



# CORONAVIRUS

# The Vindicator

SOCIAL DISTANCE AND FEAR NOT



# The City of Liberty Stands with Our Entire Community

**Practice**

*Healthy*

**Hand  
Hygiene  
Habits**



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Yourself &  
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# Temporary business hours

*Many businesses have restricted their hours in response to the pandemic and on the advice of health authorities. We encourage everyone to give our local businesses your patronage.*

*As of Friday, March 20, these are the operating hours of the following local businesses:*

**Allegiance Bank** — Lobby closed. 7:30 a.m.-6 p.m. Monday-Friday.

**Allison Funeral** — 8 a.m.-4 p.m., Allison is limiting service sizes to 10 and under, and prefers outside services if possible. Virtual conferencing via Skype is available.

**Alma's Designs, Florists & More** — 8 a.m.-5 p.m. Monday-Friday, 8 a.m.-12 p.m. Saturday.

**Autozone in Liberty and Dayton** — 7:30 a.m.-9 p.m.

**BJ Ford** — Service: 7 a.m.-5 p.m.; Sales: 8 a.m.-6 p.m. The Car Show planned for Saturday, April 4, is canceled.

**Brookshire Brothers in Liberty and Dayton** — keeping regular hours, 7 a.m.-9 p.m.

**Chachere Feed Store** — Liberty location 8 a.m.-5:30 p.m. Monday-Friday, 7:30 a.m.-1 p.m. Saturday. Dayton location 7 a.m.-6 p.m. Monday-Friday, 7:30 a.m.-5 p.m. Saturday.

**Chachere Veterinary Clinic** — 8 a.m.-5 p.m. Monday-Friday, 8 a.m.-12 p.m. 1st and 3rd Saturday.

**City Florist** — 9 a.m.-2 p.m. Call to place orders at 936-336-7241, or call 318-450-0731 if no answer at the shop. Flowers are limited so designer choice is preferred.

**COMCAST** — Opening over 17 million hotspots free to the public during this crisis.

**CVS** — 8 a.m.-10 p.m.

**Dayton Electric Co.** — normal hours.

**Dayton Farm & Ranch Supply** — 8 a.m.-5:30 p.m. Monday-Friday, 8 a.m.-3 p.m. Saturday.

**Dollar Stores everywhere** — closing an hour early and senior citizens have priority in the mornings.

**Down South Misfits Tees and More** — Tuesday-Friday 10 a.m.-5:30 p.m.; Saturday 10 a.m. to 2 p.m. Call 936-336-5663 and we will bring orders out to you.



**Dream Furniture** — 9 a.m.-6 p.m.

**El Burrito** — Delivery orders accepted until 6 p.m. Liberty location delivers to Liberty, Hardin, Moss Hill, Tarkington and parts of Dayton. Call 936-253-8195; Cleveland location delivers to Cleveland, Plum Grove, and parts of Splendora, Dayton and Tarkington. Call 281-592-1932. Orders can be taken curbside, or to-go orders can be sent via Facebook Messenger, Instagram, Snap Chat, Google, or by calling their regular phone lines given above.

**Family Dollar** — 8 a.m.-8 p.m.

**Festus Plumbing** — normal hours.

**First Liberty National Bank** — Motor-bank access only: 7 a.m.-6 p.m. Monday-Friday; 8 a.m.-2 p.m. Saturday; Video Teller hours: 7 a.m.-6 p.m. Monday-Friday; 8 a.m.-2 p.m. Saturday; Call Center hours: 7:30 a.m.-5:10 p.m. Monday-Friday.

**Hall, Rader & Associates** — 8:30 a.m.-5 p.m. Monday-Friday.

**Hardin Feed Store** — 8 a.m.-6 p.m. Monday-Saturday. Drive-thru open.

**JLA Realty in Dayton, Alisha Dale** — 9 a.m.-7 p.m. Monday-Sunday.

**Kountry Express** — 10 a.m.-9 p.m. Seven days a week. Kountry Express operates a network of couriers and drivers who deliver from restaurants and grocery stores throughout the Liberty and Dayton area. Please check out our Facebook page, download our mobile app, or visit us at [www.kountryexpress.com](http://www.kountryexpress.com).

