

# The Woodrow Wilson Challenger

## WOODROW'S VERY OWN STUDENT NEWSPAPER

WWMS

1

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## What Students Should do to Prepare For High School

By: Minakshi Stalhmer



Many students finish middle school and upon graduation, are required to understand the caliber of work and responsibility of a "high-schooler". Middle-school teachers do not prepare students for the increased rigor of high school academics and the new responsibility they will now carry, leaving the majority of students transitioning into high in confusion and stress. If you're wondering what you can do, here are some tips...

### #1: Fabricate A Plan

Designing a plan for the next four years may sound daunting and ineffective, however, it will help you visualize the workload of any given combination of courses. In this plan, you should focus on meeting the credit requirement and base course requirements. For example, if you need four years of math, make sure to include four different math courses that follow with your current or projected placement. If you happen to know what you wish to major in, you can work on tailoring the courses you take to fit that. If you don't, that's okay, because high-school is the time to experiment and try different electives to figure that out. Speaking of electives, you must take the appropriate variety of them. There are different categories so be careful choosing which ones so that you can ensure that you are doing everything that is expected of you. Another thing to consider is your extracurricular classes outside of school. Which years are you taking more? Less? Make sure this plays a role when deciding the number of Advanced Placement or Honors classes you wish to apply to. Lastly, note the year you are planning to take your SAT and other standardized tests for college. This year will be more strenuous and will require extra time dedicated to school and academics. You don't have to write out an hour by hour schedule for your four years in high school, however, you should get an idea of what you want to accomplish. By setting these goals, you can help yourself engage what you need to do and what help you need to acquire.

### #2: Try New Things

It's high school. The last few years of your *childhood*. Take advantage of it and try different things. Maybe picking up an extracurricular, exploring something that you've always wanted to try. Maybe taking

# TABLE OF CONTENTS

The contents of this edition are...

## Woodrow Wilson News

Page(s): 1-7

## Local News

Page(s): 8

## World News

Pages: 9-24

## Health

Page(s): 25-34

## Seasonal

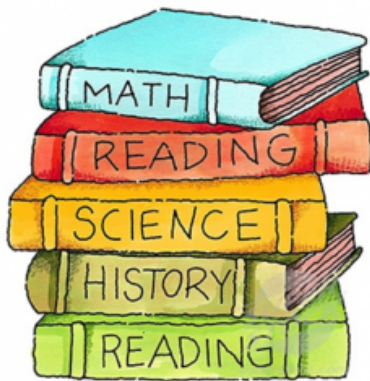
Page(s): 35-39

## Entertainment

Page(s): 40-44

## Sports

Page(s): 45



extra honors classes, seeing how far you can push yourself. It's the time to get to know yourself: what you like to do and what you need to do. Balancing these things is an essential life skill and will help you throughout high school, college, and more! An easy place to start is adventuring the diverse offerings of clubs at your high school. Attend the first meeting of clubs you seem interested in. Get to know what the club is about, how much work you will need to do, and how much fun it will be. If it seems right for you, continue with it. For those of you who do not like any of the clubs on the directory, it's time to start your club! Talk to the vice-principal or a guidance counselor about a plan to start a new club. Be prepared with details and a few friends who might be interested. Being able to run a club takes skill and is a good workout for your leadership capabilities.

### #3: Getting to Know Your School

There are two parts to this step. First, understand the structure and layout of the building. Even if you don't have your official classes yet, it's important to be able to formulate the quickest route from class to class when you do receive your schedule. Being efficient and on-time to classes, show your teachers that you are responsible and prioritize your schooling. This can play a major role if you are looking for strong recommendations from them. Though it is a minor aspect of doing well in high school it provides insight to your teachers about your personality. Secondly, get to know your teachers. The first marking period, especially in a new school is the toughest because you are learning the style of your teachers. Being able to predict what your teacher might ask of you on an exam comes with understanding them, so pay close attention to what they go over in class and how comfortable they seem to do it. Also, after the first exam, you are given, it is easy to recognize the difficulty of the next one and how much you need to study to ace it. For instance, if a lot of the responses require a short answer or an explanation, you may not be able to rely on your chances like you can with multiple-choice questions resulting in more time dedicated to studying for this class.

### #4: Tailor Your School Supply List

Make sure you have the supplies you need for your classes. Once you find out the classes you've been entered or accepted into, it's critical to get supplies that will be the most functional for those classes specifically. For instance, if you are taking an AP US History, you can prepare for daily lectures by having a few pens that write smoothly, loose-leaf paper, and a folder or binder to organize your notes in.

### #5: Don't Forget Over the Summer

A solid majority of high school teachers will expect you to remember and apply many core concepts taught in your eighth-grade year so it's important to brush up on the gist of these subjects before starting your first day. The easiest way to do this is to look over some notes you took over the year and create flashcards. Either on paper or Quizlet. This way, you can review core material and assess your mastery so when you walk into school on the first day, you can reveal your responsibility and good work ethic to your teachers.

### Study Solutions: 9th Grade Courses - lessons, tests, etc.

[ELA 9 \(ALL\)](#), [US History](#), [SAT Practice](#), [Biology](#), [Geometry](#), [Algebra 2](#)

## Types of Students - Quarantine Edition

By: Sreshtha Thangaswamy

During this time people in countries across the globe are in full-on quarantine due to the fear of the spreading epidemic of COVID-19. People must not be in contact with anyone during this time and must stock up on basic necessities in order for efficient social distancing. When heading to supermarkets, a six-foot distance must be kept and masks must be worn. Schools have shut down, and corporate workers are working from home, remotely. But have you ever wondered how other students are doing in quarantine? Below are a few major categories students fit in regarding COVID-19 situations.



### The Super Prepared

There are many of these students. They are always completely organized and know what to do next, always. In class, they know exactly what the lessons are and finish their parts almost immediately without any hiccups. You would be amazed by the maturity that they portray for a middle school student.

### The Silent

All the classes in this school definitely have this student. The one that blocks their camera and mutes themselves, only being a ghostly presence to the class. No one has any clue what that person is doing and for all we know he/she could be doing something totally different.

### The Loud

It is a different thing to be in an awkward situation, but we must know that one person is the only one talking for the entire meeting. The meeting is basically a one on one conference. But enjoying the conversation is all we can do.

### The Always Ready to Help

There are many students in our school who are ready to give out a helping hand to all their fellow friends, giving them shortcuts and tips. I mean, especially at this time, there are so many who help with everything. And I mean everything.

### The Obsessed

Do you know those people that have to give a coronavirus report every meet, every hangout, every day? The more we hear about the coronavirus now, the more ignorant we are of the situation. They don't understand that we want to forget and focus on staying safe. But on the bright side, we will not have to be stuck to the news.

### The Carefree

They are the ones that do not worry too much about what is happening and focus on their work. We all admire those who don't mind on what other people think of them. But not to worry, keeping track of your surroundings is also important.

But don't worry, no matter what category you are in remember that you are unique and will never fit into one group. And all of us are a little weird in a way, so embrace it. And enjoy the time period that you have with your family. We might be worried and scared but remember Coronavirus is not everything. There are so many things that you can still put your time and effort in and shine.

## Why Summer Reading Isn't Enough to Prepare Students for the Next Year

By: Minakshi Stalhamer

It is inevitable to forget academic material over the three and a half months of summer break and in an attempt to remedy this issue, teachers, and administrations in many areas across the country started to implement what we now know as *Summer Reading* or *Summer Reading Enrichment*. In the majority of public schools over the nation, a whopping 96 percent, students are required to read one specific book and demonstrate their proficiency in understanding and application of prior concepts through a suggested activity by a group of teachers. Wait – but what is the actual problem with this? The answer is simple. By providing the exact same assignment to all students within the school or grade, you are assuming they all have the same skill, which is furthest from the tangible truth. Certain students will always require extra assistance in certain areas that cannot be provided over the summer when teachers are off on vacation and spending time with their families. More than that, when students return to school in September they are handed a comprehension exam. And to the common eye, this seems like an easy grade to earn, but for someone who cannot bear the genre or has trouble understanding the language of the text may not do so hot, and students who fall in under this category, are the ones who need to be encouraged to read and do well in English and this summer reading program is proving to be the exact opposite. So go ahead, step back, and ask yourself, does this really stop or minimize the “summer slip”? Requiring everyone to read the same book, take notes, and then take an exam. Is it really effective? While some parents may argue, reading new books expands vocabulary and increases familiarity with contextual situations, there are many cons that manage to outweigh these benefits. Many secondary school English Literary Arts and

Comprehensive Mathematics teachers (grades six through twelve) have established, what is often referred to as the “summer slip” encompasses all subjects of core academic purpose. And assigning a common, boring novel to read is not stopping students from forgetting how to use the distributive property or how to balance chemical equations. More often than not, these generalized books do not spark motivation in learning or continuing to grow academically in preparation for the next year making this concept rather useless to students. Well, if our current summer reading program is virtually worthless, what *can* students do to improve for the school year ahead of them? And once again the answer

is simple. Students sit at a desk day in and day out for the majority of the year solving the most straight-forward math problems and reading texts followed by multiple-choice questions. So, by the time summer arrives, students want to explore and have fun. The easiest way to implement academic assessment with “fun” is to have students explore patterns that make logical theorems, rules, or theories true. Create assignments that require them to interact with nature or other kids their age. Not only does this smooth over the “summer slip” but helps them develop social skills that will grow into an advantage when it comes time for them to enter the workforce.



# An Overview of Remote Learning At WWMS

By: Shreenidhi Ravishankar

At WWMS, certain rules have been set ever since remote learning has been put into action. There are many changes in the regular school routine, but so far, all of the students have adjusted. The new schedule gives just the right amount of work, and technology has helped us get through these difficult times.

A new schedule has been set for remote learning, to reduce the workload for students. On Mondays and Thursdays, new work for English, Science, World Languages, and Physical Education/Health is assigned. On Tuesdays and Fridays, new work for Math, Social Studies, and Electives are assigned. Wednesdays are catch-up days, also known as W.I.N. days. W.I.N. stands for What I Need! Wednesdays are the perfect days to work on projects and other group assignments. This schedule shifts the amount of work that students get evenly over the five days and is very helpful.

Meeting with teachers has also become part of the new weekly routines. Google Meets and Zoom have helped lots of students connect with their teachers. The teachers even arrange private conferences if a student is struggling with an assignment. Clubs have also resumed with these resources aiding us. Clubs can meet through Zoom or have a Google Meet to check in and continue their work. Clubs can meet at any time from 1 pm - 3 pm. 9 am - 12 pm is for academic subjects, world languages, and electives. Certain days have been set up for each subject. Monday is for English, Tuesday is for Math, and so on. This makes it so that students will always have teachers as a resource to rely on.

Google Hangouts has been very helpful, a way for friends to connect in these times. Google Hangouts permits students to reach out to each other for help with school work and just to chat. It is also useful for group projects, where communication is crucial. Students can even create a chat with a teacher to ask questions. My teachers are usually online, and I thank them for that.

Though many things have changed since remote learning has started at our school, we have come through together as a school. Mrs. Blevins, Mrs. Mendiratta, and Mr. Zecchino have been a tremendous help, and I would like to thank them for all that they do for our school. I would also like to thank all of the teachers at Woodrow, who have efficiently continued our education. "Our building may be closed, but our school is still open!"



# All About Summer Reading

By: Vaibhav Venkatesan



When the bell rings on the last day of school at 3:00 p.m, we are elated and excited for summer break. While we all have different plans and activities that we want to do, we have to make sure to squeeze reading into our day. Summer can be a fantastic opportunity for every one of us to develop a deeper love for reading. Reading is one of the most valuable and priceless activities. Not only is reading fun but it keeps our mind active and healthy as well!

Reading daily is one of the best habits that one can cultivate from childhood. It helps to gradually develop our critical thinking, visualization skills, and our imagination. It is important to develop a habit of reading everyday not just to improve our knowledge but also for our personal growth and development. The pleasure of reading helps us stay focused, gives us confidence, and uplifts our mood.

Books are our best friends and once you start reading, you experience a whole new world. Good books can influence us positively and take us towards the right direction in life. The more we read, we will develop better vocabulary and word choice. Maintaining a daily reading time is key. Interesting experiences give us a broader framework for new information that we might encounter in books, and when we have lots of experiences to draw on, and lastly we have a better chance of making a connection with what we read!

Reading increases our creativity and enhances our thinking and comprehension skills. It also inspires us to write and one can fall in love with writing. Reading over summer break will help you gain knowledge and be extra prepared for the upcoming academic year. It leads to self-improvement. Choose a subject of your interest, enjoy books and feel pleasure not pressure when reading. Reading books is an extraordinary way to relax and reduce stress as well.

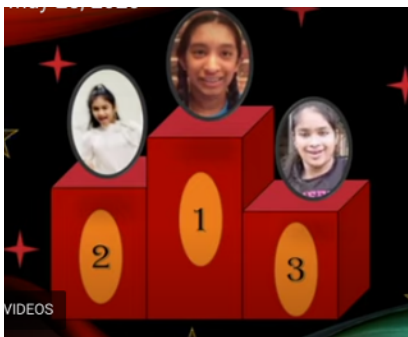
Reading is a good habit and it makes us a better decision maker. The pleasure of reading cannot be expressed in words. One needs to read to experience the joy of reading. As our minds start drifting away to the upcoming summer break, there's still plenty of time to squeeze in something to our reading list.

## WWMS Virtual Talent Show

**By: Nitya Konala**

As students read Mrs.Mendiratta’s email on April, 30, 2020 about a first-ever talent show in Woodrow Wilson Middle School, it was a refresher and helped put Woodrow families through the trying times everyone was going through. Students looked at it as a channel to relieve stress and to be able to expose their unique factor. The auditions were due by May 4 and the final video was due by May, 11. May 18, was the curtain opener for the WWMS talent show. The top three performers were chosen by the audience at the end of the show. There were five episodes, one each weekday on the week of May 18, which delineated talents such as singing, dancing, instrumentals, magic tricks, juggling, athletics, and etc. It was a challenge to pick the top three. Every performer was distinctive and impressive in their own way.

