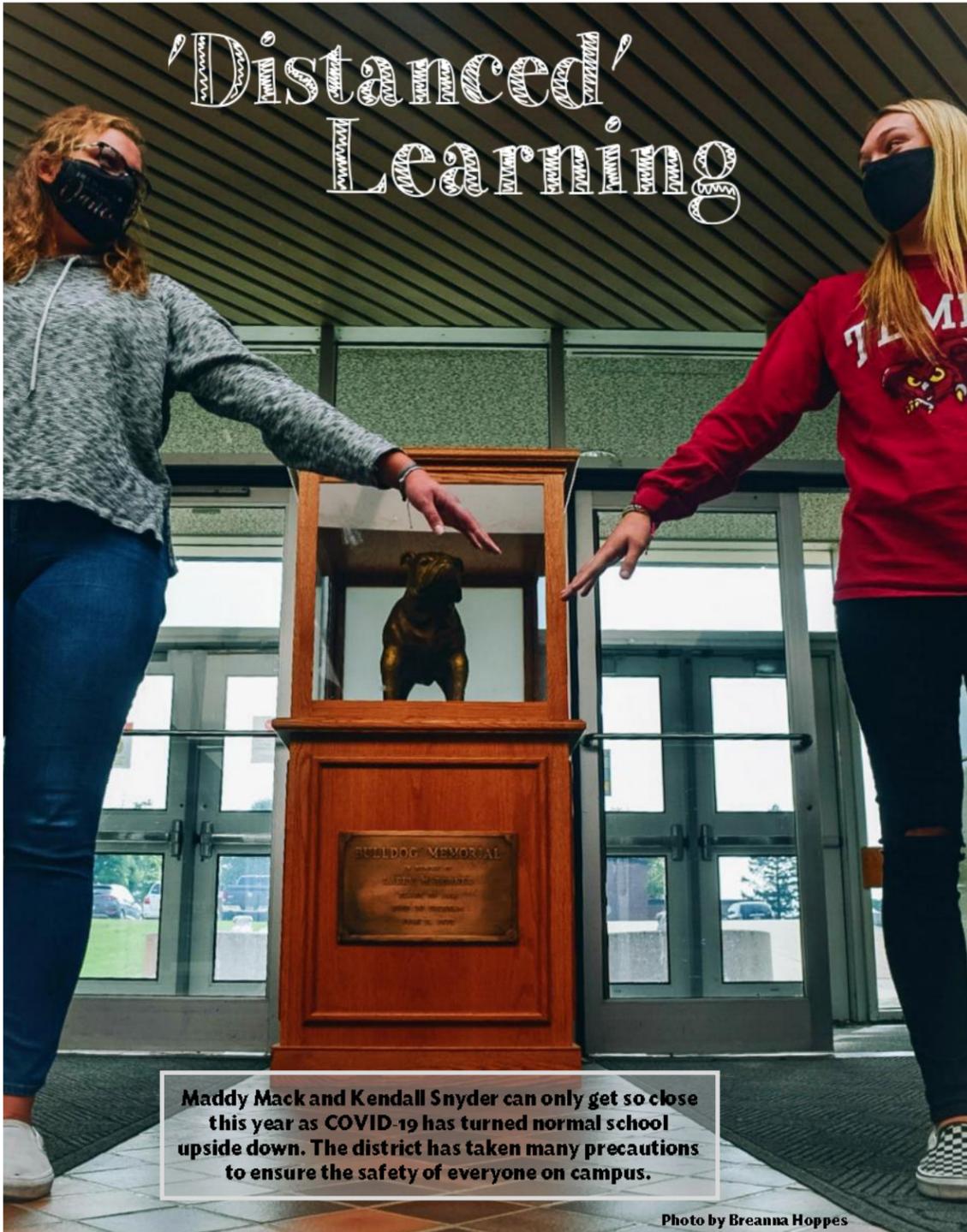


THE SLATE

ALL YOUR BULLDOG NEWS... UNLEASHED!



New Writers! History, Ducks, and more inside!



Maddy Mack and Kendall Snyder can only get so close this year as COVID-19 has turned normal school upside down. The district has taken many precautions to ensure the safety of everyone on campus.

Photo by Breanna Hoppes

‘Change of heart’ for NLHS grad

Josee Murillo’s beat goes on after lifesaving transplant

BY BREANNA HOPPES
EDITOR IN CHIEF

Life’s fragility is indescribable. In May of 2019, Northern Lehigh alumnus Josee Murillo had a true change of heart, one that now beats on in triumph after a lifesaving transplant.

After graduating from NLHS in May 2015, Josee had begun to attend Shippensburg University. About a month before graduating from college, however, his life and its direction entirely changed course.

Diagnosed with heart failure, as a result of untreated bacterial pneumonia, Josee’s name was placed on a heart transplant list and within just a week, a donor was found. May 6, 2019, he had been gifted a second chance at life.

“This surgery gave me a very rare understanding of life that only comes after one has come face to face with their own mortality,” Murillo said. Nearly a year after surgery, Josee discovered the name of his donor. Despite never



See Murillo, page 2

Have we entered the ‘new normal’?

Northern Lehigh schools reopen on time with many safety protocols in place

BY MADDY MACK
CONTRIBUTING WRITER

We all left school on a Thursday in March, assuming to return on Monday after a much-needed long weekend. In reality, students and faculty did not return to school until late August, leaving half our peers at home learning online and only attending school in-person two days a week.



Wearing masks, daily temperature checks before entering the building, hand sanitizing stations throughout the school, and a hybrid schedule are vital to reopening, but is that enough to keep everyone safe?

More importantly, will we ever go back to what we thought was normal before, or is there an entirely new

See Normal, page 2

INSIDE



Mrs. Farber’s world, page 3

Keeping the mental forest fed through summer

Do post-June assignments maintain adequate brain power?

BY LILY GROOVER
STAFF WRITER

Here they come. The dreaded assignments that remind students across the country how school is a never-ending part of their lives. Summer assignments have the ability to be helpful to a student's overall academic success. However, do the cons outweigh the pros when it comes to stress and mental health?

Many schools and teachers believe that handing out assignments

keeps the brain engaged during time off. They make it mandatory for the staff -- especially language arts teachers. Most of the time, educators and parents agree with the requirements set for students.

For one, summer assignments ensure that students do not forget any material covered in the year prior. According to Harris Cooper, a professor at Duke University who did studies on students' memory based on the amount of instruction, the

long summer holiday interferes with the rhythm of instruction and leads to forgetting.

This creates a snowball effect, which causes teachers to review old material for the first few months of school. Summer work actively keeps students thinking academically; therefore, causing them to go over old and new material every day.

Another positive to summer homework deals with the curriculum

See Summer, page 8



Cleanliness still dominates school reopenings

Normal, from page 1

"normal" that we haven't even thought of yet? Many students' favorite period of the day -- lunch -- even looks totally different than it did six months ago. Instead of the usual eight people per table, there is a limit of four, with plexiglass dividing the table.

Despite the fact that only four people are allowed, it still gives students the opportunity to socialize with their peers and enjoy each other's company.

Even though older adults and people with underlying health concerns are more at-risk to contract the virus, going back to school puts everyone at-risk to con-

tract the virus.

