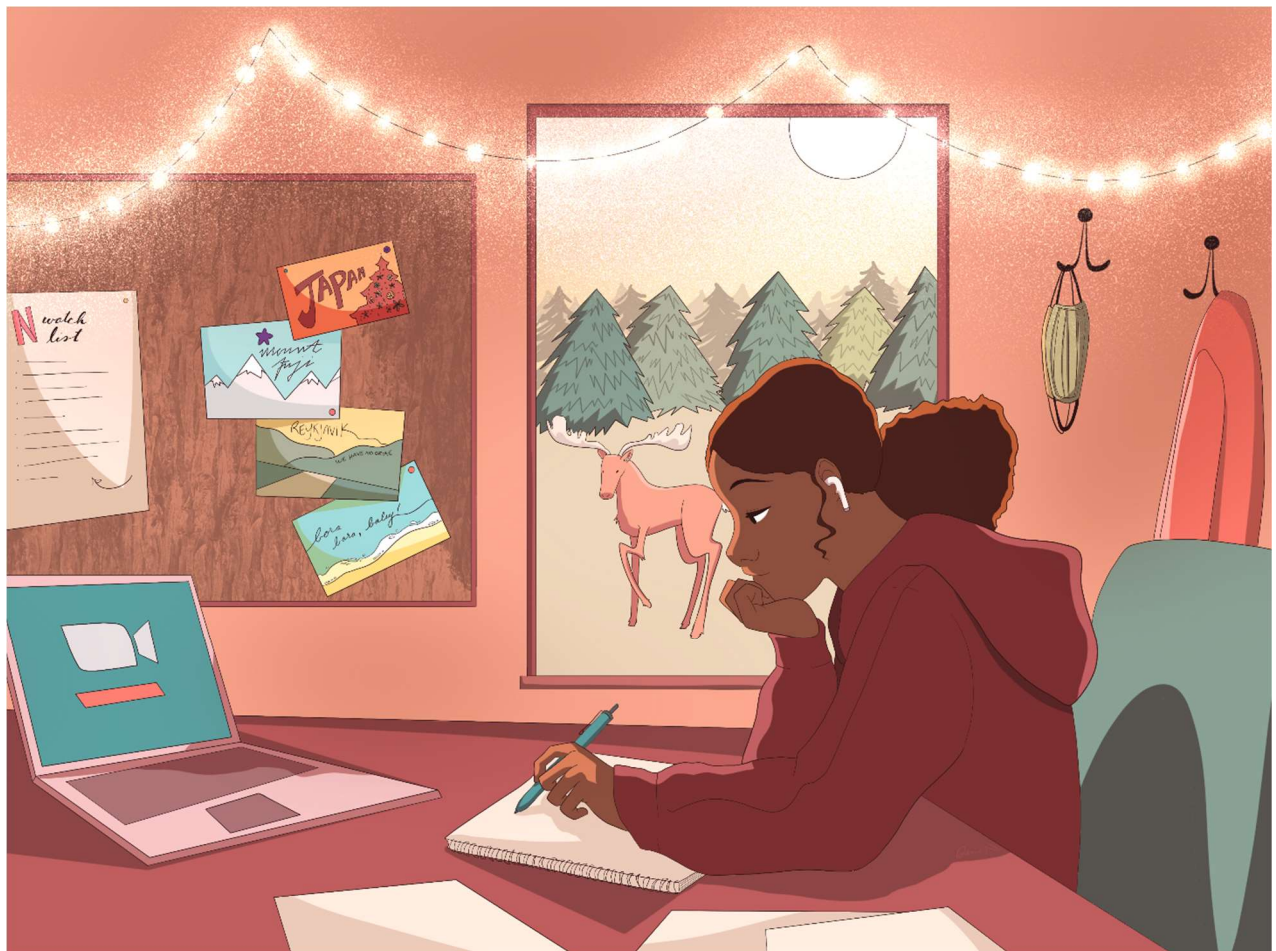




RUNESTONE

February 2021 Vol. 5



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ABOUT THE EDITION

Letter from the Editor

Dear Reader,

Our first edition of the school year tackles a variety of pressing topics, from the deadly impact shopping fast fashion has on the environment to the everyday struggles of remote learning. In contrast, check out the book and movie recs; we could all use a mental break...

As always, feel free to submit your work here:

pmhsnewspaper@gmail.com.

We would love to feature your voice!

~Izzy He

Dreaming of Travel

Sophia Izzo

Although we may not be able to travel right now, Mendon freshmen and seniors are dreaming big about where they'll go when the pandemic ends. The destinations will pop up throughout the edition!

