



F B L A M P X N I T A G A T F C Y R H T N P Y M Y



# Vikings Runes

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Viewmont High School's Literary Magazine — Bountiful, Utah — November 2020

Prompt: What do you want to remember about the soft closures? What do you want to forget? In what ways have you changed—for better and for worse?

I want to remember how much I hated staying inside and not seeing people and going out to eat. Because I am always so grateful now when I am able to go out and do those things. Unlike before where I would choose to stay home because I got tired of going out. I have changed for the better and have found myself through a lot of different ways like a new style to wear and books to read and the person I want to become is so much better than who I thought I wanted to become. I found that I really like a more organized room and to be clean and I love to workout which is crazy to me because I have always been so lazy. I found out that I am a really good cook and I love cooking so that's super cool to me. It honestly helped me find more time to find things I like and things I wish I could've done better. It's made me a kinder person and has made me appreciate my family so much more because I had some really hard times.

Being in quarantine with depression is really difficult and anyone who has depression knows the struggle that quarantine came with. But my family was there for me and I have never felt so grateful for them before. I love being outside and I love seeing people and going to school. Quarantine has made me a better person and although it was very hard I learned to love myself and those around me. I learned to love the sun and the rain and just the earth in general... I learned to love life.

— Breese

Back in March, on that Friday when the world turned upside down, my life was so wildly different. I started off the day walking into school and seeing tables barricade the commons, and ended the day crying because I wouldn't see anyone for a whole 2 weeks. The days crawled forward and so did the closure. "We'll be back in April." "We'll be back on May 1." "School

cancelled for the rest of the year." The world crumpled around me as I lost feelings and lost touch with friends. I lost who I was before and found someone new. Even though I felt like I was struggling at the time, I've grown in the end and I feel like a better person, though still in need of improvement. I'm glad I'm not who I was before.

— Anonymous



—Hannah Crossley

I want to remember how I have changed as a person and remember the self-love I have built for myself. I want to forget my angriness towards my siblings and family. I have changed by being more lenient on myself instead of breaking myself down. I have also been working on eating healthier and exercising. I have made a bucket list of older movies I haven't watched that I am going to watch. So far I have grown so much as a person and instead of just being on my phone or technology I have picked up certain things. Learning new things has made me so happy and has helped me create more goals that I can work to achieve. My mood has changed dramatically. I never would have thought that I would miss my friends as bad as I did. I have become a lot more social and have had an easier time talking with others. Overall, quarantine has helped me become a better person.

—Anonymous



—Alanna Todd

As much as I want to remember this crazy experience and tell my kids and grandkids about it or reminisce about it with friends in the future, it also wouldn't hurt to forget a lot of it because it's boring and sad.

I feel like I have changed for better and worse in personal ways but also when it comes to social ways. One thing that bothers me a lot is that I will sometimes

watch a movie and I'll see people sitting close to each other with no mask or holding hands or sharing food and drinks and I get cringy and I'm like 'WHAT ARE THEY DOING!!'. Then I remember that their time is either not real or long before all this happened. Realizing this also comforts me in that I see that it started at some point and it is going to end at some point.

The biggest thing for me that came with this quarantine is some slowly onsetting and growing depression I was getting until I started to find my cure. I watch way less tv when possible and spend a lot of time working out in as many ways as possible and talking with friends over text or call or facetime as much as I can which has been a blessing to me.