"I am personally excited for kids to get back to school and have a sense of normalcy. I believe this virus taught people to go back to the basics and wash your hands," said Chris Fenstermaker, Clinical Coordinator for Respiratory Care at Lehigh Valley Hospital, when asked about his opinion on going back to school. "Do not touch everything, and if you do, do not touch your face and all that. This virus reminded people to wash your hands before meals and before doing certain tasks. I cringe at the sight when I see people wearing gloves as if it is some sense of security, but yet they are still touching objects and touching their faces,

so now the gloves are serving no purpose.

"I hope the kids in school realize the importance of handwashing, sneezing in their sleeves and not into open space. I just try not to overly invade personal space. This virus is not as horrible as the media makes it sound. Truly, we've only seen a small percentage of the population affected with the virus become deathly ill. More people still die from the Influenza H1N1 and other viruses than this one."

A hybrid schedule dramatically reduces the risk as we are only among half of our peers, but it still is not the best way to learn for many students. When virtually learning, many students are required to watch their younger siblings while com-

pleting their own school work and attending any virtual meetings. It can be especially difficult for young students who need to teach themselves at home.

While three days a week online can be challenging, it really teaches us to appreciate the days that we are able to attend in-person instruction in a better learning environment.

It seems as though COVID-19 will remain a mystery to us all for a long time. If we continue to social distance, wear masks, and wash our hands, hopefully we can return to a "normal" school day, and then a normal life. 🐾

Bulldog alumnus reflects on anniversary of major surgery

Murillo, from page 1

knowing it, 27-year-old Lydia Gundry was wholeheartedly a hero. Lydia's parents lost a daughter who they said had a "heart of gold," but the goodness continues to live on.

Prior to the one-year anniversary of surgery, he came in contact with his donor's family.

Through writing only, due to COVID 19, the Gundry family has shown love and appreciation for the receiver of their daughter's heart filled with joy.

Realizing that mortality is unavoidable, regardless of health, and life can change in a heartbeat, Josue questioned why people may wait until the end is near to truly value their days. "Definitely wake up each and every morning and make conscious choices towards accomplishing your goals, but do not lose sight of what is truly important in life. Make time for your family, to have fun, to enjoy aspects of life that you previously took for granted," he said. "We grow up in a society where productivity is coveted and taking time to yourself is considered to stem from lethargy, no matter the reason. Take time to do what makes you happy and share those moments with your closest

friends and family. In the end, that's really all that matters."

It can be easy to lose sight of the beauty life offers, especially while sitting in traffic, running late to somewhere, or just having a terrible day. Josue's story can inspire anyone to not dwell on trivial things.

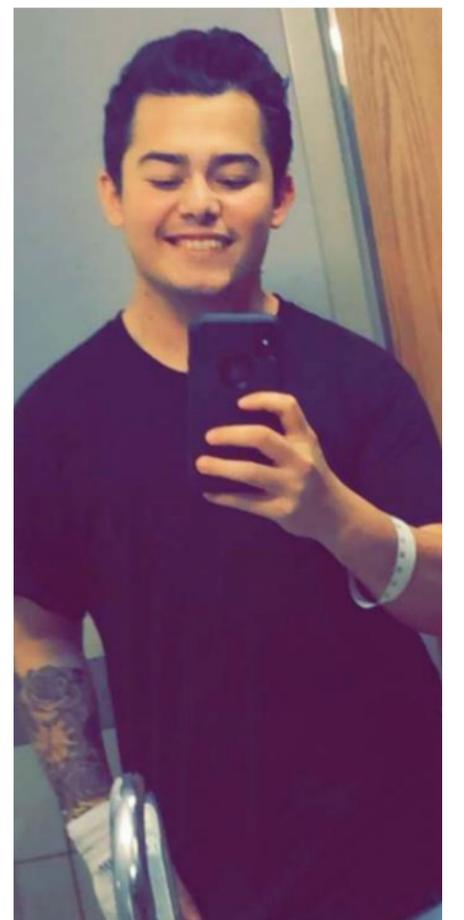
"It was at Hershey Medical Center where I learned the true importance of what really matters in life and what didn't," he said. Learning to live fully at this very point in time is crucial. As someone waits on a list that ultimately decides their fate, trivialities have little to no meaning.

After a year of growth and recovery, Josue's crucial surgery has provided empathy and clarity in his life. Those who have received heart transplants are part of a group who were lucky enough to earn a second opportunity to hopefully live a healthier life.

The silver lining of the loss of a young woman's passing is her donation that ultimately led to saving someone's life. Lydia's heart of gold beats on from day to day and those who have become donors have salvaged lives and have truly given the ultimate gift. 🐾



Josue, one day after surgery.



Josue, one week after surgery.

This is America?

Black Lives Matter is just the beginning. Prepare for the world to be taken by a storm of change

BY BRITTNEY DIEHL
ASSOCIATE EDITOR

We are America — presenting a strong front to our neighboring countries, yet seemingly divided by opposing views. The resurgence of the Black Lives Matter movement took the world by storm in the midst of the ongoing pandemic. Many people take stark positions on topics dominating the movement; however, the basis of this political revolution, as some believe, is not to enforce racism, but to eradicate it.

Many believe that the BLM community has based its protests on the death of one individual, George Floyd. Yes, George Floyd was a contributing factor but his death was simply the one that got the most publicity.

Due to his immoral death, the approval rating more than doubled from 27% in 2016 to 57% currently, according to the Acton Institute. His death was not the cause of the movement but the last ingredient to an overboiling stew that was bound to bubble and tip over. Black lives have been taken countless times before; there have been a series of alarms that our country has been relentlessly snoozing.

Despite what some would believe, BLM stands for more than just police brutality. Acton Institute confirms that the issue of police brutality was simply a stepping stone for other issues to be addressed. Black Lives Matter also merged with a range of similar groups to stand as a “united front” and formulate a “policy platform.”

As a whole, the Acton Institute states that Black Lives Matter has a series of steps: reparations through racial socialism, replacing education with *agitpop* (the spread of political propaganda through pop music), and welfare services, defunding the police and ending prisons, dismantling the family, starting a “global liberation movement” to overthrow capitalism, establishing higher taxes but with a specifically racial focus, reparations for drug dealers, reparations for foreign nations and terrorist states, and allowing incarcerated prisoners, illegal immigrants and felons to vote.

Although the movement should not be considered political considering it is a fight for everyone to have basic human rights, Pew Research Center finds that four in 10 Americans support BLM. Despite this huge backing, one in five strongly oppose the movement.

Additionally, support for Black Lives Matter when regarding race has a majority ruling in those who are Black. When regarding people who are white, those who support Black Lives Matter tend to be Democrats and younger than the age of 30.

Despite this support, Pew Research Center found that approximately two-thirds of Americans did not understand Black Lives Matter and its goals. This could be because of refusing to understand the organization or simply because they do not have the resources to research such a topic. However, what does this lack of knowledge say about our country? Simply not understanding something does not give Americans the excuse to ignore the fight for human rights.

