

The Woodrow Wilson Challenger

WOODROW'S VERY OWN STUDENT NEWSPAPER

WWMS

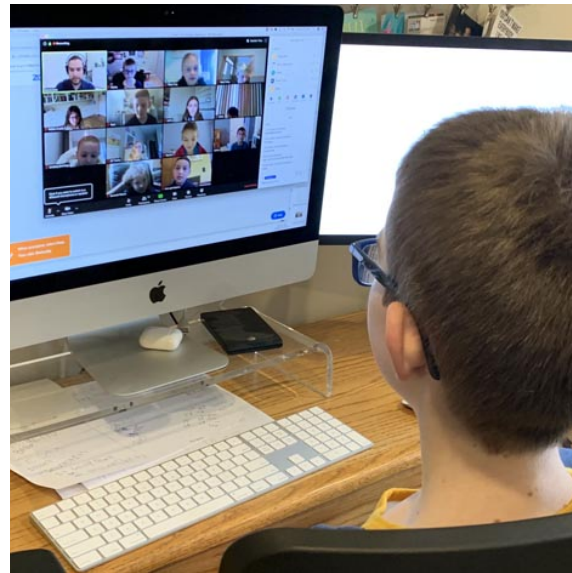
1

CONTRIBUTING MEMBERS

| | |
|--------------------------|-------------------------|
| Yash Agarwal | Daya Karakkatt |
| Srujana Akella | Rabina Kaur |
| Akshat Akhouri | Pranesh Kirubakar |
| Sai Arjit Annad | Aditya Kirubakaran |
| Likitha Aramati | Nagsai Kodali |
| Mahi Babaria | Nitya Konala |
| Arnesh Banerjee | Ria Kotteswaran |
| Diya Bansal | Ashwin Krishnamurthy |
| Avika Bhandari | Guari Kshetry |
| Naisha Bhandari | Ambika Kumar |
| Dhritisree Bhamidipati | Divyesh Kuppam |
| Deveshi Bhardwaj | Indira Lakshmanan |
| Mihika Bhatt | Karis Lin |
| Srinitya Bhattiprolu | Ishaan Manu |
| Jeet Bosmiya | Aanya Marya |
| Sahsra Botcha | Archana Maryada |
| Sai Bura | Vishruti Mehta |
| Pradya Chakka | Lauren Michlin |
| Manav Chittireddy | Dhruv Mirchandani |
| Sanvi Daram | Gahan Mottana |
| Satvik Daram | Anuja Mudnaik |
| Elisa Dash | Pranav Murthy |
| Chaitra Dontineni | Aditi Nagunoori |
| Aditya Dwasari | Shayaan Nandanraj |
| Dishita sai Eluri | Mahathi Nutulapati |
| Abhinav Girish | Daksh Pandit |
| Adarsh Girish | Eva Patel |
| Suditi Gocher | Naisha Patel |
| Dev Goel | Ruhi Patel |
| Anvitha Guduru | Ayati Pathare |
| Arjun Gupta | Kashvi Prasad |
| Prajwala Reddy Immareddy | Sarvesh Premkumar |
| V Prabhanjan Immareddy | Ryan Purakal |
| Tirth Joshi | Bhuvanyu Raina |
| Sahaj Kaler | Sanjay Ravishankar |
| Sarah jasmine Kanchi | Sanya Reddy |

Online Learning - Enjoyments and Challenges

By: Vaibhav Venkatesan



The COVID-19 pandemic has resulted in schools shutting down across the world. Globally, millions of children have had to adapt to a new way of learning, online learning. Online learning is an education that takes place over the internet where teaching happens remotely and on digital platforms. To prevent the spread of the coronavirus, many schools are conducting online classes and parents choose online education as the preferred way of learning for their kids. There are moments of enjoyment as well as challenges transitioning into this new way of learning.

| | |
|------------------------|-----------------------|
| Akhyaan Sachan | Aarthi Sivaraman |
| Azan Safdar | Pranavi Soma |
| Isha Sanakkayala | Shruthi Srinivasan |
| Sahana Sankar | Anvi Taada |
| Jasmitha Sappa | Abha Tambe |
| Saketh Sathyaji raja | Abhiram Tammana |
| Ashlynn Sekhon | Siddarth Thangaswamy |
| Rishab Sen | Osh Tiwari |
| Aiman ahmed Shaik | Aditi Upadhyay |
| Sumayya tabassum Shaik | Nitin Uppuluri |
| Saanvi Sharma | Adhya Vayyeti |
| Umamah Shehzadi | Sahasra Vedagiri |
| Aditi Shenoy Karkala | Saikrish Venkataraman |
| Gurkeerat Singh | Vaibhav Venkatesan |
| Jahnavi Singh | Aakanksha Vidyarthi |
| Srisaran Sivakumar | Hasini Vummaji |

EXECUTIVE TEAM

Editors in-Chief

Harshini Asokumar

Ishani Bakshi

Yadhunandan

Senthilkumar

Nikitha Aduru

Iniya Karimanal

Reeti Rout

Club Advisor

Mrs. Redmond

Communication Directors

Adithya Kirubakaran

Gurkeerat Singh

Adhya Vayyeti

Hasini Vummaji

Layout Designers

Dhritisree Bhamidipati

Chaitra Dontineni

Lauren Michlin

As a student, some of us like the projects, activities, and other fun things we do to gain more knowledge. Some of us also like the assignments and gym activities as it makes us engaged. We also enjoy the remote way of working in a way that we can use multiple references for our assignments such as websites and videos. One can use Google documents instead of writing in a notebook because with Google docs we can perfect our assignments and homework with the multiple tools being offered. With this Google classroom platform, we can do the work at our own pace and are not forced to do it at a particular time, while still maintaining a sense of normalcy as we need to submit the work on or before the deadline. It also made us used to using various computer tools which will be useful in the coming years. There is also the added comfort of being able to do the work at home and most of us don't need to go on the bus rides every day. Also, we don't have to get up early to go to school.

Some of the challenges are that we miss the time with our friends in school. At times we find it hard to concentrate as in school there used to be others working around us and we would find it easier to work. It's hard to sit in front of our laptop watching the digital screen for almost 5 hours straight.

Technical issues can disrupt the online classes while teaching is in progress and making it much harder to communicate and understand the given assignment. It gets boring beyond a point to be at home with our family the whole day.

Hopefully, we will soon see this pandemic end and return to school without being nervous about the surrounding circumstances.



Table Of Contents

WWMS Pages

1 - 18

World Pages

19 - 67

Technology Pages

68 - 80

Seasonal Pages

81 - 82

Science Pages

83 - 95

Review Pages

96 - 98

Local Pages

99 - 110

Health Pages

111 - 116

Entertainment Pages

117 - 121

WWMS Vice-Principals:

Q&A!

Aanya Marya

Meet Mr.Zecchino

What is your greatest teacher/vice principal moment, explain?

My greatest moment as a teacher/vice principal is when I am able to help a student. Whether it is understanding the curriculum or helping a student with one of life's problems, this is where I feel proud to be an educator/administrator.

What pizza topping best represent who you are?

I am good with almost any type of topping. This pretty much coincides with my personality. I am a Hakuna-Matata kind of person.

What is your most unusual talent, how do you do it?

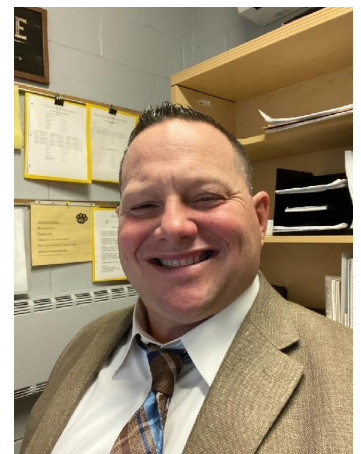
My talent is that I can get along with just about anyone!

If you met a genie who granted you three wishes, what would those wishes entail?

- * Flying-Self explanatory :)
- * Can solve any problem in a minute or less
- * Have ninja abilities

If you were the newest addition to a crayon box, what color would you be and why?

My color would be "BAM"- I will help make all the other colors pop.



Meet Ms.Mendiratta

Why did you choose to become a vice-principal at WWMS?

I chose to be a vice principal because I love working with children. I wanted to make a more significant impact on the school environment as well as teaching & learning in the school. Being a vice-principal allows me to assist and motivate all students to become socially and academically successful in our school.

Describe yourself in 5 words!

Approachable, Empathetic, Organized, Motivated, Resilient

Do you have a pet? If not, which one do you want and why?

No, I do not have a pet. My kids have tried convincing me for many years to get a dog but have not succeeded in their endeavor to do so. If I had a choice for a pet, I would get an elephant as they are my favorite animal and are caring just like humans. Maybe I could even come to Woodrow riding on the elephant.

If you won the lottery for 10 million dollars, what would you do first?

Your question really made me think. I think I would travel, donate money to charities, and build a giant greenhouse to grow fresh fruits and vegetables and use them to cook food. I reflected and realized that it doesn't matter how much money I win, I would still continue working at WWMS.

If you had a choice between two superpowers, being invisible or flying, which would you choose and why?

I would choose flying as I will be able to travel all over the world in no time. I will fly to school, go to India to have lunch with my parents, back to Woodrow. When buses are late, I could even assist students in getting home. Flying seems to be fun and I can be anywhere I want to without getting stuck in traffic.



Run Through of the WWMS Library Website

Ayati Pathare

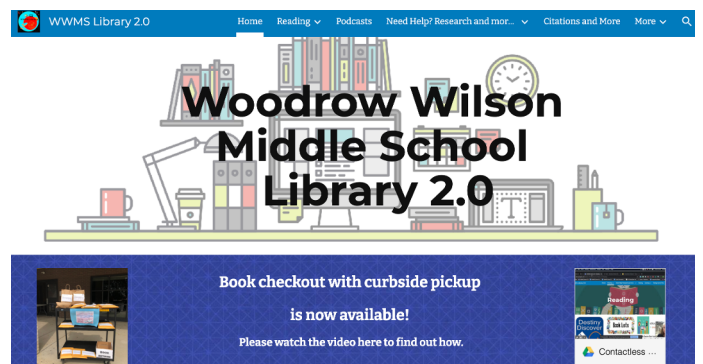
Do you need something to do while you're bored in quarantine amidst this pandemic? If so, you should check the WWMS Library 2.0 website! On this website, you can browse through games, resources, homework help, e-books, podcasts, etc. This website is for those who just need something to do or need help with several topics or schoolwork. This website was created by Ms. Richman, the school teacher-librarian, based on the interests of our WWMS students. Kids were asked in the Library classroom what content they would like to see on our website. Ms. Richman also reached out to Woodrow Wilson's staff and teachers. The platform used for making this website was google sites. Tons of research from other school library websites contributed to making the website more efficient.

Challenges in making the website:

During the process of making the website, Ms. Richman dealt with many challenges. This includes working with the IT team to make the website accessible for the students and staff. Ms. Richman had to work with them so they could unblock the website. Learning to use google sites was a new process for Ms. Richman. Several steps were taken to make the website successful. Another challenge that contributed to making the website, was publicizing the website so kids would go on the website. Teachers, staff, and the principal all helped in making the website more popular among the students. It was a little challenging to make the website because of technology issues and the adjustment to the new remote situation.

Content on the website:

The WWMS library website is divided into several categories that make it easy for students to access what they're looking for. On the homepage of the website, you can find instructions for contactless book checkout from the WWMS library. There is so much content on the website it's difficult to name all of them! The website has several pages. On the website, you can play a wide array of educational games if you're bored. It's for those who are really creative and want to do something with that creativity. You can check out several resources for research in all subjects. There is a section on the website on plagiarism where you can find a citation generation and pictures and music out for fair use. Most importantly, there's a reading section for those who want to read e-books, look at book recommendations, and read information about famous authors. Every week a new challenge is posted on the Library Google Classroom and students earn points accordingly. The students with the most points earn a spot on the Library leaderboard. Since we're all stuck at home, why not utilize your time in exploring this website!



Click the photo to access the site!

Not paying attention in class? Here are some tips!

By: Suditi Gocher

Some kids are doing school from home one day a week, while others are doing remote learning five days a week. No matter how long you do remote learning from home, you should try to stay focused. For some of us, that is more difficult. Here are some tips and advice on how to be more focused.

Tip 1- Sleep well

Sleeping is a very important thing to do. Sleeping a full 8-10 hours is proven to boost energy levels and our attentiveness. Sleeping a good amount is helpful because you can get a good amount of rest and you will be more focused for school. (Don't pull all-nighters playing video games or watching TV for two days. It's bad for your health.)

Tip 2- Eat a full, well-balanced breakfast

We all know that we need to eat to get our energy. Eating breakfast is important, to get energized for the day. According to the American College for Medical Careers, "A properly balanced breakfast can help you feel full longer and maintain your energy levels." A balanced breakfast can help you stay healthy and energized for a full school day.



Tip 3- The Occasional Break

A whole day of just sitting on a desk and doing work can get very boring at times, so getting a break at least once a day is okay. Everyone gets tired; teachers, students, parents, your pet, you name it! So, getting one or two small breaks is a great way to just unwind for a couple of minutes. For your couple minute long break I recommend eating a small snack, drinking some water, using the restroom, refilling your water bottle, and you can do so many more things.

Covid Affects Yearbook Club

By: Mahi Babaria



The Coronavirus has spread throughout the world. Here at WWMS, we have started hybrid learning, but clubs have been remote. Many people have looked forward to clubs, a place of friendships and passion. Even though clubs are virtual, people still enjoy being able to attend them, though I feel that one club is being affected a lot. That club is the Yearbook Club. In the Yearbook Club, members meet to design each year's yearbook. Virtually working on the yearbook is tough. There are internet problems, stunting communication. We can't even go outside to capture and take photos of the actual moments of the year!

Many people have internet issues with their devices every day. Some people get kicked out of their meetings, while others can't connect to the internet. Due to this, we have to find creative ways to stay in touch, to have a problem-free meeting. Since a large number of people make the video call lag, we go into breakout rooms based on our jobs.

Communication is a crucial part because we need to share our ideas of yearbook design ideas. Many times when people start sharing our plan, they get cut off in the middle. Sometimes people get kicked out of the meeting, and they can't join back. Due to this, we can barely get ideas down. After a few trials and errors, we were able to find an easy way for us to communicate. Instead of discussing as a group, we break off into breakout rooms based on our job. Our advisor circulates throughout the breakout rooms to keep us on track. With this technique, we can get more things planned out, than if we had done it together in a group. For example, the people who take care of advertising discuss creative ways to catch peoples' eyes, and have them buy the yearbook. In the end, we get together in the main room and share what we got done so far.

With communication and internet problems solved, we still need to solve the largest concept, the photos. Because of Covid, we can't go to school events and clubs for photos. They are a major part of a yearbook. They cover all the things that have been going on throughout the school year. Replacing all the pictures with words would make the entire yearbook boring. Since we can't attend school events to take photos, we have a new section of the yearbook. Interviews! In the interviews, we ask students around the school, both in-person and remote, about things that have been going on, or something they have done. For example, if we see someone with a DIY costume we might interview them by asking them questions about their challenges and inspiration. By replacing some of the images with interview quotes, we think that it might have more people hooked. This doesn't mean that there will be no pictures in the yearbook. Certain people are given the responsibility to safely take pictures of school events such as soccer games or cross country meets.

The 3 C's! Calm, Cool, and Collected During Pandemic!

By: Jahnvi Singh & Pradnya Chakka

Having School either hybrid or remote is both stressful and troublesome. But there are a few advantages to it. Here are some Tips and Tricks to help you be calm, cool, and collected.

How to level stress

With COVID-19 and hybrid learning, there is lots of stress, and that is okay. Whenever you feel like there is too much stress or too much weight on your shoulders, do something that you like or are passionate about! Take some time off to do a hobby that you like and allows you to stay away from the screen. For both of us, we like to spend time with our siblings. Like that, everyone has something that calms them down, find what calms you down or your hobby. Hobbies can also include doing sports, types of art, or just passions. When you have too much outside of schoolwork or extended learning, take a break. Take a 10-15 minute break from your work.



Get away from the screen or any technology, get up from your chair, stretch, get a snack, and talk to your family members! You don't have to take too many breaks, but only a few breaks help reduce the stressful atmosphere. Another positive thing to add in Covid-19 is that you can go outside and take the advantage of no one being there and the cars are not being used often. Before the pandemic, when school was open, one of the best things about school was to see your friends. Now, we don't get to see each other physically. Even though you don't see each other physically, you can still call using zoom! Talking to your friends can make you feel happy and give you a good laugh, which we all need these days. Sometimes, work can get very stressful. Sometimes, you feel depressed or angry because of it. If something is that difficult, ask for help. Ask your teachers, parents, guardians, or siblings for help if you need it. There is absolutely nothing wrong with asking for help. Teachers and family members are there to help you with anything! With a little help, you can get your work done and also understand it. This will help and does take a lot of weight off your shoulders.

Continued

Trouble waking up in the morning?

When we are going to school physically we usually either set alarms for ourselves or we ask parents, siblings, or guardians to wake us up. During remote learning, it is easy to slack off because you do not have to get up to go to school. During remote, you would wake up do your daily routine and eat breakfast and join your meet link. It is much easier to slack off at the moment. The best way to wake up is to set an alarm. Alarms also show you are more independent, but if you had a rough night it is best to ask someone to wake you up in the morning. When you set an alarm on your phone, tablet, or an alarm clock, put it in a glass, the size does not matter. When you put the device in the glass, the alarm sounds louder because of the sound vibrations being trapped in the glass. When the alarm sounds louder, it is easier to wake up. I have tried this trick and it has helped me wake up early many times. When there is lots of work, try to finish it earlier in the day so you don't have to stay up too late. It is hard to wake up in the morning when you stay up too late. If you have too much work late in the night, then divide the amount of time you spend on it or finish early in the morning for the assignments due at 8:30 or 8:00 in the morning.

Trouble focusing in school while distractions are there?

Having a remote school is not as easy as everyone claims. Everyone has their problems in remote learning. Some of the problems are either people in your house, pets, toys/objects to play with around you. The people you care about can be a distraction without you knowing. There are distractions that you may have never known or realized about until now. To help solve this, you should set your workspace in your room or any room where people don't come in much. This helps you be more focused when you don't have people come in and talk to you when you are in class. Having your own workspace makes you feel that you are in school. In remote learning, your workplace is very important. aAd to make sure you use that workspace, you need to clean and clear it out. Everyone should try to clear and clean their workspace and remove whatever is not needed. Not many people notice that objects that they use for fun or to pass time can cause a distraction. At your workspace, try to clear everything up except for the device(s) that you need and any other accessories. You can keep a little container with a pencil, eraser, and notebook(s). Having a clean workspace can help you stay focused and organized. Another trick is keeping your google chat open. This is important because teachers can contact you on there, but sometimes it can be rather disturbing, so muting your google chat notifications can be helpful so you don't hear the notifications and you can't get distracted, but only mute the notifications of any other chats except for the teacher's chat.



Continued

How to organize your computer/links

If you want to save time in the morning, before you sleep, open the device you log into meetings on and open PERIOD 1 in google classroom and open classwork to the meeting link. Then lock or sleep the device. When you wake up in the morning, you can open your device and see the meeting link right there! This saves a lot of time! An extra to help get more organized is to have a bookmark all your meetings beforehand or do it in the morning. This will make your life much easier. Also when you're in class and you know you have an Extended Learning assignment, open the attached assignment and pin the tab for later. Also, delete all unnecessary tabs so you can actually find what you are looking for in a few seconds. This way when you get ready to work, you can see many or few pinned tabs with all of the extended learning that you have that day.

These are some of the small but major tips and tricks that can help you get through this time of pandemic easier, make you organized, and a more efficient person during remote learning.

Meet The New French Teachers - Ms. Shankar & Mrs. Oliver

By: Nitya Konala

Due to Covid-19, we are virtually interacting with teachers. However, since we are virtual we don't get to know our teachers as well. This year two, new, wonderful french teachers joined our WWMS staff! Check out this interview to find out more about their experience at WWMS!

Hi, welcome to Woodrow Wilson Middle School! I would like to start off by saying thank you for your dedication and hard work during these trying times!

When and why did you get interested in teaching?

Ms. Oliver - "I tutored French for many years (on the side) while working in the culinary world. One day (about a year ago) I realized that working with students and helping them learn French is what makes me most happy, so I made the decision to turn it into a full-time career."

Ms. Shankar - "When I was 22 years old. I was offered training to Teach French as a Foreign Language from Alliance Francaise New Delhi and I accepted and was fascinated by the field of pedagogy right away then I went on to do my training at Alliance Francaise Paris to



Continued

Have you taught at other schools before, if so which ones?

Ms. Oliver - "I have not!"

Ms. Shankar - "No I haven't. Last year was my first year with public schools so I taught at WWMS and JPS. I have been an educator for 21 years mostly at higher education level such as (FIFANY, UPenn, Ursinus College, MCC, etc)."

When and how did you start learning french?

Ms. Oliver - "I started learning French at the age of six. I went to a school called Oak Hill Academy where French was a requirement starting in first grade."

Ms. Shankar - "When I was 11 and my father worked for the Indian Air Force so he was posted in Paris for a Defense project for 3 years. I learned French there. I have been speaking French since then and so does my family!"

What do you like about speaking French?

Ms. Oliver - "I like speaking French because I consider it to be the most beautiful language in the world."

Ms. Shankar - "Being a Francophone gives me access to understanding not just French but of so many other cultures and its people. Instantly, I can connect with people anywhere I go just because I have a mastery over another language. That's the power of speaking another language."

Have you ever visited France, if so how was it? If not, do you want to visit France, and why?

Ms. Oliver- "Yes! I majored in French at Georgetown University and, during my junior year, I was very lucky to be able to study abroad in Strasbourg, France. It was the opportunity of a lifetime! Strasbourg is a charming little city on the Rhine, right near the German border, so I was able to experience both the French and German cultures, architecture, and (of course) cuisine! I took classes at the University there with actual French college students, which was very cool. The people there were very kind, and many of them do not speak English, so I was really forced to perfect my French while I was there (both in and out of the classroom). One of the most memorable things was being there around the holidays for the magnificent Christmas Markets.. it looked like a little gingerbread town!

I have also been to Paris, which, of course, is 'magnifique'! I cannot wait to go back to France and explore more of the country."

Ms. Shankar - "Yes, I have been back several times for my teacher training, and when I did my masters. Every time, my vision changed because what I saw as a kid was different from what I experienced as a student or as a professional meeting other French teachers from around the world. It's like reading the same book but when you are 8, 12, then 18. It was always enriching and memorable."

Nitya (me) - What are some of your hobbies?

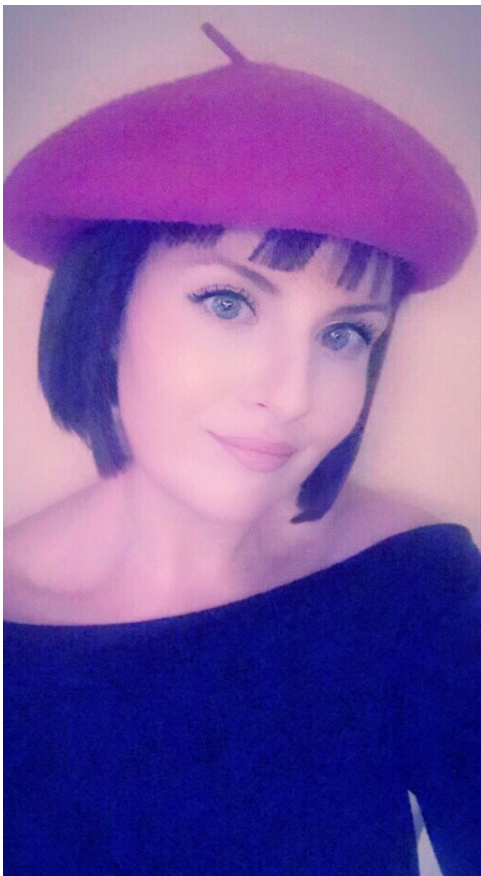
Ms. Oliver- "I went to culinary school after college and spent years working in restaurants and catering, so cooking is definitely my #1 hobby! I also enjoy traveling, exploring new restaurants, entertaining friends and family, working out, going to the beach, hiking, and being outdoors."

Ms. Shankar - "Reading, Gardening, Board Games and Badminton."

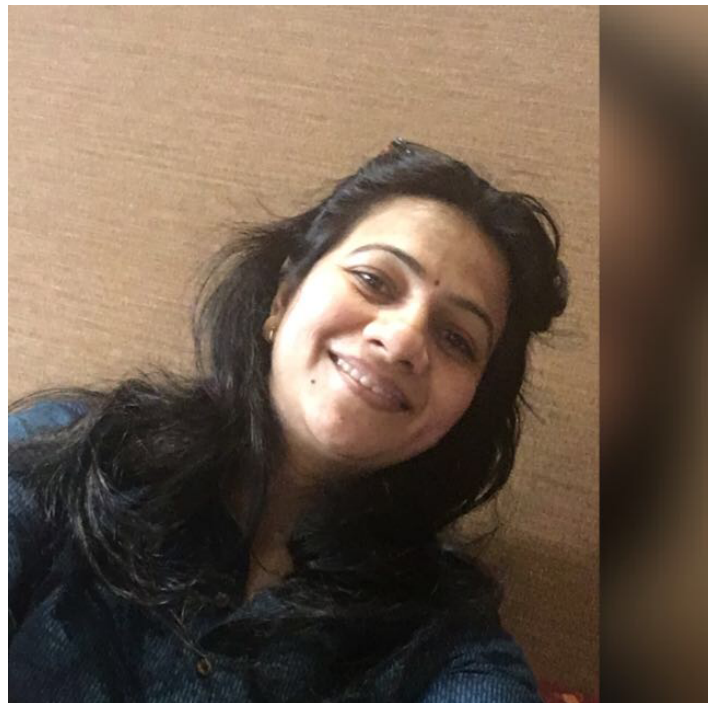
Nitya (me) - What is it about your French class that makes the educational experience fun and unique?

Ms. Oliver- "I believe that learning needs to be fun, interactive, and purposeful, so that's what I try to do in my class! I have a passion for the French culture that I really want to share with my students. Right now, of course, circumstances make it difficult, but going forward, I plan to put a lot of focus on group work, projects, and cultural activities to make the educational experience fun and unique."

"Ms. Shankar- "I insist on speaking and having real conversations and playing Games. Because that's how I am learning Malayalam."



Ms. Oliver



Ms. Shankar

Virtual vs. Hybrid Learning

By: Adhya Vayyeti

Many educators, parents, and students are confused about whether virtual or hybrid learning is the better option. While virtual learning is much safer in the middle of a pandemic, hybrid learning still has its merits.

Clearly, hybrid learning has a lot of privileges that virtual learning cannot provide. Being physically present in school can be more productive for students to stay on task instead of getting easily distracted at home. At school, you're more focused because you can easily connect with your peers and teachers without much inconvenience. At home, it's difficult to socialize with others on a computer as engaging with your classmates is made so much harder over a Zoom call. Another major component that negatively impacts remote learning is the quality of connectivity. Generally, Wi-Fi at school is much more reliable than the flaky internet connections at home when more than one user is trying to get online. These internet connection difficulties at home can throw us off and disrupt our attentiveness during class. While students definitely can't get a full learning experience virtually, hybrid learning also has its flaws.



Even though hybrid learning seems more beneficial, virtual learning does match those criteria in a separate way.. Virtual learning doesn't risk your well being; there's simply no way to be exposed to sickness or contribute to the spread of the pandemic when you are within the safe atmosphere of your home. In hybrid learning, there is a higher chance of being exposed to the virus, because you are being moved to different environments throughout the day. Although you may sit in different spots during the school day, students can still feel self-conscious about what they are being surrounded by. In addition to the safety that remote learning guarantees, there is a worldwide change accompanying it. With virtual learning, cars and buses don't need to travel on roads because it is not necessary. Without different ways of transportation, there has been less pollution in the world. With clean air, it makes the world healthier. Virtual learning has positive impacts on not only ourselves but the world

Continued

Overall, with both ways to learn, they both provide the same education in a slightly different way. Nevertheless, there are issues with both virtual and hybrid learning, so it depends on which system we feel safer in and we feel has the most positive impact. Although remote learning can influence society, students can learn easier and understand assignments with the help of the teacher being in front of them. However, hybrid learning risks your well-being which can be unsafe. Regardless of what we chose, we still know that administrators are doing their best to provide the same learning experience with both choices.

Remote Learning Affects Students: How to Keep Yourself Fit In All Aspects

By: Dhritisree Bhamidipati

Ever since the lock down started, students had to remain inside to stay safe from the Corona virus. Staying safe is our number one priority, but remote learning is also taking a toll on many students' academic lives. Students are having trouble coping with remote learning. From slow internet to piles of assignments, students are feeling very frustrated. Remote learning is hard to adjust to, but maintaining a balance in your mental, physical, and social health will drastically improve your health and make sure you can learn to the best of your ability.

Long Term Effects of Remote Learning -

Remote learning is a good option for students if they are comfortable with it, but many students had to switch to remote learning unexpectedly. Students' education has been affected mainly because they have to adapt to this new lifestyle. Many kids are not used to learning online and learning new concepts such as using a zoom call or google meets. It is important that kids balance each aspect of their health triangle, this will allow them to focus on their education and have enough free time to do things that they love. If you are wondering about how to balance your time, these are some useful tips that will help you get started...



