



Northern Light



VOLUME 55, NO. 4

GREAT NECK NORTH MIDDLE SCHOOL NEWS

SUMMER 2020

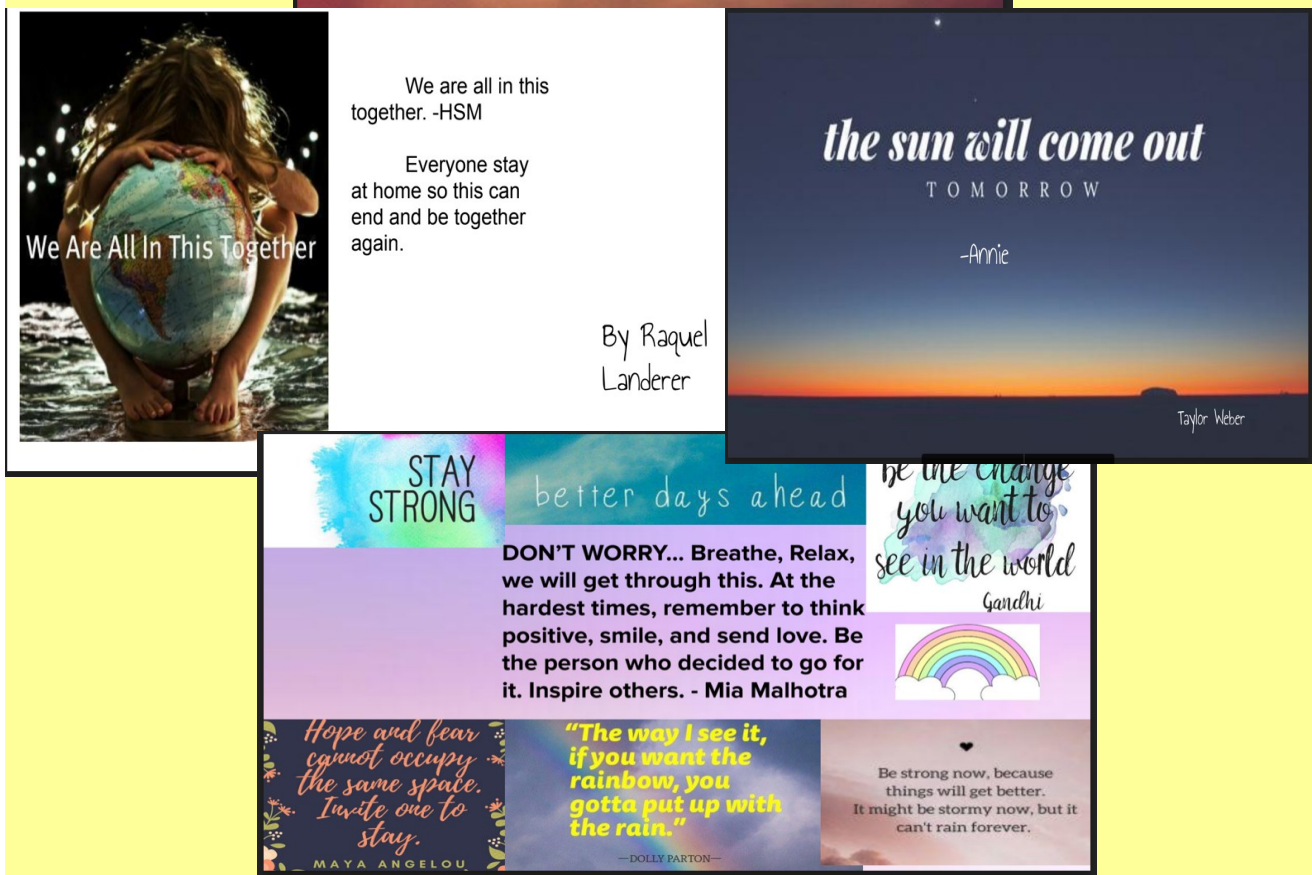
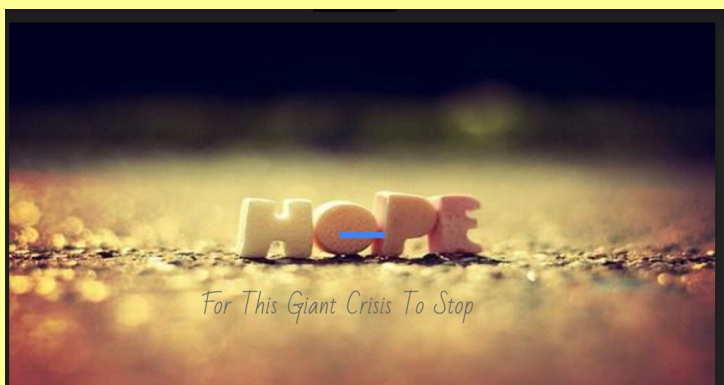
Pay It Forward Day

By: Jeffrey Quintanilla Zepeda

Pay It Forward Day took place this year on April 28. There are over 80 countries participating in Pay It Forward Day with over 100 state and city proclamations. For this year's Pay It Forward Day, we were aiming to inspire over 10 million acts of kindness around the world. Imagine the difference that would make! Of course, our hope is that people continue to pass the good deeds along to make each day that little bit brighter.

Pay It Forward is an expression describing the recipient of a good deed and then repaying it to others instead of the original supporter. The book Pay It Forward (Young Readers Edition) talks about how a twelve year old boy, Trevor McKinney, in a small California town, accepts his teacher's challenge to earn extra credit by coming up with a plan to change the world. Trevor's idea is simple: do a good deed for three people, and instead of asking them to return the favor, ask them to pay it forward to three people who need help.

Now, most of you probably know Mrs. Rice, a 6th grade English teacher. For Pay It Forward Day, she had asked her students to complete 3 good deeds during this quarantine in order to create a ripple effect, so that's what we did. For example, I (6th grade student) had created a slideshow for the school to fill out with inspirational quotes and messages. Many of them did it while some didn't, but still it was great. Pay It Forward Day is supposed to be a happy day and it definitely was.



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Blazers (NOT) Live

How Blazers Live is operating during the COVID-19 Pandemic:

By Johnathan Ahdout

NMS' own news broadcast is still operating despite everyone being at home due to COVID-19. The students are filming themselves in their very own homes, telling our school everything our teachers want us to know during this pandemic. From videos of hard work during remote learning to updates on clubs and activities, Mr. Derych and the Blazers Live team will get to you every week. You can most probably find them on your team's Google Classroom or on North Middle's Facebook Page. Since Mr. Derych edits the whole thing, the crew does not have backstage jobs and they volunteer themselves each week to do an on-camera job. There are all the usual bits, like the sports report and the "World News," but much more work goes into it because there is not a set, so the crew has to find a place to film. Please enjoy!

Trending: Zoom

By Naomi Zarnighian

Zoom is a web-based video conferencing tool used in many schools and workplaces around the world during these times of crisis. Some featured customers that trust Zoom are big companies like 21st Century Fox, Delta, and Groupon. It seems like everyone is using Zoom during this pandemic. What's the reason for that?

The big question is, why does everyone use Zoom? People mainly use Zoom because it's easy and cheap to use. Things like Skype require a long code with various letters and numbers. FaceTime requires having Apple ID. Zoom only requires a nine to ten-digit code to get into a meeting. Though that may seem nice at first, that luxury comes with issues. "Zoomboming" has become a trend amongst pranksters. Zoom's CEO is dealing with these issues. For example, many teachers have been making students wait in a "waiting room" before coming to the scheduled Zoom class. Another reason why people use Zoom is because of the meeting quality. Zoom is very high quality compared to some of its competitors. Some of Zoom's competitors are making big changes to their websites to try and catch up to Zoom's success. Also, with Zoom, you can have an unlimited amount of meetings with up to 100 people on the call. Therefore, Zoom is very popular for various reasons.

Lots of people have opinions on Zoom. Some positive, some negative, and some neutral. One sixth grade student, Noya Zarnighian, has a neutral opinion. She says, "I have no problems with Zoom, but I miss regular school. I know we can't go back, so I have to deal with this. I think Zoom is a good idea and a good way to connect with your classmates and teachers." We all know that online school is different and difficult for students, but it's the same way with teachers. Mr. Livingston and Ms. Andreacchi both feel the same way about Zoom. Mr. Livingston says, "I think Zoom is a wonderful remote learning tool. While I feel like it would never replace face to face instruction, I think it is a useful substitute considering the circumstances. It's nice to be able to see and hear my students in real-time." Ms. Andreacchi adds, "I like Zoom. It's great that we get to see and hear from everyone even when we're so far away. Obviously I'd rather be teaching in a real classroom, but right now video-teaching is the best alternative we've got." Lots of people have lots of opinions. What's your opinion on Zoom, and do you think Zoom should be this popular?

Question Corner: Special Summer Edition

Journalists Jonah Berkowitz and Willie Benjamin answer TWO significant questions.

Find the answers on page 2!

Question Corner

Journalists Jonah Berkowitz and Willie Benjamin answer TWO important questions for Northern Light’s Summer Edition

Question 1: What do people think of this new way of living in quarantine?

