

GUIDE POST NORTH HIGH'S STUDENT NEWSPAPER

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INSIDE THE 2020 PRESIDENTIAL RACE

SAUL ADES '21 **CONTRIBUTING WRITER**

T hroughout Trump's presidency, there is no doubt that Ameri-can politics have become extremely polarized. Democrats and Republi-cans seem to always be expected to take completely opposite stances from each other and blame the other party

for all the problems facing the country. Recently, we have seen polarization in September when Trump nominated Judge Amy Coney Barrett to fill the spot of the recently deceased Supreme Court Justice, Ruth Bader Ginsburg. Some Democrats threatened to pack the court if Barrett is appointed and former Vice President Joe Biden wins the presidential election in November. Trump and Biden's ideas for

America conflict greatly, most notably in the structure of the American economy. President Trump often boasts that his tax cuts, which went into effect in 2018, created "the greatest economy in the history of our country." Biden says if he is elected President, he will destroy Trump's tax cuts, once again raising taxes on Americans and businesses. This approach is similar to the tax struc-ture during the Obama administration. Both candidates also disagreed

with how the United States should handle the current pandemic. Biden blames Trump for easing up on the lockdown restrictions too quickly and wants to enact a national mask mandate. Trump, however, believes the country is doing just fine and urges Americans to not let COVID-19 "dominate your life." In the first 2020 presidential de-

bate on September 29, each candidate struggled to get a word out as they shout-



President Trump and former vice president Biden go head to head during the first presidential debate moderated by Chris Wallace. Photo: Patrick Semansky

ed over each other. At one point, Biden even said, "Will you shut up, man?" while Trump was bombarding him over whether or not he supports court packing. Once the debate ended, many Americans were disappointed in both candidates.

The first presidential debate which took place in Cleveland, Ohio on September 29 was described by moderator Chris Wallace as "a terrible missed opportunity." The second presidential debate was canceled after President Trump refused to participate in a virtual debate, despite testing positive for the coronavirus. The debate was supposed to be held on October 15 in Miami and would have been

moderated by Steve Scully. Instead of the debate, both candidates are holding town hall meetings on October 15 at 8 p.m., the same time the debate was supposed to be held. The third presidential debate was held on October 22 in Nashville and was moderated by Kristen Welker. It is no coincidence that both

the first and second debates are held in "swing states." Because of the elec-toral college, presidential candidates must mainly put their focus into just a few states known as the "swing states." Swing states do not strongly lean to ei-

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FHE END OF GREAT NECK SOUIR

ALEX AHDOOT '21 STAFF WRITER

S quire Cinemas on Muune Access Road has been a community fixquire Cinemas on Middle Neck ture for as long as most Great Neck residents can remember. For many, the Squire, which has been operating since 1935, has served as a central aspect of life in this town. In September, however, thousands of people were disheartened to find out that the beloved movie theater was finally closing.

Due to the emergence of nonul movie streaming services such as Netflix and Hulu, Squire has already been on the decline, but the COVID-19 pandemic seemed to be what really forced the theater to pack up its bags. Major cinema chains including Regal Cinemas have closed their doors as well as theaters remain shut and patrons remain home . New York state only allowed cinemas in lowrisk areas to reopen earlier this month. Since the beginning of the pandem-

ic in Great Neck, the "currently playing" list outside the Squire instead portrayed a message of: "This too, shall pass". How-



Great Neck's very own Squire shares their parting message as they close their doors after 85 years of successful film presenting. Photo: The Island Now

ever, this signage ultimately proved to be a source of false hope, as the movie theater never ended up reopening.

The movie theater has been added to the extensive list of Great Neck businesses that have shut down over the past decade, leaving another va-cancy on the once-booming Mid-dle Neck Road. Many Great Neck residents who feel upset about the Squire's closing wonder about the direction in which the town is heading.

"Great Neck is starting to lose its " said sophomore Juliette Ahdoot. She has seen how some of the town's integral retail stores, such as Infinity, Camp & Campus, and Jildor, have had to close down over the past few years and is worried that the trend will continue, especially now that the Squire is gone as well.

It is currently unknown whether another business is looking to fill the building, especially since the movie theater occupied such a large space and so many businesses are doing poorly at

MUSLIMS HELD IN CHINESE INTERNMENT CAMPS

Addison Klebanov '23 Contributing Writer

O ver the past several years, China has imprisoned at least one million to three million Uighurs in internment camps throughout the country. The government claims that the camps are anti-extremism facilities, however, their actions clearly contradict this claim. President Trump signed the Uighur Human Rights Policy Act of 2020 in June as the official American response. The bill requires the United States to send resources to Uighurs in China, whose human rights are being violated and abused. Although passed months ago, the bill caused little to no change. The main reason for this is the lack of definitive information about the matter. Many argue there hasn't been enough coverage of the oppression of the Uighur Muslims in China. Antonio Guterres, a Secretary-

Antonio Guterres, a Secretary-General for the United Nations, spoke to and about China in the spring of 2019. He recognized China's supposed mission in holding these concentration camps but emphasized the need for humanitarianism. "I go on with a clear opinion that human rights must be fully respected in the territory," said Guterres.

respected in the territory," said Guterres. Since 2019, there has been a lack of substantial evidence of what the Chinese are doing to the Uighurs, which is partly due to the fact that the media rarely covers how and why Muslims are being oppressed in China. Uighurs are a Muslim ethnic group that speak a Turkic language and have a culture unique from the country's dominant Han Chinese culture. The Chinese government does not support Muslims or other major religious presence in their country. Furthermore, a large portion of Uighurs are sent to "training camps." China had initially denied the existence of these training camps, however, they later admitted to their existence and labeled them as "vocational in total, are located in Northwest China in a region known as Xinjiang. After the Uighurs are sent to the concentration camps, the media has very little knowledge of what goes on. Reporters, interviewers, and the media are all not allowed into the concentration camps.



Uighur Muslims being held in an internment camp in Lop County, Xinjiang, in April 2017. Photo:Xinjiang Judicial Administration WeChat Account

training" and "re-education programs" that aim to alleviate poverty and counterterrorism threats. In reality, the bases are more similar to concentration camps than training camps. Uighurs are sent to the concentration camps for being "extremists." While the Chinese Communist Party has no proof that the Uighurs are extremists, they continue to imprison them. The internment camps, nearly 400

Most of the information regarding the internment camps has come from survivors who have fled these camps, leaked Chinese government documents, and satellite images that have helped to confirm the existence of the camps. Chinese officials describe the camps to be similar to boarding schools, where the Uighurs learn Chinese language skills, law, and vocational skills to "eliminate extremism." A few Uighurs have been able to flee the camps, and described the camps as similar to a prison. These escaped Uighurs said that every move they made was monitored with microphones and cameras, and they claimed that the Chinese have been forcing them to undergo political indoctrination, a form of brainwashing.

Additionally, there are many human rights violations occurring in the internment camps. Women have experienced various types of sexual assault and mandatory abortions. One of the most terrible rules in the camp is sterilization, which forcefully blocks the fallopian tubes, so that Uighur women can never reproduce. Suicide rates are incredibly high in the concentration camps, even though self-murder is highly looked down upon. The Uighurs and the Chinese have entirely different views on the camps. The international community has thus far condemned these camps as blatant attempts at an ethnic cleansing.

The concentration camps are meant to scare the Uighurs away from China and exterminate those in China. Additionally, there is not enough evidence to show the Chinese are abusing the Uighurs, as media coverage of the matter is minimal. Even if the rest of the world finds out everything about the camps, there is not much other countries can do against a powerhouse country like China. There have been rumors that the Chinese government kidnaps or kills people who know too much information about their inner workings. The Chinese are blatantly oppressing the Uighurs, and the lack of media attention helps the Chinese conceal their concentration camps.

NORTH HIGH'S RESPONSE TO COVID-19

Talia Nazarian '23Contributing Writer

T he COVID-19 outbreak has had a significant impact on the lives and education of students in recent months. With the abrupt closure of schools last March, many students and parents were unsure if North High would be holding in-person classes this academic year. The North High teachers and administration have diligently planned a safe environment for in-person classes to resume. They implemented a hybrid model of in school and remote learning, and instituted many safety protocols as well.

A school day in the 2020 school year looks extremely different than one from the 2019 school year. To start, North High has implemented hybrid learning which means that only half the number of students are allowed to enter the school building, while the other half attends class remotely over Zoom. Other students have opted for an all remote learning experience For those students participating in the hybrid model, they must follow new safety protocols while on school premises. For starters, they must arrive a few minutes earlier than they are used to in order to get their temperature taken. All students and staff members must wear masks during the entire school day. This includes wearing masks to and from lunch during open campus lunch. Administration has reminded students that having an open campus is a privilege, and can be taken away unless students wear their masks and practice social distancing. If students do not wear a mask in

school, they will be sent home and may be forced to switch to remote school. Additional safety protocols are in

cal contact. Whether or not you like the new protocols, they are here to stay and everyone agrees they create a safer en-



Cartoon by Sarah Smith

place, such as one-way stairways and the use of disinfectants to wipe down surfaces. One-way stairways are necessary in order to limit hallway traffic in order for staff and students to maintain social distancing while walking to class. It provides a secure route from class to class and permits occupants of the building to move about while minimizing physi-

vironment. North High also placed student desks six feet apart in order to practice social distancing in the classroom. In class and remote learning has

changed the ways students learn and teachers teach. Although in-class and remote learning each have its own advantages, some teachers and students find it very difficult to adjust to remote learning, especially the use of new technology and difficulty of creating a real bond when separated by a screen.

"It's very hard to learn remotely because it's difficult to understand the questions students are asking in class and engage in conversations," said sophomore Kyleen Kalimian.

said sophomore Kyleen Kalimian. "Masks, social distancing, nightly cleaning, and hand sanitizing stations are part of our new reality, but fortunately these new policies have done nothing to dampen our students' enthusiasm and work ethic," said Mr. Schad. "Challenging times tend to reveal a community's true character and once again GNN has shown its grit and unwavering support for each other."