**Liberty-Chambers Counties Adult Probation in Liberty, Cleveland and Anahuac** — 8 a.m.-3 p.m. Monday-Thursday; 8 a.m.-12 p.m. Friday. Will reevaluate on Friday, April 3, and determine if these hours will remain in effect or if normal operating procedures will resume on Monday, April 6.

**Liberty County Teachers Federal Credit Union** — Lobby closed. 7 a.m.-5:30 p.m. Monday-Thursday, 7 a.m.-6 p.m. Friday.

**Liberty-Dayton Chrysler** — no changes, 9 a.m.-7 p.m. Monday-Friday, 9 a.m.-5 p.m. Saturday.

**Maci Feed** — 7 a.m.-6 p.m. Monday-Friday, 7 a.m.-4 p.m. Saturday, 9 a.m.-5 p.m. Sunday.

**McCoys** — 7 a.m.-7 p.m. Monday-Friday; 7 a.m.-5 p.m. Saturday.

**O'Reillys in Liberty and Dayton** — 7:30 a.m.-9 p.m.

**Pace-Stancil Funeral Service** — no changes.

**Potetz** — no changes.

**Proctors Mortuary** — regular hours.

**Prosperity Bank in Dayton and Liberty** — no changes.

**Red Daddy's** — 10 a.m.-7 p.m. Monday-Tuesday and Thursday-Saturday; and 10 a.m.-6 p.m. Wednesday.

**Resale Shack** — normal hours, 9 a.m.-5 p.m. Monday-Saturday.

**Sears Hometown Center** — 9 a.m.-6 p.m.

**Sterling Funeral Home** — 8 a.m.-4 p.m., Sterling is limiting service sizes to 10 and under, and prefers outside services if possible. Virtual conferencing via Skype is available.

**Texas First Bank** — Lobby closed (emergencies by appointment). 7:30 a.m.-4 p.m. Monday-Thursday, 7:30 a.m.-6 p.m. Friday, 9 a.m.-12 p.m. Saturday (Liberty only).

**Thrif-Tee Foods** — no changes 7 a.m.-9 p.m.

**Tractor Supply** — 8 a.m.-6 p.m.

**Trinity Animal Hospital** — 8:30 a.m.-5:30 p.m. Monday-Friday, 8 a.m.-12 p.m. Saturday (varies by week).

**Trinity Glass** — 8 a.m.-5 p.m. Monday-Friday.

**VanDeventer Realtors** — Monday-Friday 9 a.m.-5 p.m.

**Walgreens** — 9 a.m.-9 p.m., Pharmacy opens at 10 a.m. on Sunday.

**Walmart in Liberty** — 7 a.m.-8:30 p.m., Automotive is closed; Pick-up services are open.

**Wells Fargo** — no changes.

**Wells Funeral Service** — 9 a.m.-4 p.m.

**Western Auto** — 8 a.m.-5 p.m. Monday-Friday; 8 a.m.-3 p.m. Saturday.

**Williamson LP Gas** — 8 a.m.-5:30 p.m. Monday-Friday, 8 a.m.-1 p.m. Saturday.

# Local eatery hours

*During the emergency, by order of the governor, no restaurants are allowed to serve in their dining rooms. All eateries are limited to serving customers through their drive-thru windows, by take-out, at curbside, or by delivery.*

**10 de Mayo** — 11 a.m.-9 p.m. Sunday-Thursday, 11 a.m.-10 p.m. Friday-Saturday. To-go orders accepted and drink orders.

**AM Donuts** — 936-258-6700. Drive-thru open.

**Ann's Seafood** — Delivery and to-go orders taken 11 a.m.-9 p.m.

**Big Franks BBQ** — 11 a.m.-7 p.m. Tuesday-Saturday.

**Checkers** — 936-258-6774, Menu: checkers.com. Drive-thru open and to-go orders taken by phone.

**Chicken Express** — 936-391-5166. Menu: chickene.com. Drive-thru open.

**Crawfish Hideaway** — 936-257-8283 Menu: facebook.com/crawfishhideaway2/. To-go orders by phone. Curbside upon request.

