



HALLOWEEN THRIVES, PG. 9

New slogan slated to ‘inspire’ Dawgs

Old acronym retired; fresh motivators inserted into new, mature motto

BY BREANNA HOPPE
EDITOR IN CHIEF

Over the past few months, Northern Lehigh administration members have been forming a new vision for the Bulldogs as a way to bring positive change to the district.

The Positive Support System had been a requirement for schools under state law and through the help of this system, a new school motto has made its

way to the surface. Although the motto applies to all district grade levels, the goal is to successfully ensure it is suitable for all ages.

“It’s more like a motto or slogan: INSPIRE - Innovate. Never settle. Pursue Individuality and Responsibility Everyday,” NL assistant principal Mr.



Mr. Stephen Shuey's new logo for INSPIRE.

David Hauser said. “The acronym is not used to memorize rules but rather to give some genuine guidance.”

The INSPIRE slogan has high hopes for its intended audience and its main purpose is to motivate students to continue to push for better and brighter futures.

Last school year, Northern Lehigh High School Principal Mr. Robert Vlasaty had brought the College/Career for Every Student (CFES) program to the district. The purpose of this program was to touch base on essential skills that applied to every student. Mr. Hauser said, “To me, those skills are more age-appropriate and create real, meaningful goals for our students. I have even found

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Aavidum advocates appreciation



Photo by Mr. Hauser

Camryn Torres and Owen Levan-Uhler, representing NL’s Aavidum and Library clubs, posted the Bulldog-Turkey Thanksgiving appreciation display in our lobby recently. Both in-person and virtual students were asked to share what they are thankful for despite these challenging times.

Marching band is staying alive and musically inclined

COVID restrictions alter plans but the beat somehow goes on

BY DIEGO FENSTERMAKER
CONTRIBUTING WRITER

Back in March, students participating in the band program prepared for the spring concert only a few weeks away. Weeks turned into months when the concert was pushed back until next year. Seniors did a virtual concert for the end of the school year, and nothing else was heard until halfway into the summer for the marching band season.

In a Zoom meeting, everyone in the marching band program was notified of the upcoming season, which would be different due to COVID restrictions. After the initial one, a virtual meeting was held every month until members were able to meet

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Searching for the origins of our ideals

BY OWEN LEVAN-UHLER
STAFF WRITER

Everyone has ideals, principles, and aspirations. Everyone has his or her own morals and belief systems. We all have opinions on issues of importance and irrelevance all the same. But where do these all originate?

People like to believe they think for themselves, but most of the time,

With so many outside influences, how are people able to form their own opinions and ideals?

opinions and beliefs are influenced by someone or something else. That does not mean, however, that we do

not have our own original thoughts and opinions.

There are two sources for our ideals: the environment and ourselves – Nature versus nurture.

Religion is a huge part of many environments. People base their decisions, or who they associate themselves with, based on their religious affiliation. Personal beliefs are also

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Members of the NL color guard stay safe during this different band season.

Marching band finds common tune during COVID era



Photo by Brooke Delancey

(Left to right, back row) Dale German, Maggie Reitz, Austin Snyder, Nia Nicholson, Owen Levan-Uhler, Nate Walters, Cydney Krause, Camryn Torres, (front) Evan German, Parker Musselman, and Diego Fenstermaker are still having fun at a safe distance during a very trying band season.

Band, from page 1

physically with the county moving to the yellow phase. In between that, time members received an email with a music sheet for the fall season.

"All fall competitions were canceled...we only had three home games scheduled to go to. The only other opportunity was to perform for homecoming," band director Mr. David Carroll said when asked about the usual fall season. Time was set aside to create a seating chart for the stands that followed current health guidelines. Band members needed masks up and were only allowed to pull them down when playing. Marching to the stadium also became socially distanced. Band members used a guard flag as a measuring stick.

Practices have also changed from last year. Similar to fall sports, a COVID-19 screening has to be completed by every member for every practice. This includes

a temperature check and an online exam about any potential contact with the disease. "The band program has been following a strict protocol," Mr. Carroll said.

Two new items were added to the band wardrobe — a mask and a horn mask. The horn mask fits over the end of a clarinet, trumpet, and saxophone to prevent germs and disease to travel through.

With the fall season canceled the current plan is to participate in the spring season, pending a decrease in cases.

Students overall have had mixed reactions toward the restrictions and changes. Maggie Reitz commented in the fall, "Normally around this time last year we would be pushing through rehearsals to get this show clean." November marked a year since the 2019 Atlantic Coast Championships.

The health protocols have also added to the disconnect between years. Many have been following them seriously even if they wish they didn't exist. Owen

ter concert has been set up for a hybrid model. Students were given several traditional Christmas carols to choose from in an online survey. The pieces will be arranged to fit the people who

signed up for each song and can be learned online. The concert will see the groups "...get together to do a socially distanced recording on stage," Mr. Carroll said.

Back-up plans in case of the shutdown of schools have also been made.

Throughout the lockdown, several have expressed the time music took up. Whether it was spending more time to learn music or listening to music to have something to do. Its importance has

also become more apparent for some. "Music develops the student in all areas of learning, their mind, cognitive, psychomotor domain, and it helps us connect with others," Mr. Carroll said. 🐾



Levan-Uhler said, "If we have to follow these guidelines to control the virus then we should."

Many of the health precautions will apply to concert bands as well. The win-

New, grown-up acronym replaces D.A.W.G.

INSPIRE, from page 1

myself evaluating how I reach those essential skills and where I can improve in them."

A new slogan also called for a new logo. Mr. Stephen Shuey at the high school had been the perfect designer to create a new work of art for INSPIRE. Regarding the logo, Hauser said, "Each logo uses some unique symbolism to drive the message of that essential skill. We will begin gathering information about how students meet these skills in a positive manner and seek to reward that. We want to know more about the good things our students do both in and out of school.

"This is not just about being college-bound. It's about holding yourself to higher

standards and knowing our students as a 'whole person.' I want students recognized for their accomplishments and rewarded for their hard work. Mr. Vlasaty and I are examining adding a level of acknowledgement to graduation — possibly a certificate of distinction and graduation cord — for those students mastering all the essential skills by the end of their senior year. It will be a challenge."

Through the past few months, staff members have been persistently working to discover new ways to ensure the hard work and perseverance of students does not go unnoticed. Though it will be challenging, Mr. Hauser and Mr. Vlasaty, along with many other staff members, have high expectations and hopes for the future of their Dawgs. 🐾



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Holidays will look different as COVID cases rise

BY LILY GROOVER
STAFF WRITER

As the holiday season approaches, many families are excited at the thought of spending time with one another. However, it is 2020, and life isn't normal.