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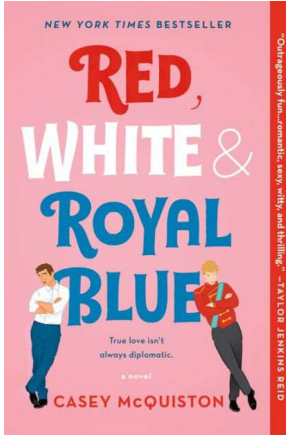
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Book Recs

By Grace Bennett, Ahmed Shah, & Piper Wilson

Young Adult:



Red, White and Royal Blue Casey McQuiston

Set in a 2020 (without Covid!), the first son Alex, of the first woman President of the United States of America, gets into a fight with Prince Henry of Wales at a Royal wedding. With US and English relations crumbling, both boys must pretend to be best friends—to the public. After an outing that does not go horribly wrong, the two exchange numbers. As they quickly become late-night text buddies, and maybe real best friends, tensions rise as feelings get intense. Will they stay best friends, or will they become something more?

This is a great standalone that moves fast and can be read in a night. *Red, White, and Royal Blue* has great representation starting with Alex coming from a broken, mixed (Latino) family, and LGBTQ+ representation throughout.

Realistic Fiction:

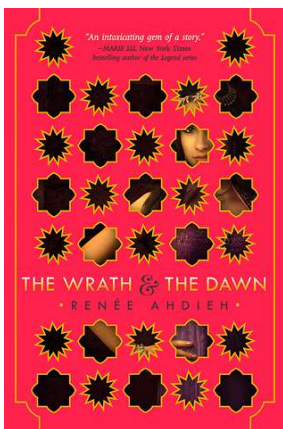
The Hate U Give Angie Thomas

Split between worlds, Starr does not know where she belongs. When a cop pulls her and her friend Khali over, she freezes but he does not. At 17 years old, Khali is shot and killed by the cop. Grappling with the decision to stay silent or speak out, Starr is stuck and does not know what to do.

The Hate You Give touched many American hearts when it first came out in 2017; however, the novel has even more meaning in 2021. If someone explained the plot and told me that it was a true story, I would not doubt them for a second. It is 2021 and people—kids—are still being prejudiced based on the color of their skin. This novel should be taught in our schools, as it demonstrates the unfair struggle many African-Americans face every day.



Fantasy:



The Wrath and The Dawn Renée Ahdieh

This novel is a play on the original story from the epoch, *A Thousand and One Nights*. This story follows Shahrzad, a woman who lives in the fictional Kingdom of Khorasan. Each day, the king chooses a new bride, and, by nighttime, the bride is dead. When Shahrzad's best friend falls victim to the King, she swears revenge and decides to become the next bride to take on the king. However, to her surprise, things are not all what they seem. This novel perfectly mixes suspense, mystery, and romance to create a beautiful story.

Nonfiction:

First Comes Marriage: My Not-So-Typical American Love Story

Huda Al-Marashi

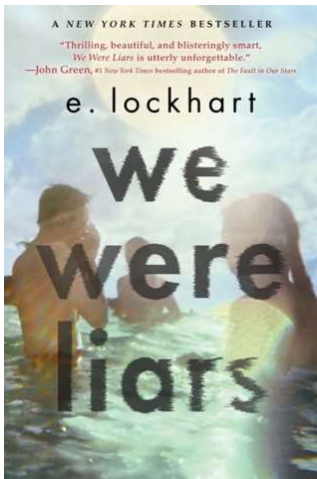
This heartfelt memoir is set in 20th century California and surrounds the life and challenges of a first-generation Iraqi young woman, Huda. She faces struggles of whether to fall in with her American dreams and assimilate or to stand proud and show her true authentic Muslim self. This story truly captures what it means to be a child of an immigrant in America and will leave you hooked from the start.



Thriller:

We Were Liars

E. Lockhart



Set off the coast of present-day Massachusetts, Cadence Sinclair Eastman and her family live a seemingly perfect life. At least, that's what all of the Sinclairs say. But after a terrible accident during Summer Fifteen on Beechwood Island that leaves Cadence with no memories other than hitting her head on a rock, she is forced to face the realities of her family's troubles in order to remember what happened. With no help from her best friends, Gat, Johnny, and Mirren – the self-proclaimed Liars – Cadence struggles with migraines and her entire family, all of whom refuse to talk about what happened during Summer Fifteen.

We Were Liars is a fast-paced, intense and shocking read, emphasizing self-acceptance and the consequences of one's mistakes. This standalone will drag you to Martha's Vineyard and Nantucket, filled with pieces of the romance and thriller genres.

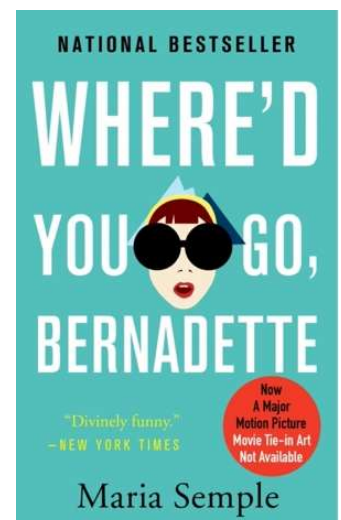
Humor:

Where'd You Go, Bernadette?

Maria Semple

15-year-old Bee Branch tells the story of her mother's disappearance through a collection of emails, letters, transcripts, and personal accounts. After receiving a perfect report card, Bee convinces her parents—stay-at-home mother Bernadette, and Microsoft genius Elgin—to take a trip to Antarctica. Bernadette arranges their trip through virtual assistant Manjula in India, where she becomes the center of an ongoing feud between several mothers from Bee's private school in Washington.