**Dairy Queen** — 936-258-2890.

**Dayton Diner** — 936-258-6765. Menu: facebook.com/daytondiner/.

**Dayton Sports Bar & Grill** — 936-257-8415. Menu: daytonsportsbarandgrill.com Taking to-go orders by phone.

**Dawn's Donuts** — 936-681-8187. Menu: dawn-donuts.business.site/. Drive-thru open and to-go orders taken by phone.

**Dominos in Dayton** — 936-258-1900. Menu: dominos.com. Delivery (Contactless) and drive-thru pickup available. Order online, by phone or with app.

**Fish Tales in Hardin** — TBA

**Happy Donuts** — 936-258-6700. Taking to-go orders by phone.

**Hartz Chicken Buffet in Dayton** — 936-258-1919. Menu: hartz-chicken.com.

**Hartz Chicken in Liberty** — 9 a.m.-9 p.m. Drive-thru open. Drive-thru and delivery available. Order at the drive-thru or by phone.

**Jack In The Box** — 936-257-8008. Menu: jackinthebox.com. Drive-thru open.



**JAX Hamburgers** — To-go orders taken 11 a.m.-9 p.m.

**Jose's** — 936-258-5887. Menu: facebook.com/pages/Joses-Mexican-Restaurant/120694547942969. Taking to-go orders by phone.

**Kentucky Fried Chicken** — TBA

**Little Caesars** — Menu: littlecaesars.com. To-go orders taken online and by app.

**Los Compadres in Hardin** — 11 a.m.-8:30 p.m. To-go orders accepted.

**Los Compadres in Liberty** — 936-257-2361 Menu: Loscompadresdayton.com. Taking to-go

orders by phone. Curbside upon request.

**McDonald's in Dayton** — 936-258-7067, Menu: mcdonalds.com. Drive-thru and to-go orders taken. App ordering available.

**McDonald's in Liberty** — 24-hour drive-thru open.

**Mike's** — 936-258-3577.

**My Little Kitchen** — To-go orders accepted, but please call first, hours are limited.

**Pizza Hut** — 936-681-5225. Menu: pizzahut.com. Delivery and to-go orders taken online, by phone and by app.

**Popeyes** — Normal hours. Drive-thru open.

**Simply Country** — Closed until April 3.

**Sonic Drive-In, Dayton** — 936-258-8001. Menu: sonicdrivein.com. Drive-thru open.

**Subway** — 936-681-8476, Menu: subway.com. Delivery and curbside pickup available. Accepts cash and cards (cards preferred), online and phone ordering.

**Taco Bell** — 10 a.m.-12 a.m. Sunday-Thursday, 10 a.m.-1 a.m. Friday and Saturday. Drive-thru open (Closing times could vary).

**Texas Kountry Kitchen** — 936-258-4882.

**Texas Seafood & Steak House in Dayton** — 936-258-3868. 9 a.m.-10 p.m. daily. Taking to-go orders by phone.

**Texas Steak & Seafood in Liberty** — 936-334-8866. 11 a.m.-9 p.m. daily (Closed Tuesday).

**Tuscany Italian Restaurant** — 936-681-8476. Menu: facebook.com/Tuscany-italian-restaurant-105593237602799/. Taking to-go orders by phone.

**WeeWok** — 936-681-8152. Menu: weewokdayton.com. Taking to-go orders online or by phone.

**Whataburger** — 24-hour drive-thru open.

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# Who is at elevated risk for COVID-19?

COVID-19 continues to dominate headlines across the globe. This novel coronavirus first made headlines in late 2019 after an outbreak in Wuhan, the sprawling capital city in China's Hubei province. The virus has since spread beyond China's borders, leading to school closures and changes in public life, such as the shutting down of professional sports leagues, that many might never have thought they would see in their lifetimes.

Despite the relative infancy of COVID-19, doctors have learned much about it, including who might be most at risk. According to the Centers for Disease Control and Prevention, early information out of China revealed that some groups are at higher risk of getting very sick from COVID-19 than others. Older adults and people who have serious chronic medical conditions are at the greatest risk of getting very sick from COVID-19. Heart disease, diabetes and lung disease are the chronic medical conditions that appear to make people especially vulnerable to sickness from COVID-19.