For months now, the Centers for Disease Control and Prevention [CDC] and other world health organizations have warned the public that large gatherings are dangerous. The risk of catching COVID-19 is higher when people are in close contact. Family functions are no different.

The familiarity of people gathering together gives a false sense of security. People believe that the virus cannot affect their own family, but that has been proven wrong. Many families have not seen each other since March, so they think it is acceptable to hug an aunt or an uncle when, in reality, it is the same as hugging a total stranger.

The CDC has released many articles regarding how to keep families healthy during the holiday season. However, it is the same advice given earlier this year. Social distance, wear masks, gather in groups of less than 10, and try spending most of the time outside.

Additionally, traveling to family func-



tions increases the risk for exposure. Airports and hotels are open, but with more people traveling because of holidays, travelers will be surrounded by more people.

The CDC has also said that spending the night at relatives' houses is dangerous. When people are asleep, they are left vul-

nerable to the air they breathe. Opening windows and doors is encouraged, as well as turning on central air and heating for continuous air circulation. They have advised that generous amounts of alcohol are not safe, as it brings peoples' guards down. Furthermore, they have said sing-

ing and shouting indoors without a mask is dangerous.

Even more, pets should be treated the same as guests inside a house—especially cats. Medical scientists have found that

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Parents, home environment influence values the most

Ideals, from page 1

built upon the ones that their religion lays out as right and wrong.

Ideals start forming at a relatively young age because of their parents' beliefs, and subsequent agreement or disagreement with them.

Many form their ideals based on whom they are constantly around or whom they associate themselves with. People will hold a set of beliefs and social standards that change substantially when they are exposed to different people.

The media also plays into perceptions of other people and the world; they look to the media, as well as their peers, family, and religions, to affirm their beliefs, hence where much bias—and not just journalistic bias—comes from.

With so many outside influences, how are people able to form their own opinions and ideals? Truthfully, there is basically nothing that is not affected or influenced by an outside entity. The only thing that separates a person from their environment in the respect of their ideals is how different their ideals are from their environment, and what experiences they have participating in their environment.

Originality, theoretically, comes from separating oneself from bias, and evaluating situations from as many angles as possible. What happens when originality spawns from spontaneity?

True originality is when someone has an inherently and fundamentally different set of beliefs from their environment. This is accentuated even further when this person has the ability to introduce com-



pletely new ideals into the environment for people to ponder and affiliate themselves with.

This is often where society finds itself in generational or cultural shifts. Society is often changed substantially when the successors of previous generations have fundamentally differing outlooks.

There is still one question that remains though: *how* are people able to have fundamentally different beliefs when their environment and ideals are completely tied together? Is such a phenomena due to moral compass, or does it occur when someone's personal experience and livelihood are so juxtaposed to their envi-

ronments?

Someone's environment is going to influence their beliefs no matter what. It is rare to find an instance of a completely and unwaveringly different system of ideals from an environment. With this outlook, a separate moral compass from an environment is more or less just wishful thinking when considering how many factors go into someone's moral compass.

This reflection was meant to merely skim the surface of what people perceive as their ideals, and how they view the ideals of others. There are not many things as simple as believing something purely because someone *wanted*.

However, there is one takeaway that is imperative. This reflection was to show how faceted society and its various ideals are, and that such diversity should be encouraged and celebrated as long as differing views do not harm someone.

This is a quaint message that as a collective society and people, it is important for humanity to try to come together as much as possible to bolster and better itself. Human nature is selfishness, but the more people can set aside their differences to coexist, the sooner this world will be peaceful for all. 🐾

Police brutality, while not new, needs spotlight

BY GIANA ROSARIO
CONTRIBUTING WRITER

Police brutality is a serious issue that needs more media coverage. So many people are affected by this growing issue. It has been something people had to deal with for years, but not until recently has it been acknowledged. Thankfully, people are starting to learn about all the wrongdoing in this world.

Stories like these are not broadcast to the public. Many in the government want to keep the injustices a secret. Take the case of Breonna Taylor for example. A 26-year-old Black woman who died in her sleep, resulting from multiple rounds being shot at her and her boyfriend.

According to BBC News, the officers, John Mattingly, Brett Hankison, and Myles Cosgrove conducted a “botched raid.” The policemen were not in uniform when they fired rounds at them. Brett Hankison was the only one fired from the force, and the other two officers were not charged.

Another recent example of police brutality happened just hours away from here in Philadelphia. According to usatoday.com, a 27-year-old Black man by the name of Walter Wallace Jr., was having a



mental crisis. As his brother was peacefully calling for help, looting began. While his family tried to stop this, Wallace Jr. was shot fatally by the police.

This whole interaction was caught on video. The investigation for this ordeal is still ongoing but knowing about the hundreds of other people who did not receive justice, most likely he will not either. The

police were called to help Wallace deal with his mental state. He should have never been shot. Police need to learn how to help people in these types of situations, instead of robbing them of life.

Different sides of the story clash with perspectives. ACAB is a widely known and used term — meaning “All Cops Are Bastards,” which means they willingly

work for a corrupt and unjust system. To combat this term, people might say something like “blue lives matter.” I do not believe this is true, because blue lives do not exist.

People who are cops get to choose. You cannot choose your race. They can take their uniforms off at the end of the day, but the Black community cannot just take away their skin color.

These injustices have sparked protests around the world. Our first amendment right says we have the right to protest. Peaceful protesting contributes to change. Nothing ever happens unless people fight for it. When we do, the police try to stop us. They tear gas, beat, and arrest people. It is sad to see that people just want changes, and they only care about having control.

Even though we shouted Breonna’s name, she did not receive proper justice. When we marched for George Floyd, his case had the same result. People need to keep fighting, spreading information, and educating one another if we truly want change. This information might make people uncomfortable, but it needs to be heard about. We will not let the innocent lives that were lost go unaccounted for. 🐾

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Have a holly, jolly COVID?



COVID holidays, from page 3

receive a COVID test just for certainty.

On Nov. 12, the United States had the most people hospitalized due to Covid-19 than ever before. The surge in cases that are bound to arrive after the holidays could be detrimental to not only the economy, but to everyone’s future as well. Sacrifices must be made in order to keep the nation healthy. Yes, this holiday season must be different, but it is a small price to pay for next year to be back to normal. 🐾

felines can carry the disease. Dogs and other animals cannot physically have the virus but can carry it on their fur and other body parts.