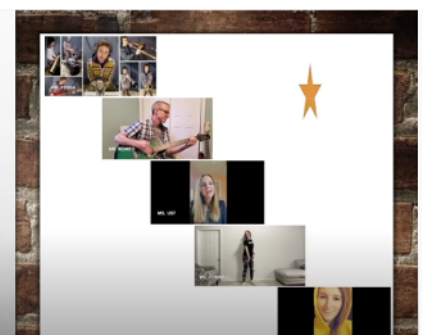
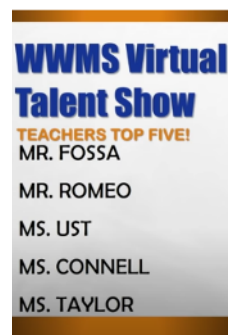
Then came a surprise on Friday, May 22 when Mrs.Mendiratta disclosed the teacher talent show. It was a treat to watch our favorite teachers perform their hidden talents. On Tuesday, May 26 a video of the final student and teacher contestants was sent out to everyone. There were 16 finalists from students and 5 finalists from the teachers. When you have to pick the best of the best it can’t get more onerous than that. The voting



process concluded by midnight. May 28 was the day when the “big announcement” was made. Guess who won the . . . Woodrow . . . Wilson . . . talent show . . . . . it was Ramya P. from sixth grade who sang with flying colors! The second place winner was Pranavi Soma from 7th grade and the third place winner was Disha Amin from 8th grade who both had spectacular dance moves.

In the teacher talent show, Mr. Fossa achieved first place. He engulfed everyone with his talent by creating a song . He played multiple instruments while also doing the lead vocals . It was impressive how he put it together. Mrs. Ust was second place and enchanted everyone with her beautiful voice and awesome

piano-playing skills. Mr. Romeo was third place and also had a charming voice along with a lot of experience playing the guitar. Irrespective of who won or not we should all acknowledge that losing is a part of the process and not the final outcome. There are a lot of benefits gained from participating in a competition such as perseverance as well as mental, and



physical exercise. It was an engaging, online show to many people who were stuck at home during the pandemic. It was a stress breaker during these times! Everybody can’t wait for things to get better and to do a live, in-person, talent show at our beloved Woodrow Wilson Middle School. Go challengers! Keep achieving!

## The Importance of July 4th

By: Rishab Sen

July 4th is a patriotic holiday that celebrates the independence of America from being colonized by Great Britain. Celebrations such as fireworks and parades run throughout the US in favor of this one special day but how come it is so important? Why do we celebrate this holiday the way we do? Has anything about the holiday changed over the years? In order to understand this day of patriotism, we must uncover its past. A lot of you probably already know the basic story behind July 4th, but let's just give a quick rundown to refresh your brains a little. July 4th, 1776 was the date when the Declaration of Independence was adopted by the Founding Fathers, the people who wanted independence against the British. The British had kept America as a colony and enforced unfair laws and taxes. This made the colonists mad and enraged. They decided that they wanted freedom, and asked Thomas Jefferson to draft out the Declaration of Independence, a letter to King George 111 of why they wanted independence. On July 2nd, 1776 the Second Continental Congress made the vote to accept the draft while making a few minor edits. July 4th was when they finally adopted it. From then on, the birth of America was considered to be on July 4th.



Fireworks are a popular tradition in the celebration of July 4th. However, we used to do something different for this tradition. Ships would fire a thirteen cannon salute as a way to honor the 13 colonies. When fireworks became developed, Americans started to fire 13 fireworks.

The importance of July 4th is that it shows the patriotism and dedication of America. It shows that countries and just people, in general, can stand up to bigger and more powerful people if they have the courage to try. This holiday celebrates the bravery of the Founding Fathers, rather than just independence itself.

A lot of countries even have their own independence day. However, their way of celebrating is unlike the way they also celebrate in their own ways as well. We will probably continue to celebrate July 4th as a very special day for a long time. It is important to celebrate this holiday as a way to recognize the way that the Founding Fathers stood up to the British.



## The Rise of International Cuisine in the USA

By: Ishani Bakshi

The food scene in the United States of America is known to be a melting pot. From our favorite gourmet pizzas to the simple chicken-tikka masala, there is a rich history attached to the vast and varied flavors in the USA.



### Mexican Food

We all cherish our nachos, tacos, and salsa, after all, for some, they are even comfort food. However, the roots of these dishes lie in Mexico. In the midst of the Mexican revolution, Concepción Sanchez migrated to California to make a living. However, during this time the Great Depression caused Sanchez's efforts to fail. Nevertheless, she had to make a living for her family. She took it upon herself to create tortillas and tamales using equipment familiar to Americans. From here on out, tortillas became a Californian staple and soon spread throughout the country filling supermarket shelves, along with taco shells, burritos, etc. In Texas, Adelaida Cuellar began to produce tamales for a county fair. Eventually, her success led to a restaurant, and then to a chain of restaurants. Cuellar's entrepreneurship allowed regions of the USA to explore Mexican cuisine inside full-fledged restaurants. We have covered, the popularity of Mexican food in stores and restaurants, but one of the most significant contributors to Mexican food in the USA is food trucks. Food trucks were

supermarket shelves, along with taco shells, burritos, etc. In Texas, Adelaida Cuellar began to produce tamales for a county fair. Eventually, her success led to a restaurant, and then to a chain of restaurants. Cuellar's entrepreneurship allowed regions of the USA to explore Mexican cuisine inside full-fledged restaurants. We have covered, the popularity of Mexican food in stores and restaurants, but one of the most significant contributors to Mexican food in the USA is food trucks. Food trucks were originally, just Mexican men who sold tamales on street corners. They eventually started using wagons to store their goods and expanded its menu to stews and tacos. As time passed the wagons evolved into trucks, and the Mexican food truck culture was born.

**Indian Food**- Crisp naans, tender butter chicken, flavorful paneer, and sweet and juicy gulab jamuns (round Indian sweet). It sounds like a meal we all would devour. In the past decade or so, Indian restaurants have populated the country and found its way into the heart of the American food scene. With the flux of Indian immigrants in the 1910s in the United States of America, two of the first Indian Restaurants were set up in NYC. The Ceylon Restaurant, established by K. Yaman Kira also included the Ceylon India Inn. This caused many sailors to stay at the Inn for cheap, and also try out Indian food. The Inn/restaurant was also a gathering spot for South Asian workers, this also added to the popularity of the Indian restaurant. Located in the heart of times square it attracted "Rudolph Valentino [who] came by one day and introduced it to his many friends. The customers at Ceylon India Inn were a mixed bag this day. Curious Americans, Americans who were used to curry, East India Englishmen, and a sizable contingent of lascars, the India seamen who came in from the docks," stated Jatindra N. Guha in 1939. Indian cuisine caught the intrigue and love of many Americans, causing them to be a hot topic in papers, such as the New York Times.

**Italian Food** - 37% of 26 million kids across the United States, claimed pizza to be their no.1 lunch choice, and 20% stated it to be their no.2. There is no point in denying the astronomic impact Italian cuisine has had on the United States of America. With a surge of Italian immigrants, Italian food joined the USA food scene in the late 19th century. Soldiers returning from their outposts in Italy had cravings for the delicious cuisine of the Italians. Italians saw this as a business opportunity and provided soldiers their desired dishes, and allowed them to share it with their family and friends. However, Italian food received a lot of negative attention as well. In the 1920s social workers, put up unevicenced claims that the consumption of Italian food, resulting in alcohol cravings. With the prohibition passed in that era, these rumors caused citizens to be appalled by Italian food. However, as years passed and Italians immigrants made friends and earned the respect of colleagues, Italian food started being viewed as cheap and exciting food. This new perspective on Italian food boosted its popularity, especially as a fast and casual meal.

**Chinese Food** - 46,700 Chinese restaurants are located in America, each serving your favorite noodles, pecking duck, or broccoli. Chinese takeout has become a part of our daily lives, however, the history of Chinese food in the USA has been a perilous one. In the 1800's rumors of the gold rush in California, had reached Chinese merchants. Eager to seize this opportunity Chinese merchants migrated to the USA. This inspired others to Chinese to migrate, to earn a better life. Other immigrants, that consist of laborers and skilled workers arrived in the USA shortly after the civil war. They occupied jobs previously performed by slaves, they did so for longer hours and cheaper prices than local workers. Local workers took their differences as a way to negatively brand them since the workers were in fear of losing their jobs to the Chinese. These perspectives eventually led to the Chinese Exclusion Act in 1882. Many Chinese immigrants moved to the East Coast and opened restaurants since cooking was a 'woman's job' and wasn't threatening to male workers. However, many papers created unevicenced rumors about the resources used in Chinese cooking. The New York Times published that Chinese use rats in their cooking in 1883. All this changed when a Chinese diplomat Li Huang Chuang, was served chop suey (non-authentic Chinese dish) by a local Chinese chef upon his desire. This event triggered citizens to show interest in Chinese food. After Richard Nixon visited Beijing in 1972, the popularity of Chine restaurants ballooned. The only depressing factor in all of this is, as Chinese cuisine gained popularity in the USA, Chinese restaurants replaced authentic Chinese for items like General Tso's Chicken.

**Conclusion** - The United States of America is nothing if not cosmopolitan. Not only are we introduced to an array of cuisines, but we are also introduced to an array of cultures and individuals. After all, "Cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of humanity." Robert Alan Arthur once said.

## 2020 Presidential Candidates Overview

By: Ruhi Patel

With the Covid-19 pandemic in full swing, the 2020 US Presidential Election is not necessarily the first thing on everybody's minds. Nevertheless, it has been confirmed the election won't be postponed and the pool of candidates has significantly dwindled from last year. While the Democratic and Republican primaries are technically not over, there are clear winners from both of them, seeing as all the other contenders have either dropped out or have nowhere enough delegates to be nominated. According to my research, there are still 3 people running for the presidency of the United States of America, so without further ado, meet our candidates:

### Candidate 1

Full Name: Donald John Trump

Age: 74

Education: Wharton School of UPenn

Political Party: Republican



Donald Trump is currently the 45th President of the United States of America, winning the 2016 Presidential Election. It is all but certain that he will win the Republican Party's nomination for president. He is one of the 2 major candidates on November's ballot. He is the oldest elected president and is one of only 5 presidents into becoming president without ever being elected to public office before. He has confirmed that his running mate will be the current VP Mike Pence. Donald Trump is also one of 3 presidents in US history to be impeached, (over the Ukraine phone-call scandal) however, he was not removed from office.

### Candidate 2

Full Name: Joseph "Joe" Robinette Biden Jr.

Age: 77

Education: Syracuse University of Law

Political Party: Democratic



Joe Biden was the 45th vice president of the United States, from 2009 to 2017. Before this, he was a senator from Delaware from 1973 to 2009. It is also almost certain that he is going to win the Democratic Party's nomination for President, making him one of 2 major candidates running for president this November. This is his first run for the presidency. If he were to become president, he would become the oldest ever person elected to the presidency in the United States. It is currently unclear who Biden will choose as his running mate for the 2020 election, but promised to make sure his pick for VP is a woman as there has never been, in the course of US history, a female vice president. Top contenders include California Senator Kamala Harris and Minnesota Senator Amy Klobuchar.

### Candidate 3

Full Name: Donald "Don" Leon Blankenship

Age: 70

Education: Marshall University

Political Party: Constitution



Not that much is known about Don Blankenship's presidential candidacy. From 2000 to 2010, he was the CEO and Chairman of Massey Energy Company, which is the 6th largest coal company in America. He was convicted of conspiracy to violate mine safety and health standards and spent a year in federal prison and had to pay a hefty fine of \$250,000. Up until 2018, he was a part of the Republican Party before switching to the Constitution Party. In October of 2019, he launched his campaign for the presidency and became the Constitution Party's nomination for president on May 2, 2020. His running mate is William Mohr.

## How Space Research Has Been Affected by COVID-19

By: Harshini Asokumar

The global pandemic, COVID-19 has managed to affect several aspects of our daily lives. Unfortunately, the list continues to grow larger. Most of us can list quite a few including not attending school/work, limited groceries, not hanging out with friends in person, wearing masks outside the house, and more, but there are several aspects of life and discovery that are affected by the novel Coronavirus, that the majority of the population cannot think of at the top of their heads. For instance, space research. Have you ever given much thought to how space research has been affected by this virus?



Well, let's start at the beginning. This illness has sickened over 270,000 people already and killed about 6.5% of all those ill. The numerous deaths across the globe have forced us into quarantine. Quarantine has separated us from the rest of society and forced us to completely rely on the internet to interact with others. "Work From Home" and "Online School" are becoming the new normal in countless areas. Some jobs are able to make a smooth transition from being in the office to at a desk at home. However the same can't exactly be said for faculties, science laboratories, etc. This includes NASA and other space research companies. Employees have been told to work from home as a safety precaution but this still proposes a challenge for those who require high intelligence equipment that is only found on their work campus. One example of how space research has been directly impacted is launching delays. Aircrafts that were set to launch, obviously, would have to be postponed as they would need a large number of technicians in the laboratory for this to be done efficiently, effectively, and safely. However, this is impossible due to the current world situation right now. It is against state and national regulations to have such a large gathering during this pandemic. As a result, it creates a major setback in discoveries and exploration as companies have to alter their initial plans. For instance, the Exomars Mission has been postponed all the way to 2022!

Another major way science and astronomical research has been affected is having to canalize important science campaigns and events which would play a huge part in recruiting and expanding space research. This also encompasses conferences. Extremely important events such as 26th Space Symposium have been canceled. This does not only affect companies, but even colleges with students that have been playing major roles in space research are now suddenly prevented from contributing new information.