How people in at-risk groups can reduce their risk of getting sick

It's important that elderly people and people with chronic medical conditions take their risk for getting sick from COVID-19 seriously, as the virus had already contributed to thousands of deaths by early March 2020. The CDC notes that it is especially important that people at elevated risk take actions to reduce their risk of get-

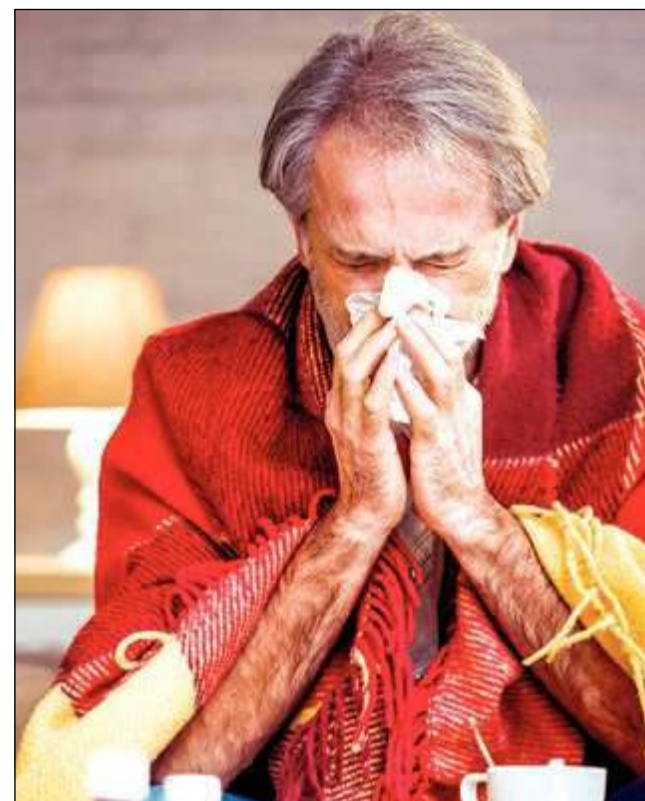
ting sick with the disease. The following strategies can be part of a proactive approach that may help at-risk people lower their risk of getting sick from COVID-19.

- Stock up on health supplies. Contact your physician and arrange to obtain extra necessary medications so you do not have to leave your home should an outbreak occur in your area. If that's not plausible, the CDC recommends signing up for mail-order medications. Stock up on over-the-counter medications and medical supplies, including everyday items like tissues, so you don't have to leave the house if an outbreak occurs.

- Stock up on groceries. Make sure you have enough groceries on hand so you can stay at home if restrictions on leaving home are put in place during an outbreak.

- Embrace the basics. Basic strategies like avoiding people who are sick; washing your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing or spending time in public; avoiding touching your face, nose, eyes, etc.; and avoiding crowds can help to reduce your risk of getting sick from COVID-19.

Since the initial outbreak of COVID-19 in China in late-December 2019, doctors have learned that certain people are especially vulnerable to getting sick from the virus. Such people can take certain steps that may reduce their risk of getting sick. More information about COVID-19 is available at [www.cdc.gov](http://www.cdc.gov).



*Please  
Make  
Healthy  
Choices!*



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and help prevent the  
spread of germs to  
others, by following  
these simple hand  
hygiene guidelines:

*Healthy*  
**Hand  
Hygiene  
Habits**



1. Wash your hands with soap and warm water, lathering for at least 20 seconds.
2. If soap is unavailable, use a hand sanitizer containing at least 60 percent alcohol to clean your hands.

