockdown?

AT THE AGE OF SIXTEEN, I do not have to worry about making money and paying taxes. My life is just spinning around going to school and hanging out with friends. Besides, I always think that studying to get a great mark and entertaining by spending time on social media or movies is enough to survive through my boring high school life. My life just passed like that; I used to live in a circle that was conditioned by my parents, and I did not dare to step out of the circle because I would not know how my life would be when I stepped out of it. But I knew that I could not live in it forever, and I thought I would change it in the future. Fortunately, that day came earlier than I expected. It was the arrival of the coronavirus; it came to my life as well as the other people out of the blue. It first appeared in China and rapidly spread all over the world, in such a brief time, everything had stopped completely and my usual life as well.

Over six months being lockdown at home, I was surrounded by a wall and lived in a place full of technology. In the first week at home, I spent time on social media and watched YouTube all the time. Even so, I am grateful for watching YouTube that afternoon because it recommended a video that completely changed my life. It is a vlog of a university student recording his early morning routine. He wakes up at 5 am and records his usual morning routine. After watching that video, I compared myself to him and started to feel guilty about my life. I was always waking up and went to bed late, spent most of my time on the phone and did not have a healthy diet. But my life completely changed the next morning. I woke up at 5am to do some workouts, write a diary, made a cup of tea, and read a book in my garden. At that

time, the smell of flowers, the sound of the birds, the wind of the early morning and the weak rays of sunshine made me realize that I missed too much all this time. Even more, I did a lot of valuable things just in the morning while most people in the world were still fast asleep. Most of all, I still maintain this morning routine, and my life quality is improving a lot.

In other aspects, I found a connection with my family. Since my mom and my dad did not have to go to work, we had plenty of time to do family activities such as watching Netflix, gardening, cooking, and having dinner together. Every evening, we always went for a walk in the neighbourhood and created games to play together. Thanks to it, we got to know each other much better; I understood that the world of adults has a lot of struggles and it is not easy for them. Therefore, it made me love them more. Besides, I learnt piano and I found that music is my passion. I feel like every time I play music, I can live with myself and music helps to heal my trauma and I still cannot believe that the coronavirus made it possible for me to reach music.

Overall, my biggest fear is whether I still have a chance like this, a chance to make me know that life is not that bad. If I know its value or figured out my passion that it adds more color to my life. My life then is no longer boring, and I have more chances to be honest with myself. Even though those are the most precious times ever in sixteen years and it has a positive effect on me, I know people are suffering from fighting it, therefore I am also hoping that the virus will be away soon.

ANONYMOUS

How Lockdown Impacted Me in a Positive Way

IT WAS MARCH 15TH, 2020. I was in Orlando, Florida as the whole world began to shut down. It was surreal. Borders, schools and businesses were all closing. I was filled with the panic of not knowing what life would become within the next few weeks. I went to the Magic Kingdom the last night before Walt Disney World shut down for what they thought would be two weeks. The energy was bittersweet, edged with sorrow.

We watched the fireworks with hundreds of other people, thinking it would only be two weeks of lockdown and life would go back to the way it was. But here we are, February 2021, and we are still not quite living the typical day to day life, although, we have made a lot of improvement over the last few months. We are now much more well educated about the COVID-19 virus and its transferability which allows us go to school, see some friends and play sports, in a safe matter. It might not be the same, but it's much closer.

COVID-19 has brought a lot of doubt and fear into my life. There have been many times where I've gotten my hopes up for something, which ends up getting cancelled. I am comforted by the fact that literally everyone is in the same boat. We are getting through this together and learning countless life lessons. Throughout this pandemic, I'd have to say, the most important life skill that I've picked up out of many is independence.

As a teenager whose life revolved around friends, school and cheerleading, losing all of those things at once was extremely difficult. Not only that, but I live with my mom and she is a healthcare worker.

She has been working throughout this whole pandemic. I am the type of person that loved being around people 24/7. I didn't notice how much I depended on others for my happiness. I have had to learn how to entertain myself on my own which was very difficult at times but I have improved so much as an individual. Apart from all the tragedy of this global pandemic, quarantine was a much-needed escape for me personally that I am grateful for. I worked on myself in many aspects and did things I would not have had time for if it weren't for the lockdown. I went on long walks with my dog every day, did indoor exercises, worked on improving poor eating habits and found new pastimes. I am now more motivated, productive, active, energized and make time for myself which is something I did not do prior to the pandemic. Small things can make a major impact on your day to day life.

Here we are, almost an entire year later, and it's like I am a different person mentally. I am very content with my life. Having a long break from seeing those I love only made our relationships stronger. When they say "distance makes the heart grow fonder" they really mean it. Even though I've lost some friends through the limiting of social interactions, one day I will hopefully be able to reconnect with them and re-establish relationships.

To conclude, this pandemic has had an immeasurable impact on my life in both negative and positive ways and I have grown so much as a person.

ANONYMOUS

How Corona Impacted Me

SINCE ITS FIRST CASE IN WUHAN, CHINA, COVID-19 has spread to every country worldwide, including Canada. We had the first case during March break 2020. I have lived in COVID life; everything changed. I did not go to school during the lockdowns. We have had to practice the social distancing and wear a mask every time I went outside. We did not have to do this in the past. The COVID-19 made the world, and me, confused and we all tried hard not to get the Coronavirus.

The Coronavirus made my life change so much. Such as lifestyle, eating, online shopping. (I have had to do) Some things that I have not done before: cooking, playing basketball, and practicing by myself by going to the online course to study.

Sometimes I forget that I cannot go out of the car without my mask and I must stay inside. At the beginning of the pandemic if I wear a mask, everyone looks at me like I am weird. Some people decided not to wear a mask. The mask is like my friend now. I cannot play a sport or visit my friend without a mask.

For the food, in the beginning, my family could not go to the grocery store to buy food because we were scared about the Coronavirus. That was our first-time dealing with lack of food. My family started online grocery shopping and went to pick up the food from the grocery store. It helps my family a lot, and it helps me know how to use online shopping.