As students and teachers are adjusting to the new school year, the state government has decided to cancel first quarter sports. As of now, winter sports are set to begin on January 4 with a six-week season. While sports are cancelled for the first quarter, after-school clubs are still in session virtually. On the school's website, a list of school clubs offered at North High is published.

Returning to school during the CO-VID-19 pandemic may not feel normal for students and staff, but we must all support the new safety protocols as they are required if we are to stay open. To keep GNN operating in person it is crucial for students and staff to safely and consistently implement actions to slow the spread of this disease. Luckily, the administration is doing a great job during these unprecedented times, working their best on making sure everyone stays healthy and safe.



VICKY SAKHAI '23 **CONTRIBUTING WRITER**

in American arely History R has the death of any other Supreme Court Justice resulted in highly political conflict as the death of U.S Supreme Court Justice Ruth Bader Ginsburg. American icon Ruth Bader Ginsburg was one of the most prominent Supreme Court Justices in the history of our nation. Ginsburg fought non-stop for women's rights until the day she died, September 18, 2020 at the age of 87. Ginsburg was a hero for gender equality and has forever changed America for women. She was the second woman, and first Jewish woman, to serve on the U.S. supreme court, nominated by Clinton on August 10, 1993. As a Jewish mother it was difficult to receive employment and an education, however, she was willing to put in the effort and rise above the challenges.

In the late 1950's, she was accepted into Harvard Law School where she was one of nine women in her class. No matter how much work she needed to get done, she would always make time to focus on her goals in order to succeed. After studying at Harvard Law School, she became the first woman to teach at any American Law School and was the first female tenured at Columbia Law School.

"The U.S. Supreme Court did not even recognize that the constitution prohibits discrimination based off gender until 1971 - and that's Jus-tice Ginsburg case," said Abbe Gluck, a Yale Law School professor and former clerk of Justice Ginsburg. The United States Military has been

affected by Ginsburg's actions as well. Before Ginsburg, there had been a menonly policy, but this was changed when the Supreme Court threatened to stop the state's funding to the school. For the

She founded the American Civil Liberties Union (ACLU) Women's Rights Project in 1972. The ACLU Women's Rights Project fought for change and systematic gender reform in institutions where there was gender discrimination against women. Although they made changes in all areas, they specifically focused on employment of women, violence against women, and education for women. This project argued six gender discrimination cases, winning five of the six. They won cases such as the Craig v. Boren case and the Califano v. Goldfarb case.

There are differing points of view as to whether RBG's seat on the Su-preme Court should be filled by the sitting President so close to an election. During President Trump's rallies, many Repub-licans chanted, "fill that seat." But many Democrats disagree, feeling frustrated that Republicans would try to fill the seat prior to the 2020 presidential election. Senator Chuck Schumer stat-

ed, "The American people should have a voice in the selection of their next Supreme Court Justice. Therefore, this vacancy should not be filled until we have a new president."

Pundits state that Ginsburg's death should motivate voters to turn out in the November election and will sway undecided voters to vote either for or against the ideals that RBG promoted, such a women's right to exercise her reproductive rights. Trump supporters say that by filling the vacancy on the Supreme Court, they will please the Republican base and build support, while Democrats say that it will motivate especially younger voters and female voters to vote for Joe Biden.

"Her death emboldens me, because I'm afraid of having an additional conservative Justice," said Allan Goldberg, 74, a business owner from south of Miami. Goldberg said he votes primarily for



Former Supreme Court Justice Ruth Bader Ginsburg delivering a speech at the 100th anniversery of the ratification of the 19th Amendment. Photo: Patrick Semansky

first time in Virginia's Military Institute's 158 year history, women were now per-mitted to enroll in the military college, with 30 women in the freshman class.

She started a pop culture renaiswhen writing I dissent, on the Bush v. Gore election and the Lilly Ledbetter discrimination case, rather than the traditional "I respectfully dissent." After this, people wore all sorts of cloth-ing with the words "I dissent" written on it. Her signature black robe became a fashion statement for all people in America. Documentaries on her were being released, and she even won the \$1 million Berggruen Prize, an award for thinkers whose ideas shaped self-understanding.

RBG has been fighting for women's rights her whole life, long before she ever served on the Supreme Court.

Democrats and plans to support Biden. At a campaign rally in Middle-

town, Pennsylvania on September 26, 2020, President Trump announced that he would nominate Amy Coney Barret, a 48 year old conservative Republican, to succeed Ginsburg. This decision was met with backlash from the Democratic Party who find it unfair. Instead, the Democratic Party thinks that President Trump should wait until the results of the upcoming presidential election are in, and that the next President should nominate the next justice who will succeed Ginsburg to the Court, which is a lifetime appointment.

No matter who succeeds the well known and heroic Justice Ruth Bader Ginsburg, it is impossible for anyone to replace her, for she is a woman



KELLY CHU '21 Columnist

he list of human rights abuses T allegedly committed at Immigration and Customs Enforcement (ICE) detention centers continues to increase. Allegations follow widespread medi-cal neglect at the Irwin County Detention Center (ICDC) in Ocilla, Georgia. Complaints allege that several immigrant women received mass hysterectomies without proper informed consent, mean-ing that the women did not fully understand or consent to these procedures. A hysterectomy is a procedure that re-moves the uterus, effectively ending a woman's ability to become pregnant. Dawn Wooten, the whistleblower



MEDICAL NEGLECT IN

their test results, but also destroyed and fabricated medical records as well as underreported their number of coronavirus cases. An approved transfer of detainees to a second facility caused an outbreak of coronavirus at this second facility.

Wooten states that she has been confined for speaking out and has seen other employers who have been denounced for following the same actions. She was demoted in July after raising these concerns with her superiors. "For years, advocates in Georgia have raised red flags about the human rights violations occurring inside the Irwin County Detention Center," said Project South Staff Attorney Priyanka Bhatt in a press statement. "Ms. Wooten's whistleblowing disclosures confirm what de-



Whistleblower Dawn Wooten protesting the state of affairs of the immigration jail on September 15, 2020. Photo: Jeff Amy

in question, was working as a licensed practical nurse at ICDC which is run by LaSalle Corrections, a private prison firm. Wooten's accusations even recounted an incident of a doctor admitting to accidentally removing the wrong ovary on a patient during one such procedure Her complaints were filed with several different human rights groups, including Project South and Georgia Latino Alliance for Human Rights. Many detainees have claimed that prior to their surgery, they lacked access to proper interpreters and the staff on hand often did not speak Spanish, resulting in them going into surgery without fully under-standing the implications. These ac-counts were corroborated with those of several current detainees as well as a former employee, all of whom asked not to be identified in fear of retaliation from immigration authorities. These accusations are inextrica-

bly linked with the United State's sordid history of reproduction coercion and government-sponsored sterilization programs. These programs, formed in the early 20th century and fueled by the xenophobic pseudoscience of the time period, have historically targeted diabled women, incarcerated women, and women of color. The Supreme Court even upheld a state s right rily sterilize those deemed "unfit to reproduce" in the 1927 case Buck v. Bell. This decision has never been explicitly overturned, though forced sterilization is classified as genocide accord-ing to the International Criminal Court.

Wooten also accused the detention center of disregarding coronavirus safety guidelines, as there was a mass failure to test symptomatic detainees and to quarantine those who had come into contact with either confirmed or suspected cases. ICE not only pressured symptomatic whose legacy will never be forgotten. employees into working while awaiting

tained immigrants have been reporting for years: gross disregard for health and safety standards, lack of medical care, and unsanitary living conditions at Irwin.'

ICE continues to maintain its innocence, adding that ICDC was found to be in compliance with Performance-Based National Detenwhen tion Standards inspected. "ICE takes all allegations seriously and refers to the [Office of Inspector General] regarding any potential investi-gation and/or results," said a repre-sentative of the agency. "That said, in general, anonymous, unproven allegations, made without any fact-checkable specifics, should be treated with the appropriate skepticism they deserve." howev-

This incident, howev-is far from the first accusaer. tion against ICE for its cruel conditions and treatment of its detainees. According to a 2019 letter to ICE's Inspector General from staff members of the House Oversight Committee, the committee was left with "significant concerns" after visiting several detention centers, including ICDC. Detainees reported to the committee members that they were subjected to inhumane conditions, such as verbal abuse and sleep deprivation. Top congressional Democrats

now asking for the Department of Homeland Security Inspector Gen-eral to investigate these allegations. "If true, the appalling conditions described in the whistleblower com-plaint—including allegations of mass hysterectomies being performed on vulnerable immigrant women-are a staggering abuse of human rights," said House Speaker Nancy Pelosi. "Reports such as these point to the urgent need to overhaul our unaccountable deten-tion system and its horrific misuse by the Trump Administration, to ensure that these abuses cannot ever again happen."

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BLM PROTESTS MAKING A DIFFERENCE

ZOE LYAKHOV '23 Associate Editor

he murder of George Floyd, a T he murder of deorge 110, 4, 46-year-old black man who was killed by police in May, has in the last six months galvanized the Black Lives Matter (BLM) movement. BLM resparked as thousands of people took to the streets to protest the oppression of black people all across the United States, with Great Neck residents having their voice heard as well. In order to emphasize support for this movement, many large corporations and citizens spoke out against the oppression of black people and also do-nated to various civil rights organizations.

Eight minutes and 46 seconds was all it took for three Minneapolis police officers to suffocate George Floyd to death. The police arrived at the scene after receiving a complaint regarding illicit cigarette trading that was alleg-edly occurring outside of Cup Foods, an Arab-American convenience store. The situation escalated rapidly, resulting in Officer Derek Chauvin planting his knee onto Floyd's neck, ultimately killing him.