Social Health - One reason most of us would have looked forward to school was to meet our friends, and also just talk with them. Nowadays, we are not able to meet our friends face to face because we are all virtual. We should try talking with our friends through various social media platforms, as it allows us to talk and tell each other about our day. Using social media is good, but we should remember that we have to take responsibility and make sure whatever we are writing or posting is not going to leave a negative impact. If we do not have a healthy social life, then we will start feeling down about ourselves, as we are not talking to anyone. Humans crave social experience, so we must make sure that we are talking with our friends and living a healthy lifestyle. If we start with a healthy social life, our remote learning experience will be great, and it will help us cope with our academics.

Mental Health - Mental health is essential, and during this time we must take care of our emotional well-being. Remote learning has left students feeling stressed about how to complete their assignments. Making sure that you are doing assignments on time is normal, but if you start to feel pressure it takes a toll on your mental health. Having stress deteriorates your mental health and makes you uneasy. Try to look away for a few seconds and take a deep breath if you are feeling overwhelmed with schoolwork. Attempt to understand what you have learned and create tiny notes so that it sticks with you. Also, take small breaks so that you will feel refreshed when you come back. Make sure you are taking an adequate amount of breaks so that you can still learn to the best of your ability.

Physical Health - Last but not least, your physical health. Many people can relate that they have mostly been sitting at a desk and staring at a computer for many hours. Sitting like this will eventually take a toll on your physical health. Students are getting eye and back pain due to sitting at a desk and staring at a computer screen for a long time. Doing exercises can help keep your body fit and active. We will not be able to get enough exercise for our bodies if we sit at a desk for long hours. We should all try every day to do exercises for 1 hour. If you are not able to do it for an hour, try to get outside and take a walk. We must try to exercise each day so that we can stay healthy.

To conclude, remote learning affects all students of all ages. We must learn how to control our social, mental, and physical health. Once we can keep all of those in control, remote learning will be much easier. It will also help you focus on academics and doing things that you love.



Interview with Learn Royale

By: Nikitha Aduru and Sanvi Daram, with Sarvesh Premkumar

In this new time of virtual learning, a few students have created a new educational tool that aims to revolutionize study tools for teachers and students.

Note: All of these questions were answered by the developers of Learn Royale.
(Sarvesh Premkumar, Lakshya Chauhan, Sanjay Ravishankar, Jai Maurya)



What is Learn Royale?

Learn Royale is the first .io game that can be used as an online study tool. It incorporates an engaging design as well as a more interactive player interface and it's made "For students by students."

What is the purpose of Learn Royale?

The purpose of Learn Royale is to help students review their material in a fun and exciting way. If learning is enjoyable, it helps students learn better. Learn Royale was also made to make learning and teaching more interactive and more fun.

What gave you the idea to create Learn Royale?

During remote learning, they noticed that students were disappointed with the META(A term for the best tools available) for classroom interaction. Games such as Quizlet, Kahoot, and Gimkit were fun but quickly turned very boring because of a lack of user interactivity because of that, they sought out to create a better alternative that appealed towards a more hands-on experience for the player.

How long did it take you to make Learn Royale?

"We released our first version around the end of August. It took us about three months to make."

What are some of the features of Learn Royale?

"Some features of Learn Royale are creating, editing, and sharing sets. You can also upload images, work on assignments(for students), check assignment progress and reports (for teachers), add descriptions, and import sets."

Continued

What makes learn royale different from websites/apps such as Quizlet, Kahoot, etc.?

Learn Royale has more interactivity and the player can move around a map unlike games such as Quizlet or Kahoot. Not only that but you can make callouts or chat during the game. Learn Royale is different from the classic study platforms but more interesting, interactive, and extremely unique!

Will there be a Learn Royale Plus, like a Quizlet plus?

“No, we believe that everyone deserves to learn for free. People should have the opportunity to learn and study without the need to pay.” Education of all things should be something that everyone can have access to. We aim to accomplish that by making Learn Royale free for all!

What will be the future of Learn Royale?

“As you all know, our app is completely student-run, Learn Royale is still rising up in the educational study tool market. We are constantly thinking of ways to improve our .io game to

For more information about LR go to the Library website (Need Help? Research and More..) or go to learnroyale.com to try out Learn Royale yourselves.





Adjusting to Middle School 101

By: Umamah Shehzadi

Middle school can be a big step for a lot of people. Mostly because it's different from the six years of elementary school. But it's nothing to worry about. Since you're here, I'll tell you everything there is to know to fully adjust to middle school.

The first thing that you should do is make friends. Even if you're still friends with the people from elementary school, try to open up your circle a little more and make more friends. Having friends by your side is a big benefit in middle school. Instead of ONLY becoming friends with your classmates, aim to also become friends with your teachers. It's not going to be the same as talking to someone your age, but it makes your classes more fun if you're engaging with your teacher.

Something that has helped me tremendously is being organized. Knowing where everything is and where it needs to go can be a big time saver. You're also going to be less stressed worrying about where everything is, instead you can focus your attention on many other things. Also, when you're in school, keep a copy of your schedule and a map. It'll help you find your classrooms, or remind you what classes you have, just in case you forget. A few things that I use to stay organized are binders, folders, whiteboards, calendars, and planners. These aren't the only things that you can use, but they're a few examples to help you start thinking of other items.

The third thing that you should do is enforce new habits. Middle school can be hectic at times, but we still need to keep ourselves together. Try setting a time to do your homework, instead of doing it last minute. You can also try getting all of your important things out of the way, so you don't procrastinate. Also, you should set a time to study. Whether it'd be a refresher for your mind or a review before a test, it's important to study. You should also make a routine. A routine can help you be more efficient, helps break bad habits, and make new good ones. Lastly, it helps you get your most important tasks done.

I hope my tips and tricks were helpful to any new middle schoolers! Just know you're going to have a great school year and you have nothing to worry about. The teachers, staff, and students are all very welcoming for everyone!



The Transition to Sustainable Energy

By: Yadhunadan Senthilkumar

Today, you will learn about our world's transition of powering our daily needs, and what progress we have made so far.

Introduction

We are in a crisis! Global warming is only getting worse, because of our use of fossil fuels. Many people have taken notice about this, and have started to revolutionize how we power things. Companies such as Tesla are truly paving the way to things such as solar panels and electric mobility. We have made such progress, and it is time the world knows that!



Cars

As we all know, one of the main things that affect global warming is our cars. Most of our cars are powered by gasoline or diesel, and as they burn the fuel, they release harmful pollutants into the air. This eventually causes places to get hotter as the heat gets absorbed.

But there was a solution that only made a small effect. It was called hybrid cars. It all started with the 1992 Toyota Prius. These hybrid cars mixed lithium-ion batteries and electric motors with a conventional gasoline engine. At low speeds, or whenever the user wishes, the car can drive solely using the battery. But when the battery dies, or the car is driving above 20 mph, the car uses the gasoline engine. These things didn't really help, as they were being outsold by conventional gasoline engines.

However, gasoline cars have finally been sold out. The electric car revolution started in 2012 with the Tesla Model S, which was an electric car that changed the way cars should be. However, it was expensive, and many people couldn't afford. But now, everyone is buying electric cars. As cars like the \$37,000 Tesla Model 3 and the \$26,000 VW ID.3 win over the hearts of people, our global warming situation is getting a lot better. We are all moving towards a green car environment. The transition to sustainable energy powered cars is finally happening!

Continued

How can you contribute to this revolution? Simple, just buy an electric vehicle. As federal and state governments are giving out tax cuts and incentives to convince people to get an electric vehicle, there will always be an electric car with your reach. Here are some electric cars that we recommend:

1. Tesla Model S
2. Tesla Model 3
3. Tesla Model X
4. Tesla Model Y
5. Audi E Tron
6. Jaguar I-Pace

Anyway, that's it regarding cars, and the progress of **"transitioning"** from gasoline cars to electric cars!



Houses

It's not only our cars that use fossil fuels for power. It's also our buildings that use fossil fuels for electricity. These fossil fuels are burnt at different energy plants, and the energy is sent over to homes for use. The process is simple. But there are even better and simpler ways to produce energy. Here are some of the different types of sustainable energy, and their generators:

- Solar Energy; The Sun & Solar Panels
- Nuclear Energy; Nuclear Plants
- Hydro Energy; Water & Dams
- Wind Energy; Wind & Wind Turbines

We have advanced in all these different technologies, and we will only continue to push them out. Things like the billion dollar solar panels from Tesla, which are really cheap to buy. These are really bringing the sustainable energy market for our homes to a new level. That's all the progress that we have made so far regarding sustainable energy towards our homes.

Discrimination of the LGBTQ+ Community Throughout the Years

By: Aditi Nagunoori

The LGBTQIA community stands for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual. In recent years, this crowd has gotten more and more attention, whether taken negatively or positive. Let's dive into what years of discrimination looked like for them.

#1) Starting in the year 1642, according to the PBS documentary "Out Of The Past", Elizabeth Johnson was whipped and fined for so called, "unseemly practices with another maid attempting to do that which man and woman do." In those years, the concept of homosexuality was overlooked and pushed away. It was viewed as unnatural, and unholy. It seems weird that someone would be physically harmed and then forced to pay money for their sexuality, but harsh punishments were implemented on anyone who was



#2) A few years down the lane on March 10, 1778, Lieutenant Gotthold Frederick Enslin was the first US soldier to be fired from the army for being homosexual. If anyone were to be homophobic in today's world, they would be punished, but again, this concept of homosexuality was totally new and confusing in the past. People were beaten, fined, put in jail, and as shown, stripped of their jobs if they were found to be homosexual. Even publicly accepting someone's sexuality could bring major consequences because that's how they looked down on them.

#3) As claimed by "lgbtqhistory.org", again in 1895, Oscar Wilde (writer and novelist) was convicted for being in relationships with other men. He served two years in jail. Keep in mind, homosexual acts were a crime in England at the time. Oscar did try his best to hide his affairs but in the end failed. He was forced to suffer in prison leading to detrimental effects on his health.

Continued

#4) In 1953, President Dwight D. Eisenhower issued an executive order which banned homosexuals from working for the federal government, stating that they are “a security risk”. According to “inmagazine.ca”, This triggered the Lavender Scare, which led to more than 1,000 federal agents to interrogate suspects, investigate their pasts, and force the outed (outed meaning homosexual) to resign from their jobs. In the following years, thousands of employees were fired and disrespected for the so called “crime” of being gay.

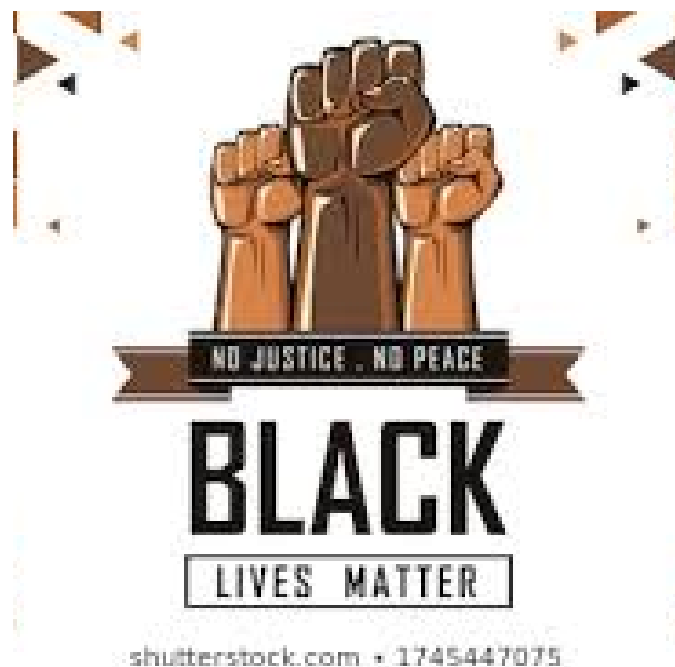
#5) Finally, in 2016, on June 12, one of the biggest and deadliest mass shootings had occurred at a gay night club called Pulse, in Orlando. This was recognized as one of the biggest hate crimes against the LGBTQ+ community in history. Around 50 people were injured and 49 people had died. That day was a tragic day and a major setback for the community. Many members were scared to leave their homes for days after the incident out of fear.

As shown above, discrimination of the LGBTQ+ is deeply rooted in the past, and continues till this day. Over thousands and thousands of years, hatred towards this group of people was normalized.

Have Black Lives Mattered

Aditya Dwasari

On July 13, 2013, there was a project called Black lives matter began. Its purpose was to fight against racism and discrimination. America needs to fight for freedom! Otherwise, we won't make any changes. We need to fight. We need to use our voice to protest against racists acts. We need to unite as equals.



Why Was The Project Black Lives Matter Important

Some people don't know the purpose of creating the BLM project. The reason is because of the racism and discrimination many people face. There are many racist to black people in every institution, including our police, that we need to fight. We have to speak. Black Americans have been treated unfairly! For example, a cop killed George Floyd, a black American. A cop pinned down George Floyd to the ground putting his knee on his neck. George Floyd had cried "I can't breathe," as the police officer continued. This officer still has not been charged with any sentence. This is the problem! Many Americans were enraged. They began to protest that their (Black American) lives mattered too. This is why the project Black Lives Matter is important.

How Did the Project Black Lives Matter Impact People

Black Lives Matter impacts people by showing how Black Americans are being treated. Black Lives Matter urged people to protest against discrimination. The Black Americans made their voices heard by protesting for freedom. It also did not just impact Black Americans. It impacts all Americans. Many individuals started joining the protest and supporting the black community, due to this! The Black-American voices were globally heard saying that our lives matter. This is how the project Black Lives Matter impacted so many people, not just Black Americans.

How You Can Support the Black Lives Matter Movement

Everyone can support the Black Lives Matter Movement and help achieve the movement's goals. There are many ways to support Black Lives Matter. Everyone can go to this website, <https://blacklivesmatter.com/contact/>, to show your support for the movement. You can also donate money to these websites, <https://bailproject.org/> and <https://www.knowyourrightscamp.com/>. These two sources will help you donate to Black Lives Matter. You can also read the news, have discussions about these unfortunate events, and work to create a united community against racism.

All in all, Black Lives Matter is an important cause and is gaining momentum. This movement will not be forgotten. It will be remembered every day. Black Lives Matter has been an inspiration to many people and will continue to be so.

#TeamTrees: Tree Planting Campaign Earns Enough Money to Plant 20 Million Trees

By: Arya Mhatre

Last year, a well-known YouTuber Jimmy Donaldson, “Mr. Beast,” asked, how to celebrate 20 million subscribers? His fans urged him to plant 20 million trees to represent each subscriber. This small idea became the start of a campaign that would impact many lives around the world, with each \$1 donation planting one tree. Mr. Beast set a goal to raise enough money to plant 20 million trees!



Various Youtube stars and entrepreneurs such as Jeffree Star, Elon Musk, Mark Rober, Marques Brownlee, and others helped promote the team trees initiative. For example, Elon Musk donated \$1 million to the project. All the funds raised in this process were to help support the Arbor Day Foundation (which Mr. Beast partnered with), a US organization dedicated to planting trees. More than 20 million trees will be planted, in the United States, Australia, Brazil, Canada, China, France, Haiti, Indonesia, Ireland, Madagascar, Mozambique, Nepal, and the United Kingdom. The first trees planted will include 100,000 trees in California, 350,000 trees in Kenya, and 400,000 trees in Southern India. The trees planted are to recover parts of the world lost to climate change. For example, the trees will replace some of those that were lost in the catastrophic 2018 wildfires in California. These destructive fires were a reminder of global warming’s impact on our planet. The locations of the trees will be critical in ensuring whether they do good for the environment. For example, places that have faced deforestation due to development and fires are naturally ideal locations for planting trees. Whereas, planting them where they don’t typically grow (such as grasslands) can do more harm than good. Due to climate change, trees need to live a long, healthy life.

Continued

A year after the YouTubers launched their campaign, the campaign remains in a critical phase: planting the trees and ensuring their survival. Though the fundraising was a success, making sure the trees will live long enough has its challenges. According to the Arbor Day Foundation, the charity is on track to reach a goal of having all 20 million trees planted by 2022. The foundation even surpassed its goal of raising 20 million USD. The Arbor Day Foundation is aiming for over 7 million trees to be planted this year and is close to 5 million trees planted. There are many other organizations, such as forest organizations and services that are helping to plant trees all around the world. Additionally, there will be specialized locations in which trees will be planted for the environment. For example, in Madagascar 100,000 Mangrove trees will be planted to prevent rising sea levels and storm surges. Furthermore, Senegal is to be home to a million new fruit and nut trees by the end of 2020. The country will host the largest number of trees being planted in a single place this year.

However, the pandemic did stop about 10% of Team Trees projects. The canceled projects were mostly reforestation efforts, but the initial blow was much less than the foundation had expected. As the Team Trees project continues on its path to a brighter future, there will be unexpected obstacles and problems that come along the way. The Arbor Day Foundation suspects that the biggest problem will be wildfires. When the Arbor Day Foundation's partners do begin replanting in devastated areas, they'll need to think about what trees will be the most resilient. Climate change is driving more severe droughts and fire seasons in places like California. Nevertheless, efforts like Team Trees are playing a huge role by planting the right trees in the right places



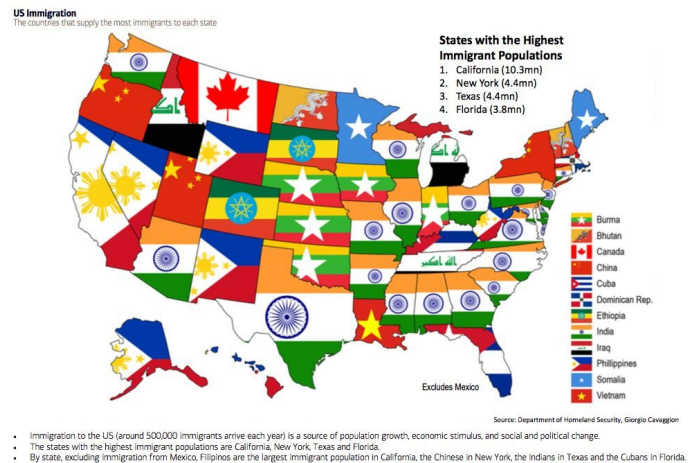
The Immigration Laws of America

By: Deveshi Bhardwaj

The United States of America was founded by immigrants. Without immigration, this country wouldn't have as many leaders and heroes, or a good economy. Most importantly, it would have lost the different cultures and diversity of its people. We all live in the United States and therefore it is important to be informed about its laws and rules, such as the Immigration Nationality Act (INA).

Continued

The INA has three main goals for Immigration. They want all families to be together. That's why any US citizen can help their families get a visa to come to the United States. The second main goal is to have more employees. The INA chooses immigrants who are good at their jobs so that they can help America's economy to grow. The third goal is to increase diversity in the USA. According to a law passed by the government in 1970, anyone who is born in the United States is automatically considered a citizen of the United States. People who aren't born in the US, and come from different countries are called immigrants. There are two different types of immigrants; permanent and temporary.



A permanent immigrant is one that can live in the US for as long as they would like. They can also be called a Legal Permanent Resident (LPR). LPRs have a green card, which grants them permission to live in the US for an unlimited period of time. If you want to apply for a green card, you must be recommended or sponsored by an employer or a family member. About one million people are granted green cards each year. Half of those go to people from outside the US, and the other half is for temporary immigrants.

A temporary immigrant is one that can live in the US for only a certain period of time. They will not directly receive a green card but can apply for a green card, and get one if recommended by an employer or family member. There are different types of visas available to temporary immigrants.

H-1B: This visa allows workers to stay for up to six-year periods. There can only be 85,000 H-1B visas per year.

H-2A: This visa is for agricultural workers coming from another country. They can stay in the United States for up to three years. There's not a limit to the number of visas given each year.

H-2B: This visa is for short periods but can be extended for up to three years. It is for workers with temporary jobs.

L: This visa for workers coming from an international branch of a company to a U.S. branch.

O: The O visa is for people with an out-of-the-ordinary ability in science, art, business, or athletics.

TN: This visa allows professional workers from Mexico and Canada to live and work in the United States. Their period of stay is not limited.

But the government can also decline some visas and admission because of multiple reasons. Firstly, the government does a background check on all applicants. They make sure that there are no serious criminal records, health records, or possible terrorism. They need to make sure everyone coming into the country is safe and will help our nation.

In conclusion, the immigration laws in the US are helpful and fair, giving everyone from other countries a chance to have better opportunities. There are 47 million immigrants in the USA and each and every one of them helps boost the economy and bring diversity to our nation.

The Importance of Mental Health & What You Can Do To Stay Healthy

By Ambika Kumar

You have probably heard the words “Stay healthy” from many people before. Parents, teachers, friends, posters- The words are everywhere. You’ve also probably heard them a lot during the ongoing pandemic. So I’ll ask you a simple question: What does staying healthy really mean?

Being truly healthy means to be so in all aspects: Your body and mind need to be working and feeling their best. However, the latter is a topic that is mostly avoided because related problems are not typically found in children, but it is important to know what to do if and when these situations occur.

What is mental health?

To put it simply, the well-being of your mind.

Having good mental health means to be balanced. It means to be working well, feeling as well, and having your behavior and emotions in control. Not allowing stress, peer pressure, or expectations to deter you, and coping with small issues regularly. Mental health is measured not by the amount of pressure, or similar factors, are affecting you, but by how well you’re able to deal with them. This state of mind is possible especially when the people surrounding you are supportive and healthy themselves.



Continued

Some of these problems are caused by insecurity. They can show up in you and people your age, and while professional help is recommended *when it goes too far*, begin by talking to them. If they are friends of yours, tell them that they don't need to worry, that it's okay. Be kind. Kindness can do wonders because mental health and emotional health are essentially the same.

Do not try to diagnose someone by yourself, it can be very dangerous

The Little Things

The entire idea of mental health has to do with what you feel. Never neglect emotions, because they're extremely important. Know what you want and how you feel. Be kind, to yourself, and others. Show people that you care, because it's the little things that truly help. A quote from writer Arthur Helps is that "Wise sayings often fall on barren ground, but a kind word is never thrown away." Remember this, because a single word, kind or unkind goes a long way. It can affect you and the people you speak to in unimaginable ways. Words can help and they can heal. Being kind makes people *feel* better. And at the end of the day, it's your feelings that decide your health in this area.

Take care of yourself and the people you love. Make sure everything is okay. Say nice things. Remember to ask for help. And you will stay healthy, happy, and you'll help others be that way too.

Most Bizarre Places in the World

By: Naisha Patel

Nature is full of tricks, many of which result in strange - but interesting - sights. Here are a few of the locations in the world where science goes bizarre

7. Frozen methane bubbles, Canada

Found in the winter, in northern lakes like Lake Abraham in Alberta, Canada, these gas bubbles are made when dead leaves, plants, and animals fall into the water, sink, and get eaten by methane-excreting bacteria. The gas is released as bubbles, which freeze when they come in contact with the frozen water. It is an amazing, but potentially dangerous site, so you must always be careful. Visitors can see these frozen bubbles at Banff National Park, Canada, or the Arctic Ocean near Siberia.



Continued

6. Blood Falls, Antarctica

Blood Falls in eastern Antarctica has a bright blood-like red stain, against the glistening white snow - it is an eerie sight. But really, it is not blood - in fact, the brilliant scarlet tint comes from an extremely salty subglacial lake. This happened about 2 million years ago, and Taylor Glacier is the only spot in the world to see it.



5. Sailing Stones, USA

When visitors discovered heavy stones that seemed to have moved on the dry lake bed, they were baffled. It took a NASA scientist to crack the case. In the winter, Racetrack Playa fills with water and the stones on the lakebed freeze over. Because of the ice's buoyancy, even a slight breeze can send the rocks tumbling. During the warmer months, the ice melts away, leaving only the rocks and their mysterious trails. This can be seen at Little Bonne Claire Playa in Nevada and Death Valley's Racetrack Playa.



4. Kawah Ijen Lake, Indonesia

Visitors who come to Java, Indonesia to see the spectacular sights expect a turquoise lake at the top. The reason for this is sulfuric gases. The magma chamber below the volcano pours sulfuric gases into the lake. When that is mixed with a high concentration of dissolved metals, the gases turn the lake into a brilliant shade of blue. Fearless travelers can join the three-hour hikes to the crater to see the lake in person.



3. Hidden Beach, Mexico

The Hidden Beach on one of the Marieta Islands off the coast of Mexico is a vacationer's dream. A bomb blast in the early 1900s created a huge hole. Over time, tides filled the hole with sand and water, creating the secluded beach it is now. Playa Del Armor is invisible from the outside, but you can access it by a 24-meter long tunnel that links the hidden beach and the ocean.



2. Pink Lake Hillier, Australia

If you fly over western Australia, you will see a rare treat - bubblegum pink lakes in the middle of emerald green forests. The most well-known is Lake Hillier, and it creates a stunning landscape in the midst of sand and trees. Nobody knows how the color came to be, but some think it is due to algae which can cause redd-ish pink pigments.



1. Fairy Circles, Namibia

Across the dry landscape of Namibia lies millions of circular patches shaped like honeycombs. And most interestingly, the land is void of plants. No one knows how these circles came to be, but there are many theories. Some scientists believe it is radioactive soil, while others think termites have created these circles.



Australia is on Fire!!!

By: Likhith Aramati

#1 What's happening to Australia?

Australia is on Fire!! All over Australia, there are massive wildfires. These wildfires could/are really dangerous. They are injuring or killing most of the animals that live in Australia. These wildfires are not just killing or injuring these animals they are making certain ones endangered as well. The wildfires are caused because the sun shines the brightest in Australia. Also, all these wildfires are killing trees as well, which makes it harder to live in Australia.

#2 Animals are getting hurt!

The Animal that is getting affected the most is Koalas. Koalas are getting affected the most because they spend most of their lives on trees and trees get burned down when there is a fire. So the Koalas go to the ground since the trees are dead, but they don't realize the fire is on the ground as well. After they reach the ground they get caught in the fire and get severely injured or they die. This is why the Koalas are the animal that is getting affected the most by the wildfires.

Continued

#3 Who's helping?

The most famous zoo in Australia, which is the Australian zoo, is helping all the animals in any way possible. This zoo is owned by the famous animal family "The Irwins!!!" They have developed tons of rooms for the animals in their zoo hospital, so the animals can get treated. Robert, Bindi, and Terry Irwin all love animals and live in the zoo, so they can take care of them every day. Robert and Bindi's dad, also Terry's husband, died because he got stung by a stingray. His name was a name everyone knew if you said it, it is none other than Steve Irwin!!! When he was alive he used to just go up to an injured crocodile and fight it so he can get it back and it will get treated. Back then they always used to and they still care about Australia.



#4 It is affecting people!

These wildfires in Australia might take out all the living things in Australia. It is affecting the humans in Australia because the wildfires are making the air quality bad. It is also burning down most of the things so the humans there can't get any crops to cook or eat. The wildfires are also destroying the shelters/house in Australia which is making it hard for some people to live there. Tons of people are leaving Australia and looking for an easy life in America or other places. The rest of the people either want to go, but they can't since they don't have enough money or they don't want to leave and still hope that Australia will be fine.

#5 Save themselves!

To save themselves they need to be away from anything that can catch on fire. The people need to start building houses out of concrete instead of wood or other highly flammable materials. They need to protect themselves and the animals by creating structures where people or animals can be until this crisis is over. Australia needs heroes to save it, we need to donate food and water so they won't starve and die. This is how they or we can help save Australia and life there.

Conclusion...

So overall, we need to help Australia and save it. The people and animals of this continent require serious attention. Hopefully, people are going to help them. We have to take charge and go help or else we might lose a whole lot of people, animals, and most importantly the entire continent!!! So we have to help the people thereby stopping some of the animals and Australia from going extinct!!!

How to Stay Safe During Holidays in 2020

by Daya Karakkatt

Holidays are going to be looking a lot different to millions of Americans this year. In the middle of a worldwide pandemic, it's going to be hard to have your whole family come to enjoy a meal together. Despite the troubles and worries that may go through people's minds during this time, there will still be heavy traveling all over the world, especially in the USA, the hotspot of the coronavirus. In case you did get invited to your grandma's Thanksgiving dinner that your parents are making you go to, here are some tips and precautions you and your family can take to stay safe.

Things Everyone Should Be Doing

- Wear a mask, and make sure you are wearing it properly. Cover your nose and mouth and tighten it accordingly. The mask should fit snugly across your face.
- If you are meeting people who do not live with you, stay at least 6 feet away at all times.
- Wash your hands often for at least 20 seconds thoroughly. If a sink or water isn't available at the moment, make sure you carry hand sanitizer everywhere you go. Your hand sanitizer should be at least 60% alcohol for it to be effective.

Attending or Hosting a Gathering

- Bring your own utensils and food if you are attending.
- Wear a mask and make sure your mask is placed safely when eating or drinking.
- Don't go in and out of areas where food is being made such as the kitchen to prevent the spread of disease.
- Use one-time use utensils and options, like condiment packets and disposable containers.
- If you are hosting, make sure your setup is outside. If it's inside, check if there's airflow throughout the area and open up the windows.
- Don't invite too many people.

