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PSYC 1000

## Interviewing Doug King

- How has the lack of activities impacted the daily lives and well-being of families in Casper?

Well, the lack of activities in Casper has really taken a toll on our daily lives and overall well-being as families. You know, before, we had these community events, local gatherings, and activities for both kids and adults that really added vibrancy to our routines. Now, with the restrictions and cancellations, it feels like we're missing out on crucial moments of connection and engagement. For families, it's been especially challenging. Kids are missing out on social interactions and the learning experiences that come with extracurricular activities. It's not just about keeping them entertained; it's about their growth, development, and the joy that comes with being part of something bigger. As parents, we're feeling the strain too. The lack of outlets for our kids' energy and our own limited opportunities for socializing are impacting our mental health and family dynamics. I think there's a real sense of longing for the community activities we used to take for granted. It's not just about the physical activities; it's about the sense of togetherness and shared experiences that make a community strong. We're all hoping for a return to normalcy, where our families can thrive with the support of the broader community."

- What age groups or specific demographics within the community are most affected by the lack of activities?

In our community, I've noticed that the lack of activities has hit certain age groups and demographics harder than others. It's particularly tough for our kids and teenagers. They're missing out on those formative experiences, social interactions, and the chance to explore their interests outside of a classroom setting.

I've also observed that parents with younger children are grappling with the challenge of keeping them engaged and active at home. The absence of playdates, organized sports, and other activities has made it harder for both kids and parents alike. On the flip side, our older population, especially those who used to participate in senior clubs, fitness classes, or community events, are feeling isolated. These activities were not just a way to stay physically active but also provided a crucial social outlet for them. It's interesting how the impact varies across different demographics. We're all feeling the void in our lives, but the nature of that void is unique for each group, whether it's the developmental needs of our children, the energy levels of parents with young kids, or the social connections that older members of our community relied on. It's a complex situation that's touching everyone in one way or another."