—Anonymous

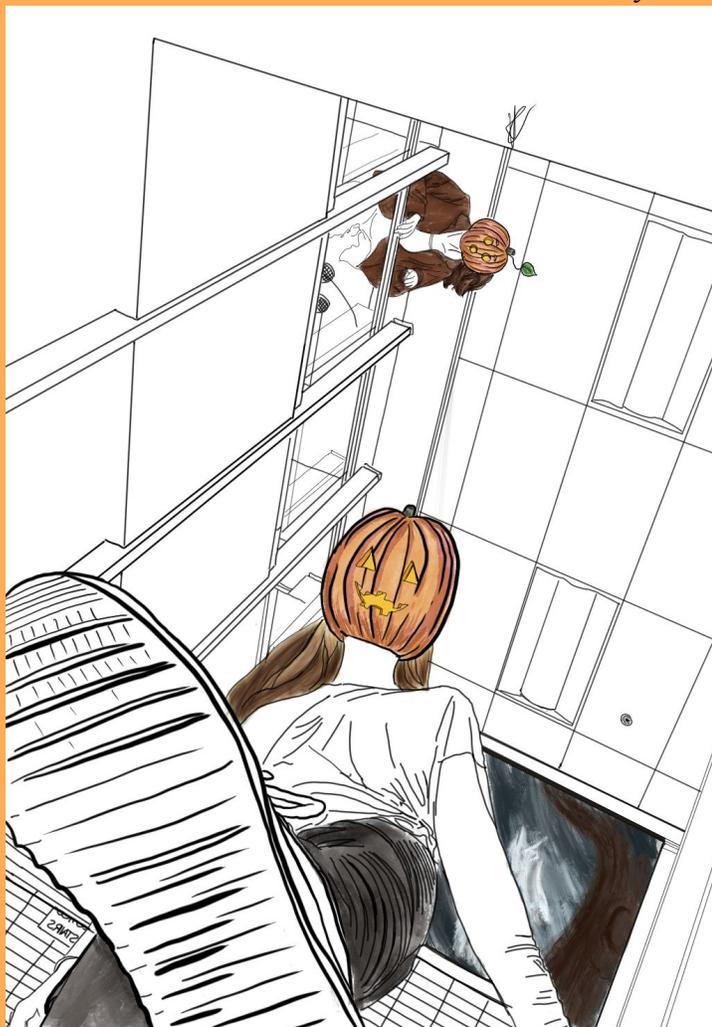
I think that living through a pandemic has changed me and has made me view my everyday life differently. Last year I could go out without worrying who I've been close to or that I forgot my mask at home. I could go to concerts, football games, parties with my friends or family. Coronavirus has made me realize everything can change in a matter of days. I still remember March 13th, 2020, I was in school that day thinking that this virus wasn't a big deal. I didn't end up seeing my friends until months later when school started up again. It's now November and I'm still worrying about the virus. My whole world and everybody else's was changed and impacted in some way, which just shows we can't always make a plan for what's coming next. I was expecting 2020 to be a great year, and in some ways it was, but I can't help wondering what my life would be like if Coronavirus didn't happen.

—Valery Castillo

During this quarantine I want to remember how much I grew and just worked on myself. It has been really mentally challenging for me but that's the part of me that grew because I got over those challenges by myself. I have gotten back into some hobbies that I kind of stopped having time for juggling work and school and of course my normal responsibilities. I have gotten a lot worse at procrastinating though, and my level of procrastination was already really bad so the fact that it is worse isn't good. I have found myself losing motivation a lot easier lately and feeling more

down and I really don't want to remember that part of me when this is over. One of the main things that I am grateful for is that this quarantine started when I needed it the most, when I needed to work on myself and focus on my mental health. 2020 will definitely be remembered by the world.

—Anonymous



—Hannah Crossley

I want to remember how hard much of it was for me. How sad and bored I was. I also want to remember how I never felt alone, while I couldn't see my friends we would still talk over the phone and on zoom and my family was there for me. The quarantine made me appreciate the people in my life more and it made them appreciate me.

—Anonymous

As much as all of this sucked, I think I grew a lot as a person. I started to like myself a lot more and I got to be

a lot closer to my family. Me and my sister are now best friends. I haven't found a lot of new hobbies, more like

developed old ones. My newest hobby I picked up however is biking, I go outside a lot more on or off the bike. I've also been writing more. I've learned a lot more about art over the past 6-ish months and have been able to feed that craving a lot more.

—Anonymous

I want to remember all the great memories I've made, even though there have been so many negative things around us. I want to remember my work, and being with my best friends and taking care of the people at my work who need it most.

I want to remember memories of my grandfather when he was healthy, the times we went on hikes and got ice cream at the store down the road from his house. I want to remember how I felt and acted when he passed away, to show myself when I'm going through a rough patch that I can get through it just like I did through the most painful time in my life. His death changed me, and it brought to light the fact that I needed to help myself so that I could be better and happier. I find my happiness through my friends and my family, the love I get from all of them and the smile they bring to my face every day that I'm around them.