Precautions to Take if you are Traveling

- Check travel restrictions and get a flu shot before you travel.
- Avoid touching your mask, eyes, mouth, nose, etc.
- Bring extra masks and supplies on your travel.
- Stay 6 feet away from anyone who's not in your household.

For more information, please visit the [CDC website](https://www.cdc.gov). Wishing everyone a happy and safe Thanksgiving!



Is Online Shopping the Best Way to Shop?

By: Shruthi Srinivasan

During this uncertain time, it is dangerous to physically go to shops. Thus, people rely more on online shopping or e-commerce. But, is it the best way to shop? E-commerce has many pros and cons. In this article, you'll learn all about it.

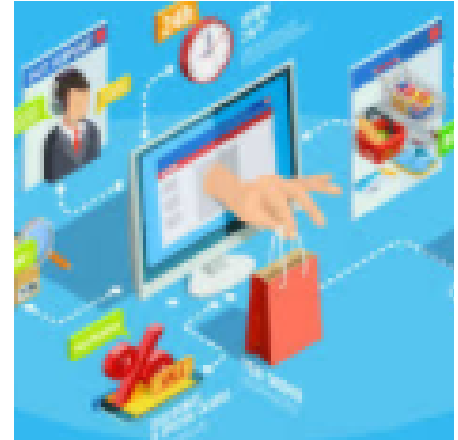
Pros of E-commerce:

E-commerce is a very efficient way to shop. It is only a click away. You type your item in the search bar, and seconds later, the results of your search appear. Unlike physical shopping, where you might need to travel from store to store or aisle to aisle to find the item you want, you don't need any commute with online shopping. With a click of a button, the item is on its way to your doorstep. They'll be delivered to your doorstep by package delivery service. This saves a ton of time for you and your family. Another good thing about online shopping is that you can read online reviews. Online reviews are a great way to find out whether the item(s) that you're about to purchase is good or bad. You can compare costs, and figure out the best deals for the item(s) you need to buy with e-commerce. When there is an item that is out of stock, you'll get notified from the online shopping site when the item is in stock again. You can pre-order an item when it goes out of stock as well. With physical shopping, you won't know when an item would be in stock again. During this time, e-commerce can help us get things we need to be delivered to our home.

Cons of E-commerce:

E-commerce has its risks as well. Hacking! Hacking is a major problem with online shopping. If the online shopping site is not secure, people can hack into your account and steal your personal information and money. A site can also be a scam. A scam is a dishonest plan planned by people to steal your money and personal information. To be safe use online shopping sites that are reliable and trustworthy. Create a strong password/pin, change it often, and use your credit card to buy things from online sites. Secondly, items can get misplaced, not delivered on time, or broken. Thirdly, brick-and-mortar stores are going out of business during this troublesome time as more people shop online. These stores are filing bankruptcy. Lastly, food ordered online might have been contaminated or expired. In conclusion, e-commerce has its risks as well as its advantages.

As you can see, e-commerce is an excellent way of shopping. It saves time, energy, and money. But like for everything it has its risks as well. We can prevent these risks. In conclusion, if we use online shopping sites safely and correctly, it will be very useful to us.



Medicare For All Topic Analysis

Iniya Karimanal

Upon asking anyone about the progressive idea of Medicare for All, chances are you'll get mixed responses. Both proponents and opponents of the bill, who can be anyone from a well-known politician, a doctor, or even a common person, present a vast array of both credible and misinformed arguments. As many politicians are moving towards progressive policies, this topic is very relevant and it is of utmost significance, especially for youth, to understand these frequently-used terms in debates, campaigns, and other political circumstances. To help your understanding of this sometimes puzzling proposition, the following is a brief summary, along with two common arguments on both sides of the topic.



Medicare for All, also known as a single-payer system, would replace every other public and private health insurance provider. M4A would give every American, regardless of age and socioeconomic status, health insurance, eliminating out-of-pocket expenses, deductibles, and premiums on healthcare. This is different from Obama's current approach on the Affordable Care Act as he focused on providing health insurance strictly for low-income Americans, while Medicare For All provides insurance for all (hence the name). While a considerable number of individuals received coverage under Obama's program, 27 million people without health insurance were left in the dust.

Proponents of the bill not only focus on providing the 27 million individuals lacking proper health insurance, but argue for other benefits as well..

1. An example of this is the argument on the affirmative of the benefit to rural hospitals. In the status quo, Kaiser Health News reports that 80% of rural America is underserved. Medicare for All would help rural hospitals and citizens in three ways: reducing administrative costs, implementing global budgeting, and covering uncompensated care.

→ First, reducing administrative costs. According to Stankiewicz from Citizen.org, "Rural hospitals are burdened by the extensive time and paperwork required to deal with myriad private insurers." That's why Stankiewicz furthers that administrative costs amounted to 812 billion dollars in total. Fortunately, with Medicare For All, a streamlined billing process would be in place. This could potentially save up to 600 billion dollars each year in administrative costs!

Continued

→ Second is global budgeting. Global budgeting is the practice of paying providers revenue based on their expected costs for the needs of the community. A trial of M4A was implemented in Maryland. According to Sharfstein from Commonwealth Fund, global budgeting saved 429 million dollars in rural hospitals state-wide.

→ Finally, Medicare for All would cover uncompensated care. In the present-day, the majority of rural residents are uninsured, as according to Public Citizen, 51% of rural hospitals serve a disproportionate share of patients who lack adequate coverage, and these hospitals are forced to take on the costs of the uncompensated care. Medicare for all would address this by providing insurance to all patients.

The impact is preventing hospital closures. Right now, Ashrafzadeh writes that “673 additional rural medical facilities are at risk of closure. This means that one-third of rural hospitals in the United States may shut their doors, tens of thousands of jobs will be lost in rural communities, and 11.7 million Americans will lose access to local healthcare.”

1. Another argument is the formation of a national database. In the status quo, the data of patients is fragmented across several systems due to patients’ usage of different healthcare providers and plans. This makes coordination of care is difficult, and a comprehensive review of care impossible. The impacts are twofold.

→ First is care efficiency. Poelker writes that centralized data will grant providers, “the ability to sift through clinical data from every hospital in the U.S. to look for trends in healthcare...Patients would benefit by having...entire medical histories readily available in an emergency.” Bae furthers that this could cause hospital visits to increase by 30-40%.

→ Second, Mehta states that this system could create a value of 300 billion dollars each year. This would lead to huge net savings for hospitals.

On the opposing side, it is argued frequently that costs would be astronomical, and taxes would increase considerably.

1. An argument that demonstrates this is the U.S.’ ability to cope with recession. Heartland supports that Medicare for All would cost a whopping 600 trillion dollars in only the first 10 years. The unbearable cost becomes even worse during a financial downturn, during which government revenue declines sharply. Thus, Medicare for All suddenly becomes a sinking ship. There are two reasons why the government will be forced to respond to a recession with cuts to health care.

→ First is tax cuts. During a recession, the government is forced to cut taxes to assist struggling families. With less money flowing into the government, the government is forced to make compromises on spending.

→ Second is austerity. The government needs to cut programs in order to save money, private insurers don’t face the same level of pressure.

Empirically, other countries like Spain, Greece, and Canada with single-payer are slashing budgets and underfunding healthcare due to the high costs.

This has one distinct impact. The Guardian states that in the U.K, 130,000 preventable deaths were attributable to the U.K.'s single-payer system. A country as big as the US would have hundreds of thousands of deaths if M4A would be implemented.

1. Another argument is the likelihood of medical collapse. Daly quantifies that "use of Medicare rates for any single-payer system would cut hospital net revenue by \$200 billion annually." Hospitals need a 4% margin minimally in order to operate. Unfortunately, Medicare for all would cause double-digit revenue reductions, leaving thousands of hospitals in the dust. This results in a loss of quality healthcare. The impact is death caused by hospital closure. NBC shows that a University of Washington study examined 92 rural hospital closings. They found that rural closings caused their populations to see mortality rates rise 5.9 percent.

The Bottom Line:

Regardless of whether you support Medicare for All, it's important to realize our current healthcare system is a mess. Millions of people don't have access to healthcare, waiting-lists are long, data is scattered, transparency is lacking, and costs are much higher than they should be. As politics moves into a new, progressive era, understanding these policies is crucial, regardless of whether you are one of those 27 million individuals looking for better healthcare.

The Rise and Future for Child Detention (Immigration) Centers

Sai Arjit Anand

What is happening in them

There are about 133 such facilities. In these facilities, the children are not provided with proper food, water, or sanitation even during the pandemic. Warren Binford is a lawyer who went to see one such facility in Texas. Prof. Binford said, in an interview at PBS NewsHour that the conditions are inhumane. She said, "They are essentially being warehoused, as many as 300 children in a cell, with almost no adult supervision. We have children caring for other younger children. For example, we saw a little boy in diapers, or no diapers I should say, and when I asked why he didn't have a diaper on, I was told he didn't need it. He immediately urinated. Another child came to help him. They are hardly being fed and being neglected of any medical needs." Even in the eyes of a lawyer, this neglect is totally inhumane. Imagine being one of those kids, not even eating or getting a bandage for bleeding.



Continued

How is this happening

Even before the Trump Administration, families were contained by the pilot program but when the Trump Administration went into the topic they decided to separate children from their parents to prevent future migrants from coming. This happened from April to June 2018 yet the effects have carried out today. Hundreds of children are still yet to be reunited with their parents. Even more are still trying to figure out where in the world they are.



What is the future

Kamala Harris and Joe Biden said that they would stop it and many lawyers like Prof. Binford are planning to sue the Trump Administration. Kamala Harris is speaking to the Senate about the zero-tolerance policy. The people getting separated are depressed as she pointed out.

She said that we would be harshly judged in the future. She also said that it will have a great impact on America's reputation.

The Story Behind Buddha

By: Sumayya Tabassum Shaik

The world can have fighting, a lot of violence, and wars. There are times when the crowded world seems like a competition. It can seem like the world can't work together, and respect every existence of a living being. This is when Siddharth Gautum, known as Buddha, preaches to the world to step back, thank every existence, and show love and care.



The time was 632 B.C, and Buddha was born in a town named Kapilvastu. Today, it is called Tilaurakot, Nepal. Buddha was the son of a very powerful king named Suddhodana. His son's birth made the whole Kapilvastu full of celebrations and festivals. In addition, people had guides, or fortune-tellers, to bring the kings' life to the right path. These people were called Gurus. Therefore, Buddha's father asked his guru about what his son was going to be when he grew up. The guru said that he would either be a powerful king, just like his father, or he would be a philosopher. As a result, the father made a decision that his son has to be the king of Kapilvastu, after him. He never wanted his son to be a philosopher because Suddhodana wanted his son on a battlefield. Sudhodana spent nights thinking about how Buddha could be prevented from being a philosopher.

Continued

A week before Buddha was born, his father came up with an idea that he would never show his son the upsetting reality of the world. Siddhodana told the village that no one should show Buddha any violence and death. Also, he sent the poor villagers to a faraway land, where his son cannot see any reality of the world. This is because he will feel bad for the villagers, and soon there will be a chance he will be a philosopher. In the olden days, most people become philosophers because of the violence and death they observe in the world.

When Buddha was a little child, he was very caring; he did not want to fight anyone, but he didn't understand why the world was so harsh to each other. As he got older, he was asked to join school, with personal tutors. There were many subjects, like math (in the olden days), language, science, etc. However, there was one subject he didn't like, and this was sword-fighting. Buddha excelled in every subject except this. When his father found out, he forced Buddha to learn to fight more, because he wanted him to be king.

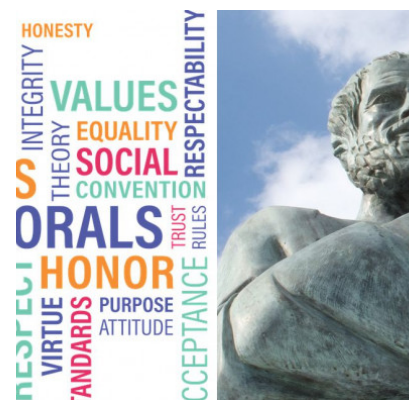
Time passed, and Buddha got older. He still didn't want violence in the world. Instead, he played with his animals during the sword-fighting class. Buddha's dad became furious when he heard this news, and he forced his son to skip school and only learn sword fighting. When he was fully grown, the father commanded Buddha to do many cruel things.

The time came when Buddha finally heard that the whole village was in a faraway land. He panicked, thinking about how many bad things happened, because of him. Things got so bad he ran away from his palace and entered a forest. He sat next to a tree and closed his eyes. This was soon called meditation. This is where Buddha finally became a philosopher, and many people understood him. Soon, his father too understood why there is no need to harm others. As a result, this is how we know the story of Buddha today. His teachings became so big that it led to "Buddhism". He stopped many wars and showed the world to love each other.

How Learning About Philosophy Can Affect Our Life

By: Gauri Kshetry

Philosophy is the critical study of fundamental questions that arise both in everyday life and through the practice of other disciplines. They are a system of concepts that concern the nature of reality and can help us reflect over our actions and thoughts. Albeit these teachings can have a very meaningful impact on our lives, many wonder why it is important to study philosophy. The answer is simple. It can help us when we are confused on what decision we need to make between right and wrong. Philosophy does not only enhance our ability to solve problems, but it can also help us make better decisions by developing our critical thinking.



Continued

While reading philosophy and understanding it, we can go through a period of intense thinking in which we use specific parts of the cortex in our brain to decode the meaning behind the philosophical thoughts. Using these specific parts, strengthens our brain tissues that cause us to think more efficiently and thoughtfully. These skills can help us judge poor decisions and arguments in our lives so that we can avoid them in order to live a more meaningful life. Philosophy helps assure us that manipulation and poor arguments will have a lower impact on our beliefs, and good arguments and evidence will have a larger impact on our beliefs.

Philosophy does not simply tell us what to believe. It also helps us improve our thinking by improving our reasoning skills. This is not just by having rules that tell us what forms of reasoning are appropriate. Rather, the concepts explain why or why not the decision would be a good one. It can help us through practice. Reading, writing, and debating philosophy helps improve our intuitive ability to understand what it means to be reasonable. By practicing philosophical thought, we transform ourselves into the kind of person who tends to think more reasonably, and becoming a more reasonable sort of person can help us detect poor reasoning.

Conclusively, philosophy forces us to let others question our beliefs and for us to question our own beliefs. This is likely to cause us to change our mind when we find out a belief we have is unjustified. Once we have better beliefs, we will be in a better position to improve our behavior. Improved beliefs are often sufficient to bring out improved behavior because bad habits, addiction, and a lack of motivation can make it difficult for us to do the right thing. Philosophy helps bring ethics and good morals into our lives so that we can transform ourselves into better people by daily following these interesting learnings.

How the Coronavirus Affects Our Mental Health

By: Naisha Bhandari

The coronavirus pandemic is something that none of us ever anticipated, yet we are all forced to endure. Regardless of whether we've been medically affected, I am sure we have all been affected by COVID-19. Our mental health is one of the most affected factors. We often overlook mental health because many people believe it isn't a 'real' problem. Now, more than ever, we have to see past that stigma to help everyone.



Continued

In March, we were quarantined to fight the virus. Since then, the percentage of mental health-related visits for children aged 5-11 and 12-17 years respectively increased by 24% and 31%. On top of that, in June it was reported one in four American college students had suicidal thoughts because of the lockdown. Quarantine has had drastic effects on youth because of social isolation, unemployment, financial concerns, and lack of school structure. Experts say that being isolated from the world leads to a sense of detachment and thus feelings of loneliness and sadness arise. However, this becomes more likely if a person has experienced a direct threat to their safety. Some examples are not having enough food or shelter.

Across all age groups, it appears that the lockdowns and school closures had the most impact on children's' mental health. Many parents reported behavioral issues in their kids that had not been displayed before the virus. Dr. John Whyte, the chief medical officer of the healthcare website WebMD, addressed an increase in sleep disturbances in children. He states, "Kids often have more difficulty than adults in expressing their emotions and that's why we are seeing these physical manifestations related to a decrease in kids' mental wellness." Speaking from personal experience, I have seen kids struggling to deal with their anxiety or their stress on their own. In another study in China, researchers in the Hubei province, where the pandemic originated, examined a group of children for signs of emotional distress only 35 days after they went into quarantine. In that small amount of time, 22.6% reported symptoms of depression and 18.9% reported anxiety. This goes to show that even though the virus seems to spare most children's bodies, it does not spare their minds.

Clearly, before the pandemic, the mental health needs of the children in our society were not being met. Lockdowns have only deepened these issues and raised the demand for mental health needs. Community recognition of the importance of mental health is growing, which is a step in the right direction. Now we have to continue to move forward in our path to prevent mental and behavioral problems sooner. If there is anything this pandemic has taught us, it is that we cannot take time for granted. The sooner we act on this, the better people will feel.

The Hurdles of a Frontline Worker

By: Hasini Vummaji

While we endlessly complain about trivial matters, front line workers are endangering their lives to protect others and maintain the economy. A person who's required to be physically present at their job is a frontline worker. These people are heroes! Some of them are health care workers, cashiers, food processing workers, police officers, etc. Companies should provide them with supplies to support their work. They should use their funds to reduce tension among frontline workers during these unprecedented times. These supplies will also increase safety and productivity in their establishments.

Continued

Some frontline workers work day and night to resolve issues. According to wecnmagazine.com, Larry had to sacrifice sleep to help citizens. As he was preparing to sleep, a woman reported her power was out. Since it was Larry's weekly overnight shift, he drove to her house to solve the problem. After he got there, he helped determine the root of the issue. It was in the base of the meter. So, he installed a temporary fix until the electrician could come the next day. It took two hours to do, and then in the morning, he had to head to work. Frontline workers have to manage their time so that they do things outside of employment.



According to Dr. Frankie from whateveryourdose.com, she is delighted to work with a supportive group. They make sure to be emotionally available for each other. On days off, she does her F45 workouts at home. It helps her connect with her gym family. She lives alone, therefore makes it a point to contact loved ones. Also, she maintains a healthy sleep schedule. As you can see, front line workers need to take care of themselves as well.

Their jobs have changed drastically from before COVID-19. They have to work longer, even though their jobs are risky. However, retail workers have less work to do. Although they have fewer customers, their job is extremely tiresome because of frustrated customers. Now, as people are coming out of their homes, their work is increasing.

The Essentially of Libraries in a Community

By Ishani Bakshi

I am assuming most of you would value a genius's opinion over a middle schooler's. Well, Albert Einstein, an indisputable genius, once said, "the only thing you must know is the location of the library." Though a hyperbole, it is also crucial advice from one of the most intellectual historical figures. The word library probably sprouts the image of dusty, long, shelves of singularly colored books. In other words, a boring, antiquated place. Well, I beg to differ. Libraries are birthplaces of imagination and a tight-knit community. They are the keepers of history and knowledge. In other words, they are essential to all communities.

Firstly, access to libraries improves student performance. Before I drown all of you with statistics, let me explain the key components of a basic library. The library should have access to properly functioning computers, availability to at least 8000 ebooks and books and numerous certified librarians. Now according to a study conducted by the PA School Library Project, around 8% more students have advanced scores in standardized reading tests if certified librarians are staffed for 35+ hours each week. Also, 6% more students have advanced reading skills if provided with relatively new and functioning computers. Lastly, they perform around 9% better on ELA assessments if they have access to a standard amount of books. Though this might not seem like gigantic percentages, remember 1% of elementary, middle, and high school students in America would be 564,000 students! Imagine hundred-thousands of kids around the world being encompassed by new opportunities and knowledge just because they crossed the gateway into the mystical world of libraries.

Secondly, libraries are the birthplace of bonds. I appreciate numbers and statistics, but emotions can't bleed off them like they will from this anecdote. I was once a shy girl, the type to hunch over a book, and melt into the shadows. This particular characteristic was not helpful, as I was the 'new kid.' I struggled to form the right words in conversations with my classmates and I was unable to find the proper approach in the bustling recess playground.



Continued

Instead, I stuck like a leech to the community library as it was the place where I wasn't overwhelmed with trying to fit in and one particular day, a girl tapped on my shoulder as I was reading. She gave me a hearty smile and told me she liked the book I was reading. I replied with a question about the book characters, my heart racing. I was conversing with a person, creating bonds! For minutes I thought it was all a dream however I quickly realized that just because I came to a library, my lonely life was splattered with light. Libraries are places in which you can bond over shared interests, like fantasy books, or a fascination with 1920s settings. You can create bonds as that first conversation allowed for me to branch out and make some new friends.

Before I finish typing to release my cramped fingers, I have a question for you. Do you want to be deadly, improve your intelligence, and form new friendships? I imagine you do. Therefore, I suggest visiting your local library, and if you don't have one show others the essentiality of them in your community. After all, like Sarah J Maas, says "libraries were full of ideas, perhaps the most dangerous and powerful of all weapons." Now I tell all community leaders, to stock up on your arsenal, and realize the essentiality of libraries.

The Holocaust

By Harshini Asokumar

I sat at my desk and was prepared to write this article. I had the research, I did the work, but instead of jumping straight into it I simply just sat and thought. I realized the privilege of us living through 2020. This rough year's pain is small compared to one of the most significant events in history, The Holocaust. I sit here today and think about the Holocaust. A period of time where people were tricked, abused, and even killed due to their religion. Today we call America the "Land of the Free" but even to this day people have continued to be defined based on their gender, the color of their skin, and even their religion. When we reflect on the times America had to endure, we can say there has been improvement and change in society, however, there is still much more that we can do.

The word "Holocaust," itself came from the Greek words "holos" (whole) and "kaustos" (burned), Since 1945, the word has taken on a new meaning. We now call the mass murder of millions of European Jews (as well as millions of others, the Holocaust). The Nazi leader Adolf Hilter believed in cleansing the diversity in Germany and saw Jews as a threat, (a group of people that he thought should not be accepted in Germany). In 1933, there were limited Jews in Germany.



Continued

The total population was 1 percent compared to the rest! The Nuremberg Laws of 1935, stated that anyone with three or four Jewish grandparents was considered a Jew, while those with two Jewish grandparents were designated Mischlinge (half-breeds).

The Nazis ruled for years while the Jews were constantly abused and treated unfairly, however this Adolf Hitler ambition only grew higher. He wanted to rid Germany of the Jews completely. During World war II, mass killing centers were constructed in the concentration camps that occupied Poland. This war is considered to be "Hilter's" final solutions. They weren't provided with the basic supplies and there was an enormous lack of food, water, etc.

Beginning in late 1941, the Germans began mass transports from Poland to the concentration camps and started with what was considered easy. The sick, old, and extremely young. The first mass gassings began at the camp of Belzec, near Lublin, on March 17, 1942. Numerous mass killings took place from 1942 to 1945. Jews constantly got transported from camp to camp. Thankfully, it was impossible due to how large the numbers were which spared up suspicions and proper action cast akin to putting this large secret to a permanent stop. SIX MILLION Jews and 5 million other races were targeted and killed in horrible ways because of their race and beliefs. More than one million of those who perished were children. Children were stripped away from this world; denied the chance to succeed and live life. Today, we honor those who survived and fought for a chance to live. "the strict observance of the racial laws and with merciless resistance against the universal poisoners of all peoples"-the Jews. The following day, Hitler committed suicide and Germany's formal surrender in World War II came barely a week later, on May 8, 1945 which led to a period of peace. Peace, so these families could mourn. So they could properly honor those who faced an unfair death for the wrong set of reasons.

The Holocaust was one of the hardest periods of people's lives. Just imagine the feeling you get whenever you would walk outside the door. Probably frightened that today may be the day you lose your life. No one should be treated differently according to their skin. Families suffered, children were taken, and this was just because of the difference in ethnicity and race. To this day, the fight for respect and acceptance still hasn't stopped. We all need to ensure that even in a school environment we never make assumptions based upon a person's religion. Back then, everyone had a certain stance, but now we are a new generation of leaders and citizens who have the capability of shaping the world into a better place. In 2020 we must acknowledge the fact that we should all be considered THE SAME.

The Truth About #EndSARS

By: Anvi Taada

Recently, a new protest has sprung out from Nigeria called End SARS. You may have heard about it or seen #EndSARS on social media. SARS is an acronym for Special Anti-Robbery Squad. This is a police force created in Nigeria to deal with crimes such as kidnapping, theft, etc. The Nigerian people have been protesting against them and here's why.....

What is SARS?

SARS was created in 1992 or maybe even as far back as 1984. At the time there were many crimes in Lagos, such as kidnapping and robbery. Police officer Simeon Danladi Midenda created this group with 15 officers to stop these crimes. The SARS officers in the early days were undercover and wore plain clothes and had plain vehicles. They mostly facilitated radio communications and made successful arrests for armed robbers.



Modern Day SARS

SARS only operated in Lagos, but later on, it spread to all the 36 states including the Federal Capital Territory. It is one of the 14 units under the Nigerian Police Force Criminal Investigation and Intelligence Department, and now it arrests, investigates, and prosecutes suspected criminals. With their new power, the SARS were setting up roadblocks, having secret operations, and taking money from citizens. Also, even though they wore plain clothes they started carrying weapons.

Why is Nigeria Protesting Against SARS?

SARS began doing other illegal activities, unlawful killing, and police brutality. They abuse power and do not bring the real criminals to justice. Also, they have many cases of human abuse against them from 2017-2020, but these cases are ignored by the Nigerian police force. SARS has mostly targeted wealthy people, but these people have no connection to illegal activities. The only way to escape the grasps of SARS is to pay them a huge amount of money.

What Has Happened Because of the Protests?

Many celebrities have reached out to Nigeria and have been supporting them, such as Beyonce. Even Joe Biden was supporting the End SARS movement. Unfortunately, on October 20, 2020, peaceful protesters were shot at the Lekki Tollgate. Many people have died since these protests have started, but many Nigerian found it outrageous that they didn't get a warning about the shooting. 25 people are being treated for mild injuries, 3 people have been discharged from the hospital, and 2 people are receiving intensive care.

Continued

Conclusion

Nigeria's President Muhammadu Buhari announced on October 11th, 2020, that SARS was gonna be disbanded. Although SARS has been demolished, the officers from SARS will be redeployed again. The Nigerian protestors are still worried about the police brutality, but the President has assured them that the SARS officers will become reformed. Many protestors are still not sure about his statement. But, only time will tell if the system will truly reform.

JUUL Isn't CUUL

What Is Vaping?

By: Pranav Murthy

Vaping is the act of inhaling vapors from a device used to produce nicotine. These devices are known as vapes or e-cigarettes. They produce vapors in many different flavors such as strawberry, blue razz, watermelon, and hundreds more. They produce an aerosol of nicotine, which is a chemical from tobacco. It is highly addictive, making it one of the main reasons that only 6% of smokers stop every year.

What Is An E-Cigarette?

An e-cigarette is an electronic device that converts liquid nicotine into an aerosol. These devices are battery-powered and come in different shapes and sizes. Some liquids vapes contain are nicotine, propylene glycol, glycerin, flavorings, and other chemicals. Some come in the form of pipes and regular cigarettes while others are in the shape of a USB drive. They can even be found in the shape of everyday items such as pens and pencils. They are also known as vape pens, mods, vapes, and e-cigs. About 99% of e-cigarettes contain nicotine, making it harder for people to stop using them.

What Is JUUL?

JUUL is the most popular e-cigarette brand throughout the nation since it started in 2017. It has about half of the e-cigarette market share. It comes in different shapes like USB drives, pens, and other everyday items. A JUUL device produces vapors of nicotine in many flavors such as Cool Cucumber, Mango, and Mint. The act of using these devices is known as JUULing. These devices can be refilled with nicotine using another device called a JUUL pod which is a device containing liquid nicotine and other chemicals in a vape.

JUUL
ISN'T
CUUL

Continued

What Are The Risks Of Vaping?

Vaping is full of risks. The greatest risk while vaping is that it contains nicotine. Nicotine is a liquid that is inhaled in the form of gas when vaping. It comes from tobacco and is highly addictive. Although some brands disclose that their e-cigarettes do not contain nicotine, 99% actually do. Others don't disclose that they have anything to do with nicotine while most do. Nicotine affects the way memories are created and how skills are learned. Vaping is very risky because it causes harm to brain development. It can damage parts of the brain that control attention, learning, mood, and impulse control. Also, most people who smoke e-cigarettes smoke regular cigarettes later on. E-cigarettes can have long term effects on the lungs, and it may lead to getting diagnosed with cancer. There can also be an increased heart rate and blood pressure. This could lead to fainting and may cause the blood vessels to clog or even burst.

What can you do to Stop Vaping?

One way to stop vaping is to write down why you want to stop. This is important because it gives you an opportunity to change. If that doesn't work, think about why you started vaping and how you changed after vaping. Think about the effects it has on your health, and how it has changed your relationships with others. Reflect on how it has impacted your grades and how much money you spent to keep vaping. Finally, you can buy gum or hard candy to fight the urge to vape. If nothing works for you, throw out all vaping supplies and don't replace them. When people vape, they don't always know that they are weakening their bodies every second. Everyone should know that "JUUL Isn't CUUL!"