Last year, it was my first time staying home for that long- like half of the year. I returned to school in September. I was so excited because I did not need to go to school, but everything got boring very

soon. Every day is the same; I woke up at noon, then I started eating breakfast and then went to play games; sometimes I read a book and then went to sleep again. I tried to find something to do outside, but Corona prevented me from so much; I could not play sport outside and visit my friend.

Finally, the app taught me how to do a workout at home, and I joined that online workout class; it helps me a lot when I had free time. Corona has changed me too much; I cannot imagine how everyday life without the Coronavirus looks like. Going outside, seeing people without the mask, and not doing social distancing.

In the pandemic, we can tell the negative of it, but the Coronavirus helps me see the positive. Staying home helped me understand my family more. When I moved to Canada, I lived with my Aunt and cousins, and we did not know each other a lot. Before the pandemic, I did not talk to them too much because every day I go to school and then come home. I played games and do the homework in my room. When I had free time, I just called my mom and dad in my country.

I did not spend too much time for my second family in Canada. Our family had much more time together; we played Bing bong, played many board games together, cooked together, and talked more than before. I spent my whole time with my second family, making us understand each other a lot.

Another positive was that I have too much free time, so I decided to read the book that was the first time I read two books last year. Coronavirus helped me improve myself so much, and I can enjoy my life with the pandemic now because it seems normal.

The online school and working from home were so tricky for me at the beginning, but I got familiar. In April, I was confused about what I was supposed to do in the online work, and I was so lazy to do them. I think no one will check my online homework, so I decided not to do anything at all.

When school started in September, everything was so different that one day I went to school and stayed home. I like that organization better than in before; on the day at home, I have more time to do the

homework and have more time to review my homework. I feel so confident with online school and work from home; it helps me go to school every day.

Everything around me is so different from the old days. I hope we will have the vaccine soon to go back to everyday life. We can go everywhere we want, and I can go back to Vietnam to visit my family. I missed my parents so much. One year long, with the Coronavirus, I changed my lifestyle, personality, and skill too much.

BRODIE FORAN

COVID-19

COVERID-19 HAS DRASTICALLY CHANGED EVERY HUMAN'S PERCEPTION OF WHAT IS NORMAL. Everything we do has changed, not only a little bit, but a lot. We now must wear masks and stay away from others to prevent spreading disease. Sports had to be cancelled all around the world along with every restaurant you can think of.

Personally, I have experienced it slightly differently to everyone else. To start off, my workout schedule got totally messed up. I stopped working out when all the gyms got closed and got extremely unmotivated. Finally, my brother pumped me up and we started working out a ton at our home gym.

All around New-Brunswick school has completely changed. We now all follow the structure of being at school one day and at home doing online work the next. Every home day we must go on a meeting online to check in for each class or else we get marked as absent. Schools also must be split up into two groups to control social distancing. Not seeing half of your friends is quite frankly sad. So, of course due to all this, school has gotten drastically more boring.

I have been unable to hang out with friends as much after school. The only place we can meet up is at the YMCA if it's even open. I have been the most bored I've ever been these past few months but at the same time having the most fun. I have been enjoying working out and playing games but when there is nothing to do besides two things it can get boring very easily. Video games and PlayStation has been a main source of social interaction because we can't hang out as much face to face.

I was on vacation when the pandemic first hit, and I was forced to quarantine for two weeks. Our whole family was mad about the situation, but we are glad we kept away from other people. Florida and Moncton had the exact same number of cases at the time, so we didn't understand why it was a big deal. But little did we know Florida would have the most cases in the US in the next week. So, chances are if everyone in Moncton didn't quarantine for a couple months, we would have large amounts of cases right now.

In the end, COVID-19 has affected all of us in different ways, whether it's not being able to go to school or if it's copious amounts of cases flooding through your city. Everyone has their own side to the story, but everyone is still in the same boat as you. We all need to be responsible and wear masks while out in public, use hand sanitizer, and keep ourselves socially distanced to reduce cases and eliminate this virus.

CODY MILSON

How COVID-19 Has Impacted My Life as a Teenager

THIS LAST YEAR HAS BEEN FAR FROM THE EASIEST and I could write a never-ending list of horrible things that happened. But the worst thing to come from 2020 found its way into 2021, the Coronavirus. Now, we all know that it was impossible that when 2021 came around that covid would just poof away, but I can speak for everyone when I say I wish it did. I got one good from it, but it has officially overstayed it is welcome.

Something new the school system implemented was a hybrid school schedule. One day a group is in school and the next day they are home learning. This was a mix of effective and not. On one end, it is understandable that students should still be doing schoolwork during the appropriate time, but I am not necessarily a fan of it. Last year, I was given work to do during the day rather than logging on during the period. This worked best for me because I can be a slow worker and it allows me to put the right amount of time into courses I do or don't need help in.

Besides school, my normal lifestyle has gone out of the window. As of last year, I was a student athlete who did not really care about my grades, but now it is the complete opposite. Sports are gone/ altered too much that it is not worth playing and my marks mean the world to me. With sports being unable to be played, I have found myself with too much free time. So, like everyone else during this crazy time, I found some new hobbies to make the days not feel so long. For example, I started trying to make music although I am still in the learning process.

Also, over this break, I picked back up on old hobbies like skateboarding and gaming. Gaming was my favourite old time, and I was able to finish countless numbers of games. Time was also not the worst either, I was able to connect with myself the most I probably ever have. I was able to find what I liked and what I did not. By that I mean I had been doing activities that I thought I enjoyed but never really found a passion for. For example, I had previously thought that I enjoyed being an extrovert but when I was spending so much time alone, I realized that maybe it was not so bad after all and I could finally find peace and quiet.

Contradicting my last point at the same time I am also glad that I can get out and see people with limits and do some things outside and get fresh air. One learning curve I experienced was having to shift everything to online like meetings and social gatherings. I had to learn so many new apps to use like Zoom and Microsoft Teams. For a while this was how I talked to pretty much everyone over the half year quarantine that happened in 2020.

Every month a disaster of some sort occurred, just one being the Coronavirus, putting everyone in lockdown and changing everyone's way of life. But from this 6-month quarantine I have not only learnt a lot in general but also about myself, with what I like and what I do not. I also rekindled some old hobbies I enjoyed a while ago. 2020 had its ups and downs and I am glad to say it is over and I'm hopeful 2021 is better.