I urge you to read this incredible standalone. Bernadette's tale is craftily woven by Semple, with surprising twists and subplots on every page.



Drilling in the Arctic

By Remy Commisso

Located in Northeastern Alaska, the Arctic National Refuge spans 19,286,722 acres and is home to a variety of animals and plants, including bears, eagles, and wolverines. Indeed, this is a crucial area of untouched land in the U.S.



An Arctic oil rig

In early January, the conservation of the Arctic National Refuge was threatened. As one of the Trump administration's final acts, it decided to auction off oil and gas leases in the refuge to private companies. Republicans have wanted to start drilling in the arctic for years, but environmentalists are concerned about the devastating effects the operation would have on local wildlife, especially for the hundreds of thousands of caribou and waterfowl that migrate across the land each year. Drilling would destroy the habitats of native plants and animals. It could also negatively impact the indigenous communities that live on the refuge.

For instance, the Gwich'in people have sided with the conservationists because of the cultural significance of caribou. Caribou are part of the Gwich'in origin story, and they rely on the species as a food source. Oil leases could displace native people, which wouldn't be the first time in American history that indigenous people were forced to move for profit. The good news for environmentalists is that the plan was not as successful as Trump had thought. Only three bidders took advantage of the opportunity, raking in a total of \$14 million, even though it was estimated that this step would ring in \$900 million. Recently inaugurated, President Biden has also sworn to protect the land from further damage.



Caribou in The Arctic National Refuge.

What can we do? Make sure to call or email your senators. Let them know that you're counting on their vote to preserve the arctic. The second auction in 2024 could potentially be overturned. Although the authority isn't in our hands, we do have the power to influence the future.¹



Dream Vacation Destination: Bora Bora

"Bora Bora! The over-the-water bungalows and floating villas with direct access to the light blue sea is breathtaking. Who wouldn't want to go there?" (12)



Dream Vacation Destination: The Amalfi Coast of Italy



Dream Vacation Destination: Switzerland

¹ Sources:
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Your Online Returns May End Up in a Landfill

By Ellie VanHouten

“Every year, four billion pounds of returned clothing end up in the landfill.” In the throes of a pandemic, a world already inundated with the presence of online retail is bursting at its seams. Accompanied by its own vernacular, the one-click, two-day, free returns shopping culture has woven its way into the fabric of consumerism. Today, many buyers desire its simplicity and ease.

One of the largest players in the online arena is the fashion industry, with a global size of about \$521.1 billion as of 2019. Every year, mass amounts of clothes are bought online, shipped, tried on, and then—30-40% of the time—they are shoved into their packaging, dropped off at the post office, and shipped right back to the supplier. Many shoppers believe the t-shirt they return will eventually find itself in the right closet. And yet, it has a good chance of landing in the trash.

Every year, four billion pounds of returned clothing end up in the landfill. That’s like if every resident in the U.S piled a basket of laundry in the middle of a field. But these clothes aren’t faded or threadbare, and they haven’t been worn enough for their style or size to expire the likes of the wearer. So why are they thrown away?

Shoes and clothing have the highest rate of return, with 30-40% of purchases sent back. The torrent of goods must be sorted by the retailer, the traces of momentary possession erased before the piece re-enters the market. For many companies, the space and resources needed to do this is too overwhelming and economically inefficient, so the return is sold cheaply to a discounter and placed on another truck, train, or plane. And, if the return can’t be quickly resold at any store, it’s simply chucked in the trash.

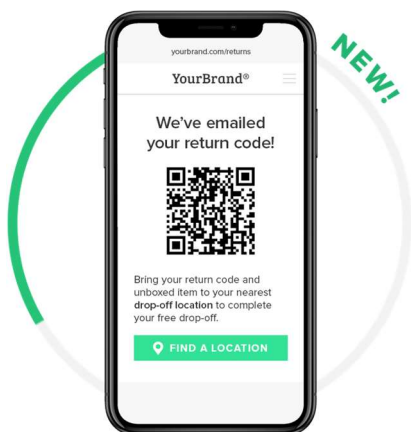


A waste management worker surveys a modern landfill.

You may ask—why not charity instead of the landfill? To be blunt, companies don’t want their clothing on what they consider the ‘wrong’ people—a disgusting rationale. In 2018, Burberry stated it had burned about \$100 million worth of clothing and accessories over a five-year period to avoid putting their brand in discount sections or giving it to those in need. Since then, they said more of their products will be donated or recycled. However, this doesn’t address the root of the problem.

In 2017, companies lost \$351 billion in sales because of this grossly inefficient return system, and the environment didn’t prosper either. Clothing production is already inherently bad for the earth, as the creations involve fossil fuels, copious amounts of water, toxic dyes, and pollutants belched out by factories. Whether the rejects end up in a landfill or not, added returns only exacerbate pollution. The transportation involved in filtering clothes through sellers upon sellers pegs an additional 15 million metric tons of carbon dioxide onto our carbon footprint. And if the return ends up in a trash heap, certain materials could take up to 200 years to decompose.