Information resource: Centers for Disease  
Control and Prevention

**Wash your hands throughout the day,  
and be mindful to not touch your face  
or eyes.**

**Proper  
handwashing helps  
all of us stay healthy,  
so remember to be aware and  
do your part to help protect  
yourself and others!**



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# PREVENTION OF COVID-19



***Liberty County!***

**This is your call to arms.**

**Your country and your community need your help to slow the spread of this new disease.**

**Please, don't let us down.**



## Keeping the workplace safe Encourage your employees to ...

### Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and schedule regular hand washing reminders by email
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

### Be careful with meetings and travel



- Use videoconferencing for meetings when possible
- When not possible, hold meetings in open, well-ventilated spaces
- Consider adjusting or postponing large meetings or gatherings
- Assess the risks of business travel

### Handle food carefully



- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

### Stay home if...



- They are feeling sick
- They have a sick family member in their home

What every **American** community can do now to decrease the spread of the coronavirus

# How to clean when faced with a shortage of supplies

In light of concerns about COVID-19, various health organizations have issued specific instructions on how to maintain personal safety and cleanliness. These recommendations involve using common household products to sanitize homes, offices and public spaces. As people take such precautions, many are stocking up on extra essentials — resulting in shortages.

Everything from hand sanitizers to paper towels may be hard to find on grocery store shelves, leaving some to wonder what they can do to remain safe without sanitizers?

The Environmental Protection Agency states that coronaviruses are some of the easiest types of viruses to kill because they have an envelope around them that enables them to

merge with other cells and infect them. If that protective coating can be disrupted, the virus can't do its job. For those having trouble finding well-known cleaning agents, these alternatives may suffice.

## HOT WATER AND SOAP

The reason hand-washing is at the top of the list of sanitizing methods is because it is so effective at washing away viruses and bacteria. Friction from scrubbing with soap and water can help break the protective envelope, states the EPA. Soap and water can clean all surfaces in a home, especially when applying a little extra elbow grease.

## HYDROGEN PEROXIDE

As people clear isopropyl (rubbing alcohol) off the shelves, do not discount hydrogen peroxide. The CDC says household hydrogen peroxide at 3 percent concentration can deactivate rhinovirus, the virus that causes the common cold, within six to eight minutes of contact. Coronavirus is easier to destroy than rhinovirus, so hydrogen peroxide may be effective at combatting that virus as well.

Natural items can be used for general cleaning, but have not been endorsed for use on COVID-19 disinfection. In lieu of shortages, white vinegar, baking soda pastes and citrus oils and juices could fill the void of chemically-based cleansers for other home tasks.

# How COVID-19 is transmitted

COVID-19, the novel coronavirus that was declared a pandemic by the World Health Organization in mid-March 2020, has claimed thousands of lives across the globe. Though the WHO insisted during a press briefing declaring COVID-19 a pandemic that the virus could be suppressed and controlled, Director-General of the WHO Tedros Adhanom Ghebreyesus described what he felt were “alarming levels of inaction” in regard to preventing the spread of COVID-19.

Understanding COVID-19, including the threat it poses and how it's transmitted, is of the utmost importance. According to the Centers for Disease Control and Prevention, there is still much to learn about COVID-19, including how it spreads. However, the CDC notes the following are some ways that researchers, as of March 2020, feel that the virus is transmitted.

## PERSON-TO-PERSON

Researchers who have studied the virus feel that it is spread mainly from per-



son-to-person. People who are within six feet of one another may spread the virus through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of those who are nearby or potentially be inhaled into the lungs.

The CDC notes that the virus is contagious, and that people might be most contagious when they are at their sickest. Symptoms of COVID-19 include difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, and bluish lips or face. Additional symptoms may be associated with COVID-19 as researchers learn more about the virus, and people who experience anything unusual should discuss their condition with a physician immediately.

Researchers also suspect that the virus may be spreading through people who are asymptomatic. So even people who do not feel sick or exhibit signs of sickness may unknowingly have the virus, potentially making them capable of spreading it.

## CONTACT WITH SURFACES

The CDC notes that researchers do not

suspect that contact with contaminated surfaces or objects is the main way the COVID-19 virus is spreading. However, the CDC also notes that it may be possible for people to get the virus by touching surfaces of objects that have the virus on them and then touching their own mouths, noses or possibly their eyes. The relative infancy of COVID-19 means researchers have yet to fully understand how the virus is transmitted.

