



Youth of Today  
Hope of Tomorrow



**Lacey Johnson**  
Connally High School

Now I know this might be a foreign topic to most of the people who read this article, but more or less, technology is practically taking over the world at this point. According to *We Are Social* approximately there are around 4.39 billion internet users in 2019 and each year the rate increases of internet us-

## Technology

ers quite drastically. Jokingly you could direct a good 98% of technology use to be handed to the preteens and teenagers of the world, but I think people fail to realize how worldwide technology really is.

To think that we came from a telephone that originally had the figure of a Hilton hotel pancake maker, to a phone that had 2 fist shaped ends and a circle round of numbers, to now the latest iPhone 11. Remind you, the first phone was put into use around 1876. Imagine this is less than 150 years apart, no wonder technology grows every single day. Think about it, all the simple things we use today that are

found in poor and wealthy households have grown so vigorously, and new models are still being designed daily. It is fascinating how schools, jobs, houses, and have been changed so much in just a few years. Years ago, an easy mobilized electrical screen that can be written on and can hold battery charges for hours seemed impossible. Now we just see it typically as a laptop and so commonly used around the world. New things in the earlier era was always held at extreme prices for only the rich to obtain. Now you can save and put money towards any product large or small, its revolutionary!



**Youth Brigade Coordinator Arlene Youngblood, Texas General Land Office Press Assistant Ms. Rachel Jones, Quinn Langford, Kaitlyn Cannon, Ericka Lipscomb, Kevin Parrish, Guest Speaker Texas General Land Office Asset Management -Commercial Lease Manager Ms. Anita Dabney, Montrae Nelson, Rebekah McNeal and Tyler Allen at the March meeting at Kirk Library. (Photo taken by Youth Brigade Parent Mrs. Patrice Langford)**

## U.S. SCHOOL CLOSURES DUE TO CORONAVIRUS PANDEMIC



**Kaitlyn Cannon**  
Bluebonnet Trail Elem.

Texas Governor, Greg Abbott issued an executive order temporarily closing schools through April 3, 2020, due to this global virus outbreak, in the State of Texas, as well as across the United States. Sev-

eral countries which include, China, Italy, Canada, Brazil have also been exposed to this very serious virus.

The school closures are necessary to try to slow the spread of the virus. Recently, a 7-month old baby tests positive in Camden, South Carolina, appears to be one of the youngest persons known with this virus. In addition, self-isolation is being required of all people, families, students to also reduce spreading, or infecting others nearby each other.

The medical teams, scientist, nurses, doctors and other health science specialist are currently working long hours to see that all the needed

bedding and medical equipment are obtained, to provide good medical care for urgent care.

My "Spring Break" time was not such a fun time. Being concerned about this virus germ seem to sadden people I would see at the gas station, grocery store, and the CVS. Even conversations I would hear my family members be involved in, were feelings of much concern about the spread of this virus. Over 500 people are known to have died due to this virus, to date.

Well, I became concern also. I remembered my family always reminded me to pray....so I am praying for the whole world.



**Quinn Langford**  
Cedar Ridge H. S.

Lately, you've probably been flooded with tips on how to avoid the COVID-19 virus – wash your hands for at least 20 seconds, don't touch your face, keep a distance of six feet from other people, etc. But during a pandemic, it's important to not only protect your physical health but also your mental health.

With schools, churches, and clubs closing, many people have lost the main places they socialize. Furthermore, people with certain health conditions have been advised to not even leave their house. This type of social isolation can trigger anxiety and depression. It can even cause lasting effects on your mental health. During the SARS outbreak in 2003, at least 10% of those quarantined suffered from post-traumatic stress disorder (PTSD) even

## Taking Care of Your Mental Health During a Pandemic

after the outbreak died down. Luckily, there is so much technology that allows people to be social even from a distance. Frequently check on your loved ones through calling, texting, and video chat apps like Skype or Google Hangouts. Don't be afraid to share your anxieties with your family and friends. They are probably feeling the same way, and it's comforting to talk about it. Additionally, if you have Netflix, you can download the Netflix Party extension off the Google Chrome store. This enables you to synchronize video playback and chat with your friends so you can remotely watch movies and shows together.

Since many businesses and schools are switching to remote working and learning, you may find that you are spending a lot more time at home. It can be easy to stay in your pajamas all day, but this can make you constantly feel bored and unproductive, which is detrimental to your mental health. You need to create a daily schedule for yourself and stay disciplined. The schedule should include going to bed and waking

up at the same time every day, changing out of your pajamas even if you're not going anywhere, and setting aside adequate portions of time for work and relaxation. Sticking to a schedule will make you feel more productive, and it will put you in the right mindset to get everything done.

Lastly, you need to make sure you exercise for at least 30 minutes every day. As you've probably heard, exercising releases endorphins that combat stress. With all that's going on, it feels good to work out your anxieties and restlessness with exercise. It's especially helpful to exercise outside if you can. Staying indoors all day limits your sun exposure, messing up your sleep cycles. If you're worried about coming into contact with other people outside, you can consider riding a bike. On a bike, it's impossible to stop and chat with your neighbors, so you don't even need to worry about it.

It's unfortunate that so many aspects of our lives have been suspended, but this is an opportunity to focus on your mental health needs and form a good relationship with your mind.



**Rebekah McNeal**  
Round Rock H. S.

Nothing much has really happened this week. We're all in isolation anyway. But I did do

## I'd Hate to Sound Boring

a few things.

I took a lot of naps. With nothing really to do except homework, that was a much-needed way to use time. I've finished up most of my assignments, but I'm just taking it slow and pacing out my work at this point.

I've also been watching TV. I have many shows to watch that have released their second season on Netflix, my plan is to finish all of them. That's going to take a lot of work and dedication but

I think it can be done!

I'm not sitting and watching TV all day. I hope you didn't think that, but don't act like you've never done it before.

I've vaguely mapped out a perfect schedule for the next two weeks. It includes about two things but that seems pretty focused and structured. I've never been one to crave structure and schedules though. I don't, and I never will. I plan to rest and do my own thing for now.

## Austin Health Authorities Urge Public, Private Schools to Remain Closed for the Semester

**AUSTIN, Texas** — Dr. Mark Escott, Austin-Travis County Interim Health Authority, recommended the closure of all public and private schools in Travis County for the remainder of the semester at a press conference Tuesday.

Dr. Escott called for the extended cancellation,

citing models generated by The University of Texas at Austin which show the potential outcomes of various degrees of social distancing.

According to these models, Dr. Escott said hospitals could reach capacity in the next three to four weeks if people do not adhere to stay at home orders.