Some innovators have risen to the challenge of altering the faulty returns process. The tech company Optoro created a software to streamline the process of reselling unsold and excess items, using data sources to decide where each returned item should go based on its



Optoro Return Service's User Interface

condition. Aparna Mehta, a global solutions director for top-tier retail, suggested an app in which customers would earn loyalty points or cashback by helping to shuttle their returns to other buyers.

And yet, as with every act of conservancy, everyone must change their habits to decrease our collective waste. In this case, purposefully buying clothes instead of purchasing with the intent to return—a habit which 51% of consumers are guilty of. When buying clothes online, we can also elect for slower delivery options—which could reduce carbon dioxide emissions by around 30%. When returning, we can select more carbon-neutral shipping options such as the ones offered by UPS. Or, better yet, we could buy the used/upcycled clothing about to be thrown away, embracing the individuality of these items.

If every adult returned five less items this year, 245 million pounds of clothes would be saved from the landfill. When we recognize the consequences of careless shopping, and when we become more intentional consumers, only then will the strain on the earth's seams lessen, and our closets will be the marks of a cleaner earth.²

Dream Vacation Destination: New York City



Sophomore Perspective

By Angel Tang

I'm back again. It's been a while, hasn't it? Ever since our prayers were answered in March, and then we realized we were actually repenting for our sins. Now we're back, and I haven't even seen half of you guys.

So yeah, hybrid. I'm all for being the average student and hating school, even if it was cancelled (which it was, and I hated it—we don't talk about last spring). But there are some bonuses to hybrid.

First, remote days. I *love* remote days. Okay, so I'm one who favors sleeping in. I'm not hardcore (though whatever time you think I sleep to, add 3 hours... or however many hours until noon.). In my defense, I don't do it a lot, (four days a week doesn't count as a lot, right?). But disregarding whether I'm a devoted follower of sleeping-in-ism or not, for the first time during a school year, I can sleep in on weekdays (not including the times I slept-in during a normal school year by exaggerating the headache I had; now if I had a headache, I wouldn't even have to beg to stay home—better prepare for a week of quarantine!).

And I know enough of you guys are sleeping in as well, because they had to change the remote attendance time from ten to twelve. Cheers to us and our sleeping schedules, bringing about change. I mean, I didn't have too many issues with the 10:00 am check-in. I'd just set an alarm for 9:30, unlock my phone half-asleep (not sure how face ID recognized me with my eyelids half down, but I'm not going to question it), make my way to Infinite Campus, tap the "Yes, I'm Here", then go back to bed (because I am participating today, just at a later hour). Genius, I know.

But not everyone has the sleeping talent I do, and some of my friends still wake up at 6:00 am on remote days (I'm trying to exert my sleeping prowess upon them and get them to change). Of course, they aren't waking up at 6:00 willingly. Because it's a remote day, teachers assign work that would usually be done in class. More work to cover up the fact they don't really know what they're doing during COVID either, and then even more work because we're self-teaching for crying out loud.

For me, specifically, it's AP World. I'm not waking up at 6:00 for AP World though. I can't give in and admit to its dominance—don't even get me started on the assignments. Watch these two documentaries—each an hour long—and



"I'm not waking up at 6:00 for AP World."

²Sources:

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**Dream Vacation Destination:
Reykjavik**

“My dream vacation is Reykjavik, in Iceland. Not only is the horizon beautiful on sunrises, but Reykjavik is geographically amazing with volcanoes and icebergs only miles away from each other.” (9)

do this worksheet. We don’t even have an hour of class time. I can put the video at two times the speed, but then the French Revolution becomes the Third Estate screaming at King Louis the 16th to sign the *Declaration of Rights of Man and Citizen* in pitches ten octaves higher than normal. Read a fifty-page chapter of the textbook, fill out this ten-page worksheet. Fill out this five-page worksheet using these irrelevant links. When you spend the whole day doing social studies—that’s remote days.

Oh, but at least there’s a curve for AP World. And a large one at that. Without that curve I would have started a revolution too. I am *living* on that curve. I am depending on it like the business owners during the Industrial Revolution depended on the women and children for cheap labor. I would add another comparison but that’s all I have retained from class.

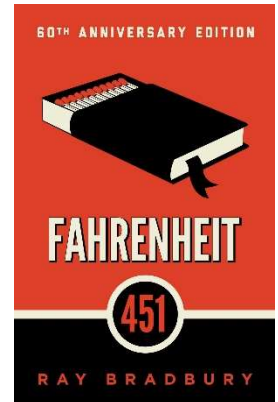
Remote days are the least stressful days of the week. In-person days are a close 2nd. Or equal even. First, masks. Don’t get me wrong—keep them on, and over your nose. But R.I.P. to my skin, and a cold welcome to the pimples that used to never grow on my cheek. Also, a warm welcome to the tenfold increase in eyebrow communication because we’re six feet apart in the classroom.