Darnella Fraizer, one of the eye-witnesses of his death, uploaded her video recording of the incident onto social media where it quickly escalated. A couple of hours later, #BlackLivesMatter, #GeorgeFloyd, and #DefundThe-Police, were trending all over Twitter. Originating in Minneapolis, Min-

nesota, BLM protests quickly spread across the country, and then later even across the globe into foriegn cities including Paris, London, and Switzerland.

BLM protests also made their way into Great Neck, with the support of many town citizens including students at North High. The Great Neck BLM pro-test stretched from the Village Green Park all the way to Grace Avenue Park. Whites make up 83% of the Great Neck population, and only 2% of residents are black. Nevertheless, the town still came together

and protested against the oppression of black individuals across the entire nation. Great Neck's lack of diversity could have led to inaction among its residents to fight for social justice. In-

ganizer of the 700-person march in June. "There's just so much hate in this town," said Cohen. "When peo-ple started getting together to protest, I wasn't about to sit that out." Great



Protestors marched down Great Neck Road in July as part of the Black Lives Matter protests that took place in Great Neck and worldwide after the killing of George Floyd by police. Photo: Lauren Yu

stead, Great Neck citizens took the time to remove themselves from the "Great Neck bubble" and protested against the oppression that black individuals have been facing for centuries. Many students of Great Neck North

High chose to participate in these protests. Senior Chelsea Cohen was an orNeck's population, being overwhelm-ingly White and Asian, lacked many Black adult voices to lead the marches –

so Cohen and other teenagers stepped in. "There is such a small [black] population [in Great Neck,]" said Cohen. "No one cares about us." Despite the challenges, Cohen and other students in the area put together the event themselves. Another student involved with Great Neck's Black Lives Matter protests,

Ellie Lampione, had a similar answer. "I don't think it really matters how many Black people are in our town for the issue to still be prevalent," said Lampione. "It is a countrywide issaid Lampione. It is a countrywide is-sue that affects people here even if they are of different races." Regardless of how small the percentage of people whom it directly affects within Great Neck may seem, it is still too large. As the BLM movement con-

tinued on, many celebrities spoke out and advocated for a change. In a video urging people to sign petitions seek-ing justice, famous artist Beyonce said: "We need justice for George Floyd. We all witnessed his murder in broad daylight. We're broken and we're dis-gusted, we cannot normalise this pain...We can no longer look away." While many celebrities were

speaking out and donating to BLM-focused organizations, companies showed their support by also releasing statements and donating, as well as creating new rules within their workforce, and investing in new anti-bias training for their employees. A company's de-cision to get involved with a social issue always influences many of its consumer's decisions regarding whether

or not to purchase from that brand. Many within the BLM move-ment say it is a call for social change that should have happened years ago. Police brutality is not new to the United States - the deaths of Eric Garner, Michael Brown, Freddie Gray, and countless others long predate 2020. Yet with Black Lives Matter reportedly being the largest protest movement in American history, it seems change and reform may be just over the horizon.

INSIDE THE 2020 PRESIDENTIAL RACE

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ther side of the political spectrum, giving them the ability to sway the election. The first and only vice presidential debate took place on October 7, with candidates Mike Pence and Kamala Harris. It was moderated by USA Today's Susan Page, in front of a small group of people in Kingsbury Hall, at the University of Utah. The candidates discussed a wide range of topics such as the econ-omy, COVID-19, healthcare, and more.

An effective way to change the course of politics in our country is to exercise your right to vote. Approximately 58% of eligible voters in the United States voted in the 2016 presidential election. Large companies and corporations, such as Facebook and Snapchat, are actively promoting voting through their platforms. Other companies, such as Old Navy and Target, are giving their workers paid days off to serve as election workers.

Many celebrities are using their influential voices to promote a certain candidate as well. On October 7, Taylor Swift posted a tweet endorsing Joe Biden and Kamala Harris for president. Kanye West has also famously endorsed President Trump and has been seen wearing "Make America Great Again" hats. Another controversy of this elec-

tion is mail-in voting. Instead of voting in person, Americans now have the option to vote through the mail. President Trump opposes this idea and says it will lead to voter fraud. On the other hand, Democrats be-

lieve mail-in ballots are necessary since voting in-person might be physically demanding for people, especially in a pandemic. In Pennsylvania, many mail-in ballots that voted for Trump were reported to be found in the trash on September 25. Democrats are worried that this concern of fraud may cause Trump to deny and refute the results of the upcoming election if it does not turn out in his favor.

Over the past several years mailin ballots have become more popular; nearly double the amount of mail-in ballots were sent in the 2020 primary elections compared to the 2016 general election. Millions of absentee ballots have already been cast, surpassing the number of absentee ballots cast in 2016.

Many states have rules regard-ing when mail-in ballots are allowed to be counted. Most states do not begin counting ballots until Election Day, leaving many in anticipation to hear the results of the election. This presidential election will ultimately have a great effect on the direction of the country. If Americans want their voices heard, they can do so by voting on Nov. 3.

THE END OF GREAT NECK SQUIRE

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the moment due to this year's pandemic.

Squire has undergone several changes in ownership in the last few years. Long owned by Clearview Cinemas, the theater was bought by Connecticut-based chain Bow Tie Cinemas in 2013. MovieWorld, a Douglaston-based independent local operator, bought Squire in April 2019 and operated it until its closing.

For many North High students, the Squire movie theater was more than just a place to watch the newest movies - it was a crucial part of their childhood. Being Great Neck's only movie theater, the Squire served as a reliable option for a night out, a place where people of all ages could have fun, a cool birthday party

venue for many Great Neck teenagers. North High freshman Maya Yazdan nostalgically recalled that "going to the movies every Tuesday night as a little kid" was the best bonding experience for

her family, as well as a fun, entertaining activity with friends. Junior Aaron Ohebshalom said that he can vividly remember the "buttery aroma of popcorn that would hit you when you walked in," and that he'd never forget all the memo-

ries he made at the Squire over the years. It's clear that the Squire movie theater has been an essential part of Great Neck and that its closing represents a tremendous loss to the entire community. Squire's absence is but a symptom of a greater crisis – the seem-ing death of Middle Neck Road and Main Streets like it across America spot, and even the quintessential first date as part of the current economic crisis.

"For many North High students, the Squire movie theater was more than just a place to watch the newest movies - it was a crucial part of their childhood."

OCTOBER 2020 **GUIDE POST OPINION Staff Editorial:** Keeping Students In and the Coronavirus Out



Students in AP Physics C create a class agreement through Zoom, with half the students

While students may appreciate and other late-year festivities approach. Use the opportunity to return to the hal- Other states have sustained second waves lowed halls of North High, with this great power comes great responsibility. The directional arrows on staircases and spaced-out desks in classrooms make clear just how different this school year will be – and the duty imposed upon students to keep the doors open. The guidelines are familiar to most who've left their homes since March: wear a mask, keep six-foot distances from friends and teachers, and wash hands often. Within the confines of the classroom, the majority of students seem to be following these protocols designed to keep the coronavirus at bay. Yet it is growing ever-apparent that more often than not, these rules are being left at the door when students go out to eat.

Notes from businesses on Middle Neck Road and concerned citizens of Great Neck have shown that some North High students view the outdoor walk to lunch as a substitute for social distancing. Dr. Holtzman, backed by the scientists and mountains of data at the Centers for Disease Control would disagree – even when strolling down Brokaw Lane, the coronavirus can still spread if students don't wear their masks and stay at arm's length from one another. This disregard for these procedures not only puts the health and safety of the North High community at risk, but also endangers the long-standing tradition of open campus. In emails and announcements to the student body, Dr. Holtzman made clear that open-campus is not guaranteed - it is a privilege students can lose if they flout the safety guidelines. Yet the loss of a sushi lunch from Everfresh or a Bagel Hut bagel isn't even comparable to the potential loss of in-person learning.

New York's infection has dropped considerably since its peak in April. Many in the larger Great Neck community have tested positive for antibodies. These two factors along with the general reluctance to continue more than seven months of social distancing have led to a false sense of immunity that could prove to be Great Neck' undoing as Halloween

learning remotely and unable to directly communicate with their peers. Photo: Adam Sanders

of coronavirus infections. If New York heads down that path, it is increasingly possible that North High will close its doors for the remainder of the school year.

Most estimates report that more than half of American students are learning remotely, with the threat of more transitioning to a virtual system everyday. Not only does this take away students' ability to have social interaction, but studies by the CDC also show remote school poses a significant detri-ment to learning. Great Neck is one of the best school districts in the country - but even our terrific system faltered when pushed fully online in the spring.

Many students have argued that the administration could make small changes to policy that would improve student life. Lunch in the Commons or Small Gym is a dreary affair: desks in rows make socializing impossible and only serve to further isolate students already restricted from participating in extracurricular activities and sports. Organizing these desks in large, open circles would make chatting with friends possible and safe.

Students congregating at lockers is a clear risk for infection, yet the prospect of lugging around heavy winter coats, gloves, and hats along with a backpack and mask all winter seems daunting. Lifting the ban with the proviso that students refrain from loitering around lockers when putting parkas away could keep North High open while saving students' backs too. Ultimately, none of these possibilities for improvement to the guidelines matter if North High closes down due to a COVID outbreak. We students have to uphold our end of the bargain. The coronavirus is just as infectious on line at Deli on the Green as it is in a subway car or in a hospital waiting room. North High has only had a few cases.

But with cooling temperatures, holiday celebrations, and the false sense of security many in our community hold, students should remember the privilege of learning in person is not set in stone.

Guide Post strives to inform and entertain the student body, provoke conversations and debates, and provide insight on student and community life, while preserving and promoting journalistic integrity.

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ALEXA NISSIM '22 STAFF WRITER

 $\mathrm{W}^{\mathrm{ith}}$ this upcoming year's election, many people, primarily members of Generation Z (those born in the late 1990s to the early 2010s), are opting not to vote. A multitude of people find both Joe Biden and Donald Trump to be unsuitable candidates for the presidency, and, as such, have chosen not to vote rather than choose between them.