IZAACK YIP

2020 Was Hell

2020 IS THE HELL THAT WE ALL KNOW TOO WELL, but it was interesting for me at least. This year taught me that I took time for granted as I binged watched TV shows and wasted time. The days flew by quickly, and soon enough, I was thrown into the new school year. So here is my reflection on this horrific year.

It was January when I received a news article from my mom saying something about a new virus. I shrugged it off because the article looked like those clickbait-y articles on Facebook, however it turned out to be serious. Fast-forward to about March and I genuinely started to panic. I started wearing masks to places where I cannot physically distance and people always looked at me because it was not the social norm yet, but I kept wearing my mask for the rest of my school days leading up to Spring Break. My teachers started to care about the virus and warned us that we might face a lockdown. I did not see this coming; I thought 2020 was going to be a year of perfection.

If you ever played Plague Inc., you know that to win, you will have to eliminate every single person on earth. I thought COVID was going to take over the world. The media contributed to the stress even more. Every story was on the virus and how the lockdown was going to be extended. I started to feel alone because I wanted to see my friends, so I met some online friends. Even though it helped with my need for social interaction, it still did not seem right. Lockdown was a time when everything seemed still to me because every day was just repeating itself. For the first time in my life, I was thankful for school resuming in September. When I saw everyone at school wearing a mask, I wanted to say, "I told you so!" to everyone. I felt truly happy, a feeling I did not experience for a long time.

ANONYMOUS

A Rare Opportunity

FROM 1665 TO 1666, ENGLAND WAS STRUCK BY THE GREAT PLAGUE. During this time schools sent their students home to wait out the outbreak, and among these students was Isaac Newton. Isaac was apparently undistinguished as a Cambridge student, however, during his private studies in quarantine, he made great developments in his theories on calculus, optics, and the law of gravitation. This specific time period is considered Isaac's "annus mirabilis", or year of wonders.

350 years later, COVID-19 has spread across the world, growing into an ongoing global pandemic. Students from all over the world were sent home to wait out the new virus and I was among the thousands of them. At first, like most of my friends, I thought it would be nice to have two weeks off from school. However, after 341 days, 2.42 million deaths, and countless hours spent in lockdown later, I began to grow sick of isolation.

Although I felt this way, I knew I could not waste this once-in-a-lifetime opportunity playing video games and watching the hours go by. So, I decided to discover myself. What my interests are, what I want to be doing in the future, and what I must do to get there. Doing this has helped me set goals and plan for what I want to accomplish 10 years from now.

I plan to work at the United Nations alongside other brilliant like-minded people in efforts to help those in need. Be it through politics, law, or even economics, I wish to be helping people in any way possible. This unexpected hiatus has helped me take a step back from the current world and run through memories of my childhood to see what experience inspired me to become so passionate about helping

others. During my exploration, I remembered a specific experience I had with my mom that has changed my life ever since.

For as long as I can remember, my mom always told me to be kind. I did not think much of it at first, until one day on my way to school, my mom pulled over on the side of the road. At first, I was confused, but as I glanced at the sidewalk, I noticed an elderly lady struggling to cross the road. My mom had stopped so that she could help the lady cross. On that day I learned about the importance of helping others. Instead of sitting by and watching people struggle you should always lend a hand to those in need.

Back to Isaac Newton, the reason he was undistinguished was that he was simply bored of Cambridge's curriculum. Quarantine helped him discover what his interests were and by doing so he founded the basis for mathematics, science, physics and is considered a key figure in the scientific revolution. This however did not happen overnight; Newton had his own fair share of exploration during the quarantine, which led him to his triumphs. Much like Newton, I wish to explore my interests and plan out the next several years of my life during this pandemic, so that I can work towards my passion for helping others.

LINDA WANG

March 11, 2020. The Day I Will Never Forget: The Beginning Of the Global Pandemic and My 16th Birthday

AT THE TIME, I REMEMBER FEELING PUZZLED BY THE SUDDEN ANNOUNCEMENT, feeling happy for the March Break extension, feeling anything but fear. I was worried for the people that tested positive and cried for those that have died. School continued remotely after the March Break, and the new normal began.

The news was exploding every day with tragic stories and disastrous information. The government and health units changed rules every week, leaving many with unnecessary confusion, stress, and panic. There were anti-mask and anti-lockdown protests. There was violence against Asians, tension between countries, suspicion of World War III, and the stock market crash. Riots broke out for the death of George Floyd. Chaos was the only word that could describe all this.

Days began to feel like dreams. Watching the case numbers increase every day from the comfort of the bed stopped alarming me of its consequences. Everyone began to become somewhat numb to the news, and I stopped feeling emotions for those cold-printed numbers. Eventually, in-person classes resumed, and school case reports quickly followed. COVID-19 was finally here: it was beside me, and I may have had contact with it without realizing it. Under the

stress of potentially being asymptomatic and possibly something else, I gradually lost my enthusiasm in anything I was doing. I felt as if the world began collapsing on me, and I just wanted to cry for no reason. Some would say it was hormonal issues, except it lasted for months. I have never broken down mentally so many times in such a short amount of time: I would cry for my uselessness, for my inability to resilience, for everything, and for nothing. I was losing my hope.

I went to school as normal, walking in silent hallways with masked living deads. I sat in a cold chair by myself, with my shadow cast by the artificial lighting. Classrooms were always pin-drop silent. No communication with any living beings, no emotional signals, for over six hours every day. I gradually became one of those living deads. This was officially a zombie apocalypse.

I walked through the dead halls, sat for hours until it was time to go home, and continued to sit at home in front of the 2D screen. In the 2D screens were black rectangular boxes with names written in the middle. I heard voices but could not see the faces they belonged to. I still laughed, but without happiness. My mask was on 24/7.

My life was on loop: there were insignificant differences and no major disturbances to my true emotion. Even until this day, my life is being consumed, over and over again, by the void.