Protests utilizing the First Amendment have been

taking place in the name of the countless Black lives that were immorally and unreasonably lost. However, it seems that these protests have a remarkable difference than what is normal. Megan Ming Francis, a political science professor at the University of Washington, said, “I am certain that something feels different this time. It is different from all past movements but particularly different from earlier Black Lives Matter protests from 2014, 2015, and 2016.”

Francis notes how inspiring these protests are now and how much lasting effort is being put into the rise against an oppressive government.

The world constantly evolves — this is inevitable. It is how people view this change that defines how they truly

handle life. Do they stand in strong opposition despite evidence that is screaming in their face to choose otherwise?

Or, do they accept these changes easily, and fight for what is right rather than what they want? Adults scream at children to get off their phones and see the world. Yet, once we open our eyes and see the horrors that our parents may believe in, it seems that we are nothing but children instead of the future of the world.

Black Lives Matter poses these questions — along with many others — to every American citizen. However, the most vital aspect of these questions is how we, as a society, answer them. 🐾

#BlackLivesMatter was founded in 2013 in response to the acquittal of Trayvon Martin’s murderer. Black Lives Matter Foundation, Inc. is a global organization in the U.S., U.K., and Canada, whose mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes. Editorial Note: The Associated Press changed its writing style guide last summer to capitalize the “b” in the term Black when referring to people in a racial, ethnic or cultural context, weighing in on a hotly debated issue.

Special education teacher assumes many roles

BY OWEN LEVAN-UHLER
STAFF WRITER

Teaching can be a tasking job and it becomes even more challenging when you are responsible for teaching special-needs students amidst a pandemic. It takes a strong and wonderful person to be a special education teacher, and Mrs. Katherine Farber is just that.

Mrs. Farber started teaching special education right out of college in 2009, and after teaching at Lower Dauphin High School for seven years, she moved back home to Northern Lehigh. Although Mrs. Farber knows that “everyone supports one another,” and “there’s a sense of community and family,” teaching special education here still has its challenges.

“If I could just come here and teach the kids what they need to know to be successful when they leave here, that would be the best job in the world,” she said. “Unfortunately, the state requires us to do 30-page IEP’s (Individualized Education Programs) and all kinds of stuff that takes up a majority of our time and some of those things aren’t necessarily appropriate for all of the kids; it’s not a one-size-fits-all model.”

If teaching these students was difficult on a normal basis, the COVID-19 pandemic threw another wrench into the gears. “The greatest challenge that I have

teaching my students online is having them access the material. Often, I have to rely on parents to assist in accessing the material and to be available and capable of helping them learn.”

Mrs. Farber’s students learn better through a one-on-one, hands-on education, rather than a virtual one. From online links to virtual aquariums and live animal camera-feeds, to YouTube videos of her own goats and chickens, she tries to find the most engaging and stimulating activities for them to do while at home.

There are conflicts within the school itself to tackle as well. “There’s a lot that goes with this particular class that other teachers in the building take for granted. Reading is a great example of this.” Learning-obstacles aside, there are still personal struggles to grapple with every day. “We have some students that have really awkward tendencies and other teachers have *no idea* how to go about handling that.”

But through the multitude of challenges Mrs. Farber and her students face, she remains positive and strong. “I feel like having to come to school is such a source of anxiety for [all] kids these days and I don’t want that for anybody. I want them to learn, and not even realize that they’re learning. That’s my favorite part of my job: it’s that we are teaching them

See Farber, page 8



Travis Danko — despite being masked up — keeps Mrs. Farber close.

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SUMMER INK



During quarantine, Mrs. Katherine Farber’s 6-year-old son, Trapp, followed a step-by-step tutorial on *how to draw a sunflower*. “Being the sweetheart that he is, he knows they are my favorite flower so he tried his hardest and gave me the finished project,” she said. “I fell in love with it. I’m a bit crazy so I decided to get his artwork permanently tattooed. With me now, I will forever have a piece of him, his sweetness, and my favorite flower. I plan to repeat this process in the future when my daughter, Layla, is old enough to draw something for me too.”

Sapere Aude: The ramifications of the ‘War on Drugs’

BY NIA NICHOLSON
STAFF WRITER

On July 14, 1969, President Richard Nixon established drug abuse in America as a “serious national threat.” This oppositional stance toward drug use was nothing new, despite the thousands of years of history in which substances like marijuana, opium, and psychedelics were used both medicinally and spiritually.

While the complex and deeply-rooted “war” on drugs was first officially declared in June of 1971 by Nixon, anti-drug sentiments can be found much earlier in history. Many of these early prohibitions maliciously targeted specific races.

The earliest of these laws include the anti-opium laws of the 1870s, which targeted Chinese immigrants. Following this, anti-cocaine and anti-marijuana laws were instituted in the early 1900s to 1920s, targeting both Black southern men and Mexican Americans. These laws influenced the ever-present and wildly disproportionate number of drug charges found in Latino and Black communities today.

By the late 1960s, many flawed attempts at anti-drug propaganda had already been pushed to the public, including the now ironically popular film “Reefer Madness,” which depicts a group of teenagers committing terrible crimes due to the proposed insanity caused by marijuana. Regardless, the majority of



America’s youth fondly viewed substances such as marijuana and psychedelics to be symbolic of the social upheaval and rebellion of the time.

Nixon’s declaration of “the War on Drugs” gave way to an increase of federal drug control agencies, no-knock warrants, and increased prison sentences. It seems though, through the admittance of a top Nixon aide, that the true problem was not the drugs but rather the political unrest. John Ehrlichman is quoted as stating, “The Nixon campaign in 1968, and the Nixon White House after that, had two enemies: the antiwar left and Black

people. You understand what I’m saying. We knew we couldn’t make it illegal to be either against the war or Blacks, but by getting the public to associate the hippies with marijuana and Blacks with heroin, and then criminalizing both heavily, we could disrupt those communities.”

By weaponizing the justice system, Nixon and his cabinet assured the two opponents of his power could be arrested. In 1972, even after the commission he appointed (led by the Republican Pennsylvania Governor Raymond Shafer) recommended that recreational marijuana possession and distribution be decriminal-

ized, Nixon continued his somewhat visceral fight against drugs.

The introduction of Rockefeller laws, which aggressively targeted individuals who possessed narcotics, further drove the rising incarceration rate. Passed by the New York governor at the time, Nelson Rockefeller, the penalty for selling two or more ounces or possessing four or more ounces of heroin, morphine, “raw or prepared opium,” cocaine, or cannabis was a *minimum* of 15 years to life in prison, and a maximum of 25 years to life.

In 1980, almost 8,000 individuals were sentenced and sent to state prison. By 1990, almost three times that number were incarcerated, and in no year since has the number of people sent to prison been less than double the 1980 amount. Between 1980 to 2006, New York state reported nearly 200,000 drug offense prison admissions.