As you know, the whole world is in the middle of unprecedented times due to COVID-19, and people all across the United States are being quarantined. As of April 17, the Great Neck Public School District has been closed for more than one month. Students have been remotely learning, staying away from their friends, and striving to keep everyone around them and themselves healthy. As a result of this, we were curious to see how people have been dealing with this new way of living and to help those who are having trouble with this new routine. We ended up asking several people questions about this new normal, and we wanted to share with you their answers. One question we asked is how people are entertaining themselves during this pandemic. Some of the common answers were facetime/calling, playing video games, and going outside to play or just walk. Anonymous states, “I have been watching Netflix and taking walks to get fresh air with family and friends.” Everett Bailey of the seventh grade states “During the pandemic I have been playing a lot of video games and playing outside.” Both of these statements show how people are doing similar things to what they normally would just to an extended period.

A second question we asked was to compare online school and regular school. Most people hated how they couldn’t be with their friends, so they disliked online school. Some people though like how online school is a lot more organized. Jacob Levine of the seventh grade explained “A pro of online learning is that work is much more organized. My assignments and work that I do is all on my iPad.” Another seventh grader Gabe Nihan states “I enjoy normal school more because of the privilege of being with friends.” Both of these statements show the difference between regular school and online school. Some people like it. but most don’t seem to like it.

A third question we asked was how people’s schedules have changed since online school has started and if those changes were positive or negative. Lots of people are trying new things and extending the time of doing everyday things. Video game time is increased. People are spending more time playing sports, biking, walking, or even working out. Most people are sleeping for longer periods of time, going to sleep early and waking up late. Jacob Levine of the seventh grade states, “the good things are that I can sleep a lot later, which gives me more energy to do my work for the day.” Jacob Podwall also of the seventh grade explains, “being able to play lots of video games and finishing school at 1:00 is pretty nice.” These statements both show how what people are doing at home has changed a lot from when we had regular school. All of these changes are both good and bad.

In conclusion, online school has affected and changed everybody's daily routine. For more than a month we have been social distancing and participating in online school. We don’t know how much longer this will have to go on for, but everybody has seemed to adapt to this situation. People have been waking up at different times, going outside more and even working out at home rather than at their gym class. We hope you are all staying safe, washing your hands, and practicing social distancing!

Question 2: With many sleepaway camps still on hold due to COVID-19, what should people plan to do over the summer? How can they stay entertained?

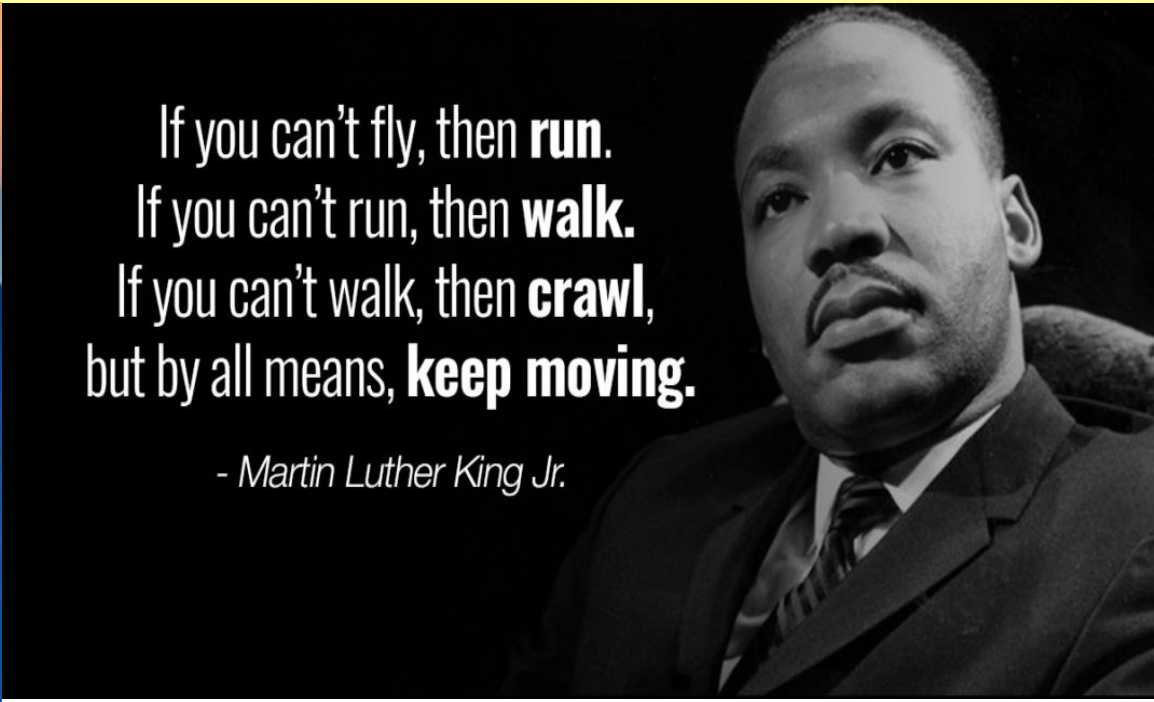
Unfortunately, COVID-19 has caused the U.S. to cancel several events, such as sporting events, regular school days, sleepaway camps, TV/movie release dates, and so much more. As we look upon our 2019-2020 Great Neck North Middle school year, there is no doubt that quarantine will always come into our minds. However, no matter how traumatizing life is, here at North Middle School we urge you to have a relaxing, thrilling, and fun summer break! We, at the Question Corner, have thought of four different ways to keep you entertained during the summer even in quarantine! Now sit back, relax, and we’ll show you how to have the time of your life!

One main activity you could do over the summer to entertain yourself is by going to the beach. There are endless possibilities to do at the beach, whether you're with your family or by yourself! For example, what is more relaxing than sticking your feet and hands into the warm, soft sand, reading an exhilarating book, and feeling the cool, brisk wind blow against your face? This is a great way to kick back, enjoy the hot weather, and let your worries fall behind you. This is paradise! In addition, you could listen to your favorite music and watch the sunset beyond the ocean, while walking or biking on the boardwalk. Lastly, if it is a hot, humid day, jumping in the chilly salt water may be the best thing for you! Whether you are swimming out very deep against the tide, surfing, boogie boarding, or even jumping over the waves, getting the cold water beneath your feet is a wonderful way to cool down. So surf’s up, because the waves are waiting for you!

Another extremely entertaining activity you could do over summer break in quarantine is to workout. Whether you are in the park, in your living room, or any other place, keeping up with your fitness is very important for your mind, body, and health. YouTube, for instance, is an outstanding tool for demonstrating examples of physical activity. There are several different and unique exercise videos, all of which you could do indoors or outdoors! You could find exercises for any part of your body to help you get stronger, and really be “in the zone.” In addition, sometimes taking a relaxing walk around the park or through your neighborhood is just what you need to get outside, exercise, and enjoy nature. Many people think that walking is not a very good way to workout, but in fact, walking strengthens your leg muscles while being able to clear your mind and let your worries fall behind. On your walk, you should let yourself decide what you want to do, depending on how you're feeling/thinking. You could take/do anything you want, like listen to music, call a friend or a family member, clear your mind and take notice of nature, and so much more. Lastly, much more challenging outdoor exercises include hiking, running, and biking. If there are any mountains near you that aren't too dangerous, hiking would be an amazing way to keep your heart rate up and strengthen your muscles. You could start off easy with a hill that isn’t too steep and doesn’t have rough terrain. As you improve, you could begin to hike up steeper mountains with harder terrain. Running, similar to hiking, increases your endurance and makes your muscles stronger. At the beginning, aim to run for about 30 minutes. As you continue to run, making an attempt to challenge yourself (by increasing your pace and/or increasing the amount of time you run for) is the one of the best ways you could strive to be healthier, stronger, and tougher. Biking is a great alternative to either running or hiking, especially mountain biking. You really get to work your calves, hamstrings, thighs, and other muscles, as well as having an awesome time. You could be going down a steep hill, feeling the wind blowing against the face and having an excellent time.

A third exciting activity you could do to entertain yourself is eat outside and be with your family. Imagine on an extremely hot and humid day, when you are not able to travel to the beach or a pool, going on a picnic and relaxing with your family, while drinking fresh, cold lemonade and enjoying the colorful trees around you. Some snacks and drinks you could make to refresh yourself could be popsicles, lemonade, fruit punch, ices, ice cream, and so much more! Whether you lie down staring at the sky, taking a walk, or just enjoying your family’s company while eating delicious snacks, going on a picnic is an amazing activity to have an amusing, enjoyable time. This would be an outstanding alternative when you are not able to access a body of water on a boiling hot day. Lastly, a fourth activity you could perform over the summer is to find a new, interesting, and enjoyable hobby. A hobby is an activity, any activity, that you would enjoy performing regularly. Sometimes hobbies could turn your life around in a good way. A task could form into a hobby; a hobby could form into a business; and a business could form into success. So we ask you, from the Question Corner, what is something you would love to do but never had the time or resources to do before? Perhaps, if you desire to one day travel to another country, you could learn the language spoken there. Or, maybe sign language interests you? If you find pleasure in playing sports, and you are in need to try something new, you could try a foreign sport, like cricket or rugby. Anything you would find pleasure in doing, like playing an instrument, doing yoga, baking and cooking, reading, drawing/painting, playing board games and cards, etc., would be an amazing way to spend your summer break in quarantine.