Now I must differentiate classmates based on eyebrow shape because we are halfway to becoming ninjas (each of us just needs a katana and to learn jiu jitsu—yeah, I’d say about halfway there). There’s the bushy brow kid in my math class (who can’t be a ninja because his eyebrows are a dead giveaway—sorry kid), not sure of his name since no one seems to raise their hand in class anymore, and I can’t hear his name clearly when his friends call him because of the masks. And there’s the straight brow kid in my chem class who raises his hand so that we aren’t left in awkward silence for five minutes after my teacher asks, “What is the chemical formula for water.” God bless all the kids, albeit few, who talk in my classes, so I don’t have to.

For some reason, we’re all quiet now. It’s probably due to a lot of factors, like the masks making it feel less natural to open our mouths and speak. We have become really introverted because we haven’t properly socialized in a year—gosh is it awkward in class. We do talk in English though, which is probably because we we’re reading *Fahrenheit 451*, and the isolation in the book is of the utmost relatability. Spanish is also bad because who cares that *ventana* means window when people must be *seis* feet apart?

Another thing about in person days—we don’t see half of our grade. Half of my friends are poof, gone. I swear, the only thing holding our friendship together is Instagram, and the memes we send each other so we know we’re alive.

Gym is weird during this time. I personally never liked gym, so I don’t mind the tame activities (though they still managed to bring back yoga, and we are once again yogis.) Also, props to anyway who does the activity they say they do on the gym journal—y’all are true athletes, FITT journal spokespeople.



“For some reason, we’re all quiet now.”

And now on to the dreaded Wednesdays, which I am sorry that my fully remote friends must struggle through each day. You don’t know how good you have it until you experience Zoom Wednesday. I mean yes, the day is shortened by an hour, but I’d rather attend in-person school for an extra hour instead. Because when each period is just a Zoom with everyone’s cameras off, it gets depressing. It is the epitome of robots taking over the world. I literally want each of my classmates to take an “Are you a robot?” test where they have to click the pictures with traffic lights. And some might appear to be robots because those tests are so hard. Like, who the heck saw that little corner of the traffic light in that photo?! And now I’m a robot? I’m even less of a robot because I made such a dumb mistake only a pitiful human could make. I’m sorry my eyesight is so terrible, but maybe it’s because I spend seven hours Zooming every Wednesday.

And you know those 5-minute breaks we have in between each Zoom where we are supposed to stand up and stretch? Yeah, I'm definitely stretching—totally not scrolling through Instagram or Snapchat like I have been the entire period before. I mean, sometimes I am sprinting upstairs to get back to my computer after I tried to microwave some food because I woke up right before first period and joined the meeting without even eating breakfast. (This is what I mean by running in my gym journals.)

You know how you feel so tired after Zoom Wednesday? Like you've just had five tests in a row right before break because the teachers are conspiring against us. Well, turns out there's a scientific term for that—Zoom fatigue (not the teacher test thing, that's called the Cram-berry Sauce theory). And experts say that part of it is because people's faces feel closer due to weird camera angles, creating a threatening feeling, triggering our fight or flight mode (if you don't know what that is, it's okay, I also fall asleep in bio), draining our energy.

Also, the blandness of each meeting leads to a sleepy, dissociative mental state. Like hypnosis, or the feeling right before you transition into sleep. So, Zoom is pretty much hypnotizing us. Robots really are going to take over. The Karens would have a Twitter rampage if they knew. Care to sign the petition to remove Zoom Wednesdays?

All in all, school is great. Life is great. No stress here because I know how to do sun salutation one. The one good thing that has come out of this is midterms are cancelled (and now we're just hoping for finals to be too, and that APs will be at home). Oh, also, my eyebrows are really flexible now.



Dream Vacation Destination: Mount Fuji

"My dream vacation would be to go to Mt. Fuji. I've seen photos of it, and it seems very beautiful. I'd love to go to Japan either way³." (9)

The Story of Daniel Prude

And what it has to do with Rochester, NY

By Grace Bennett

Murder of a human due to their skin color: that is what I think of when I think of the 1860s.

Unfortunately, the year of turmoil that is 2020 is another year that comes to many minds, going down in history. It is abhorrent that people are being killed—in the country of the free—due to the shade of their skin. Even worse than that, their killers are not being punished.

Civil unrest. One thinks of New York City, Chicago, Philadelphia, large cities. Not little Rochester, NY.

On March 23rd, 2020, a group of police officers killed Daniel Prude. He was unarmed. But he was black. Is that the whole story? No.

The facts: Daniel Prude was visiting his brother Joe Prude (who is a resident of Rochester) from Chicago, IL.

Daniel Prude was kicked off a train and his brother picked him up. Daniel Prude has a history of mental illness and drug addiction—only days before, Joe Prude checked his brother into a hospital to get help. Hours later he was discharged. Mr. Prude was staying at his brother's home when he ran out the back door barely dressed yelling that he had the coronavirus. Believing his brother was under the influence of the drug PCP, he called the police to come to help him to restrain his brother. Safely. When the police arrived, Prude was still yelling about COVID, now telling the officers to give him their gun. They did not give him their guns. The police told Prude to get to the ground which he did right away, then handcuffed him. While sitting Prude became agitated and started to spit



A memorial service held in honor of Daniel Prude last September in Rochester, NY.

on the ground (not aimed at the police). The police then forced a spit hood over his head, which caused Daniel Prude to beg for them to take it off. When Prude tried to stand up, three officers forced him to the ground. They held him face down. Prude stopped moving after two minutes and an officer asked, “Are you good, man?” He was not. CPR was then performed on him in the ambulance only minutes later on the way to the hospital.