President Jimmy Carter’s 1977 inauguration gave way to the decriminalization of marijuana possession up to one ounce for personal use; however, the war on drugs was far from over. Mass incarceration plagued the country throughout the 80s, as the presidency of Ronald Reagan reinvigorated the expansion of anti-drug sentiments. The number of people incarcerated for non-violent drug offenses skyrocketed from 50,000 in 1980

See Drug Wars, page 15

MONUMENTAL MOMENTS IN HISTORY

History’s bloodiest fight: The Battle of Antietam

BY CALLUM BRYCE ZIMMERMAN
SLATE HISTORIAN

The Battle of Antietam, also called the Battle of Sharpsburg, happened on Sept. 17, 1862, at Antietam Creek near Sharpsburg, Maryland. It put Confederate General Robert E. Lee’s Army of Northern Virginia against Union General George McClellan’s Army of the Potomac and it was the culmination of Lee’s attempt to invade the north. I believe the battle’s outcome was vital in shaping America’s future.

Even though we have been in many wars and conflicts, it remains the deadliest one-day battle in all of American military history.

The Battle of Antietam began at dawn on Sept. 17 as the fog lifted. Longstreet’s and Hill’s units formed the Confederate right and center flanks to the west of Antietam Creek, while Jackson’s and Brigadier General John G. Walker’s units formed the Confederate left flank.

All of Lee’s troops were worn-out and hungry, and many had fallen ill. They watched and waited as McClellan’s army assembled along the creek’s east side. Union forces outnumbered Confederates



See Antietam, page 8

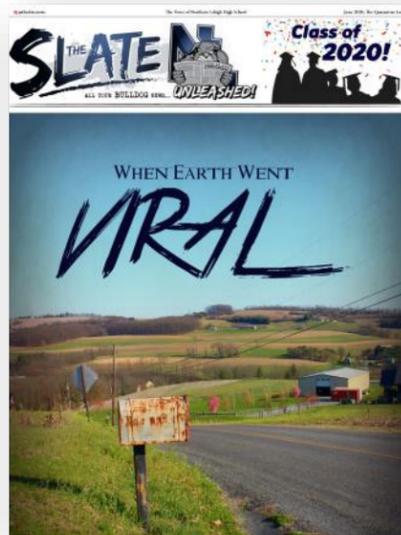
Still thriving in the arena of weird

Our View

We're back! Sort of. Feels like the world has been knocked off its axis for months, and it has, and the start of this new school year is no different.

So many things are up in the air (besides possible COVID droplets) from confusion about sports seasons, will there be a musical, how to safely stay apart from each other, can masks ever be lowered, will we last the entire year?

The front page of our final issue last year showed a colorful but desolate countryside road in Washington Township. We were about two months into the unforeseen, curious time, and the summer that followed



felt anything but normal. Fireworks on TV, restaurants closed or very limited, concerts silenced, and Major League Baseball playing in front of cardboard fans.

Then the masks came out way before Halloween. Sparking fiery debates, the majority of people followed medical professionals' advice and covered up to go outside. It was just weird. Summer was weird.

Now, entering fall, currently at 7 million cases and 203,000 deaths, we are still in the arena of weird with little-to-no signs of reprieve.

Can we even call this school? We'll have to, similarly to how LeBron still dominates in front of empty

seats. The need to adapt and the willingness to push through is how school will still be successful. Remember that teachers *are* still around even with Google Meets (and you don't have to see their entire faces anymore in person).

It has been months since we left the world of normalcy behind and it's unclear how long it will take to return. American writer Henry Miller understood this: "Whatever there be of progress in life comes not through adaptation but through daring."

True, but in our cases, we must all dare to adapt. Happy 2020, everyone — all over again. 🐾

PLUGGED IN

By Camryn Torres



Northern Lehigh High School, 2020, in a hybrid learning environment and a more somewhat empty feeling.



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Feathers over fur: The underrated companions

BY AVERY DIAZ
SLATE COLUMNIST

Many people are familiar with owning pets, possibly through their own experiences or from those of close friends and family. Now, envision one of those animals: Four legs, a cold, wet nose, a swishing tail — or even feathers, a beak, and webbed feet. No? Just me? Probably.

I have a cat and the happiness others get from dogs is undeniable, but still, ducks hold a special place in my heart. Therefore, it's upsetting that people often discredit the similar feelings of love one can get from underrated pets. In this case, those are two Welsh Harlequin ducks.

Encountering the entailment of raising these unique pets wasn't always the plan. Before reaching the point of unparalleled love and the unpredictable experiences that were to come, I protested heavily against the occasional mention of getting ducks in fear of a disastrous outcome to an impulse-buy of the breathing variety.

Nonetheless, about a year and a half ago, my parents came home from a birthday dinner with a box of two ducklings. My reaction? Sobbing and carrying on about the impromptu additions to the household. "Salmonella in a box," as the creatures that would later introduce a new level of happiness unbeknownst to me were lovingly referred to.

I was angry. Scared. Wondering how the heck we would take care of and ensure the happiness of these creatures that

did not come with instructions. Now, understand that I have loved ducks and geese for a while. This reaction shocked my well-meaning parents, who envisioned tears of delight at the expense of a favorite animal, not tears in a corner as I hugged my cat and voiced these many concerns.

After a rough few days, the uncertain worry lessened each time the large tote they grew up in came into view. Eventually, an inevitable attachment began, and I embraced the opportunity to learn the information necessary for keeping the ducklings happy and healthy.

Little did I know, however, that these ducks, two females named Granite and Churro, would teach me things far beyond what to feed them and how to clean duck poop from a pair of yoga pants...

Duck owners endure a lot, but it's worth it. Chances are spending an hour in the sweltering heat, pouring rain, or frigid temperatures to make sure your ducks have food, water, clean bedding, and time out of the pen before being put in their house for the night wouldn't appeal to most people.

But they haven't witnessed the hilarity of ducks racing each other to their water bowl, only for one to sit in the dish and the other to drink from the occupied bowl. They haven't watched a duck jolt awake from a content nap, only to chase a squirrel scurrying too near their sleep-



Ms. Diaz, with Churro and Granite.

ing friend. And chances are, they haven't sat with a duck in their lap, a handful of fluffy feathers swirling beneath warm fingertips, feathers they've seen grow in and fall out only to be replaced again in testimony to the growth of the life witnessed since the ducks could fit in the palm of a hand.

Perhaps the seemingly instant transformation of a clean tub of water to a swirl of mud and grass would be a dissuasion to others, or the constant excretion a gross burden. They haven't seen orange-brown legs pumping in a euphoric waddle across the yard at the mere shake of a jar of mealworms. Those people haven't

been the target of safety as ducks run in fear, flapping and unable to fly. Even if the source of terror was a rogue balloon, and even if there was a fence in the way of them running, any doubts would be gone upon feeling the love one gets from owning ducks.

The care may be different and the experiences atypical, but the same emotions are still experienced as those caring for pets of the typical, furry variety. Sheer happiness at the simplest of quacks, even if the neighbors don't feel the same. Sadness as common duck ailments are tackled, such as foot injuries.

The constant fear that, one morning, the ducks will be found as the victims of a predator. Anger, then amused imperturbability when a poorly-written threat is received in the mail. And disgust -- well, not so much. A disturbing level of desensitization toward poop is achieved, but that's beside the point. The constant responsibility makes the love felt far more rewarding, even if the feelings may not be reciprocated as clearly as they would be from a dog or cat.