The largest issue with postponing, is some events are scheduled to occur a certain date because it is essential to a strategically planned out timeline that it happens at that time. When the event or launch is not performed at it's planned time, it has a domino effect and many other events will have to be put on hold as a result. But, even though initial space research cannot be continued until the COVID-19 situation is under control, companies, universities, etc. have managed to make significant discoveries in other fields [instead].

In the end, space research definitely has been negatively impacted, however, that does not mean that NASA or any other science company cannot continue to discover more. Yes, they have been presented a major challenge but all the employees working together and finding effective ways to run tests and work around hardships in space research because it's important to make the most of this situation.

## How Global Warming is Affecting Endangered Species

By: Harshini Asokumar



Global warming continues to produce a negative impact throughout the world. It has led to consequences for the Earth such as melting glaciers, rising sea levels, and increased flooding. Many people are not fond of the effects but they don't know what global warming is exactly. Global warming is the average temperature of Earth increasing at an extremely fast rate. This is caused because greenhouse gases collect in the atmosphere and absorb sunlight as well as solar radiation. Typically, this wouldn't pose a threat as it

would just enter space however these gases are trapped inside the ozone layer that protects us from harmful radiation from the sun. As a result, it leads to increased temperatures. Not to mention, this has been occurring for the past 50 years! Greenhouse gases can be created for several different reasons. The burning of fossil fuels continues to be one of the leading causes. Global Warming has not only created problems for humans in the world today but endangered species as well.

Global warming causes such drastic changes to temperature and climate that endangered species are forced to flee their habitat. Already, other reasons, directly a result of human activities have proposed difficulties for endangered species to peacefully live in their habitats, and global warming just adds to it. Even those who still remain in their habitat can become less comforted and the way they live starts to change. It can be a challenge to find another environment that has successfully fulfilled the needs of these animals. Most of the time, an atmosphere like their original, isn't found as the animal's needs cannot be fulfilled. This does nothing but steer these animals closer to extinction.

Global warming can harm endangered animals not only by causing them to leave their natural habitat but by creating more frequent storms, heat waves, and droughts. This prompts mass destruction to the species' habitat and/or its population.

Even in ways you could never even possibly imagine global warming affects endangered animals. For example, turtle nesting sites can be affected by the temperature of the sand. It can alter the gender and health issues of the hatchlings. Endangered animals that live solely in the sea are also majorly affected by very similar problems. With the carbon dioxide levels constantly increasing oceans are becoming more acidic. What was once a perfect habitat for many species no longer exists.

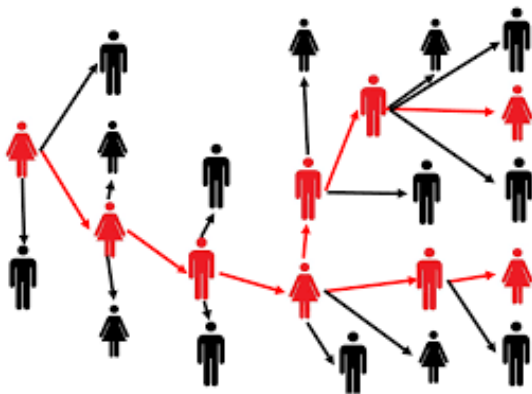
In Arctic environments, the snow is melting at a quick rate. Animals such as polar bears require ice to live and raise their young ones. They are also unable to hunt for food as easily as they did 50 years ago. They are also not adapted to survive only living in the water and this will eventually lead to them extinction as the process of evolution and natural selection does not occur in the short time span of 20 or so years.

In conclusion, global warming continues to drastically affect endangered species in various ways. The worst part is we are not taking the necessary actions to ensure their safety in numbers. If we don't start making a difference today, in 2070 one third of plants and animal species could be extinct. You could try alternative transportation besides cars or speak up and join Nature Foundations by volunteering/making donations. We can prevent global warming from harming endangered species if we can participate in stopping the problem TODAY.

## Contact Tracing and Why it is Needed in the U.S

**By: Shardul Krishnakumar**

The world is currently in one of the worst health pandemics in history and while nations are starting to recover, an extremely important process must be done by countries to ensure the safety of everyone on this planet. That vital process is contact tracing. But what exactly is contact tracing? Contact tracing tracks down any person who could have potentially been infected by someone who was recently diagnosed. This is so that any people who have come in contact with the infected can quarantine themselves and help prevent further spread. "In contact tracing, public health staff work with a patient to help them recall everyone with whom they have had close contact during the time frame while they may have been infectious," the Centers for Disease Control and Prevention said. The people who have been in close contact with the infected patient will be given information on how they should monitor themselves and how they should make sure no one else comes in contact with them as a precautionary measure. It is a strenuous and demanding effort, but an effort that had helped in stopping the 2004 SARS epidemic. But why is it needed, especially now more than ever? Many researchers believe that highly affected countries like the U.S cannot safely reopen without undergoing large amounts of testing and contact tracing. Without these processes, countries will be at a large risk of the disease coming back in the fall, or even leaking into next year. If countries start to reopen their economy and allow people to go back onto the streets too soon, then the risk of cases spiking are high. It is not a secret that many leaders and politicians in the U.S want to reopen the economy as soon as possible. Governors are issuing businesses, beaches, executive orders about reopening and more. But at what cost? The world already saw what happened to Hong Kong when they jumped the gun a little early. Letting people come back into the world will result in more cases, meaning communities might have to shut down again, and a larger economic devastation would occur. This is why contact tracing is important, and it needs to be done now. Majority of Americans are still uninfected and we still don't know how many people in this country are actually infected.



The reported cases are only of people who have taken a test either at a government or private company facility, but what about the people who can't get a test? We need to figure out how many people are infected so that the correct measures can be taken to safely reopen the country. Yes, it is not ideal being stuck at home but as seen before, people need to be patient. The coronavirus pandemic has devastated the economy and resulted in millions of people losing their jobs. The country must

eventually reopen. There is no question about that. We just have to wait for the right time. The only way to know when it is the right time is to conduct contact tracing.

## How Covid 19 Affects Entertainment

By Ryan Purakal

Lockdown has limited our forms of entertainment to a large extent because of our efforts to keep social distancing as much as possible. But, even with the hardships that are faced during this quarantine, we also have to look at the good side. Most forms of entertainment are unavailable due to COVID-19, but many entertainers have been creative and innovative with how they could entertain a huge audience.

Musicians show their immense creativity using multiple internet platforms to showcase their music. Examples of this include Travis Scott, BTS, etc. You can find more information on [billboard.com](http://billboard.com). Many people are hosting livestreams on Instagram and Youtube for people to watch. Anyways Travis Scott hosted his concert through a game called Fortnite.



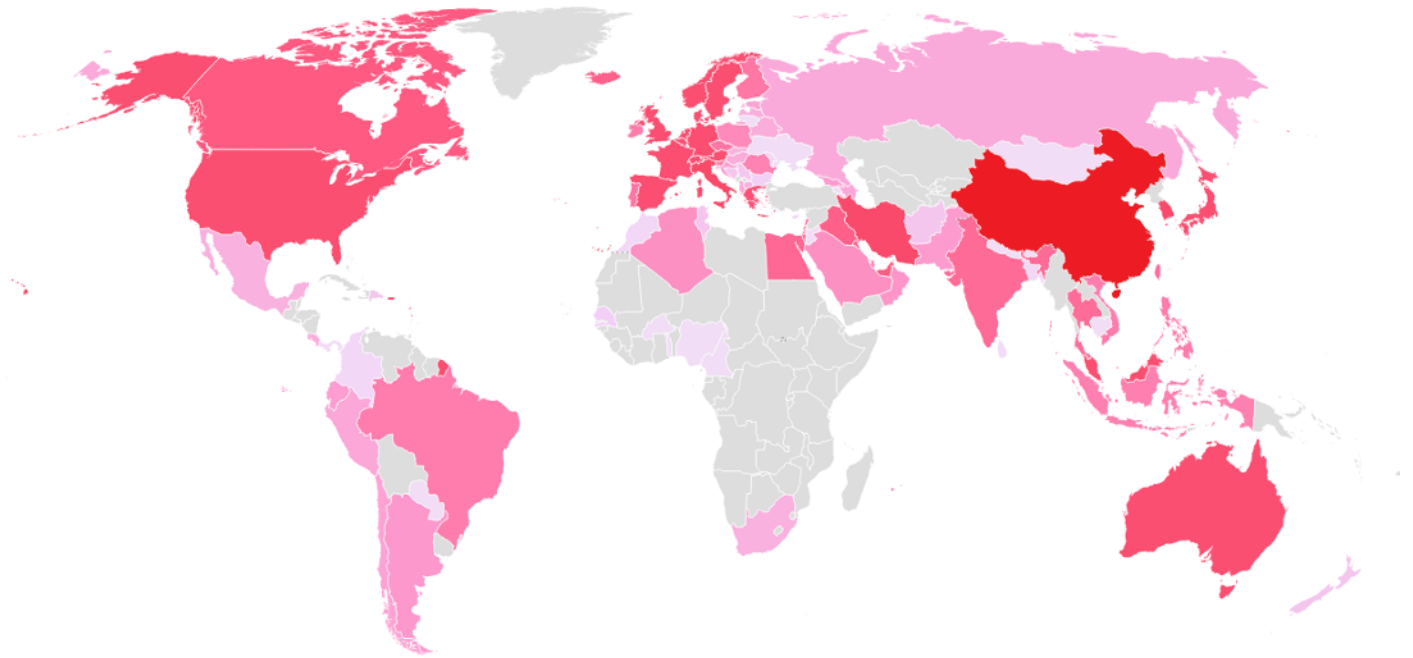
This brought a wide scale audience, especially from younger kids that enjoy the game. This also helped Epic Games bring a wider scale of players. BTS and Lady Gaga are set to give a commencement speech for the 2020 graduation which will be held on June 6th. BTS and Lady Gaga could be connected to a larger audience through graduates, parents, siblings, and mainly everyone watching.

Even though these have been around for a long time, I would like to introduce you to forms of entertainment online. You could look at virtual tours and explore while you're stuck at home. You could explore youtube videos, twitch or any other streaming device if you are bored. You could also meet new people online (with parent permission of course). There are so many more websites you can do, and be sure to do so. Also, if you are bored try to participate in school events that come your way!

Anyways, along with these ideas there are also shows and tv programs that are affected by this. Certain examples are tonight shows. These tonight shows are hosting their programs at home in their house. They try to crack smiles while maintaining social distancing the best they can. Even though this isn't really entertainment, the news is also taking its tracks at home. MCs are hosting at their house also social distancing the best to their abilities. If they need to go outside at a specific area they are always prepared with masks, gloves, etc. There are many more examples of services that are improvising at home as well.

## Why Certain Countries Have Different Intensities of COVID-19 Outbreaks

By: Jagani Wagoda Pathirage



You might have noticed the varied number of COVID-19 cases in different countries recently. These variations are because sometimes, the virus passes on unnoticed until someone reports positive after testing for COVID-19.

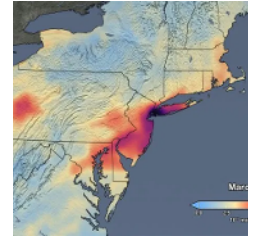
Usually, the virus has gone unnoticed for so long, that it might be too late to lower the mortality rate, or the country might have more accurate testing. This was the case with Italy. By the time they were already on lockdown, the virus had spread so much that it is too late to slow down the spread. According to <https://www.ncbi.nlm.nih.gov/>, "In Wuhan, the age-groups involving relatively intensive contacts in households and public/communities are dispersedly distributed. This can explain why the transmission of COVID-19 in the early stage mainly took place in public places and families in Wuhan." This is another way the novel Coronavirus spreads differently in other countries.

The coronavirus can be sneaky. Make sure to wash your hands before and after going to the bathroom, touching your face, sneezing, and eating. It may be a little bit cliché, but it works! For more tips on how to behave during this pandemic, visit <https://www.who.int/> and <http://cdc.gov/>.

## COVID-19's Effect on the Environment

By Ishani Bakshi

Hundreds of thousands of people have died, millions have fallen ill, and even more, have been rendered jobless. This rapidly spreading virus has caused us to take drastic measures to ensure our safety. These include social isolation, travel restrictions, the closing of small businesses, industries, and empty roads; each of these forming an impact on the environment.



As of March, NYC pollution levels have dropped by 50%, due to the closing of industries and the humongous drop in traffic. The images above show pollution levels in the Greater New York City Area before and after COVID-19. This image was taken by a NASA satellite. Furthermore, PM2.5, an air pollutant that causes inflammation which can lead to lung and heart disease, has significantly dropped in NYC and other metropolitan areas. PM2.5, a huge player in the world's environment, specifically air quality, comes from all types of combustion sources; most popularly motor vehicles. Due to citizens religiously maintaining lockdown, to steer clear from COVID-19, traffic has reduced heavily, in result lowering PM2.5 levels. Additionally, as of only April 22nd, greenhouse gasses have dropped by six percent globally, providing a short-term victory. Greenhouse gasses have infamously been sources of harm for the environment, that come from industrial work and traffic; both things that have practically disappeared due to measures taken for COVID-19.

However, all of COVID-19's effects on the environment have not been positive. Plastic waste has ballooned due to the increasing use of bottled water, cleaning wipes, packaged foods, and other items high in demand due to COVID-19. Some municipalities have even banned recycling programs in fear of contamination, causing the plastic to pile up; after all, according to the CDC and National Institute of Allergy and Infectious Diseases, COVID-19 can remain on plastic for 2-3 days. Moreover, businesses like Starbucks have refused to provide refills, in fear of the spread of covid-19. Previously, it was mentioned that New York's pollution has dropped heavily due to measures against COVID-19. However, in NY, John Flanagan adjourned the state plastic bag ban. Since throwing away a bag after one use is a great way not to spread the virus. Similar actions were performed in Maine, New Hampshire, Massachusetts, etc. Increased use of plastic bags is poor for the environment, they take a significantly long time to degrade causing a lot of pollution. Furthermore, chlorinated plastic bags release harmful chemicals that can seep into groundwater (meant for our consumption.) With the economy on the verge of collapse, the fear of being contaminated by this infamous virus, it's easy to overlook the environment's reaction to COVID-19. Hopefully, this article could provide insight for you, and now you can appreciate the sunny side of things, but also work to improve the plastic situation. By just washing cups, so single-use plastic cups won't be necessary, you'll be making a difference.



