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Local garage to keep community safe in the cold, Page 4

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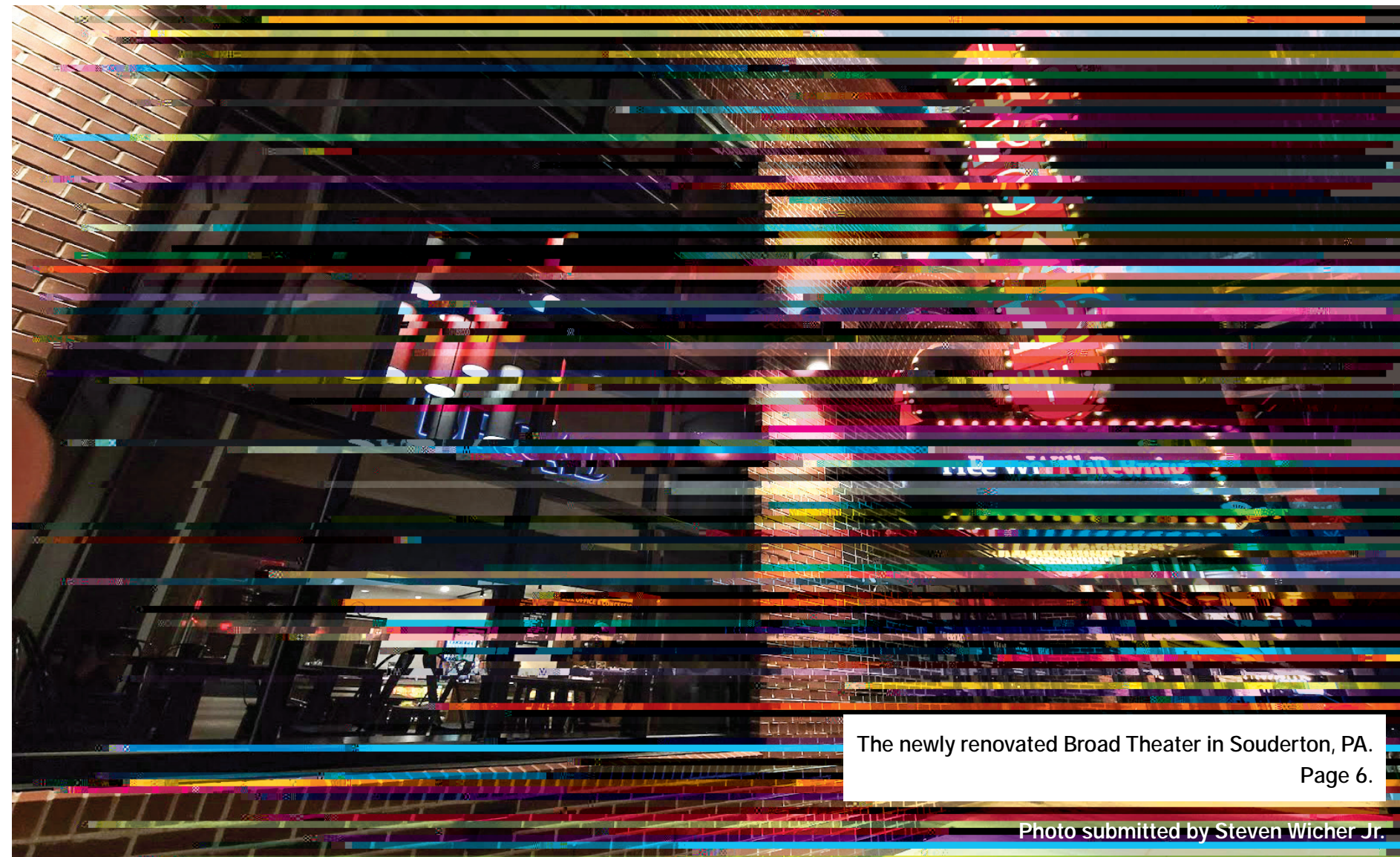
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April 2022



The newly renovated Broad Theater in Souderton, PA.
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Photo submitted by Steven Wicher Jr.

With the rising number of the College's student body. Erin COVID-19 cases in January, Raftery, Criminal Justice Major Montgomery County Community at the College, said, "I don't mind College opted to start the semester online classes, but being at home virtually. This decision was announced on January 4, weeks prior to the official start of the spring semester.

This original decision was set to be reevaluated on January 24. According to the College's Health and Safety update, "Montgomery County Community College will continue to operate remotely through February 15." The College reopened for all students on February 16.

