

May 13th, 2020

Dear Diego,

I am writing a letter to myself in the future; maybe the goal is to read this in fifty years and reflect on my life during the Covid 19 epidemic. I am nineteen at the moment of writing this letter so I would be hopefully sixty-nine years old reading this. I do not know what the future holds; I do not believe that anyone has the answer to everything. I know that we can only have faith and hope that the situation gets better and we see a change. The atmosphere at the moment is all over the place; I questioned the world and reality I live in. The epidemic showed me that our sense of reality can cease to exist and human interactions can change. I could not have imagined the situations that twenty-twenty brought. I remember New Year's Eve, drinking and partying hoping for a new year of wonders and the unexpected. We hear the phrase "New Normal" in the news and I still do not understand if what is the New Normal. I do not believe that I am capable of the new normal. Let us talk about the new normal they speak of. My first online Zoom session occurred on March 12, 2020, for Honors 3. Dr. Arnaud believed that we should try Zoom just in case we would need to commence remote learning. At the moment, I thought that was a great idea and it would save me time and gas to drive to Sac State for one class. Dr. Arnaud tried her best to transition to remote learning; we had to adapt to the new situation at hand. The class went well and books like *Hard Times*, *Spare Parts*, and *the Vindication of the Rights of Women* were my favorite reads. I cannot speak for everyone else but something was missing in the class. I can explain it as something heavy on your shoulders weighing you down. I believe that it is the human interaction part and being within a group of individuals with different ideas. School has been difficult for me; I do not know if it is that I am taking challenging courses or remote learning, but something is weighing me down. I cannot say I have the same motivation and drive that I had before. I hope that I can get out of the rut I am in. I cannot seem to find a goal or something that motivates me. My sleep schedule is all out of whack, I cannot fall asleep until 4 am and I wake up at almost 2 pm. I cannot be the only one since I see meme and posts on twitter of people saying that 2am in the new 12pm. I believe that the epidemic has caused us to lose our sense of time. We are usually up early in the morning to go to work or school, but since we are quarantined at home, we lose that sense of structure in our life. I find myself becoming more distracted on my phone and surfing the internet more often than I should. I feel almost trap; I feel like I am in a dream that I cannot escape, reliving the same dream over and over again. I feel time slipping away and I cannot move. The silver lining of the situation is that I can spend some more time with my family. Even if I do get under their skin and vice versa, I believe that I am getting to understand them more. Even if we spend our time deciding who gets what mask. Before I know it, everyone is grown and has their own life to live. Hopefully, this pause or moment of reflection is useful in the growth of myself and everyone else. Some news that I heard today is that Los Angeles County announced a new "Safer-at-Home" order with no end date. WHO warns "this virus may never go away." I am not sure if

there is more news than ever or we have more time to look at it since we are stuck at home. The things that I appreciate during this time is my family, my dog Coco, and the few familiar people I speak to. I hope that I can grow and do something with the extra time I have. Maybe fix up the house more, keep the plants watered and growing, or building a fire pit in the backyard. Sometimes it takes an uncontrollable circumstance to bring people together. For all the bad we witness in the news, I hope there is an overwhelming amount of good that comes out of this. I am not sure what the future has in hold for us, but what I do know is that I can make a change. One final note and am I not only addressing myself but everyone is reading this. The world can seem like a scary place and unexpected, but do not let that discourage you. Do not let that put you down; begin to make a change one day at a time. As we age it is necessary to reflect and think if this is the individual I am truly destined to be.