So no: Ducks aren't just things at the park that get your stale bread. (They shouldn't.) They aren't just another meal when you go out for Chinese food. (I... can't even imagine.) Ducks are recipients of my affection. My passion. They're bearers of happiness. They are my companions just as much as your dogs and cats. 🐾

Venturing into veganism: Going 'cold tofu'

BY HAVEN MOORE
CONTRIBUTING WRITER

These days, many people are adjusting lifestyles to enhance their well being, to attain a personal health goal or to simply try out current trends. Veganism is one popular "ism" that seems to be on the rise. This lifestyle operates under the animal rights principle stating, "animals are not ours to experiment on, eat, wear, use for entertainment, or abuse in any other way."

This includes not consuming meat, dairy, eggs, honey, or any other product derived from animals. Also, not wearing leather, fur, silk, or wool.

Furthermore, vegans also refuse to use products that are made with animal ingredients, filtered using animal parts (such as white sugars, wines, beers, etc.) and tested on animals.

Although there are many reasons people may choose to "go vegan," most choose this lifestyle because they ultimately believe it will benefit humanity,



animals, and the earth. According to recent data, a person who adopts a plant-based diet can save 1,100 gallons of water every day, 45 pounds of grain, 30 sq. ft. of forest, and 20 pounds of CO₂.

According to numerous sources such as vegworldmag.com, peta.org, thethrivingvegan.com, and plantbasedcityliving.com, those who follow a plant-based diet, may potentially reduce their risk of heart disease and cancer, lower their blood pressure, cholesterol, and risk of diabetes. Those practicing veganism try their best to live as consciously as possible

by using animal-cruelty-free products.

They save thousands of innocent creatures who are enslaved, abused, and slaughtered on a daily basis.

In the past 40 years, veganism has come a long way. The days where Paul McCartney was the only well-known vegetarian and a dry iceberg salad was the only "vegan friendly" option on the menu are gone. Luckily, vegans now have endless options both in the grocery stores, restaurants, and even fast-food chains. More humane, tasty, and appealing plant-based alternatives have been developed and marketed in the way of food, cosmetics, clothes, and cleaning supplies.

Some of these delicious alternatives, which have recently been making headlines, are Beyond Meat, cauliflower & jack fruit substitutes, plant-based cheese, and coconut/cashew/hemp/almond/soy milk. Gen X and Z members are fortunate to have multiple role models who

promote and endorse a vegan lifestyle. A few worth mentioning are Beyoncé, Pamela Anderson, Venus Williams, Zac Efron, Alicia Keys, Liam Hemsworth, Madeline Petsch, Alicia Silverstone, and Lizzo.

As great as this lifestyle may seem, some people have found that adapting to this new way of life may not be all it's cracked up to be. Some *newbies* may run into obstacles, such as feeling unsupported by family and friends. Also, meat and dairy cravings can be difficult to stave off at first. Let's face it, habits can truly be difficult to change.

Ultimately, veganism has been proven to be a healthy sustainable way of life for both humans and the planet, if done correctly. But is it time for you, personally, to "go cold tofu"? That's for only you to decide. The best advice I could give is remember... you are what you eat! The world is changing every day, and with it, we must adapt and change too. 🐾

Battle of Antietam changed course of the Civil War

Antietam, from page 8

two to one, although McClellan thought Lee's forces were much larger.

Troops from both sides faced off across a 30-acre cornfield owned by David Miller. Union troops fired first at the Confederate's left flank and the carnage began. Confederate troops fought off offensive after offensive to prevent being overrun, turning the cornfield into a massive killing field. Within eight hours, there were more than 15,000 casualties.

Near the center of the battlefield, another site of slaughter was a farm lane known as the "Sunken Road," where Hill's division of approximately 2,600 men had piled fence rails along the road's embankment to fortify their position against Union Major General William H. French's 5,500 approaching troops.

When French's troops arrived, fighting ensued at close range. Three hours later, Union troops had pushed the Confederates back and over 5,000 men were either dead or injured. The fighting was so gory that Sunken Road earned a new name: Bloody Lane.

For more than three hours, fewer than 500 Confederate soldiers held Lower Bridge against multiple assaults by Union

General Ambrose Burnside's Ninth Corps. After Burnside's troops finally took the bridge and had the Confederate right flank in sight, Confederate reinforcements arrived and pushed them back.

As night fell, thousands of bodies littered the Antietam battlefield. Both sides regrouped to claim those both dead and wounded. Twelve hours of intense and often close-range fighting with muskets and cannons had resulted in around 23,000 casualties, including an estimated 3,650 deaths.

Military historians consider the Battle of Antietam to be a stalemate. Even so, the Union claimed victory. Keeping Confederates in their southern box enabled President Lincoln to finally release his Emancipation Proclamation on Sept. 22, 1862.

The Union's claim of victory at Antietam and Lincoln's Emancipation Proclamation are thought to be why Republicans held the House in the 1862 mid-term elections. They also ended any hope



The Battlefield of Antietam in Maryland.

of France and Great Britain acknowledging the Confederacy and coming to their aid. This further isolated the Confederacy and made it harder for them to re-supply their troops and citizens.

There has never been a bloodier day in American military history than Sept. 17, 1862. Not only did the Battle of Antietam change the course of the Civil War, I believe that the battle opened the door to freedoms for all Americans. 🐾

Summer assignments may mean well, but so does the beach

Summer, from page 2

that the particular class assigning the summer assignments gives out. Educators say that it gives students a 'head start' on what is in store for them during the school year.

They say assigning difficult material during the holiday gives students a chance to see what they will experience later on. They also point out that this gives a struggling student a chance to decide whether or not he or she wants to take this course in the next year.

If the student cannot complete the summer assignments, the regularly assigned schoolwork will most likely not be completed.

Northern Lehigh High School English teacher Mr. Jon Prive uses a metaphor to validate summer reading. "Your brain is a forest. Think of ideas we have as cabins we build in the forest, and our

ways of thinking are like paths and trails we cut and clear to get from cabin to cabin. If you keep using those trails, they stay clean just from constant use. If we stop using them, they get overgrown, and it takes work to get them clear again for easy travel."

Mr. Prive assigns summer reading to keep the students' brains in good condition right until summer ends, so they are ready when school starts.

On the other end of the argument, summer assignments can have negative effects. For one, summer is typically a period of relaxation. After an entire nine months of studying and hard work, the three months of break include mandatory assignments from teachers that the students have not met yet. Since the months of June, July, and August are considered vacation, motivation might be low. The wish to complete the assignments to the best of that student's ability is sparse.

Also, communicating with the teachers through email only does not give the students an accurate description of what is expected of them. Knowing what the teacher expects from the work a student completes gives the student the best conditions to accomplish the tasks given. If students do not complete the assignments given to the best of their ability, the teacher might recommend not taking their class, causing the students' schedule to be messed up.

Most importantly, many students have other commitments during the summer months. Handling a job, family life, a social life, and summer assignments can be a lot for someone to deal with. The summer may be the only time for them to earn money and spend time with their family. Taking away that precious time to read an assigned book seems unnecessary to many.

Elizabeth Egan, a writer for The Washington Post and author of the novel "A Window Opens," says that summer reading has turned into a chore for many students. She has sympathy for kids around the country forcing themselves to get through the required amount while also completing the assignments that come with it. "My older daughter had to read 'The Warmth of Other Suns,' Isabel Wilkerson's award-winning history of the Great Migration," she said. "My daughter enjoyed reading the book. But annotating its 600 pages with pink Post-it Notes? Not so much."