For many students, this initially meant that they had to continue learning off-campus, where websites such as Blackboard and Zoom are utilized to host classes and connect students with professors and each other. The College offers computers and internet services to students who need them as well, so everyone can attend classes virtually with the least amount of disruption possible. Additionally, College services were still offered and available to students online.

Certain specialized courses were granted the ability to meet and have class in person. These courses tend to require high-tech equipment, labs, or are otherwise considered unable to be taught effectively virtually.

Online learning provides different learning experiences for

Tensity, restlessness, having a sense of panic or doom: These are all signs when discussing anxiety, and as time goes on, the feeling grows to be more common.

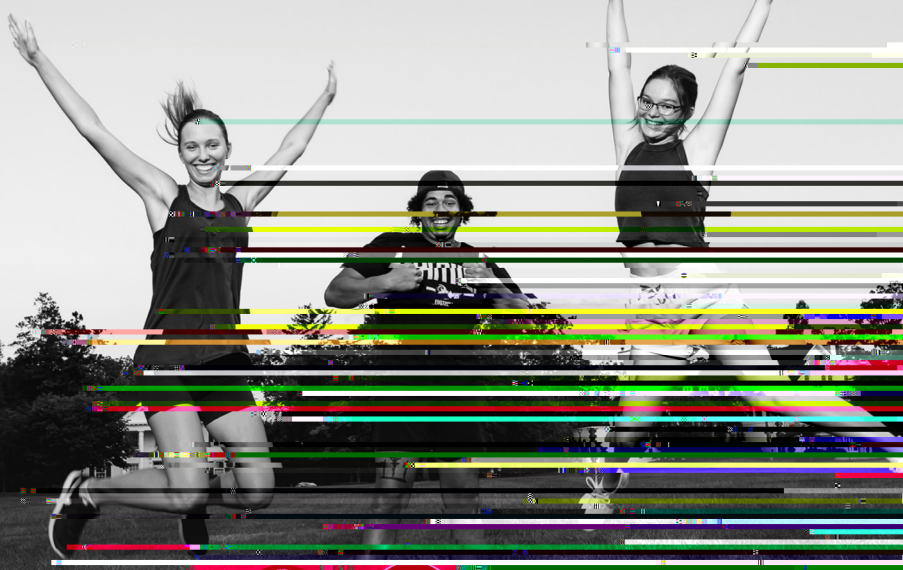
HealthDay reporter Cara Murez says, “A new study from researchers in the United Kingdom DQG & DQDGD IRXQG DERXW RQH WKLUG RI ¿UVW \H DU college students have or develop moderate to severe anxiety or depression.”

,Q KHU DUWLFOH 0XUHJ VWDWHV WKDW WKH ¿UVW \H DU of college should be about experiences and making memories as a freshman, but for some the transition FDQ EH GLI¿FXOW 6WXGHQWV IDFH VR PDQ\ WDVNV WKDW there is never enough time to fully digest what is going on.

But what was the anxiety caused by? “Many factors,” says Harvard health enthusiasts Nicole Leblanc and Luana Marques. Throughout their “Anxiety in College” paper, the pair discuss that its anxiety can be caused by a sense of loneliness. If LW¶V D VWXGHQW¶V ¿UVW WLPH DZD\ IURP IDPLO\ RU

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I'm not a big cryer. Honestly, my resolve can be a bit stone-like when it comes to sad things, but every time

COVID-19 has permanently changed runners' way of life and routine. With the countrywide lockdown in 2020 and through Delta, Omicron, and any other variant that will occur in the future, many put a new emphasis on getting outside and running, especially as it is a solo sport that can be done with plenty of social distancing.

"It's been bizarre, to say the least. I check the COVID-19 numbers every day, like we all do, and decide what kind of run I can get in today," says Hanna Myers, a runner hailing from Flourtown, who loves to hit the pavement six days a week and to compete in races locally and abroad.

For Myers, the worst times during COVID-19 were lockdowns. "I was scared to go outside, and guidance about outdoor activity varied in the beginning. Then, I got the virus in April of 2020 and it took me, a pretty healthy person, over a month to get better and get running again, but it took months even after that to feel 100% strong. The virus doesn't mess around. I'm vaxxed and boosted, but even now, well, we still have to be cautious, don't we?"

Myers admits that many of her running habits have changed. She runs at night to avoid other people, instead of getting out there any time of the day when the mood strikes.

Literature