

Distance caused depression

By: Jenna Sackett @JennaSackett13

the beginning of the 2019 school year and told a student that by the end of March, school would be canceled and people would be wearing masks, they probably would think you were crazy. 2020 is a year that truly could not have been predicted.

When we left for break, we were oblivious to the huge change that we were about to live through. We'd heard of the virus, but not many people were worried. In a poll from our last issue of the Vox that came out just days before break, only 22% of the 50 students asked said they were afraid of the coronavirus. However, the seriousness of the situation was known soon after when Iowa Governor, Kim Reynolds, announced that school would be canceled.

After this people started to quarantine, but not everyone could. Some students, like Lucas Wendt, senior, continued to work during the pandemic.

"I wasn't quarantined because I was working at Starlite," said Wendt. Even after restaurants were forced to close, Starlite continued to provide pick-up and delivery

If you went back in time to

services, Wendt being one of the workers that helped.

When Wendt wasn't working, he was at home, completely alone, coloring. Wendt's parents were stuck in Arizona having driven there before the state borders closed. After a while, Wendt decided that having some friends over was worth the risk since not having anyone around was proving to be more harmful than the virus. He said, "They probably shouldn't have, but I didn't want to get depressed. I had just gotten out of a relationship. I needed support from friends."

Wendt wasn't alone in worrying about his mental health. During the pandemic many people were posting about feeling sad, depressed, and just overall not mentally



Lucas Wendt, senior, colors to help his mental state.

okay. When reflecting on his mood throughout isolation, Wendt said, "I think I was just sad most of the time because of situations in my life."

Gracey Swanson Folken, junior, also had lots of time to herself. Her mental health also fluctuated with the day to day life in quarantine. "I struggled some days. Other days were good. It kinda depended on what was going on that day," said Swanson Folken. She tried to keep in contact with her friends. "I snapchatted them like all day every day," said Swanson Folken.

This pandemic took everyone by surprise. Everything is so unpredictable. It's important to take care of your mental health, even more so than normal. "Make sure you stay in touch with the people you normally would talk to in person. Check up on each other," said Swanson Folken. "Distract yourself with stuff. Coloring is great. Do stuff to take care of yourself," said Wendt.

In the mess that is 2020, it's important to make the best of it. It might not have been a great year, but that doesn't mean it didn't have great parts. The year's not over yet, something great could be right around the corner. In the meantime make sure you're checking on your friends, family, and most importantly, yourself.

Derecho helpers

By: Autumn Poston @_autumnposton_

The 2020 derecho, something many people

didn't even know existed, hit many Iowan families hard on August 10th. Damage and destruction surrounded the community in the weeks following the disaster. However, the light at the end of this dark tunnel were people in the area selflessly helping others and volunteering within the community. Many students, teachers, and groups at Marion High School were involved in helping the community in different ways.

The Granger House in Marion was one of the buildings that had been hit extremely hard during the derecho. Many MHS teams including football, volleyball,

cheer, and poms along with their coaches volunteered to help clean up the wreckage. While adults and staff handled the machinery, the teams helped pick up debris and rake the surrounding areas. Having that many people there to help made the process a lot quicker. "It made moving things a lot easier and it made the work go faster with more hands," said one of the football coaches, Garrette Williams. They were able to get the project done in only two days time. Even though helping out physically, like the teams did, can be extremely helpful, others might have chosen a slightly different approach.

Anna Turri, sophomore, took a more online route with her volunteering. Turri joined the Iowa Storm Help Relief which was an online facebook group that turned into a food pantry with supplies and help for members of the community that

needed it. The program also had a hotline for people in need, which is what Turri spent a lot of her time doing. The countless hours that she spent volunteering helped the community tremendously, but it also helped her personally. "It's helped me with time management, keeping things going and just my speaking tone and speaking to adults, getting comfortable with that," said Turri. With almost 300 hours spent volunteering with Iowa Storm Help Relief, many people were impacted by their help. Volunteering is not only beneficial to the community but it can also be beneficial to yourself.

Overall, many Marion students and staff volunteered their time to help out others in the community and these helpers



Members of the football team help clean up storm debris.

are just a small glimpse of that. Many homes and families were affected by the derecho and everyone who volunteered to help made all of the processes that much easier. The storm may have been a disaster, but in ways it helped us grow stronger as a community and individually.

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The Vox is a public forum student-run newspaper dedicated to informing and entertaining the students of Marion High School since 1934.

It's published four times a year by Tri-Co printing company and is distributed during the final block of the school day by the journalism staff.

The staff will report as ac-

curately, fairly, and objectively as possible. All activities will be covered by the staff to the best of their abilities, without showing favoritism to any group.

Letters to the editor will be printed from anyone in the community.

However, The Vox staff retains the right to edit articles

without changing the writer's intent.

There is a limit of two hundred words per article and all letters must be signed in order for them to be published.

The decision to include them rests solely on the staff and the advisor.

Turn letters in to room 26 or any staff member.