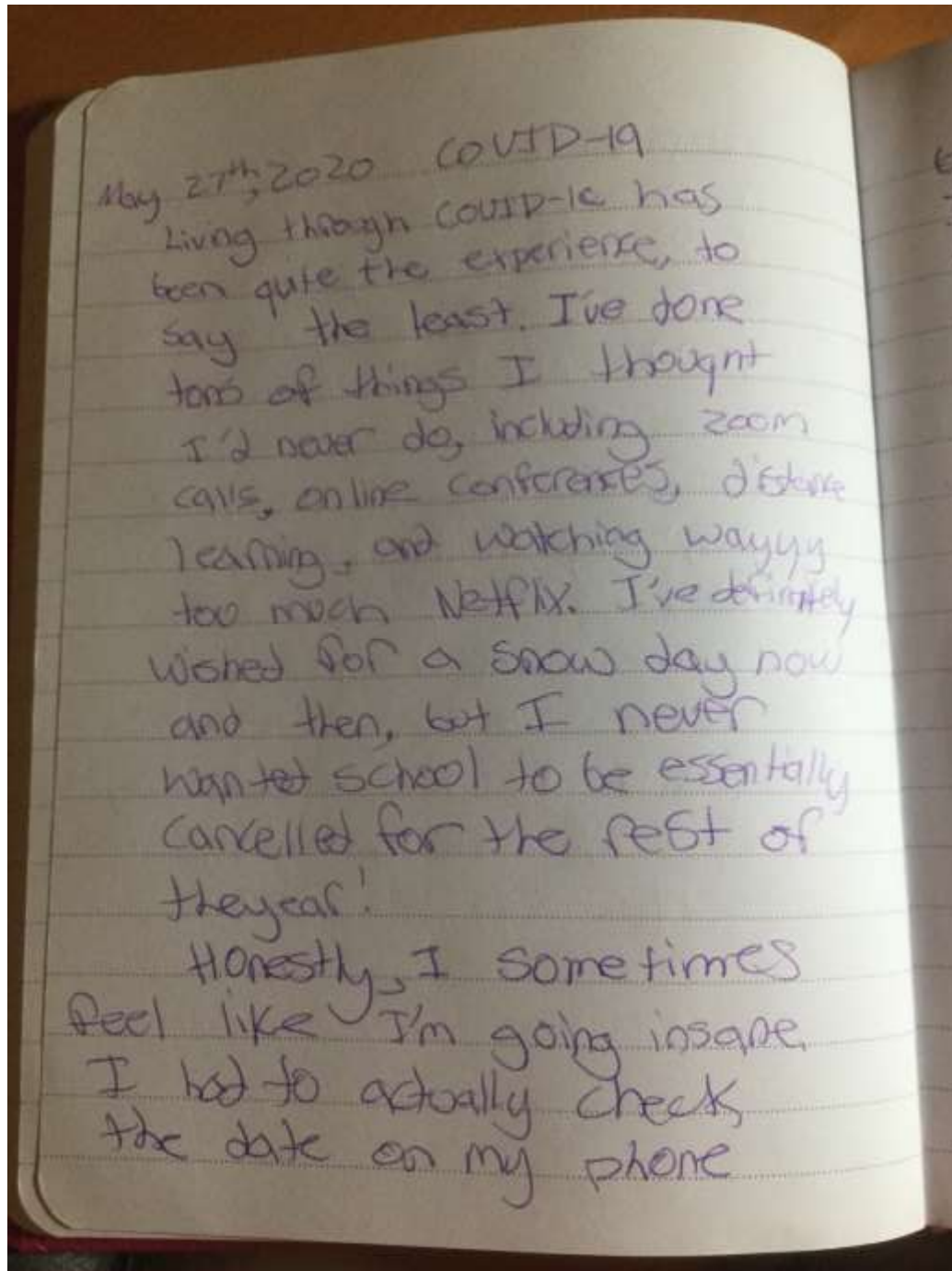


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Life as a Quaren-teen: The COVID-19 Files of Jacquelyn Slade

Journal Entry

First, here is a journal entry I wrote about COVID:



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before writing this because
I've lost track of time
so much. When I saw
president Trump tell people
to drink bleach to prevent
COVID, I had to pinch myself
to make sure I wasn't
dreaming. To be candid, I
often feel like I'm
living through a world
war, where the opposite
side is the virus instead
of other countries.