A good alternative is to have virtual holidays, so people can still see family but maintain a distance between them.

If people decide to take the risk, it is recommended to quarantine for two weeks after, even if no symptoms are shown. It is also a good idea to

MONUMENTAL MOMENTS IN HISTORY

The day the 'Great War' ended

BY CALLUM BRYCE ZIMMERMAN
SLATE HISTORIAN

In an event widely considered as the event which sparked the beginning of World War I, Archduke Franz Ferdinand, heir to the Austro-Hungarian empire, was shot to death with his wife, by Bosnian Serb Gavrilo Princip in Sarajevo, Bosnia on June 18, 1914.

On July 28, Austria-Hungary declared war on Serbia, and the tenuous peace between Europe's great powers collapsed. On July 29, Austro-Hungarian forces began to shell the Serbian capital, Belgrade, and Russia, Serbia's ally, ordered a troop mobilization against Austria-Hungary. France, allied with Russia, began to mobilize on Aug 1.

France and Germany declared war against each other on Aug 3. After crossing through neutral Luxembourg, the German army invaded Belgium on the night of Aug 3-4, prompting Great Britain, Belgium's ally, to declare war against Germany. By Aug 4, most of Europe was at war.

For the most part, the people of Europe greeted the outbreak of war with jubilation. Most patriotically assumed that their country would be victorious within months. Of the initial belligerents, Germany was most prepared for the outbreak of hostilities, and its military leaders had formatted a sophisticated military strategy known as the "Schlieffen Plan," which envisioned the conquest of France through a great arcing offensive through Belgium and into northern France.

Russia, slow to mobilize, was to be kept occupied by Austro-Hungarian forces while Germany attacked France. The Schlieffen Plan was nearly successful, but in early September, the French rallied and halted the German advance at the bloody "Battle of the Marne" near Paris.

By the end of 1914, four months into the War, well over a million soldiers of various nationalities had been killed on the battlefields of Europe, and neither for the Allies nor the Central Powers, was a final victory in sight.

On the western front – the battle line that stretched across northern France and Belgium – the combatants settled down in the trenches for a terrible war of attrition. In 1915, the Allies attempted to break the stalemate with an amphibious invasion of Turkey, which had joined the Central Powers in October 1914. After heavy bloodshed, the Allies were forced to retreat in early 1916. The year 1916 saw great offensives by Germany and Britain along the western front, but neither side accomplished a decisive victory.

In the east, Germany was more suc-

cessful, and the disorganized Russian army suffered terrible losses, spurring the outbreak of the Russian Revolution in 1917. By the end of 1917, the Bolsheviks had seized power in Russia and immediately set about negotiating peace with Germany. In 1918, the infusion of American troops and resources into the western front finally tipped the scale in the Allies' favor.

At the 11th hour on the 11th day of the 11th month of 1918, the Great

War ended. At 5 a.m. that morning, Germany, bereft of manpower and supplies and faced with imminent invasion, signed an armistice agreement with the Allies in a railroad car outside Compiègne, France.

The First World War left nine million soldiers dead and 21 million wounded, with Germany, Russia, Austria-Hungary, France, and Great Britain each losing nearly a million or more lives.

In addition, at least five million civil-

ians died from disease, starvation, or exposure. World War I was known as the "war to end all wars" because of the great slaughter and destruction it caused.

Unfortunately, the world did not learn from this war and the peace treaty that officially ended the conflict – the Treaty of Versailles of 1919 – forced punitive terms on Germany that destabilized Europe and laid the groundwork for World War II. 🌿

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GREAT WAR ENDS

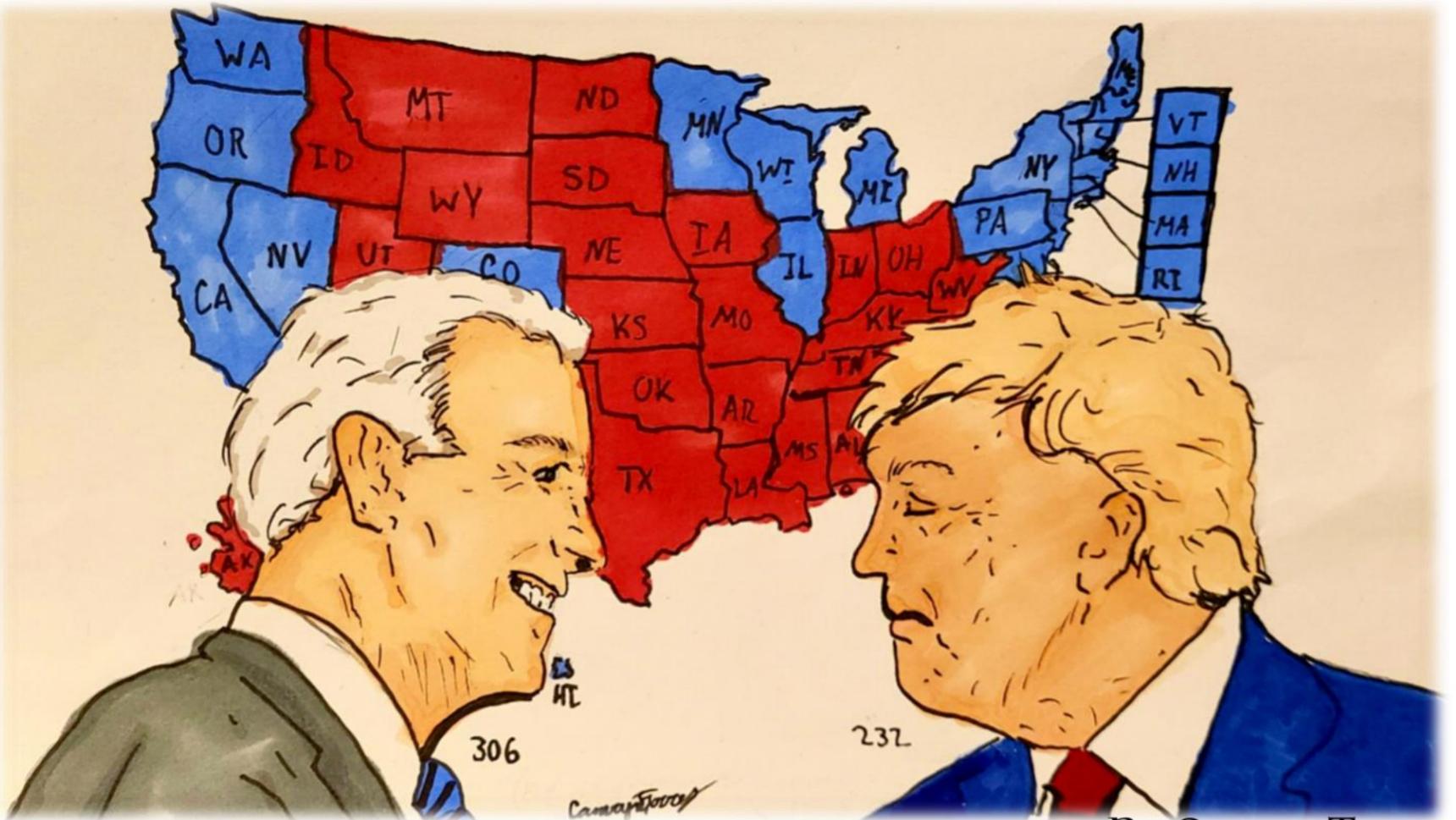
Washington, D. C., Nov. 11, 3 A. M. (By Associated Press.)—Armistice terms have been signed by Germany, the State department announced at 2:45 o'clock this morning.