Younger people's ideologies differ drastically from the older generations, which is one of the main reasons for dislike towards the candidates. A lot of people are having trouble choosing between the two or even choosing at all. If a person cannot find any specific

tors fought for the right to vote but that doesn't mean everyone needs to use it.' Times are changing and people need

to adapt to evolving circumstances. The right to vote being offered to American citizens does not mean voting is an obligation they must fulfill. "Voting is a personal preference if you want to vote or not because, especially right now, many people don't like either of the candidates so even though they have the right to vote, it doesn't mean they necessarily need to invoke it," continued Roofeh. Young people often feel like they cannot relate to the older candidates as these two generations have completely different views. Currently, many people have strong opin-ions about both Trump, age 74, and Biden, age 77. Both candidates grew up in a



reason to vote, then the purpose of voting would lose its value. However, others have different opinions, where they would vote for the candidate with at least some similar ideas, specifically in regard to issues that are most important to the voter in question. Many of these younger voters consider voting to be an option they don't have to pursue, depending on the candidates. "Voting is being treated as a choice,

even though it has previously been treat-ed as a privilege," said Sarah Hakakian, a junior. "The right to vote has always held a significant value, and it is very interesting how quickly this has changed." There were particular groups of people throughout history that had to fight for their right to vote, so it can be disappointing when those whose ancestors worked hard to attain the right to vote now decline to make use of that right.

In America, individuals are able to cast their votes for who should represent them, while people in many other countries unfortunately do not have this privilege. Although both candidates in the upcoming election have their flaws, it's important for Americans to use this opportunity to voice their opinions. "Younger people are treating vot-ing as a choice," said Chloe Roofeh, a junior. "I don't say that in a nega-

tive way, though, because our ances-

completely different world compared to the one Gen Zers are growing up in now.

When voting, it is important to take into consideration that no candidate is perfect. If people are deciding for whom to vote, or if they should vote at all, they need to pay attention to the points that matter most to them and make those issues their deciding factors. Moreover, selecting a president is more than just picking a representative for our country, because he will play an influential role in deciding people who else will be active in the government.

For instance, Ruth Bader Ginsburg was appointed by Bill Clinton as a Supreme Court judge in 1993. Although Clinton was no longer in office, Ginsburg still served as a judge for the next years. Supreme C judges Court have a substantial amount of power when it comes to laws. Their decisions can affect abortion rights, marital laws, gun control laws, and more throughout the whole country. These judges stay in power long after the president who appointed them is.

All cartoons on pages 8-9 are drawn by Carolina Swiatkowska.



KATHERINE SMOLENS '21 Columnist

n Sept. 14, sickening allegations surfaced of inhumane treatment at the Immigrations and Customs Enforcement Detention Center in Irwin County, Ga. Dawn Wooten, a nurse at the facility reported that the detention center was not adhering to Centers for Disease Control and Prevention (CDC) guidelines re-garding COVID-19. Wooten claimed that neither the employees nor detainees were given proper personal protective equipment (PPE) or sanitization equipment.

Additionally, the facility failed to report a high number of COVID-19 cases, along with hiding tests from employers and reprimanding immigrants who questioned the state of sanitation. Those who questioned them received inhumane punishments, such as solitary confinement or cleaning duties. Several reports state that one individual was forced to clean up fecal matter as a punishment.

What perhaps is even more disturbing were the reports of unnervingly high rates of hysterectomies, consisting of removing one or both ovaries, or the uterus. According to this report, immigrant women were taken to a doctor outside the facility, where they were given hysterectomies, often without their full understanding or consent. These procedures occurred at disturbingly high rates. One doctor who performed these operations was often referred to by women as the "uterus collector," because ev-ery other woman they knew had got-



This disgraceful tradition can be traced back to as early as the 1840s. J. Marion Sims, hailed as the "Father of Modern Gynecology," held strong be-liefs that black women did not feel intense pain. Most of his research, which is the basis for a great number of gynecological practices today, was derived from experiments on enslaved black women, which were conducted without anesthesia. Similarly, California's asexualization acts, which were unanimously passed by both houses of the state's legislature in 1909, led to 20,000 men and women losing their reproductive capacity.

These acts were a direct source of inspiration for Nazi eugenicists. Adolf Hitler commended this horrible practice by writing that "at least weak beginnings toward a better conception [of citizenship] are noticeable...not in our model German Republic, but in the United States." One might think that being praised by Hitler would be a suitable reason to put an end to eugenic practices in the "land of the free," but these horrific practices continued well into the 20th century and beyond.

According to a 1965 survey, an astonishing one-third of Puerto Rican women between the ages of 20 and 49 had been sterilized, as a part of the U.S. population controls program within the territory. These non-consensual sterilizations were referred to as "Mississippi appendectomies." In the 1970s, white



Dawn Wooten spoke out against the alleged hysterectomies performed at Irwin County Detention Center on Sept. 15. Photo: USA Today

ten their uterus removed by that doctor. Beyond the issues of consent, many medical errors were made during these procedures, implying an intent of forced sterilization. In one case, a detainee was sent in to receive treatment for irregular bleeding, but the doctors removed her fallopian tubes under anesthesia, without her consent. In another report, a woman had a cyst on one ovary, out the doctors removed the opposite one

It is alarming to hear about immigrant women receiving forced hysterectomies in 2020. The media attention of these reports led to comparisons to eugenics, the study of rearranging the human body so as to limit the reproduction of "undesirable" traits, such as occurred in Nazi Germany. It is easy to believe these atrocities are occurring because of the current president and his administration, who have stated many dehumanizing things about immigrants in the past, notably referring to them as "animals." However, Donald Trump did not intro-

women were granted more bodily autonomy following the Roe v. Wade case, but around 25,000 Native American women were still forcibly sterilized by the U.S. government. Later in that decade, stricter guidelines were enforced to better ensure consent. However, the lack of outright eugenic policies did not terminate these atrocious practices. A 2013 investigation found that at least 148 inbetween two California mates were sterilized between 2006 and 2010.

Today's allegations of hysterectomies reflect a long history of stripping women of bodily autonomy in the United States. Unfortunately, media attention alone has not historically yielded significant results in situations involving forced sterilization. If learning about the United States' long history with eugenics and the current situation in detention camps frustrates you, take action against these heinous practices. Sign petitions, watch the news, and research what else you can do to end these practices completely.

Ava Assaraf '23 Staff Writer

"C ancel culture" has become a useless and toxic way of bringing attention to a person's mistakes, particularly in regard to celebrities. The term "canceled" has recently been popularized to mean publicly condemning someone's poor choices. However, this method of exposing someone is exceptionally ineffective and holds many flaws. Some people have been canceled for actions that have been taken out of proportion, while others have been canceled as a result of lies or rumors that spiraled out of control.

Especially in today's world, where diversity of opinions can be an extremely sensitive and controversial topic, vast cultures spread like wildfire, first small and contained, then harmful, dangerous, and leaving long-lasting effects. Whether it's their hair color, skin color, or a simple object in their room, people will always try to find a reason to cancel someone.

Watched with a magnifying glass by the public eye, celebrities risk their whole career in one slip-up. Ellen DeGeneres, the successful host of "The Ellen Show," particularly known for helping the less fortunate, has recently been at the center of a major scandal. Ellen was accused of creating a toxic work environment for her staff members and having an extremely rude and condescending personality. In an interview with BuzzFeed, Ed Glavin, Mary Connelly, and Andy



Lassner, the TV show's executive producers, expressed how sorry they were for the bad press directed towards Ellen, stating: "For the record; the day to day responsibility of the Ellen show is completely on us." Since the show left many of these allegations unaddressed for a period of time, more victims spoke out about their mistreatment, which resulted in the public taking the side of the workers and giving Ellen some negative and hateful press for a couple of months.

After DeGeneres finally apologized in late September, more problems surfaced as many spectators felt that her apology was insincere and ignorant. Although "canceling" Ellen did shed some light on her unfriendly personality behind the scenes, it has not been an effective way of ending her show and career. If anything, this method just brought more attention to her name and gave her - and her show - some free press.

her - and her show - some free press. Coincidentally, TikTok star Addison Rae just appeared on The Ellen Show, and like Ellen, she has recently been "canceled." Addison Rae posted a video getting her makeup done over the summer, which sparked a large debate. In this short clip, Addison's skin appeared to be darker than usual, and social media users almost immediately accused her of blackfishing. These accusations quickly spread, and while some believed she was purposely darkening her skin color, others felt that the situation was taken out of context. "Judging somebody off of a 15-second video is never okay," said senior Alina Lyakhov. "You can never know or understand the full story. It is important to put aside one's opinion of a celebrity and instead use common sense to understand how much room there is for misinterpretation especially on videos with such little context." Some people also used this drama to completely ruin her brand and career because they weren't big fans of hers to begin with. Addison quickly addressed the issue and mostly slid the conflict under the rug; the TikTok creator's life quickly returned to normal. Addison Rae is another blatant example of cancel culture being utterly ineffective and useless, as these efforts hardly impacted her career.

From Ellen to Addison to countless other celebrities who are canceled on the daily, cancel culture has begun to grow in an extremely harmful way. People who practice cancel culture are almost never successful. Even without social media, internet trolls always looked for ways to take down and expose successful and powerful people. The only difference is that, now, these intentions are addressed directly and abruptly instead of discretely.

If cancel culture has become this popular in a couple of months, how popular will it be in a couple of years? Will this vile trend just fade away, or will it grow to a point where people can never make a mistake again? Hopefully the former will prove true, and cancel culture will be the only thing getting canceled next.

