

Number of COVID-19 cases in populated areas



Cross country coach continues volunteer experience at Food Bank amid time of global crisis

Amanda Gaupp | Sports Co-Editor

Bag by bag, athletic coordinator and coach Anne Ager brings a smile to San Antonio people's faces as she hands out food packages at San Antonio Food Bank.

Volunteering has always been a big part of Ager's life. Even back in college, Ager put a focus on helping those in need.

"When in college, I volunteered for Blue Earth County," Ager said. "[I] provided respite care and would spend time weekly with a little boy named Patrick."

Ager's volunteer work has included a variety of unique projects.

"[I worked at] a daycare for babies with AIDS or whose parents had AIDS," Ager said. "[I also volunteered for] Under the Bridge and Special Ranch."

After hearing about the opportunity to help at the San Antonio Food Bank from Executive Director of Athletics, Coach Stan Laing and Assistant Superintendent for Student, Family, and Community Services, Don Schmidt, Ager got involved.

"The SA Food Bank is able to provide food for families," Ager said. "[At the] Food Bank, I put food items in people's vehicles as they drive by the food stations."

Helping people to get the necessary items they need during the COVID-19 pandemic has been a very rewarding job for Ager.

"[It] makes me feel like I'm helping in some small way during this crisis," Ager said. "It's a way I can give back."

Having life long experience as a volunteer, Ager has found that, especially in these times of need, she is drawn to helping others.

"I have plenty of time now to help in any way possible. I have no kids to tend to and am able to give my time," Ager said. "No family or person should have to worry where they will get their next

meal or have to decide what bill to pay so they can provide food to their family."

Ager has seen the mass amounts of people that the SA Food Bank helps and stresses the importance of having volunteers.

"Food distribution and the Food Bank require lots of people to make it a success," Ager said. "The numbers [since COVID-19] have sharply risen; NISD hit the million meals served mark last week (5/11-5/15)."

During the pandemic outbreak, Ager explains how the Food Bank has had to make adjustments to the ways it serves the community.

"[The Food Bank helps] 20 schools provide hot lunch and cold breakfast to the students of NISD," Ager said. "[They also have] huge distribution sites, food pantries, and meals for a lot of kids."

While helping at the SA Food Bank and distributing meals to students within Northside ISD, Ager is kept very busy.

"I have volunteered twice [at the SA Food Bank] since the COVID-19 crisis began, and my third time will be this upcoming Friday for about two hours," Ager said. "Handing out meals or boxes of food for NISD is Monday through Friday from 10:30am to 1:00 pm. I've been doing it since March 18."

Throughout her life, Ager has devoted herself to volunteer work, but, in today's global pandemic, she has found volunteering to bring her a lot of joy.

"[Volunteering] keeps me busy and able to interact with others," Ager said. "[I am] glad that I am able to help others and I have encountered some amazing people I would never have crossed paths with [before]."

Ager sorts food and load cars to help at the San Antonio Food Bank.



Photos by coach Anne Ager.

Info on sec. coverage provided by www.worldometers.info/coronavirus/, cdc.gov/covid-data-tracker, and www.mayoclinic.org/

Student offers advice for easier living during COVID-19 pandemic

Amanda Gaupp | Sports Co-Editor

12:00 am.
2:00 am.
4:00 am.

The clock hands taunt me from across the room.

Time has truly become a relative term as life in quarantine has progressed. Life feels as if it is speeding by all while going way too slow.

So far, the days have seemed the same. Routine has changed from waking up and driving to school to waking up and walking across the room to grab my laptop.

The similarities in each day almost drive me to the point of madness and any small venture such as picking up groceries from the store feels like a long awaited treat. Yet, "we don't have it that bad," I constantly try to remind myself.

Staying humble is something that has become a big part of this social distancing life. I have a house over my head, water running in my sink, and food in my pantry.

Life is good.

Meanwhile there are people suffering the loss of their family members, people separated from those they love, people whose cities are in despair as they work to limit the effects of the virus.