During quarantine, there are lots of great ways to stay entertained. Make sure you stay in contact with your family and friends whom you cannot see during this pandemic. FaceTime, ZOOM, Google Meets, text messages, and calling are all amazing tools in order to stay communicated with one another. These amazing ideas will help you become healthier, happier, and more relaxed during the summer; without focusing on all the chaos occurring throughout the world. Always remember, COVID-19 could cancel sporting events, school, and many other extracurricular activities, but this crisis can NOT take away your fun. Have an outstanding summer, stay safe, stay healthy, stay six feet away, and see you in September!!!



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Summer Fun: Things to Do in Great Neck (Quarantine Edition)

By Rachel Sutin

1. **Drive-In Movies!** The Great Neck Park District offers a schedule of drive-in movies at various parks during the summer. It's a great way to socialize while maintaining social distancing.
2. **Online classes!** If getting ahead for next year is your forte, various colleges offer courses online to help students prepare for the more vigorous curriculum of the upcoming school year.
3. **Virtual tours!** Call all art lovers...Museums like the Van Gogh Museum in Amsterdam and Guggenheim in New York City have teamed up with Google Arts and Culture to provide tours of galleries to enthusiasts at home.
4. **Online connection!** Resources like FaceTime, Skype, Zoom, and Instagram offer video chat services to help stay connected to loved ones. Now more than ever, it is crucial to keep in touch to avoid loneliness. After all, social isolation can be pretty isolating.
5. **Beach Day!** Though things are still tentative, it looks as if certain New York beaches will open for the summer. Whether these beaches would restrict residents and how they would do so is yet to be seen.
6. **Work out!** There's a reason workout programs like the #ChloeTingChallenge have gone viral. With schooling reduced to sitting in front of a screen for hours every day, our bodies lack the movement they need. Get your body moving, people!
7. **Animal encounter!** Zoos in New York and beyond now offer free animal encounters so you can see baby penguins waddle without leaving the comfort of your couch. For those of you without a pet, this is a perfect way to get an animal fix in.
8. **Be an activist!** The slower pace of quarantine has left many noticing injustices they haven't picked up on before. Mental health, prison reform, disease prevention, environmentalism, animal rights, LGBT+ rights, religious persecution, gun control, the refugee crisis, and a boatload of other issues need you on their task force! Activist platforms like YEA Camp offer online classes to get started on your path to change the world. Making the choice to care is half the battle.
9. **Bake something!** Being cooped up inside makes for a perfect opportunity for you to brush up on your bread-making skills. Cooking or baking anything, really, is both a healthy coping skill and a rewarding way to pass time.
10. **Essential Worker Support!** We all know that frontline workers are the one factor stopping the pandemic from growing exponentially. Whether it's by making signs, donating food, or raising money...finding ways to thank essential workers is both helpful and a way to pass time.

The Renewed Fortnite

By Michael Zaken

Fortnite was renewed. What's new? For starters, let's start with how it happened.

October 13, 2019- Season 10 of Fortnite. The live event called "The End" was happening. This event included all the storylines, with things from Fortnite seasons combined into one event. Eventually, the gravity orb point thing exploded, making a black hole suck up the map. For the next two days, all Fortnite had on screen was a black hole...until a new thing happened.

The black hole imploded, sending players to a new island, called Apollo. This new island was a parallel universe of the other Fortnite universe. The new map looked like this compared to the old one:



Some locations from the old map came back, but the new map has the following changes:

- Every weapon in the game now has every rarity. Common, Uncommon, Rare, Epic, Legendary.
- New ability: Fishing and Swimming
- Fishing rewards:
 - Common: Small Fry, Any Weapon.
 - Uncommon: Flopper, Any weapon.
 - Rare: Weapons. Epic: Slurp Fish, weapons.
 - Legendary: weapons.
- And a new rarity we've only seen a little before, Mythic: Mythical Goldfish.
- The battle pass and XP levels are now connected. That means, as you level up, your battle pass levels up too. Each level has 80k XP, and it's much easier to earn now.
- A new vehicle: Boats. All others were vaulted.
- Later on, they added lightsabers for a bit.
- RARITY: MYTHIC.
- Then, after 6 long, boring months, with monthly and not weekly updates, we finally got Season 2 of this new Chapter of Fortnite.

Season 2: TOP SECRET

1. First of all, Boss fights. All boss fights. Each boss was a battle pass character, with their own weapons. All of them were mythic versions of normal ones.
2. Heavy Snipers, Heavy AK47, Silenced AR, silenced pistol, and silenced SMG were unvaulted.
3. Uncommon, Common, and Rare Rocket Launchers were vaulted along with Epic and Legendary SMGs.
4. There were five new locations. The Rig, The Yacht, The Shark, The Grotto, The Agency, and the Box Factory.
5. Later on in the season, the Yacht would be taken over by Deadpool, so the yacht's boss moved to The Box Factory.
6. During this season, the new Travis Scott concert happened.

Governor Cuomo's Leadership During the Pandemic

3

By Jules Sanders

New York Governor Andrew Cuomo has made headlines recently for his growing popularity among people in the United States. Cuomo has been giving daily coronavirus briefings for a few months now, giving the inhabitants of New York State as well as other states crucial information regarding the SARS-CoV-2 virus's epidemiology. His messages are broadcast on both CNBC and YouTube, the latter of which being the more popular of the two.

Cuomo first took office in 2011, replacing fellow Democrat David Paterson. Notoriety runs in the governor's blood; his father, Mario Cuomo, held the same position in New York State government from 1983 to 1994, and his brother, Chris Cuomo, is a late-night talk show host. Since assuming his current role, Andrew has taken great strides forward for the state as a whole, legalizing same-sex marriage, fighting climate change and passing the most restrictive gun control laws in the country. His response to the current pandemic will likely be recognized in the future as another accomplishment for his administration.

The governor has done much to help the medical professionals of the state, advocating for alternative methods of gathering personal protective equipment during the horrible supply shortage that the state faced in late March and early April, an effort that has likely since saved the lives of many healthcare workers on the front lines of the coronavirus conflict. Cuomo has additionally helped limit the number of cases in the state by shutting down all non-essential businesses. As the governor continues to help the state in its response to the virus, the praise he has been receiving will only follow.

Review: Animal Crossing New Horizons

By David Dallal

Hey you, yes you... have you heard of Nintendo's new hit, Animal Crossing New Horizons? I bet you have. But, if you haven't, Animal Crossing is a Nintendo game where you fish, catch bugs, and try to pay off your crippling debt. Oh, also everybody is an animal except you. Additionally, certain animals catch other animals. Some animals can and can't have humanoid features. So, you can have an octopus villager that catches a non-villager squid. Sounds good. Great.

Animal Crossing is one of the most relaxed and chill experiences I've had in a long time. If you are in a stressed mood, this is the perfect game to boot up and play. It's a great game that can keep you busy for a couple hours a day. There is no real goal to the game, but Animal Crossing is about how nice you can make the place you live in. It's game mechanics are fun, and there are a lot of collectibles to keep you busy. It also has a fun online mode where you can either host a tour of your own island or visit your friends.

Animal Crossing does have its problems however. The game does have a lot of exploits, like where you can get a million bells a week after playing the game. There are also problems with the online mode, like how you can't place or move items when there is someone at your island. There is also a lost game mechanic of being able to join random islands that allow it, which is extremely fun. In total, this game is a 7/10.

I recommend it for people bored during the quarantine, but not for people who can play the previous games because they were better.

13 Fun Facts

By Katie Park

1. A study found that chewing gum can improve your mood.
2. A group of goats is called a trip.
3. An acre of soil can have more than a million worms living in it.
4. About 27,000 trees are cut down each day for toilet paper.
5. The name, pound cake comes from the original recipe in which there would be a pound of each ingredient.
6. The original carrots were actually purple and yellow, not orange.
7. Your skin is the largest organ in your body.
8. A shrimp's heart is in its head.
9. In the course of an average lifetime, while sleeping you might eat around 70 assorted insects and 10 spiders, or more.
10. Most sharks would sink in freshwater.
11. There are 293 ways to make change for a dollar.
12. Los Angeles' full name is "El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula"
13. The common octopus is the size of a flea at birth.

Resources

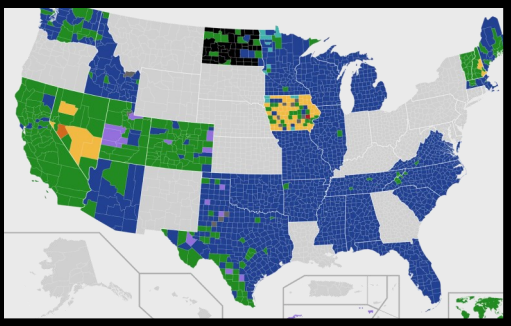
- National Geographic Weird but True 7.
- https://www.theworldcounts.com/stories/amazing_environmental_facts
- <https://www.eatthis.com/mind-blowing-food-facts/>
- <https://kids.niehs.nih.gov/games/riddles/jokes/fun-facts-and-trivia/index.htm>
- Science class.



