



## The Bathroom Sensation That's Sweeping the Nation

Good job on getting through another week, Cougars! This week is much shorter, but let's still do our best! It's been cold these past few days, so even if we're past the below zero weather, still make sure to bundle up and stay warm!

### Sickness Abound!

Have you guys noticed that everybody seems to be getting sick? The teachers, students, parents, and so on...so here are some tips on how to avoid getting sick.

- Wear a mask. If you have a contagious illness, protect others from your germs. Even if you don't, they can protect you from others' germs.
- Wash your hands frequently. Try to carry some hand sanitizer with you, as well.
- Don't put your hands in your mouth after touching something. Getting germs in your
- Sleep regularly! Your body fights off bacteria and illnesses best while you sleep.
- Eat healthily. Things like greens, vitamins, nuts, meat, and so on will increase your chances of escaping illness.
- Make sure to exercise enough. Walk around your neighborhood, to the gas station, or somewhere nearby if you aren't already in a sport.
- Wash your hands before eating or preparing food. Even if it's just for yourself, try to stay hygienic.
- Do not share personal items like toothbrushes, utensils, drinking glasses, etc.
- Wash items regularly if you can. Wipe down your phone if you can, especially if it has come into contact with potential viruses.

### To Mask Or Not To Mask...Or Something

The way we, as Americans, see death, is heavily desensitized. About 1,167,210 people have died of COVID-19, according to the CDC, yet we will inevitably downplay the severity. Because we are surrounded by murder and death in media, we cope by turning the people that died into simple numbers. But that mechanism is dangerous, too. By downplaying those deaths, we downplay our own. We think the precautions that were created are ineffective and stupid — only serving to hinder us in life.

Yet, this isn't true. In a series of case studies done by the National Library of Medicine, 91% done in "critical" risk situations, 85% found that masks reduced the potential infections. It's more likely for you to be protected with a mask than not, so what's the harm?

Many people complain that masks get in the way and are awkward, so on and so forth. Throwing a petty fit over a little piece of cloth is NOT worth forfeiting your life or anyone else's — because not only do masks protect you, but they also protect others from your germs.

For those that are or live with those that are immunocompromised, masks and protections from illness are quite literally life or death. Many infectious diseases spread through skin contact or through the air, things that are difficult to avoid in this day and age, so every effort to protect yourself and others makes a tremendous impact.

### Upcoming Events

Monday 1/15	Tuesday 1/16	Wednesday 1/17	Thursday 1/18	Friday 1/19	Saturday 1/20
Martin Luther King Jr. Day – No School	Spring Play Auditions @ Auditorium (3:30pm)	Whataburger Fundraiser for Coronado Cheer (5pm)	Boys Basketball v Widefield @ Home (3:30pm) Girls Basketball v Widefield @ Widefield (3:30pm)	Girls and Boys Varsity Wrestling v Fountain Fort Carson @ Fountain Fort Carson (1pm) Girls Basketball v Falcon @ Home (4pm)	Girls and Boys Varsity Wrestling v Fountain Fort Carson @ Fountain Fort Carson (9am) Boys JV Tourament @ Home (8am) Boys Basketball v Falcon @ Falcon (4pm)