ANONYMOUS

We

People say everyone has a choice,
But that's a lie, a truthful lie
Fake truths are planted into people's minds.
We do not have a choice
Freedom to see
Freedom to speak,
Chained by the party's shackles
Locked in the dark, gruesome abyss
Where oppressed individuals wander aimlessly through the blinding
mist.

No one can escape, from Room 101
No one,
No one is willing to stand
For self and people.
Individualism is prohibited,
Knowledge is limited.
We are puppets
With no emotions, no self-consciousness.

We are machines

Working until death for something we called

Money and fame.

Sometimes, a dim light illuminates the wicked night

But like fire, it dies as swiftly it comes.

There is no joy, no harmony.

Only agony and dissonance.

Innocent blood defiles innocent hands,

Violence comes with no love to mend.

Oh, when is the end?

When is the end?

ANONYMOUS

Light During COVID

IN 2020, THE CURTAIN KICKED OFF IN OUR EXPECTATIONS. The footsteps of the new year are slowly advancing, and the new coronavirus has quietly extended its claws. The joy and laughter that should have been in the New Year were gone. The new coronavirus is deeply tugging people's hearts...

However, countless medical staff across the world have rushed to the front lines. They wrote the "no remuneration, no life or death" invitation to the battle; they left the family they were concerned about, and went to this battlefield without hesitation...

During the epidemic, we see hundreds of millions of people show the same determination "a hundred million people have one heart, and you will have the power of a billion people." Although darkness still exists, spring has come unknowingly, and "light" is also accompanying.

More and more people, more and more "sunshine" holding iron hammers and knocking on the shackles of darkness... Lu Xun once said that "whoever can do things do it, what can be done is to make a sound. There is a heat, and a share is made. Light. Just like fireflies, you can emit a little light in the dark without waiting for the torch. "Although we cannot go to the front, we should do our best to fight this battle. Because before the battle, there are no bystanders, let alone outsiders, we are all a community of shared destiny.

ANONYMOUS

The Pandemic: Tramping On My Life

IT HAS BEEN A YEAR SINCE THE INITIAL OUTBREAK OF COVID-19 IN WUHAN, CHINA. Although Moncton is tens of thousands of kilometers away, residents have been seriously impacted, and I am one of them. Due to school closures, I have had time to improve my skills, such as math.

Nonetheless, the pandemic destroyed my plans for 2020. In general, the pandemic significantly changed my life, and the change is mostly negative. I would have the pandemic gone as soon as possible.

In 2020, schools of the Anglophone East School District closed in the spring and reopened in September. I realized early that I must not waste precious time. In the very first week after the closure of schools, I started to spend two hours studying math at Khan Academy each day. Not only did I study math, but I also covered chemistry and physics. In fact, those study hours helped me to glide through physics and math in grade 11, and they significantly helped me with my chemistry course as well. Aside from academics, I have also made considerable progress in my piano playing. On top of passing the grade 8 RCM exam, I also had time to learn the pieces I like. Unarguably, the pandemic is not wholly bad.

Although it provided me with time, the pandemic completely disrupted my plans for 2020. In the past four years, with the goal of becoming a lifeguard, I have been taking courses at the Pat Crossman Memorial Aquatic Centre. During the winter of 2019, I finished both the assistant instructor course and first aid training, and I planned to finish the course for lifeguard in 2020. If the pandemic did not hit, I

would be a lifeguard and working at a pool by now.

What is even worse is that if I were to take the final training now, the training intensity would be much stronger than it was before the pandemic, because now the course is fitted into a much shorter period compared to it was before the pandemic. Furthermore, I must bear a substantial risk of catching Covid-19. Now, merely imagining working part-time as a lifeguard tortures me; I could be saving for university now without the pandemic!

Aside from failing to be a lifeguard, my plan of setting up a bubble tea shop in the Dieppe farmer market was also destroyed. The market remained closed throughout the summer of 2020, and I had nowhere to set up my shop.

Aside from the lost monetary gains, I also had to stop volunteering in the Moncton Mission Thrift Store; my parents asked me to quit because of the potential exposure to Covid-19. I understood their worries. I had to care for my personal safety, and I had to be responsible for my family. Therefore, reluctantly I left the volunteer position, which could have provided me many volunteer hours by now.

On top of the lost opportunities, I also missed the chance of reuniting with my family members and friends in China, whom I have not seen since I came to Canada four years ago. Originally, my family would return to China during the March Break in 2021 and stay in China for a week. As the pandemic hit last March and spread across the world afterwards, like a bubble, our plan popped.

The tourism routes I planned, the shopping list I prepared, and even the greeting words I thought to say to friends, were all rendered meaningless. I would like to go back to China this year when I am in grade 11, because I would have no time to spare in grade 12, let alone in university. After the pandemic hit, I started to feel desperate about going back, and now I have no hope for such a trip.

All in all, even though the pandemic gave me free time, the fact that it destroyed my plans in 2020 left me no reason to wish for its lingering. Of course, I made progress in some of my skills, but I prefer the original plans I established for 2020. I hope the pandemic can end as soon as possible.

SONIA SONG

Silver Lining

IT'S BEEN A YEAR SINCE LOCKDOWN STARTED, and to be honest, I'm getting accustomed to this new "normal". This global virus is on the news almost every single day, with updates on death count, new policies and possible changes for the ordinary. The zones have been going from red to yellow to green back to red, and we're just cars down the street following the traffic lights in life for our safety and everyone around us. When can we get back to the green and smooth traffic again? The answer is hopefully, soon, although slowing down and stopping for some rest, to look around at the scenery has been a habit I've learned to quite frankly, enjoy and appreciate.

The negatives, needless to be said, are things everyone is well aware of. The danger of this virus and how easily it spreads and transmits has brought us the new worldwide, over million deaths pandemic since the 1968 Hong Kong flu. On top of the actual harm of the virus, the uncertainty and anxiety going on in the whole world have brought everyone to a frenzy. Celebrities, top government officials, your relatives, it seems that no one could escape from the possibility of contracting it, as though everyone's walking on thin ice, we just don't know who will fall.