The Presidential Election 2020

By Ofer Adar

On November 3rd, 2020, U.S. citizens across the country will cast their ballots for their preferred presidential candidates. The two main contenders are incumbent Republican President Donald Trump and former Democratic Vice-President Joe Biden. Donald Trump had an easy primary season and won every state by 90% while Joe Biden had a very contested Democratic primary against over 20 people but eventually went head to head against Senator Bernie Sanders and edged him out. As of now he has won in over half of the states and is at over 1,400 delegates.



County map of the Democratic Primary results by county. (Blue - Joe Biden, Green - Bernie Sanders.)

This election will be very significant for several reasons. It will be a referendum in the direction of the country and whether the American people want to stay with the policies of the paleo-conservative Trump Administration or a return to the centrist policies of the Obama Administration, now led by Joe Biden. This election is also important because it will decide which man will be the person to lead the nation during the economic recovery from Covid-19. Lastly, the next leaders or the continuation of the current leader of the county will affect the entire country as we move forward into a new era. The person who makes decisions on trade policy, automation, climate change, Supreme Court justices, gun violence, the Opioid Crisis, healthcare, education, and much more will pave the path for a new landscape for the country in the 2020s. For those reasons, the next election will be crucial for the future of this country. The biggest question everyone has on their mind is, “Who Will Win?” The purpose of this article will be to give everyone an analysis of the presidential candidates and their policies, and what are plausible scenarios that will likely occur in November.

The Candidates and Their Policies:

The Republican and Democratic parties are not the only parties in the United States. There are smaller parties who barely get any voters. These parties are called third parties. The biggest third party is the Libertarian Party. The Libertarian Party is a socially liberal and economically conservative party. They believe in gun rights, privatization, no government regulation, mass immigration, free trade, no minimum wage, an end to wars, legalization of Marijuana, and an end to welfare. Many people might be confused by the inconsistencies of the party but it is possible for there to be someone economically conservative and socially liberal. Taken to the extreme, Libertarians are anarcho-capitalists but most are minarchists. Minarchism is a night-watchman state which is a very small government which only provides the bare minimum.

In 2016, the Libertarian nominee was Governor Gary Johnson. He was a Republican who switched to a Libertarian and is a very moderate Libertarian. This sparked controversy inside the party because he was in favor of driver's licenses. But Johnson was very well-known so he was chosen as the nominee and got many voters who were Republicans who dislike Trump. Johnson received 3.3% of the vote, the best a Libertarian ever did.

The Libertarian Primary is still going on but the current leader in the primaries is Jacob Hornberger. Hornberger was a presidential candidate in 2000, the founder and president of the Future of Freedom Foundation, and a candidate for the Virginia Senate in 2002 - getting 7% of the vote. Hornberger is interestingly socially conservative on some issues, and socially liberal on other issues, making him more of a Hoppean. He currently has 8,989 votes - 20% of the votes which is such a comfortable lead he has more votes than 2nd and 3rd combined! Hornberger has won 7 states as of May 20th; Connecticut, California, Ohio, Iowa, Minnesota, Missouri, and New York. Second place is Jo Jorgensen. She was a nominee for representative in 1992 and VP candidate for the Libertarian Party in 1996. She has received 4,578 votes as of now and has won the state of Nebraska. In third place is Vermin Supreme, a political satirist who ran for president since 1992 and is famous for wearing a boot on his head, throwing fairy dust on a political opponent, and wanting to give everyone a free pony. He has won two states; Massachusetts and New Hampshire and has received 4,288 votes. Jacob Hornberger will most likely win the primary and will likely receive 1-2% of the vote in the general election.

The 2nd largest third party is the Green Party. The Green Party is a social democratic or ecosocialist party which focuses on far-left economics and environmentalism. The Green Party believes in the Green New Deal, high minimum wage, socialized medicine, student loan debt relief, isolationism, distributism, high taxes on corporations, legalization of marijuana, expanding welfare, etc . The Green Party is the farthest left in American politics but is still generally ignored by the American public. The best performance in the party’s history was in 2016 when Jill Stein received 1.1% of the votes. Stein received many votes from people who supported Sanders in the 2016 Democratic Party and didn’t want to vote for Hillary Clinton.

The frontrunner in the Green Party Primary is Howie Hawkins. He was a candidate for New York Governor in 2018, 2014, and 2010. He’s also the co-founder of the Green Party and ran for several offices in Syracuse. He is famous for creating the Eco-Socialist Green New Deal which is a major plan which changes the economic landscape of the country. To get the nomination, a candidate must receive 201 delegates. Howie Hawkins has received 129.5 delegates while second place, Dario Hunter has 42.5 delegates. Howie Hawkins will get 0.5-1% of the vote.

Joe Biden is the presumptive Democratic Presidential Nominee and has not decided on a VP yet, though he said he’d choose a woman. Joe Biden won in the Democratic Primary against Bernie Sanders and not actually received enough delegates to become the nominee yet, he’s just the last candidate in the field. So hypothetically, Joe Biden might still be able to lose the primary but there is a 99.999999% chance he will be the Democratic Nominee. Joe Biden was the VP under the Obama administration and was a senator from Delaware.

Joe Biden is a centrist meaning he is in the middle of the political spectrum. He is a centrist of domestic policy and economic policy and a bit farther to the left on social issues. Joe Biden supports a ban the manufacture and sale of assault weapons and high-capacity magazines, criminal justice reform, a public option, student loan debt relief for low income graduates, free trade, immigration, but Joe Biden doesn’t provide that much exact policy and is more vague when talking about several issues, making it hard to understand what he truly believes. He has heavily criticized Donald Trump’s handling of the Covid-19 crisis and has said that Trump did nothing to stop the spread of the virus. This has been a major rallying point of the Biden Campaign, hoping it could be their way to a victory for Joe Biden. Biden has received many notable endorsements from high ranking officials like President Obama, Nancy Pelosi, Stacey Abrams, AOC, Bernie Sanders, and basically every democrat. Another notable endorsement is John Kasich. The Republican governor from Ohio who ran in the Republican Primary against Donald Trump in 2016 has decided to endorse Joe Biden over the incumbent president. This could help Joe Biden in the swing state of Ohio.

On the other side of the political aisle, Donald Trump the incumbent president is fighting to stay in office for four more years. His policy platform includes support for the Second Amendment, opposition to free trade, a trade war with China, opposition to student loan debt, lower taxes, opposition to Medicare and social security expansion, and much more. It is very hard to pinpoint his specific policies because he doesn’t really have a coherent plan for healthcare and education. To be fair, Joe Biden also lacks a coherent plan for trade, foreign policy, automation, ect. Donald Trump is hoping that people will rally around him in troubling times and he’ll be able to keep his base from 2016. His stagnant approval rating of 39-43% has hurt helped his chances of winning. This means that he only has to gain 3-4% of the vote to win. This also means that he’ll have a hard time to gain support because he hasn’t been able to do it for 3 years.

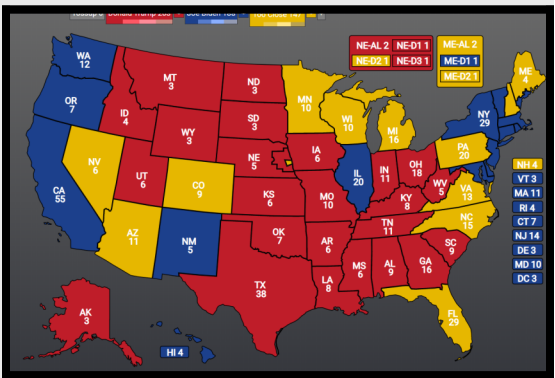
Who will be Joe Biden’s Vice-President? As of today, the Biden campaign has a shortlist of people that he could choose for VP.

- Amy Klobuchar - Senator from Minnesota
- Kamala Harris - Senator from California
- Elizabeth Warren - Senator from Massachusetts
- Catherine Cortez Masto - Senator from Nevada
- Tammy Duckworth - Senator from Illinois
- Tammy Baldwin - Senator from Wisconsin
- Val Deming - Representative from Florida
- Tulsi Gabbard - Representative from Hawaii
- Hillary Clinton - Senator from New York, Former First Lady, Former and Presidential Candidate
- Susan Rice - Former National Security Advisor
- Michelle Lujan Grisham - Governor from New Mexico
- Gretchen Whitmer - Governor from Michigan
- Stacey Abrams - Georgia Gubernatorial Candidate

Who Will Win?