Should you buy the iPhone 12? PROS and CONS

Saanvi Sharma

There is a 1% percent chance that you might be wondering, "should I buy the new iPhone?" Even if you aren't, I can help you decide with my list of pros and cons.

PROS

A 5G network that will work anywhere!

As most of you know, the iPhone that Apple has just released is rumored to contain the fastest bionic chip in the world. The chip allows access to the internet everywhere. Despite how bad the connectivity is, the bionic chip will always be fast.



Continued

A new iOS 14 background that you can customize yourself!

With the new feature that Apple has installed in the A14 Bionic chip, you will be able to customize your home screen. There will be no restrictions!

New, Improved, Classy, and Chic exterior designs with upgraded software

The Apple iPhone exterior has changed so much over the past years! We now have so many vibrant colors to pick from. The sides are flat, unlike the design for many other products. The iPhone still can't insert headphones manufactured by others, which is fine.

CONS**Inferior Package**

Many Apple users are mad because Apple did not include chargers or earbuds with the iPhone 12. Apple has fooled us since the iPhone 12 is a copy of the iPhone 11 without chargers or earbuds. Many new Apple users simply rather buy an iPhone 11!

This iPhone has the same technology as the iPhone 11.

The iPhone 12 is a copy of the iPhone 11. The only satisfaction of having the iPhone 12 is by saying "I have the iPhone 12." There aren't even many updates exclusively for the iPhone 12!

The sharp sides cause more injuries!

The sharp iPhone 12 edged makes us more prone to getting injuries. Since the outside of the phone is slippery we hold it tighter. As a result, the sharp edges of the iPhone dig into our skin.

Hopefully, my reasons were enough to help you make a decision.

2020 Presidential Election: An Analysis**By: Ruhi Patel**

If you've turned on the news in the past couple of weeks you've probably heard of the 2020 Presidential Election being called the "the most important election in the history of the country." Whether or not this election is the most influential of the past few centuries is something that can be debated, but one thing is for sure: this election cycle was an eventful one.

Continued

On November 3rd, 2020, people all over the country put on their masks, grabbed their keys, and went to their nearest polling locations to decide who would be the next president of the United States. Besides the presidential election, there were congressional representative races, senate races, and other local elections. However, it was the national election that got the most attention.

Results:

On November 7th, 2020, many different major news networks project that Joseph Robinette Biden Jr., former Vice President of the US and senator from Delaware, would become the 46th President-Elect of the United States of America, unseating incumbent President Donald J. Trump, along with California Senator Kamala Devi Harris, who would become the Vice-President Elect. The counting of ballots and results of this race dragged out quite a bit, due to the new vote-counting procedures during the pandemic, turning election day into election week. But how do these results break down?

Popular Vote:

Even before the election, it was projected that Joe Biden would win the popular vote by a significant margin, just like Hilary Clinton did in 2016. As of November 11th, due to record voter turnout, the highest in the history of this country, Joe Biden has received roughly 77 million votes compared to 72 million votes for incumbent president Donald Trump, a lead of 5 million votes.

Electoral College:

As you probably know, presidents in this country are not decided by the national popular vote. They are decided by a system called the electoral college, in which states are given a certain amount of electoral votes based on their population, plus 2 extra for each senator. For example, New Jersey has 14 electoral votes. It has been said that the electoral college is unfair to voters that live in states with high populations or states that solidly lean towards one political party because their votes matter less than those who live in states with smaller populations or swing states. A person living in Nebraska has a vote which matters more than a person living in New Jersey with this system. However, it is the system that we use. To become president, a candidate needs to win 270 of the 538 electoral votes. As of November 15th, most major news outlets have called all 50 states, for a certain political candidate. Joe Biden has crossed the line of 270 with 306 electoral votes, and Donald Trump is trailing behind with 232 votes.

Conclusion:

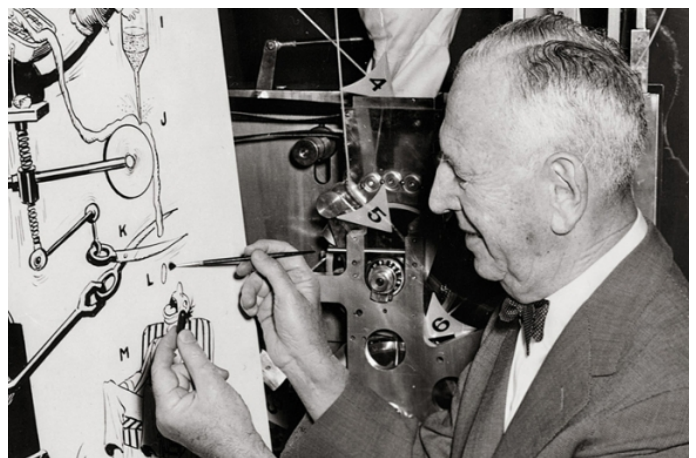
This presidential cycle has certainly been a rocky one, at the end of the day, we should all remember, no matter who we support, we are all Americans, and that everyone is entitled to their own opinion. Voting is so important because it makes sure that everyone's voice is heard and it makes sure that we elect a leader that represents all of us. So, next time, if you're feeling worried about the political and partisan climate of the United States, keep in mind that none of us can actually vote until we're 18 so we can't really do anything about it. Watch a cat video or bake a cake or something, I don't know. Go take a long walk or a long nap. Find a new hobby like painting or crocheting, or carnivorous plant gardening. Obviously, that was a joke, so until the next election cycle, remember to take a look at the news every so often, and stay updated and informed.

A Guide to Rube Goldberg**By: Karis Lin**

Did you know that Rube Goldberg is the only person listed as an adjective in the Merriam Webster Dictionary? Rueben Garret Lucius Goldberg, better known as Rube Goldberg, was a famous cartoonist, sculptor, engineer, inventor, and author. He was most known for his drawings of machines that perform simple tasks in a complicated way. The official Rube Goldberg website states, "It's estimated that he did a staggering 50,000 cartoons in his lifetime." That's a lot of cartoons!

Childhood and Life Before Cartooning

Rube Goldberg was born on July 4, 1883 in San Francisco. As a child, Goldberg spent his time drawing and tracing pictures from newspapers, books, and nearly any printed material he could find. He drew so much that his parents enrolled him in professional drawing lessons when he was eleven years old. When he was in his teens, his mother died. Goldberg wanted art to be his lifework but his father discouraged it. He wanted his son to be happy but not a "struggling artist". Goldberg's father convinced him by saying that many great artists such as Da Vinci, had studied engineering. Before he started cartooning, Goldberg designed sewer pipes in San Francisco. He quickly switched to a job where he was a sports cartoonist. Goldberg studied in U. Cal Berkeley and graduated in 1904 with a bachelor's degree in engineering.

**Continued**

Cartooning Life

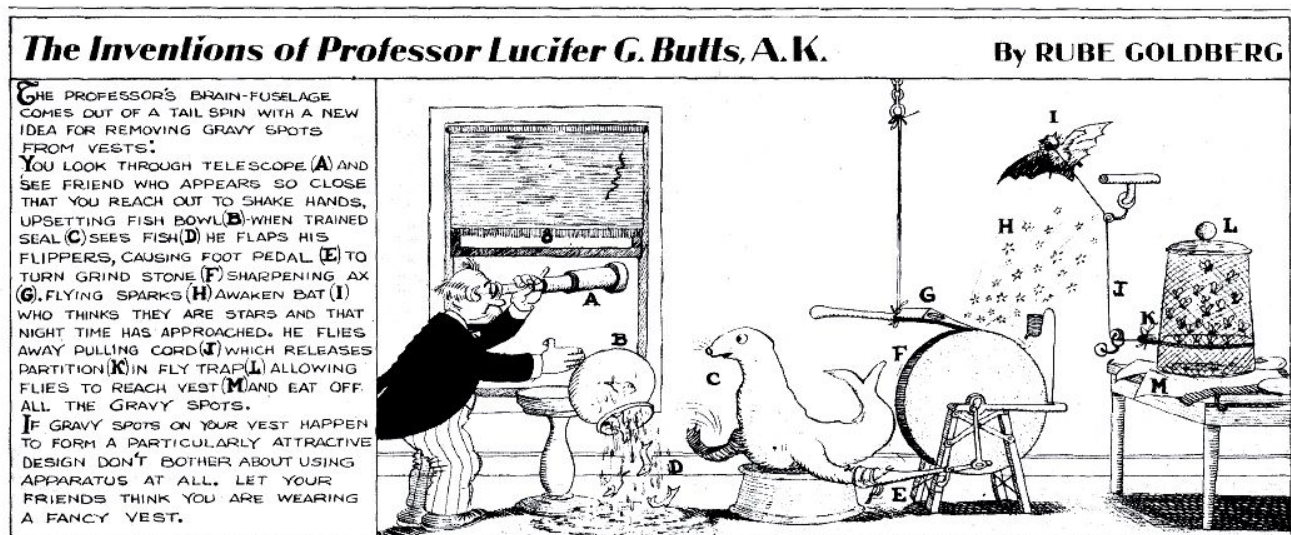
Rube Goldberg started out his cartooning life by drawing cartoons for the *San Francisco Chronicle*. The editor wasn't very accepting of the cartoons. Soon after, the newspaper's editors realized that the pictures increased sales. Because of that, Goldberg sketched athletes during sporting events and created color comics. His first Sunday comic was called *Mike and Ike*. His second published comic series was called *Foolish Questions*. This comic was a much bigger success than *Mike and Ike*, because it showed Goldberg's humor. He had established a name as a cartoonist in 1911. The major influence of Goldberg's comics was engineering. Some of his other comics include, *The Barodik*, *Lala Palooza*, and, *Doc Wright*.

What is a Rube Goldberg machine?

A Rube Goldberg machine is a machine that performs simple tasks in an overly exaggerated and complex way. Some examples of this are cracking a nut, pressing a button, turning a page of a book, or flipping the switch of a light on. Goldberg himself never made the machines. He only drew and imagined them. He was able to imagine these machines because he had studied engineering earlier. In the cartoons, the machines were made by a character named Professor Lucifer Gorgonzola Butts.

Conclusion

Rube Goldberg married Irma Seeman and had two children. In the end, he died on December 7, 1970 in Hawthorne, New York. Rube Goldberg influenced many lives and even some movies! His cartoons and inventions have affected and helped modern technology a lot. In conclusion, he was a great cartoonist and inventor who was able to make people laugh and think through comics. He will be remembered for many more years to come.



What is Veterans Day?

By: Vishruti Mehta

Sports Like Never Before

What is Veterans Day?

By: Vishruti Mehta



Do you wonder why you always see parades and our country's flags on November 11th? Well, if you didn't already know, Wednesday, November 11 is Veterans Day! Every year we celebrate this day to show gratitude for the veterans of the U.S. Armed Forces. We must honor those who constantly fought and sacrificed so much during their time in the army. We must thank them for their service to our country.

Veteran's Day is symbolic to Woodrow Wilson Middle School as President Woodrow Wilson founded Armistice Day, which eventually transformed into Veterans Day. Armistice Day was established on November 11, 1919, honoring the fallen soldiers of World War I. In 1947 Raymond Weeks, a World War II veteran, arranged a celebration called "National Veteran's Day." Afterwards, U.S. representative Edward Rees proposed a bill to change Armistice Day to Veterans Day, which was passed by Congress and President Eisenhower in 1954. Veterans Day honors not only the fallen soldiers but all the veterans who have served in the United States Armed Forces. We honor these women and men for their willingness to serve their country and put America's needs before their own.

Before President Truman signed the Women's Armed Services Integration Act in 1948, women could not serve as soldiers in the Armed Force. Nevertheless, there were women such as Florence Kelly, Elizabeth Cady Stanton, and Susan B. Anonthy who fought their own battles for women's rights and opportunities. During World War I and World War II, women began playing a rapidly increasing role in the armed forces, often working alongside men to help them perform their duties. Slowly but steadily, opportunities for females to serve at the level of men began to expand. In 1970, women were finally allowed to command no-combat units. In 2013, females were allowed to go into direct combat, and they received full military status. Recently, in 2019 a U.S. District Judge said that drafting men for military service while leaving out women is unconstitutional.

Veterans Day is about honoring and respecting our soldiers and officers who have served America, loved America, and sacrificed for America. We should be proud of all our soldiers who have kept us safe and trained to ensure the wellness of our country. This holiday allows for us to remember them, and thank them, for this safe life they have allowed for us to live. Veterans from every war are celebrated and thanked. The people may have been from the Vietnam War, World War I, World War II, or others we don't know about. They may have been Asian, African, American, or Australian. They may have been either men or women. But they did have one thing in common: their love for their country, and pride to serve America.

Uighur Muslim Concentration Camps

By: Aditi Upadhyay

Camps Found in China

Installations of tormenting camps during the Holocaust was an imperative part of history, which should have remained as history, though something quite similar is happening in China. To elaborate, a large quantity of "detention" camps have been discovered in Xinjiang, China. At least one million Uighur Muslims have been admitted into these compounds, being suppressed against their religion, having to perpetrate actions against their beliefs. These actions originated back in 2017. As noted, there have been more than 85 identified camps, and the amount is still rising. Abruptly, near the end of August, a movement has ensued for these people. The movement of M.L.M; "Muslim Lives Matter." Consciousness has taken place, countered after years of this progressing.

Chinese Government Defense

With these camps resurfacing, the government has to take lawful action against these insinuations. At first, they have long denied the presence of these camps. Yet, after images of them got leaked, they alleged them to be "vocational training." Propaganda was used to lure the media into thinking that these installations were truly built to benefit Uighurs. Following these types of announcements, not much was heard about the camps.

Meet the Uighur Muslims Inside the Camps; Sacred Interviews

Various classified interviews have proved the integrity and sincerity of these camps. However, a lot of the population thinks it's all a fake act created by the government to show nothing is corrupted. Limited information has been passed through, containing restricted interviews. These particular conferences have Muslims establish the truth; the violence, distress, etc, behind the encampment. Proving evidence of torture in these camps, many Muslims displayed bruises & statements to say.

What Can YOU do to Help?

1. Sign Petitions
2. Organize presentations and Fundraisers
3. Provide legal protections for refugees
4. Encourage the awareness of this topic



Movies Coming Soon!

By: Jashmitha Sappa

1. Wonder Woman 1984 (December 25, 2020)

In 1984, during the Cold War, Diana Prince comes into conflict with two formidable foes—media businessman Maxwell Lord and friend-turned-enemy Barbara Ann Minerva while reuniting with her love interest Steve Trevor.



2. The 355 (January 15, 2021)

A CIA agent teams up with other international agents to recover a top-secret weapon. The title is derived from Agent 355, a female spy for the patriots during the American Revolution.



3. Chaos Walking (January 22, 2021)

In Prentisstown, Todd has been brought up to believe that the Spackle released a germ that killed all the women and unleashed Noise on the remaining men. After discovering a patch of silence out in the swamp, his surrogate parents immediately tell him that he has to run, leaving him with only a map of the New World, a message, and many unanswered questions. He soon discovers the source of the silence: a girl, named Viola.



4. Cinderella (February 5, 2021)

A modern musical version of the fairytale, featuring Camilla Cabello.



Continued

5. Ghostbusters: After Life (March 4, 2021)



This is the 4th film in the Ghostbusters movie series. Set thirty years after the second film, a family moves to a small town, where they discover their connection to the original Ghostbusters and their grandfather's secret legacy.

6. The Quiet Place Part 2 (April 23, 2021)



Sequel to the first movie, The Quiet Place, where a mysterious creature hunts by sound.

Following the deadly events at home, the Abbott family must now face the terrors of the outside world as they continue their fight for survival in silence. Forced to venture into the unknown, they quickly realize that the creatures that hunt by sound are not the only threats that lurk beyond the sand path.



7. Black Widow (May 7, 2021)

In Marvel Studios' action-packed spy thriller "Black Widow," Black Widow confronts the darker parts of her ledger when a dangerous conspiracy with ties to her past arises.



8. Cruella (May 28, 2021)

A live-action prequel feature film following a young Cruella de Vil.

What is Covid-19 doing to Poverty and Global Warming?

Chaitra Dontineni

Poverty:

Poverty is a significant issue throughout the world, and so is Covid. I'm pretty sure you know what poverty is, but here is a clear definition. Poverty is basically the state of being extremely poor and not having enough income and materials for a person's basic needs. Poverty has actually increased substantially during Covid. Part of this may have come from people having their jobs taken away when Covid began to expand and cases started to rise.

According to worldbank.org, "...estimates based on growth projections from the June 2020 Global Economic Prospects report show that, when compared with pre-crisis forecasts, the Coronavirus could push 71 million people into extreme poverty in 2020 under the baseline scenario and 100 million under the downside scenario." Although a small decline in poverty is expected in 2021 under the baseline scenario, projected impacts are likely to be long-lasting. Furthermore, a large share of the new extreme poor will be concentrated in countries that already have high poverty rates.

Global Warming:

Global warming is a serious threat to Earth. It's the increase of Earth's temperature at a rapid rate. This includes climate change, sea levels rising, but most importantly greenhouse gases. Global warming, unlike poverty, has decreased during the Coronavirus. As you all know, when Covid-19 started becoming more deadly and cases increased drastically, we had to be quarantined, so we couldn't get out of our homes.



Accordingly, our transportation use, electricity demand, and industrial activity in general were limited. This led to less CO₂ emissions, which makes up the majority of greenhouse gases, as a result, global warming ultimately decreased. Actually, coronavirus could set the largest annual fall in CO₂ emissions! For example, in China, a previous Carbon Brief analysis showed that this crisis temporarily cut CO₂ emissions by 25%, with emissions still below normal after more than two months of the lockdown. But, atmospheric carbon levels were expected to increase again this year, even if CO₂ emissions are cut greater.



Hopefully, this made you more aware of both poverty and global warming and how Covid has affected them!



Why do we procrastinate?

By: Archana Maryada



Procrastination is a challenge we have all faced at some point. From the start of time, humans have continued to prolong their tasks and have struggled with delaying and avoiding important issues. Even if we temporarily figure out how to stop procrastinating for one assignment, it is likely that by the next assignment we will lose interest and take a break. However, there are many reasons why we procrastinate.

Imagine you have two selves: your present self and your future self. When you set goals for yourself, you make a clear and efficient plan for your future self. At the time, you are motivated to achieve this certain goal, but the only way to do that is to start working now. While your future self can set and achieve goals, your present self needs to take action. When you need to make a decision, your brain thinks about your present self, not your future self. Therefore, your two selves are often at odds with one another. Your brain values long-term benefits when they are in the future, but it values instant satisfaction in the present. You can't rely on future goals to motivate yourself now. Instead, you have to figure out how to move future rewards into the present moment to motivate yourself. For example, let's imagine you have an essay to write. Although you've known about it for weeks, you continue to procrastinate. Then, suddenly, it's the day before the deadline. You then learn about the pain of procrastination, immediately regretting your decision to wait until the day before it's due. Your future consequences turn out to be present consequences. Alternatively, we should focus on making future rewards and consequences turn into present rewards and consequences. By taking action and making these things more immediate, you are initiating a positive and hard-working mindset. To plan out your goals, you should design out your future actions step by step. Having a schedule of when you are going to get things done can help you to stop procrastinating. Additionally, the task should be achievable. It is unrealistic to do an entire project in one day when you are given a week to do it. Make sure to spread out long tasks over a certain period of time. Doing things over time helps maintain your motivation, which makes it more likely that you will finish the task. The faster you complete a task, the more productive your day becomes. The most important thing is to be consistent. It may take time to develop these habits, so try making small changes in your lifestyle to stop procrastinating.

Why the Election is so Significant For Minorities

By: Dev Goel

The United States was founded on the belief that no one shall be oppressed by a higher social class simply for their status or wealth. This is shown in both the Declaration of Independence and the Constitution, which contained excerpts that constantly mention the term “all men are created equal”. But what this phrase entails varies widely based on one’s political stance, due to the surprisingly ambiguous nature of the phrase. Throughout American history, it has been debated whether the phrase included slaves, African-Americans, women, and most recently, immigrants, LGBTQ, and other minorities. In modern times, views are more or less based on whether one sides with or identifies with either being Liberal or Conservative.

Conservatives predominantly come from rich and wealthy backgrounds and are from rural areas. Due to their rich and wealthy background, they tend to avoid raising taxes, in order for them to maintain their wealth. They play conservatively on economic issues, hence their namesake. Plus, since the majority of them were brought up in rural areas, which possess little to no ethnic diversity, many have never experienced or heard of the different perspectives that immigrants bring with them. Since they lack the experience with immigrants, Conservatives will often stereotype ethnic groups, and treat them as such. Most of them are notorious for painting all Muslims and Middle Eastern descent people as “fanatics and terrorists” based on the actions of a few people after 9/11. This is one of the many examples of how conservatives tend to tolerate hate towards women, ethnic groups, and minorities. They are the type of people who, by some accounts, view “all men treated equal” as “all white American men only treated equal”; directly excluding women, immigrants, and other races

On the other end of the spectrum, there are Liberals. They predominantly are concentrated and clustered in big cities, metropolitan areas, or other populated areas. It is no secret that immigrants tend to favour big cities over small towns when emigrating, due to the higher standard of living and plethora of jobs and opportunities. As such, Liberals have had experiences with immigrants and know about their struggles assimilating to a new country. Most Liberals firmly believe immigrants and other people who have hard times adapting into society should be guaranteed legal protections against discrimination. Those people include women, LGBTQ, black people, people with disabilities, and others.

While this election might have come across as a petty scuffle between two perspectives over power and influence as many elections are, there is a reason why this election is significant. There is a reason behind the endless pop-up ads online relentlessly pressuring people to vote or register to. There is a reason people are scared about the outcome, and to understand why, one must delve into history to seek answers.

During the second half of the 20th century, things changed amongst the primarily conservative Republican party. The 20th century has long been described as “the American century”; a period of general peace, prosperity, and tranquillity amongst American citizens. It was the “American Dream” to the fullest extent according to scholars. Conservatives took this as proving America was the “superior country”, directly leading to a huge rise in nationalism and extremism in American politics.

Continued

They also started to deny the harsh realities of the middle class, and even went as far to call middle-class America as “inferior and degrading to America”. They became far more indifferent to the plight of oppressed people such as African-Americans, disabled people, and immigrants who made up most of the lower and middle class as a result of the aforementioned discrimination. Because of this, Conservatives started denying these groups and other minorities privileges and opportunities. They claim to do this in the spirit of “making America greater” implying that minorities are inferior in their eyes.

This, amongst other factors, has caused what many believe to be the Great Divide in American politics, where extremist Republicans started waging war against the predominantly liberal Democratic Party, who a majority were, and still are, the very minorities the Republicans think of as inferior. They filibustered Democratic legislation and refused to debate with Democrats. Rather, Republicans started passing bills that gave their party more influence and power in legislation, and have been using this advantage to push their ideals on the public.

Currently, the Republicans have held a majority in Congress for almost 12 years, passing legislation that has severely impacted the lives of many people, impairing their ability to live and prosper in the “American Dream” because of their oppression. Many have been denied jobs and opportunities and are barely breaking even on expenses. They find it unfair that a group of people completely different from them have decided to seize power and declare them as lesser beings. Many have had their rights and privileges confiscated and have even been arrested. This is the main reason this election is so significant to so many people; the rights, privileges, and the humanity of certain people are at stake, and it will only be resolved when truly all men, including women, minorities, and LGBTQ, are truly, legally equal to their white male counterparts.

This explains the huge encouragement for voting this year. People are being stripped of their rights, privileges, and opportunities, impeding them from living a merry life. People are scared of being excluded permanently from solely for things they can't control. They want to stop the eternal cycle of discrimination and hate to seek justice and closure to their plight. It cannot be stressed enough about how crucial one's vote is to protect the *humanity* and rights of the people who are overlooked and discriminated against. However, we now know who our leader is. We can only surmise of what he might enforce, and whether his leadership may truly safeguard the humanity of all people. We can hope that America will be saved from *de facto* genocide of the oppressed.



How Should Students Adjust to Virtual Learning?

By: Srisaran Sivakumar



Many students started realizing that schools started changing during the pandemic. But they didn't realize how education was changing. Studies have shown that the Coronavirus will have undo months of academic gain. These months of undos has passed without us even realizing it. If you are feeling stressed out, check all the tips below to be successful.

Procrastinating is Not The Way To Go!

Motivation for education has mentally decreased during virtual learning. In Enginnerca, it states "Students struggle with a lack of motivation to complete work more so than before during the pandemic". Because of this, students will eventually become a procrastinator. This becomes a problem in the future because students will make it a habit. To solve this problem, you will have to stop procrastinating. This will take a lot of time to adjust to but it will still work out in the end! First, you will have to forgive yourself for procrastinating. This might seem easy in words but it's really hard to truly forgive yourself. Next, you will have to commit yourself to the task. This is where the actual "doing" takes place. You will have to promise yourself a reward in the end. This reward can be something you like or respect. If you do these steps correctly, you will stop procrastinating.

Distraction is Not Key! Doing virtual classes in a locked room comes with many distractions. Being indoor, pets and siblings running around, roommates is not a very academic environment. And It's not just physical distraction, it's also virtual distractions. With notifications from Hangouts and your phone, it's safe to say that it's difficult to concentrate or focus on your work. This can make a 10 minute homework to an one hour homework. Grades may have dropped because of this. Your stress level may have increased. One problem leads to another problem until it becomes chaos! Here are some tips to avoid these distractions. You should get organized with a to-do list. Getting organized is the most efficient way to decrease procrastination, stress, and distractions. Mute notification and keep internet tabs to a minimum. Listen to calming and relaxing music. Break big projects into small parts. Find the best environment for education.

Continued

No Need To Stress!

Stress levels have been way too high the past few months because of the amount of work students are getting a day. Distractions are mostly the main reason for stress. And that's what students get on a virtual school day. If you have been following the tips for avoiding distractions, then this will not be a hard step to avoid.

The Path To Success!

These steps are really important and effective. If you want to succeed in virtual learning, you will have to avoid distraction, stress, and stop being a procrastinator. Success is needed in education and these are the basics in the progress...!

Why it may take years to make a COVID-19 vaccine

By: Lakshya Chauhan

Every day, thousands of civilians are diagnosed with COVID-19 and those without robust immune responses are forced to leave their families and visit hospitals to recover. However, with the progress of modern medicine, we can produce a vaccine(s) that can help assist in the development of a better immune response when fighting the virus. Unfortunately, today, an effective vaccine has yet to be produced, and vaccines that have been introduced to the market, whether domestically or internationally, are either ineffective or unapproved by government agencies. Many companies, such as Moderna, Pfizer, BioNTech, and AstraZeneca, promised vaccines to be distributed by August, yet today vaccine trials and productions are being suspended as a result of undue challenges. Or as Chief Executive Michael School of Leukocare put it, "When you are inoculating 20,000 people, it is a foregone conclusion that at some point you will have severe adverse events." Furthermore, with heavy disinformation from random social media personalities to political figures, it is hard to articulate and process the vast amount of information regarding a COVID-19 vaccine. Therefore, we ask, and answer, the question: why is it taking so long to produce a COVID-19 vaccine, and what can be done to expedite the process?

Vaccine creation can generally be divided into a three-step process, research, testing, and distribution. During the research phase, the goal is to find the best way to introduce a pathogen to the human body, that is especially safe. Using this information, the body can create antibodies that can effectively fight a real virus. Of the many forms of a vaccine, some include attenuated vaccines which create long-lasting resilience from the pathogen. Inactivated vaccines use a much faster approach by exposing the pathogen to the elements to weaken it. No matter the form or complexity of the vaccine, each has its unique advantages and disadvantages that must be carefully considered before going into clinical testing. However, with this added cautiousness, time-consuming research must be done which can take weeks to months to years.

Continued

Therefore, to speed up the process, labs usually collaborate and work together to find one effective vaccine. This was apparent with the partnership between Pfizer and BioNTech, each company explored and researched different vaccines, and once one found a viable solution, they worked together through clinical trials and manufacturing to distribute the vaccine to the public. Currently, the COVID-19 vaccine has been researched by multiple pharmaceutical companies and a viable vaccine was developed, just 42 days after COVID-19 had spread throughout much of the U.S, by Moderna. The company found that by injecting an RNA containing vector, such as lipid nanoparticles, the body will have acquired immunity, this is known as an mRNA vaccine. However, the next step in vaccine production is probably the longest, and more grueling, of the steps of vaccine production.

During the second part of vaccine production, vaccines undergo clinical trials. There are three phases of clinical trials which can take six to ten years. The first phase, which takes up to two years, strictly observes the safety, tolerability, and immune response of the vaccine. It is important to note that during this phase, researchers are not concerned about the efficacy of the vaccine or whether a person would take the vaccine.

The second phase, which can last more than two years, tests the correct dosage and timing of a vaccine that generates a strong immune response. Here, we look towards the efficacy of the vaccine and how to achieve the best results for the body without having complicated side-effects.