The world war will end this morning at 6 o'clock, Washington time, 11 o'clock Paris time. The armistice was signed by the German representatives at midnight.

<p>USE WIRELESS TO GIVE WORD TO SIGN TRUCE</p> <p>Germany Uses Nearly All of 72 Hours of Grace.</p>	<p>OUTLINE OF THE TERMS (UNOFFICIAL)</p> <p>Washington, D. C., Nov. 11.—(By the Associated Press.)—(The terms of the armistice, it was announced, will not be made public until later. Military men here, however, regard it as certain that they include:</p> <p>Immediate retirement of the German military forces from France, Belgium, and Alsace-Lorraine.</p> <p>Disarming and demobilization of the German army.</p>	<p>REPUBLIC SET UP IN BERLIN BY SOCIALISTS</p> <p>Manifesto Pledges Government of and for the People.</p>	<p>Kaiser Flees With Staff to Holland</p> <p>LONDON, Nov. 11, 12:31 a. m.—A party including the former German emperor and abso. It is believed, Paul von Hindenburg, arrived at Brno, on the Dutch frontier, at 7:30 o'clock Sunday morning, according to Daily Mail advices.</p> <p>That paper's correspondent at The Hague says the Dutch government considered the emperor and his whole party treasonable.</p> <p>According to another report, the</p>	<p>RED FLAG FLIES OVER ALL BIG GERMAN CITIES</p> <p>Rebels Continue to Gain; May Exile All Kings.</p> <p>LONDON, Nov. 10.—Will the Social Democratic party leaders</p> <p>KRUPP WORKS' CHIEF AND HIS WIFE ARRESTED</p> <p>LONDON, Nov. 10.—(12:15 p. m.)—Word where the great Krupp works are situated, is reported to be in the hands of the revolutionaries, via a dispatch from Amsterdam to the Standard.</p>
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DIVIDED AMONG US



By Camryn Torres

March tall, holler loud. The power of protest

Know the fight and never sit down until the goal is reached. John Lewis never sat down.

Your voice is sometimes the most destructive weapon. It can also be the most influential and attractive for others to join and scream out in unison.

Since the dawn of opinions, the power of protest is something that allows everyone in a free country the right to possess, thanks to that First Amendment.

"Good trouble," is how the late, legendary Congressman John Lewis referred to it. The esteemed public servant got himself into so much good trouble during his long life, his arrest record (45 times) is one of the most inspirational of all time.

From crossing the Edmund Pet-



Congressman John Lewis marched tall for decades until his death in 2020.

tus Bridge in Selma, Ala., in 1965, and coming face-to-teeth with police dogs on the other side, and raging cops who beat him to "an inch of his life," to his final years serving with honor and dignity in the government – good trouble never seemed so great.

Today, there are blurred lines of clarity between protesters and violent activists. One side has signs, banners, chants and strength, while the other has fists, bullets, torches, and vengeful vendettas.

The first step to any protest is knowledge. Know the fight. Understand the goal and be realistic if it is even within reach. Join your crowd, march tall, and holler with conviction.

After knowledge comes persistence. Stay in the fight. Even in defeat, no fight ever has a final bell when dissension is involved. Enough people will hear, more will follow, and those new voices carry on.

Strong words can always supersede rocks, Molotov cocktails, and tiki torches. Don't ever underestimate someone who deserves change and won't stop until something actually gets done. 🐾

Our View



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‘The First’ step forward to a better world

BY BRITNEY ‘THE REAL’ DIEHL
ASSOCIATE EDITOR

“This is our moment and this is our time and this is how it will be,” said Missouri Senator Cori Bush. Historical milestones have been made throughout the course of 2020, whether they have been good or bad is up for interpretation. The 2020 election has proved to be one of those milestones, creating monumental memories for not only the nation but for the world.

Elected this year, Senator Bush was Missouri’s first Black congresswoman, along with Sarah McBride who was the first senator elected to identify as transgender.

Bush demonstrates a deep love for not only her heritage but also those fighting to protect it. “When the community is out in the streets protesting injustice, people want to see their leader show up and just be with them,” she said.

As a progressive activist, Bush has led protests in Ferguson in 2014 to fight for justice due to the death of Michael Brown. She takes a “step up and run” approach to fighting for her community, the Black community. She knows there needs to be something done and is willing to go down on the mat for it, no matter her status or stature at the current moment.



Cori Bush

Bush’s election by the Missouri citizens proves to be a win for the Black community while Sarah McBride’s is a win for that of the LGBTQIA+ community, which is rarely shown for the nation or even the world to see. More often than not, homosexuality is utilized as an insult, a quick jab to harmfully describe people as being “gay.”

However, her openness about something very near and dear to most people’s hearts shows how much help she is doing in the world just by herself.

This is a great win, taking a minuscule step forward in what needs to be done for the equality of all regardless of sexuality or identity.



Sarah McBride

It seems that the 2020 election not only brought diversity to the states but also brought the chance for more diversity to enter the United States through the huge change in the White House.

Twice-confirmed President-elect Joe Biden will not only be able to create more diversity in the world by protecting it, not only for the LGBTQIA+ community but for any minority group. Finally, there is to be a president for *all* people.

When looking at minority groups as a whole, this small act represents a huge idea in the scheme of things. Cori Bush’s accomplishment shows the impossible is reachable and that anyone can really do anything in the world today. No matter

the color of skin, who someone loves, male, female, or non-binary, everyone is human, capable of the same supposed American-dream concept.