Instead of teachers instilling due dates and timelines, they should be instilling a love for literature — the right literature. She believes, "If you don't like a book, close it," which will help students accept literature and not stray away from it. 🐾

Balancing disabilities with awesomeness

Farber, from page 4

and I don't even know if they're aware of that, and they don't have to be."

One thing is abundantly clear: she cares deeply about her students. "We're just trying to prepare them for what's going to happen when they leave here, and that worries me. I will worry about these kids every day," she said.

Her caring of students reaches over into raising awareness for their disabilities and situations. "Some people have a stereotype against [disabilities like autism], and whatever we could do to balance that would be awesome." Before the pandemic, Mrs.

Farber and other NL special-education staff planned to have disability-awareness days around the district.

Most importantly, Mrs. Farber's students have taught her just as much as she has taught them. "They have taught me to be patient, more accepting of myself to be kind and to enjoy life, because not everybody is given the same set of tools, and you have to make the most of what you're given."

The connections she makes with her students through the arduous process of their education are invaluable. "We assume many roles: we're not just teachers, and that brings us a lot closer together." 🐾

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(Above) Lauren Hoffman gets one last cap check before commencement last July at a socially-distanced Bulldog Stadium.

Dylan Kuntz said goodbye to Northern Lehigh.

Congratulations, Class of 2020!



Few people at graduation are as cool as Tyler Long, including Austin Morley (back).



(Above) Alicia Horn, Allison Handwerk, Alexa Hartman, Paige Hude, and Madison Cunfer had commencement smiles hiding behind the masks.

(Right) Makenzie Hunsicker got her diploma and headed out to the world after Northern Lehigh's graduation ceremony in late July.



More Grad Pics on page 14!

COVID challenges sports seasons

Field hockey, soccer teams face new policies in order to play this fall

BY KENDALL HEINEY
SPORTS STAFF WRITER

With COVID-19 still gripping almost every aspect of life, school sports are taking a big turn with safety procedures going from dodging just physical injury, to also avoiding anyone getting ill. Fall sports are still going forward, but with many health policies in place.

To enter Bulldog Stadium, the trainers take everyone's temperature — no one with a fever may enter. The athletes take a survey on their phone to ensure no one has been in contact with people who are infected or are infected themselves.

Everyone must wear a mask unless they are physically active and must stay distanced from teammates and coaches.

Even though sports are occurring, the game plan for every team has drastically changed and is extremely limited. COVID-19 has caused all coaches to drastically change their plans for this year.

"Trying to keep friends and teammates apart has been tough," said NLHS field hockey coach Kim Seiler. "Everything we do in high school sports involves encouraging and cheering each other on by high-fiving or celebrating each other's success. When girls try to hug or chest bump, we

See Fall Sports, page 11



Football players finally got 'padded' and tackled the COVID changes

BY ALEXIS TRAUGHER
SPORTS STAFF WRITER

Like everything else this year, Coronavirus has caused a whirlwind of effects throughout students' daily lives. Northern Lehigh High School's football team is certainly no exception.

First of all, the football season will be delayed and have four fewer games than normal. "Players put pads on for the first time on Tuesday, Sept. 8, causing a delay to the start of the season," said NL Athletic Director Mr. Bryan Geist.

Throughout the summer, the team — and every other sports team in the district — had been following the district's Re-Socialization of Sports plan, which was developed in conjunction with the school's partner, St. Luke's University Health Network. According to this plan, athletes and coaches had to go through three phases of reopening with minimal contact all summer.

Minimal contact has also altered major components of a strong team. In particular workouts, according to head football coach Mr. Joseph Tout, the annual routine has been completely changed.

Secondly, communication has been limited between players and staff. Zoom meetings were often scheduled with play-

See COVID football, page 11



For a fee, families can watch high school sports from home thanks to these newly installed Pixellot cameras.

A kickin' senior year



(Top row) Erica Detweiler, Julia Wanamaker, Natalie Keller, Emily Hunsicker, Madison Seier. (Bottom row) Kristen Guelcher, Brooke Bower, Shaina Mazzocca, Riley Griffith.

Sports reporting internship available through D11 website

In partnership with St. Luke's University Health Network, veteran sports broadcaster and reporter Al Di Carlo, along with Eastern Pa. football owner Dave Mika, are happy to announce the launching of a new state of the art website and this year's internship opportunity.

D11Sports.com will quickly become your source for the latest scores, highlights and much more. Your one-stop shop for District 11 Sports will now be at your fingertips.

The fan-friendly website will not only bring together Di Carlo and Mika, but will focus on high school students delivering your everyday stories as they interview and report on their peers on a daily



basis. Di Carlo and Mika are excited to give back their decades of experience in High School sports coverage and handing the reigns to the next generation as they learn the ins and outs of the broadcasting industry.

Students from all schools throughout District 11 will have the opportunity to participate in this new and exciting social media forum. Expect the unexpected with new ideas and story lines reaching our audience on a daily basis. Di Carlo is excited about this new opportunity and believes it will catch on really quick. "I have been working on this idea for a long time and being able to bring students to

See D11 sports, page 11

Games available for live-stream

Fall Sports, from page 10

have to remind the girls 'you can't do that' now."

Sports are all about supporting each other and working together as a team, which is difficult when no one is permitted to be within 6 feet of each other. All sports are going through a similar situation just trying to be safe. Field hockey and soccer's pre-seasons have both been greatly shortened and coaches must be more aware of players being spaced out. Drills have been changed to include fewer lines and more stations to stay as distanced as possible.

Also, the closures this year can hold back coaches from recruiting younger players to join the sport. "In the spring, we would visit classrooms and talk to the fifth- and sixth-graders, but school was closed this year. You can only reach so many by posting things online," Coach Seiler said.

Future sports seasons could also still be impacted by COVID-19. The goal this year for sports is for everyone to stay safe, improve, and overall be competitive teams in the Colonial League.

While fall sports are on for competition, to keep everyone as safe as possible there will be no spectators permitted to sports events (as of press time). To give people a chance to see games, Northern Lehigh has installed Pixellot cameras to live-stream all games that take place in Bulldog Stadium and the NLHS gym. These cameras have auto-tracking capabilities and can zoom in. They follow the action and are not a static film from a major distance.

Coach Seiler and soccer coach Mr. Jason Reinhard are excited about the new camera system to help them review games, let players watch videos for college recruitment, and it lets family and friends watch games. The service, however, is not free. The National Federation

of High Schools Network (NFHS) is a subscription-based service that charges either \$10.99 a month or \$69.99 for a year to live stream any and all middle school, junior varsity, and varsity in-season and postseason games.

Anyone with a subscription can watch any school's games as long as the school is registered with the network.

Bulldog Stadium also has obtained an EarthNetworks Sferic Siren Alerting System. This system will play a 15-second long horn blast when it detects lightning in the area, which lets the trainers know they must get players and officials off the field and to safety.

Usually, the trainer would need a 30-minute timer for when the last lightning strike was viewed. Now the alerting system will keep track on its own and signal for when players can safely return to their contest. The Northern Lehigh website has a widget for how much time until players can go back to playing, how long ago the last strike occurred, and how close it was.