RBG'S REQUEST BEFORE GOING

ABRAHAM KARPEL '24 CONTRIBUTING WRITER

When she was a law student, Associate Justice Ruth Bader Ginsburg's professors made her explain why she deserved a spot at Harvard Law School over a male peer. At each stage of her career, she faced similar discrimination on the basis of her sex, such as her difficulty finding a job after her law school graduation. Ruth Bader Ginsburg passed away on Sep. 18 due to complications from stage four metastatic pancreatic cancer, and, in addition to the significant feats she accomplished on the Supreme Court, Ginsburg will be remembered for the gender discrimination she overcame to get there.

Having gone through the pain of sexual discrimination first hand, Ginsburg founded the American Civil Liberties Union's Women's Rights Project, an organization with the goal of helping women's rights, and filed multiple lawsuits against sex descrimination. Out of the six cases she took to the Supreme Court, she won five.

Her resilience went past the courtroom into her personal health as well: Ginsburg beat cancer three times over the last 20 years of her life. However, in 2019 she was diagnosed with a recurrent pancreatic cancer that spread throughout her body. She underwent treatment, but eventually died of this ailment.

Despite her long battles with cancer, Ginsburg was unwilling to retire. "I have often said I would remain a member of the Court as long as I can do the job full steam," said Ginsburg after be-



Supreme Court Justice Ruth Bader Gingsburg was interviewed following her hospital release on May 6. She explained her previous health challenges and her most recent cancer battle prior to her death. RBG continued her fight in hopes of living out Trump's term. Source: NPR

ing re-diagnosed. She was entitled to make her own decisions, and, according to the United States Constitution, Supreme Court Justices can serve until they die. Yet as she wanted to be replaced by a liberal justice, Ginsburg should have retired during the Obama presidency to ensure that transfer of power.

The death of Ruth Bader Ginsburg sparked nationwide controversy when President Trump announced that he would appoint conservative circuit court judge Amy Coney Barrett to fill Ginsburg's seat and Senate Majority Leader Mitch Mc-Connell confirmed that he would push the nomination through the Senate. Democrats feel that Ginsburg's replacement should be nominated after the upcoming November election – many referenced McConnell's hypocrisy in justifying this stance because he refused to confirm Obama's nomination of Merrick Garland to the Supreme Court which took place eight months before the 2016 election. If the Senate approves Amy Coney Barrett, then there will be a 6-3 convervative majority on the Supreme Court. Since this overwhelming majority will allow Republicans to win most controversial cases, Democrats are fighting against what they believe has been an unfair process. Trump has already nominated two Supreme Court Justices during his four years as president, and many Americans think that number is too high for a singleterm president. Shortly prior to her death, Ginsburg told her granddaughter, "My most fervent wish is that I will not be replaced until a new president is installed."

However, since the Constitution does not grant any justice the power to choose his or her successor, this wish should be ignored by Trump and the Senate. According to Article II, Section Two of the Constitution, the President "shall nominate... [and] appoint Ambassadors, other public Ministers and Consuls, Judges of the supreme Court, and all other Officers of the United States." After the president nominates a judge, it is up to the Senate to vote to approve him or her. The President has the right to nominate a justice, regardless of Ruth Bader Ginsburg's wishes. Her beliefs hold no more weight than anyone else's; the only opinions that matter in regard to the appointment of a new justice are those of the President and the Senate.

Ruth Bader Ginsburg was an exceptional woman who fought against gender discrimination under the law. She played a substantial role in the development of our modern and more equal nation. However, if she really wanted to be replaced by a Democrat, she should have resigned under President Obama. The death of Ruth Bader Ginsburg will likely benefit Trump's chances at reelection because his supporters will be more motivated to vote since they are happy that he appointed Amy Coney Barrett.



JONATHAN SANDERS '24 CONTRIBUTING WRITER

n June 9, 2020, over 700 people took to the streets of Great Neck for a long overdue protest against the oppression of the black community all across the United States. Marching down Middle Neck Road, from Grace Avenue Park to Village Green Park, peaceful protesters were heard all over town chanting phrases, such as "Black lives matter!" over and over again, each incantation louder than the last. While "Say her name!", a refer-ence to Breonna Taylor, echoed down the street, a few people set up stands outside the stores alongside Middle Neck Road, passing out water to protesters.

Over a year earlier, in late March of 2019, people gathered in the Village Green Park to protest anti-Semitism after a horrifying year for Jewish people around the country; the Pittsburgh synagogue shooting had happened just the last October. This protest, despite our town's high Jewish population, had been nowhere near the size of the one in June. What caused this stark difference in attendance?

This is not a simple question with a black and white answer. In my opinion, because there are simply less black members in our community, more people feel the need to come together to advocate for

the cause. Great Neck is, according to the 2010 census, 82.8% white, with much of that population adhering to the Jewish faith. Anyone who is white likely automatically believes that they are safe and protected within this town. Black people, however, only make up 2% of our town. As an extreme minority, it is not abundantly clear that black people are safe from prejudice in our town; thus, more people felt Committhe need to show their ment to the cause. 2020, in Min-

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On May 25th, neapolis, Minne-Derek Chauvin George Floyd, counterfeitfor pressed his knee Floyd's neck, resulting in Floyd face-down on the asphalt for 8 minutes and 46 seconds. By the time medical assistance arrived, Flovd had died. having become unconscious from chokehold. the People

were furious. Another black man had once again died at the hands of the police. The Black Lives Matter movement (BLM), a decentralized social group that advocates against police violence and in favor of civil liberties, was regenerated. When BLM leaders called for protest, about 20 million people walked for the movement in more than 4,700 protests, including our own in Great Neck, by early July. Some cities reported violence and looting from the rallies, while others towns, such as ours, were described as going "off without a hitch," said Police Chief Ricardo Moreno.

I was one of the hundreds of people who participated in the Great Neck

BLM protest, and, though I don't recall much from the first park, there was one moment I will remember for as long as I live. The protest's organizers called for an 8 minute, 46 second long moment of silence in commemoration of George Floyd. Afterwards, walked we we walked up-town to the Village up-Green, and, as we

marched up Middle Neck, we chanted: "Say her name," "Say his name," "Hands

"Hands up; don't shoot!" To

day, this I can still remember these voices ringing in my ear.

"Although I wasn't able to be physically present, watching so many people of so many different backgrounds come together in my own town was something extremely beautiful," said Ethan Vegon, a sophomore who was unable to attend the Great Neck protest. "I really feel as though this protest had a huge impact on not only advocating for the BLM movement, but also changing the Great Neck culture and breaking down many racial and ethnic barriers.²

The 2020 BLM protests had a huge effect on the United States as a whole, as well as our town, compelling Americans to confront our country's dark past of marginalizing and oppressing black people. The protests constantly reiterated the importance of respecting one another and lifting each other up. The officers involved in Floyd's murder have all been charged with killing him, and other police who have killed black people will be up for trial soon. Nevertheless, BLM still has a long way to go. Police continue to frequently abuse their power, and oppress all people of color in the process. In order to further expand the effectiveness of the BLM protests, we need to continue to push for change and stand beside one another, as we are always stronger together.

SFMT1 ple, user "@queenreemo," dedicates followed, there were several Jew-

Stand Together

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Ha

age.

SOPHIE YELLIS '21 STAFF WRITER

rom vandalism of Jewish synagogues, homes, and stores, physical or social media attacks to on Jews, anti-semitism is prevalent in today's society. Even if most of us experience a fairly minimal amount of anti-semitism in our daily lives, it is still occurring all around us. This prejudice can be seen in disputes over the true citizens of the State of Israel, disagreements with the mor-als and ethics of the Jewish religion, and stereotypes revolving Jews.

Modern anti-semitism began with the start of World War II. Following the first World War, Germany faced a humiliating defeat. Adolf Hitler, a pedagogical leader, quickly rose to power and was idolized by the majority of the country. Hitler used the Jewish population living in Germany as scapegoats for the country's loss. According to his doctrine: "all Jews and their genetic pool must be eliminated." Six million Jews were murdered in a genocide, more com-manly known as the Holocaust.

Nowadays, anti-semitism may be more subtle, but it is still very relevant, especially on social media. On the social media platform TikTok, antisemitism is fairly common. For exam-

her account to her unconditional opposition to the Israeli state. In one of her videos, she is seen standing through the roof of a car as she drives around a Jewish elementary school, screaming, "Khara, khara, Israel! Free Palestine!", which means something ex-tremely offensive towards Israel. She and so many others constantly target videos created to praise the beauty of Israel, leaving comments with the Palestinian flag, anti-Israel phrases, and even death threats. Another example of anti-semitism on Tik-

Tok is the account of "@smoothavocado", which has recommended members of Generation Z to get matching tattoos of a Nazi symbol, a capital "Z" with a line striking through it. A different user created a duet with the video, saying that the proposed tattoo idea is a Nazi symbol. The duet has over one million views.

Like with the bubonic plague, Jews are being scapegoated for the coronavirus pandemic. Some of the first New Yorkers to be infected with COVID-19 happened to be Jews in various Orthodox communities. During the weeks that

ish ceremonies held which violated public health orders. Jews were attacked on various social media platforms and blamed for the spike in cases because of the religious group's failure to maintain social distancing.

New York City mayor Bill De Blasio has also been accused of antisemitism. During the peak of cases of COVID-19 in New York, De Blasio specifically reprimanded Hasidic Jews for gathering in large groups, saying "My message to the Jewish com-munity, and all communities, is this simple.... I have instructed the NYPD

to proceed immediately to summons or even arrest those who gather in large groups.' In Great Neck, you can express your Jewish identity without fear anti-semitism. of We are lucky to live in the Great Neck bubble where anti-semitism is extremely rare. Shabbat is the highlight of many

North High students weeks. On Friday evenings and Saturday mornings, the streets of town are filled with people walking to and from syna-

gogue; our school is even closed during the high holidays. During Sukkot, Rabbis often stop students on their way to lunch and encourage them to recite Jewish prayers and shake the traditional etrog and lulav.