Despite this win, there is still a pile of work sitting in front of society. One person does not ensure equality for all. Yes, it is a good step in the right direction, but it does not mean that this fight must end - it is not even close to finishing.

This leads to how the nation must choose its next steps forward. It is obvious to most that a more diverse direction is what is needed, yet there still stands the question of how we will get there.

And, who gets to decide who gets to take us in such a direction; who has the right mindset, ideas, unbiased beliefs that are solely meant for the betterment of society and not for own personal gain.

No matter the traits that make up someone, who they are, what they believe in, they are human, and the preservation of the human race is what, at its core, everyone is fighting for.

Yet, there are still obstacles in the form of racism, homophobia, xenophobia, and religious intolerance blocking our march forward to a better world. This just leaves society with the choice of how they are going to handle such obstacles. 🌻

To wash or not to wash: That shouldn’t be a question

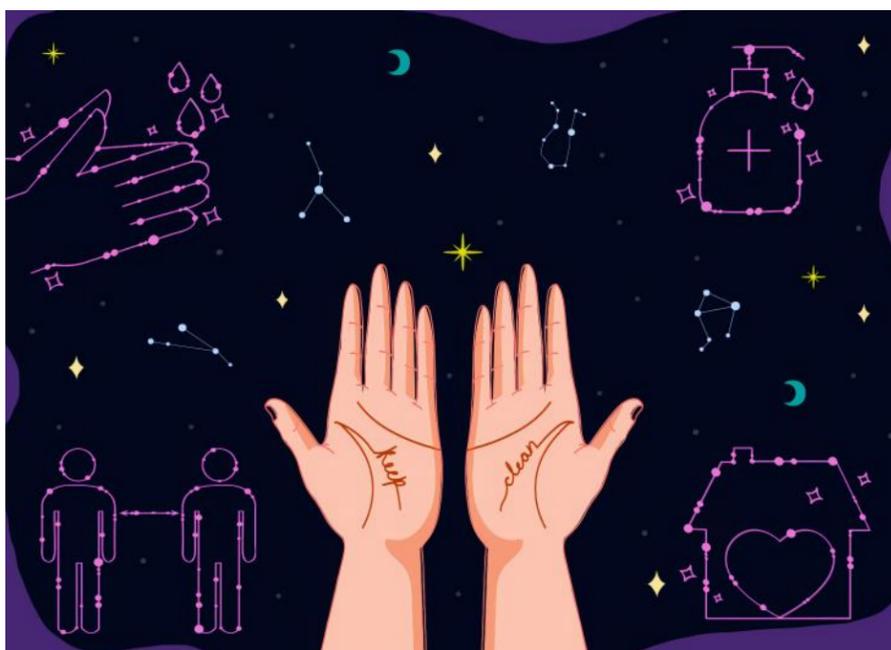
BY AVERY DIAZ
SLATE COLUMNIST

Twenty seconds. It’s a time constantly ingrained into society’s heads. Not yet sure what topic is at *hand*? (Sorry.) Take a guess. It involves soap. And water. At least, I hope it does.

Handwashing is a concept preached since childhood. Still, even in the midst of a pandemic, I can count on my (clean) hands the number of times a proper wash has occurred in a public restroom.

Why is such a simple, imperative act so difficult for society? Are others genuinely not aware of the lack of hygiene being demonstrated? I can’t see how, with all the information and signage provided to clue people in on how to scrub. Still, without fail, disgustingly watching the 6 seconds people spend wetting their palms is a depressing norm of using the bathroom.

Granted, my handwashing has been compared to surgical prep, but still, appalled stares shouldn’t be routine the moment I start washing beneath my nails. As convincing as the aggressive eye contact given in the mirror during the fleet-



ing moment others spend at the adjacent sink is, I’d rather not go about making every surface touched similar in microbial breakdown to my ducks’ poop. Anyone can improve their handwashing habits, and everyone has some areas where it’s necessary.

In my experience, people tend to avoid the sink with the ferocity of a hyper 9-year old playing “The Floor is Lava.” Except, the floor isn’t the perilous inconvenience: clean hands are.

If time is such a concern that others can’t spend under a minute ridding their

hands of God-knows-what, then good luck when they end up spending a preventable few days on the couch wallowing in their own snot. When the automatic faucet is still running by the time someone’s “finished,” something isn’t right.

Everyone needs to find a method to ensure that the proper time is spent scrubbing: *Happy Birthday* twice. The chorus of whichever discordant earworm tune has been ravaging your sanity for the past hour. As *agonizing* and *laborious* as the twenty-something seconds are, society needs to make the sacrifice and lather for the recommended duration.

But no- that doesn’t validate spending half a minute solely skimming the surface of the palms. Or blowing bubbles between the index finger and thumb. I assume most people don’t only wash the bottom half of their body in the shower, so handwashing shouldn’t be a germ-inducing anomaly. More than just the palms are nasty.

Good news: a glob of bubbles isn’t going to do any harm. Unless, unbe-

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Social media during COVID era can cause negative effects

BY DELANEY SZWAST
CONTRIBUTING WRITER

The COVID-19 pandemic has greatly affected the amount of time individuals utilize technology. Due to social distancing and closures of both schools and businesses, electronic devices have become necessary to participate in education or work and to keep in contact with friends and family.

People are now spending hours a day on devices completing work, socializing with friends and family, and entertaining themselves. Unfortunately, too much screen time can affect individuals several ways.

Using electronics for a long period of time can cause the eyes to become dry and irritated. According to the American Academy of Ophthalmology, studies show that humans only blink about 5 to 7 times a minute when using electronic devices instead of the normal 15 times a minute. Blinking keeps the eyes moist, so when people blink less, their eyes will dry out. In order to prevent dry eyes, try to blink often.

The American Academy of Ophthalmology recommends putting a sticky note on your computer that will remind you to blink often and to use artificial tears to refresh your eyes when they feel dry.

Prolonged concentration on a screen can also cause eye fatigue. People can become so focused on what is presented on the screen that they forget to periodically rest their eyes. If the eyes do not have a break from concentrating on the screen, they will become tired. The lighting around the screen also plays a significant role in eye fatigue.

According to the article, *Working from Home? Protect Your Eyes from Too Much Screen Time*, by Amy Entwisle, the eyes have to work harder to see if the computer screen is brighter than the surrounding light. Therefore, the best way to prevent eye fatigue is to adjust the brightness of the screen to match the light around it and allow the eyes to have a break from focusing on the screen.