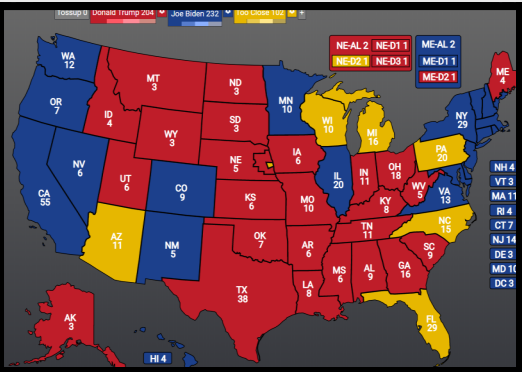
Georgia, Ohio, Texas, and Iowa

All of these states went to Donald Trump by over 3% - not that much. Ohio and Iowa went to Trump by very large margins. Trump won Ohio by 8% and Iowa by 10%. They used to be considered close swing states but are now ignored by the Democrats. Joe Biden has basically given up on those states and is focusing on other places. Surprisingly, the swing from the 2012 election to the 2016 election in Iowa was 12%. It went to Obama by 4% and to Trump by 8%. Ohio went to Obama by 2% and Trump by 8% which is a 10% swing in favor of the Republicans. Trump has substantially improved with rural voters in Iowa which means that Biden has virtually no chance. Ohio has Trump leading by 3% in the latest Emerson poll, by November, he is expected to gain his lead. Texas and Georgia were very Republican states in 2008 and 2012 but the demographic shifts in the states have made them very close. Texas has a very high Hispanic population which overwhelmingly goes Democrat. In Georgia the African-American population is very high and votes 90-10 in favor of Democrats. In the Democratic Primary, Joe Biden did really well with African-American voters in states like Alabama, South Carolina, and Tennessee because he was the VP of the first African-American President. This means that Joe Biden will improve on the 5% loss that Hillary Clinton had but Donald Trump still has the edge because of its Republican identity. Texas used to be a reliably Republican state and will stay in the Republican column but will get closer compared to 2016. All these states are likely going to go Republican again.



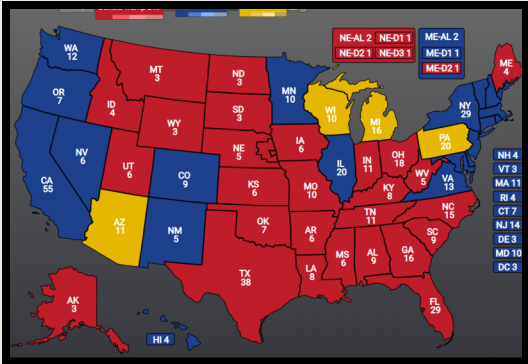
Virginia, Minnesota, New Hampshire, Colorado, Nevada and Maine

All of these states went to Hillary Clinton in 2016. She was and still is far more unpopular than Joe Biden which means that these states are sealed for Joe Biden. Colorado has become a safe Democrat because of the high Hispanic turnout in the state. Joe Biden regardless of if he underperforms with Hispanic voters will not matter because of the Democratic advantage in the state. Virginia is one of the states that disapproves of Trump the most. The swing state from 8 years ago is reliably Democrat and Joe Biden is expected to perform well with African-American voters in and around Richmond and do well with voters around the D.C. suburbs. Joe Biden is currently leading in polling by 10%. Minnesota was surprisingly close in 2016, no one was expecting Trump to do so well there. Republicans haven’t won in the state in over 30 years. In the primaries, Joe Biden won Minnesota by 10% but in 2016, Sanders beat Clinton in the states by 20%. This means that in the Midwest there was a huge anti-Clinton movement that there isn’t this time. This makes it very likely that Donald Trump does worse with rural voters and loses big in the Minneapolis metro area. Biden is leading in the latest poll by Mason-Dixon by 12%. New Hampshire went to Hillary Clinton by 3,000 votes but Donald Trump is very unpopular in the state. Joe Biden is expected to do well with Northeastern voters and is currently leading by 4.6% in polling. Maine At-Large is probably not going to be competitive this time because Joe Biden will do well with suburban voters around Portland while taking back voters in rural Maine voted for Gary Johnson instead of Hillary Clinton. Donald Trump will still narrowly win the 2nd Congressional District because taking back 10% in a very pro-Trump district is very improbable. Nevada has a big Latino and African-American population and went to Clinton in 2016. Though Biden is not a very enthusiastic candidate and is not able to excite Sanders, youth, and basically every type of voter, the fact that he is more popular than Clinton makes up for that. This makes it almost certain that he’ll win the state.



Florida, Nebraska’s 2nd Congressional District, and North Carolina

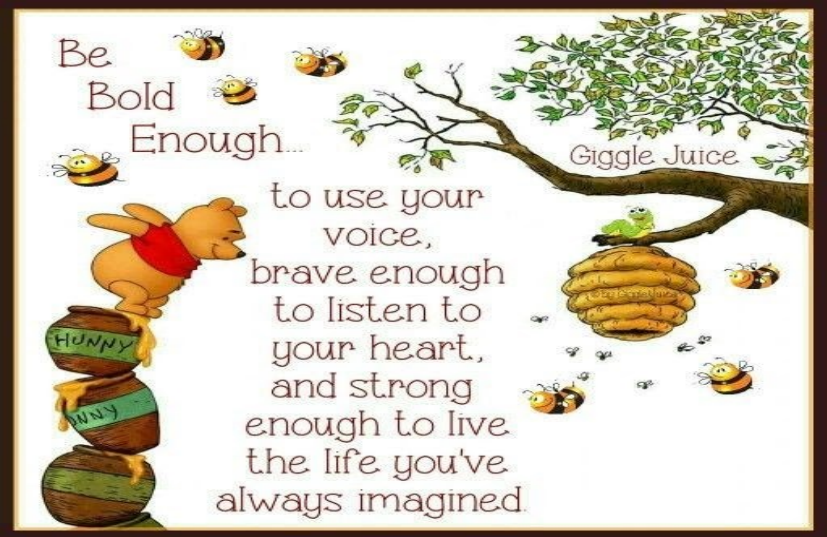
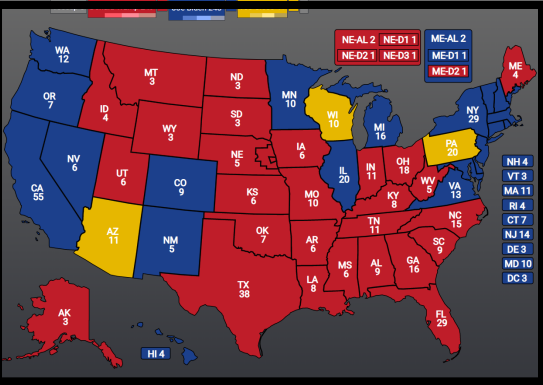
All of these states went to Trump by 3% or less and will be key to another Trump victory. Florida has a history of voting for incumbents. Biden is currently leading in polling but is likely to do worse with young voters who support him, but won’t actually vote for him. Joe Biden will also do worse with Hispanics in the state because of his lack of support from them in the primary. Joe Biden is improving with older voters in the state but also might do worse with them because of his history supporting cuts to social security. Florida has a history of voting for the current president. The last time a current president lost the state was 1976. This state will most likely go narrowly to Donald Trump. Nebraska’s 2nd Congressional District has only gone to a Democrat once. Joe Biden will likely lose the District even though it is a very urban area because of its Republican identity. North Carolina has also only gone to a Democrat one in the past 40 years. The state has a large African-American presence in Greensborough County and in and around Raleigh. Currently, Trump is beating Biden in polling by 1%. This is good for him because at this same time 4 years ago, Clinton was leading Trump by 3.3%, he ended up winning the state by 3%. This means he has a slight advantage in the state.



Michigan, Wisconsin, Pennsylvania, and Arizona

These 4 states are the most crucial in the entire election. As of now, only Michigan is in the Biden column while the others are too close. Michigan has a high African-American population in Detroit which came out for him in the primaries. He is leading in the polls by 6-10% and even though Trump won the state, Clinton lost the primary while Biden won by 13%. This makes it very hard for Trump to rebound in the state. Pennsylvania has many rural voters and coal miners who strongly dislike Biden even though he was born in the state. He didn’t really spend much time in the state and was a senator from Delaware so the home state factor won’t really help him. He is currently leading in polling by 6% and might be able to win if he wins the suburban areas, if not he will probably lose. Wisconsin is a very close state and went to Trump by the most compared to Pennsylvania and Michigan. Biden is leading in Wisconsin by 2.7% while Obama was leading in the state by 5% in polling and won by 7%, Clinton was leading by 9% and lost by 0.7%. Joe Biden is hoping he could win around the Milwaukee metro-area, while Trump is hoping he could win with 45-65 year old men in suburban and rural areas, the coalition that helped him win the state last time. The final state, Arizona was a very safe Republican state that no one thought would be close but only went to Trump by 3% in 2016. This state has a high Hispanic and Native American population which favors the Democrats. Joe Biden did well in the primary in the state in the key county of Maricopa county. If Biden wins the county, he would most likely win the state. Currently, Joe Biden is leading in polling data by 4%. In May 2016, Trump was leading in Arizona by 5% and in May 2012, Romney was leading in the state by 10% and won the state by 8%. This shows that Republicans do worse in the state compared to the polling data. But at the same time Joe Biden won’t energize Native American and Hispanic voters, underperform with non-college graduates, and will not get the same third party voters he got in the northeast because the third party voters in the sunbelt were more conservative and this time are more likely to vote for Trump. This makes making a decision on the state very difficult.