## Life in Quarantine (Interview)

By: Dhruv Singhal

COVID-19 has changed the world in numerous ways. Our living style differs from others, and it is important to know how people worldwide cope with their struggles during the lockdowns. The interview below highlights what it is like to live in India during the COVID-19 pandemic.

**Dhruv Singhal:** Hello! How are you and your family in the midst of COVID-19 in India?

**Prateek Goyal:** We are doing fine and are following the instructions given by the local Authority.

**Dhruv Singhal:** How serious is COVID-19, where you are living, and what is it there like?

**Prateek Goyal:** The situation is quite severe in our city, Agra. We consist of 30 to 40% of the cases of our entire state.

**Dhruv Singhal:** Do you know any neighbors that might be infected, and what are their responses to the virus?

**Prateek Goyal:** We hope that no neighbors are infected, since many are fearful, they have barricaded streets with ropes and logs. This disturbs the flow of traffic and the movement of the essential supplies and services, and is not the correct solution.

**Dhruv Singhal:** I understand that different areas are classified into different zones based on the spread of COVID-19 there. What is your area classified as?

**Prateek Goyal:** The Government has classified areas into three zones: Red zones have the highest number of cases. Orange zones have a drop in infection, and Green zones have none at all. We live in a Red Zone.

**Dhruv Singhal:** How is the government monitoring the people? What is your opinion on it, and does it make you worry?

**Prateek Goyal:** The government is trying with their best to control the spread of the virus, and to improve health facilities. COVID-19 worries me because babies and patients with pre-existing conditions cannot receive their needed treatments. Furthermore, only thermal screening is available and the majority of the population lacks sample testing.

**Dhruv Singhal:** What do you think about the social distancing measures implemented in your area? Do you follow them? Do you think others should follow them too?

**Prateek Goyal:** We always believe, "Prevention is better than a cure," and today, social distancing is the best prevention. We follow it and wish that others should, too, because eventually, it will become a habit among us.

**Dhruv Singhal:** What does your current day look like, and what responsibilities do you have to fulfill?

**Prateek Goyal:** We stay in the house and tend to the food, babies and our business. We also maintain social interactions, via the internet.

**Dhruv Singhal:** What are some pastimes you had before COVID-19, and now, how have they changed?

**CONTINUED**

**Prateek Goyal:** Before, I would spend time on my business, but since I cannot attend to it now, I spend more time with family.

**Dhruv Singhal:** I know you have two toddlers- how has COVID-19 changed their lives, and what is in store for their futures?

**Prateek Goyal:** Life has not changed much for the toddlers, although they have been restrained to the house. However, it is too early to assess the impact of this pandemic on their lives.

**Dhruv Singhal:** Do you worry about how COVID-19 might affect specific family members, and if so, in what ways?

**Prateek Goyal:** I worry about my mother in law and my father. We try to eat basic food and limit outside travel as much as possible.

**Dhruv Singhal:** Have you ever become short on supplies, and do you worry? If so, what things have you had to cut back on, or how do you improvise to these problems?

**Prateek Goyal:** Only baby food and medicines have been in short supply, and we try to buy them in bulk to avoid running out.

**Dhruv Singhal:** Can you give a background about your business and how COVID-19 is affecting it?

**Prateek Goyal:** We have agriculture, seed supply business aiming to increase disease resistance in crops. COVID-19 has made monitoring our seeds extremely difficult.



**Dhruv Singhal:** What recovery plans do you have in place for your business, and when/how are you going to initiate them?

**Prateek Goyal:** Our recovery plans continuously change according to the situation, but SOP (Standard Operating Procedures) will be a part of them.

**Dhruv Singhal:** I appreciate your time for the interview. I wish that you and your family remain safe and healthy.

**Prateek Goyal:** It was a pleasure to be here! I wish you and your family good luck and health.

## How the World is Handling COVID-19

By: Shruthika Kampati

2020 has not been off to a great start so far. We've been hit with a pandemic of a deadly virus called Covid -19, or the Coronavirus. It started out in China, then spread to the rest of the world. It has become so serious that all schools have had to move towards online learning, and hygiene and social distancing has become increasingly important. Let's take a look at the ways some of the countries around the world are dealing with this virus.



### 1. India

As of April 2020, India has been sent into a 21 day lockdown. There have been about 118,447 cases and about 3,583 deaths. This is one of the most populated places in the world, of over 1.4 billion people, so no wonder the virus spread rapidly. Businesses have come to a stop, and many people have unfortunately lost their jobs. Let's hope things look up for the people of India.



### 2. China

Being the origin of the coronavirus, China was the first to experience the dangerous effects of this virus. They initially tried to deny it and cover it up, but that didn't last very long. They had to go into lockdown, close schools, businesses, and airports. They had to build many new hospitals to treat the increasing number of victims. If people had to leave their house to buy groceries, people would check their temperature at the entrance to make sure they were healthy enough to enter. As of April, there have been about 81,000 cases, and more than 3,300 deaths. Fortunately, the numbers have decreased since then, but they still have to be cautious at all times.



### 3. Italy

When we thought it couldn't get worse, it did. Italy actually had 9% more cases than China, and is currently under quarantine. This is because in January when most people did not know about the virus, people often traveled from China to Italy on business trips, and spread the virus without knowing it. They weren't prepared for this sudden outbreak, and supplies such as masks and hand sanitizers were sold out almost immediately. Nurses, doctors, and hospital workers are being paid large amounts of money because of their bravery during this challenging time.



### 4. South Korea

South Korea has about 11,615 cases, 266 deaths, and 10,194 recoveries as of May 23, 2020. Thanks to their incredible doctors and hospital workers, this country has been able to bring the amount of cases down from 909 a day to less than 100 day, without even going on an actual lockdown. They tested their whole population of about 51 million, and traced and quarantined all the victims. They also follow social distancing. They've created smart testing technology that allows the patient to be tested within seven minutes, and not even coming in direct contact with the healthcare worker. Out of all the countries who are handling this virus the best, South Korea is among the top.

### 5. United States of America

The United States has a shocking 1,645,095 cases, 97,647 deaths, and 403,201 recoveries. People think the reason for all these cases is that the United States only took action against the pandemic in March, and if they had done it earlier, we wouldn't have had this many cases. We've done more than two million tests so far, and had to extend the quarantine date several times. Online school is in progress, and cinemas, bars, and restaurants are all shut down. Small businesses are closed, and most stores only allow curbside pickup. New York has restricted gatherings of more than 50 people, and in most areas you aren't allowed to enter buildings without wearing a mask. Healthcare workers are working very hard to keep everyone safe, and people from across the country are sending them support through things like cards and videos. Despite everything that has been going on around the world, everyone has hope that we will all survive this pandemic.



## Universal Basic Income... A Bad Idea

**Iniya Karimanal**

While free money may sound like the best thing that has happened to this country, the Universal Basic Income, as proposed by presidential candidate Andrew Yang, comes with a plethora of adverse impacts. To be clear, UBI means Universal Basic Income, meaning that everyone will receive around 1,000 dollars a month. Even Jeff Bezos would receive the UBI. Means-tested welfare (an alternative government program that provides money for those under the poverty line) is hands-down the better option for the impacts on our federal budget, other government -operated welfare programs, and the well-being of America's citizens. For these reasons, I am proud to affirm the following- "Means-tested welfare should be expanded rather than implementing UBI."



To begin with, UBI has inimical impacts on our national budget and taxpayers. Since each individual above the age of 18 requires \$12,000 a year, the cost to the government is high. The UBI would cost tax-payers a combined 3.8 trillion dollars a year according to The New York Post. Also, the Congressional Budget Office states that the 2020's Federal Budget is 4.7 trillion dollars. A whopping  $\frac{3}{4}$  of our budget will be used on implementing the UBI! Also, Yang's UBI would raise federal spending by 56 percent. To support this, U.S. federal government revenues for the fiscal year 2019 will be about \$3.438 trillion. To fund the UBI and not increase the federal budget deficit even further, the federal government would have to increase taxes by 74 percent. If Yang got his way, he would fund the UBI with a new consumption tax. Since merely 1 trillion dollars is available for other welfare programs, they will not receive enough money to function properly. These programs include but are not limited to social security and means-tested welfare.

On the other hand, means-tested welfare costs 1 trillion dollars a year. Remember the overall goal of these programs- to raise people living a cost-deficient lifestyle to at least an inch above the poverty line. According to Heritage.org, "Thus, means-tested welfare spending on cash, food, and housing programs was roughly 1.4 times the amount needed to raise every poor person's income above the poverty level." While means-tested welfare is doing its job, considering the UBI is foolish. If the government prioritizes those living in the poor, the nation can reach its initial goal without fail. The impact is clear-- taxpayers will pay grand sums of money only to be redistributed, which sounds vaguely communist. America is not a communist country. This impact wins on magnitude, scope, and reversibility. Also, this is a prerequisite argument because the prioritization of the welfare of the destitute comes before the mansions and yachts of the affluent.

Secondly, incentives should be utilized rather than handouts. This can be done by offering more opportunities for people who want money. Rather than simply providing it to them, essentially they will have a stronger will to work. And that, they will learn, leads to money. According to Center For Individualism.org, "By removing the financial incentive to work, the state is encouraging idleness, something contrary to the entrepreneurial spirit so deeply woven

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“During the Clinton era, the welfare state saw tremendous decreases. But that didn’t mean there were millions of Americans struggling to get by. Employment increased because individuals were incentivized to get jobs when there was no longer a guaranteed safety net.” This is significant because it is easy to take something for granted, especially money. If we incentivize rather than just give out money, citizens have the motivation to become employed. Providing a basic income can make individuals feel carefree and not having the priority to work. Also, \$1,000 is a lot of money. People may act impulsively, spending it unwisely. Also, welfare that helps people work may seem like a strange claim. However, given that there are three unemployed Americans for every job opening, that shouldn’t be much of a surprise. Secondly, the poor who choose not to work aren’t necessarily doing so out of laziness, but because they have other obligations. Welfare helps them get out of this and UBI doesn’t. To conclude, handouts should not be given, rather people should be motivated. Therefore, Means-tested welfare should be utilized rather than UBI.

Supporters of the UBI may argue that the investments that are made by the individuals receiving the money will make up for the great loss. First of all, a thousand dollars a year is barely enough to change their shopping habits. Contrarily, this thousand dollars would most commonly be utilized for paying student loans, rent, taxes, etc. Regarding my second contention, my proponents of the UBI may state that rather than causing people to idle, individuals will have the opportunity to pursue their dreams and entrepreneurship goals. This counterargument has countless flaws, but my sole refutation to this is simply put: not everyone has an entrepreneurial mindset. My first subpoint is that maybe, like a hundred people or so will start a business that could be anywhere from unsuccessful to booming. But again, there are very few people willing to take such a risk. The UBI doesn’t dramatically change the economy at all. I’m sure that these businesses will constantly be short of attempting to make up for the great loss. The economy will forever have a negative impact due to the UBI despite these entrepreneurial efforts.

In closing, implementing the Universal Basic Income would be detrimental to the national budget, and the productivity of citizens. The Universal Basic Income’s initial goal is to reverse the poverty crisis in the United States. But clearly, we don’t see that happening in regards to the massive and negative effects it could have on the economy and our people. A more effective idea is to expand means-tested welfare, which can provide housing vouchers and food stamps for those who need it. This way, the US can prioritize its money, and instead of giving \$12,000 a year to Jeff Bezos, the poor can receive more money, enough to possibly break through the poverty line. The impact is clear- the poor get more benefits, leading to less poverty in the U.S. Would you rather leave Jeff Bezos with 12,000 for a new yacht, or a homeless person a raise from their normal, insufficient current welfare benefits?

## Repercussions of Past Pandemics Gone Out of Control

By: Reeti Rout

The pandemic we are currently battling is not the first one our world has seen. Neither is it the longest, deadliest, or the most financially damaging. By taking a closer look at relatively recent pandemics that spiraled out of control, we can compare the past stats to our current predicament, to predict the future of COVID-19. We have to consider factors such as technological advances, the number of people who obey the rules, and the incubation period, but the eventual subside of these outbreaks assures us that there will be a light at the end of this tunnel.

### 1918 Pandemic (H1N1 virus strain, Spanish flu)

The Spanish flu left 50 million dead worldwide, making it the most deadly outbreak. The dead consisted, strangely, largely of people in their 20s, 30s, and 40s, as opposed to elders with weaker immune systems. The absolute last thing anyone wants is for COVID-19 to be as destructive as the 1918 killer. Fortunately, the comparisons between the Spanish flu and COVID-19 and their responses show that we can expect a much less devastating outcome, due to previous experience. In 1918, scientists were thrown off track by this virus's very odd properties, such as its tendency to spare the youngest and oldest people, but not in-between. Furthermore, the medical field had not advanced nearly as far as we have today. Back then, medical workers were aware of viruses' existence, yet they did not have electron microscopes and could not analyze viruses, and they still did not retrieve viruses' genetic encoding\*. Scientists now know how to develop an antiviral vaccine that can protect the population from any faster infection. The tools that are available today such as contact tracing\*, ventilators, and other safety equipment for nurses and doctors were nonexistent in 1918, which helped the virus spread quickly. Due to the equipment, knowledge, and tools that medical workers can get their hands on these days, and the minimal severity of COVID-19 relative to the Spanish flu, we can expect that we will not have to relive the nightmare of 1918.