The American Academy of Ophthalmology recommends that people take regular breaks from screens using the "20-20-20" rule: Every 20 minutes, shift the

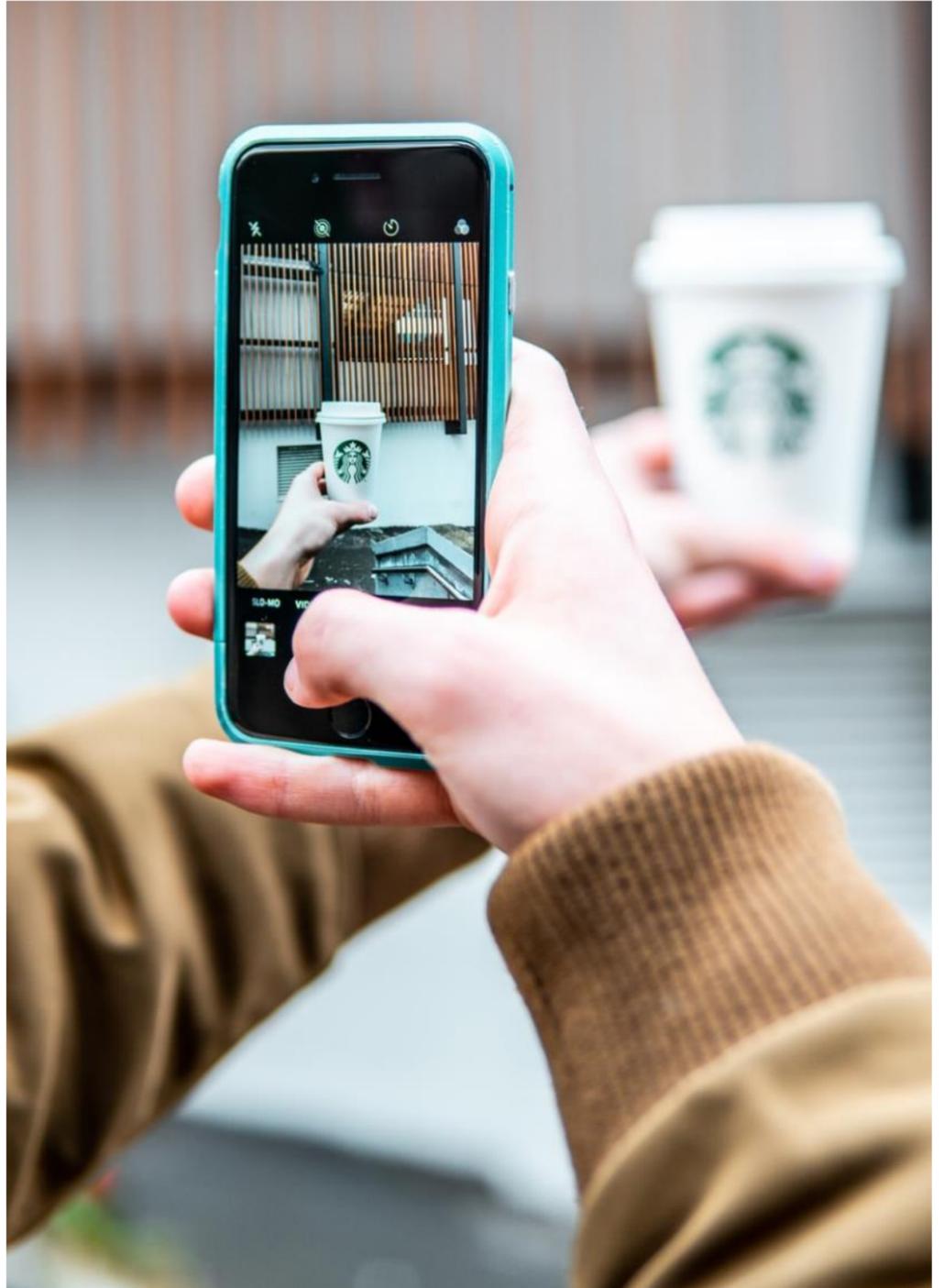
eyes to look at an object at least 20 feet away, for at least 20 seconds.

Utilizing electronic devices before sleeping can alter the brain's sleep rhythms. The blue light from screens makes people more alert at night because the brain recognizes it as "daytime." According to the article, *Evening screen time can sabotage sleep*, by Ashley Yeager, studies found that if people are exposed to blue light two hours before bed, it can prevent them from sleeping well.

Research demonstrated that individuals exposed to blue light before sleeping woke up more often during the night and lost several minutes of sleep. If you are using a device before sleeping, it is recommended that you dim the screen of the electronic and the surrounding light. The dim light will help you relax and have less difficulty sleeping later.

Although it is not caused directly by the screens themselves, studies have shown that extensive screen time can negatively affect individuals' mental health. According to the article, *There's Worrying New Research About Kids' Screen Time and Their Mental Health*, by Markham Heid, young people who spend seven hours or more a day on screens are more likely to be diagnosed with depression or anxiety compared to those who only spend an hour on screens each day.

They are also easily distracted, less emotionally stable, and have more problems finishing tasks and making friends. Researchers are not exactly sure how increased screen time and increased mental health disorders are related. However, it is believed that the increased electronic use can decrease peoples' (especially children's and adolescent's) coping skills, because the information presented on screens is easy to



access and almost instantly accessible. Social media and violent video games can also affect our mental health.

Social media can lower self-esteem and replace face to face relationships, which can impair social skills. Violent video games can affect mental health by desensitizing people to violence.

Despite the negative effects of increased screen time, electronic devices will continue to play a critical role in our learning, social life, and entertainment as we navigate through the pandemic. Nevertheless, it is important that we remember to take care of our bodies and stay healthy. 🌱

Why should a pandemic enforce hand hygiene?

Diaz, from page 7

knownst to rational individuals, solace is found in the lingering remnants of a trip to the bathroom, feel free to embrace the generic aroma of gas station foaming hand soap.

Sometimes, people are so close to achieving a sufficient clean, but then they go ahead and make an innocent, yet disastrous, mistake. Envision a hypothetical miracle: someone has properly washed their hands.

Hold the incredulous gasps, because

then they saunter across the scummy tile floor and arch a cleansed hand upward to the glistening doorknob. Fingertips grasp the surface and pull in a swift motion before the person exits the bathroom with an abrupt swing of the door. Note: The same doorknob that was touched by others who weren't so hygienically courteous.

Those poor, well-meaning souls... They get an A for effort. And Influenza.