Outside of the 'Great Neck bubanti-semitism is still actively present. I even encountered it when I attended a Model United Nations conference at a Catholic school in Queens. My group had just finished writing a resolution, but, little did I know, a conversation about ethnicities would completely ruin my day. I brought up that I come from an Ashkenazi Jewish background, and a fel-low delegate replied: "I can tell you're Jewish because of your nose." That derogatory comment stayed with me and hurt my self-esteem and sense of security outside of Great Neck, as I was shocked that someone would casually say something so hateful.

Although Great Neck seems to be a safe haven for Jews, this suburban bubble is not representative of the rest of the country - or the rest of the world. While not nearly as obvious as compared to World War II, antisemitism still exists today as Jews are discriminated against solely because of their beliefs, and, if society doesn't work to end this cycle now, history may be doomed to repeat itself.



Asian Cultural Club Open Letter

ince the COVID-19 outbreak in the S United States, there has been a rise in discriminatory violence towards Asians and Asian Americans which needs to be acknowledged. This immense wave of bigotry has sparked a movement that stirred the White House, which passed a reso-lution to "denounce the racism towards Asian Americans that has risen as a result of the COVID-19 pandemic," stated Representative Grace Meng, the main sponsor



of the resolution. The passing of the vote (243-164) showed that the White House acknowledges and wants to halt the heightened racism that Asians have been forced to face over the course of the pandemic.

Asian American communities across the nation have been physically and verbally abused. Racist phrases such as "Chinese virus," "Wuhan virus," and "Kung-flu" have been used to discriminate against Asians. There are also false accusations that Asians are the cause of the pandemic since many believe that Asians were the reason the virus spread to other countries. After months of this hatred, the Asian American community is fed up with this blatant prejudice, with Meng stating: "enough of the scapegoat-ing...using the Asian American community" to stoke people's fears about Covid-19.

Young teenagers have also experienced the pandemic-fueled racist bully-ing firsthand. The Stop AAPI Hate Youth Campaign released a report of a study that delved into the psychological toll of hate against Asians. It was based on 1,000 interviews of Asian American young adults. The verbal harassment, shunning, and cyberbullying" have caused fear among Asian Americans, as well as mental health issues. Many victims are afraid to speak out against the incidents causing them not to file a report.

Out of many of the reports of racism towards Asian American teens, there is the constant appearance of "complicity of adults, who were present in nearly half of the cases and almost never intervene[d]," said Meng. Besides the microaggressions that many Asians constantly brushed off, there were many severe attacks of vandalism, verbal harassment, and violence that frequently transpired but were never reported. For instance, this past July, an 89-year old Asian elderly man was set on fire in Brooklyn.

Asian American students experienced high rates of bullying even before the pandemic began. They are often "targeted for their racial differences and linguistic or immigration status differences," according to Russel Jeung, a professor of Asian American Studies at San Francisco State University. Teachers often overlook the acts of racism against Asian American students. The gesture of pulling one's eyes slanted is just one example out of many of the racist acts and slurs Asian students endure. It has become a problem that "teachers don't always recognize when Asian Americans are being bullied or stigmatized," says Jeung. It is important to stand up and speak out against these racist acts instead of continuing to let them taunt Asian Americans.

In Aragon High School in the Bay Area city of San Mateo, students' friends and family were interviewed concerning the racism and bullying against Asian Americans. "Several student researchers said they were surprised to discover just how normalized anti-Asian stereotypes have become," said Beth Yeung, a sophomore.

This discrimination is not limited to youths, as Asians of all ages have been subjected to slurs, aggression, workplace discrimination, and online harassment due to physical appearance. In the U.S., people have reported being denied entry to businesses or public transport, with the elderly making up about 11% of those being targeted. Asians have experienced feelings of fear that others would hurt them because of the way they looked. The Pew Research Study showed that 31% of Asian Americans have had racist slurs or jokes hurled at them and 26% believe in the chance that someone may physically attack them. This fear can have lifelong impacts on mental health. As a 'No Place for Hate' school

community, we should be aware and vigilant of the increase in Anti-Asian sentiment that is often overlooked and underpublicized compared to other racial and gender biases that have been more widely covered by mainstream media. Great Neck North, an extremely diverse school, holds a responsibility to respect every member of its community. We should set a unified example as we progress through this unprecedented time in history.

MUSLIM ANTAGONISM hate crimes against Muslims by "78% perienced a great amount of Islamo-

NIKI MOSLEM '23 CONTRIBUTING WRITER

lthough Great Neck is an A ethnically diverse community, many members are still continuously suppressed. Despite the constant effort to eradicate the racism that clings to Great Neck, the demographic biases in our town still prevail. While Islamophobia, of course, is not the only injustice present in Great Neck, it is one of the most looked over and considerably the most brutal. "I be-lieve Great Neck does extremely well in terms of its ethnically diverse community," said sophomore Eva-lina Alijaj. "However, there is still an immense lack of a Muslim community in Great Neck. Despite the large Persian community in our town, I believe the Islamophobia that brews here is constantly driving Muslim people away from our town." This is a common theme in the ethnic disputes that occur in Great Neck. In our town, a person's skin color and their religion determine their treatment to a greater extent than their morals and character do. This has begun occurring in Great Neck as a result of misinformation, biased views, family beliefs, and a great amount of ignorance.

There are many possible origins of the Islamophobia that oc-

curs in Great Neck. Some include the Arab-Israeli conflicts, the tragedies of 9/11, along with the current events in Middle Eastern countries. Current and previous conflicts between Middle Eastern countries and the U.S. have most definitely resulted in a large amount of Islamophobia, not only in Great Neck but also throughout the country. What most people seem to take away from these con-flicts is that all Muslims are simply against Americans and are working towards the destruction of the U.S. It is incredibly ignorant to assume that one would simply side with their country, rather than look at the mor-als and different sides of the conflict.

The tragedy of 9/11 are another main cause of the Islamophobia that occurs in Great Neck. Many people say they still blame Muslims for the events that occurred that day. Rather than simply labeling the culprits as terrorists, people continuously stick to their Islamic labeling. These labels make it seem as if every Muslim person is a terrorist or supports terrorist organizations. Although the religion of Islam had nothing to do with the events of 9/11, as someone who grew up believing that my religion caused those events, I still feel guilt. Many people fail to mention the Muslim victims of 9/11, including the increase of

over the course of 2015," according to the New York Times. Furthermore, my religion and often been called the Washington Post reported that hate a terrorist. Throughout a couple of crimes against Muslims also became "5 times more likely since 9/11." It dents shouted "ARAB!" at me, or is important to note that while the attackers were Muslim and attacked in Persian heritage. I live three hours virtue of their religious beliefs, not all away from the mosque I attend. I Muslims follow those exact practices. In fact, the attackers of 9/11 were most every Muslim person that has deemed exthat only the

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phobia. I have been made fun of for even threw pencils at me, despite my live knowing that I am related to altremists, meaning graduated from our district. I live in fear that the Islamophobia I face,

whether harsh or casual, will continue to grow much worse. The term phobia is meant as a fear; however, Islamophobia, if anything, is more a deep hatred than a fear. While at first, there might be fear due to ignorant prejudice, Islamophobic people have nothing to fear. It is, in fact, the opposite. When I think of the

term Islamophobia, I like to compare it to arachnophobia, the fear of spiders. The Islamic person is a spider, and the Islamophobic person is ists, so such larger and ultimately has more powinstances er. A spider fears us more than we im- fear it. The only reason we hold any plicate them. fear is that we create myths and tell Growing ourselves that spiders are deadly and up as a Mus- have a vendetta against us. Though lim in Great some spiders may be dangerous, the majority do not intend any harm. **GUIDE POST FEATURES**

OCTOBER 2020

LEAVING FAST FASHION

LAUREN BENHURI '22 CONTRIBUTING WRITER

he world of fashion is constantly evolving. To maintain their clientele and keep up with the ever-changing trends, fast fashion brands such as Zaful, Zara, Romwe, Forever 21, and many more have resorted to unethical practices in order to maintain their low prices. These brands have the allure of wear-itonce-throw-it-away incentives. How-

what ever, these brands do to obtain this reputation involves damaging the environment. The rapid production rate of many manufacturers has led to an absurd accumulation of carbon emissions in the air and an abundance of garment scraps in landfills. A 1 1 of these



L Train Vintage, one of the most popular thrift chains in New York City, prides itself on its quality merchandise and supplying stores with new items at least 3 times a week. Photo: L Train Vintage

practices further the world's pollution problems. Compared to the external damage caused by these factories, what goes on inside them is even worse; companies such as Dolls Kill have been exposed for violating the human rights of their factory workers. through the endless options." As Bu-On top of their low salaries, which barely meet minimum wage, factory workers are subjected to unsafe working conditions. The terrible circumstances produced by factories are due to ever-increasing consumer demand for products and the rising desire for clothing companies to cut costs at every corner, even when it means exploiting humans.

Recently, light has been shed on these fast fashion practices which has led to rising ethical concerns among consumers. These

> concerns have led customers to become increasingly supportive of sustainable fashion. Sustainable fashion, by definition, is the promotion of more ethical practices, emphasis on social justice, and ecological awareness within the fashion industry. Companies like Mercari, Depop, Poshmark and are prime examples of this of ecotype friendly shopping as they sell

ziashvili explained, these markets apto a variety of fashion styles. With their wide ranges of inexpeal

pensive clothes, these markets are making sustainable fashion much more accessible to the typical consumer. Even Amazon, after noticing the recent protests towards unethical fashion brands, has made changes towards sustainability, now indicating which of the clothing items up for sale are sustainable.