Understanding COVID-19 also involves staying up-to-date on local announcements about the virus and adhering to any restrictions government officials put in place. People living in or near areas where others have been diagnosed should follow all protocols put in place by the government to reduce their own and their neighbors' risk of exposure to the virus. More information about COVID-19 is available at [www.cdc.gov](http://www.cdc.gov).

# Stay Safe

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# The Vindicator

SOCIAL DISTANCE AND FEAR NOT

By Casey Stinnett

Managing Editor

The Vindicator had originally planned for this to be a Liberty Jubilee supplement. When the City of Liberty had to cancel the Jubilee, the newspaper canceled the supplement, which meant canceling all of the advertising that had been sold for it.

That might seem like the obvious thing to do, but it is not what all media companies would do in a similar situation.

Late last week, I heard a certain Houston radio station play a number of commercials for events the station must have known were canceled, but the station aired them anyway, thereby misinforming the public and doing its advertisers a bad turn in the process. The station was within its legal rights to do that. A contract is a contract, but that does not make it the right thing to do.

When The Vindicator's publisher decided to cancel the Jubilee supplement, I do not recall there being any discussion

about it, other than our acknowledging it was what we were going to do.

Later, we had the idea of producing this COVID-19 supplement instead. Then for several days I could hear our advertising sales rep in the next room calling each of the businesses and organizations that had bought ad space in the Jubilee supplement, telling them that section had been canceled, and asking if they might like to support the COVID-19 section we planned. To our surprise, and relief, very nearly every one of the Jubilee section

sponsors agreed to buy advertising space in this section. The only one who didn't was one he couldn't get on the phone to ask.

So, The Vindicator sends its deep appreciation to all of our sponsors.

We send our thanks as well to all of the local city and county officials and school districts administrators and board members who have had to make some pretty tough decisions over the past few weeks.

Our thanks to you, too, our loyal readers.

## How to practice social distancing during a pandemic

As COVID-19 continued to spread across the world, it quickly became evident that the public would have to take drastic measures to slow the transmission. In addition to practicing generalized sanitation and good hygiene, people in some of the hardest-hit clusters were advised to take additional, more aggressive measures. Quarantines and travel restrictions were implemented, and the term "social distancing" became a buzzword.

Social distancing involves people keeping a physical distance from each other during disease outbreaks in order to slow transmission rates. Social distancing also is employed to lessen the impact of the disease on the medical care system, which quickly can become overwhelmed with a high number of cases presenting in a short period of time. In best-case scenarios, social distancing also may enable a few people to avoid infection until a vaccine is available.

So how can people socially distance themselves? Here are some of the recommendations from the Centers for Disease Control and Prevention, the World Health Organization and other leading health groups.

- Opt out of group events. Steer clear of



Social distancing protocols encourage people to avoid crowds, such as those at concerts and sporting events.

events, whether meetings, sports games, conferences, and other gatherings where large amounts of people congregate together.

- Stick to non-contact greetings. Avoid

hugs, kisses and handshakes. Substitute a smile, a wave or a bumping of elbows, instead.

- Practice remote learning. Students who attend large schools, such as high schools,

universities and colleges, can continue their studies via remote learning and virtual classes instead of gathering in classrooms.

- Work from home. Many companies are now equipped to allow employees to work from home all the time or a portion of the time. Businesses can encourage employees to stay home and utilize the internet to get their work done.

- Stagger commute times. Commuters in urban areas can consider staggering work hours so that they help curb crowds on public transportation.

- Alter shopping schedules. Try to visit stores in the early morning or late at night when they are less likely to be crowded.

- Make changes in worship practices. Celebrants may have to make modifications to the way they worship. The Catholic Diocese of Trenton, NJ, recently advised all diocesan churches to halt the distribution of the most precious blood (wine) from communal chalices; encouraged clergy and eucharistic ministers to sanitize their hands before distributing the eucharist; and parishioners to avoid contact during the sign of peace.

Common sense is key to stall disease transmission, and social distancing can be an important public health measure.

# Social distancing with kids

By Paul Schatteberg

AgriLife Today

With the coronavirus pandemic forcing many communities to close schools and child daycare centers out of an abundance of caution, parents and other caregivers have been left looking for ways to keep their kids occupied and continuing their education while stuck at home.