The final phase is the most complex phase of clinical trials. During the final phase, a group of healthy volunteers is chosen who must pass physical exams and blood tests. They are also informed of everything about the vaccine including side-effects, its purpose, etc. The vaccine creators are required to answer all questions of the volunteers before this stage begins. This is known as informed consent, in which volunteers, informed of everything about the vaccine, willingly agree to test the vaccine, and is required by U.S Law. Once volunteers are informed of the vaccine, there is a randomized, double-blinded trial. In this, a group of volunteers is randomly selected to receive the vaccine, and another group is to receive the placebo or saltwater. This is to prevent side-effects from the vaccine to be confused with side-effects that are occurring to the community. Also, to prevent staff from over, or under, reporting symptoms, the trial is double-blinded, so neither the participant nor the study-staff knows what is being given to them or the participant respectively. In this phase, researchers determine whether a vaccine is effective and prevents infection, and, if so, does it work for all volunteers or only a certain group. Clinical testing can take enormous amounts of time, which is why, in extreme cases, researchers may complete tests of multiple phases simultaneously. Other methods of expediting testing include using tests from previously approved vaccines if the vaccine is similar to the one being tested. Regardless, vaccines must meet all safety requirements and be licensed by the Food and Drug Administration before moving onto the final stage.

The final stage of vaccine production is manufacturing. To effectively do so, labs and manufacturers must work in conjunction with each other to meet the demands of creating the vaccine. They must also be resilient to challenges by being resourceful. Therefore, it can be said that manufacturing requires coordination between both labs and manufacturers to safely and effectively produce and distribute a vaccine. Sometimes, manufacturers work directly with researchers during the research process to be prepared for manufacturing, should the time arise.

With the many stages and substages of vaccine production, we can conclude that due to the immense amount of research and testing that needs to be done, as well as the amount of time it takes to do so, it is justifiable that a COVID-19 still hasn't been made. However, progress is being made. Pfizer and BioNTech are seeking emergency authorization from the FDA to quickly distribute vaccines to medical centers and hospitals. The U.S Government, as well as the FDA, have also recognized the severity of the pandemic and are looking forward to changing the vaccine approval process. But, in the meantime, we must look at global coordination and cooperation as the only way to find a vaccine and end this virus!





Roblox and the Stock Market

By: Satvik Daram and Bhuvanyu Raina

Imagine this, you have a lot of money and love video games, and your favorite video game is Roblox. If you were allowed to have a voice for this app what would you do? Now that Roblox is coming to the Stock Market, maybe you could decide what happens next in the Roblox world. If you don't know what Roblox is, here's a brief summary. Roblox is a mobile app or downloadable on PC that you can play and build mini-games such as hide and seek, natural disaster survival, and more. A stock market is where anyone could buy shares of companies that are listed in the Market.

This is very big news because most of the video game companies that are in the stock market have made more than 1 big game such as Nintendo and Electronic Arts. During the pandemic, Roblox announced how it would be going to the stock market because it doubled the amount it was worth. Furthermore, a lot of kids need to spend their free time at home not being able to play outdoors. What attracts the players the most is the vast variety of games and clothing items that they can use to decorate their avatar. Roblox is worth 4 billion dollars in valuation!



As they enter the market, our prediction is that they will do okay, not too bad, and not too good. Since most kids play this game, a lot of adults probably won't invest. Some people might because of how good the other games or platforms are doing such as Nintendo, as we stated earlier. Many developers might complain about the change because of all of their requests not being heard, and if Roblox is focused on their stocks they might not listen to the community. In our point of view, Roblox IPO is going to be very successful because it meets all the criteria of big addressable markets, unique business model (Advertising revenue, premium membership, Money for developers), Attractive products like limited items which cost more than normal items and the vast variety of user generated items.



THE DRASTIC EFFECTS OF CLIMATE CHANGE

BY: YASH AGARWAL



Right now, there is a global pandemic going on called Covid-19 which started in December 2019. This virus has killed thousands of people and has destroyed countless lives. However, the even more deadly phenomena that is occurring right now is called climate change. For the past 200 years, the usage of fossil fuels and other heat-trapping gases has increased drastically.

These gases that are emitted trap heat that comes from the sun, making Earth warmer. In fact, research has shown that over the last 100 years, the overall temperature of Earth has increased by approximately 1.8° F. This number might not seem like much, but it is changing the Earth in many harmful ways.

Climate change has caused many ice sheets to melt at a very rapid rate. According to The Guardian, Greenland, which contains the second largest ice sheet in the world, is losing their ice seven times faster than they were in the 1990s because of climate change. This shows that climate change affects not just humans, but nature as well. The melting of ice sheets is causing sea levels to rise dramatically, which is putting an estimated 400 million lives at risk of flooding. Climate change is a global catastrophe, and if humans keep doing what they are doing, Earth will not be livable after 200 years.

Also, climate change has caused ocean acidification. This is killing a lot of the wildlife in the oceans. According to the Smithsonian, over the last 200 years, oceans have become 30% more acidic. The lifespans of many fish have gone down by 75%. To put this into perspective, if a fish was living for 10 years, it would now be living for only two and a half years. This shows how deadly climate change is for the environment and other organisms.



Continued

In addition, climate change has caused the frequency and magnitude of hurricanes to go up. The reason for this is that climate change is causing warmer water. Hurricanes need warmer waters to survive and become stronger. According to research done by Yale University, climate change has caused hurricanes to have stronger winds, stronger rains, and become more frequent. This shows how climate change can have effects that we might not even notice.

Climate change has also caused the overall temperature of Earth to increase drastically. This has led ice sheets to melt much faster, ocean acidification, hurricanes to become stronger, and countless other harmful effects on Earth. Climate change is a serious problem not only for humans, but also for Mother Nature. Humans need to cut down on fossil fuel usage to save Earth. Otherwise, humans are in for a world of trouble. It is very unfortunate that many people still believe that climate change is a hoax, but in reality, climate change is real, and it is the number one priority for humans to prevent it.

"Wildlife Being Destroyed: Humans are the Cause"

By: Sai Bura

Our wildlife continues to be destroyed and us humans still don't accept that we are the main cause. Doing small things such as shorter showers, plant trees, and so much more can help you save the planet. We are currently unaware that we are slowly destroying the planet. Every day we take a few giant steps forward towards the end of our wildlife. Earth has lost 52% of wildlife in the past 40 years. We, humans, have managed to destroy the world quicker than ever. For over 2000 years the world has lost a small percentage of wildlife. Humans have managed to destroy the Earth quicker than you can snap. Wildlife is going down. Every little thing you do can create a big impact on our world's society.



Arctic Area

Firstly, glaciers are melting and before you know it they'll be gone, and arctic animals with them! The fun and friendly animal polar bear are extremely endangered and on the verge of extinction. Humans' reckless use of fossil fuels is leading to these glaciers melting. In other words, we aren't simply damaging blocks of ice but the homes of our beloved arctic animals. This isn't only polar bears but multiple arctic animals you may be familiar with are endangered. Some examples are, penguins, arctic foxes, arctic reindeers, etc. All these animals live around the chilly parts of the world. Some things that may not seem as if they make a huge impact, but they do make an impact. You can carpool or limit your use of transportation on gas. At the moment it won't seem like much but if the majority of the world contributed then these arctic animals will have higher chances of survival.

Continued

Bodies of Water

Second, poachers constantly kill underwater sea animals, which is causing the coral skeleton to turn white. As you may know coral is a wonderful, diverse, and colorful species that exist on the floor of the ocean. However nowadays coral appears to be white and it is no longer evolving! The coral is dying! We are killing and poaching too many underwater animals. The animals that take care of our ocean. We can still use seafood but can also take care of the environment. The seafood that we are taking feeds other animals making them live. We are starving animals to death. Take polar bears for example their habitats are being destroyed and their resource of food is being taken from them. Please learn to only take what you need not what you want. There is hope though. Over the past 20 years, scientists have been documenting the seagrass process from infancy to adulthood. This seagrass restoration reaches over 8,896 acres, which makes it the largest seagrass restoration. This shows what turns out as the smallest project can turn into something immense and make an impact on our daily lives.

Rainforests and Forests

Lastly, rainforests are being cut down and a variety of life being forced to death. Our burning of fossil fuels is now greatly affecting. Our humanity is burning down forests and cutting down trees. Many companies plan to implement projects for tree restoration to contribute towards this cause. As you may know, a popular youtube creator, Mr.Beast had planted 1,000,000 trees. He is an advocate and a true believer in protecting the environment. In fact, he frequently inspires others to assist in environmental awareness! We can save such innocent animals that live in rainforests. Such diverse and beautiful species. We can save birds, parrots, monkeys, tigers, leopards, jaguars, etc. Everyone's most loved animal lives in rainforests. These parts around the world are not only beautiful but are important to Earth's living. We have been provided with such an astounding gift. Now we must focus on protecting this immense world and all this wildlife in it as these animals are what truly make this world extraordinary.



THE EVOLUTION OF GAMING

Just imagine life without it...

By: Abhiram Tammana

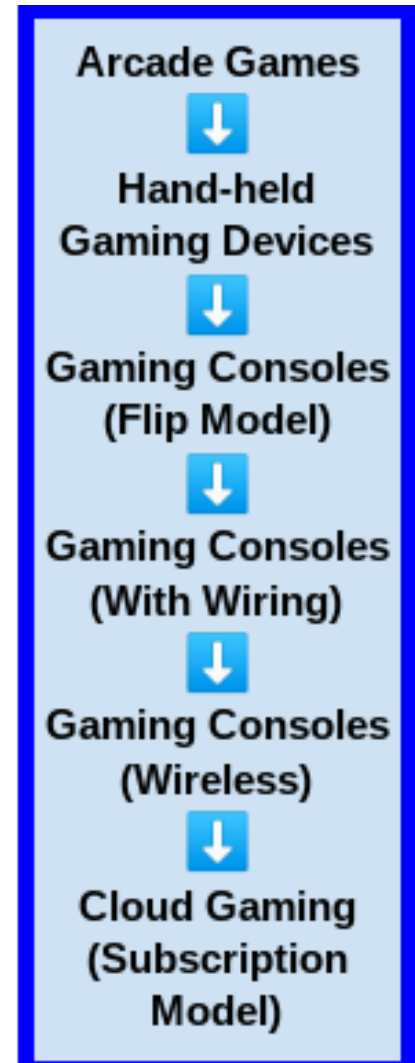
Gaming. The word seems simple; it only has 2 syllables and six letters. However, there's a lot behind this single word. There's games, consoles, apps, the people who work tirelessly to create a game that the public enjoys playing, the coding and graphics behind it, and the evolution of gaming. It started as a gigantic arcade machine which was as big as a refrigerator! Now, these gigantic arcade machines, with a thousand times better performance, and graphics, fit in your hands in the form of a console. How did we get from a refrigerator-sized gaming machine into a phone-sized console that fits in your hands? Now that's the Evolution of Gaming!

ARCADE GAMES

First, there were Arcade Games. They were normally placed in Arcade shops or malls due to their mammoth size. To play, people would have to insert a coin and click "start". After the person played a game or played for a certain amount of time, the arcade machine would reset, and to play once more, they'd have to plop in another coin. However, arcades started to die out as the years came. In 1983, the Stock Market Crash/Depression made arcades, and the gaming industry in general plummeted. In 1985, malls and arcade stores stated that they could afford such costly machines. The arcade machines became too costly and as the all-new NES Console showed more attention than the old arcade games. Due to all these reasons, arcade machines faded away. However, few stores are still popular for their arcades such as *Dave & Busters* and Chuck E. Cheese, which is a business that was created by the creator of the arcade machine; Nolan Bushnell.

HAND-HELD GAMING CONSOLES

After the Arcade Machine came Hand-held Gaming Devices. These Hand-held Gaming Devices, such as the NES console that came out in 1985, which had a console, a large CPU device that stores all the data, and a not-included screen (a T.V.). They became the basis of today's extraordinary consoles. Many of these Hand-held consoles became severely popular after the death of arcade machines.



Continued

FLIP MODEL CONSOLES

Hand-held devices took the lead for a very long time until the Flip-model Gaming consoles came out. These portable devices were similar to a flip phone as you can flip them open and shut. When you open it, one side has a screen and the other side has all the controls and/or another screen. The Nintendo DS, one of the best-selling consoles after having more than 154 Million units sold, was also a flip-model Gaming console. The Nintendo 3DS was the second flip-console Nintendo created but turned out to be a flop after only having 13 Million sold.

CONSOLES WITH WIRING

Then, came Gaming Consoles with wiring. These took a similar idea of the hand-held gaming devices. They had a developed console with new features and buttons connected by wiring to a compact CPU, and a screen (not included). The PS2, a console with wiring, had over 157 Million units sold and still holds the throne for the most amount of units sold. The original Xbox also sold about 25 million units, which is also a console with wiring.

WIRELESS CONSOLES

These are the gaming consoles that we know and are almost the same as Consoles with wiring. However, Wireless Gaming Consoles do not have wires to connect the console to the CPU. They're connected by Bluetooth to the CPU. The advantage of Wireless Consoles is that you can sit anywhere and play the game. You don't need to sit so close to the T.V. The PS3, PS4, Xbox One S, Xbox One X, and so many more different consoles use Wireless consoles.

OUR FUTURE: CLOUD GAMING What's going to be the next-generation, all-new console that we'll be happy to use? Probably, Cloud Gaming with Subscription. Amazon has created something called Amazon *Luna*. This is where they will use subscriptions for games. Instead of buying every game and not using it feels like you're wasting money. However, Amazon Luna will be different as you just pay a certain amount per month and don't need to pay separately for each game. Now, you won't have that "guilty" feeling that we wasted money! Also, all the games will be stored in the cloud so that you can

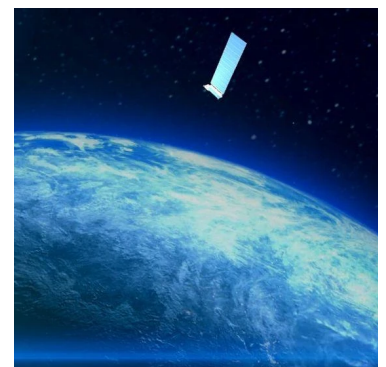


Starlink: The Revolution the World has Been Waiting For

By: Aditya Kirubakaran

Following the introduction of SpaceX, it has undoubtedly proven to become one of the global powerhouses of space discoveries. Their recent launch of the all-new Starlink program could spark a global revolution. Normally, our internet runs through the cell phone towers you see every day. These have powered the world by connecting each person with their distant relatives, sometimes located on the other side of the world. But recently, this has proven challenging. The exponential rise in internet users slows it down. Nowadays, due to COVID-19, in-person schooling has become challenging to administer, especially as the new surge of cases arises as a concern for many family members. Therefore, most students turn to online/virtual education. Causing, terms such as “laggy” have become common amongst many online users, as the entire education industry has transitioned to a virtual environment. Due to an increasing number of people turning to the internet for communication, a vital portion of this service comes into play, your WiFi. WiFi, or Wireless Fidelity, has supplied people with super-speed access for downloading movies, all the way to playing high resolution, multiplayer video games. This all affects your network latency, and with the internet, that may not be powerful enough, your browsers with occasionally crash. Starlink plans to change that. On October 23rd, SpaceX launched 60 satellites into a low-earth orbit, totaling almost 800 satellites in this program. Why does this matter? Well, Elon Musk plans on rebuilding the internet in space. He plans on revolutionizing the internet, and the world, by developing a fast, global communication system that will literally, blanket the world in WiFi. Rural places will now have access to high-speed internet!

As of now, he plans to launch around twelve-thousand satellites into space! Elon Musk lives and grew up in South Africa as a child. He experienced the disadvantages of low-connectivity and bandwidth internet, and he plans to solve the problems he faced. The Starlink plan is divided into two sections: having around 4,500 satellites orbiting at a higher altitude, while the second half of the 7,500 satellites orbiting at a lower altitude. With plans of launching almost 12,000 satellites in the next five years, Starlink has started to become partially operational for public beta testing this year. How will the satellites in space communicate with each other? Once at an operational altitude, these satellites will use lasers to interact with one another, having an expected lifespan of about five years. SpaceX claims that when the satellites are no longer functional, they will fall to the Earth and disintegrate on its way down, becoming microscopic when touching the surface of the planet. When the full software becomes available for commercial use, it's predicted our internet will become around forty times faster. It won't matter whether you're in a city or deep in the Amazon Jungle. You'll have the same, exact internet speeds. With competition arising from companies, such as BOEING and others, the ambitious space race dictates the future of the internet. With Starlink's goals of revolutionizing the internet, this program is truly going to change the world. Thanks, SpaceX.



The Revolution of EVs

By: Ashwin Krishnamurthy

Have you been noticing more electric vehicles (EVs) on the road lately? Well, that's because the EV revolution has begun. The number of EVs in various countries has started to rise. Some countries have even announced that they will be going all-electric in the future. For example, California has announced that by 2035, all cars that are sold will be electric or zero-emission. Let's explore this revolution more in-depth.

The Purpose

Many of you might be thinking to yourselves, why may this revolution occur? One purpose of the revolution is to decrease the amount of pollution being released into the air. Cars that run on gasoline (NGVs) have a tailpipe through which carbon monoxide, nitrogen oxides, sulfur dioxide, hydrocarbons, particulate medicines, and aromatics are released. These can be harmful and dangerous to the environment around us including forests, the woods, and places where we live too. According to the article *Benefits of electric vehicles* on ergon.com, "By choosing to drive an EV you are helping to reduce harmful air pollution from exhaust emissions. An EV has zero exhaust emissions." Since EVs do not have a tailpipe, they will not release harmful chemicals or gases into the air. Additionally, EVs are made from eco-friendly materials. For example, they could be made out of bio-based or recyclable materials such as soda cans, old car parts, and more. This ensures that the materials that the cars are constructed from will not harm certain environments when vehicles pass through them. To sum it up, the advancements of the electric car prevent damage to the environment around us, including the animals and plants that call it "home", by replacing many parts with eco-friendly ones.



The Benefits As well as ensuring the safety of the environment, EVs benefit their owners too. For example, EVs require less money to charge up themselves than the cost of gasoline needed for NGVs. The cost of the electricity for an EV per kilometer is $\frac{1}{3}$ of the amount of money that it would cost to buy gasoline for the same car that is an NGV. Additionally, EVs also cost less to maintain since they have fewer moving parts, which are machine components that do not include moving fluids. Many expensive parts needed in NGVs are not needed in an EV. As a result, EVs do not require too much service to fix up or replace components inside of them, which can save a lot of money. The article *Benefits of electric vehicles* says "A battery electric vehicle (BEV) has a lot less moving parts than a conventional petrol/diesel car. There is relatively little servicing and no expensive exhaust systems, starter motors, fuel injection systems, radiators and many other parts that aren't needed in an EV." In addition to that, the batteries of an EV car can last for 8 years at a minimum. This means that you will need to replace them, but not any time soon! Finally, EVs are much safer than gasoline cars.



Continued

They are durable, allowing them to withstand crashes better, avoid explosions or fires, and avoid rolling over due to their lower center of gravity. This ensures the safety of the passengers, allowing for a worry-free journey. By buying an EV, you win many benefits for yourself, such as saving tons of money, in addition to ensuring the safety of the surrounding environment.

Cyberbullying and Its Impacts

Mahathi Nutulapati

Did you know that 20% of people who get bullied have mental health issues and depression? Bullied children also face illnesses, the inability to concentrate, and poor social skills. As a matter of fact, cyberbullying is proven to be the most effective type of bullying as it is long lasting and more devastating. Cyberbullying is bullying on digital devices such as computers, cell phones, social media, messages, etc. Almost 87% of people have seen cyberbullying happening around the internet. It is injurious to health and must be stopped because it can cause people to have depression and poor communication skills.

Cyberbullying results in depression in some cases. Social media use has been common among teenagers. Since everything is mostly digital during this pandemic, people take this as an opportunity to cyberbully on social media platforms. In the article, Verywell, it states, "Cyberbullying causes depression and can decrease someone's self esteem. It can also damage their mental and social health." This proves that depression is a threatening disorder because it can lower someone's self confidence. Depression is a combination of biological, psychological, and social distress. It can provoke suicidal thoughts and increase death rates. Most times, teenagers and adults experience depression, but cyberbullying still impacts people of all ages. In conclusion, cyberbullying causes depression and needs to be prevented as it can damage someone's mental and social health.

Cyberbullying can also lead to poor social skills. Cyberbullying causes people to be isolated and minimizes socialization. Children might feel excluded from their peers while teenagers feel irritated and angry. Teenagers cut off communication from their friends and new people which can cause poor communication skills and a lack of socializing. According to the article, beyonddifferences, it states, "This results in mental and physical illnesses, poor academic outcomes, and other health problems." This is evident because cyberbullying leads to a lack of socializing which can also cause many types of illnesses. Teens nowadays need support from peers but are let down by social media rumors. These negative rumors impact on childrens'/teens' lives and remains to be one of the most difficult social challenges. In conclusion, cyberbullying causes poor communication problems which becomes difficult in the future.



Continued

In conclusion, middle school is when self-esteem can be fragile and where social challenges form. Cyberbullying can affect others in many different forms as it can decrease someone's self-esteem, mental and social health, and form life threatening disorders such as depression..People are bullied and made fun of their sexual orientation, race, religion/beliefs, academic scores, ethnicity, gender identity, and appearance. Children/teenagers should be mindful of others and be thoughtful of other opinions. If people are capable of being kind to one another, why do people still act rude and unfair? To summarize, cyberbullying affects people of all ages and can result in many negative ways. Always choose kindness because it can make someone's day.

Zoom or Google Meets: The Classroom Dilemma

Introduction

Ryan Purakal

When creating a meeting, you come across a choice of which platform you should use. Although there are many types of conferencing tools, Zoom and Google Meets are the most common. This is where the debate begins: is Zoom or Google Meets better? Both applications are good in their own ways, so you should choose the application that is best for you. There are many outlying factors to consider, but overall one application is truly better than the other. This article will highlight what is better for your experience.

Video/Audio Quality

Both Zoom and Google Meets have great camera quality, but one application truly outshines the other in this department. Zoom previously had a max of 1080p resolution, but recently they have disabled that ability making the max 720p. Google Meets also has a resolution of 720p making them equal in resolution, but Zoom may quickly make it accessible for meetings again. With voice quality, both Google Meets and Zoom are equal when it comes to audio. When it comes to audio support, Google Meets is more efficient in that area, but Zoom also has great audio support. Both conferencing applications have about the same quality (if I had to choose one it would be Zoom).

Accessibilities

Zoom and Google Meets have different accessibilities for people to use. If you are thinking about what you are conferencing for, then the accessibilities available could change what conference you want to use. For example, a major thing that Zoom has over Google Meetings is the free access to breakout rooms. Although Google Meets has them, Zoom offers them for free. Some other things to consider is the whiteboard function.

Continued

Although Zoom has an easy-to-use whiteboard function, Google Meets has the option to open a Jamboard, which is another app by itself which is more advanced than the basic whiteboard offer given. Google Meets can also be supported by many extensions you can download. A big thing that Google Meets has is the caption option which is much better than the manual caption tool Zoom has. Zoom also has a reaction ability, where people can use certain emojis to show emotion/approval without talking or typing. Overall Zoom has better accessibility for everyone, while Google Meets has better accessibility for people with subscriptions.



Tip: With Google Classroom, you can link a Google Meet by:

1. General
2. Meet Link - Insert the Link.

If you want to insert a Zoom link then you can just insert it in the header under the class name.

Usability

When it comes to usability, Google Meets much more user-friendly. Firstly, Google Meets is a lot more organized than Zoom. Also, Google Meets is accessible with many Google applications, making it integrated with all of your many things like Mail, Calendar, etc. With this though, Google Meets could be slower than Zoom depending on your computer (ex: District-Issued Chromebooks) as it is a website on your browser, compared to an application. With Google Meets you can also see more people than Zoom at the same time, and it is also just a lot cleaner and sharp. Zoom's chat messaging is easier to use than Google Meets as you can have a chat popup.

Tip: If you want to screen share in Zoom and see chat at the same time, you can press more then press chat.



Conclusion

To sum it up, Google Meets and Zoom have many advantages and disadvantages. Zoom has more effective accessibility, while Google Meets is better when it comes to its usability. Based on your reasoning and agenda, one conferencing application would be more useful than the other. After weighing the pros and cons, I have come to the conclusion that Zoom is more useful for lectures and conferences while Google Meets is more useful for engaging with each other. Also, if you were to buy one subscription, you should buy the Google Meet one, because of its many features you get access to like polls and Q&A

The Economics of Esports

By Sarvesh Premkumar

Esports is a growing billion-dollar industry and during the time of this pandemic, it has had a profound impact on how people interact during these times. When we usually think of gamers most people might think that they are people spending enormous amounts of time for something that doesn't yield great results. However, when you think about Esports in an economical sense there is a lot that can be understood and learned about this part of society.



The Gear: Like most activities in life gamers require gear to be able to play a game as best as humanly possible. The surprising part about this technology is that it's much more advanced than your average Macbook. Gamers are driving the technology industry by forcing companies like Dell or Nvidia to create better and better technology such as the recent RTX 3080 that instantly sold out online and long lines await it in stores. E-sports as a whole has allowed game developers to make much more over the top projects such as Crysis(by Crytek) and have allowed the technology industry as a whole to advance much faster than they would if gamers never existed. The technology inside of gaming also requires for content makers to be educated about technology and thus leads to their audiences learning a smidgen about the technology driving games as well.

Continued

Virtual Economies:

Now at first most popular video games seem pretty simple but they have intricate economic systems in place. A Vox report into e-sports talked about how there are underground economies in many popular video games. These systems are precisely how normal economies work. For example, in many video games, there is something called “skins” and these modify the design of a tool or character inside the game. Oftentimes this costs some money, as in real-life economic money to be transferred into in-game currency or direct purchase. Now let's say someone happened to get a really expensive skin (perhaps \$2000) and ended up selling it. From an economic standpoint, it would be much more logical to sell it for real-life cash instead of in-game currency cause real-life money can be spent elsewhere whereas the in-game currency can never be transferred into real-life cash after purchase. Because of this monopolizing of in-game currency, most of the time these economies are driven by shady transactions that are not sanctioned by the game nor is the game's currency regulated making them very volatile. That's why when players “trade” skins they almost always use it with actual money because that actual cash can be transferred into in-game currency and is solidified and regulated like the US dollar. This type of economics eventually led to Steam acting as an official third-party marketplace for goods and services from games to players and from players to players.

**Sponsors and Ads:**

Anyone that has watched youtube between the years 2018-2020 has probably heard something from their favorite YouTuber that went something along the lines of “ Today's video has been sponsored by Squarespace...” Sponsorships are one of the most important parts about driving this gamer economy as it provides content creators with the stability they need to produce content, which then, in turn, makes them money, which leads to more investment in better content, until an infinite loop forms. When ads are put in by content creators a small percent of the money goes to the creator. This then allows gamers to improve their content which then provides a possibility for streaming a game.

Now in streaming, depending on the service, there are a few ways to make money. One is by subscribing to the person on streaming service which costs money and by directly donating to the player inside the stream. Major games have noticed this and started implementing a similar system inside of their games. Anyone who plays or played the game Call Of Duty Modern Warfare (2019) or Fortnite knows that they can purchase items from the in-game store with a creator code which makes a contribution of money to the creator once again stimulating the general game economy.

During these unpredictable times, the world of technology has been evolving. Gaming and the gamers that play games are having a profound impact on the technology industry both the ones making the hardware and those that make software tools for gamers. This industry is only predicted to grow more and more as time goes on and the industries affected by gaming are also going to increase heavily as well which means the common person that doesn't play games will also see the benefits when technology inevitably gets better and more advanced. The interconnectedness of the game creators, hardware manufacturers, software developers, community, and gamers has led to a revolution inside the industry-leading to many positive effects felt throughout technology as a whole society.

ARE VIDEO GAMES HARMFUL OR HELPFUL?

BY: YASH AGARWAL

There are many entertainments around the world such as books and board games, but the one that is most dominant is video games. This is surprising because video games have been around for about 60 years, making it much younger than books or board games, which have been around for thousands of years. However, it is something that people love globally. There are even sports events that are hosted for video games, which are called Esports. Over the past few decades, many researchers have debated whether video games are harmful or helpful. Many researchers believe that video games are beneficial for humans, but only in the right quantities.

Video games have been proven to help people learn new concepts faster. This is particularly useful for kids and adolescents who are learning new concepts everyday. According to *Science Alert*, researchers at the University of Rochester have found that playing action video games can help you learn new concepts faster. This shows how video games can help us in unexpected ways.



Continued

Also, video games improve hand-eye coordination. This is crucial for people who play sports and for many other people who are very clumsy. According to Psychology Today, playing video games, action video games in particular, have helped many people with hand-eye coordination. They even did an experiment where people who play video games and people who don't play video games had to keep a dot in the center of the screen while it randomly moved. The people who played video games were more proficient at keeping the dot in the middle of the screen. This shows that video games can help many people who are bad at hand-eye coordination or play sports.

However, playing video games in excess can be catastrophic for people. According to The Gamer, it is recommended that video games should only be played for one or two hours every day. Otherwise, there could be very deadly effects such as addiction to video games, poor mental health, and poor performance professionally or academically. This shows that video games are very harmful for humans when played for a long period of time.

Video games have helped people learn new concepts faster, improved hand-eye coordination, and much more. However, video games are harmful when played for an extensive period of time. Many people believe that video games are just harmful in general. In reality, they can have many beneficial effects on people. In conclusion, video games have many benefits, but shouldn't be played for a long period of time.