Never ever in my life before have I undergo a rapid change in my daily habits, but following the health guidelines from the medical departments seems like the least I can do. Waves of dread and despair washed over the general public, and with that came the first time in my life where there'd been a shortage of toilet paper. It sounds silly, but at the moment it just seemed like the right thing to do to stock up and hibernate.

“Man is by nature a social animal.”, a quote by Aristotle, which has been proven so accurate when I was locked in. I’m originally not a person that goes out a lot and would rather like some quality self-spent time, but when you’re forced to stay in continuously with no exceptions for months, the introvert thing becomes nonexistent. I haven’t been able to see some of my friends since the lockdown started, and I really miss travelling and eating out.

Day to day became kind of null and grey: with little to no surprises, excitement or motivation, accompanied by the sad things shown on media, whether it’s economic, political or health-related, it’s all negative. It’s no shock that the pandemic gave us the experience of almost every morose emotion. Loneliness, trepidation, helplessness, at one point I felt all of these.

Luckily, I was never a pessimist about this situation. The pandemic has shown me more than ever what I’ve been taking for granted. My family and friends’ company, their health, easy to access education and public services and all things I’ve never thought I won’t be able to ensure.

Humanity in this day and age has stopped to a halt because of a virus, and the lesson learned here for me is that always be humble. No matter how great of an individual I become, I’ll always remember to check up on the people who’s been there with me during hard times and be grateful for the workers of all professions keeping the world running.

With the downtime and no more clock running my life and schedule, I’ve learned better about myself. Just what kind of self-care do I need, how and why I should manage my time and self-discipline, thanks to the pandemic it had set me some habits that I wouldn’t have done without. My creativity was encouraged, there was more time for art and music, and I was flexible enough to spend more time with my family. These are extra time that I’ve gained that I do appreciate, and it also reminds me that there are always lessons to learn and that life just goes on, whether we like it or not, so why not make the most out of it?

AMY DONG

My New Friend

SPIDER WEB SPARKLED BETWEEN THE PENDANT LIGHT SHADES, shining with dazzling lights. Strands of dust swayed from the ceiling. There were some inaudible sounds in the background, sounds like murmuring. It gets stronger, clearer, stronger, clearer, stronger, clearer...

“Are you still listening, Amy?”

I removed my eyes from the ceiling to trace the source of the sound. A skinny male in his 40s'. A square face with two bulging eyes, a pair of narrow rectangle shape glasses sitting on the bridge of his nose. That's James, he is a guest of ours, who is staying in our house temporarily before he can move into his own.

“I am talking to you.” He stared his eyes into mine. “I told you you have to be careful. Sanitize your hands and stay away from people. If you see anyone with possible symptoms, stay away from them and wear this.” He handed me a mask with no emotion shown on his face. “Do not care about how others see you. The virus is dangerous and it is not a fun game!” His eyebrows furrowed and I immediately knew he wasn't joking.

The world out of my math classroom's back windows was grey. I bet the snow is melting, it usually does. I love snowing days, I can sit in front of a window and watch the snow falls all day without getting bored. It looks like grandma sprinkling sugar powder on cupcakes in slow motion. Sometimes I wonder if we are gingerbread men living in gingerbread houses and snow is just sugar powder that we can't taste. The speaker in the corner of the classroom broke the peace. A piece of music came from that speaker. I stood up immediately, grabbed my

bag, thrown it on my shoulder and got ready to go.

“Remember to finish the two assignments I gave to you. We’ll talk about it next class. Have a nice weekend everyone!” The teacher walked towards her desk, took a sip of her tea and exhaled heavily.

Vapour from the tomato soup climbed up, reached the top of the ceiling, formed a cloud temporarily and collapsed. Dining table vibrated, it was my phone. A text from my friend. “What?” I jumped out of my seat. “School will be closed for the next two weeks? No school for two weeks?” I was so excited, for a life that doesn’t seem that pleasing once I look back.

First few weeks were good time. No online school, I slept till twelve in the afternoon, lingering around the living room and kitchen in pyjamas, or curled up on the sofa watching movies. James is a huge fan of movies, during his stay, there were always good movies playing on our TV.

Everything started to turn around all of a sudden. I started to feel upset for no reason. Tears hung on my cheeks more and more often. My love for snow days faded away. When it snowed, I couldn’t see anything but white. Instead, I sit in front of my piano, with my eyes closed, playing a melody with one hand, singing, repeating that same heart-breaking melody again and again, until I felt tears rolling down, until my voice trembled and could not make another sound, I stopped. I whipped off my tears, looking out the window, letting my thoughts explore and wander...

The only time I could escape from bad emotions was movie time with James. Watching others’ stories reduced a lot of my stress and bad feelings. Watching how different people make choices, understood them and stood in their shoes let me realize how different and unique every one is. My frustration slowly disappeared by reading different stories. Movies accompanied me. They taught me how to deal with different people and emotions.

Pushed front door wide open, surprisingly, a large suitcase was standing with a few baggage sitting on the ground, they were James’. “I’m moving out today, my house is ready.” James waved his hand at me with a smile on his face. I was frozen, he was leaving?

I'm not good at saying goodbye. With tears in my eyes, looked out of window, it's snowing, like sugar powder.

AMY HO

My Life During COVID-19

COVID-19 WAS AND STILL IS THE MOST TERRIFYING THING TO HAVE HAPPENED IN MY LIFE SO FAR, but the fact that I cannot pinpoint what's putting me on edge about a literal pandemic might be a bigger, albeit personal, problem. You'd think it has to be the climbing death toll, but it doesn't affect me personally and I have issues with object permanence, so I don't think that's the reason that, whenever I hear COVID-19 news, my body wants to involuntarily stop, drop, and roll. Maybe it's the missing sense of stability and consistency because goodness, that has just been the worst.

Seeing as how volatile everything is currently, things could change with a coin flip. Usually, my best options in these situations are to sit tight, try to stay calm, and improvise, but I can't exactly do that with COVID. I'm sure this is common knowledge at this point, but so many things happened in the past year: people losing their jobs, eviction notices, whatever America has going on, Earth burning down, and, oh yeah, a sickness that is so simultaneously wide-spread and deadly that the whole world shut down! I think it's fair to say that stability is a necessity right now.