It's appalling to me
how many government officials
can't agree on how to
address the virus. I
never thought

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Congressional Discard was
this bad. Things have
become so partisan
that wearing a mask has
become representative of one's
party affiliation!

Before this pandemic, I
never appreciated the sacred
value of toilet paper and
hand sanitizer. When I
walked into Weiss one
day I never expected
to become euphoric
when I saw there
was one pack of
toilet paper on the
shelf. Stores like
Target literally rationed

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only one pack per customer!
I never thought I'd see the
day when toilet paper
would become a heavenly
good. Also, it sorta clicked
me up when people post
"there's toilet paper at
Walmart!!!" enthusiastically
in community Facebook
groups!

The onset of COVID
actually sparked a deep
depression for me. I
have always been
intensely motivated, passionate
and academic, but lately
I have been struggling
to even get out of

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bed and do my homework.
This is not helpful when
you take 3 AP classes!!!
It's honestly like I almost
stopped caring about everything
I enjoyed, and nothing made
me happy.

However, when I participated
in the virtual Harvard
Global Health conference,
I was inspired by all
of the students like
me to pick myself back
up again. I'm still struggling
with my work, but things
are a lot better! and
I'm actually back on
social media again!

I hope
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I hope to god that my
senior year will not
be virtual. I CANNOT
STAMP virtual school,
and I never thought
I'd say this, but I
miss real school
tremendously.

I know I will come
out of this with a
more cohesive understanding
of what is important, but
it still feels like this
pandemic is never
ending. I sure hope
it ends soon so
my life can become
normal again!

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Newspaper Articles:

Here are some newspaper articles from my local papers—bonus—2 were written by me!

[Homeless Initiative Seeking Donations by Akika Kyland-Carroll County Times](#)

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Homeless initiative seeking donations

Field kit distribution aims to help stem virus's spread

By ANIKA KYLAN

The Carroll County Sheriff's Office, the county Department of Children Services and Human Services Programs of Carroll County Inc. are preparing to prepare and distribute field kits to the local homeless community.

Even though his office works to help the homeless community throughout the year, according to Carroll County Sheriff Joe DeWitt, they felt the need to help more due to the ongoing pandemic of COVID-19 the disease caused by the novel coronavirus.

"We know they're an at-risk population to not only contracting COVID-19 but potentially spreading it," DeWitt said. "It's a scary virus to go out and make sure they have the supplies that they need so that they can stay healthy and that they don't spread the virus."

According to DeWitt, the Sheriff's Office has a deputy, Major Deputy Mike McMillan, assigned to be something of a liaison to the homeless community of Carroll County who makes contact with them to see what they need and has carried that out.

"It's very sensitive matter in having an individual that's similar with the population and have the ability to communicate with them and get them the information that they need is absolutely important," DeWitt said.

According to Anika Kylian, executive director of shelter and housing with Human Services Programs, there about 66 homeless people in Carroll County. About 40 are in hotels, about 44 in Human Services Programs shelters, about 27 on the street, and five who choose to stay in homes and the organization doesn't have regular communication with.

For the field kits, the Sheriff's Office isn't asking for donations of items that will go in them, but rather monetary donations so they can focus on getting the materials needed by the homeless community based on recommendations from Human Services Programs.

"We can go out and purchase the specific items that are needed, and we know what items they need specifically in order to make sure their hygiene is good and that they health is good - from shampoo to soap to masks, gloves, things that they need," DeWitt said.

The Sheriff's Office is also working with the Carroll Community Foundation to collect donations for the field kits.

See DONATIONS, page A2



SHARON SLADE CARROLL COUNTY PHOTOGRAPHY

F FLAGS

res decorate front lawn with flags
back as the Revolutionary War



at lawn
one
honor
y board.
y War

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Stages of Grief by Adam Kilgore—Carroll County Times/Washington Post

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SPORTS



APR 2020 / BALTIMORE SUN

The gates are locked and Oriole Park at Camden Yards is empty during the coronavirus pandemic.

MLB

Stages of grief

For many fans, the absence of sports feels like a loss, and psychologists say that's normal

BY ADAM KILGORE
The Washington Post

For the first 48 hours, back in March, Gary Pultner could barely move off his couch. A feeling he could not quite understand possessed him, even if he knew the reason behind it was COVID-19. He couldn't watch sports anymore.