The Impact of Social Media: Can it be irreversible?

By: Rabaina Kaur

In little more than a decade, social media has gone from being an entertaining extra to becoming as common as sleep. Governments, offices, and homes have incorporated social media. Still, it continues to evolve at lightning speed!

What are the pros and cons of social media?

There are many ups and downsides of social media, each impacting the youth in different ways. One potential gain to web-based media is it spreads data quicker than some other media. For instance, 78.5% of media reporters use social media to check for breaking news. Then again, this leads to a myriad of false information. 64% of individuals who use Twitter for news state that they have come across something inaccurate. 16% of Twitter news clients state, "they had retweeted or posted a tweet they later found to be false."



Continued

Another potential gain to web-based media is that social media sites improve student performance. 59% of students with access to the internet report, that they utilize web-based media to examine educational subjects. However, students who are heavy social media users tend to have lower grades. Many teens say that using social media distracts them from homework. A study found that grades steadily decline after middle school students spend more than 30 minutes on social media. After four hours, average GPAs dropped one letter grade. One benefit to web-based media is it allows people to improve their relationships and make new friends. Over 90% of adults on Facebook use it to connect with family members, communicate with friends, both old and new. Yet, online media can lead to stress and pressure, as well as relationship issues. For example, many teenagers using social media fight with a friend because of a social media misunderstanding. As you can see, social media impacts us in good and bad ways.

How would life be without social media?

Ever wondered why most people think they need social media? It is because we seek acceptance. Nobody wants to feel like they don't belong. But have you wondered who we are seeking acceptance from? Who are we trying to prove ourselves to? Well, life would be different without social media because your private moments wouldn't be on display. You'd learn the true meaning of life. You'd learn, strangers don't judge you on your lunch or your weekend plans.

What is social media's effect on us?

Teens are masters at keeping themselves occupied hours after school, even at midnight. How? They are online, on social media instead of doing their homework. Messaging, sharing, mocking, scrolling, you name it. Of course, kids kept themselves busy before social media. Also, social media has greatly impacted the accessibility of information. The adage "knowledge is power" applies to this age of information. For, every answer is at the tip of our fingers. Social media has changed how we socialize, gather information, and work, in many ways. Communication, literacy, business, marketing, relationships, politics, and culture are the key areas noted to have been affected by the growing popularity of social media. While it has numerous benefits, social media should be used responsibly without ignoring the basic principles of online behavior.

In both positive and negative ways, social media can have a lot of influence on society. It offers individuals a way to keep in contact with people who live far away. It lets people share content that is enjoyable, interesting, and insightful. One of the concerns, however, is that anyone can post anything, including content that might not be reliable. In some cases, when people share unverified or entirely false facts, real harm is done. Moreover, online bullying can affect many individuals. It can harm society as a whole! Yet, social media has such an impact on us, that we can't live without it. Everywhere we go or everything we do somehow relies on it. There is only the slightest chance it can be reversible!

Trending Video Games in 2020

By: Srujana Akella

During the pandemic, many people have turned to video games as a form of social communication and entertainment. Here are just a few of the most popular video games in 2020:

Animal Crossing: New Horizons

This relaxing game allows you to turn a deserted island into your very own dream paradise. You may play with friends, invite “villagers” to your island, expand your house and so much more. You can even participate in different holiday activities.

(This game can be played using a Nintendo Switch)



Among Us

In this fast-paced online game, players can join teams of up to 10 players and 3 “imposters.” The imposters walk around eliminating other players and sabotaging specific areas in the game, preventing crewmates from entering or leaving a room. The crewmates attempt to fix the sabotaged areas and report the imposters. (This game can be played using a phone or computer)

Pokémon Sword/Shield

This Pokémon game is about the Galar region. You are allowed to choose from the three starter Pokémon: Scorbunny, Sobble or Grookey. Throughout your exciting journey you can catch Pokémon, collect eight gym badges to face the champion, and much more! (This game can be played using a Nintendo Switch)



A Covid Christmas

By: Gahan Mottana

With the Covid-19 pandemic reaching its first anniversary, we are all waiting to travel across the globe for the holidays. As of right now, there are 9.28 million covid cases and 231,000 deaths in the US. There are also 46.6 million covid cases and 1.2 million deaths worldwide. Thankfully, 31.2 million of those people recovered. This year, it may be a little hard to not be grinchy, but there are ways that you can be creative and save your Christmas. And maybe some of your ideas are so good that you'll make new traditions for upcoming years. If you are wondering what activities to do at home and the precautions you should take, here are useful and entertaining ideas.



Virtual Christmas Party in the House!!!

Who says you have to leave the house to go to a Christmas party? Just because you can't get together in person doesn't mean you can't see friends and family on Christmas. In some ways, it can even be better if you can't travel to another state or country. All you have to do is send a zoom link on a group chat and host your Christmas party online. There are also many different platforms which you can use to celebrate your party such as Zoom, Cisco Webex, or Google Meet. Before hosting your celebration, make sure you everyone has a good internet and make sure you have a few games and conversation starters prepared ahead of time. During your Christmas fiesta, you have a plethora of online activities to choose from. You can play online trivia from Random Trivia Generator, or have a virtual White Elephant Gift Exchange. If you don't know what White Elephant is, White Elephant is when each person in a group of people brings in a random gift and everyone chooses a different gift. You can also steal from people and exchange gifts. It can be really fun when people bring random objects and when you see people's reactions to those gifts. With an imagination and creative mind, you can plan anything to make your party enjoyable and memorable.

[Trivia Generator Link](#)



Continued

Virtual Movie Night!!!

We all love movies; horror, comedy, thrillers, etc. We also all love our significant others and the internet. So if you add all of those up, you get none other than a virtual movie night. A virtual movie night is the perfect activity to do during this pandemic. You can do it during any holiday and even by yourself if you're a little lonely. You can watch Halloween themed movies, Valentine's day movies, or in this case, Christmas themed movies. Some classic movie selections are Home Alone, Polar Express, Elf, and more. Have some popcorn ready, some movie ideas, and a couple of hours and you have yourself a virtual movie night.

Safety First!!!

Even when having all this fun, you still have to keep in mind that safety is first and slow down at times. For example, if you are hosting a holiday gathering, here are some rules and precautions you should follow.

- Host outdoor gatherings rather than indoor gatherings as much as possible. If in any case you can't host an outside event and choose to host an inside event, try to ventilate the area as much as possible and avoid crowding.
- Host activities with people you know and try to limit the number of people attending.
- Tell attendees to avoid close contact with other guests and make sure everyone gets their temperature with masks on.
- Remember to wash your hands often when touching surfaces that have been touched often.
- If you go to a gathering, then you should follow the same rules and after the event, stay home as much as possible in quarantine.

If you follow all of these rules and precautions, then you will be safe during an event during this pandemic. Even if you follow these rules, try as much as you can and don't go outside to parties and events to help keep yourself and others safe. If we all can wear masks when needed and follow social distancing rules, we can stop this pandemic once and for all.



The Water Side of the Moon

By Dishita Sai Eluri

For a very long time, we humans have thought that Earth was the only planet containing water. Recently we have discovered signs that water used to exist on the planet Mars, which gave us reason to believe Mars could have supported life. Now we have evidence that there is water on the moon! The moon is an astronomical body of planetary mass attracted to the Earth by its gravitational pull. Now for the first time Nasa's Stratospheric Observatory for Infrared Astronomy (also known as SOFIA) has discovered water on the sunlit side of the moon. This discovery insinuates that water may be distributed across the lunar surface.

SOFIA detected water molecules we are familiar with (H_2O) in the Clavius Crater. Paul Hertz, director of the Astrophysics Division says, "We had indications that H_2O – the familiar water we know – might be present on the sunlit side of the Moon" This proves that scientists already had premonition that water already existed on the moon. As we know, water is a very precious resource and very rare to find in deep space. Whether this water is accessible for use still needs to be determined. SOFIA's find builds on years of research to figure out whether or not there is water on the moon. When Apollo astronauts first returned from the moon in 1969 it was thought that it was completely dry. Over the past 20 years orbital and impactor missions such as NASA's Lunar crater observation and sensing satellite confirmed ice in shadowed craters of the moon.

Compared to the amount of water SOFIA found the Sahara Desert has 100 times more. Despite this it is still miraculous that water was even found on the moon. This opens a new door for discovery. NASA's Artemis program is planning to further advance this in the future when they send the first woman to the moon in 2024. They also plan to establish a sustainable human presence by the end of the decade.

So is this water usable or not? Casey Honniball, the lead author who published the results from her graduate thesis work at the University of Hawaii at Mānoa in Honolulu says, "But we didn't know how much, if any, was actually water molecules – like we drink every day – or something more like drain cleaner." This demonstrates that it still needs to be determined whether this water is safe to use or not,



Continued

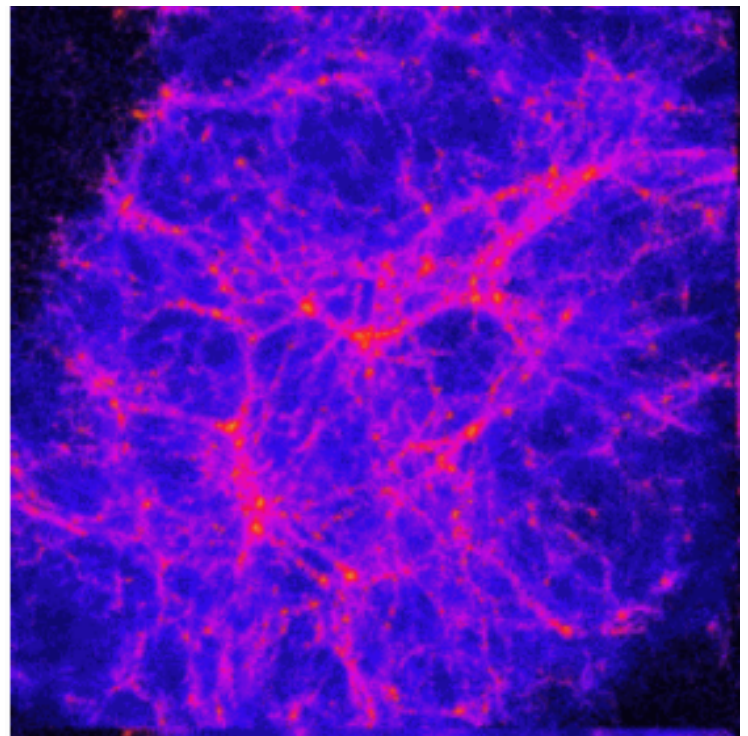
“Without a thick atmosphere, water on the sunlit lunar surface should just be lost to space,” said Honniball, which just proves even more that even finding a single molecule of water on the moon is miraculous. Some causes of water might be micrometeorites raining down on the lunar surface, carrying small amounts of water, could deposit the water on the lunar surface upon impact. Another possibility is there could be a two-step process whereby the Sun’s solar wind delivers hydrogen to the lunar surface and causes a chemical reaction with oxygen-bearing minerals in the soil to create hydroxyl. Meanwhile, radiation from the bombardment of micrometeorites could be transforming that hydroxyl into water. The water could be stored in tiny bubbles in between granules of lunar sand or tiny bead like structures in the sand.

In summary, water was miraculously discovered on the lunar surface by NASA’s SOFIA . It still needs to be determined whether or not it is usable but there are very small amounts so scientists don’t know yet. There are also many possibilities of how the water got there and how it is stored on the lunar surface. There you have the “Water Side” of the moon.

The “DARK Matter” Puzzle

Siddarth Thangaswamy

The name says it all. Dark matter permeates the entire fabric of the universe, yet it has never ceased to puzzle scientists. It was expected for gravity to slow down the expansion of the universe, but its acceleration has baffled scientists. Does no one know how dark matter looks? What is it made of? How does dark energy work? What is it not? It is not a dark cloud of normal matter, made of particles called baryons. It is not antimatter that annihilates with matter to produce gamma rays. It is suspected to be the invisible matter that allows gravity to tug at galaxies, accelerating their motion but is invisible to light, electromagnetic waves and hence, cannot be detected.



Continued

Albert Einstein was the first to realize that space was not empty but held dark energy that did not get diluted on the expansion of the universe. Some theories on dark matter state it could be made of “Weakly Interacting Massive particles” that are 100 times as massive as a proton, or it could be made of “axions,” extremely light particles, or it could be an ordinary matter that behaves in extraordinary ways, such as Massive Astrophysical Compact Halo Bodies (MACHO) that do not glow. Dark energy could be the mysterious dynamical fluid energy called quintessence that pervades the universe, or it could be a property of space without material.

Dark matter and dark energy raise several questions:

1. How do particles at ends of the universe mirror and pair with each other? Which is called Quantum entanglement or ‘spooky action at a distance’ by Einstein.
2. Is “empty space” full of temporary particles that appear and vanish?
3. Is dark matter a mirage or does not exist. Since MOND (Modified Inertia) makes gravity behaves differently on the galactic scale?
4. Is the accelerated expansion of the universe triggered by a “repulsive” dark energy?
5. Is dark matter the reason for stars in spiral galaxies orbiting at almost the same speed, no matter where they are on the galactic disk, contrary to the notion that the stars at the edges of a galaxy must orbit slower than those at the center due to gravity?
6. Are strange discs and rings of light created by the optical illusion of light bending around clouds of dark matter?

These mysteries remain unsolved.

The Science Behind Decision Making

By: Elisa Dash

Every minute, every second of your life, whether you realize it or not, you are making decisions. It doesn't have to be something big, like having to choose between buying a Nintendo Switch or an Xbox. It can be something so miniscule that you barely notice what you're doing even as you're doing it. For example, say your chromebook's almost dead and you've got a Zoom meet in just a couple of minutes. What do you do? Do you just wait till it dies? Or do you get up and connect your device to a charger? Either way, you've just made a decision.



Continued

Every single day, we are all faced with numerous dilemmas, most of which our brains unconsciously attend to. Most of these problems are pretty miniscule, but it's when the big problems arise that we are forced to really think about what we're going to do. Sometimes the situation turns out great. You've made a rational decision, and it was a good one. You have no regrets. And, sometimes, well... you make the wrong choice. We all do things we regret. But what exactly helps us decide...what to do? And why do we make bad decisions?

Well, here's the thing. When you're faced with a dilemma, your brain deals with uncertainty. And when that happens, many different parts of your brain work together to process everything at once. How are you feeling about your options? Do you know if something could go wrong with what you're doing? What are the pros and cons of this decision? Every thought that is processed goes to your neural receptors. And sometimes, how you feel and what you want can be more powerful than the parts of your brain that control rational thinking. It's not your fault, really. But it kind of is, in a way. Ever hear the phrase "Follow your heart, not your head"? That's exactly what's going on here. That doesn't mean that your heart makes the wrong decisions. It could be the right choice. But a lot of the time, it isn't the best idea.

It's not as simple as that, though. One of the main brain structures that plays an integral role in decision making is known as the anterior cingulate cortex (ACC). I know, super sciency. But it's not the name that matters. It's what it *does*. The ACC is in charge of managing reinforcement information. What that means is when you do something, you observe any consequences that entail, and adapt your future behaviour based on what you see and process. So this helps you amend your past mistakes.

Then there's the part of your brain that controls emotions. It is known as the limbic system, and it is further broken down into three specific parts: the amygdala, the hypothalamus, and the hippocampus. Along with emotions, they control your memory, both which seem to go hand-in-hand (because remember, some of your decisions are based on your amendments to past mistakes, which you remember because of this structure).

Anyway, these parts are what can sometimes cause you to be led astray from rational thinking. Emotions can be very powerful, whether you like it or not.



So if there's something you have to do but don't want to or are afraid to do it, your fear can very easily overpower your choices made using your logic. Not saying that happens all the time though; everybody is different, and some people are more naturally inclined to follow their emotions, while others prefer to go by things based purely on what they know.

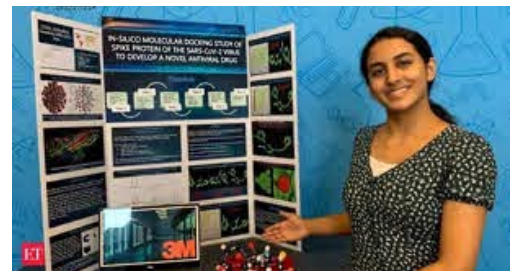
I know, I know, that was a lot of information. But long story short: *You make decisions. Every. Single. Day. Every hour. Every minute.* In fact, you chose to read this article. That's a decision in itself. But the bigger decisions, the ones that really count, rely heavily on two major parts of the brain. The anterior cingulate cortex (ACC), which manages your rational thinking, and the limbic system, which controls your feelings and emotions. Both combined help you make choices in life. Sometimes, emotions can overpower rational thinking when there's too much conflict, and that leads to...not so smart decisions. But here's the amazing part: we don't even realize that all these things are happening in our heads! We go through each day, oblivious to how hard our brains are working to help us think and act properly. Just...something to ponder over.

Cure for Covid?

By: Indira Lakshmanan

Scientists around the globe are turning their attention to cure COVID-19. But can this 14-year-old girl from Frisco, Texas help them? She can. Anika Chebrolu, born in 2006, entered the 3M Young Scientist Challenge in hopes to awe the judges. She did much more than that. Not only did she win the title of America's top 2020 young scientist, but she also gave scientists something to explore in their quest to cure Covid -19.

Anika entered the 3M Young Scientist Challenge, focused on finding a cure for the Influenza virus. The challenge opened on Dec 17th, 2019, and ended on May 7th, 2020. The first case of COVID-19 was reported on January 20, 2020. So amid the Challenge, Anika shifted her attention from the influenza virus to Covid-19. "Because of the immense severity of the Covid-19 pandemic and the drastic impact it had made on the world in such a short time, I, with the help of my mentor, changed directions to target the SARS-CoV-2 virus." She told CNN.



Continued

So how did she get interested in flu and pandemics anyway? Well, in an interview with France 24, she said that she started reading about the 1918 Spanish Flu, and the topic interested her. She had researched drugs, cures, and viruses until she stumbled across influenza. Of course, when the pandemic started, it gave her the perfect opportunity to research something relevant she was fascinated by. So with the help of her mentor, Dr. Mahfuza Ali, Anika worked hard to attain days of research and effort into her project.

Anika, who aspires to be a medical researcher, advises fellow students to always be curious, and that no question is a bad question.

Family played a big part in her success too! Her grandfather's push led her to where she is now, and he is behind her life motto - Never Stop Asking Questions. In an interview with CBSDFW, she said, "my Grandpa, when I was younger, he always used to push me towards science. He was actually a chemistry professor and he used to always tell me to learn the periodic table of elements and learn all these things about science, and overtime, I just grew to love it!"

Let's not forget that Anika is still a teenager. Between labs and research, she finds time for her interests like Bharatanatyam, which she has been practicing for eight years. She is going to be performing in the *Arangetram, which is quite an accomplishment! And by the looks of her art, it looks like she has amazing art skills too!

All in all, Anika is a very active teen who has made a name for herself. By creating a potential cure, she sure is an inspiration to us all!

*A graduation for dance when the guru presents his or her pupil to the public.



Change Brought By Coronavirus:

By Ria Kotteswaran

Change can sometimes be hard to adapt to, but in this situation Covid- 19 changes people on the inside. Change is one thing but what about an impactful change, not as in moving to a new place or making new friends. I mean change in people's reasoning and thinking such as in the brain.



Coronavirus has taken advantage of many lives as it makes people fearful. Thinking about the possible chances of getting Covid-19 could surely impact our lives. In today's life, processing the thought about where the Virus could be scares the living daylight out of everyone. People are overthinking every aspect of their lives. Most people have major concerns about where the virus could strike. Since Covid-19 has a big appetite on the lives of the world, it is naturally unpredictable.

Thought Process :

Take me for an example, thinking of fun things to do during quarantine is difficult. Any place I think of, I always find a way of overthinking everything in an exaggerated manner. . . When I say exaggerated I don't mean fake, I just consider too much that I think about the negative side of going on trips instead of the bright side. When I think about going bowling with my family, I just jump into bowling shoes where others were, or the three holes where you place your finger inside in a bowling ball, I question myself, do they wipe in there? This is the way many people interpret their thoughts. There is nothing wrong in thinking that way, it's just a safety signal that your brain is reasoning.

American's reasoning:

If coronavirus wasn't there, many people would not bother about the germs around them. Corona has been a huge change for everyone, it makes people think more into where they go or what germ or virus will follow them.

Continued

To support my reasoning, an article from Pew Research Center” states that “ About nine-in-ten U.S. adults (91%) say that, given the current situation, they would feel uncomfortable attending a crowded party. Roughly three-quarters (77%) would not want to eat out at a restaurant. In the midst of a presidential election year, about two-thirds (66%) say they wouldn’t feel comfortable going to a polling place to vote. And smaller but still substantial shares express discomfort even with going to the grocery store (42%) or visiting with a close friend or family member in their home (38%).”

All in all this supports the fact that many people have changed their thinking and reasoning due to Corona and it’s circumstances.

The Pandemic Playbook

By Sarvesh Premkumar

It's practically an undisputed claim to say that 2020 has been an “interesting” year. However, 2020 has shown an entirely new generation of plague and disease through a fresh lens. Doctors and politicians alike are updating their plans and their protocols, while everyday people are trying to uncover more and more about this virus that imprisons us in our own homes. What if there was a plan for how to stop pandemics or to fight them effectively? Well during the years prior to 2020 there have been numerous resources that have been providing doctrines and procedures to stop pandemics. These resources are there to assist leaders in power to make effective decisions in fighting pandemics and ending them with relative ease.

Understanding the Bush Doctrine on Pandemics

One of the most called-upon resources provided by the CDC and the Homeland Security Council is the “National Strategy for Pandemic Influenza”, written during the time of the Bush Administration in the midst of the Swine Flu Epidemic in the USA. Although the plan is intended for Influenza most of the information is very relevant to other pandemics. The Bush administration outlines three major pillars in fighting pandemics: preparedness and communication, surveillance and detection, and response and containment. Preparedness and communication is a pillar that emphasizes proper preparation by stockpiling resources and activating communications within the US. The communication pillar also asks that the US work together with other nations to help control the spread of a virus. Surveillance and detection ask for the government to be able to track cases and be able to project models on the spread of a virus. Finally, response and containment emphasize responding to the virus threat by actively fighting the virus and keeping the public safe from the virus while also containing the spread of the virus.

Continued

How could the Bush Plan affect the fight against Covid?

The Bush administration's strategy on fighting a pandemic is nothing short of a masterpiece being available and easy to understand for both young and old audiences. The question that is presented to us now is how we can use this to continue to fight the pandemic. Since we are about 8 months into the pandemic (Considering WHO recognized Sars COV-2 as a pandemic in March 2020) that means we are pretty much past the preparedness phase. On the Communication side of things, there are a myriad of options at our disposal.

. For one, there could be massive media campaigns aimed at all parts of society to inform them about COVID-19 and major efforts to combat fake news by either flat out deleting them or by making it abundantly clear that it's fake news. Our leaders in the meantime must be actively communicating with other world leaders and international organizations to help create a team of nations working together to fight the virus. We have mainly nailed the surveillance and detection pillar by creating numerous testing sites and a variety of tests that can effectively help medical experts to track COVID-19 and detect if people are infected.

Finally, there are definitely some things that can be improved in response and containment. Now in the interests of stopping COVID-19 in a much faster and effective way (also at less cost to human life) it does require the shutdown of most places where people interact. Although this may seem controversial it has been proven that cases spike when not closed such as the case with numerous school openings prior to Edison where cases did spike and eventually went down after they closed. It is of the utmost importance to contain the spread in an aggressive manner as it will be the most effective way of stopping the spread of the virus. Although there are numerous things to consider in virtual learning, the safety of students and staff would not be one of them. With a bit more funding it could prove effective and safe to continue with virtual learning until a more permanent solution arises. However, the pandemic is an evolving one, and yesterday's information may not be applicable today, but we must use the information we were given from the past and analyze it in order to create a proper and effective plan.



(A google PSA illustrating the Preparedness and Communication pillar during the Covid-19 pandemic)

The Transition To Sustainable Energy

By Yadhunandan Senthilkumar

We are in a crisis! Global warming is only getting worse, because of our use of fossil fuels. Many people have taken notice about this, and have started to revolutionize how we power things. Companies such as Tesla are truly paving the way to things such as solar panels and electric mobility. We have made such progress, and it is time the world knows that!

Cars

As we all know, one of the main things that affect global warming is our cars. Most of our cars are powered by gasoline or diesel, and as they burn the fuel, they release harmful pollutants into the air. This eventually causes places to get hotter as the heat gets absorbed.

But there was a solution that only made a small effect. It was called hybrid cars. It all started with the 1992 Toyota Prius. These hybrid cars mixed lithium-ion batteries and electric motors with a conventional gasoline engine. At low speeds, or whenever the user wishes, the car can drive solely using the battery. But when the battery dies, or the car is driving above 20 mph, the car uses the gasoline engine. These things didn't really help, as they were being outsold by conventional gasoline engines.

However, gasoline cars have finally been sold out. The electric car revolution started in 2012 with the Tesla Model S, which was an electric car that changed the way cars should be. However, it was expensive, and many people couldn't afford. But now, everyone is buying electric cars. As cars like the \$37,000 Tesla Model 3 and the \$26,000 VW ID.3 win over the hearts of people, our global warming situation is getting a lot better. We are all moving towards a green car environment. The transition to sustainable energy powered cars is finally happening!

How can you contribute to this revolution? Simple, just buy an electric vehicle. As federal and state governments are giving out tax cuts and incentives to convince people to get an electric vehicle, there will always be an electric car with your reach. Here are some electric cars that we recommend:

1. **Tesla Model S**
2. **Tesla Model**
3. **Tesla Model**
4. **Tesla Model**
5. **Audi E Tron**
6. **Jaguar**

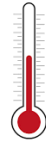
Anyway, that's it regarding cars, and the progress of **"transitioning"** from gasoline cars to electric cars!

It's not only our cars that use fossil fuels for power. It's also our buildings that use fossil fuels for electricity. These fossil fuels are burnt at different energy plants, and the energy is sent over to homes for use. The process is simple. But there are even better and simpler ways to produce energy. Here are some of the different types of sustainable energy, and their generators: solar energy, nuclear energy, hydro energy, wind energy.

We have advanced in all these different technologies, and we will only continue to push them out. Things like the billion dollar solar panels from Tesla, which are really cheap to buy. These are really bringing the sustainable energy market for our homes to a new level. That's all the progress that we have made so far regarding sustainable energy towards our homes.

Temperatures and Humidity: Not as Important as You Think in the Spread of Covid-19

By: Rishab Sen



Pandemics and diseases can be affected by numerous factors in our daily lives. Covid-19 is no exception. Everything from population density to how sanitary the environment is can affect this menacing disease. However, can the weather also be considered an important factor in the way the Covid-19 pandemic plays out?

To eliminate one big controversial idea about Covid-19: warm or cold weather is not the most important factor in the spread of Covid-19. Air temperature and humidity won't slow or speed up the new coronavirus's ability to transmit from person to person. Of course, Covid-19 does die out at a certain high temperature, but that depends on extreme conditions. Donald J. Trump, our current president, said, "Maybe this goes away with heat and light. It seems like that's the case." There is already enough information to make a good argument against this statement. Dev Niyogi, a professor with a PhD at UT Austin's Jackson School of Geosciences and Cockrell School of Engineering, told Healthline Media, "Temperature and humidity is not much of a factor." As it turns out, the predominant factor that affects how Covid-19 spreads is actually human behavior, and here's how.

It's pretty simple. When it is hotter outside, people usually spend more time outdoors playing or simply enjoying the weather. Since people are out in the open rather than crowded together indoors, the chance of getting Covid-19 is less. When it is colder, however, people spend most of their time sealed up inside, which increases the risk of being infected with Covid-19.

Dr. Aaron Glatt, chair of the department of medicine at Mount Sinai South Nassau Hospital in New York, and the hospital's lead epidemiologist and infectious diseases chief, told Healthline, "It's not what the temperature does, it's what the temperature makes people do. The critical factor is when people are in an indoor space that's poorly ventilated, there's going to be a higher risk of infection. That's the case with any respiratory illness, not just COVID."

So Covid-19 has a greater chance of infecting someone indoors rather than outdoors, but why? It has to do with the physics of air movement. FiveThirtyEight's article, "What A Summer of Covid-19 Taught Scientists About Indoor vs. Outdoor Transmission" says, "If you're standing right next to someone else, there won't be enough time for sun and heat to break the virus down before you breathe it in. But there is enough time for the wind to blow it away." That situation is very different when people are standing next to each other inside, where there is very little movement of air to disperse the virus particles.

Continued

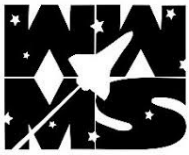
Researchers seem to be coming to the conclusion that Covid-19 doesn't care if it's cold, warm, or hot; it can still be transmitted from one person to another. Dr. Nikhil Agarwal, an internal specialist at WellMed in Cedar Park, Texas, told Healthline, "Weather by itself does not have a correlation with transmission, as evidenced by the fact that we have seen this virus be just as ominous both during the winter and summer months, not just in the U.S. but also all over the world."