Not all hope has been lost for me though, for I still have the power of Zoom, Discord, and Microsoft Teams! Maintaining a sense of consistency in my routines have actually worked wonders on my taped together emotional stability. Knowing that I have a present and direct connection to friends I can't see right now is nice, and I like to think it goes both ways. I know I love it when friends spare some time to check-in with me, so I try to do the same for them. I do hope that it does help, I really do.

Side tangent: I found a community that makes me happy during

this whole thing. Apparently, the rational part of the internet became extremely empathetic over the course of the most draining event so far into this decade. People started understanding and supporting each other. Not to sound sappy, but I think that people are uniting now because we all had hardships caused by COVID-19, and we're a lot more inclined to view others with camaraderie when we share the same struggles. Whatever leaked in the world's water supplies should stay there because at this rate, everyone should understand why Black Lives Matter by October! Hopefully, people won't forget all the positive things drowned out by bad news. People have rarely been this sympathetic as far as I can see, and the world would certainly improve if there were more kind-hearted and patient people in it.

Anyways, back on track. When school started again, I was genuinely relieved. It was a positive thing instead of the absolute sense of existential horror and dread usually associated with academia. Going to class, although not with the whole school, is an honest-to-goodness cathartic experience. I can walk around the hallways, desperately trying to find my classrooms again. I can eat cafeteria food, no matter how good or bad, again. I don't care that I have to keep a distance from people or wear a mask everywhere because I get to be a kid instead of staying at home and repeating anxious thoughts. I love it.

The vaccine can't come soon enough, in my opinion, it really can't. I need to go outside and touch grass as soon as possible. I want to hang out with my friends without worrying about the looming threat of death. I'm tired. Please, please, let this end already.

ANONYMOUS

Difficult Times

HAVE YOU EVER WONDERED WHAT IT WOULD BE LIKE TO LIVE THROUGH A GLOBAL PANDEMIC? Many have imagined, only to believe, that something like a virus or plague wouldn't occur for a very long time, as our medical advancements are extraordinary. Here was my life during the Coronavirus Pandemic, and the pros and cons of it.

School, technology, and health were the main things that affected me in the pandemic. In March 2020, schools were shut down across our province for the rest of the year, along with pretty much everything else. I had to stay home with my three siblings, who are very hyper, and we couldn't travel anywhere. The virus started taking a mental toll on my family and I when we were constantly stuck together. It was also very boring at times, only being able to do limited things, such as watching TV, playing games, or reading books (I'm not saying those things are bad, I just wanted more opportunity and freedom).

When the schools shut down, it caused a lot of problems not just for me, but even my family. Since both of my parents were considered essential workers, one of them had to lay off to stay at home with us. But we were lucky that our parents were essential because if not, it could've caused financial problems, and I feel pity for those who had to go through that. However, my intelligence probably decreased because I was playing more games, watching TV, and sleeping a lot. I did read quite a few books over the break, but still wish I had homework, or other means of work to keep myself busy. And that's when my health got involved.

Physically, I felt fine during the pandemic, I was eating and sleeping a lot more, which felt great, and luckily, I stayed skinny for

my high metabolism. I also went outside every few days and went for a run, or just played basketball or some sports in our yard, which was fun. But mentally, my health was a little different. I couldn't talk to my friends in person, so I was a little lonely, sometimes annoyed by being stuck in the house all day and not doing anything. By the time summertime came around and we were in the yellow zone, I got excited, and I started to play sports more, go for bike rides, and started talking to my friends again. My emotions gradually increased, especially when we were told we were going back to school.

Though in the summer, I was a big screen person, I watched quite a bit of television and played a lot of games with my friends. Some nights we would stay up late playing, and it affected my sleep schedule, which made me felt quite hard to get back on track when school rolled around. Now, every second day mostly all students are on a electronic device to study online, and I think it's crazy how fast we have integrated technology into our school systems. However, these devices have affected my health; sometimes I find that my eyes hurt from staring at a screen all day, or sometimes I feel a little tired by it. But I believe it's way safer than having all the students in the building since it would be harder to manage the Covid-19 guidelines.

In the coming months, we will have ups and downs, but I think there is a bright side to every occasion. The virus has caused a lot of bad things, like an economic crash, but I think there is a lot of pros of the pandemic beside the cons. I hope in the future the world will be prepared for something like this again and we will be even further in technological and medical advancements. Finally, yes, the virus has affected me greatly, but it's opened some opportunities that weren't there before.

ELLISON FIDDES

A Wonder of the Mind

IN A TIME BITTER TO THE TOUCH, LIFE WAS BOUND TO CONTINUE WHILE THE REST OF US COULD NOT, our only chance was to peer through the window glass. Without a doubt, I could speak of the struggles of taking beyond average educational classes, however, I'd rather use my voice to scream about it being spent in unspoken astonishment. It all began was when I was scheduled for sociology instead of the one I had already chosen. Reflecting on this now, I find it funny on how one class, just one can shift one's views completely upside down.

At precisely 6:30 AM, my alarm clock sprang to life. Walking into that class, my body stiff as cold ice. I did not know at the time, I was the only grade 11 that would arrive. Lo and behold my newfound favourite teacher, Mr. Evans, so bright and bold. Imagine how odd it must be, for it to only be him and me, for what would there even be to utter? All I could do was nervously stutter. I had made up my mind that I was going to quickly leave without any second thoughts. Yet the blossoms had already sprouted; I got the chance to learn about the mind and all its fascinating wonders. As the class tittered throughout, it grew on me, that this could very well be my time to shine, or even grow as a person.

As I so fondly remember, at the beginning of those classes, my thoughts were that of only disappearing, Then it stuck. Once I began to relate deeper, it was an epiphany when I realized that indeed I belonged there a member. What proceeded was the flicker of a holy light going off in my head, as I wanted to stay, for this was not the end. Every project I began to craft was its own fine achievement, or even better than that. From defiant thinkers to philosophical discussions, my mind danced from analyzing all of these different wonders.