### 1957 Pandemic (H2N2 virus strain, Influenza pandemic)

An interesting thing that popped up in a model made by the University of Washington's Institute for Health Metrics and Evaluation (IHME) was the resemblance between the predicted outcome of COVID-19 and the outcome of the 1957 Pandemic. The 1957 H2N2 virus strain was not nearly as overwhelming as the Spanish flu, yet it was not handled properly at all. Multiple sources note that officials decided, it was not practical, to cancel school and other daily happenings. They made absolutely no effort to "quarantine individuals or groups" (from a 2009 article in Biosecurity and Bioterrorism). Since the virus that swept across the country and the world in 1957 is itself not too different from the current strain of Coronavirus, we can expect to keep the number of deaths below 2 million in 1957. However, we have to implement health guidelines.

### 1968 (second wave in 1969) Pandemic (H3N2 virus strain, Hong Kong flu)

This virus, leaving a million deaths worldwide in the 1968 pandemic, is still around today. The 1968 H3N2 outbreak was relatively mild in comparison to other pandemics, affecting the elder population. Also, it was closely related to the 1957 virus, which meant that many people had immunity. COVID-19, being more lethal than the flu, will make a much more consequential deal if we are unable to gain the upper hand on it. Both H3N2 and COVID are highly contagious. Vaccines, too, are what is needed to protect our people from COVID, and as was shown by the much more fatal second wave of H3N2 in 1969, even slightly mutated versions result in more deaths and a necessity for a new vaccine. This means that COVID-19 (with the suspicions revolving around it that it is mutating into various other forms) could be rendering whatever information we had gathered about its antics useless. This comparison to H3N2 is not promising very good visions.

### 2009 Pandemic (H1N1 virus, Swine flu)

This novel coronavirus strain is different from the swine flu in terms of immunity. No one was immune to coronavirus (hence the "novel" part), whereas the older population in 2009 had already been exposed to H1N1 in the past and did not die as rapidly as younger humans. One thing that does seem to be similar is the projected date for a vaccine for COVID-19 to be commercially available and the time it took for a vaccine for the Swine flu to be mass-distributed. In fact, by the time a Swine flu virus had been finalized, the virus had already softened considerably, and it was completely gone from many countries. This comparison does give us some hope that COVID-19 won't last that long.

### FINAL REMARKS

Using the repercussions of badly handled pandemics in the pasts, we can assume that we are in a good position with COVID-19. Given that we have advanced our medical knowledge and skills and we understand the necessity of staying at home, we can hope to keep our death toll relatively low.

\*genetic encoding - "the set of rules by which information encoded in genetic material (DNA or RNA sequences)

\*contact tracing - "the process of identification of persons who may have come into contact with an infected person and subsequent collection of further information about these contacts."

# The History of Amazon... The Most Popular Company Today

By: Abhay Bhaskar

Amazon is the largest online retailer in the world. They sell a wide variety of different products. While the company has significantly increased in popularity and plays a crucial role in many people's lives, its history is not well known.

Amazon was founded by Jeff Bezos, on July 5, 1994 in Bellevue Washington. It initially only sold books, but later expanded to electronics and other products. The company went public in 1997. The company began to sell videos and music in 1998, and in the following year it began to sell many more items. These included video games and consumer electronics. There was some major controversy, with Barnes & Noble suing Amazon in 1996 and Walmart suing Amazon in 1997. In 1999, Amazon also entered the publishing business.

Amazon introduced its logo in 2000, and the arrow from letters A to Z symbolized, the vast variety of products they had. Because Amazon was not expected to make a profit for a long time, many people didn't want to invest. The company, fortunately, survived the tech crash in 2001, and they made profit. From here, Amazon began to steadily increase its sales, profits, and popularity, eventually reaching where it is today. The company also acquired many different companies over the years, with one notable acquisition having been the streaming platform Twitch in 2014.

This is the story of how Amazon reached its current success today. Although the company did face many obstacles at first, it eventually overcame these hurdles to become as widespread as it is today.



# The Voting Paradox

By: Lakshya Chauhan

Freedom of speech. It's what allows comedians to make fun of the world. It's what allows the press to freely express their thoughts on government actions. And most importantly, it gives anybody the opportunity to state their opinions and have their voice heard. At the same time, social media has further elevated this right to a new level. Every day, thousands of influencers post videos, images, and even just simple words on popular social media apps such as Facebook, Instagram, and Twitter. These people come from all walks of life from politicians such as our president to even the smallest entities such as yourself and me. Normally, posts would refer to American pop-culture and other world events. But now as we come into the 2020 elections, things have changed. With the new COVID-19 pandemic, President Trump *must* make smart moves in order to impress his voters. At the same time, the Democratic candidate, Joe Biden, has a good profile as he was Vice-President during the Obama Administration. The stakes are high, and we as a country are counting on our voters to make good decisions. Yet how can non-voters affect the elections? As previously stated, freedom of speech is a powerful right that applies to everybody, it is almost guaranteed that the 2020 elections can be steered by non-voters from a simple post, to a powerful protest. In both cases, people are being influenced, and we are going to explore both of these forms of expression as we see how people can influence the elections, even if they can't vote.

We first start with social media, a phrase that brings influencers, such as PewDiePie or Mr. Beast, come to mind. But we must look at some bigger platforms. Facebook has grown immensely since it first started in 2004 and has become the playground for people to stir up controversy about politicians. In fact, Facebook ad policy allows for fake news to be written on a paid-ad so candidates can easily state false facts about their rivals. Ads from candidates are very important because that builds a voter's image on a candidate. Therefore, even a casual native-born resident of the U.S can scroll through ads with wrong information and start a political dispute amongst other users. And disputes are not left untouched. Remember back in 2016 when there were a series of investigations regarding Russia's involvement, and possible tampering, in the elections? It was later disclosed that Russia heavily influenced the elections through social media. This was a revelation because America was already aware of Russia's technique of weaponizing social media, yet they were astounded on how it affected the 2016 elections. We can then conclude that anybody could write a simple political comment on a social networking site, and then it will become a media sensation.

The Boston Tea Party was the first known protest in the United States. Before when the country was even created. Since then, protests have become a public sensation and during year two of the Trump Administration, it was quite common. But what effect do protests have? Well according to a study done by Stanford, protests have enough influence to change a voter's decision. A protest with liberal ideology increases a Democrat's chance of winning by 2% while it gives a 6% higher advantage to a Green Party candidate. While a protest with conservative views won't help a Democrat by giving them a 2% disadvantage while giving a Republican a 6% head start. Well what do non-voters have to do with this? During Trump's time in office, we saw many protests regarding immigration policy and racial justice. We see that both these kinds of protests are mainly done by people that are not even eligible to vote. This kind of expression gets the media's attention and influences people that *can* vote to think differently. However, violent protests actually cause the public to think poorly of those protesting. It can be seen that from all examples of protest, some impact had occurred shortly after, which is why it can be concluded that protest by those that cannot vote can heavily influence the elections.



In conclusion, it can be said that through the first amendment even those that can't vote can stir up controversy and cause political mayhem, which, in the end, influences both voters and politicians. From immigration to climate change the American people have been able to make a great impact on how citizens and the government act. So if you are a native-born U.S resident, your opinion doesn't have to be represented by a vote. Because rest assured, your voice can, and will, be heard, all you need is willingness.



## The Psychological Impact of Social Distancing

By: Dev Goel



In December 2019, a novel strain of coronavirus, commonly known as COVID-19 began infecting people in Wuhan, China. Back then, it was a small number of cases in a city of millions, in a country of a billion. Suddenly, cases spiked to unprecedented levels. The virus, clinging to unsuspecting hosts, started spreading to other parts of Asia and Europe via travelers.

Like most viruses, it spread through person-to-person contact. Specifically, it spreads through respiratory droplets. Health officials knew the easiest way to curb the spread, was to encourage social isolation. This way the virus would run out of hosts and die. Governments and health officials both implemented social distancing measures to curb the spread of the virus. However, numerous studies from psychologists show that social distancing mentally damages the brain and affects our social life, in virtually every aspect. This essentially defeats the goal of keeping society healthy.

Firstly, humans are social animals by nature and rely on each other for comfort and happiness. According to Alison Miller of UMich, "in times of stress, our instinct is often to reach out to others in our social groups, to help ourselves feel better, whether that is to be comforted by a friend or a loved one or to do the same for other people. When we can't do this, we may feel helpless or lonely". This is important because this negative feeling can slowly translate into major depression. In severe cases, depression may lead to suicide. Other times, it could make it harder to cope with the stress in the said hypothetical situation, further leading to depression. Regardless, The lack of human contact can make us depressed, stressed out, and unhappy. All in all, humans are social animals by nature and rely on each other for comfort and happiness.

Secondly, the lack of human contact leads to many health problems, endangering the life of an individual. According to this ScienceNews, "many quarantined individuals experienced both short- and long-term mental health problems, including stress, insomnia, emotional exhaustion, and substance abuse". These are relevant because they endanger an individual's life. Having higher stress and being unable to cope can lead to insomnia and subsequent depression. Depression can lead to emotional exhaustion and substance abuse, the latter of which can be deadly. Regardless, these symptoms are notorious for causing chronic health complications later in life. Many of these are irreversible and can even shorten life span. In all, the lack of human contact leads to many health problems, endangering the life of an individual.

Lastly, the stripping away of personal freedom is detrimental to mental health. This is evident in the article by the American Psychology Association, where it states, "The loss of agency and personal freedom associated with isolation and quarantine can often feel frustrating. You may also experience anger or resentment toward those who have issued quarantine or isolation orders or if you feel you were exposed to the virus because of another person's negligence". This means that one will feel angry over people who issue quarantine orders because of the loss of personal freedom. This is important because we all rely on personal freedom and need it to thrive and grow our identities and personalities. Freedom is what allows us to explore and meddle with our personalities and find our true desires. Without personal freedom, we feel trapped and cut off from our true selves. People are unable to express their feelings, emotions, personalities, and identities. The lack of freedom and expression makes people feel depressed and unwanted. People lose confidence because there is no one else to interact with over these things. All in all, the stripping away of personal freedom is detrimental to mental health.

In conclusion, social distancing, while being a crude but effective strategy in curbing the spread of a disease, also comes with psychological risks. Only time will tell the societal repercussions that will come when social distancing measures are lifted.

## How Hip-Hop Affects Kids Today

**By Gurkeerat Singh**

Rest In Peace.



Music plays a big role in everyone's lives today, and hip-hop is arguably the most popular genre of music at the moment. Hip-Hop megastars such as Eminem, Drake, and Travis Scott have established themselves as some of the most talented artists in the world today. These stars can have both positive and negative effects on children today, that enjoy listening to these artists.

Some positive effects of hip-hop are that just like any genre of music, or music in general, it will serve as a relief and peace of mind during stress or hard times. If a child feels sad or lonely, he or she may just listen to one of their favorite artists. Their mind will be taken off whatever was bothering them. Hip-Hop also can serve as inspiration for young people, as a common theme in hip-hop is how many of these artists had a rough time living in the streets and saw many horrific things, but never gave up and kept on trying to make it where they are now. Big Sean raps on "Sacrifices", "I know my great, great, aunty was a slave, I can only imagine the sacrifices she made". They can inspire young kids to never give up in hard times and to do what they want with a passion through music.

However, hip-hop may also have many negative benefits. A couple of other very common themes in Hip-Hop are drugs and gangs, and these may influence kids to follow them and do similar things. For example, the late Juice Wrld sings in his song "Righteous", "5 or 6 pills in my right hand". Here he is referring to drugs, which is ironic because the cause of his death was an accidental drug overdose. Many rappers including Juice World have died due to drug overdoses and shootings, such as Mac Miller, Nipsey Hussle, Pop Smoke, and XXXTentacion. All of these hip-hop artists were under the age of 35 at the time of their death, and all of these aforementioned rappers except Nipsey Hussle died at the age of 26 or under. These deaths may affect kids mentally if they were huge fans and very closely followed those certain artists. They will be heartbroken and may be in a sour mood for a long time after.

As shown, hip-hop can have many positive and negative effects. It is a big part of many kids' lives today and will shape how they think and react to different situations. It can influence kids to make certain decisions. Hip-Hop will leave a big mark in music history and will remind future generations of how music used to be.

## How to Make a Coronavirus Vaccine

By Sanjay Ravishankar

You're at the doctor's office, and the nurse comes in with a tray filled with small pieces of glassware and other trinkets. They walk up close to you, and in a few seconds, you feel a distinct pinch. You've just had a vaccine, becoming one of the 287 million people that gets these doses every year. Vaccinations are one of the greatest advances in medical history and have helped countless struggling patients recover from life-threatening illnesses. You may know that no vaccine for the coronavirus exists yet, being that it is a relatively new virus, compared to some others like the common cold or the influenza virus (the flu). Once it arrives, it will definitely be a game-changer on how we handle the situation. But what exactly makes these vaccines so effective?

At the core of a vaccine are things called antigens and adjuvants. Antigens are small amounts of deactivated/killed pathogens or parts of the pathogens. Pathogens are just germs that try to invade the body. When they get injected into your bloodstream, your immune system recognizes it as a threat and begins treating it as such. Thankfully, the incapacitated germ can't fight back, so this gives your body time to prepare its own antibodies if the real thing ever does come along. Antibodies are chemicals that the body creates, which can basically detect the invader and "neutralize" it. It takes time to build antibodies, however, and if the immune system is attacked too quickly, it sometimes fails. This is where adjuvants come in. Adjuvants are chemicals which can increase your immune response capabilities in opposition to a vaccine. It can help your cells fight stronger, making them work harder to fortify themselves and neutralize the "threat." Once again, this is helpful if the actual germ invades the body. Adjuvants can be very simple, like mineral oil or medical-grade aluminum.



