

~~SOCCER~~

~~Dance  
Recital~~

~~Summer  
Camp~~

~~Prom~~

~~Sleepovers~~

~~Going  
to  
Movies~~

~~Church~~

All my life I had been looking forward to 2020. I had always expected that 2020 was going to be one of the best years of my life. I would finally be starting high school, making new friends, getting my driver's license, finding my first job, and so much more. However, COVID-19 suddenly changed all of that. The Pandemic led to the loss of so many things that meant a lot to me. I felt like I was on an emotional roller coaster. I felt sad, lonely, angry, confused, scared, and even depressed. For the first time in my life I was diagnosed with depression, and I know that probably wouldn't have happened if it wasn't for COVID. However, in the midst of all the loss I experienced, I can look back now and realize that I also gained something during the Pandemic. I learned to appreciate many things that I used to take for granted:

**My Family. My Health. My Faith. My Friends.**

While I still wish the Pandemic had never happened, I am grateful for the opportunity to recognize how important each of these things really are.

~ Kami Quade

~~School~~

~~JOB~~

~~Holidays  
with  
Family~~

~~Vacation~~

~~Winter  
Carnival~~

~~Visiting  
Grandparents~~

~~My Sister's  
Graduation~~

~~SPORTS  
GAMES~~

~~Sweet 16  
Birthday  
Party~~

~~Hugs~~

~~Eating  
Out~~