—Shaye Stamper

I want to remember the days that quarantine improved my health. My mental health got better over the time where we only had two days of school and the rest was online. I wasn't as stressed to get ready, wake up early every day, and be stressed about seeing people. Those are the days I want to remember. The days I want to forget are the days I look at the number of deaths due to COVID. It's such a large number for such little time, and the only thing I can do to help is wear a mask and stay home.

I have mainly changed for the better. Back when we didn't have quarantine, I felt trapped and I never had time to think about my feelings and express myself. It felt as though I was in a box that I couldn't leave. But during quarantine, I got myself bangs, deep cleaned my room, had time to do the things I loved, and overall felt much better about myself. I found new hobbies, one of them being making jewelry.

—Megan Stephens

## What I am Grateful For:

Crunchy leaves in the fall and green fresh leaves in the spring  
Snow, ice, and rain, the different assortments of water  
School education and activities we share with others  
Pets that we take into our lives and love forever  
A family that has its fights but loves each other anyway  
Friends that make me laugh and feel included right away  
Languages and Cultures that we share and learn  
Countries that fill our Earth with diversity  
Animals we look at in wonder and awe  
And a planet to live in and be able to stay

—Ayumi Durant

## I am thankful for

A sip of hot chocolate that warms my tongue,  
And the wonderful melodies I hear being sung.  
Words on a page that form a story,  
and an amazing TV in all its glory.  
The great tasting sushi,  
and entertaining movies.  
The nice clothes I wear on my back,  
and the cupboard full of my favorite snacks.  
Social media despite all the ads,  
And the home made by my mom and dad.  
The people I call my friends and family,  
The people I rely on during this calamity.

—Lina Zeh

## I am grateful.

I am grateful for my boyfriend and his family.  
They gave me a home, food, and water.  
I am out of their home and they still took care of me when I  
was sick in my own home.  
With the yummy chicken soup made with love.

I am grateful for my father.  
I thank him for not leaving me on the streets.  
He has helped me with my home and money.  
I couldn't be more grateful for my dad when he helps out from  
outside the country.

I am grateful for my brother.  
For fighting for me when I still didn't have a voice for myself.

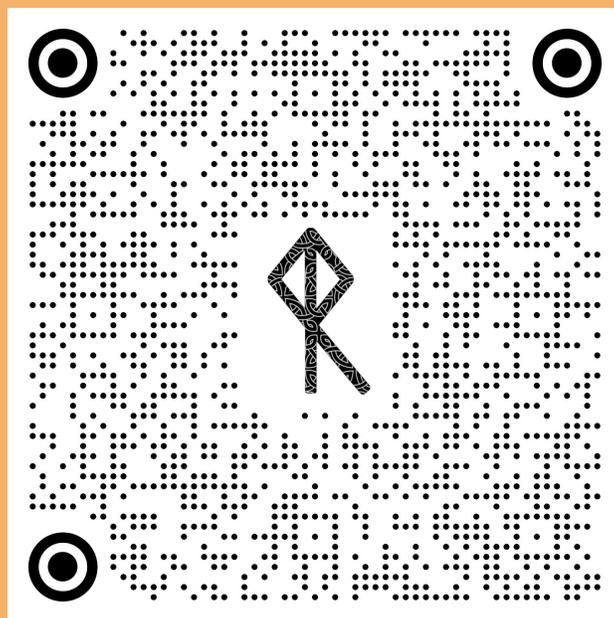
I thank them for all I have.

—Eva Bills

## November's Activity: Gratitude Word Cloud

We know it's a little late, but we didn't think releasing November's issue during the soft closure would have made very much sense, so we're going to release two issues in December to make up for it! And we had a great activity planned for November that we still want to try! Like the authors who shared their work in this issue, we want to focus on the positive and find out what people are grateful for right now. Simply scan the QR code below (or click [here](#) if you're reading online) and fill out the Google form. To help motivate you, we're giving away five \$5 Fizz gift cards! To enter the drawing, simply include your name and email address in the Google Form.

We'll announce the winners and share the word cloud in our next issue!



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