Seven days later, Daniel Prude died.



Daniel Prude with his brother, Joe Prude.

This man was never a physical threat to these officers. Daniel needed help. His brother only wanted to get him help. By calling the people he thought were going to help, they killed his brother.

Was Joe Prude to blame? Should we blame the hospital that let him out, when he clearly should not have left? Is it the police’s fault? Is it the system and lack of training? Is Daniel Prude to blame for his own death?

One can argue the points for all of them. In the end, the police were the ones who killed him, by accident or not, and they should no longer have their jobs. Without punishment, no one learns. They did not handle the situation

correctly. But were they even trained for situations like this?

As a city, a country, a community, we all need to learn and realize that our system needs a change: more training for all of our police officers who work hard to keep us safe that should be renewed every couple of years. A group separate from the police that is sent out to handle people who are having these types of mental health emergencies. It is necessary for there to be an enhanced expectation of compassion and understanding in our community.

The world is changing, and we need to change with it.³

How We Should Combat Remote Learning

By Piper Wilson

The COVID-19 pandemic dramatically impacted the way classes are taught and the way us students must learn. Students are being forced to completely readjust their learning styles, making the already stressful environment of school harder to navigate.

Sophomore Cooper Rathnam says learning in the classroom this year has been “detrimentally different,” as the entire situation “makes classrooms less fun and enjoyable to learn.” From a logical perspective, smaller class sizes, masks, and a lack of freedom should not significantly impact classrooms, but these restrictions have inevitably contributed to the atmospheric change.⁴

However, not everyone agrees with this. Senior Libby Merkel says she really enjoys the small class size, as it allows for a significantly more personal classroom environment. For students who were not as willing to speak out in a larger class, the smaller discussions fostered in this model could be a major benefit, helping more students find their voice.



Smaller classes are a new aspect of in-person learning.

³ <https://www.nytimes.com/article/what-happened-daniel-prude.html>

Image credits:

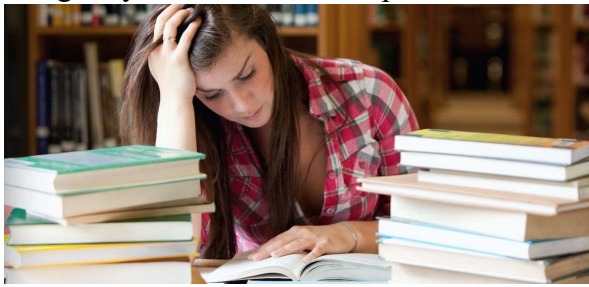
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The two days of independent learning have additionally given us students more freedom. One junior explains how she enjoys the hybrid model, as it gives her the ability to make her own schedule and take time with assignments. Another junior describes the model as “more organized and easier to manage [than previous years], using only teams as the main platform and having a schedule to follow.”



Multiple tests on the same day are a large source of stress for students.

If having an easily accessible platform is an unexpected benefit of our new school environment, the changes in in-person classes is certainly an unexpected disadvantage. One student says this year has “gotten a lot more stressful having less time in person.” She explains how multiple teachers end up assigning tests on the same days. She explains how students—especially juniors and seniors, who do not take the exact same classes as their peers—can end up with three to four tests on a single day, creating a “stressful and exhausting environment.”⁵

Social distancing also allows for a personal space bubble, especially in the science wing, where desks in previous years were squished together. It is additionally comforting to some knowing they will not be putting themselves or their peers at risk for catching the virus.

While a necessity, social distancing has its drawbacks. Conversations between classmates are awkward and difficult. Partner projects have become incredibly hard, as you only see your partner in-person twice a week. Due to regulations, we cannot gather and discuss topics in small groups during class. When teachers try and create smaller groups for discussion, the masks remove any ability to read lips over other conversations. The small classrooms create a hollow feeling to some students; teachers will often ask questions where the class will sit there, silent.

Silence is even more prominent on Zoom or in Teams meetings, where students can choose to keep their camera off and microphone muted. After all, it is incredibly uncomfortable to answer questions on camera. While virtual days give students a chance to interact with their teachers an extra day a week, staring at a screen for an extended period is a completely dissimilar experience to in-person learning.⁶



No one is intentionally placing this stress and anxiety onto us students. Nevertheless, it exists. Unfortunately, we cannot change the restrictions the government imposes on the schools, but we can change how we react and adapt. Intradepartmental communication between teachers can solve the problem of overlapping tests and back-to-back quizzes. Even advance notice—a week or two, potentially more, depending on the intensity of the assessment—on tests and quizzes will help us to prepare for days when we know we’ll be stressed with a work overload. We need to be prepared for college, yes, but this is still high school: if we’re able to make changes to improve students’ quality of life, why shouldn’t we?⁷

**Dream Vacation
Destination: Cross-
Country Train Ride**

“I’d probably go on a cross-country train ride because I’d want to be able to see a lot of sights and I would find it relaxing.” (12)



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What You Need to Know About the COVID-19 Vaccine

By Louis Lemperlé



Hello readers, my name is Louis Lemperlé, and in this article, I will explain essential information about the long-awaited COVID-19 vaccine. I have seen videos portraying the vaccine as dangerous and fatal. Such videos—available on TikTok and YouTube—are, of course, questionable. So, let us dive right into it.