Every pathogen is different and attacks the body differently. This is why scientists must study a pathogen and get to understand how it works before an effective vaccine can be made. They must also decide what type of vaccine to make. There are four main types of vaccines: Live-attenuated vaccines, inactivated vaccines, conjugate vaccines, and toxoid vaccines, and they differ based on what portion of the pathogen is used to make it. Live-attenuated vaccines are those that use a weakened form of the germ to stimulate protection. These vaccines are very effective in delivering lifelong immunity with just one or two doses and are used to prevent measles, mumps, smallpox, chickenpox, and more. However, since the pathogen is still alive, the vaccine cannot always be used for people with weakened immune systems, such as the young, elderly, pregnant, etc. In addition, these vaccines must always be kept cool. Inactivated vaccines are very similar, except the pathogen is dead. This results in slightly weaker immunity, but still effective. This may also require booster shots, shots that are taken over the course of a few years to re-update immunity. It is used for the flu, polio, Hepatitis A, and more. Then there are conjugate viruses, which use a specific part of the germ, like its casing. This is useful because it develops an extremely strong immune response to that part of the germ, and can be used for people of all immune systems, and are usually used in vaccines administered to kids. Finally, toxoid vaccines use a toxin that the germ creates, and not the germ itself. So while it can survive in your body, it can't really do anything to you. These vaccines can protect against diseases like tetanus and require booster shots every few years as well.

So what about the coronavirus? Unlike the movie *Outbreak*, a vaccine for it can't be made overnight. In theory, it actually could, but it would be an economic waste and possibly result in many more deaths as no one would know if it was safe or effective. President Trump estimates that a vaccine will be engineered by the end of 2020, which is actually very quick compared to some other pandemics. For example, it took two decades to make a polio vaccine, while here it may only be a few months. Building a vaccine to the world is much more complicated than actually making it. It is easy to put a little bit of the virus in a glass bottle and inject it to everyone in the country, but once again, that isn't safe or feasible. Another concern of developing the vaccine is how to test it. To do so, a group of volunteers must be exposed to the virus, and that too with no cure. After it is made and tested, it will cost billions to make and administer billions of doses. And this is all assuming there are no complications. Currently, more than 100 firms are working to create a vaccine, but many of them will most likely fail. However, it is also likely that this "vaccine race" will result in a wide plethora of different vaccines that work in different ways and can be administered to a wider range of people. Vaccines have been made during outbreaks before, and there is no doubt that one cannot be made now. The best thing we can do as students and teachers is to stay home and do our part, and maybe soon, the coronavirus will be eradicated. Though our world may never be the same again, our commitment to each other will never change. Remember: we're all in this together.

## How to Stay Safe: COVID-19 Still Exists

By Sanjay Ravishankar

No matter how long this pandemic lasts, we will eventually have to reopen everything that we have been forced to shut down. This means that all non-essential businesses will once again be up and running. Schools will once again flood with students, and offices will flood with workers. Public gatherings will be allowed again, like sports and music events. The world will finally be back to normal. However, finding the right time to reopen can be very crucial. If it is too early, coronavirus cases may



skyrocket once again and we will be back to lockdown before we blink. If it is too late, business and economies could crash as they stay inactive for too long, and many parts of the country would collapse. In addition, we can't stay inside and hunker down forever; after all, humans have evolved to be social creatures. Being together is in our genes. So, how do we know that we can still be safe once we reopen? Thankfully, there are some things that we can still do.

For one, quarantine rules should not be completely thrown out the window once the country reopens. It is still important to exercise caution when being in public with a large group of people. You should try to stay six feet away from other people, as this distance

is recommended by the CDC to prevent the spread of potentially coronavirus-infected droplets from sneezes or coughs from reaching other people. If you are part of a group of people, you shouldn't be with more than ten of them; once again, this is a CDC recommendation. A very obvious thing to do is to commonly wash your hands with soap for about 20 seconds. Soap can kill viruses and other germs that may be on your hands, and it also creates a natural layer of dead cells on your hands, which can weaken germs that you may touch. In public, the close equivalent of a hand wash could be hand sanitizer, which is helpful since you can carry it anywhere. It should be applied correctly for effectiveness.

Of course, school is a completely different story. We are used to being intensely close to each other during passing time, a distance which is considered dangerous at this time. School could be a minefield for coronavirus cases, which is why it is important to reopen safely. Right now, Governor Murphy is rolling out plans to reopen schools in a safe way. Some governors across the country are proposing study-halls, where a student can meet with a teacher one-on-one at school for a specific amount of time. Others are trying to implement morning and afternoon sessions, where some students go to school in the morning, and others in the afternoon. Of course, students and teachers will be required to wear masks and stay at a safe distance from each other. There are still some problems that are yet to be solved. For instance, if we do go back to school directly, transportation services will have to be modified, since school buses (as well as regular buses) seat people less than an inch away from each other. With all of these issues, schools may decide to stay under a remote learning system until the coronavirus fully blows over. Unfortunately, this could take years, and it would be very detrimental for students and teachers alike.

In all this confusion, the most important thing you can do is do your part. Just because we are beginning to reopen doesn't make the current situation any better. COVID-19 still exists, and may continue to do so for a long time. As long as we stay apart, we can get through this together.

## Are “Natural” Products Really Natural?

By: Sargam Mondal

With the development of new biological technologies, the meaning of the term “natural” is up for debate. Consumer products containing ingredients made using an advanced form of engineering known as synthetic biology are beginning to show up more frequently in grocery and department stores.

Originally aimed at producing biofuels, the technology has been available for about 20 years, but applications have only recently begun to emerge across several industries, including cosmetics, flavorings, and perfumes. While products derived from synthetic biology have become more common in household products, they are rarely labelled as synthetic products, creating confusion over the very meaning of “natural.”

For example, a liquid laundry detergent made by Ecover, a company that makes green household products, contains an oil produced by algae whose genetic code was altered in order to force the organisms to produce an oil that they would not otherwise produce in nature. Ecover calls the algae-produced oil a “natural” replacement for palm kernel oil, which is an unsustainable resource. While many environmental groups and consumer activists applaud Ecover’s attempts to find an alternative to unsustainable palm kernel oil, they question the ethics of labelling the synthetically-derived alternative as “natural.”

Because this technology is so new, there is almost no government oversight or regulation over synthetic biology. In the absence of such regulation, manufacturers are free to label ingredients engineered from synthetic organisms in whatever way they choose. Ecover, for example, justifies calling its algal oil “natural” because the ingredient itself is not synthetic, merely the organism producing the ingredient. Other companies sidestep the issue entirely. Peter Thomas Roth, which produces a product made from a synthetic biology ingredient called squalane, says the ingredient is derived from a fermentation process involving sugar cane. It does not say the sugar cane is first consumed by a microorganism whose genetic code was altered in a lab.

In fact, even the makers of such ingredients shy away from clearly identifying the technologies by which they create these products. Solazyme, the company that makes the algal oil used in Ecover’s laundry detergent, used to describe itself as a synthetic biology company but has since taken the term off its website. Rather than identifying the organism that produces the oil as an engineered organism, the company calls it an optimized strain of single-cell algae that has been in existence for millenia, language that seems specifically designed to hide the fact that this algae contains DNA created on a computer.



Without clear regulations to draw a line between “natural” and “synthetic,” consumers have no way of knowing the origins of their purchased products. The real question seems to be whether such regulations will be set in place before these ingredients overwhelm the marketplace.

## The Effect of Music and Dance on Your Health

Findings from a Passion Project

By: Sounak Bagchi

When we listen to music or do anything music-related in general, the first thing that pops into our minds is not health. In fact, health is probably one of the last things you would ever consider to be related to music. After all, no one gains any health benefits just by listening to music, right?

That depends on which aspect of health you are talking about. Most people forget that there are three main aspects of health: social, physical, and mental health, not just physical. While Music may not have many physical-related benefits but it does have some social and mental health benefits. This came as a considerable surprise to my period 6 English group in Modular 10 while doing Ms. Taylor's famous passion projects. The main idea of passion projects is to choose one of your areas of interest and formulate an essential question to research throughout the year. This question will be broad enough to cover many areas of your field of interest so that it takes research to complete. Then you implement a *solution* or a creative way of showing that you have thoroughly answered your passion project question. So, today, I am sharing my findings with you.



### Listening to Music...

#### Improving Your Body Systems

You might notice that you relax more when you listen to music. Why is this? Well, according to research from various groups, it has been shown that when you listen to music your blood flows more easily.

#### Reducing Stress & Mental Health

Research has shown that music can relieve stress. The reason for this is that music often activates biochemical stress reducers in our body, which drain out many stress-related problems. This is the major reason why music therapy can have a huge impact on a patient's mental health.

#### Easing Pain

Big doses of stress can cause pain, and because music eases stress it can also relieve pain. It allows your mind to focus on something other than the direct source of pain minimizing how much pain you actually feel as well.

### Dancing to Music...

#### Emotionally

Dance has many emotional effects, especially on the senior community. According to The Arts in Psychotherapy Journal, dancing often improves your mood. It brings a sense of peace and joy especially for those stuck in a nursing home or for those who have lost someone important to them. Essentially, it reduces many symptoms of depression, which is a growing problem in today's world.

#### Physically

Studies have shown that dancing recreationally, reduces the chance of being disabled by 73% in old age compared to women that did not dance. The McMaster Institute for Research in Aging also says that seniors have less fear and a reduced chance of falling or getting hurt if they participate in a dance program than people who have not participated in a dance program. There are also studies showing that dancing helps your heart as well. Dancing for a given period of time without stopping is good exercise for your heart, being that it is cardio and raises your heart rate. Not to mention, it burns excess calories and urges people to be social with one another.

All in all, music and dance have many benefits in all aspects of health. And the good thing is that dancing or listening to music are two activities that are accessible and very easy to do. So, next time you do one of these activities, see if you can prove to yourself that these conditions are present!

## The Role of WHO during the COVID-19 Pandemic

**Shardul Krishnakumar**

Over time, there have been outbreaks of diseases that have ravaged civilization and changed history forever. In 2020, the world is currently dealing with the COVID-19 pandemic, which has infected over 4 million people and taken the lives of more than 100,000 people. Various agencies around the world are working hard to save as many lives as possible and help the world crawl back to what it once was. One of these organizations is the World Health Organization (WHO), a global health organization whose goal is to focus on international health. It was first created on April 7th, 1948 after WWII and it initially was meant for tackling communicable diseases like tuberculosis. Decades after its creation, the WHO still works hard to eliminate any diseases within human populations, with success. They are committed to saving the lives of people around the world and reduce any suffering during crises, whether it is caused by disasters, conflict, or an outbreak of a disease. The WHO has been extremely vital to many countries during the COVID-19 pandemic. As its guidance for dealing with such a crisis is required for all nations. First off, the organization is needed for helping countries prepare and respond to health crises. The WHO previously released a COVID-19 Strategic and Preparedness Plan, which highlights the actions that countries need to take and the resources required for carrying them out. The plan is constantly updated, as more information and data received by the WHO allows them to understand the disease and the effective response. The Internet is filled with information regarding the pandemic, whether some of it is true or completely misleading and fake. Precise and useful guidance provided by the World Health Organization is therefore necessary. Rumors spreading in social media only causes more fear and panic, which is not what the world needs! By providing the correct facts, the WHO is ensuring that people have the correct knowledge of what the world is dealing with. Thirdly, the organization is needed for providing personal protective equipment to healthcare workers. The WHO ensures that vital supplies reach the health care workers so that they can continue their heroics. Finally, the WHO is also needed in the search for a vaccine. Developing a vaccine is what could finally put an end to the pandemic and the WHO is key. In many countries, tests are being conducted in laboratories, which will hopefully lead to a vaccine. It will take a long time for the world to recover from the coronavirus pandemic. But at the moment, all the world can do is stay strong and fight the virus with everything that it has got. The World Health Organization is doing just that.



**World Health  
Organization**

## How To Prevent COVID-19

By: Yadhunandan Senthilkumar

COVID-19 is a pandemic that we all are trying to get through together. Despite our best efforts, the spread isn't stopping, and this virus keeps spreading throughout the world. On March 17, when we were let out of school for remote learning, the United States Of America had around 9,000 cases for COVID-19. Now, the USA is at 1.18 million cases. This all happened in just 2 months, despite our best efforts. We need to implement the following to reduce the spread of COVID-19.

### Stay Home!

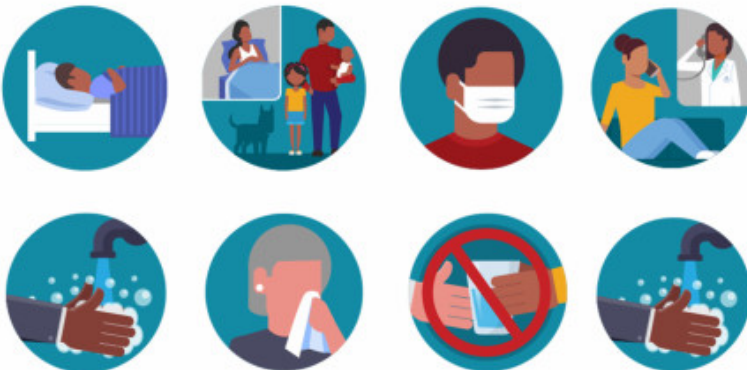
Many essential workers are putting their lives at risk, so the rest of us can live somewhat normal lives. If we keep going outside, if some workers are sick, it will spread to the rest of us. The only way we can prevent this is if we don't go outside in the first place. Hence, the need for us to remain in our homes.

### Distance Yourself!

If you are in an unfortunate situation forcing you to go outside, distance yourself. You can only contract COVID-19 if you are very close to others. So, the only obvious thing to do is to stay away from others.

### Wash Your Hands!

Many of us touch our faces very often with our hands. Our hands come in contact with many germs. So if we wash our hands, we can prevent the risk of us getting the virus.



### Cover Your Cough!

Our coughs have germs. And if we have the virus, we don't want to spread it to others, so you should cover your cough.

COVID-19 is a pressing situation, and we need to try our best to everyone safe. Employ these tips to prevent the spread of COVID-19.