This is a very important election that will go down in the history books regardless of the winner. The election cycle will be very intense and very interesting for political analysts. This election will decide the path of the country and will have a lasting impact on the world. It’s very hard to tell what will happen months away from the actual election. But what is certain is that this election will be very close.



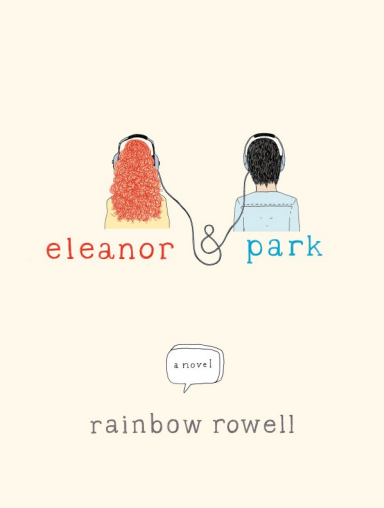
Book Review: *Eleanor & Park* by Rainbow Rowell

Reviewed by Noya Zarnighian

Eleanor & Park follows the lives of Eleanor Duglas and Park Sheridan, in alternating points of view. The two teens live in Omaha, Nebraska in the 1986-1987 school year. They first meet on the bus ride to school, and soon spark a friendship through comic books and music.

Eleanor
Eleanor Duglas lives with her sister, brothers, mom, and stepdad, Richie. Richie is emotionally and physically abusive to Eleanor’s mother, Sabrina. Eleanor is isolated and bullied at her new school. Her messy red hair and peculiar wardrobe make her the target of her classmates’ ridicule. The teasing Eleanor faces is the least of her problems, though. Her dangerous home life is an eternal cause of embarrassment and burden. She lives in the fear of her peers, counselors, or teachers finding out how bad things are at home. Eleanor is closed-off and impatient due to the fact that she has been deeply traumatized by years of abuse, poverty, and neglect.

Park
Park Sheridan lives with his little brother, Josh, mom, and strict dad. Park and his dad often argue about him wanting to get his driving license. Park faces daily racism from his peers because he is half Korean. He deals with the daily struggle of feeling like he is out of place in his hometown. Park uses music and comic books as an escape from his life and his peers. He hides his restless, sensitive soul behind a quiet presence. When Park first meets Eleanor on the school bus, he tries hard to dodge the strange new kid. The two start bonding during almost silent bus rides.



Movies and TV Shows to Watch While Quarantined

By Nicole Volman

Quarantine can be really boring—not seeing your friends, not being able to go out, and no social activity like sports. We all miss it, but there’s nothing we can do about it. It’s for safety though ,so we must follow the rules and stay safe in our homes. However, we can do plenty of things to keep us occupied. My favorite thing to do is to watch movies! It’s fun to just lay in bed after a day of doing assignments and watch a movie wrapped in a blanket. There are many new movies out, and there are many amazing movies from different sources available to you while at home! Some days you might want to watch a comedy, others you would like to watch an action movie, or maybe you want to lay in bed watching horror movies.

I love watching comedies. Some of my favorite funny TV shows/ movies to watch are *Stepbrothers*. This movie is available on Netflix, Amazon Prime, Vudu, Google Play, and more. In *Stepbrothers*, two main characters have one thing in common: they are both lazy and unemployed 40 year old men, who still live with their parents. When Brennan's mother and Dale's father marry and move in together, it turns the overgrown boys' world upside down. This is extremely funny and I definitely recommend it.

I also recommend *The Office*. This is one of my favorite TV shows. It’s about an office with a hilarious boss, and it’s just a funny show. The episodes aren’t too long, and there are a lot of seasons. You can find this show on Netflix too.

If you're into action movies, which I love and can't get enough of, some of my favorite TV shows are *Money Heist*, and *Sherlock*. These are both on Netflix and Amazon Prime. *Money Heist* is about a criminal mastermind who goes by "The Professor" and has a plan to pull off the biggest heist in recorded history. He and his team wanted to print billions of Euros in the Royal Bank of Spain. To help him carry out the plan, he got 8 people who have nothing to lose while being in this heist. The group of thieves take hostages to help them in their negotiations with the police and government, who strategize to come up with a way to capture The Professor who is in hiding. *Sherlock* is an amazing show. Unlike Conan Doyle’s books, this *Sherlock* is about how Sherlock and his sidekick go around modern day London, looking for clues, fighting, and so much more. This show had me on my toes for all 4 seasons. Both of these also go under the category of mystery so if you're into that I highly recommend Sherlock.

My favorite horror movies are, *In The Tall Grass* and *Scary Stories To Tell In The Dark*. *In The Tall Grass* is about a brother and sister who find a boy in grass while driving around the country. *Scary Stories To Tell In The Dark* is about the shadow of the Bellows family that has loomed large in the small town of Mill Valley for generations. It's in a mansion that young Sarah Bellows turns her tortured life and horrible secrets into a series of scary stories. These terrifying tales soon have a way of becoming all too real for a group of unsuspecting teens who stumble upon Sarah's spooky home.

These movies and shows all are fun to watch! They are entertaining, and take your mind off of being inside in your room. These movies and shows sometimes make you think you're really there. You can relate to some characters, and be amazed by others.



Cheesy Bean Dip

By: Andrew Cohen

Ingredients/Things you will need:

- Glass Casserole Dish (However big you want it)
- Strainer
- Potato Masher
- Fork
- Spoon
- One Can of Black Beans
- ½ cup of Shredded Mixed Cheese
- ½ cup Tbsp of Cream Cheese
- Pinch of Ortega Taco Seasoning
- 1 Tbsp of Ortega Mild Taco Sauce
- Sour Cream (optional)
- Pinch of Paprika (optional)



Directions:

Open your can of black beans and put them in a strainer. Rinse under cold water and make sure they are clean. Put strainer on a paper towel when finished so that the water can dry. After your beans have dried, get your fork and mash the beans. Once they are a little softer, add your cream cheese and mash with your potato masher (This will need patience). When smooth, add your sour cream (if you would like), mix, then add in your taco sauce. Sour cream will make your dip creamier and smoother. Mix thoroughly. When you're done, smooth out the top of your mixture and sprinkle in your cheese. If you would like to use more than ½ a cup, you can. On top of the cheese, sprinkle on your paprika and taco seasoning. This will give it a lot of flavor. Once done with that step, you should put on your toaster oven. You should put it on bake, 350° Fahrenheit for at least 20 minutes. When your cheese gets bubbly and a little crispy, remove it from the toaster oven with oven mitts. Let it cool for 2-5 minutes. You must be careful as this will be VERY HOT! When your dip is done, you may enjoy it with some tortilla chips!



SUMMER wordsearch

E	U	C	E	B	R	A	B	F	U	T	S	I	A	P	F
R	P	A	Y	S	U	N	G	L	A	S	S	E	S	C	L
A	O	U	L	P	F	E	E	E	R	T	M	L	A	P	I
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A	Y	H	U	T	S	N	O	W	C	O	N	E	T	R	P
L	E	K	R	O	N	S	P	A	R	A	D	I	S	E	C
F	I	R	E	F	L	I	E	Y	N	N	U	S	R	U	T

SUNNY	SNOWCONE	BARBECUE	TOWEL
PARADISE	WATERMELON	OCEAN	ICE CREAM
POPSICLE	SUNGLASSES	PALM TREE	STRAWBERRY
FLAMINGO	BEACH	SAND CASTLE	LIFEGUARD
FLIP FLOPS	SNORKEL	SUNBLOCK	FIREFLIES
VACATION	PICNIC	POOL	SWIMMING

Homemade Ice Cream

By Owen Flood

Here is a simple but delicious homemade summer treat!

Cookies and Cream Ice Cream

- (Makes 10 ½-cup servings)
- 1 cup whole milk, well chilled
 - ¾ cup granulated sugar
 - 2 cups heavy cream, well chilled
 - 2 teaspoons pure vanilla extract
 - 1 cup mini Oreo cookies



In a medium bowl, use a hand mixer or whisk to combine the milk and granulated sugar until the sugar is dissolved, about 1-2 minutes on low speed. Stir in the heavy cream and vanilla. Cover, refrigerate, and chill if time allows.

Turn on your ice cream maker; pour the mixture into the freezer bowl and mix until thickened, about 20-25 minutes. Add the Oreos during the last five minutes of mixing.

The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in the freezer for about two hours. Serve and enjoy!