A vaccine works by training the immune system to recognize and combat viruses or bacteria. Specific harmless molecules (antigens that are present on the virus) from the pathogen must be introduced into the body to trigger an immune response. Pfizer and BioNTech manufactured

a vaccine using messenger RNA, the first vaccine utilizing this complex technique of bioengineering.¹

After multiple rounds of laboratory testing, the CDC has declared in its “COVID-19 Vaccination” website tab that the vaccines currently offered are safe to use, advocating for citizens to “vaccinate with confidence”. Online reports have been written explaining the vaccine’s effectiveness, as safety and transparency are a top priority, leading to increased demand. With the low supply and rapid demand of vaccines, vaccines currently being manufactured by Russia and China are being distributed to areas of the world such as South America.²

While long-term effects of the vaccine are not known, rigorous testing and knowledge about long-term effects of vaccines help to project its efficacy. Some have even compared the COVID-19 vaccine to one early trial of a polio vaccine, which proved to be ineffective in 1955 during the Cutter incidents. Specifically, a vaccine against polio manufactured by a family-owned company—the Cutter Laboratory—led to mass incidences of children being paralyzed. As a result, that vaccination against polio had to be stopped, but further scientific studies and trials led to an effective and safe vaccine. Fortunately, today’s vaccines go through multiple rounds of testing, ensuring that the vaccines can be distributed and are safe for the population.



A nurse at the U of R administers the Pfizer vaccine.

For most versions of the COVID-19 vaccine, two doses are needed: the first dose helps the immune system create a response against COVID-19, and the second dose ensures long-term immunity by boosting the immune response. The CDC has made recommendations on who should receive the COVID-19 vaccine, mostly health care workers, nursing home workers, and workers at long-term care facilities where older people live. Vaccinations are being offered at pharmacies, public clinics, and doctors’ offices.

There is a limit on the number of vaccines available in the US. The vaccine manufacturers for widespread distribution are AstraZeneca, Pfizer, and Moderna. Cost is not an obstacle to get the vaccine—it will be given at no cost—but vaccination providers may charge administration fees. These fees can be reimbursed by your insurance providers in the US. The COVID-vaccine is being used under the emergency authorization from the FDA. Furthermore, many other vaccines are still being developed and tested currently. Many people would argue that the vaccine is an essential tool helping us stop this pandemic.²

The Pfizer-BioNTech vaccine must be stored in ultra-low temperatures until ready to be used. So, this vaccine distribution will be limited to sites with this type of specialized freezer. The Moderna vaccine also needs to be kept frozen until use but can be stored in a standard freezer.

After a COVID-19 vaccination, a person might have side effects—a typical sign that body is building its immunity. Some of these side effects might include flu-like symptoms, an inability to do daily activities, muscle pain, and nausea. Afterwards, people need to wear a mask and continue practicing social distancing.²

¹ For more information, you can access the NY Times explanations: <https://www.nytimes.com/interactive/2020/health/pfizer-biontech-covid-19-vaccine.html>

² <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/8-fthings.html>

[https://www.healthline.com/health-news/9-things-everyone-needs-to-know-about-the-covid-19-vaccines#Which-coronavirus-vaccines-have-been-approved-by-the-FDA?](https://www.healthline.com/health-news/9-things-everyone-needs-to-know-about-the-covid-19-vaccines#Which-coronavirus-vaccines-have-been-approved-by-the-FDA?hpid=hp-top-news-story%3Acoronavirus%3Anews%3A9-things-everyone-needs-to-know-about-the-covid-19-vaccines%3Ahomepage%2Fstory)

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid-19-vaccine-what-you-need-to-know>

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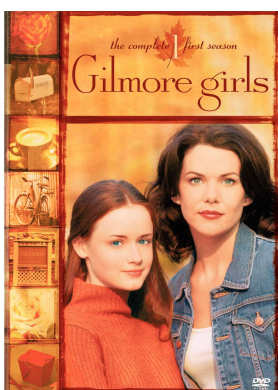
<https://www.rochester.edu/newscenter/newly-approved-pfizer-covid-19-vaccine-arrives-at-rochester-464622/>

Movie/TV Show Binge Recommendations*

By Yasmeeen Rifai

**for a time when we're all at home anyway*

During a pandemic, we find ourselves in a perpetual state of boredom, understandably so. For most of us, there is nothing to do outside of school or work and nowhere to go. Of course, this is to prevent the spread of the virus, as staying home right now could save lives. However, we might as well watch something engaging as we save lives from our couches. Well, lucky for you, I have been an avid movie/show watcher for as long as I can remember and am somewhat of a connoisseur in the matter. So, here is a list of my top movie/shows to get yourself through these trying times, with some new and fresh, and some definite throwbacks.