Pultner describes himself as a "24/7 sports junkie" — a single guy who plays in multiple fantasy baseball leagues and even more fantasy football leagues. When The Players Championship golf tournament was canceled because of the novel coronavirus pandemic, Pultner realized his life-shaping hobby would be erased. There would be no Las Vegas trip for March Madness, no Baltimore Orioles Opening Day to "vulgar" through and on binge-watching the Masters at his Arlington, Va. home over his 40th birthday weekend.

"I don't know if it was grief or what," Pultner said. "I feel like withdrawal is not a bad way to characterize it."

Sports withdrawal is not a concept with a body of research behind it because the current seasons of games have no precedent. But both fans and experts agree it is a legitimate byproduct of the pandemic: For the sports-crazed population — which is a large portion of American society. Nearly 60 percent of Americans identify as sports fans, according to Gallup's most recent poll.

Live sports dominate the top of television ratings. The big four professional sports — baseball, basketball, football and hockey — sold more than 125 million tickets last year. The country has cheered on without spectacle sports, notwithstanding a UFC fight here and a charity golf match there, for more than two months. The absence of games should feel trivial against the scale of suffering wrought by the coronavirus, and yet it lingers as a low-frequency ache.

Pultner, like other fans interviewed for this story, recognizes and accepts why sports have stopped. He has not discussed his longing for sports with friends because he worries it will sound selfish and stupid. A certain level of privilege is a prerequisite for feeling sports withdrawal. And yet, it is undeniably there.

Sign up for our Coronavirus Updates newsletter to track the outbreak. All stories live **FANS**, page B1.

RAVENS



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FANS

From page 81

lined in the newsletter are due to occur. "Am I being a jerk because I want to see Opening Day baseball?" Politzer said. "I haven't talked to people about not seeing Opening Day, fantasy baseball, Capitals games, Wizards games. But it feels like this big, empty sort of hole. We all have these holes in our lives now. One of which is missing sports."

Experts said they would expect fans to experience legitimate feelings of withdrawal, or even potentially depression, from the absence of sports. Dan Forsyth, a social psychologist who teaches at the University of Richmond, said studies have shown suicide rates are higher in cities after its football team loses.

"That's pretty clear evidence people have tied sports to their psychology," Forsyth said.

Even as sports fans intellectually understand the inability to watch games, they struggle with it. "Coping is about the word I would use," said Brian Hess, executive director of the nonprofit Sports Fans Coalition. "I'm getting by. I find myself rooting for anything that I can."

"It's the loss of something you love," said Eric Zillmer, a neuropsychology professor at

Drexel University. "I can tell you as a clinical psychologist, the biggest threat to your ability to function is loss."

Zillmer spends an inordinate amount of time mulling the connection between sports and one's mental state. He is also Drexel's athletic director and a full-throated Philadelphia sports fan, meaning he has a good idea for why losing sports means so much at a time it should matter so little.

"It's multidimensional and it's complex," Zillmer said. "Otherwise, we would be able to replace it, wouldn't we?"

That void

Victoria Eidel, a 27-year-old New York Mets fan, has been watching "survivor" with her family; when she chided her brother for suggesting prep beer on the show, he responded, "This is the only thing we have!"

Garrett Hyton, a 25-year-old Chicago White Sox devotee and NBA obsessive from Wells, Nev., has filled extra time by watching video game streams. Typically, he would be recording games to watch them late at night. "Now I'm watching people shoot aliens in the head," Hyton said. "That's been rough."

The inability to replace sports has allowed fans to reminisce why they're so powerful. Sports is a means of social connection, a way of organizing the world, a marker of time. "A unifying distraction," Hess said. The Masters

means spring, day baseball means it's the weekend and the tip-off of a Warriors-Blaugers playoff game means it's getting late.

"It gives a nice rhythm to things," Eidel said. "If it's 7, we'll put on the Mets. It gives a nice structure, and it's weird to not have that structure of the Mets."

The unsettled feeling sports fans are experiencing is called *anomie*, said Jeffrey Monter de Oca, director of the Center for the Critical Study of Sport at the University of Colorado—Colorado Springs. It means *normlessness*. At their core, sports are "really, really powerful ritual moments," Monter de Oca said, and losing them can be profoundly *unsettling*.

"There's no inherent meaning or order to the universe, but humans as creatures need meaning and we need order," Monter de Oca said. "So we create it. One of the key ways we create it is through the construction of rituals. Rituals provide us meaning, and that meaning provides us comfort. It's the opposite of *anomie*."

