

April 16, 2020

A Message from Mayor Rios



We all know that staying at home during this pandemic isn't easy. There's only so much television one can watch or house cleaning one can do. The most important thing is to keep yourself (and your household) occupied

Here are some thoughts on things you might do ... or get around to:

- Fill out your census form. Right now the response rate for the county is less than 26%. If you haven't received a form, you can go online to www.census.gov or call 844-330-2020 between the hours of 6 am and 1 am. Your participation is vital to our community.
- Work in the yard. Now's a good time to clean out leaves and prepare beds. You can also start planting flowers, shrubs, trees and some vegetables. Visit the AgriLife site at <https://aransas.agrilife.org/> for more information. Residents of Rockport who utilize the trash services through Republic are reminded that hand pickup of yard waste debris is underway.
- Exercise. If you can't go outside, try an online workout or virtual yoga instruction. The Texas and Human Services Division has a special page dedicated to exercise and will also send a free booklet. <https://hhs.texas.gov/services/health/food-fitness/texercise/get-texercise>. Our Fitness Court partner has free indoor training videos, which are available in IOS and Android app stores. Or get the family together to make up your own workout or dance routines.
- Become an armchair traveler. Visit a museum, art gallery, natural park, planetarium or zoo – virtually. You can start by going to www.artsandculture.google.com. This remarkable site lets you visit places you've never been, enjoy nature, learn about history and culture, and even has sports stories.
- Take up a new hobby, learn another language or make some repairs. This is a perfect time to get around to some things that have been put off or expand your horizons.

Rockport Center for the Arts (<https://www.rockportartcenter.com/>) galleries, offices and classrooms may be closed, but art programming continues with six FREE online programs, which can be viewed on Facebook or YouTube. including:

- FREE Family Saturdays - a weekly craft project
- Art With Me - a series of video demos from your favorite instructors

- Happy Hour with the Artist - a weekly chat that explores artists' philosophies and practices
- Online Art Gallery - work from local and nationally acclaimed artists
- Rockport Studio Tour YouTube LIVE - a look inside the natural habitats of Rockport artists
- Paint-Along Workshops with local artists

With the start of school extended into at least early May, you may want to consider some of these options for your kids:

- Aransas County Children's Coalition is offering some programming and ideas on its web site (<https://www.childrenscoalitionac.org/>) and Facebook page.
- Play Games Indoors - <https://healthychildren.org/English/ages-stages/preschool/nutrition-fitness/Pages/Motor-Activity-and-Self-Play.aspx>
- Cooking with Kids <https://cookingwithkids.org/recipes/>
- Make a family scrapbook or pull one out and reminisce with family
- Internet based programming – check out PBS kids (<https://pbskids.org/>), Nova Labs at PBS for teenagers (<https://www.pbs.org/wgbh/nova/labs/>), NASA's Teachable Moments (<https://www.jpl.nasa.gov/edu/teachable-moments/>), and nature videos from *PBS' Nature*, *National Geographic* and other source on YouTube.
- Coloring and Art. Several museums and libraries have copies of their artwork that you can download and color. Who said it's just for children?
<http://library.nyam.org/colorourcollections/2020-participating-institutions/>

We hope these suggestions will provide informative and enjoyable diversions as we look forward to better times ahead. And, just to remind you how wonderful the world is
http://assets.evie.com/asset/cc1afc44ee3cdaac9ae2f354f834dd30d7aa343e/video_inline_h540

As a reminder, The Stay at Home Order continues until 11:59 pm on April 30.

Remember -- through facts, not fear we'll come through it.