Now more than ever, the extent to which society continues neglecting proper hand hygiene is harrowing. Yes, aware-

ness may be spreading, but so are germs. Anyone can wash their hands (*Ahem* properly), and everyone should (...properly).

Even if they "didn't touch anything."

Even if they don't like the smell of the soap. And even during varying degrees of consciousness when stumbling out of bed to go pee in a 3 a.m. stupor.

It goes without saying how essential handwashing is in keeping germs at bay, but these results only come about if hand hygiene is appropriately executed. And, whether people want to admit it or not, it

hasn't been.

So if you happen to be excluded from the "I Washed My Hands Before It Was Cool" club, it's never too late to start being mindful of the effects hand hygiene has on everyone else. Through a lengthy duration, adequate coverage, and mindfulness of surfaces later touched, the number of proper handwashes witnessed can increase to a point no longer limited to a number of appendages. Then again, one can only hope. 🌱

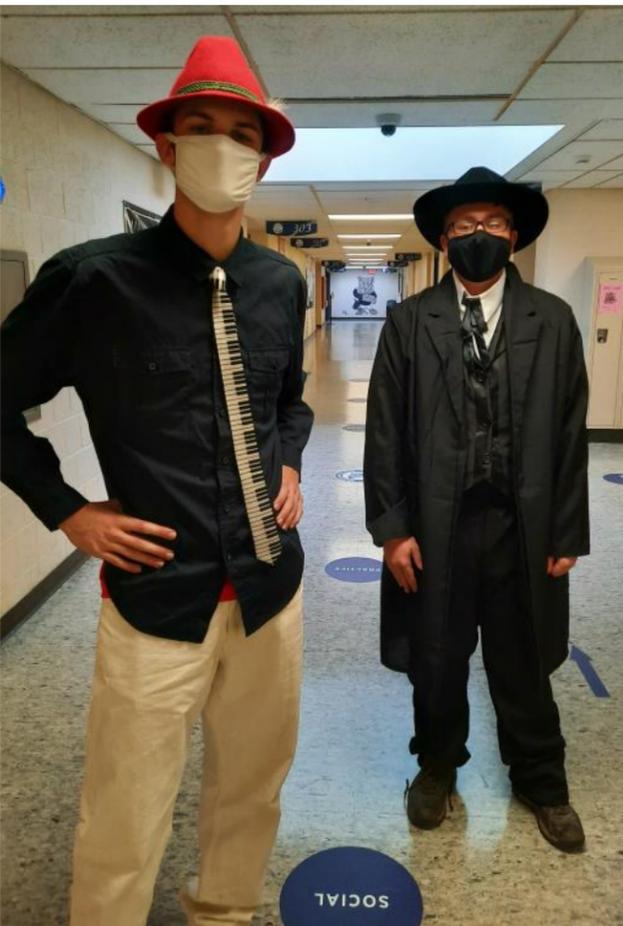


Miss Bayer, Mrs. Tiedeman, and Miss Scheckler were focused on Hocus Pocus — vacuum included.



Aidan Williams, Alexia Mankos, and baby Yoda represented some senior spirit.

HALLOWEEN AT NORTHERN LEHIGH



Kenneth Dyer and Aiden Blencowe stayed socially distant but stylish for Halloween.



Mrs. T, above and left, really, really likes Halloween costumes.



Ryan Templet showed us what he's like on the inside.



SENIOR NIGHT

Saying goodbye to a school career of sports is a special night for soon-to-be graduates

BY ALEXIS TRAUGHER
SPORTS WRITER

Senior Night — the event that holds significance to all athletes and families around the world. It acknowledges all the dedication, hard work, and memories that will last a lifetime.

To many high school seniors, senior night is the closing of their last chapter of high school sports and a welcoming to a new pathway into their future. Some will end their season and go on to college and continue in sports or various fields.

The importance and significance of this event lies in each and every player

who experiences it. To Alexia Mankos, a field hockey senior, it shows how fast time can pass and the life-long memories she has made.

Also the realization that she, and many athletes alongside her, are no longer little kids, but young adults about to take on the world. Mankos said, "Senior Night impacted me by showing me how fast time goes while playing a sport in high school, trying to cherish all the little time you have being an athlete, as well as its importance of sending us off into the bigger world."

For coaches, this can be an acknowledgment of the end of playing days for

the athletes they saw grow up. Through Coach Joseph Tout's eyes, he sees senior night as an emotional night and the end of a long battle in his players' lives. Tout said, "For many of the players, they have been playing football starting out with flags, since around age 8. This is something they have been participating in for about a decade. It also incorporates their family, so it can be emotional."

Along with seniors and coaches, fellow players see the significance of Senior Night in a different light. Isaiah Warner, a sophomore football player, feels the importance is to recognize the hardworking seniors and to say farewell to those he

has grown close with. Warner said, "This event displays some of my favorite seniors graduating and their names announced for everyone to hear, as well as celebrating their accomplishments at their last home game with Northern Lehigh."

Senior Night's importance will always be held to the players experiencing it first hand. Either representing the memories they have made or the sending-off into a life filled with new ones to be discovered. The emotional and heartbreaking rides have come to an end, and a new battle ahead awaits the seniors. 🐾



Alexia Mankos and family.

Photo by Mr. Bryan Geist



Hailey Evans and family.

Photo by Mr. Bryan Geist



SPORTS

Soccer Senior Night



Photo by Mr. Bryan Geist

Hailie Krasenics and family.



Photo by Mr. Bryan Geist
Michael Adams and family.



Photo by Mr. Bryan Geist
Kenneth Dyer and family.



Photo by Mr. Bryan Geist
Evan Horninger and family.



Photo by Mr. Bryan Geist
Elijah Jackovitz and family.



Photo by Mr. Bryan Geist
Chuck Wilk and family.



Photo by Mr. Bryan Geist
Aidan Williams and family.



Photo by Mr. Bryan Geist
Brenton Krempasky and family.



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Grant Olewine and family.



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Serving up and spiking down about volleyball

BY ASHLEY MOYER
CONTRIBUTING WRITER

Volleyball. A sport undermined and rarely ever heard of. What is it? How do you play? What's its history? Let's jump in and explain what volleyball even is. Volleyball is a game of 6 people on each side. These positions consist of The Setter, Middle Blockers, Spikers or Hitters, and the Libero. Each side gets 3 hits to get it over the net and you can't touch the ball twice consecutively. The perfect play would consist of serve, receive, set, spike.

Volleyball originated in 1895, in Holyoke, Mass., by William G. Morgan, an instructor at the local YMCA who decided to create a physically contactless game for his classes of businessmen.