"For parents and other caregivers at home with children during this extended period of social distancing, this presents additional challenges," said Monty Dozier, Ph.D., director for the Texas A&M AgriLife Extension Service's Disaster Assessment and Recovery Unit. "But experts tell us it's important to keep things as routine as possible for children and to find positive ways to engage them and redirect any negative thoughts or feelings they may have."

## INDIVIDUAL AND FAMILY ACTIVITIES

Stephen Green, Ph.D., assistant director for AgriLife Extension's Family and Community Health Unit, College Station, said there

are many beneficial activities that individuals and families can engage in while at home during the coronavirus pandemic.

According to Green, some indoor activities to consider include reading books with your child, playing board games, and involving children in fun and engaging physical exercises to keep them moving.

Green said a helpful AgriLife Extension publication to help keep young children engaged is the Alphabet Activities booklet containing 26 activities adults can participate in with their children.

"The Alphabet Activities booklet was originally developed to give daycare providers and teachers some easy, interactive and inexpensive activities to do indoors with youth," said Alice Kirk, AgriLife Extension child health specialist and the publication's author, College Station.

She said the activities employ the use of everyday household items such as paper, plastic balls, beach towels and flat sheets, allowing those engaged in the activities to "think outside the box and get creative."

## 4-H ACTIVITIES TO ENGAGE YOUTH

There are also many interesting and edu-

## AgriLife Extension experts share tips to keep kids engaged at home during COVID-19 social distancing

cational activities available through the 4-H website, said Courtney Dodd, Ph.D., AgriLife Extension associate director for health, families and youth, College Station.

Texas 4-H is the youth development component of AgriLife Extension. It is the largest youth development program in the state, reaching more than 550,000 youth ages 5-18.

"One of the many things we encourage young people to do is be physically active and live a healthy lifestyle," Dodd said. "These goals are always important but probably have an added importance given the current circumstances."

She said the 4-H Healthy Living Activity Guide has 30 interesting and engaging hands-on activities to help kids develop good habits and live a healthy life.

Texas 4-H will be hosting fun and educational videos under the banner Texas 4-H Virtual Experience on the Texas 4-H Facebook page at 10 a.m. every Tuesday, Wednesday and Thursday through late April. The videos will be saved to the Facebook page and will be placed on Instagram. There will be links parents can use to access the related 4-H Explore Guide after each video ends.

Explore Guides provide learning opportunities on a variety of topics and each lesson has an activity associated with it.

The dates and topic for the Texas 4-H Virtual Experience are:

March 24, 25, 26 – Agriculture and Livestock

March 31, April 1, 2 – STEM

April 7, 8, 9 – Natural Resources

April 14, 15, 16 – Junior Master Gardeners

April 21, 22, 23 – Leadership and Citizenship

Additionally, the National 4-H website offers 5 Ways to Keep Kids Engaged and Learning At Home as a resource to help kids maintain a sense of normalcy and keep them on track in their learning and personal development while at home.

## COOKING WITH KIDS

For those parents or caregivers who may want to teach children some basic cooking skills and how to prepare some easy recipes, AgriLife Extension's Dinner Tonight website provides hundreds of recipes to choose from along with numerous instructional videos and tips on cooking techniques, nutrition, menu planning and healthy living.

## KEEPING ACTIVE

An AgriLife Extension resource for helping children stay active and develop a healthy

lifestyle is available on the Walk Across Texas program website. The site has resources for children, including a variety of lesson plans for which many of the materials needed can be found in the home.

"There are more than 250 lesson plans posted," said Michael Lopez, AgriLife Extension specialist in family and community health, College Station. "These lessons incorporate physical activity with a curriculum subject such as health education, language arts, math, reading, science and social studies."

Lopez said the Walk Through Texas History program is a new AgriLife Extension program that can be used to keep children active during this time.

"Walk Through Texas History is a program designed to help Texans establish the habit of regular physical activity while learning the rich history of Texas," Lopez explained. "It is an online, step-based program people can engage in at home or in another setting in which they feel comfortable. Participants work to reach designated distance goals while learning about Texas heroes and historical events."