Quarantine Cooking

By Brandon Etan Reed

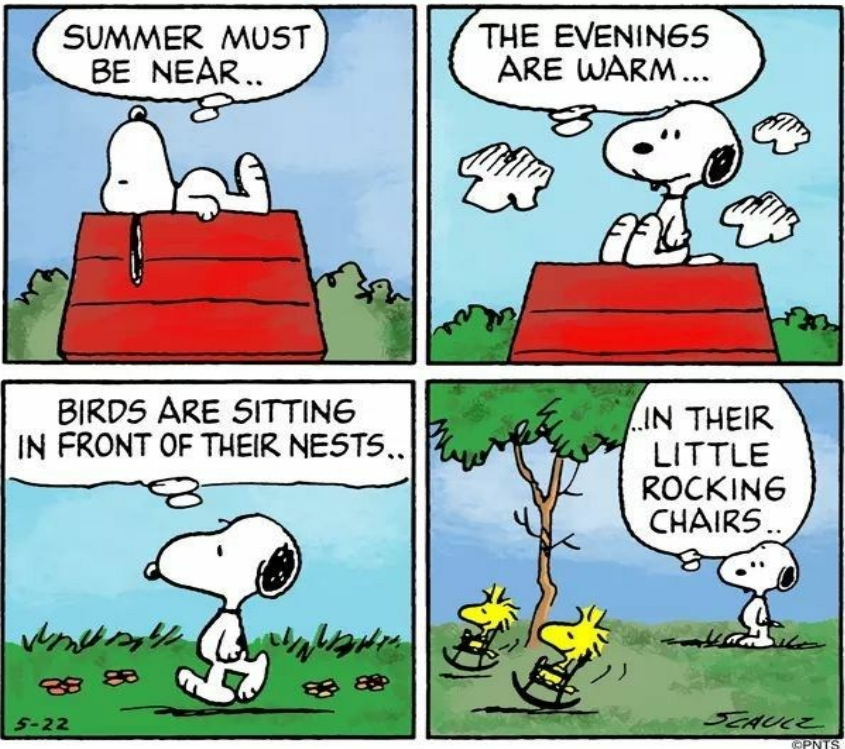
Just like many other people in quarantine, I miss going out to eat, especially for sushi. But I've also been baking and cooking a lot more - and discovering how much fun it can be! I've been able to use many foods I love - pasta, pizza, steak and salmon and add my own twist. I've baked everything from chocolate chip cookies to Moroccan Orange Blossom Tea Cakes.. Not only have I been doing a lot of cooking and baking, but I've also started watching cooking shows. The recipe below was inspired by one of Gordon Ramsay's cooking demonstrations. Even when working from a recipe, I try to add a touch of creativity to everything I cook. One thing I really like about the recipe below is the opportunity to dress up the presentation when serving it. I like to arrange the chicken on one side of the plate, with a stalk of the rosemary across the top of it, the garlic tucked in along one side, and a vegetable, like grilled asparagus, laid out on the other side of the plate. Enjoy and Happy Cooking!

Ingredients:

- Thin sliced Chicken Breasts
- Olive Oil
- Fresh Rosemary
- Garlic

Directions:

1. Pour a thin layer of olive oil in pan and heat at medium-high.
2. Lay chicken on one side of the pan.
3. Crush three cloves of garlic with the side of a chef's knife, and then add with 2 rosemary stalks on the side of the pan away from the chicken.
4. Cook for 2-3 minutes and flip, gently hooking one side of the chicken with a fork and laying it flat.
5. Tilt the pan so the chicken side is up, and then start scooping the sauces at the bottom onto the chicken.
6. Repeat about 20 times, then cook the chicken until lightly brown on the outside, another 2-3 minutes depending on the chicken thickness.
7. Finally, plate and serve!



When do you go at red and stop at green?



When you're eating a watermelon!!!

COVID-19 Affects Popular Streamers

By Owen Flood

Due to the COVID-19 pandemic, millions of people have lost their jobs. In addition, many doctors and nurses are putting their lives on the line for other people as they battle the virus. One set of people, however, really don't have much change in their day. These people are professional streamers. These streamers live stream themselves playing video games. The best streamers make millions and streaming is their full time job.

Ben Lupo, more commonly known as Dr. Lupo, is one of these streamers. Recently, The NY Times did an article on Dr. Lupo. The article is called "Is This the Most Virus- Proof Job in the World?" and is written by David Segal. Check out the full article on nytimes.com. In the meantime, we will talk about how COVID-19 is affecting Dr. Lupo.

Mr. Lupo streams daily on Twitch, a big streaming platform. Since most if not all schools in the country are closed, audiences of all ages tune into his streams. About 13,000 people watch his stream daily. Since the start of the pandemic, Mr. Lupo estimates that viewership has been up about 25-30%, which is good for business. For him, his routine has barely changed. He is still by himself in his house with his family, not in an office with many people. He makes the same almost non-existent commute, and is able to still work.

Viewership for all of Twitch has increased by 31% from March 8 - March 22, according to Arsenal.gg. Since the onset of the pandemic, there have been no live events such as sports. The only live entertainment is watching competitive gaming. Streamers are able to play together while still maintaining social distancing. Clearly, streamers like Dr. Lupo are positively affected by many people being out of school and work. They have more time on their hands to watch him stream.

We will get through this by seeing every challenge as an opportunity to better serve others. It starts with accepting that the world is bigger than what's right in front of us.

THE POWER IN PURPOSE PODCAST
BERNADETTE SMITH

Miss Know-It-All

Dear Miss Know-It-All,

Now that our lifestyles have changed there are many things that I just can't manage on my own. With all the work I've been getting I can't keep up with it. I have 6 assignments a day and I don't know what to do. I was wondering if you could help me, and keep me focused on my studies. I don't have any schedule to keep me on track and its hard for me to make one.

From the No Schedule Girl

To the No Schedule Girl,

I know that during these hard times we all need a little schedule to keep us on track. Keeping a daily routine is very important because you can get all your work done. First you can wake up around 10 and do 2 assignments that are easy and will be quick. Then take a one hour break —the time should be around 11:30 and now you are going to do another 2 assignments and do them for however long it takes,. Then take a 30 min break. Now that you have 2 assignments left do those and you're done. Don't forget that in between your breaks you're drinking water and eating breakfast and lunch. I hope this helped you, and keep on working hard.

From Miss Know-It-All

Dear Miss. Know-It-All,

I'm having a really boring self-quarantine. There isn't anything to do. I just want to go out to a restaurant or go to a party. I can't stay at home anymore. I'm just bored out of my mind. I try and think of ideas but I can't think of any. Please help me.

Thanks,

Camile Moore

Dear Camile,

I know it's hard to stay home and be bored but you must do this to keep everyone safe. We can power through. Soon, this will all be over. I promise. Meanwhile, you must stay at home where you're protected. We cannot risk you getting affected. I can also give you suggestions. You can go for a walk around your neighborhood, you can bike ride, play board games/video games, watch a movie, or even cook up a new recipe. There are so many things that will keep you occupied until this virus is gone. Hope you stay safe!

Sincerely,

Miss. Know-It-All

Summer Fun

By Katie Park

You might be bored, lonely, or stressed out during the time we have to stay at home, but think of it as a opportunity to find a new hobby or take care of your home. Crafts are the perfect way to spend time with your family and it's great for when there's too much time on your hands. Here is one craft and one recipe that can be made at home and for the summer. Have fun!

D.I.Y. Soap

Making your own soap is a great way to encourage your family to stay clean and it's a fun activity that will take some extra time away. This is a much harder craft to make so DO NOT try making this without a adult helping you.

WEAR GLOVES AND SAFETY GLASSES WHILE MAKING THE SOAP AND HANDLE THE LYE CAREFULLY.

Note: The directions you see here is the recipe that I simplified, please research and ask your parents for help before attempting to make this.

What you will need.

- 500 g extra virgin olive oil
- 100 g coconut oil (Regular coconut oil that melts around 76oF)
- 10 g lavender essential oil
- 80 g lye NaOH (Sodium hydroxide)
- 195 g water

1. Mix your lye into your water (Not the other way around!!!).
2. Do this in a recipient that can handle heat. (ex: stainless steel). (Avoid other metals as they may react with the lye.)
3. ***Do this step outside so that you don't fill your house with the fumes. Avoid breathing the fumes***
3. Once the lye has dissolved, leave the mix to cool. (Make sure there are no kids or pets that can access it).
4. Meanwhile, weigh and mix your olive and coconut oils.(Heat your coconut oil if it is solid.)
5. After the lye mixture has cooled a bit (enough to easily handle the container), bring it back inside and pour the lye solution into your oil mix. (Or continue outside)
6. Mix them together carefully at first.
7. Once the lye mix has been incorporated into the oils, you can start to blend them with a hand blender. **Be careful not to spill the mixture.** (Try blending it in the bottom of a sink and distance yourself from the blender.)
8. When your mixture starts to thicken (like mayonnaise), after a few minutes, you are at the stage that is called "trace."
9. Mix in essential oils.
10. Pour into soap molds. (You can use a silicone pan or oiled plastic containers.)
11. Set aside for at least 24 hours. (It will probably get warm.)
12. After 24 hours, uncover and gently press on it to determine if you can easily unmold it. **If it is too soft, wait a few more hours/days and unmold*.* (You can put it in a cold place to help shrink it a little to help the process out.) **Don't wait too long or it will be too hard to easily cut into bars.**
13. Cut into bars.
14. Let cure/set for around a month, turning every day or two at first, and then every week later on. **This is to let your soap dry out and harden.**
15. Enjoy :)

<https://thethingswellmake.com/making-a-basic-beginner-soap-and-then-making-it-fun/>



S'mores

For people who miss going camping or who are craving some sweets, this is perfect for you. You may not have access to a campfire to roast your marshmallows, but you can always bake your s'mores.