So, he raised a tennis net to 6 feet 6 inches off the floor and blended elements of basketball, tennis, handball, and baseball to create what he called, Mintonette, which would later be known as volleyball. In 1896, Asia and Japan heard about volleyball and by the 1900's, a specially designed ball was created. Over the next 20 years, the rules were set into place. The "set" and "spike" were created by the Philippines, the six players a side was created, and by 1920, the three hits per side and back-row attacks were created.

National volleyball associations were created in the United States, Japan, and Russia during the 1920's. Eventually, due

to U.S. soldiers, volleyball also became popular in Europe. Volleyball was made a non-Olympic sport by the International Olympic Committee, and the first World Championships were held that same year, but only for men.

The women's first championships were held 3 years later. Due to the rise of beach volleyball, some traditions were dropped for the Sydney Games. Like the previous system of, "only the serving team could earn a point," was now, "a point will be a stake for every rally." Later came the addition of the "libero," a defensive position where the player is constantly substituted in back-row defense almost every turn.

In this article, we are talking about women's volleyball. So, now that you know what volleyball is and how it was created, let's get into the season and the teams.

I originally became inspired to write this article watching a women's college volleyball game, which you can find on ESPN Uni. The college season had started in early October, and the typical season ends around January or March.

Due to Covid-19, this season is a bit different. Such as little to no spectators, no player substitutions, mandatory

masks, and ball sanitization after every rally, as well as using a new ball after every rally. As for the U.S. Women's National Team, their season has been cancelled.

There are many different types of volleyball. The three more popular types include sand volleyball, grass volleyball, and indoor volleyball. Indoor volleyball is the most favored, although sand volleyball often rivals it. Among high school volleyball players, it is also quite popular

to join a volleyball club on their off season. Many join to advance their skills.

It is just like playing for a high school team, they have tryouts and games, however, just like any club sport there is an admissions fee. As you can see, volleyball is a complex, interesting, and very competitive sport, where teammates always have each other's backs. It's also a very popular sport around the world and is gaining more traction in the States. Interested? Try it out, you might like it. 🐾



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Take back the misery. His paws and claws are worth it

BY MR. CHRISTOPHER BARNES
MANAGING ADVISER

The same thing happened when we were about to have our first child.

"Just wait until they throw up everywhere." "Say goodbye to sleep!" "There goes all your independence." "Is this something you really want to do?"

When my wife and I (she did most of the hard labor) had an "Ike" about 10 years ago, those warnings and desperate questions were tossed our way by folks eager to share all their misery.

It was minorly rude, majorly annoying, and totally unnecessary. For the record, Ike — now a fourth-grader — no longer throws up everywhere, sometimes allows us to sleep, hasn't stolen *all* our independence, and yeah, we will keep him around. (Our other little hurricane, Abel, 6, is another story).

So when we decided to add a new little furry member to the family, and made the questionable mistake of sharing the news with people, the same warnings returned — because people love to rain on anyone's puppy parade, for whatever reason. After 41 years on this spinning planet, and thriving through an adolescence where my father pushed a strict "no paws, no claws" policy, we dogged up.

Archie, a 7-month-old Weimaraner, bounded into our house and, with all the



Archie Bader Ginsburg

cuteness that puppies supposedly possessed but I could only dream about, whimpered, hopped, and licked any face available. He also began eating the couch and anything of a wicker variety. Part of the package, I suppose.

As offensive as I remember people being when we prepared a family of the human style, things haven't improved much. What is the appeal with dumping the negative upon those who have happy news to share? You announce something and it's *BAM*-this, and *BOOM*-that, and *you're gonna hate this and just wait for that!* It's pointless.

Are they so regretful about their own past decisions that they need to dish some of the dreariness on others? Muzzle that garbage.

We have had Archie (full name, Archie Bader Ginsburg) for four weeks now and, contrary to the naysayers, he has been a fun new tenant. He snores, he drools, he whines and pees only on hardwood floors. So what? He bites, he growls, he wants our ice-cream but settles for carrots. It's great.

And just like with my nutty kids, yes — we have said goodbye to sleep, lost some independence and have realized it is something we really want to do. Take back all your misery. Archie is here to stay. Could *you* resist that face? 🐾

SOCCER SENIOR NIGHT

Continued



Bielman Morales-Perez and family.

Photo by Mr. Bryan Geist



Josh Sollars and family.

Photo by Mr. Bryan Geist



Photos by Mr. Bryan Geist
(Clockwise from top left). Madison Seier, Emily Hunsicker, and Shaina Mazzocca.

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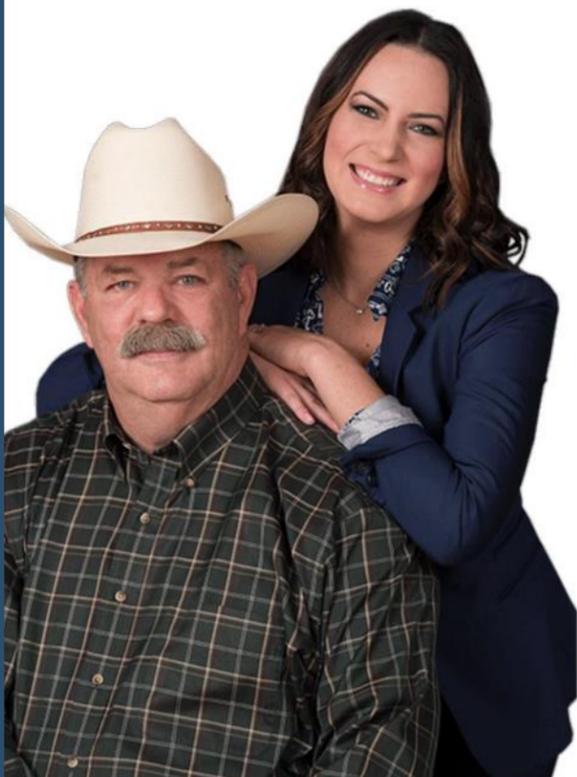
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An emotional end to the season



Photo by Jennifer Held
This year's football team left their hearts on the field after a season-ending loss to Palisades. We will analyze what went well this season and where improvements are needed for 2021 — NEXT ISSUE!

GIRLS SOCCER SENIOR NIGHT



Photo by Mr. Bryan Geist
Kristen Guelcher and family.



Photo by Mr. Bryan Geist
Riley Griffith and family.



Photo by Mr. Bryan Geist
Erica Detweiler and family.



Photo by Mr. Bryan Geist
Julia Wanamaker and family.



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Brooke Bower and family.

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