Since time creeps upon you, when the semester came to a close, I had learned everything from values and norms, to human behaviour in social forms. By far my most favourite was indeed the final part, as it was an essay dedicated to any decade we want, I already decided which one I was going to be defining. My brain exploded with thoughts, for there was a lot to say about the 50s, the beginning of the haves and have nots. Applying every theory I could, I'd say that paper was higher than it should. When I finally clicked send, there was this unspeakable dread, for this was the foreseen end. However, I knew deep down in my freezing heart that despite anything, I could still participate in the art, pondering social science unlike any predetermined box.

Now in the present I am pleased to say, that I have not only picked law, but political science as predicted. As a matter of fact, Mr. Evans even gloated that I had one of highest marks while the students remained frozen. It is still so crazy to me how one class can change everything about me, for now I love to learn everything about social science. Of course it was not just done by me, for I had the help of an amazing teacher as he. During a time so brutal and bare, I was lucky to have a breath of fresh air.

ANONYMOUS

Impacts of Propaganda on Public Opinions during COVID-19

WHEN THE PUBLIC FACES DANGERS AND THREATS, can be used as a powerful tool or even a weapon in educating the public against certain dangers. Some of these include the Cold War Artefact, World War II posters, and the present COVID- 19 messaging which have been effective in many ways.

To start off, the “Duck and Cover” campaign (Cold War Artefact) had been used to prepare American school children for a potential nuclear attack by the Soviet Union in 1951. This PSA was intended to protect the public in case an atomic attack were to occur, but at the same time also serve as a false sense of protection for those who were the closest to the blast. Both of these intentions were for the safety of the people, and the campaign was successful in delivering its message. Continuing on, many of the WWII posters containing propaganda were used as a weapon against certain undesirables. For example in World War II, the Nazi’s used these posters to turn the people against the Jewish communities. These posters were used in a negative context which were very damaging and harmful. But either way, this still supports the fact that propaganda can influence the public to deal with ever-present threats, in which sadly the “threat” were the Jewish at that time.

Lastly and presently, both the federal and provincial governments have responded to the COVID- 19 pandemic with many messages to influence public opinion. Contrary to the World War II posters, these messages contained helpful information to benefit

communities faced with uncertainties and struggles. Many of the messages were aimed to convince the public's opinion about the importance of protecting ourselves/others. In this connotation, propaganda is currently serving as a form of communication; it promotes social-distancing measures to ensure the safety of Canadians.

With all things considered, propaganda has been both helpful and detrimental to the public in the past and present with different applications. The Cold War Artefact prepared the people for the worst, but at the same time turned many against the Soviet's, the propaganda used in WWII swayed public views on the Jewish communities, and finally the messaging by the provincial and federal government is being used to ease the impact of the virus. Although propaganda is highly effective, it can be implicated in a negative or a positive way to alter opinion.

Part II: Visual Art

Participants of the YMCA Adult Day Program and students volunteering on their co-op placements with the YMCA Community Action Network. This group of neurodiverse young people put together some drawings depicting how COVID-19 has changed their lives.

COVID Changed My Life

THIS PICTURE IS ABOUT HOW COVID CHANGED MY LIFE.
With restaurants being closed, I was not able to go out to breakfast with my Grandfather. It is very difficult for me, because I liked going to breakfast every Saturday. My dental appointments and eye appointments have been cancelled due to the virus. It is very difficult for my Grandmother, she is 99 and she does not have her dog anymore. Not being able to see her dog is very frustrating for her, I felt sad when schools were closed and not being able to see my friends. Seeing my friends at school is a big part of my life. Now that schools are open, I am so happy to see my friends again. I encourage anyone with symptoms of COVID-19 to book a COVID test and self-isolate for 14 days.





KYLE ALLEN

COVID Sucks!

CCOVID MAKES EVERYONE SAD. This is a picture of me and my Mom. We are trying to stay happy. Even the sun is sad. I do not like wearing masks; it makes me feel hot and sad. COVID has changed how I go to school, I have to wear a mask all day and I have to clean my desk and chair every time I sit somewhere. My classes are all smaller because we cannot have our full class at school anymore. I graduate this year and there is no prom, no big get together with friends and family. COVID creates a lot of sad things.