(Eight servings)

Ingredients-

- 8 regular size graham crackers, broken in 1/2
- 2 milk chocolate bars.
- 8 marshmallows.

1. Preheat the oven to 400 degrees F.
2. Lay 1/2 of the graham crackers on a cookie sheet.
3. Cover with chocolate pieces.
4. Use kitchen scissors to snip the marshmallows in 1/2
5. Place marshmallows on chocolate
5. Bake until the marshmallows are puffed and golden brown. (about 3 to 5 minutes.)
6. Remove from the oven and top with the remaining graham crackers, pressing down slightly to make a sandwich.
7. Enjoy!

<https://www.foodnetwork.com/recipes/indoor-smores-recipe-1941607>



It may be hard having to stay at home so much, but try to make the best of it and enjoy your summer with your family. If you are missing your friends, try calling them while you do these crafts. There are many other crafts and recipes that you can find online. Stay safe and healthy.



-Dr. Seuss



Baseball’s Future: What The 2020 Baseball Season Might Look Like

By: Liana Kase

Baseball season is over two months late, and a lot of baseball fans (including me) are getting restless. But there is a plan for some baseball in 2020. It might not be the traditional MLB season fans were looking forward to this season, but compared to no baseball, it will do.

What the MLB is going to do is play the remainder of spring training around June 10th, if things are better by then. Spring training is expected to take place in each teams’ home stadium. There is a big difference though, for this spring training than any other one is only players, staff, and media are allowed inside stadiums. That means no fans. As much as we would like to be in the stadium watching the games, we would just be happy to have live baseball.

Once the MLB finishes spring training, teams will travel to the state their team plays in. Which means that having all thirty teams play in Arizona for the entire year is most likely not going to happen. What will happen is teams will be playing in their home stadiums, just yet again, no fans. Opening Day is expected to start on the first of July or the first week of July. The MLB says they are planning to have an 82 game season with an extended postseason.

This is where things get weird. You might think that the leagues and divisions would not change. Why would they? It’s not like the National League and the American League got affected by this pandemic. But guess what, Rob Manfred, the commissioner of the MLB, decided to combine the leagues. Instead of having two leagues that consist of three divisions each with five teams in each division, Manfred decided to make one big league with three divisions consisting of ten teams. If this would end up being the final plan, this is what the leagues would look like:

The East

- New York Mets
- New York Yankees
- Toronto Bluejays
- Miami Marlins
- Baltimore Orioles
- Washington Nationals
- Tampa Bay Rays
- Philadelphia Phillies
- Boston Red Sox
- Pittsburgh Pirates

The Central

- Chicago Cubs
- Chicago White Sox
- Atlanta Braves
- Detroit Tigers
- Milwaukee Brewers
- Minnesota Twins
- Cincinnati Reds
- Cleveland Indians
- St. Louis Cardinals
- Kansas City Royals

The West

- Los Angeles Dodgers
- Los Angeles Angels of Anaheim
- San Francisco Giants
- Oakland Athletics
- Arizona Diamond-Backs
- Seattle Mariners
- Colorado Rockies
- Texas Rangers
- San Diego Padres
- Houston Astros

You probably noticed two big things about The East division. First, you probably noticed the Yankees and Mets are in the same division. This is something Mets fans (especially me) and Yankee fans might be looking forward to. In the history of the MLB, the Mets and Yankees never were in the same division during the regular season. The fact that it is going to be New York versus New York all season long is going to make The East division really exciting. Now only one New York team can win the division, even though both could make the postseason depending on how well each team does. The second thing you probably noticed is the Atlanta Braves, who are normally in the NL East division, and the Pittsburgh Pirates, who are usually in the NL Central division, switched places. No one knows why Manfred decided to do this, but the fact that one of the Mets biggest rivals is not in their division this year is really weird.

Other changes can include using the designated hitter (DH) in the National league, since they are combined with the American League. Plus having 10 to 14 teams in the postseason.

With the season so far away and the possibilities that this might not even be the final plan, there is still so much to think about. Hopefully we will be seeing our favorite teams and our favorite players back on the baseball field soon.



Seasonal Sports: NMS Baseball

Journalist, Brandon Etan Reed interviews Couch Krauz about the cancelled season and what is next for the team

Since baseball is my favorite sport, I was super excited for the opportunity to interview Coach Ben Krauz, the North Middle School Baseball Coach. Although it ended up being a virtual interview, Coach Krauz hit it out of the park in terms of making it fun and providing me with a ton of useful information about our NMS baseball team and how to gear up for next season.

BER - How long have you coached baseball at NMS?
Coach Krauz - This would have been my 3rd season as a baseball coach at NMS.

BER - When did you know that you wanted to be a coach?
Coach Krauz - Probably around 5 or 6. My dad began his coaching career coincidentally at Great Neck North High School. I grew up with him coaching there for about 10 years and I knew I wanted to be around sports in the same capacity.

BER - What is your favorite part about coaching?
Coach Krauz - The relationships you get to build with the athletes/students. A lot of kids who try out, I don’t always have much interaction with in the building. So sports gives me the opportunity to build relationships with students and help them succeed in sports and in life.

BER - Approximately how many students tryout for the team?
Coach Krauz - It really depends on the year. My first year we had about 20-25 boys tryout and then last year we only had 16.

BER - Any favorite memory since you started coaching?
Coach Krauz - I have a bunch since I coach three different sports throughout the district. But for baseball it had to be last season losing 12-1 to Carle Place. We fought back to take the lead 13-12 in the last inning. Unfortunately, we lost 14-13 but to see the guys fight their way back into the game was exciting as their coach.

BER - Since unfortunately the 2020 season was cancelled, what are the best ways that players can continue to improve their skills?
Coach Krauz - Throwing and catching would probably be the biggest way players can improve. For the 7th graders, this would have been for many their first time playing on a bigger field so arm strength is really important. So just going outside and having a catch with a parent, sibling, or neighbor would really help.

BER - Are you expecting any changes next year as a result of what’s going on in the world these days?
Coach Krauz - From a sports perspective, that's really up in the air. We have no clue what the status is of next school year's sports seasons. I'm hoping for the kids that there is a regular sports year and we don’t need to cancel anything. I'm sure if that is the case, they will take precautions to make sure athletes, coaches, and spectators are all safe.

BER - How can players prepare for the 2021 season?
Coach Krauz - Just like I answered before - just doing simple things like throwing and catching for 20 minutes or so each day. When businesses are able to be re-opened, going to a batting cage would be an excellent way to prepare and getting used to the increased speeds of pitches from little league to middle school and then middle to high school for my 8th graders.

BER - What is your favorite baseball team?
Coach Krauz - I'd say the Boston Red Sox for the Major Leagues. But I’m originally from Louisville, Kentucky and the University of Louisville has one of the top programs in the country and I watch them pretty regularly.

BER - Who is your favorite player?
Coach Krauz - Growing up we didn’t have as much of the access to watch games all over the country or social media to connect with the players outside of sports. So living in NY when the Yankees were dominating, I really took to Alfonso Soriano and modeled my own game after his. We both played the same position, so it was easy to make the connection.

BER - What was the most exciting baseball game you’ve ever been to?
Coach Krauz - About 5-6 years ago, I was at a Yankee game with my parents and in the top of the ninth, the Tigers hit a home run into our section to tie the game. Then the next inning Brett Gardner hit a home run to win the game that landed in our section as well. So that was pretty exciting the way the game ended and how we were part of the action twice.

BER - As a big Yankee fan - that's awesome!

NY Liberty Welcomes Sabrina Ionescu

By Daniella Nissim

Sabrina Ionescu is a twenty-two year old female in the WNBA. Ionescu plays guard on the New York Liberty basketball team. Ionescu previously played for the Oregon Ducks. Sabrina Ionescu did an interview with a reporter after she got first pick in the 2020 WNBA Draft. Some questions from the interview were regarding rumors about Ionescu signing with Nike. Ionescu stated “Yes, I have signed with Nike”. This could mean big things for her brand. Another question stated “ With you coming to the WNBA, what part of your game are you looking forward to the work on the most and what can the Liberty expect from you?” Ionescu responded with “I’m looking to do everything that I possibly can to get better in every aspect, whether that’s scoring, defending, rebounding, passing. I’m really just excited to be playing against professionals and learning from them and just seeing where that takes me.” This opportunity can really help Ionescu grow as a basketball player as she explained. Sabrina Ionescu is playing against other guards on the team such as Asia Durr and Kia Nurse. She stated “They have great guards there. Their ability to shoot and spread the floor out, but also run in transition. Walt (Liberty Head Coach Walt Hopkins) runs a great offense, and the pick-and-roll is something that I’m familiar with. Being able to enter an offense where it’s really similar to what I’ve been playing with the last four years is exciting. I’m excited to continue to grow my game in that aspect.” Fans are excited to see how Sabrina Ionescu performs on the team as well as how she develops and strengthens her skills.