The meaning attached to sports make them more powerful than typical routines. Zillmer identified three reasons. The first, he said, is social. Sports serve both as common ground for strangers and bonds for friends. They create extended family networks, and "that's been taken away from us at the precise moment we need strong social networks the most," Zillmer said.

DAKA

undiscoverable: a school-record 28 sacks, Washington Post first-team All-Met honors, a Class 4A state championship at M&T Bank Stadium.

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FANS

From page 81

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Trump More Concerned About Market than Coronavirus Itself Letter to the Editor by Jacquelyn Slade—
Carroll County Times



Trying to Stay Productive as a Quaren-teen by Jacquelyn Slade – Mason-Dixon Surveyor

Jacquelyn Slade
Dr. Gamble
21st Century
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(Included 2 pictures)

Mason-Dixon Voices

Trying to stay productive as a Quaranteen

by Jacquelyn Slade, age 17

For teenagers, it's been hard to approach life with the same intensity as we did before the COVID-19 pandemic. Many of us are now missing out on graduations, proms, and other important milestones, and we have no idea when or if we will see some of our friends again.

We are spending a bit too much time binge-watching *Tiger King* on Netflix for the tenth time, and for some of us, it's hard to keep our heads in the game. So, here are a couple ideas on how we can try to stay on track.

Pursue Your Passions

Whether you are passionate about music, sports, or any other activity, now is your time to pursue it. If you love to sing, record daily videos of yourself covering a song and post them on Insta. If you love to play lacrosse, spend 30 minutes each day working out, or even talk with your team on Zoom. There are a ton of 30-day challenges on social media concerning numerous topics, so use these as a guide. Even better, grab a friend -- virtually, or from a safe distance -- and do a challenge with

them. I have been using some of my time to write postcards for a political campaign, and to write a column for a local paper (wink, wink). So the possibilities are endless. No time better than the present to enhance your talents.

Try Something New

Ever tell yourself that you would read or work out more if only you had time? Well, now you do. Crack open that book that has been gathering dust on your shelf for years. Learn how to play guitar. Develop a new workout routine. The sky's the limit. And after you've accomplished something new, you know you will feel better about yourself.

Help Your Community

There are many people struggling during the pandemic, especially our healthcare professionals. Find a problem that needs to be solved, and help solve it. The solutions don't need to be complex. My mom and I noticed there is no food bank in the community for pets, so we established one beside the Little Free Pantry at St. John's United Methodist Church in Hampstead.

Also, there are many Facebook groups online that are helping

healthcare professionals, seniors at assisted living homes, and others. I know Facebook is mostly for old people (Sorry, guys!), but it does help us connect with others in the community. Find a Facebook group or establish one with your friends. And if you advertise it on community pages, Instagram, or Snapchat, you can organize with others who are willing to help. Helping others always makes us feel better. And the world will be better for it.

Make A Schedule

Yes, I know better than anyone that organizing our time is hard. But now I've made a schedule for myself to follow each day, and it makes me feel more accomplished when I go to bed (late) each night.

For any of these suggestions to work, you have to actually pursue them. Creating a schedule helps with that. Make one in a planner, on a piece of paper, or in the calendar on your phone. If you follow it, hopefully your days will feel significantly more productive.

Jacquelyn Slade is a junior at St. Paul's School For Girls who lives in Greenmount MD. Her uncle is the editor of a hyper-local newspaper who is trying to keep her busy.

pliers, it, too, is contending with the increased cost of eggs. "I spent \$79 for 30 dozen the week before Easter. The price always goes up around the holidays, but not this much." She's also considering buying extra protein in case there's a disruption in the meat supply chain.

"Every day is different. Prep is different. It's learning a whole new job," Susan Rill explains. "I think the most important thing now is stamina."

Steve Malcolm moved to Carroll County in 1989 and has been driving for Carroll Transit System (CTS) for five years. Although there was little or no regular shuttle service in the county in April, Malcolm continues to drive for their on-demand, door-to-door service.

"I picked up a retired nurse in Hampstead a few weeks ago, and she told me it was the first time she was out of her house in 21 days," Malcolm says. Most of his recent trips have been to take residents to the grocery store or to doctor's appointments.

"Before this, we all had pretty good sized groups. We're transporting the same people every day -- to jobs or classes or shopping -- so we get to know them," he explains. "Now the regulars have really dropped off. Almost no seniors. For the most part, everyone seems to be staying home."