## GARDENING WITH KIDS

Lisa Whittlesey, the AgriLife Extension specialist in horticultural sciences who oversees the agency's Junior Master Gardener, JMG, program, noted many activities in the curriculum can be conducted indoors or in a home garden. She said curricular resources for teachers and adult leaders can be adapted and applied for children of different ages.

"The JMG website has curricula for different grade levels and there are downloadable sample lessons for those who want to teach at home," she said. "And the lessons are aligned with Texas Essential Knowledge and Skills requirements, so they make good resources to incorporate for more hands-on learning."

Whittlesey also said the Kids Zone portion of the JMG website provides access to the Junior Master Gardener Handbook, which has specific age-appropriate activities for children relating to topics from plants, insects, fruits and vegetables to soils and water, ecology, landscaping and environmental horticulture.

"We will also have JMG content available through the JMG Facebook page, Twitter and Instagram," she said. "Some will be special lessons offered in collaboration with Texas 4-H. There will also be downloadable resources and videos."

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# COVID-19 screening available through Houston Methodist Virtual Urgent Care

March 18, 2020 — Baytown area residents concerned they may have been exposed to the coronavirus (COVID-19) have an alternative to scheduling an in-office doctor's appointment. They can schedule a consultation with a Houston Methodist practitioner via virtual urgent care through the MyMethodist app.

Whether you are experiencing COVID-19 symptoms or want to avoid spreading or catching germs, you can speak to a virtual urgent care provider 24/7. The provider will be able to help you determine if testing is needed and advise you on where you should go.

While the COVID-19 test cannot be administered through virtual visits, this screening method helps keep patients who do not need COVID-19 screening out of the emergency room.

Virtual urgent care provides easy access to services, allowing patients the opportunity to see a provider via video. With virtual urgent care, a patient can get help for minor illnesses from the comfort of their own home. In addition to virtual urgent care, the MyMethodist app also provides access to virtual

behavioral health and virtual nutrition counseling.

The MyMethodist app includes access to medical records through MyChart, physician communications, test results, bill payment, prescription refills, and wayfinding maps for Houston Methodist Baytown Hospital and Houston Methodist facilities across the greater Houston area.

Anyone with access to the IOS or Android app stores can download the MyMethodist mobile app. Urgent care video visits allow patients to have a face-to-face conversation to address certain medical issues without the need for scheduling an in-person appointment, unless otherwise directed by the medical provider.

Conditions that may be appropriate for virtual urgent care video visits include cold/flu symptoms, pink eye, skin infections/rash, allergies, cough, fever, headache and upper respiratory infections.

For more information about Houston Methodist virtual urgent care, visit [houstonmethodist.org/virtual-urgent-care](http://houstonmethodist.org/virtual-urgent-care).



## WE'RE STILL WORKING

*We may not be serving you face to face, but City services will continue during this unsettled time. That's our promise to you.*

For updates and information,  
visit [www.dayontx.org](http://www.dayontx.org)  
or follow us on  
Facebook or Twitter



An advertisement for HRA Insurance. At the top, it says "HRA" in a large, stylized font, with "HALL, RADER &amp; ASSOCIATES INSURANCE" below it. The address "1347 HWY 146 BYPASS • LIBERTY, TX 77575" is listed. The phone number "936-336-3645" is prominently displayed in large red numbers. Below the phone number is the website "www.hrainsurance.com" and the text "Life • Health • Home". At the bottom, the phrase "A COMMUNITY UNITED" is written in large, bold, red letters. The background features a stethoscope and a heart rate line.



**Our providers are available to screen for the coronavirus via video visit.**

Whether you are experiencing COVID-19 symptoms or want to avoid spreading or catching germs, our board-certified providers are here for you 24/7. Virtual Urgent Care is available to new and existing patients for your non-emergency, urgent care needs. Get the same trusted care you expect from Houston Methodist — from the comfort of your own home.

*Virtual Urgent Care is available through the MyMethodist app. Download it today.*



[houstonmethodist.org/virtual-care](https://houstonmethodist.org/virtual-care)