ALICE

Colors



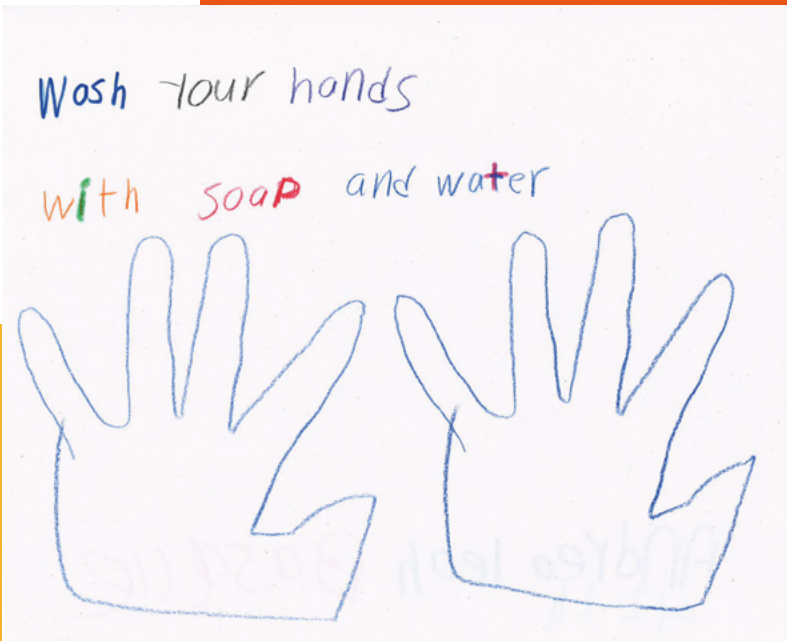


LARRY MITCHELL

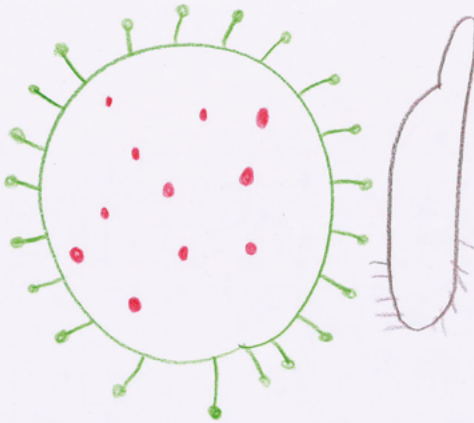
I Miss My Friends

ANDREA BASQUE

Wash Your Hands

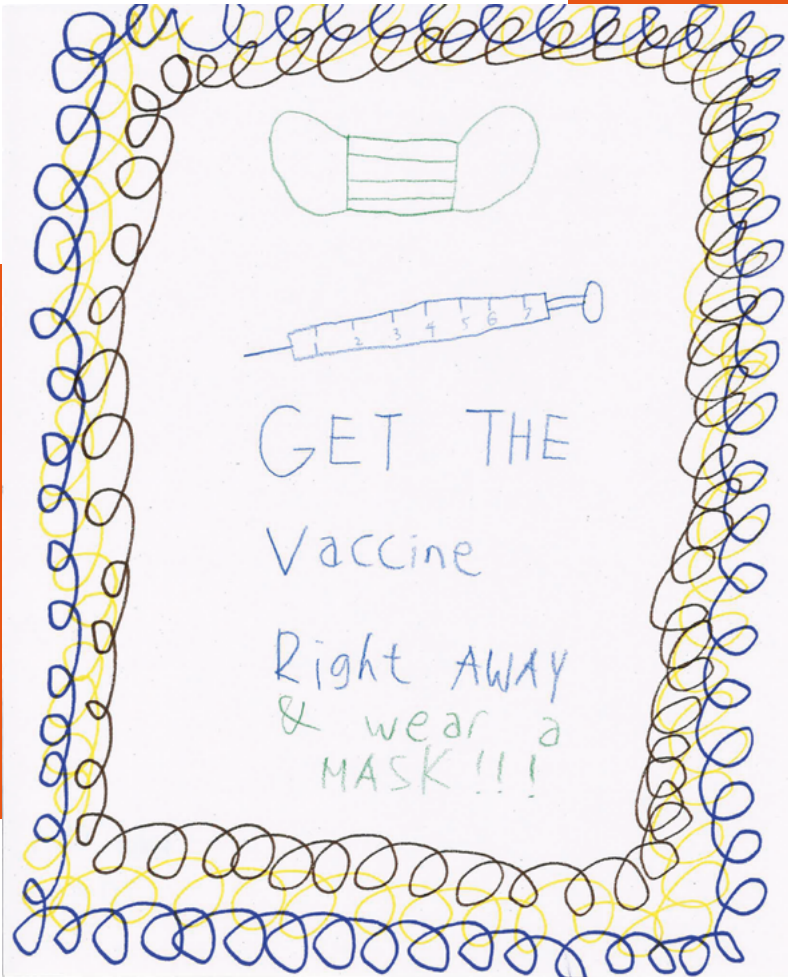


Keegan 21



KEEGAN

That Virus

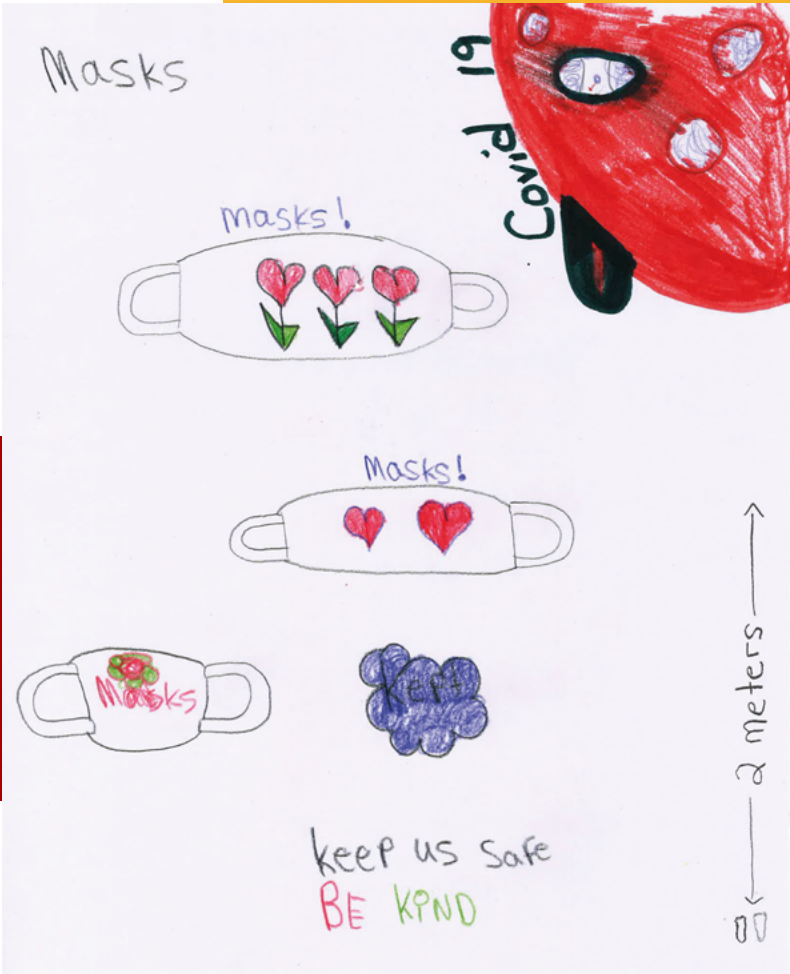


MARCO CHAN

Get the Vaccine

AMANDA MACNIEL

Masks





JACOB

Keep Safe

**Part III:
Stay Home,
Stay Safe,
Stay
Connected**

THE CORONICLES

Our Team

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Rest in peace
Delaina Ashley Yaun Gonzalez
Paul Andre Michels
Xiaojie Tan
Daoyou Feng
Hyun Jung Grant
Suncha Kim
Soon Chung Park
Yong Ae Yue
Elcias Hernandez-Ortiz



We will work through this