Malcolm says the biggest change is how little chatter there

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Mason-Dixon Surveyor



**REALLY, HELEN?
HAND SANITIZER?**

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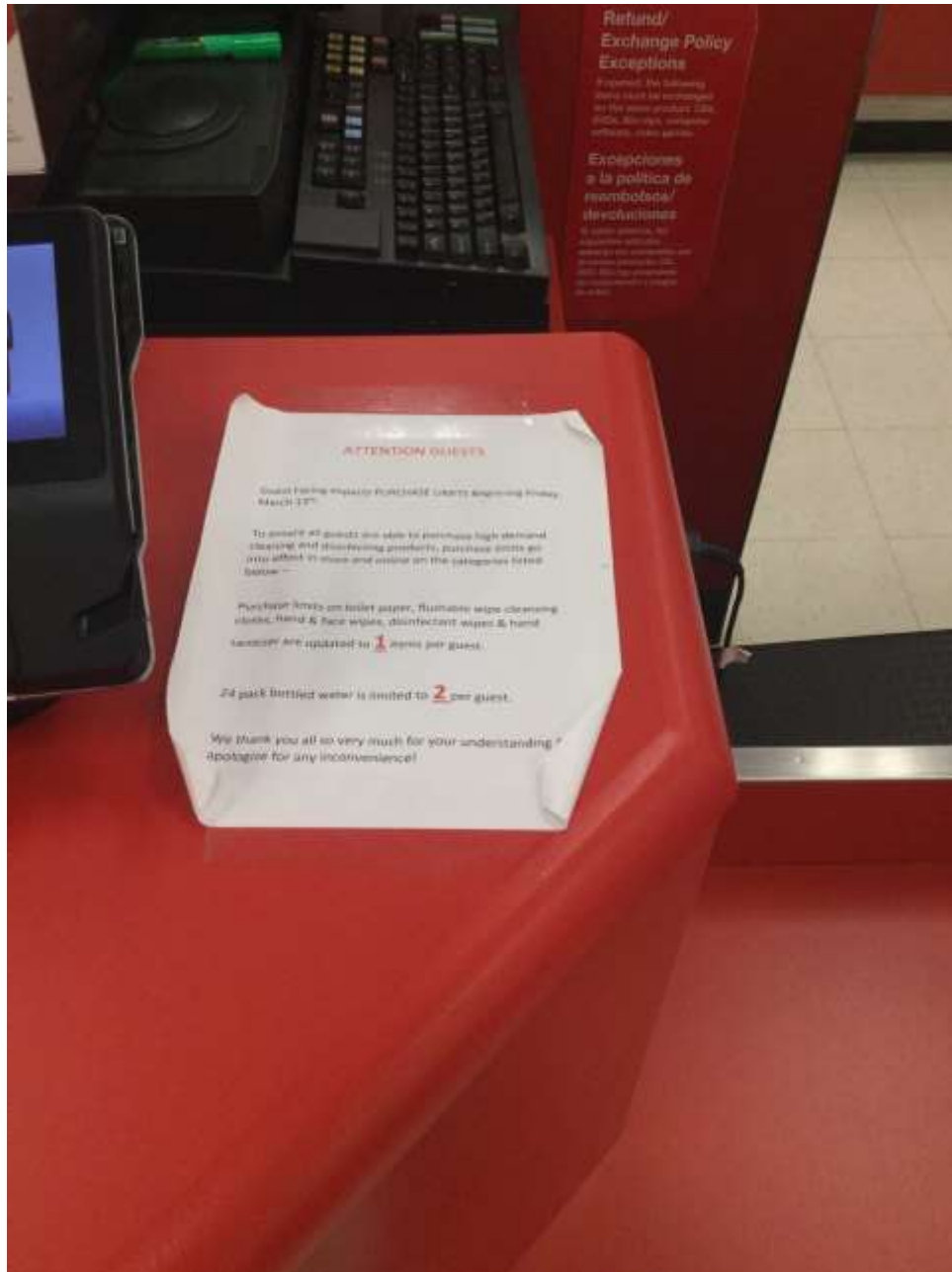
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Signs and Pictures

Lastly, I have included some signs and pictures, many of which are quite humorous.

Toilet Paper and Water Ration Sign at Weis



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Toilet Paper Ration Sign at Target

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*I am also submitting this document to the archival source in the ny times article you sent out!!!

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