As e-markets are rising in popularity, thrift stores also are making а comeback. Historically, many people have viewed thrift stores negatively, usually believing the clothing sold there to be dirty or worn out.

used clothing. Junior Sofia Buziashvili

explains her experience with the rise of these electronic markets, saying, "I downloaded [sustainable shopping] apps and set up an account on Mercari -- it [was] very simple to do." She continued, "I browsed



Estimated that 11 million garments end up in a landfill each week, consumers are now becoming increasingly more wary of supporting fast fashion companies. Photo: news.sky.com

Junior Diya Greben said, "I never used to go to thrift stores; I would buy from a variety of clothing lines." She continued by explaining an appeal of thrift shopping: "Aside from the re-cent unethical practices [of fast fashion] stores coming to light, I [now] really enjoy thrifting." This cultural transition to shopping at thrift stores caused a significant impact on what

fashion means in today's world. Fashion has molded itself around the rise of these sustainable fashion platforms, with vintage sweaters and worn baggy jeans becoming some of the hottest trends.

Often, thrift stores are massive, containing almost any clothing item a consumer can think of. However, with the recent spike in the number of thrifters, owners of such stores have been increasing the prices of their clothing. Thrift stores were known for their fair-quality and low-

priced merchandise, supporting families who could not afford to purchase clothing from traditional stores. With the recent increase in prices at thrift stores, low-income families who depend on these goods have been hit hard. Junior

Natasha Khazzam explains, "I never really went thrifting, but I know enough to notice that these prices at thrift shops are inconsistent with the image they represent." Though the shift from fast-fashion to thrift stores is well-intentioned and good for the environment, it does bring about another issue. Thus, many are choosing to find a different way to access friendly-priced, sustainable clothing.

Perilous Product Promotions

KAYLA HAKIMI '23 CONTRIBUTING WRITER

A s social media use becomes amongst adolescents, brands search for ways to capitalize from promoting their items through social media stars. Oftentimes, these promotions end up being dangerous because they spread false information to a susceptible audience. With social media providing children insight to these influencers' unrealistic lives, they are bound to be negatively influenced.

Kim Kardashian West was met with backlash when she posted a picture of herself with an "appetite suppressant lollipop" to Instagram in May 2018. Sponsored by Flat Tummy Co, Kardashian guaranteed a 15 percent discount to the first 500 purchasers of the product. Kardashian erased the picture after receiving mass criticism for promoting unsafe dietary patterns. Actress Jameela Jamil slammed Kim for being a "terrible and toxic influence on young girls." She followed up with another tweet that encouraged the socialite to avoid appetite suppressors, to "eat enough to fuel your BRAIN and work hard and be successful," and to focus on having "something to say about your life at the end, other than 'I had a flat stomach." The Kardashian sisters have been wrapped up in similar scandals in the past, seen in outrage that arose in 2010 when they pro-

moted diminished eating routines with a dietary pill called QuickTrim. The sisters were sued for \$5 million in 2012 by individuals who guaranteed the showcasing was "false, misleading and unsubstantiated." There is

no scientific proof that QuickTrim works, and a recent report found that it can cause cramping

or even kidney failure. If these promo-tions aren't bad enough, famous TikTok star Noah Beck, with almost 14 million followers, recently posted a video wearing a contraption on his stomach. Beck promoted an ab stimulator that he claimed "actually works and helps you tone and define your abs, instantly, with no effort." Immediately after posting this, he received backlash in the comment section. Fans were not pleased with his false advertisement and were also angry that he was claiming the item is free, when sses body-image issues. Photo: @ad- by Beach Bunny for there is a \$15 shipping fee. Giving his audience the

impression that they can perfect their abs in a couple of days with no effort can cause his audience to set unrealistic expectations for their bodies and appearances. Popular influ-

encers on the platform decided to speak up, bashing Beck as well. Michael Chen, known for his pranking videos, commented, "Don't buy this guys, I turned down this [promotion] offer, and it does

not work." Beck decided to speak out on the situation, saying that he does not even use the ab trainer himself. He further explained that he only promoted this scam for the money, and fans would do it too for a "check." Beck still continues to receive backlash for these actions, but they don't seem to bother him.

Another Tiklok star, Addison Rae, with 60 million followers, has been under fire for a multitude of reasons recently. After posting a video cheerfully dancing to a song called "Prom Queen" an American Eagle promotion video, in-

dividuals asserted that the verses of the popular TikTok melody promoted body image issues. Subsequent to receiving a ton of reactions, Addison erased the

video. However, another TikTok account responded to the original video before it was deleted, saying, "So... the straights are making dances to songs about eat-ing disorders now... love that." The verses of the tune are highly controversial, as they do examine the subject of eating disorders. Fans were not happy with Rae, especially because the video was created to profit from an advertisement.

Many people in the world are increasingly focused on how our adolescents' utilization of technology influences them. Specialists stress that the web-based media and instant messages that have gotten so indispensable to young life are advancing anxiety and lowering self-esteem. Teens report that there may be valid justification to this concern. A review led by the Royal Society for Public Health asked 14 to 24 year-olds in the UK how online media affected their well-being. The study found that Snapchat, Facebook, Twitter, and Instagram all prompted expanded sentiments of wretchedness, nervousness, helpless self-perception, and dejection. Influencers have major impacts on these young adults' lives, and unknowingly affect their wellbeing and health. Social media portrays an unrealistic body image that children witness at a young age -from either the television, ads, and the influencers they look up to. Though social media may have its positive aspects, influencers must be wary of the expectations it creates among adolescents.



Popular Tik Tok Star Addision Rae, with over 60 million followers, dances

to "Prom Queen", a song that disuc-

disonrae

GUIDE POST FEATURES

ZOOMING INTO THE NEW YEAR

SKYLAR OWADEYAH '24 CONTRIBUTING WRITER

A s the entire world is facing a pandemic, students and teachers are working diligently to transfer education online. The transition to hybrid learning is especially challenging due to the risk of spreading the coronavirus throughout the school community. Zoom is playing a dominant role in the education system, and teachers and students have begun to adapt to the pros and cons of the virtual learning experience. Many students and teachers have different opinions on the recent change in learning. New to the altered teaching methods, teachers are under more stress and judgment than ever. Several schools around the world have already closed due to coronavirus; however, North High is still standing. For many teachers at North High,

virtual teaching is not what they are used to. Compared to the circumstances that teachers previously encountered, the virtual teaching experience contrasts everything in teachers' careers so far. Ms. Silk shared her opinion on the matter, and said that "there are a lot more aspects of the job that need to be tended to during one class period."

Mr. Hahn, however, was able to adapt with ease: "Over the last decade, I have taught and attended online writing workshops, university courses, and other writing and literature courses through an educational consulting firm, so this year is not a unique educational experience for me." He continued, "However, I do feel more adept in instructing my students on Zoom now more than ever given the circumstances." Several teachers are anxious about how they are going to assess their students virtually, given that assessments are extremely important for academic development. Mr. Hahn shed light on his feelings: "I feel fortunate that I teach literature and writing given that my discipline is more skills-based at the high school level as opposed to other disciplines, which may be more content driven." Ms. Silk commented on

mented on how she "decided to use Google Forms and Classkick to assess [her] students, and it has been working well very so far." Cer-

tain teachers have different attitudes towards whether they

> are able to engage students in the same way that they used to. Mr. Hahn said, "Initially, I was extremely apprehensive about being able to engage high school students through remote instruction, but I have been continually impressed by the eagerness and attentiveness of each of my students."

> A portion of teachers think this year will be more challenging overall, while other teachers feel the opposite.

Ms. Silk said, "I don't believe that the school year in reference to academics will be more challenging because of the 'new normal," and continues, "but I do believe that we will lose a piece that can only be fostered with in person contact."

Most students have participated in hybrid learning, and many have opinions on whether they prefer in-person learning to remote. Zoe Paisner said, "I find it

to be hard underto stand what going is when on you're on Zoom, and the day goes by much slower.' Many have also complained

complained about not being able to focus at home during a sevenhour day of school.

Paisner shares her personal experience: "At home, it is harder to stay focused because there is a lot more going on." She explains, "Also, I feel that sometimes the online learners are not included as much as the in-person learners in activities, which can be frustrating, making me want to stop focusing."

Some students expressed concern about how Zoom will influence their academic performance: "I think that being able to connect with teachers and learn on Zoom is great, but it is definitely harder to learn and pick up information that way," Paisner explained, "which is why I believe that Zoom learning, after a long period of time, may have a negative effect on my academic success."

Remote students have a different perspective on learning on Zoom. Many wonder if remote students are able to feel well-incorporated into their classes. Dylan Hakimian said, "I think for some classes, teachers do a great job incorporating both remote and in school students, but there are also teachers that focus too much on one or the other." He continued, "The best teachers seem to be the ones that balance the two."

Many wonder whether a fully-remote experience mirrors the in-person learning experience. Hakimian said, "Although Zoom is effective in most cases to mirror in-person learning, sometimes its weakness can be shown in that you aren't able to multitask as well."

There are many more aspects of virtual learning that should be considered, including the issue of cheating. Many express concern as online students can easily access outside resources, which is unfair to those testing in-school. Without the additional opportunities online school presents for cheating, 70 percent of teens say at least some kids cheat on tests. Cheating can cause even more anxiety, and can create a potential burden for peers.

Overall, this new way of learning has presented both challenges and advantages for teachers and students alike. As the year progresses, they will continue to adapt to the new normal that remote and hybrid learning presents.



Virtual Club Connections

This year's ninth grade advisory's group photo was

screenshotted through Zoom by having both the in-per-

son and remote students log on. Advisory has adapted

to the hybrid and fully-remote schedules by taking their

annual photo virtually. Photo: Natasha Khazzam

ALEX ZHUANG '23 CONTRIBUTING WRITER

O n Sept. 25, 2019, students hustled and bustled through the commons, checking out a variety of unique and interesting clubs. North High's annually anticipated club fair has been one of the most exciting events for new students, allowing them to find their perfect club match. The energy and tensions were high for club officers as well, being that many of them had one shot to appeal to the new freshmen. After all, if clubs fail to make a meaningful impression, the process of gaining new members becomes increasingly difficult.