## How Air Pollution Spreads COVID-19

By: Avnish Kandula

It is undeniable that the pandemic proliferating across the globe is causing untold misery. Day by day, families are losing members to the deadly respiratory disease that we all know as COVID-19. In large urban areas, where a growing sixty-percent of the world population is found, a great deal of air pollution is a result of vehicle and factory emissions, as well as construction dust. These largely populated cities such as New York City have also been heavily hit by COVID-19. Now, scientists have found a link between air pollution and the seemingly impregnable spread of COVID-19.

Scientists have recently discovered that COVID-19 is able to hitch a ride on PM2.5 molecules. PM is airborne particulate matter that is a mixture of many chemicals. COVID-19 therefore, can spread much wider, especially in areas with substantial amounts of air pollution. This could easily extend to many other viruses, far worse than COVID-19. Studies published by BBC news agency in early May show that an increase of one microgram of PM2.5 per every cubic meter could translate into a 15 percent increase of COVID-19 cases. A related study by scientists found that patients with SARS, a respiratory disease related to COVID-19, had an added increase of 84% to the chance of them dying, if they lived in areas with high air pollution. These findings are significant for people living in low income towns with high levels of air pollution, as can be easily inferred.

This is not the only problem. It is proven that over time, air pollution can debilitate the immune system. A weakened immune system, especially in this time, can be very hazardous to someone. Not only could someone catch a disease easier, they won't be able to repulse the disease as easily, and therefore the disease could exacerbate quickly and potentially turn too serious to fight off. This could result in serious respiratory diseases such as Asthma, COPD, Bronchitis and Pneumonia to manifest in a person. Air pollution's ability to weaken the immune system and inhibit people's ability to fight off infection will make it important that we tackle air pollution to obviate future problems and desist quarantine.

To stay out of harm's way, maintaining stringent social distancing measures in this uncertain time appears imperative to stop the spread of COVID-19. Investments in futuristic technologies like wind turbines, hydropower, solar harvesting, electric cars and other ways to generate energy and restrict the utilization of fossil fuels would result in better control in pandemic situations. Unscientific and unproven conspiracy theories like 5G networks triggering the virus and/or weakening the immune system, add to the confusion. Keeping those theories aside, fact remains that a healthy and green earth with reduced air pollution and an accelerated plan to restrict fossil fuel consumption, appears to be a cardinal way of stepping forward for the world.



## SPRING THROUGH A CLOSED WINDOW

By: Reeti Rout



It's already summer. All of the spring, people have worn their eyes out on the news and shut their windows against the starring guest in these hair-raising titles: the mighty COVID-19. We have rushed to stockpile food, overwhelming home-delivery services and we have scrubbed every surface in our reach shining clean, armed with bottles of sanitizer. Opening a window is unthinkable -- the perfect way to invite a virus into your home! Right? Strangely enough, there's no reason to be closing your shutters on blooming flowers, wildlife, and warmer temperatures. Studies, have shown, in fact, that it may be *helpful* to let the fresh air inside.

### SAFER THAN YOU THOUGHT

While it's impossible to create a zero-risk situation, it certainly does no harm to let fresh air circulate through your home. The concern about the virus passing around airborne is not necessary, as the virus is transmitted mainly through droplets containing multiple copies of the virus, or from the secondary sources of a surface contaminated with the virus. That means that you're likely to be safe from the virus if there isn't anyone coughing in your face, and if you don't touch your face after touching a dirty surface. Opening your window, then, must not be a risky move. Could it even be...beneficial?

### LET NATURE DO ITS PART

Exposing yourself to fresh air actually can help you stay safe from COVID-19! If a virus is transferred from a sick person to the air, the air will weaken the virus's concentration. Furthermore, UV rays emitted by the sun can kill COVID. Combining the two forces, scientists have concluded that opening your window makes it less likely for one to catch a virus outside in the air than going inside a closed room where the virus has had no place to escape.

The CDC, in fact, recommends proper ventilation to possibly filter out the virus from enclosed areas.

### DON'T PANIC!

As aforementioned, the people who have been terrified by COVID-19 are fretting too much about the wrong things. It isn't just the windows; it's the frantic rush to stock up on food that is completely unnecessary as well. The sight of grocery stores licking clean isn't uncommon these days, and empty shelves make the illusion that our food supply is dissipating.

In reality, it is the people who panic buy overwhelming food stores. Of course, while there are more people eating at home because those who preferred to eat out before quarantine now have to join the cook-at-home club, there seem to be too many people who believe that there is a need to fill up their pantries with snacks instead of buying fresh produce. Fruits and vegetables are the most important food items that anyone would need to buy right now.

In addition, it isn't the time to be experimenting with new dishes. There is no need to be trying out fancy new recipes when your ultimate goal is to be able to feed yourself for a longer period of time.

Where to buy your food is another big question. Buying all your food from large, monopolizing companies like Amazon and Whole Foods doesn't do much for helping small businesses. In times like this, it doesn't really matter if you can't get a specific food at one of the stores, or if you don't get it delivered quickly.

We're all in this together. We've got to help each other. As long as you cooperate with government officials, abide by stay-at-home orders, and take preventive measures, there's nothing stopping you from enjoying your summer!

## Top Ten Summer Vacation Spots

By: Naisha Patel

Summer is almost here and many people travel around the world in this season. Unfortunately, due to the COVID-19, traveling may be canceled for the summer of 2020. Hopefully COVID-19 will end by next summer, so we can continue doing the things we love during the break. Here is a list of the top ten summer vacation spots to go to when COVID-19 is over:

### 10. Muhu Island, Estonia

Muhu Island's quantity of wonderful areas make it a wonderful place to visit over the summer. The best times to visit Muhu Island are from June-July. Between these two months is the annual *Stars of the White Nights Festival*, filled with dancers and musicians. Even though it is in St.Petersburg, Russia, it is a quick ride away from the capital of Estonia - Tallinn. You can also bike, horseback-ride, boat and do lots of other fun things on Muhu Island. Take a helicopter ride over to the capital of Estonia and admire its lavishing beauty. No matter what you decide to do during your stay at Muhu Island, you will most certainly enjoy it.



### 9. The Aegean Coast of Turkey

Travel to the Aegean Coast of Turkey and experience a multitude of fun things. Even in the summer, you can find quiet swimming coves to swim in and empty tables to sit at on harborside cafes. Visit the Lychian ruins near Fethiye - they are something worthwhile to see. You can also ride gulleys of many sizes along the coast. The best time to visit this part of Turkey is June, July and September (August is the busiest). And quick tip: If you want to ride one of the best gulleys - you must reserve 6 months in advance.



### 8. Okavango Delta, Botswana

Stay at a camp in the wilderness and experience one of the greatest experiences of your life. Stay at Abu Camp - a 500,000 acre reserve for elephants and experience the wonders of living right next to the largest land animals on earth. You can walk right next to the elephants and be "part of the herd". The best time to visit is July and August - Botswana's high season, when it is sunny, but not extremely hot.



CONTINUED

## 7. British Columbia

This Canadian province is the perfect place to visit if you are a nature lover. Live in one of the nine cabins and during your stay, visit remote native villages, hike through cedar forests or even take yoga class on the dock sitting on the edge of a beautiful bay. Explore the waterways and beautiful countryside of British Columbia (including the world's largest temperate forest) by boat or helicopter. If you like to fish, you're in luck. The best fishing spots are a short helicopter ride away. Though this area does not have the modern things we enjoy, it is a worthwhile experience nonetheless. The best time to visit British Columbia is June to August - especially for bear and whale sightings.



## 6. Lake Garda, Italy

This beautiful area of land is a must-see. Spend the nights at Villa Feltrinelli - a luxurious villa looking directly at the beautiful Lake Garda. If you prefer staying somewhere closer to town, stay at another luxurious hotel - Lefay Resort. Lefay Resort also has a great view of the beautiful lake. In the Lake Garda area, there are many exciting things to do. You can go on a private boat trip to the vineyards, Roman ruins and wonderful harbor towns nearby. You can also swim in Lake Garda - it is definitely clean enough! The best time to visit Lake Garda is during June and September, when the weather is ideal, and there are festivals everywhere.



## 5. The Norwegian Arctic

You may think of the words *cold* and *freezing* when thinking of the Norwegian Arctic, but there is much more to it than just that. There are incredible, indescribable landscapes of the Lofoten Islands (northern Norway), where the temperatures are quite mild - like Maine. During the summer, when the sun never sets, mountains are covered with snow, meadows filled with wildflowers and sunbeams make the beautiful beaches and waters in the Arctic shine. It is best to camp - where you can always be around the beautiful landscapes of the Norwegian Arctic. Other than looking at the beautiful scenery, you can go rock climbing, fishing, kayaking and even whale surfing! The best time to visit is July to August, at the height of its summer.

#### 4. The Galapagos Islands

The Galapagos Islands are a beautiful area to visit. Stay at hotel on one of the Beautiful islands - Santa Cruz, San Cristobal, Isabela and Florena. When you are there, you can go kayaking, diving/snorkeling and wildlife gawking. You can also see some volcanoes! If you are a big nature lover, then the Galapagos Islands is the place to go - some say it is the best place in the world to look at nature! The best time to visit is June. July through September is windy and that may ruin your trip.



#### 3. Landes Coast, France

This is a beautiful area to visit, and there are so many things to do while you're there. There are beautiful sandy beaches, and lush green pine forests. The ocean is far too rough to swim in, but the vast other activities make up for it. You can stay at a hotel and enjoy the food, while outside of the hotel you can take strolls on the beach and have forest bike rides. There are also wine tastings at some great places 90 minutes away. The best time to visit is June and July - before it gets too crowded.



#### 2. Cuzco, Peru

Peru's beauty is difficult to take in. Stay at Hotel Monasterio, a magnificent hotel that's been in the heart of the city for centuries. There is lots of art and antiques to admire if you decide to stay there. While in Cuzco, the Sacred Valley is a must-see. Visit the Famous Machu Picchu nearby, and also the beautiful Andean countryside that follows the Inca trail. There is ravishing architecture and landscapes everywhere you look. The best time to visit is June - August, the high season where the days are warm and sunny. If you wish to experience Inti Raymi, a famous festival, visit Cuzco in late June.



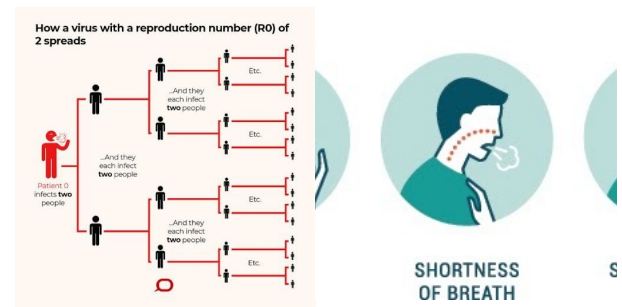
#### 1. Mallorca (Majorca), Spain

Mallorca is filled with beauty and things to do. Stay at Jumeirah Port Soller Hotel and Spa, a 5 star hotel with views of both the mountain and seaside. While you're in Mallorca, make sure to experience the breathtaking views of the Traumaunta sunset. You can also bike, hike, visit the beach, and take culinary classes. You do NOT want to miss out on the gorgeous landscapes of Mallorca. The best time to visit is July to August - when visitors can expect warm, sunny days, clear skies, and warm water. It is also the peak time for parties and festivals.



## Travel After COVID-19 Isn't Smart

By Devika Desai



When it comes to travelling after COVID-19, it will never be the same again. People are going to be afraid during the journey instead of looking forward to reach their destination. Even if borders and countries open, the traveler will have to trust the airplane and the airline in order to determine whether it is COVID-19 safe or not. Research has shown that the Coronavirus will not be completely gone even after a year one the vaccine comes out. This means that although some will recover from this virus, many people won't. In order words, travel will not be completely safe until and unless medical experts come up with a vaccine that every individual can have access to.

### Touchless Travel ... Physically Impossible

Even though officials have tried their best to make travelers not interact with others, it is impossible to have completely touchless travel. For instance, travelers have to exchange documents, passports, tickets and many such things in order to board an airplane. Additionally, touching surfaces through check-in, security, border control, and boarding are also essential parts of traveling. In order to make travelling completely touchless, officials will have to develop new ways of checking tickets and other documents using technology. Eventually, more technology orientated options will have to come into play to start travelling. Care must be taken to ensure these technologies are safe and will help eliminate the risk of getting the virus while travelling.

### Social Distancing Rule Breaks

Airports are crowded. Considering the fact that millions of people travel everyday, it is completely impossible to maintain social distance on airports as well as on an airplane. In addition, once Coronavirus ends, more people will want to travel then the amount of people that travel today. This is because everyone will want to have a break from sitting at home 24/7. The more the people on the airport and airplane, the higher the chances are for an individual to get the Coronavirus.

In conclusion, travel is not safe until a vaccine has been created and is made available to everyone. Until then, the chances of getting the Coronavirus are still high. Hence, travel should be avoided even after the Coronavirus, unless it is extremely necessary.

## The Start of Summer Break

**By: V.Prabhanjan Immareddy**

Summer break. The much-needed vacation for all of us, even teachers! However, there might be one question in someone's mind. That question is, who made summer break? That is what I plan to answer today. Most people believe that summer break started with the Agrarian, or farmer, calendar. They believe that these kids took a break from school in the summer to help their families with farming. Since most of the US was farm-based, this break became legal, they say.

However, these are just myths. In real life, these kids went to school during the summer and farmed during the other seasons. So, how did summer break come to be? Well, it has to do more with the upper class. During summer, most rich kids' parents were telling excuses to skip school in the summer. Many parents also believed that the heat during the summer



was bad for their children and preferred to keep them home where they could guarantee that it would be cooler. This eventually caught on to the middle class, but now it was a problem for schools. These absences were hurting the school's attendance numbers and if enough people were not present during instructional days, the school would be required to make that time up. But since this was a recurring pattern, schools had no choice but to form a compromise: students need to attend school every month, except for some of June, all of July, and August. This plan became known as summer break.

## Summer Meme Review

By Prajwala Immareddy

Welcome back to our segment called Meme Review, where we review seasonal memes. This time, we're reviewing Summer memes. Let's see the submissions!