Gilmore Girls

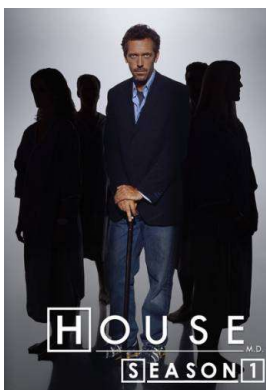
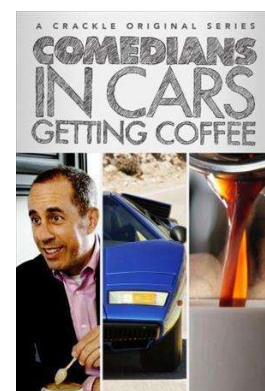
Netflix

This show is set in the quaint small town of Stars Hollow, Connecticut and revolves around Lorelai Gilmore and her daughter Rory with whom she has an inseparable connection. The show has the best writing this amateur critic has ever seen, with comical references to music, books, and movies thrown in at any chance. It's fast-paced and witty but still memorable. I highly recommend the reader to try this one out as it is my favorite show; you won't regret it.

Comedians in Cars Getting Coffee

Netflix

This 3-season show is precisely what it sounds like, as famous comedian Jerry Seinfeld invites a wide array of entertainers onto his show and drives them around to get coffee in some astounding cars. Whether you're into comedy, cars, coffee, or all of the above, this show is full of laughs, and you will always find a comedian who suits your taste. It's lighthearted and the perfect binge for someone who can't get enough of comedy specials.



House M.D

Prime Video

This medical show is a throwback for sure and has eight seasons for a reason. Think of it as Grey's Anatomy but in a different light. This show follows a genius doctor whose medical practices are unconventional, to put it lightly. While suffering from his own pain due to a past injury, he saves lives, even if he does it with a brutally honest demeanor. This show has fantastic acting, witty and quick writing, and you'll find yourself learning new and exciting things as you watch.

Ferris Bueller's Day Off

This movie is an oldie but a goodie from the '80s. The main character, Ferris, a charismatic and well-liked teenage boy, plays hooky and skips school. This movie has everything you could ever want from a classic: it's funny, pulls on your heartstrings, and even has a cheesy but awesome! musical outburst. A perfect coming of age movie; you'll relate to the characters and remember this movie forever—one of my personal all-time favorites.

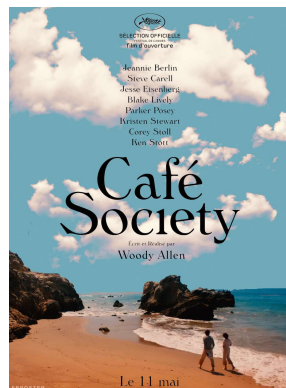


Avatar the Last Airbender

This show was recommended to me by so many friends, but it was never something I thought I would enjoy. However, when I started the show, I was hooked. The show centers around a young boy named Aang, an Airbender who also happens to be the avatar. With the fire nation taking over their world, Aang must learn and master the other forms of bending—with help from friends along the way. While this show may seem childish at first glance, you'll see that it is beautifully animated, well-written, and makes hidden social commentaries on division and discrimination. Overall, a fun and enjoyable show to watch with your whole family.

New Girl

This show is the ideal binge-watch for these dreary times because it is FUNNY. Hilariously funny. It is offbeat, sweet, and quirky, with loveable characters that actually develop as the show goes on. Perfect if you're looking for something different.

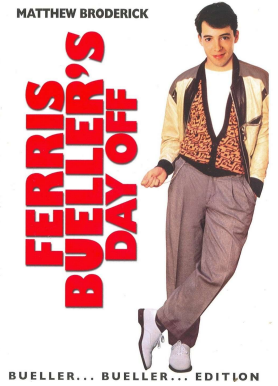


Café Society

In this film, young Bobby Dorfman decides to leave New York City for the glamour and glitz of 1930's Hollywood. This Woody Allen movie stars Jessie Eisenberg and Kristen Stewart and is perfect for any film lover. With gorgeous old Hollywood backdrops, beautiful costuming, and directing, every aspect of this movie is delightful.

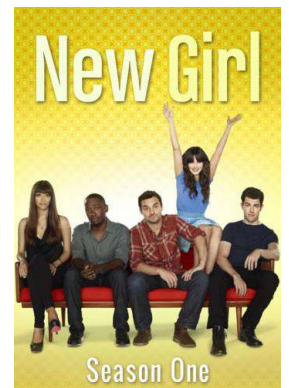
And that's all! Hopefully, these recommendations cure some of your at-home boredom and give you a new favorite movie/show. So grab a snack, a cozy blanket, and get to binging!

Amazon Video



Netflix

Netflix



Amazon Video