Many people have been carrying on their lives during the summer as if it is ok to return to their normal pre-pandemic lives, but the experts are warning people not to do this. "All the [public health] interventions and practices should remain in place. And in fact, anywhere we see major reductions [in the coronavirus], it's mainly because of all these policies." Mohammad Jalali, a researcher at Harvard Medical School told E&E news.

There are some studies that do show that Covid-19 is sensitive to high temperatures and exposure to UV light. However, UV light has only been shown to slow the spread of the new coronavirus by 1%. That definitely won't be enough to end the pandemic. As for high temperatures, we've already gone through a whole summer and that didn't make the virus disappear. A safe bet seems to be that freezing weather won't substantially increase the number of Covid-19 cases. Dr. Daniel Bausch, a virologist and the director of the United Kingdom's Public Health Rapid Support Team (UK-PHRST) said, "We don't need cold weather for significant transmission. It seems to be propagating quite nicely in hot, humid, close-to-the-equator places." Obviously, this virus has the ability to spread in almost any climate.

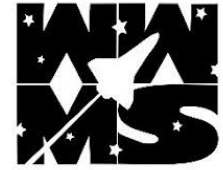
Sometimes, hot temperatures can cause people to get infected as well. In warmer places, like Texas, the overwhelming heat has caused people to retreat into buildings with air-conditioning, which is time spent indoors; as a result, the rate of Covid-19 has been increasing in Texas over the summer. This shows that sky-high temperatures aren't exactly good, either.

Weather does indirectly affect Covid-19, but not mainly because of temperature or humidity, but because of how it affects people's behavior. "The biggest driver of disease transmission is our behavior...temperature and humidity really didn't mean much for disease transmission, but our implementation of social distancing did," said Brian Labus, an assistant professor at the School of Public Health at the University of Nevada in Las Vegas. It seems that the temperature often affects whether people are indoors or outdoors, and this actually may be the reason why people think temperature can be considered a factor in how the pandemic plays out. Since people who are outdoors in warmer weather have a better chance of not getting infected than those who are indoors in colder weather, it makes people automatically make the connection that temperature affects Covid-19. However, by simply diving deeper into the latest reputable news articles and research on Covid-19, we can clarify what actually has and has not been proven about Covid-19. That knowledge will make it easier for people to take proper measures to reduce the spread of this potentially deadly disease on our way to finding a cure for the coronavirus.



Challenger: The Shuttle Orbiter

By: Vishruti Mehta



What are shuttle orbiters? Space is the reason Challenger, a shuttle orbiter was made. A shuttle orbiter is designed to carry large payloads or anything that is in the rocket. The Challenger was originally made to test if a light airframe, or the body of an aircraft, could stand the weight and pressure of a space flight. It was the second-ever orbiter of NASA's Space Shuttle program, and an incredibly important mission. If this operation had succeeded, it could have changed the future of NASA.

The Challenger was not ordinary: it had hosted the Space Shuttle Program's first-ever spacewalk. Over three years, Challenger had flown nine times, helping the United States accomplish many different tasks and missions. This shuttle orbiter was special since Sally Ride, the first American woman and third-ever woman to go into space, flew in it, as well as Guion Stewart Bluford Jr, the first African-American astronaut in the world to go into space.

The mission STS-51L had a crew of seven members. The Commander: Francis R. (Dick) Scobee, the pilot: Micheal J. Smith, Mission Specialist: Ronald McNair, Mission Specialist: Ellison Onizuka, Mission Specialist: Judith Resnik, Payload Specialist: Gregory Jarvis, Payload Specialist, and teacher: Christa McAuliffe. These seven people had been chosen to go into the mission, that would test everything. The crew, the ship, the airframe, and all the scientists and engineers, who had made this orbiter.

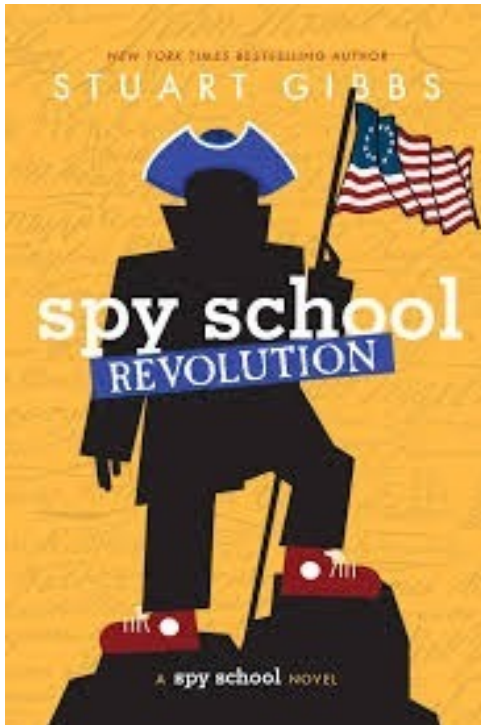
On the morning of January 28, 1986, the seven crew members boarded the ship. People were gathered all around Cape Canaveral, Florida, the place Challenger would lift off into space. Family members of the crew were watching the launch in which their sons, daughters, brothers, or sisters would travel into the sky. 73 seconds after the launch, Challenger exploded. The last thing the Commander, Francis R. Scobee ever said, was "Uh oh."

The explosion of Challenger changed not only NASA but the U.S.A. It changed all the colleagues and students of Christa McAuliffe, and so many more. As unfortunate this disaster was, it led to so many more accomplishments and improvements in the field of aerospace and the universe! Inventions were inspired by this event and led us on the path to avoid any mishaps that happen again. Every year we honor the seven crew members who lost their lives in the failed mission and acknowledge their sacrifice. We must embrace the fact that we are WWMS **Challengers**, and we will always continue to fly upward and go above and beyond!

Spy School Revolution

By: Shayaan Nandanraj

The name of the book is Spy School Revolution and the author is Stuart Gibbs. Mr. Gibbs has also written many books based on mysteries, to name a few, The Fun Jungle Series and The Spy School series. This book is fiction, and it brings you to the world full of spies and federal agents. This book is about how Superspy middle schooler Ben Ripley faces the Croatoan—a new evil organization that's so mysterious, the only proof it exists is from the American Revolution.



With SPYDER (First book) defeated, Ben Ripley (First book) is looking forward to his life getting back to normal, or as normal as possible when you're a superspy in training. For once, everything seems to be right in Ben's world...until someone bombs the CIA conference room next door. To Ben's astonishment, the attacker is none other than Erica Hale (First Book), the spy-in-training he respects more than any other. Ben refuses to believe Erica is working for the enemy even if the rest of the CIA does. His mission: prove Erica is not a double agent working against the US, locate the allegory colonial-era evil group that's blackmailing her, figure out what their devious plot is, and thwart it. But this time, Ben finds himself up against opponents he has never encountered before, his own friends. They're not as ready to trust in Erica as he is, and Ben is forced to rely on his own wits and skills more than ever before. How can he succeed when he doesn't even know who he can trust? You can find this book in Elibrary but you must have a library card, if you do not have one please email Ms. Richman our librarian and she will help you out. Thanks for reading and if you have any books you want to show please email ntshayaan@gmail.com or 3017248@edison.k12.nj.us, make sure you send a review for it too, thanks.

**Book came out on
October 6, 2020**

The Heroes of Olympus

By: Hasini Vummaji

The Heroes Of Olympus is a brilliant series to read if you are a Harry Potter or Percy Jackson enthusiast. This series is adventurous and includes loads of mythology. In the Heroes of Olympus, seven mighty demigods try to defeat the evil Mother Earth. Through this process, these seven demigods establish a compelling friendship.



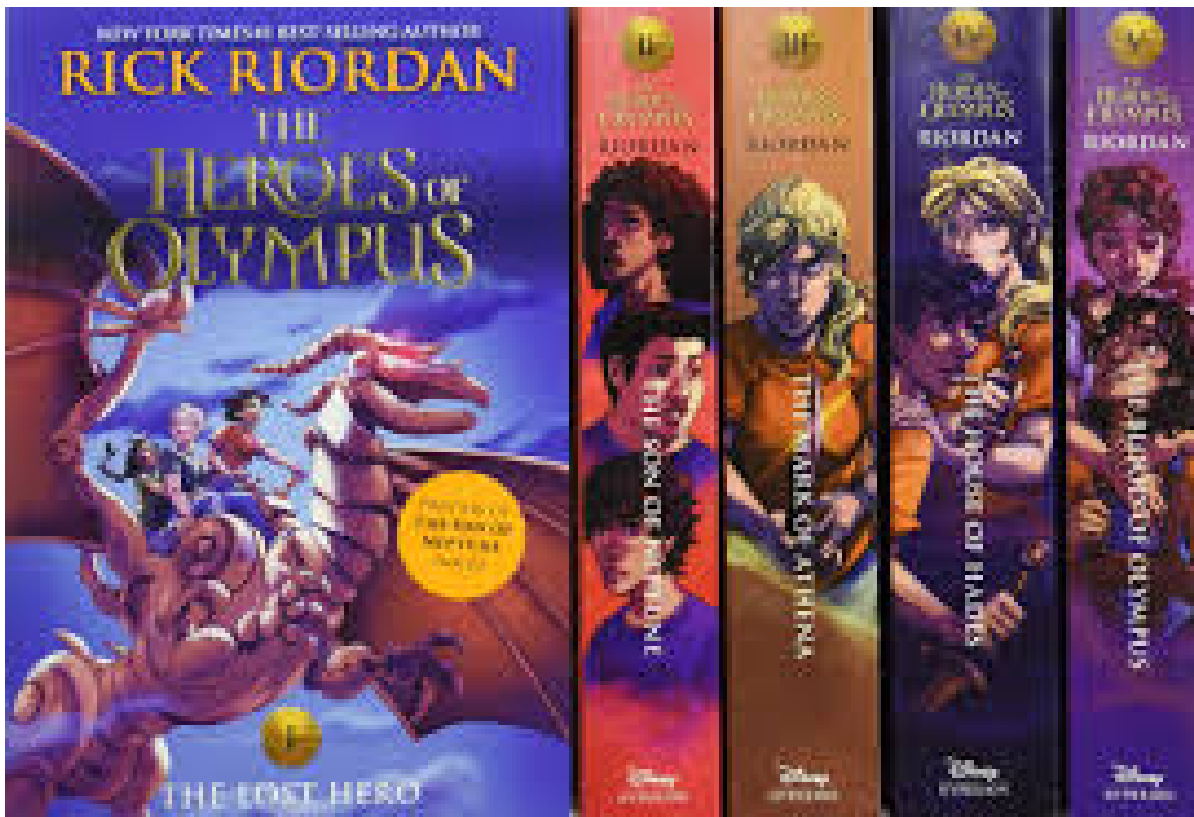
The seven demigods on this quest are Jason, Piper, Leo, Percy, Annabeth, Hazel, and Frank. However, there are numerous more characters. Jason is a strait-laced leader and the son of Jupiter. He can control the wind, and summon lightning. Piper is driven by instinct. She can charm speak anyone into doing anything, a rare power among Aphrodite's children. Using her dagger, she can see flashes of the future. Leo is someone who clears up the air. He is a skilled mechanic, immune to fire, and able to control it. Percy is a risk-taker, and 'impossible' isn't in his dictionary. However, Percy gets into a lot of trouble and danger for that reason. He can control and breathe in water. Annabeth is intelligent and skillful. She is somebody who you do not desire to challenge. Plus, she anticipates every move and has planned for it all. Her skills as a warrior would make those with magical powers fret. Hazel is a polite person, with a mysterious past. Also, she can sense precious metal and elements, like gold. Frank is the poster-boy for introvertedness. His life depends on a chip of wood. When that piece of wood burns, he will lose his life. He is the son of Ares, but he acts very much like Apollo. They are a diverse group! Through these five amazingly written books, their friendship grows in power.

In the first book we follow, Jason, Piper, and Leo as they are thrown into a quest to save a goddess. However, the main concern is that Jason does not remember his past. All he recognizes is that his last name is Grace. During the next book, Percy, Hazel, and Frank fight to defeat a giant that might have more to do with one of them than they know. Percy, who is from Camp Half-Blood, similarly loses his memory. Percy only remembers one person who was important to him, Annabeth.

Continued

The third book begins when Annabeth finds Percy and all seven demigods begin their quests. However, Annabeth has to return the Athena Parthenos to unite to warring groups. In the fourth novel, Nico guides Piper, Jason, Leo, Hazel, and Frank to the House of Hades, while Annabeth and Percy fight through a never-before survived place. Annabeth realizes that the prophecy not only wanted the camps to unite but also required some of the giants, titans, and demigods to work together. In the last book, both camps commit to destroying Gaea! Reyna, Nico, and Coach Hedge also achieve their quest, delivering the Athena Parthenos to Camp Half-Blood. However, keeping in mind the prophecy, one of the seven demigods must die.

I believe this series would interest anyone. However, I would essentially recommend it to people who like to read about problem-solving, mythology, fantasy, and adventure. This series is about attacking the different monsters in Greek and Roman Mythology. To unite Camp Half-Blood and Camp Jupiter, both of the camps must work together to defeat any enemy. Therefore, the theme of teamwork is a strong presence. These seven demigods face numerous obstacles to accomplish their goals. If you attain pleasure from reading this series and desire to know what occurs next, continue reading all of Rick Riordan's books.

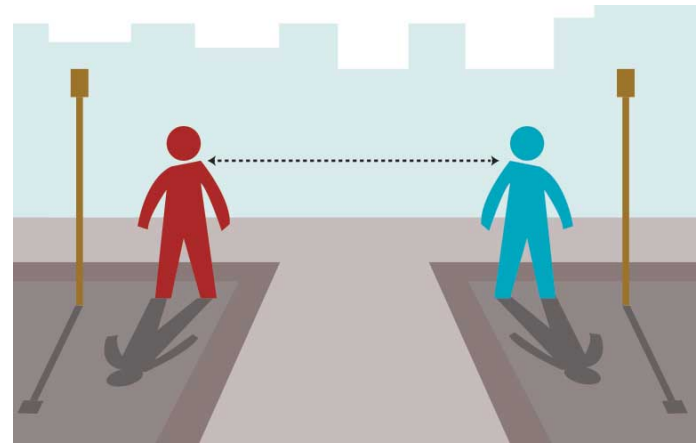


How COVID-19 Takes the Joy Of Being Young From Today's Youth

By Srinitya Bhattiprolu

COVID-19 has become one of the most important issues of this year, and we are constantly being reminded of the virus whether at home, school or even while just scrolling through social media apps and websites. Trying to get through this pandemic and get back to normal life is at the top of everyone's minds, but there are many different perspectives. So what does today's 'youth' have to say about the restrictions of COVID-19? How do they feel about hanging out with their friends less often, not going shopping, not going to movies, and most importantly, not going to school?

"It's sad that I can't meet up with my friends and socialize as much as before, but it is what it is. As much as I miss school, I know social distancing and quarantining are the best we can do during these tough times..." -Mehak Patel, Eighth Grader at WWMS



As you can see, young teens these days are trying their hardest to come to terms with and get used to the restrictions being placed during the pandemic, but they are accepting that this is our reality until a vaccine or the condition of our country improves. Being young is all about enjoying our lives to the fullest- but this virus forces us to make new beginnings and rewire our lives to fit the needs of our country.

"I feel like it's been a few years since I went into quarantine and started social distancing with my family at home. It's really tiring, communicating with my friends through social media without actually seeing them in person. I feel like I'm being restricted to my home..." -Sanya Reddy, Eighth Grader at WWMS

Most adults look back on their middle-school days as a time when they enjoyed with their friends with no remote controlling their everyday lives. But during this pandemic, until we get our remotes back in our hands, COVID-19 will continue to keep our lives on pause.

Take-Out In Quarantine: Do or Don't?

By: Aditi Shenoy

Imagine this: after a long day at work, you're very tired. The prospect of cooking is enough to make your head spin and you don't have anything relatively easy to make in the fridge. Almost immediately, you pull out your phone and press the app of your favorite restaurant. Wait! Before you do anything, consider the quality, price, and safety of your food. Is it a good idea to order from a restaurant you've never heard of before that doesn't follow CDC health recommendations? That should be obvious, but what about a well respected restaurant that still follows some rules? You may think it's alright, but is it, really? Find out in this article!



Quality

If you've ever bought takeout these past few months, you know that the dishes you've tried and loved aren't exactly the same. In my own experience, I've noticed that many of the dishes are oily, less seasoned, soggy, or in a very small proportion. One of my favorite dishes at a reputable restaurant even tasted bad, and I was pretty startled. Here are some tips when ordering food to make sure you get the best out of the experience:

1. Try not to get unfamiliar foods that you might not like/be allergic to
2. Don't spend an exorbitant amount of money on a dish that you aren't sure about
3. Keep in mind that staff may differ, so make sure to inform your waiter about any allergies/preferences
4. Avoid restaurants in areas where many covid cases have been diagnosed

If you keep these simple rules in mind, you should have a good time when eating food from a restaurant!

Price

Many restaurants have been forced to raise (or lower) their prices in order to make ends meet. In fact, you may have heard of Google's campaign to dine locally, due to the fact that local restaurants aren't getting as much money as they used to. Besides helping restaurants, research shows that buying local is actually better than going to chain restaurants. For one thing, local restaurants use in-season food, making your dishes oh-so-much better.

Continued

Secondly, most local restaurants support local farms, so you're helping out two or more organizations at a time. Lastly, (and most importantly) local food has a smaller chance of being contaminated. Chain restaurants import food, meaning that it goes through a long process: harvesting, washing, boxing, shipping, and then distribution. With local restaurants, there are fewer steps in that progress, so less chances to get infected. If you still aren't comfortable with going to/eating outside food in quarantine, then a great way to assist local favorites is to donate money! Check if that specific place has a money transferring account on apps like Google Pay, Venmo, PayPal, Zelle, etc. and transfer the money. This is a great way to aid restaurants you love during this difficult time.

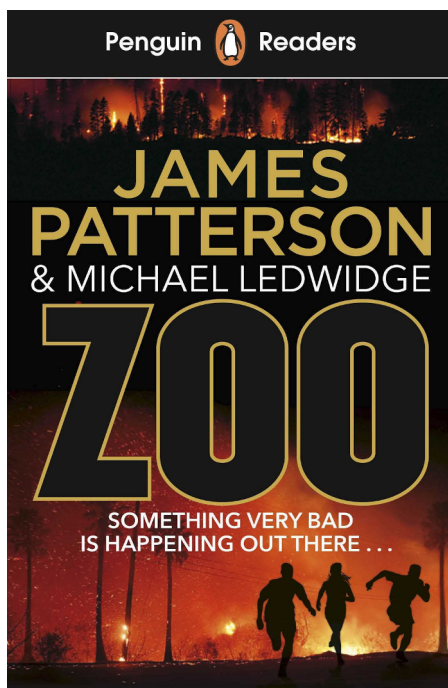
Safety

Whether the food is good or not, the question: "how do I stay safe?" might occur when ordering from a restaurant. Most restaurants have enforced very strict guidelines, such as coronavirus testing every few days, wearing masks and gloves all the time, and most importantly, washing hands after each meal served. Although your health might be in jeopardy, the waiters and chefs oftentimes have no choice. Many work different jobs throughout the day just to make ends meet, and large food corporations are the only ones with available jobs. A survey from the National Restaurant Association showed that the restaurant and food industry lost around a whopping 120 billion dollars in sales due to the pandemic. Furthermore, restaurant analysts believe that close to 75% of independent restaurants that closed may not reopen because of such severe loss. Fighting to stay open, this led restaurants to introduce break-through ideas like curbside pickup, pickup zones, and even simple delivery. CDC.gov says that there is a very low chance of the virus spreading through food/packaging/water, but if you still question the food's integrity, follow this simple rule: when in doubt, throw it out!



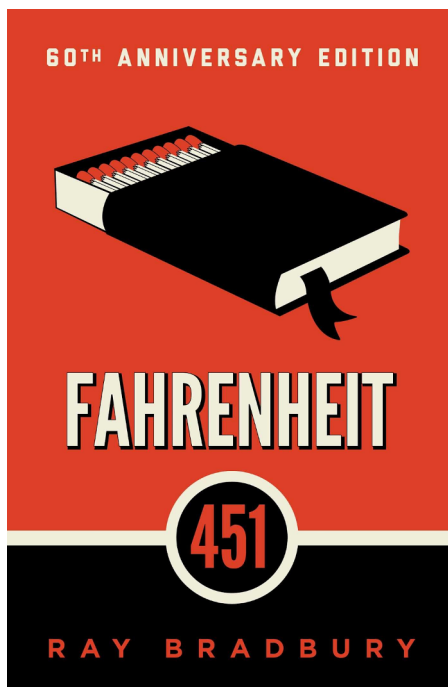
5 Books To Read In Your Free Time That Will Completely Change Your Views On Life And The Future

By: Elisa Dash



“Zoo” by James Patterson and Michael Ledwidge

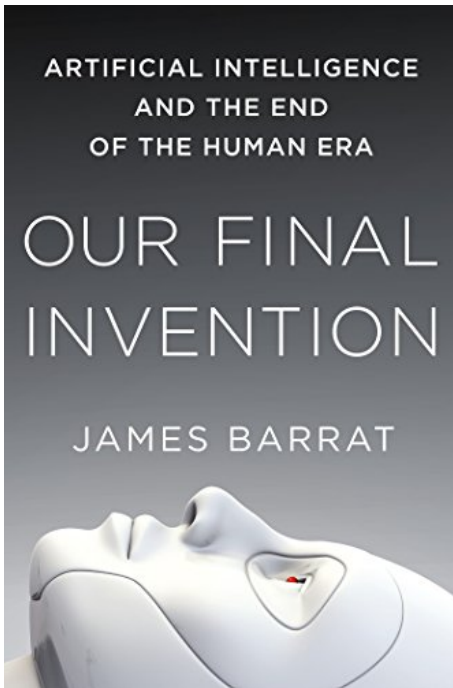
This is a truly thrilling book with countless twists and turns. Co-authored by James Patterson and Michael Ledwidge, “Zoo” is about a man-made animal mutation that triggers violent attacks across the world. Animals have become intelligent, and they want revenge on the humans that have wreaked havoc on their habitats. Cities are being destroyed, and people are dying everywhere. It is up to a very unlikely, group of people to figure it out. It makes you wonder just how many mistakes humans have made in the past decades and what the consequences might be in the future.



“Fahrenheit 451” by Ray Bradbury

You’ve likely heard of Ray Bradbury before. Many of his short stories have been found in school textbooks for us to analyze. And for good reason! His writing style is extraordinary, and his imagination is limitless. However, “Fahrenheit 451” is not a short story. It is a full-length dystopian novel set in a futuristic America where books are banned! They’re outlawed, and there are “firemen” who burn any remaining books that are found. Can you imagine not being able to hold a paperback copy of a classic novel, or to clutch a hardcover cookbook, ready to prepare a feast for your family? This book is a must-read for sure!

Continued



“Our Final Invention: Artificial Intelligence and the End of the Human Era” by James Barrat

This is a nonfiction book. And for all you people out there who dislike this genre, before you immediately stop reading this, I promise you this isn’t a boring book. In fact, it’s quite the opposite. Author James Barrat discusses the pros and cons of having artificial intelligence play a major role in the future. Of course, judging by the title of his novel, one can assume that in his point of view, the risks outweigh the benefits. One of them even being the extermination of the human race. This novel makes you wonder, is it a good idea to put the fate of our future in a robot’s hands? If they even have hands, that is.



“The 100” by Kass Morgan

You may have seen a TV show of this name before. I assure you, however, that while the characters may be the same, the book and the show are nothing alike. “The 100,” written by Kass Morgan, is a dystopian novel. In this futuristic world, Earth has been uninhabitable for centuries now, with everyone living in city-like spaceships that hover right above the planet’s atmosphere. Everything seems to be going fine until a group of juvenile delinquents is sent to be the first 100 people to live on Earth in hundreds of years. This mission is top secret, and the government figures that the teenagers would either be able to live there and survive, or they would die of breathing in the toxic atmosphere. Either way, these teens are now forced to survive on their own. This book is the first of a four-book series and a must-read.



“The Final Six” by Alexandra Monir

Also, a dystopian novel, “The Final Six,” is about six teenagers sent on a mission to Jupiter’s moon Europa. They are the first people to form a colony there. In other words, they have been picked to be the first people to live in a whole new world! Not to give away any spoilers, but it is safe to say that this story centers around two particular kids, Naomi and Leo, who soon come to learn that this mission isn’t all that it seems. Throughout the novel, they learn to trust each other, and we even see a budding romance as the story progresses. It’s an amazing story sure to entertain any reader. Also, this is a duology, and the story continues in Alexandra Monir’s second book, “The Life Below.”

Texting While Walking *Should* Be Banned!

By: Pranavi Soma

Did you know that texting while walking has caused more than 11,100 injuries? In fact, according to the National Highway Traffic Safety Administration, pedestrian deaths numbered 5,376 and pedestrian deaths are increasing consistently!



While texting is one of the most common forms of communication modes outside of social media with friends and family, but the hard part is when people constantly text even when completing their daily errands like walking, driving, eating, etc. Walking and texting at the same time is the most common thing that many people do and it definitely can be dangerous if you aren’t careful. The reason is simply that it takes away your ability to be alert while crossing roads and driving vehicles.

Authorities in Honolulu, Hawaii, think they've got an answer to this problem of texting while walking. They enacted a new law prohibiting people from watching their phones while crossing the road. Honolulu is the very first major U.S. city to introduce such a prohibition, but many other locations are taking into account similar laws. Should texting while walking be illegal? YES - I strongly believe that texting while walking should be prohibited because it is dangerous for drivers and pedestrians.

Continued

People who walk while texting are unaware of their surroundings and can damage not just to themselves but also to people around them and their surroundings. They may not notice vehicles or people and other animals coming their way or even stationary objects like lamp posts, dust bins, curbs, etc. They could trip over curbs or other obstacles when they walk distractedly by being on their phones and texting with other people. They could even walk into street signs, trees, and benches, etc. "Drivers struck and killed 49,340 people who were walking on the streets between 2008 and 2017. That's more than 13 people dying every day, or one person every hour and 46 minutes about the same as a jumbo jet full of people crashing with no survivors every single month." According to Forbes.com, This new law in Honolulu is meant to keep pedestrians safe and prevent accidents.

The truth is that pedestrians have the right of way only when on pedestrian pathways and on a pedestrian walking sign is on. Roads are essentially built for vehicles and pedestrians are a small portion/component in the overall scheme of things. While people make a general assumption that it is the vehicles that are responsible for the accidents and deaths, It is also possible that the pedestrians could equally be responsible for accidents and deaths. Pedestrians should be able to walk in pedestrian areas without fear, and drivers should always need to allow for them to walk. However, walkers/pedestrians can avoid such an incident from happening by simply avoiding using the phone when walking outdoors. Based on law, it's important that drivers are aware of the issues at hand and don't run into people by being careful when reaching pedestrian walking areas. This way the driver is not at fault is if somebody is jaywalking or walking in areas they shouldn't.

Some people might say that pedestrians shouldn't be punished and that the streets should be designed safer for pedestrians. But roads were not meant for pedestrians! They were built for trucks and cars. Not only that the person isn't attentive to the road there is nothing you can do to make it safer. For example, if there is a tree, the tree can't move, right? The pedestrian walks into the tree, who's fault, is it? The tree or the person, it, of course, the persons' fault.

There is no way you can "build a safer road for inattentive pedestrians." If the pedestrians are not attentive to the road and are focused on their phones no safety design can help them. The only way to keep pedestrians safe is to ban texting while walking, this way pedestrians while being aware of their surroundings.

I strongly believe that texting while walking should be prohibited because it is dangerous for drivers and pedestrians. Let's start an awareness campaign - young people need to know the dangers of texting while walking. The only way for pedestrians and drivers to be safe is to make a law saying texting while walking should be banned. This law is meant to help us not to punish people!

A Glimpse Into Virtual Speech and Debate Activities

Iniya Karimanal

Ever since March of this year when COVID-19 first started to ravage across the country, all educational activities and extracurricular activities have come to a screeching halt. Millions of children worldwide are unable to grow their passions, leaving their minds bored and unmotivated. Even when advisors of these activities formulate a safer remote version of the activity, the experience is not the same during the pandemic.



The debate world, in particular, has changed a massive amount. Travel debate adapted from messy hotel rooms, cramped buses, and cheesy tournament pizza to zoom conferences, between-round snacks, and horribly delayed awards. A lot of these changes are beneficial to the debate community, while others are dreadful. Personally, I have never attended an in-person tournament, as I only began traveling at the start of this academic year. To gain some insight, I spoke to a few veteran debaters from across the country on their thoughts and feelings about virtual debates and the changes taking place throughout the speech and debate community.

Meet the Debaters!

Brian, Spider Smart Debate- finalist at Georgetown University Fall Tournament

Cynthea, Potomac Debate - Semifinalist at California State University Tournament

Jason, Bergen County Debate Club - Octafinalist at University of Kentucky Season Opener

Romir, Bergen County Debate Club - Winner of Lakeland Westchester Classic

Question 1: Why did you apply for debate?

Romir: I originally applied for the benefits on the application but as I debated more, the more I liked it. When I started, I would not expect to still be doing travel debate let alone doing it online!