Friends: What's your plans for today?



1. "Friends: What's your plans for today? Me: Air conditioning". In this meme, we see a friend answering a friend that they have no plans other than to stay inside with the air conditioning because it is extremely hot outside. Hence, there are two people hugging, one representing air conditioning, the other representing the friend. Because it is hilarious but not necessarily relatable by all kids, it gets an **8/10**.

I'm really enjoying my summer!



2. "I'm really enjoying my summer! \*Tsunami occurs\*". This meme is definitely hard to understand right off the bat, but what it means is that as soon as you start to enjoy something it goes away. This could happen with a lot of things. Like the cliché sayings, "Great Things Never Last" or "Enjoy it While it Lasts". That's why this meme gets a **9/10**.

When I spend the kids' entire college savings on summer camp cause the alternative is them staying home with me all day



3. "When I spend the kids' entire college saving on summer camp cause the alternative is them stay home with me all day: 'Like I said before, Bob. Worth it.'" I would assume that a lot of you couldn't relate to this since a lot of you aren't parents. But this meme is funny for parents because having young children around while working or on conference calls is rather annoying and its hard to do your job. Plus if the children are younger than 13, the government can exclude taxes and any extra fees. This meme gets a **7/10**.

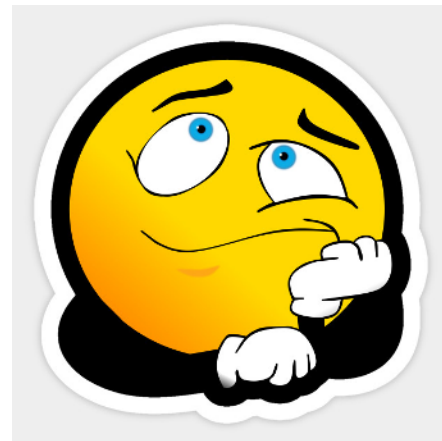
All in all, this season's memes were pretty fascinating. Now for moment you've been waiting for -- the winning meme for the season. It was hard to choose, but the winning meme is... **NUMBER 2!** This has been Meme Review. I hope you enjoyed, and stay tuned till next time, where we'll review even more memes!



## Boredom Solutions

By: Ashlynn Sekhon

Social distancing. Self-isolation. Covid-19. Boredom. These are all things we are having to do or experience. Now, at the beginning staying home from school sounded great, right? Of course it did, but after weeks of staying at home without our best friends, things have gotten boring, and frustrating. And having a younger sibling may not be the most pleasurable right now either. Either way, no one is going anywhere for the next few months and possibly a year. So how does one enjoy the summer alone?



### #1: Take a Virtual Trip!

We already missed our field trips so why not go on one with family, many zoos and museums are creating virtual tours so why not try one out!

### #2: Family Game Night!

Remember those board games in the basement or storage room/closet? Well now's the time to bust them out and have some fun. You can try making a board game too! Maybe even make some popcorn while you're at it!

### #3: Water Balloon Fight!

Since it's summer why not soak your little sibling with water balloons. Maybe even your parents! This is a great alternative if you don't have a pool.

### #4: Scavenger Hunt!

Have your parents hide things in your house or backyard and search for them with your sibling! The winner could get a prize!

### #5: Time Capsule!

Why not bury a tin with things from when you were a kid, who knows maybe someone will dig it up 100 years from now!

### #6: Star Gazing!

This number is a favorite of mine. Try going outside and looking up. Who knows you might find a constellation or two. And if you have a telescope, you might even be able to see a planet!

### #7: Flashlight Tag!

Similar to laser tag you can use flashlights and run around the house in the dark shining light on family members! The winner gets to choose an exercise that the rest of the family has to try.

### #8: Family Trivia Contest!

Sit down and ask a few questions, the winner gets a prize and the loser has to do a challenge. This can be as simple as Apples to Apples or playing along with a trivia game show.

### #9: Movie Under the Stars!

Why not kill two birds with one stone, metaphorically speaking. Set up a projector outside and watch a movie all the while stargazing.

### #10: Bake!

Lookup a recipe and try to recreate it! The whole family can pitch in or you can make a special treat for everyone. Baking, just like coloring is a relaxing activity that brings a sweet reward in the end.

## Things to Entertain Yourself During the Covid-19 Pandemic

By Jashmitha Sappa

Bored? Need entertainment? Welp, you came to the right article. Here are some things that could keep you entertained during the Covid-19 pandemic.

### 5. Binge-watch some really good shows on Netflix

It's a classic, but that doesn't mean it's not entertaining. Some shows that you may like: The Big Show Show, Fuller House, The Healing Powers of Dude, Raising Dion, Outer Banks

Here's a link to the best Netflix shows for tweens and teens:

<https://www.goodhousekeeping.com/life/entertainment/g26977251/netflix-shows-for-tweens/>

### 4. Watch some of your favorite music artist's performances!

Maybe you didn't get to watch them in person, or never got time to watch them. Well now you have time! You could also grab the lyrics to sing along as well!

### 3. Game a little

You could go to that game you absolutely love and take some time to play it! Maybe you could play it with others or by yourself

### 2. Check out the latest celeb news

Let's admit it, celeb news is always interesting (lol). You could check out an article or two, or maybe some videos.

### 1. Finally, Just Youtube

Youtube.com always has something for you to watch, as there are over billions of videos. Just find the right one, and who knows, you might fall into the black hole of videos

So those were some things you could watch/do for entertainment. Hopefully, you won't get bored again!



## Summer Playlist Bops!

by **Daya Karakkatt**

Do you desperately need a great summer playlist to kick off your summer? Even if we are going to be quarantined inside or not, we still need some great songs to get us in the mood. To help you get started building the dream playlist, here are some great suggestions to listen to!



### **Moments by Gawvi**

This artist isn't very popular, but his music style is beyond amazing. A lot of people can also relate to this song during this time, considering there were so many better memories before being in quarantine.

(Recommendation: 9/10)



### **Ring by Selena Gomez**

This song's melody is so lively and catchy. It definitely beats out the rest and is more than enough to get you in the summer feels you need to have fun this year regardless of the circumstances

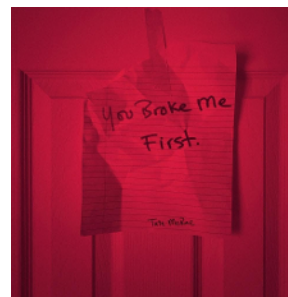
(Recommendation: 9/10)



### **Level of Concern by Twenty One Pilots**

Everyone loves Twenty One Pilots. What's better is that they made a song about quarantine, which is perfectly relatable during this challenging time. Get your moods up by listening to this song and jamming out!

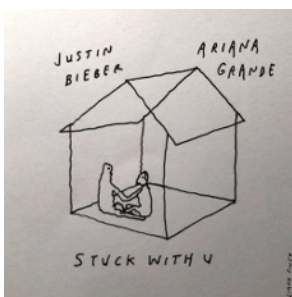
(Recommendation: 8/10)



### **You Broke Me First by Tate McRae**

This song is one of the best ones on this list. Tate McRae isn't a very well known artist. She started her singing career recently, on YouTube & has become a favorite artist for many. These lyrics are relatable as well.

(Recommendation: 10/10)



### **Stuck With U by Justin Bieber & Ariana Grande**

Two of the best artists. In one song. Could it get any better? Actually, it can get better. It's another song on quarantine which is completely relatable.

(Recommendation: 8/10)



### **Another World by One Direction**

This song is one of the most upbeat out there. It's about coming together and being happy that way. And right now, what else do we really need? This song will make you start jumping up and down as soon as it starts playing.

(Recommendation: 9/10)

I hope you got a few ideas here and there from this list! Using these suggestions, you can build a whole quarantine playlist to jam to, cry to, or just vibe with. **If you click the image, it will take you to the youtube link for the music (full song).**

## 25 MORE Things to do if You're Bored

By: Nikitha Aduru

Quarantine has most of us really, really, bored. To be honest, some of us have gone a little crazy. At least some people in my English class have. At one point, I was staring at a wall for most of the day, trying to figure out what to do. I wouldn't be surprised if you were doing something similar. This is why I have created a list of 25 things to do to keep you sane. (Feel free to think beyond this list, and create some of your own things - Sarvesh P.)



1. If you're really like music, I recommend watching a live concert on youtube. Most of the time, the artists aren't featured, but fans put together a series of clips of real concerts and music videos, and it's really cool.
2. Some artists are also going live on youtube. One that I've seen around the app is Alec Benjamin, if you're interested, he's doing quarantine sessions, where he does an acoustic version of some of his songs.
3. Read a book, books have you hooked for a really long time! If you really like reading, then some of the books I recommend are The Hunger Games, The Institute, So. B. It, They Never Came Home, Down the Dark Hall, Nancy Drew Book Series, and more.
4. If you aren't the type to read a book, listen to an audiobook online. Audible has just come out, and it lets its listeners listen to thousands of audiobooks for free.
5. If cooking's your thing, watch a cooking show on Netflix, they surely grab your attention, and cheer you up. Nadiya's Time to Eat is definitely one of my favorites. Some of the others that also put me in a great mood are Sugar Rush, Nailed It (which features some baking fails), Cooked, Salt Fat Acid Heat, and more.
6. There are some extremely delicious recipes out there too. Try some! You could try to whip up some foolproof recipes in less than 20 minutes.
7. There are also some really good shows on Netflix that surely had me addicted. A funny one that definitely had me laughing was Family Reunion. Some other really popular tv shows are Riverdale, Outer Banks, All American, Chilling Adventures of Sabrina, Alexa and Katie, etc.
8. If you really like traveling, like me, make a bucket list of 25 places you want to go in your lifetime. Keep the bucket list in a safe spot. In the future, as you travel to those places, cross them out.
9. It has been more than 2 months in quarantine, and a lot of us have probably missed out or forgot a certain skill, either in sports or studies. Try to practice either one for an hour. You'll feel pretty accomplished once you master it.
10. It's probably been forever since you've caught up with friends, or maybe you're facetimeing a certain someone every day. Instead, try to catch up with a friend you haven't talked to in a long time. It will make you feel better, and them too.
11. Make your family breakfast. Sometimes it'll feel good to make your family something, taking off the burden of a meal of your mom's/dad's shoulders. It might not taste the same, but at least it will feel like you've done something nice.
12. Build a fort, this might seem like a very childhood or "little kid" activity, but once you start building one, it's actually quite fun. You could also decorate it with some lights and watch a movie inside it, with some popcorn of course.
13. Since there are no sports games currently, try watching some classic sports games, where a certain team might have played exceptionally well. There are many games out there to put you at the edge of your seat, whether you're watching football, basketball, baseball, soccer, or hockey.
14. Podcasts! Podcasts are one of the most underrated things to do in your free time. There are some crazy good podcasts out there. Some of them are really funny and some help with meditation. Almost all of them are free! One of them that I listen to often is the podcast by Christina Marie (BeautyChickee).
15. You could also redo some part of your room or reorganize your furniture. A lot of people really like painting. Hanging one up on your wall may just be the finishing touch your room needs.
16. Take a road trip to nowhere. Just travel on the open road. There won't be that many cars, and it will be really relaxing. You might just want to put on your favorite playlist and admire the scenery on both sides of your car.
17. Have a mini campout in your own backyard, under the stars. You could sleep in a tent, roast your own marshmallows, have s'mores, watch a movie, and even put up some lights.
18. Take a virtual tour of a museum. This may not seem so interesting at first, but some of the pieces may amaze you. When you're exploring each and every part of the museum, it may even feel like you're actually inside one yourself.
19. Some things that are really eye-catching are haunted houses. Did you know that you could go on a virtual tour of a haunted house?
20. Play an instrument. It's probably been forever since you've even touched an instrument. Try learning a new song or maybe even a few chords. Either way, you'll surely be passing a lot of time doing this!
21. See a Keith Haring exhibition. This art exhibition is truly interesting and can inspire you to maybe take an online art class. His art is certainly something to take a look at.
22. Watch animals live in a zoo. Some zoos are releasing some live footage of animals. You can surely spend some of your time viewing some footage of zoo animals.
23. Make a playlist. Many artists have canceled tours and have loads of unreleased songs. However, before new music comes out again, make a quarantine playlist, that'll keep you dancing, and hopefully help you make it through these tough times.
24. Maybe you want to go someplace once this pandemic is over. You could plan your trip, maybe even search up some hotels, and make a list of attractions that you would want to go to while your there.
25. Try VR, with some VR glasses you could ride through a roller coaster or get jump scares in a haunted house. Either way, it's a really cool experience.

**Conclusion:** hope this list has cured your boredom and left you with something to do instead of lying around the house. I also hope that your not spamming random chats like some of the people I know, and doing something that interests you. You could even make this into a list, or check these off as you go. Have a great day, or night!

## The NFL Draft 2020

By: Maanav Chittireddy



“The Future is Now” is the motto for the NFL Draft held every year on April 23 - 26. This event is very famous for college players because when their name is announced, they officially make the pro’s, which is a dream come true for most young men. This event is also time for analysis to show of their skills by predicting in which order the players get drafted. Being the first pick is an immense honor because it proves you are better than a couple of 1000 players entering the draft and have more value than all of them. The position that tends to get the most value is the QB position causing the first overall pick most likely to be a QB. But, there’s one catch in the draft, taking the better player doesn’t mean they’ll turn out to be the better player. These types of players are called busts, on the other hand, taking the worse college player doesn’t mean you’ll get a bad college player, they could even become better than the players taken before them. These types of picks are called steals. This year the draft was supposed to be held in Las Vegas, but due to the COVID - 19 outbreak, the NFL has preformed the draft virtually broadcasted on ESPN. Even though the draft won’t have the same feeling it has in the previous years, the NFL has done it’s best to replicate the same feeling by adding virtual fans, analysts, and everything in its power to replicate the real draft. This year’s project #1 pick is Joe Burrow, but as we know, anything can happen in the draft! Good Luck to all teams in selecting their future!