I think about how there are people in the world stuck at home where it isn't safe, out working to support the rest of our world in extremely dangerous environments, and people out of jobs struggling to make ends meet.

As my life has been greatly altered, I have found that quarantine has given me a lot of extra time. Thinking of ways to be thankful and find happiness in these times of need has become a constant factor in my daily routine.

Life is different, but still good.

I wake up and do homework, or sometimes I don't if I am being honest. I go on runs. I hang out with my family.

The clicking of the, "Are you still watching?" button on Netflix has also become a reoccurring moment.

Part of me hates the quarantine, the isolation, the limits. Then part of me enjoys the solitude, the time to be alone in peace, the time to just relax and wait.

No part of me is saying that I am happy that there is a worldwide pandemic, I guess I am trying to be an optimist.

Optimism.

Finding the connections we can make with people from around the world who are experiencing the same chaotic situation is what I believe will get us through times like these.

In the midst of great boredom, I have also noticed how all of the people around me are feeling the same thing.

Scrolling through social media, I see people sharing ways to cure their boredom, sharing good news, trying to make funny videos, and giving ideas for what to look forward to after quarantine.

Looking to the future is something that has seemed to help deal with the doomsday feeling of our current circumstances.

After all, hoping for things to get better is all we can do at this point.

All in all, I try not to compare life in quarantine to life before. The reality is that those are two different times, so there is no point in comparing them because they are obviously going to be different.

Despite the uniformed nature of the days, there are still exciting things to do. Life is what you make it, and I have tried tirelessly to think in such a way in quarantine. ♦

TALK CORONAVIRUS ING

How COVID-19 has affected people everywhere

Thank you for helping stop the spread of COVID-19.

6 for FACTS FEET

1) Symptoms can include fever, cough, shortness of breath

3) Older adults and people with underlying medical illnesses pose higher risk to infection

5) The virus was first detected in a seafood and poultry market in Wuhan, China

2) Spread through respiratory droplets of infected person, or by contaminating a surface and passing onto another.

4) The virus may stay on surfaces for hours to days depending on material.

6) The virus has a spike-like structure on surface called an S protein which binds to surface of human cells, infecting them.

Coronavirus hits the US, changes happen around country to promote wellness, prevent infection

Anabelle Podmore | News Co-Editor

May 12, 2020 marked the beginning of week 20.

20 weeks since the outbreak of COVID-19 in the U.S.

The amount of patients that have tested positive decreased by 4.5% in public health laboratories, 1.3% in clinical laboratories, and 2.7% in commercial laboratories. These decreasing statistics are likely caused by limited non-emergent hospital visits, increasing amounts of social distancing, and increasing use of telemedicine (such as online doctor visits).

The rate of COVID-19-related hospitalization cases is 50.3 per 100,000, with the highest rates in people aged 50 and older. The amount of deaths has decreased by 10.4% during week 18, yet still remained above average. Since March 1, 17% of all people tested for COVID-19 in the U.S. tested positive.

As for our campus, all academic finals have been cancelled, with the exception of Dual Credit courses. [no word for OnRamps] Decisions about prom are still being made, and the option of having it virtually is possible. "Grab & Go" meals are available

at 20 locations from 11:00 a.m. to 1:00 p.m. on weekdays, and blood drives are open for donations. For more information, visit www.nisd.net.

Some places are opening back up at limited capacity, but it will be a while before everything is completely open. Most restaurants and local businesses are available for curbside pickup, and ordering online is still a popular way to buy things. People most at risk of catching COVID-19 are older adults, pregnant women, people with asthma, HIV, liver diseases, and people with disabilities. With this information and the fact that businesses are beginning to reopen, these people especially should exercise caution when interacting with others.

While going out, it is important to wear facial masks, gloves, and stay six feet apart from other people, if possible. Washing your hands often, avoiding nonessential air travel and cruise travel, disinfecting frequently-touched surfaces, and contacting a healthcare professional if you have concerns are efficient ways to help contain the virus. This can soon be over if everybody does their part and stays safe. ♦

Info provided by: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>