Question 2: What do you enjoy about travel debate in person?

Brian: It's the debate experience! The concessions, the rushing to the rounds; it's a part of debate, and without it, tournaments feel emptier.

Engaging with the judge and being able to interact physically is much more effective than virtually, which somewhat weakens your communication.

Cynthea: It's fun to go to new places with friends and stay at hotels.

Question 3: What do you think of in-person vs. online tournaments?

Brian: In-person tournaments are so much better. It feels more genuine, more realistic, and more authentic. Every aspect of real debate is what makes debate tournaments worthwhile. Although I still go to online tournaments, having real human interaction just makes all the difference.

Cynthea: I love online tournaments because it's way easier to sign up, I don't have to travel, it's cheaper, I can attend more, and I can speak really loudly.

Jason: Online tournaments are better for communicating with your partner.

Romir: In person is a lot easier, because we have constant technical difficulties online.

Question 4: What are some obstacles you have to overcome in a virtual environment?

Brian: Virtual debate was hard, I needed to buy a webcam because my camera was bad and I had to find a silent place in my house with less background noise.

Cynthea: Some of the platforms that we debate on are really difficult. The camera quality is bad, everyone always has tech issues logging in, problems turning on cameras or microphones, and most importantly you can't spectate!

Question 5: Are there any benefits of virtual debates?

Brian: Tournaments I previously couldn't attend were now available. I could also enter in high school tournaments, in which I previously wasn't allowed to enter physically, since I was too young.

Romir: I don't really see a difference between virtual and physical tournaments, to be honest. But virtual debate means that I don't have to rush to grab food and I can wake up later for [tournaments].

Despite all of these difficulties and challenges, interest in debate is only growing. Because of increased accessibility, more students are able to participate, allowing the debate community to flourish. Thousands of students have started to involve themselves in various speech and debate activities during quarantine. Debate has an impactful effect on the community, as it empowers youth to speak out more. As debate is one of the most quarantine-friendly activities, all of our veteran debaters recommend that you take a class or two to fine-tune your speaking skills, and perhaps even involve yourself in your local debate institution's debate team. As with all activities, going virtual takes away from the experience and also has its silver linings - but nothing can keep us from speaking up!



How COVID-19 affects Daily life, Manner, Mental & Physical Health

By ~ Daksh Pandit

Introduction

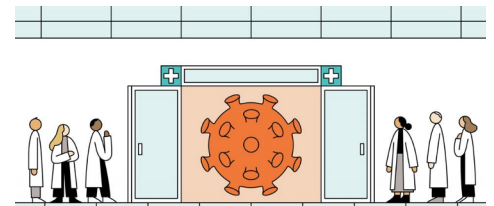
To begin with, let's go back to November 15 2019, that day something took over that we never anticipated would happen. As we all know, in China the individual humans who opened a breach to the deadly virus which is known as Covid-19, the virus didn't really didn't start spreading all over the world until we crossed over the milestone of reaching 2020.

Daily Effect : COVID-19 Mental Health Issues

On March 14, Covid-19 heavily affected the United States of America, an intramural change in all hearts of Americans. COVID-19 is also resulting in economic recession which has negatively affected many people's mental health and created New Barriers for people suffering from mental illness and disorders. As soon as Coronavirus started, 53% of adults have been mentally affected in the United States because of Covid-19, if we compare this percentage back to March which is now 32% higher than back in February and March. Many adults of all genders are reporting In-Person Mental health problems that they are facing. They are stating that they are petrified that at this rate they will be predisposed to Coronavirus more than usual.

Daily Percentages : COVID-19 Mental Health Issues

COVID-19 pandemic had major matters in the consideration of mental health during 2020. Difficulty getting sleep - 36%, Difficulty consuming Food - 32%, Ingest of Alcohol or substance use - 12% , and Augmented Chronic Conditions - 12%, therefore stress, anxiety, depression or losing job, and money-shortage caused Major internal and external changes on people's Physical and Mental health/appearance. As this Crisis wears on we discuss that the inference of social distancing practice and the economic recession in finance has also played a role in Mental Health Issues. Drugs overuse and overconsumption has led to more deaths, initially throughout the tension and anguish people have muducated drugs everyday have lost their lives. Ranges from 6.1 deaths per 100,000 people in 1999 to 20.7 deaths per 100,000 people in 2018). In 2018, over 48,000 Citizens lead to death by suicide, and in 2017-2018, nearly eleven million adults (4.3%) reported having serious thoughts of suicide in the past year.



Daily Effect : COVID -19 Physical Health Issues

To the enclosure of parks, recreation centers, Gyms etc, people had no idea how to burn calories or burn fat, this temporarily changed people's physical structure. Regular Physical activities were hard for people to-do because every choice they had to stay fit was closed due to Covid with no other alternative left, people had no choice but to cease their daily workout activities so then people couldn't maintain their good well-being. Especially kids in this situation were an acquaintance to this Crisis, kids were not as apt as adults towards Covid-19 so they were safe and tranquil. On the other hand kids need Intensity-Workout more than adults because kids these days are more occupied on Tech devices than playing outdoors. Articles state that these days kids are more likely to acquire more weight than expected.

Daily Percentages : COVID -19 Physical Health Issues

Being Indolent and lazy person does not sound like a nice way of living your life, but this is what great athletes have to do after being quarantined for 6 months. After Italy declared World Wide Quarantine on March 9 and saw a maximum 48.7% decline in steps within 30 days of quarantine this means that not even half of the people in the globe have achieved a good amount of walking(Internal Relief Exercise). Afterwards this short term(body weight and body fat) reduced activity results in an up to 6.6.% ml/min/kg loss of cardiorespiratory fitness, muscle atrophy in the lower extremities. A recent report reveals that 54% of patients hospitalized due to Covid-19 experience respiratory failure and other 30% require MV. Credible article reveal that Extraordinary Muscle Atrophy 1-4% losses has been reported in 14 days of step-reduction in both Young Children and Older Adults, Muscle atrophy is experienced by 50% of ICU patients including Diaphragmatic and lower limb muscle, resulting to major internal damage.

Raising the FLAG: An NJ-based organization making a nationwide impact**Aanya Marya**

Raising the FLAG: An NJ-based organization making a nationwide impact

FLAG (Frontline Appreciation Group) started as a simple idea, yet is so powerful. It was created to feed doctors, nurses, EMS & other frontline workers dealing with Coronavirus, to help restaurants that were struggling to stay afloat, and allow local citizens to support their community while quarantining. FLAG was started by Liz Bernich and Gina McGuire, two moms from New Jersey. They created FLAG to aid their local community during this unprecedented pandemic. "With all the hard work frontline workers were putting in, the least we can do is fuel them and give them lots of support and love," said Gina.

Continued



The idea for FLAG came from a Facebook post asking for donations to help fund restaurants to create meals, which in return were provided to frontline workers in the community. Liz thought it was a good idea to start this in her town given restaurants and medical workers were both struggling to manage the crisis. “It was important to keep frontline workers fueled as they were working long hours, save their time, and reduce their risk of exposure of COVID-19. People like the idea of supporting the front line and restaurants as they could do that with one donation.” stated Liz in a zoom interview.

“The response we received was overwhelming. Many people wanted to donate and help out!” mentioned Gina. Within the first two weeks of its existence, they received over 100,000 dollars in donations. From there, it just took off! Chapters have come up in towns across the country, from their hometown in Chatham, New Jersey to Oahu Hawaii. FLAG has raised 1.9 million dollars in this short time. Of the \$1.9 million donated so far, over \$1,000,000 has been paid to local restaurants around the country & 150,000 meals delivered for the front lines. With over 100 chapters across the nation and more to come, this organization shows no sign of stopping.

As the pandemic is slowing down, they are discussing ideas on how it will evolve to support the Front line workers. Liz stated, “Frontline workers are unsung heroes. Even after the pandemic is over, we should still keep appreciating all the hard work they put into saving lives every day.” They are planning to have a 5K Run in late July, create a food festival for local restaurants, and more!

As the pandemic continues to affect people across the nation, Liz, Gina & their team continue to inspire communities nationwide, making a difference.

For more information on FLAG visit their website: <https://www.flag2020.org/>

Note: Quotes in the article have been taken from a Zoom interview with both Liz and Gina!

The Influence of Body Standards Among Youth

By: Aditi Nagunoori

We all want to be perfect, in some way or the other. For some people, perfection means straight As. For some people, it means having tons of friends. However, for other people, it means having the “perfect body.” This idea of looking perfect stems from what we call body standards. Body standards are the toxic idea of having the most ideal body. In reality, the most ideal body doesn't exist. Let's see where body standards come from and how they affect the youth of today.



Where Do Body Standards Come From?

This idea of having the perfect body was introduced by what we use the most, the internet. TV shows, movies, and social media apps are places where mostly unattainable bodies are advertised. Little kids are led to believe that being thin is equivalent to being “perfect.” There isn't much representation of different bodies on TV shows and movies, so impressionable viewers think that having a bigger body makes you unusual. Also, on social media, we see a lot of people saying, “skinny is healthier”. That is not true! Everyone's body is different, and what is healthy for one person may not be healthy for the next. Another place body standards come from is our family. Reactions from the people around us can make or break our self-esteem. According to a study conducted by “mentalhealth.org.uk,” over half of the adolescent girls experienced weight-based teasing from family members, usually targeted towards girls who weighed more. Teasing and “insults” from family make a lot of children believe that they are not “good” enough, which again, brings in body standards.

What Effect do These Body Standards Have on Children?

Forced body standards on young people bring negative consequences. Showing children images of what seems like the most ideal body causes them to feel insecure and unworthy. This can result in risky behaviors such as disordered eating and mental health problems, such as body dysmorphia.

Continued

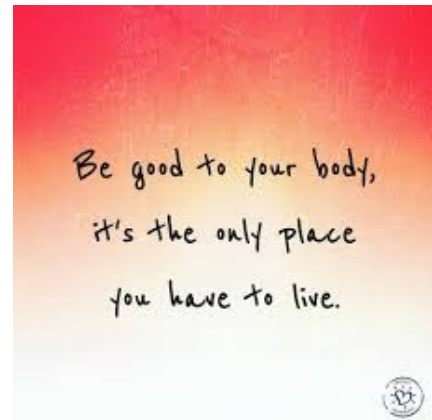
According to "aacap.com," in the United States, around every 10 in 100 young women suffer from an eating disorder. At such a young age, children believe that they have to accomplish such dangerous tasks to look "good" for society. They decide that they have to go on a diet, which leads to these eating disorders. These kids would go to any extent, even if it harms themselves. This can cause nutrient and vitamin deficiency. Body dissatisfaction can also make you obsessive about your self-image, making you think that you look bad all the time. That is what we would call body dysmorphia. All of these standards have such a negative effect on little kids, only because of the way their body looks.

As you can see, these standards have many negative effects on people, which makes it essential that we understand what negative impact it brings onto children.

Are you listening to your body?

By: Reeti Rout

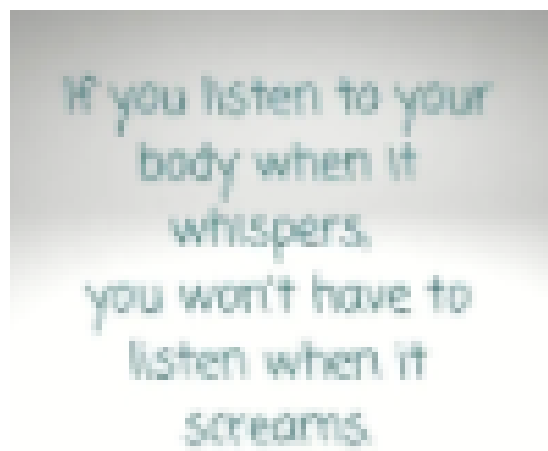
Most people in search of a healthy lifestyle have turned to heavily restricted diets, vigorous exercise routines, and/or other health fads touted by friends or family. However, despite the recommendations of medical "experts", your body does not need long periods of starvation or intense hours at the gym. The human body is the most intricate thing you own -- and taking care of it is as simple as listening to what it *says* it needs.



FOOD Cleaning your plate at mealtimes should not be an obligation -- and asking for seconds (or thirds!) is by all means encouraged if you are really hungry. Your stomach is your guide for knowing when and what to eat for breakfast, and also when to stop (essentially, the main message is to *trust your gut*). This is intuitive eating, the polar opposite of dieting. Traditional weight-loss programs never have any long-term health benefits as the participants usually go back to unhealthy eating once the diet is completed, and a person going through a diet may feel moody and disappointed with their inability to stay away from junk foods. Instead of forcing yourself to try these diet recommendations, you must find an equal balance that works for you. Furthermore, studies demonstrate that people who practiced intuitive eating had a lower BMI (body mass index) than dieters, in addition to lower cholesterol levels and a lower risk of future obesity.

Continued

Nevertheless, when choosing foods during intuitive eating, be careful! While desserts and “unhealthy” foods may not be off-limits, try to judge when your body needs a healthy snack, and when you can have dessert. Your stomach has some instinct, but your cravings and lifestyle might affect your body’s food preferences and/or internal clock. So as you listen to hunger pangs, take note of your body’s response to certain foods, or the correlation between your moods and what you ate that day. If you can make connections or possibly even explain why you chose to eat a certain food, then you are on your way to becoming more healthy (not necessarily mindful!) eater.



EXERCISE

Couch potatoes are never healthy. However, exercise should be something you *want* to do, instead of something you need to check off of a to-do list. Especially in our modern world, where people are conscious of weight and obesity and treat exercise purely as a societal standard instead of an enjoyable, healthy activity.

The intuitive exercise involves learning to move your body for the sake of long-term health benefits (e.g. lower levels of stress and anxiety, increased energy/mood, better balance/flexibility, reduced risk of dangerous health conditions (heart disease, diabetes, high blood pressure, high cholesterol), an increased mental clarity) instead of purely cosmetic (but temporary!) effects (e.g. weight loss, slimness, fat loss).

This starts, like all intuitive practices, from checking in with your body. Test each of your body parts to see how you’re feeling, and use that to choose the exercises you will complete that day. It’s also best to have a flexible exercise routine so that you can modify it based on how you feel. Furthermore, don’t adopt an uncompromising mindset, because the point of the intuitive exercise is to prohibit beating yourself up over not meeting a goal. To help with this, choose exercises that you enjoy. Maybe push-ups aren’t your cup of tea -- the treadmill is a perfectly viable alternative. Similarly, choosing comfortable clothing may make workouts less stressful.

While you work out, notice how you feel, and think carefully about your motivation for going to the gym. Once you answer these questions, you will be able to eliminate the mental block formed for working out.

SLEEP

There are days that your homework will never seem to finish -- that’s okay!

Or maybe you need to get up early to study for a test. We've all been there -- but if it's late at night, you're getting tired, and your homework can wait till tomorrow, maybe sleeping is the best option.

Your body *knows* when it's bedtime. This varies from person to person -- some are early risers and others are night owls. Pushing an assignment to get your required hours of shuteye does not count as procrastination!

If you are studying for a quiz, take note that sleeping improves cognitive function. Instead of cramming the night before, getting a good night's sleep will raise your test scores. This reinforces the concept we've been trying to build -- your body knows (and will tell you!) what it needs.

STRESS

This is what we have been building up to -- listening to your body to identify symptoms of stress/overload. Relieving stress doesn't involve binge-eating "comfort foods", or spending hours on television or a computer, unfortunately, although that may appear to be the easy way out. Instead, as we have with food, exercise, and sleep, identifying stress starts with asking your body how it feels. Visit each of your body parts in turn, and figure out where you feel tense. Try massaging or stretching those muscles, or exercising if you are too stiff.

Once you've physically relaxed, try to identify the biggest burdens or worries in your life. Why are you stressed about these things? How do you feel when you think about these problems? Letting these worries go can be done via deep breathing techniques, which are simple but effective.

Now we figure out what we need -- this is the premise of "listening to your body."

- Hungry -- grab a healthy snack.
- Tired -- take a nap.
- Too much work -- do something you enjoy.
- Stiff -- work out. Your body's instincts *are* present, even if you can't hear them yet. If you haven't ever heard your body whispering, now is the time to listen.

SOURCES:

[How to Eat Mindfully by Listening to Your Body](#)

[7 Tips To Practice Intuitive Exercise | Intuitive Movement](#)

[What is Intuitive Eating and how is it Different from Mindful Eating?](#)

[Intuitive Eating: A "diet" that makes sense](#)

[The Art of Listening to Your Body to Reduce Stress](#)

How Sleep Impacts Our Daily Lives

By Sanjay Ravishankar

Introduction

In a recent study conducted by the CDC, more than 57.8% of middle school students reported getting an insufficient amount of sleep on average. That number jumped to 72.7% when high school students were the ones surveyed. It is no secret that a myriad of teens and adults these days suffer from occasional sleep deprivation, a lack of sleep. Sleep is an important part of our lives, so much so that the average person sleeps for about $\frac{1}{3}$ of their life! Taking away from this precious time can lead to a lot of problems that can really affect you in the long run, but it's not hard to combat sleep deprivation effectively.

How Sleep Works

To understand sleep deprivation, we must first understand what sleep is. Sleep is a time for you and your body to rest. When you are awake and when you feel sleepy are mainly controlled by your internal "clock," a circadian rhythm that repeats itself every 24 hours. It consists of two sub-rhythms, one that creates a drive for sleep based on time, and another based on external conditions. These processes are regulated by certain chemicals like adenosine, which plays a role in the first process by building up when you are awake, and being broken down during sleep. Another chemical called melatonin builds up when it gets dark or ambient around you, causing a sleepy feeling. A third chemical, cortisol, is responsible for being released to wake you up naturally when the sun rises. Your sleeping and waking rhythms change as you age, which is why children and teens often want to go to sleep later in the day and wake up later as well, compared to adults. Generally, younger people should also sleep longer than those older than them; infants are recommended 12-16 hours of sleep a day, while adults (over 18) only need about 6-8 hours.

Why Sleep is Important

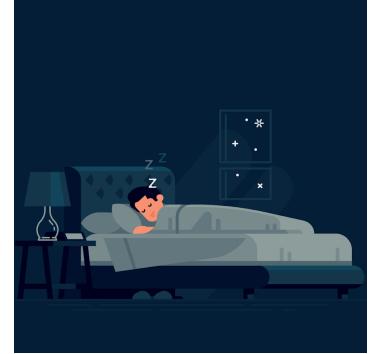
Sleep is a peculiar part of our lives, and no one is fully sure of why we need it. However, we do know that the quality of your sleep is directly correlated with the quality of your life. Getting the right amount of sleep can help improve your physical strength, mental health, and immunity against weaknesses, the latter of which is vitally important during a pandemic. It also encourages physical and mental growth and development in children and teens. It lets your body repair and nourish itself for another day. In addition, some studies show that sleeping can increase your overall positivity and productivity for the next day, meaning a better day at school that you can enjoy with your family and friends.



Continued

Effects of Sleep Deprivation

In today's busy world, it can be difficult to get the required amount of sleep each night. Too much work after the school day, like homework or extracurricular activities, can cause you to go to sleep late and have to wake up early in the morning regardless. Sleep deprivation, or a lack of sleep, can cause a plethora of short-term and long-term effects, including sleepiness during daily activities, lack of focus/attention, and overall loss of retention. Sleep deprivation makes it difficult for you to interact with the world and make decisions, as well as decreases your ability to be aware of your surroundings and remember important information. Unfortunately, as students and staff in middle school, many of us are prone to sleep deprivation sometimes. This can cause a bad day for us at school and at home, invoking feelings of impulsiveness or just sleepiness. When you are sleep deprived, you lack motivation and would rather go to sleep then and there. For this reason, students may misbehave in class or not pay attention, causing their performance to decrease. Sleeping has also been proven to help decrease stress. This is why it is recommended to get lots of sleep the day before any important assessments, as it will help you be less stressed and help you perform efficiently on the tests.



Fixing Sleep Patterns

If you do suffer from sleep deprivation, it's not hard to overcome the effects and return to normal. For one, just trying to implement regular sleep habits again can do wonders. Try to go to sleep and wake up at similar times every day, which can help make up for sleep that you may have lost, known as your sleep debt. Try to follow this schedule on holidays and weekends as well. Another way to help fall asleep better is to prevent yourself from looking at screens at least an hour before bed. This kind of screen usage can actually decrease the production of melatonin in your body, causing it to become harder to sleep. The same goes for doing strenuous exercise, going to a party, eating a lot, or other brain-stimulating activities. Finally, make sure that when you do try to sleep, it is in a dark, ambient room that has low light and makes you feel comfortable. If you sleep for short periods of time in the day (such as naps), try to limit yourself for sleeping only up to 20 minutes, as napping for too long can actually make it harder to fall asleep at night. Sleeping is an important part of life, especially for teens our age, and it doesn't take much effort to sleep correctly and wake up to a great day every day!





The Fun Of Scary Movies

By: V.Prabhanjan Immareddy



Whenever we watch movies like “Friday the 13th” or “Nightmare on Elm Street”, we are in some way attached to these movies. We feel happy and euphoric. That’s why when some people are having nightmares and don’t want to see another scary movie, others keep watching and say that it is “fun”. So what is going on? I’m here to tell you the answer.

According to *Partner: SNP*, “Personality tests reveal that those who are bored easily often score higher than others on a trait called ‘sensation seeking.’ Several studies show that those who score high in regard to this trait, show an increased liking of horror films.” In a nutshell, a reason people like to watch horror movies is that it helps them with their boredom. This trait is more likely to show up in people born in Generation Z, as they get bored easily and want more entertainment.

Another reason that we like scary movies is that it helps us deal with the sadistic part of us. According to *TuftsNow*, “It argues that an unconscious, repressed part of every human is actually savage; that the veneer of civility is very thin, and beneath that is essentially a monster,” Turvey said.” This savage part of us is the part that makes us want to commit crimes and burn buildings. For some people, horror movies are the way that they can deal with the psychopathic part of their soul.

The last reason that we like scary movies is that the plots of the movie are so ridiculous that it is funny. According to *Psychreg*, “Another reason some people enjoy horror films, especially ones that are made without any mastery but with a huge shock factor based on dread-inducing music and gore, is that the plot is so unbelievable and the props are so cheap and obviously fake, that the film becomes funny.” The movie shows a threat that could be real, but it is seen funny by the audience, which could be helpful because it helps people rationalize their fears and helps people realize that threats are easy to deal with.

To sum this all up, the reasons that scary movies are fun is because it helps solve boredom, helps people deal with their sadistic personality, and helps people rationalize their fears.

Arts and Music: Do they keep us calm during the Pandemic?

By: Mihika Bhatt

During the pandemic, a lot of people are stressed out and are having trouble staying calm. So many people right now are painting or dancing their worries away, discovering their artistic voices and trying new and creative ways to not worry too much about the covid 19. This comes up in a big question to some: do arts and music keep us calm during the pandemic? Well in fact, they actually do!



Arts and music give us a pleasant feeling in ourselves, that makes us a calm, cool, and confident person. For example, if you are feeling stressed about work or school or if you feel insecure, try painting a picture to feel better. To add on to that, research shows that if you find an artistic hobby, it can lower your chances of getting depression during this time when depression rates are going up.

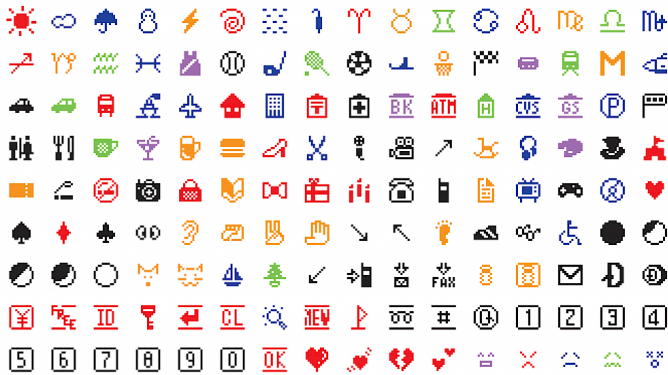
Another way that it keeps us calm is that it can bring the family together. When you are scared for one of your family members who is teaching in a hybrid school or is very sick, try organizing a movie night or family game night. Without the creative directors making the best movies or the fun game brands making cool games for the whole family, you would never see that art is everywhere. For example, if Nintendo never made Mario a very colorful and creative character, it would have never become one of the most popular and iconic Nintendo characters of all time!

The final reason that arts and music make us calm during the pandemic is that it is our escape from reality. We all are growing up and some of us are very serious and responsible for our age, given the term "young adults". As great as it is, it can also lose our touch of being a kid. So we do art and music to continue our childhood because sooner or later in our lives, we will all be in high school, maybe college and we would realize that we never had an exciting childhood. So we use art to escape our reality of growing up and still be a kid again.

In conclusion, these are the reasons why arts and music help us keep calm in the pandemic: they induce positive emotions, bring the family together, and help us be a kid again.

History of Emojis

By Ishani Bakshi



With over ten billion emojis being sent each day, we have taken this adorable form of communication for granted. Emoticons have assisted us in not being lost for the right words to convey emotions. Nevertheless, many of us haven't researched the fun history of emojis. Were the first emojis as colorful and animated as they are now? Whose idea was it to develop the iconic 'smiley face' emoji? These questions have probably crossed your mind on a lazy Sunday as you messaged a friend. Today, I'll be providing you with the answers.

It would be understandable to assume emojis surfaced around the beginning of the millennial phase. However, the first emoticon was founded in 1881 and categorized as 'typographical art!' They were published in an American humor magazine, Puck, and were constructed of monotone typographical characters. They used these characters to create joy, melancholy, indifference, and astonishment. They'd meant to prove they "can lay out, in [their] own typographical line, all the cartoonists that ever walked." This was stated on a March 30, 1881 printing of the newspaper. 82 years later, the smiley face emoji was created by Harvey Ball. He had been hired by The State Mutual Life Assurance Company of Worcester, Massachusetts, to raise employee morale. In ten minutes, he drew up the smiley face emoji, which was then plastered on pins. Their effectiveness and growing popularity ended in more than 50 million smiley pins, being sold by the end of 1970. Around this time, digital communication seemed to become more popular. The introduction of texting pushed this rise in popularity. People now had less space and time to convey their thoughts. Therefore, Shigetaka Kurita taking inspiration from pictograms and manga, created the first emojis to be used on mobile. Under a Japanese mobile company, DOCOMO, Kurita created 176 emojis on a 12 x 12 pixels grid. As they grew in popularity in Japan, they still hadn't been standardized. This meant they couldn't be exchanged across different networks. However, other companies outside of Japan strongly petitioned for emojis to become standardized, by Unicode. Unicode is a non-profit organization dedicated to translating different encoded characters throughout networks.

Continued

Emojis didn't fall under that category until 2009, in which members of Google and Apple sent a petition explaining the increase in productivity, the globalization of emojis would bring. Due to the noticeable popularity of emojis, Unicode standardized emojis in 2010. In the following years, widespread mobile phone companies adopted emojis. This included Apple and Android. In 2015, Unicode began a diversifying of emojis. Many people were ready to see more ethnicities and the LGBTQ+ community to be represented by emojis. This included influential figures like Miley Cyrus, who formed the #emojiethnicityupdate. The new update from Unicode was much more inclusive by provided characters of all skin tones, and same-sex couple emojis. Earning a 👍 (thumbs up emoji) from all of us.

I am certain emojis will continue to adapt to the current events (👍), and other advancements in technology. After all, cute little pictograms will always be "in!" As you leave to read another great article, I don't expect you to remember the entire history of emojis years from now when texting a friend. All I want you to take away from this article are the themes that caused the evolution of emojis. These include increasing morale, making everyone feel included, and communication. Continue to exemplify themes in day to day life, and who knows, maybe you'll create the next emoji-level development?

Fall Meme Review 2.0

By Prajwala Immareddy

Welcome to the 2nd rendition of the meme reviews! I review seasonal memes. Let's see the fall meme submissions!

Other people: "I never want
summer to end!"
Me:



1. "Other people: 'I never want summer to end!'
Me: 'Welcome Great Pumpkin'"

This meme is a dose of nostalgia for those of us who watched Peanuts or read the comics. Because of that, I'm going to rate this meme a 10/10.

Continued

When you keep seeing people going out when it's not essential and they don't seem to care that they're threatening your favorite holiday



2. "When you keep seeing people going out when it's not essential and they don't seem to care that they're threatening your favorite holiday"

I can relate to this one a lot, as I'm sure many people can. Considering the perfect timing of Halloween, a lot of people felt angry that they had to skip out on it because of the pandemic. However, due to the rising number of cases, we have to miss out on these things. I also really like the template, so I'm going to rate this meme a 10/10.



3. "Hipsters, Goths, and people who love Halloween ■■ Halloween 2020 being on a Saturday night and during a full moon Covid-19: ■■"

Again, here's another meme talking about how we've had to skip Halloween because of the pandemic. It's a real shame what happened this year, but we can always hope for something like this again. This meme gets a 9/10.

All in all, this season's memes were pretty fascinating. To end each Meme Review, a meme will be selected as the best meme. It was hard to choose, but the winning meme is...NUMBER 2!!! This has been Meme Review 2.0. I hope you enjoyed, and stay tuned till next time, where we'll review even more memes!