The system runs from 8 a.m. to 9:30 p.m. and is dormant at night to avoid being loud or unnecessarily running.

"The hardware and installation of the Pixellot cameras were at no cost to the district and will provide a way for spectators to watch games remotely," said Mr. Bryan Geist, NLSA Athletic Director. "The EarthNetworks Lightning detector is a great safety tool to take the guesswork out of approaching storms and the time to resume play as storms move away from the stadium and campus."

Even though COVID-19 has set back the time to prepare for games, Northern Lehigh's teams will still push through the adversity and work as hard as possible. These sports seasons will see a major difference from years prior, but these athletes are determined to keep working and win. 🐾

Internship to power-up resumé available; former editor paves way



Former Slate editor-in-chief Ava Rosario double-dutied as an intern for D11 sports last year.

D11 Sports, from page 10

the forefront is what I'm about," he said. "Working with a great team at Palisades High School has opened my eyes to share more of the talent from the great students throughout District 11. To be able to team up with Dave and SLUHN solidifies a strong core and makes this endeavor even more exciting."

"I am looking forward to working with students and giving them opportunities on D11Sports.com as part of our intern program," said David Mika Jr. "I look forward to working with Al and St. Luke's University Health Network on this valuable program that will give stu-

dents opportunities to explore future career options."

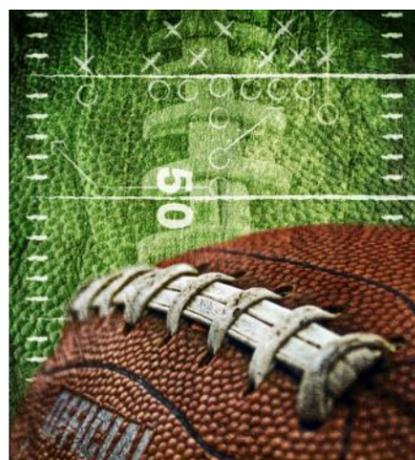
"St. Luke's is excited to support the Region's most comprehensive and interactive website dedicated to high school sports" states John Hauth, Senior Director of Sports Medicine for St. Luke's University Health Network. We look forward to bringing these opportunities to all of our community partners. Wherever the story is D11Sports.com will be there to follow the action. If you have a story idea or are interested in joining our team please email us for more information: al@D11sports.com and/or dave@D11sports.com. 🐾

Upside-down football season still holds many question marks

COVID football, from page 10

ers and parents throughout the summer. With the challenge of little contact and communication between players and coaches could possibly impact team chemistry. Coach Tout believes adversity could strengthen the team from within. Being on standby for information on when the season will start and receiving constant changing information each week has formed unity between the team.

Along with that, (as of press time) it is still unclear if anyone will be attending



the games. It is most likely that no one will be able to attend. So what does that mean? First of all, fans cannot scream "Go Big Blue" at homecoming, but we can hope that parents can still attend and cheer on their kids. "I am hoping that they at least allow parents to attend games," Tout said.

Will this cause a change and impact games? That answer is still up in the air. "Well, we will find out how it has an impact on games," Mr. Tout said. Since no games have been played, we will have to wait and see when the time comes. Once the season is in full effect, gratitude

will be flowing through the team, hopefully causing no difference in the atmosphere of games. "Due to the circumstances, we will just be very happy to be able to play."

This season is happening, no matter the struggle. Blood, sweat and tears will soon be relieved, as well as screams of joy and frustration. Heartwarming wins, challenges overcome, and much more will be put in the memories of all the seniors, players, and coaches. The time is coming for the fight and determination in each player to surface, carrying the Bulldogs to victory. 🐾

Beirut blast could be result of government negligence

BY ASHLEY MOYER
CONTRIBUTING WRITER

On Aug. 4, an explosion rocked Beirut, leaving at least 177 dead and 5,000 wounded. It took place near Beirut's port and central district, in a warehouse storing a large supply of confiscated and unsecured explosive material.

Casualties included one American, a 2-year-old boy from Australia, two Egyptians, and a German embassy diplomat. There were 6,000 injuries and an estimated 300,000 citizens left homeless. A total of 10 Lebanese firefighters and five nurses were killed. The secretary-general of the Kataeb political party, Nazar Najarian, was also killed.

According to the BBC, the Lebanese president, President Michel Aoun, issued a transparent investigation and has arrested at least 20 people so far. Several countries have sent medical and financial aid to Lebanon, including the U.K., the U.S., Australia, Egypt, Russia, France, Qatar, Kuwait, the UAE and Iraq; however, the Lebanese president has rejected international investigation, saying, "external interference through a rocket or bomb or other act" could also have led to the blast.

The explosive material, mentioned previously, is called ammonium nitrate -- a crystal-like white, solid synthetic, made by reacting ammonia with nitric acid. Its most common use is a source of nitrogen

for fertilizer, but it is also used as a way to create explosives for mining.

It is made all over the world and cheap to buy. Ammonium nitrate has problems with being stored and has been associated with industrial accidents in the past. Typically, it is safe, but when a large amount of it is stored for a long time, it begins to absorb small amounts of moisture and eventually, it turns into an enormous rock, causing a huge explosion if ignited.

Unfortunately, six years ago, 3,000 tons of ammonium nitrate was confiscated from a Russian-owned ship banned from leaving the dock, and stored into this warehouse. Lebanese custom officials had sent letters to legal authorities at least six times, requesting for the ammonium nitrate to be removed.

These letters went unheeded. So on Aug. 4, a hole in a storage hangar was being welded and a massive fire broke out. Eventually, the warehouse's roof caught fire, causing a large initial explosion and smaller firework-like blasts.



Thirty seconds later, disaster struck and a colossal explosion tore through the Lebanese capital, causing a mushroom cloud and shockwave.

The blast caused a 460-foot-wide crater in the dockside, the complete obliteration of the warehouse, and damaged adjacent grain silos. The shockwave also damaged the Beirut airport.

Many Lebanese clashed with police as they protested against years of misman-

agement and lack of responsibility. Northern Lehigh social studies teacher Mr. Nick Sander agrees, saying "For many Lebanese people, this devastating accident may have further exposed what Lebanon's government has been accused of in the past; corruption and negligence. This surely is something that will be remembered for years to come, as families and friends mourn their losses." 🐾

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Minorities could play secret role in 2020 election

BY ABBY PEARTREE
CONTRIBUTING WRITER

At the age of 18, every United States citizen, no matter race or religion, gains suffrage. Although those factors do not separate one's voting rights, they do contribute to how one votes. This 2020 presidential election provides voters with two main candidates, Republican Donald Trump and Democrat Joe Biden.

Voters must decide which candidate reflects their views of the future. PewSocialTrends.org predicts that racial minorities will take up a third of U.S. voters in this year's presidential election. This is the largest percentage of minority voters in a U.S. election thus far.

Minorities play a significant role in determining the outcome of the election. It is more likely that someone considered a racial minority would vote for Joe Biden, as he had been Vice President under former President Barack Obama. The BBC states that he plans on changing the immigration laws so that people may seek refuge in the U.S. more efficiently.



Biden also caters toward the youth. PewSocialTrends.org predicts that one in 10 voters will be part of Gen. Z and Biden is definitely trying to gain their

votes. CNN states that Biden did an interview with famous rapper Cardi B for "Elle" magazine. Cardi B is very famous among youth, especially since her collab-

oration (*that I may not name*) with Megan Thee Stallion, which has gone viral on TikTok.

On the opposite side of the spectrum, President Donald Trump has threatened to ban TikTok -- an application loved by people of all ages, mainly Gen. Z. This has upset many new voters nationwide, which could cause him to lose many votes. He has recently gotten backlash from many racial minorities due to his use of force against Black Lives Matter protesters.

Overall, what does this mean for the 2020 election? The Electoral College comes into play. The website 270toWin.com predicts that the Democratic party will have 272 electoral votes while the Republican Party will only have 119 votes. Since a candidate needs 270 electoral votes to win, the Democrats appear to have a higher chance.

All in all, it is safe to say that the vote of racial minorities, as well as younger voters, will have a significant impact on the 2020 election. 🐾

PATRIOT CLUB PRACTICES ETIQUETTE



Photo by Brooke Bower for The Slate

Patriot Club members take time each day to raise and lower the U.S. flag outside the high school. Proper care to fold the flag is taught by club adviser and U.S. veteran Mr. Scott Gerould.



Photo by Brooke Bower for The Slate

Jewelliana Andrews helps fellow Patriot Chase Jones keep the flag off the ground, according to proper etiquette.



Photo by Brooke Bower for The Slate

Patriot Club members Ryan Lynch and Kendall Heiney secure the flag outside NLHS.

Carter Smith addressed a distanced group of graduates in late July.



Cadence Rehrig, Aurora McGovern, Alissa Melendez, and Alex Stalmecker.



Brianna Schuck and Reagan Pender followed the Big Dawg into the real world.



Cal Shelly proudly receives his diploma from school board president Mr. Gary Ferdorcha. Looking on are (left) NLSD Superintendent Mr. Matthew Link and Principal Mr. Robert Vlasaty.

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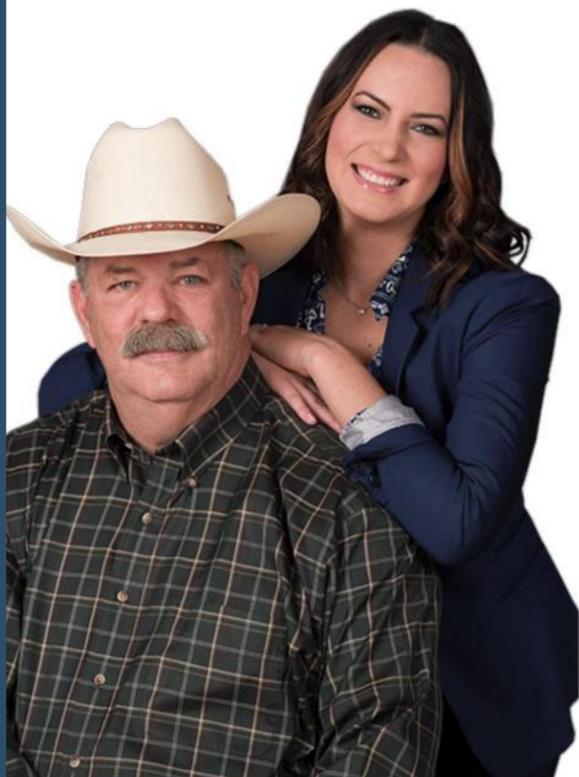
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Photos by Chloe Hawk for The Slate

For the foreseeable future, only the eyes of Bulldogs will be visible



Photo by Breanna Hoppes



(Top left) Brianna Kuntz and Elizabeth Eckert enjoy lunch on the Bulldog patio to spread students out as much as possible. (Above) Maddy Mack, Kendall Snyder, and Dylan Miller perfect the new look. (Left) Nate Ellan lost his sunglasses but not the cool factor.





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Despite never-ending drug wars, Americans susceptible to epidemics

Drug Wars, from page 5

to over 400,000 by the late 1990s.

As new synthetic substances began to genuinely harm the public, such as crack, highly publicized campaigns were implemented. First Lady Nancy Reagan's "Just Say No" slogan was one of the first, followed by the popular DARE education program. Despite the clear lack of effectiveness, the program was quickly picked up nationwide.

The majority of these anti-drug laws and programs were ineffectual for anything other than the imprisonment of lower-income addicts. As presidents and policies came and went, cocaine traffickers, such as the widely known Pablo Escobar, made millions of dollars exploiting the flawed nature of the war on drugs throughout the 1970s and 1980s.

Data from the 1990s also highlight just how unsuccessful the DARE and Just Say No programs were, taking polls of student drug use that showed no true decrease. In fact, a study conducted by Indiana University found that those exposed to the DARE program subsequently had higher rates of hallucinogenic drug use than those who did not "graduate" from the program.

Psychologist William Colson reasoned this by pointing out that all the curriculum did was increase drug awareness and cause curiosity as the children exposed grew up. The early 2000s were

also subject to the very politics-centric fight against drugs. By the end of George Bush's presidency, there were around 40,000 paramilitary-style raids on Americans believed to be in the possession of drugs each year.

In spite of all the federal and state-level reform targeting drugs, American citizens are still subject to epidemics such as crack and opioid addiction. Along with this, low-income urban communities continue to be targeted for mass incarceration on drug charges. In California, a state where both medicinal and recreational marijuana are legal, thousands are still jailed on marijuana-only charges.

As of 2014, despite only making up 6% of the state population, about 24% of people jailed for marijuana charges are Black. The unjust and ever-present phenomenon of incarceration over rehabilitation seems to be clearer than ever before.

As more scientific research is exposed to the public, proving the usefulness of certain substances in the medical field, fear of drugs has majorly shifted. Although the DARE program may have taught American children to "DARE to resist drugs and violence," today, we must rather dare to think for ourselves and question the true intentions and factuality behind anti-drug laws and propaganda. 🐾

HAVE YOU EVER BEEN FACED WITH AN OPPORTUNITY THAT COULD CHANGE YOUR LIFE FOR THE BETTER, BUT THOUGHT THE PERSON OFFERING IT TO YOU MAYBE DIDN'T HAVE YOUR BEST INTEREST AT HEART?

HI, I'M CHASE JONES, CREATOR OF THE HEROES AND THEIR STORIES WHICH FOLLOW. A TEENAGER BY THE NAME OF OLLIE JONES WAS FACED WITH SUCH AN OPPORTUNITY AND HE QUESTIONED THOSE WHO OFFERED IT TO HIM

HE HAD TRUST ISSUES AND A NEAR HATRED FOR THE POWERED HEROES WHO PRESENTED IT TO HIM. SO, ASK YOURSELF...

WOULD YOU RATHER LET YOUR HATE AND YOUR OWN SELF-RIGHTEOUSNESS PREVENT YOU FROM HELPING CHANGE THE WORLD ON A GREATER LEVEL?

THE REAL QUESTION IS, WILL OLLIE?



STRANGE TIMES AT NL HIGH

BY CHASE JONES