Little did anyone know that a few months later, we would face a pandemic that would halt the club and activity community throughout schools worldwide. COVID-19 spread fast and hit hard, forcing most schools to close down and switch to remote learning. By September, 200,000 people had died from the virus, and the number continues to grow.

Due to the pandemic, clubs were forced to find ways to adapt. This year's rendition of a club fair was a 40-minutelong video, giving clubs just 30 seconds to explain what they are all about. Due to the highly impersonal and rapid nature of this video, it was difficult for clubs to leave as big of an impression on freshmen and students in general as they have in years past. Club participation may suffer as a result. Many officers are disappointed with the inability of the video to showcase the potential of their clubs. Amelia Blumberg, co-president of Key Club, is unsure about "how effective [the club fair video] is going to be to get new members." Similarly, the president of the Investment Banking Club, Jonathan Moalemi, said that "giving an example of what [the clubs] actually [do] in a meetDuring meetings, officers tell members about upcoming events and seek participants. This year, co-presidents Amelia Blumberg and Julia Zalta said that meeting over Zoom will not change the structure of the meetings, as they will still be promoting community service opportunities virtually. Officers encourage all students to get involved in volunteer work and are also open to taking new ideas from anyone in the club! The

Preferred Meeting Times	
Thursdays at 3:30 PM.	40
Thursdays at 4:45 PM.	18
Other time selection not seen above.	6

To accommodate the new norm of virtual Zoom meeting, North High's Key Club sent out surveys to gauge their members' preferred meeting times. Photo: Alexandra Katchis

ing" would have been a better way to attract more people to their clubs. So, let's highlight some clubs that you might have missed from the club fair video. The Key Club is an internationally-recognized community service club that aims to better the school and community. Last year, it hosted multiple food drives, nursing home visits, fundraisers for children with cancer, and much more. club's Google Classroom code is kxgnsay. The Investment Banking Club is a smaller club that takes a close look at the stock market and how it works. Last year, members planned a trip to the New York Stock Exchange, but, unfortunately, it was canceled due to COVID-19. In addition, club officers lead presentations and debates about the stock market. They plan to do the same this year; however, they will



meet over Zoom. Moalemi predicts that Zoom will not affect the club's meetings, but will make it tricky for the members to participate without talking over one another. Moalemi said, "Not everyone will invest as their main job, but many do it on the side to make money." He continues with his message to students: "You should join this club because this skill of investing will stick with you for the rest of your life." The club's Google Classroom code is jokpjhw. Another small club, Foreign Af-

Another small club, Foreign Affairs, discusses events that are currently happening in countries outside the United States. Last year, members met to discuss topics such as the Venezuelan oil crisis and the Persian Gulf crisis. They planned to go to the United Nations Headquarters to have an in-person experience for a topic they discussed in their club, but the trip was sadly canceled due to COVID-19. The club's president, Alexander Khazzam, said that people should join because "the more you know about the world, the more prepared you are for life." The club has a website, nhsforeignaffairs.org, and a Google Classroom code, b2uxkqs.

Though clubs may not be able to continue in their traditional sense, officers and members alike are continuing to work around the difficulties of this school year to keep their clubs active and improving.



MOLLY SHERRY '21 Columnist

he COVID-19 pandemic has made quite an impact on New Yorkers and people around the world. During this unprecedented time, it is important to be so-

cially conscious by wearing masks and remaining 6 feet apart. Now, many states entering phase three begun have reopening restaurants, but many consumers have refrained from dining out due to a lack



Nikkei of Peru, a Peruvian-Asian restaurant located nearby in Port Washington, remains popular amidst the pandemic extraordifor the great food and Coronavirus safety measures. Photo: Newsdav

tancing. Below is a composed list of safe, socially-distant places to eat out. All businesses listed are locally owned, because such places are in dire need of support during this time.

Nikkei of Peru

of enforcing

dis-

social

Nikkei of Peru is one of the top places on this list. This quaint restaurant is located on 55 Shore Rd, Port Washington, NY. It is less than a 20 minute drive from Great Neck and is definitely worth the trip. Nikkei of Peru is COVID-safe, as it adheres to social distancing regulations by promoting all out-

door dining; the restaurant even has all of its waiters wear masks and sanitize tables. It has two sitting areas where patrons can choose to sit socially distant from one another. Venturing out to Port for this topquality restaurant will bring great food and an amazing experience. Nikkei of Peru is

a spot that specializes handın crafted, amazing sushi rolls. The fish and ingredients come in fresh every morning, prepared with expert care to give

the clientele nary sushi. Not into sushi? Nikkei of Peru also has other exceptional Japa-

nese food such as noodles, soups, and salads. It also offers a Peruvian twist on traditional Asian cuisine, so one is free to order some traditional Peruvian dishes as well. Nikkei of Peru is Port's hidden gem with a casual atmosphere and phenomenal food.

Bar Frites

Bar Frites is an example of another safe favorite. Located at Wheatley Plaza in Greenvale, New York, this is a place for a delicious dining experience. Bar Frites has an authentic French bistro ambiance and is perfect for a midday brunch or a dinner with friends. Due to the coronavirus, Bar Frites offers indoor and outdoor seating. The inside is very well ventilated and tables are thoroughly sani-

tized. Waiters also wear masks and tables are spaced to remain socially distant. One can order a traditional French dish such as escargot, or opt for the classic mac and cheese or chicken club sandwich. Bar Frites is a must for the cultured individual who is in-Nooks Organic, a juice, smoothie, and

terested in French-American cuisine açaí bowl spot in Roslyn's Delicacies whilst remaining safe and healthy

Oasis Cafe

Oasis Cafe is another community favorite on this list. It is situated on 196-30 Northern Blvd Flushing, NY 11358. This enjoyable Flushing cafe provides great food and an amazing experience. Oasis Cafe is notorious for its delicious desserts. Open until 1 AM on Saturdays and 12 AM on weekdays, it is a great place to go for a late-night delight. The whole restaurant is outside, tables are socially distant, and all waiters are encouraged to wear masks. The gorgeous outdoor seating setup combined with the

tastiness of the restaurant's sweet treats make the late-night spot irresistible. Ev-erything is priced really well and the restaurant has an incredible atmosphere: it's impossible to go wrong with any of the many affordable desserts available here!

Nooks Organic

Nooks Organic is a pick-up place for individuals who are not ready to dine in yet. Nooks is a location for the healthconscious consumer. If one ventures inside the shop on 1356 Old Northern Blvd, Roslyn, NY, one will be delighted to find a delicious assortment of juices, smoothies, and acai bowls waiting. The acai bowl is a fairly new treat that

has been popularized over the past years. Never had an acai bowl? few

Gourmet Delicatessen, is a local favorite

for healthy, quick, to-go options.

Photo: Yelp

Nooks is the prime place to introduce yourself to this fruity and healthy concoction. Nooks Organic also al-lows customers to "build [their] own bowl," with an assortment of toppings such as granola, berries, coconut, banana, and honey. Nooks Organic also offers pitaya bowls, which substitutes dragon fruit for the acai berry. Overall, Nooks Organic is a quality local spot for acai bowls and smoothies.



es by wearing their theater shirts in Sept.

Photo: @jumiorplayers gnnhs

JACK BRENNER '23

CONTRIBUTING WRITER

his year, Junior Players are planning two virtual productions. One of these productions is "Poe: Dreams of Madness," a Halloween-fitting drama by Allyssa Hynes. It is a combination of several stories and poems, connected in one thrilling journey through the troubled mind of Poe. The second production is a musical from 1879 called "The Pirates of Penzance." In this comedic opera, a pirate's apprentice com-pletes his apprenticeship, and later finds himself falling in a problematic love with his boss' daughter. In order to put on these productions, staff will have rehearsals over Zoom for several weeks. Then, they will record scenes from home using homemade sets and virtual backgrounds made by the crew. All of the home clips will be spliced together to create these two productions as films, which will be released thereafter.

To get involved in these productions as a cast or crew member, any student can email Ms. Meredith or Ms. Haase for Google Classroom codes and other information. It is never too late to join the crew!

When asked how her experience with the current changes has been, Ms. Meredith, the Junior Players Director, says that she "tend[s] to enjoy embracing change, so in some ways this is an exciting opportunity to try something new." Ms. Meredith be-lieves that the Junior Player productions are always valuable as students learn how to be

film actors and editors; students are given the chance to showcase their abilities in similar ways to in a staged production. Yet, this unexpected year also brings difficul-ties. Ms. Meredith states, "One big challenge is how to make this asocial experience for the actors who enjoy the rehearsal process. for

the bonding ex-perience." She believes also that it will be very difficult for students to learn to transition from stage acting to acting with a camera. The techniques have slight variations that take time to master. Much like Ms. Meredith,

senior Arabella Junior Players members Maurice Zalta (left) and Notar-Fran-Nina Zar (right) promoted their theater performanc-Presicesco, dent of Junior Players, fears

that the recent changes could be detrimental to the social aspects of the pro-"moving gram. Notar-Francesco says, club meetings to a virtual platform is [especially difficult] with the tight knit community of Junior Players. Our club is built around bonding and creating a family." Although she fears for the social aspects of JP, especially for the freshman experience, she remains hopeful. She acknowledges that the virtual events planned by the officer team have been going well, and she remains excited for the upcoming productions.

> The events coordinator of Junior Players, Carol Beyda, is not sure if the productions will be incredas ible as those of previous years. "I'm not sure that it will be the most incredible virtual masterpiece anyone has seen, ever but we're going all to work to-

gether to make it the best that we possibly can," Beyda says. When asked if the time and effort put into the virtual shows will be the same as in the live shows, Owen Roubeni claims that he "dislike[s] the Zoom platform for the shows and feel[s] that the same amount

of energy and emotion can't be reached virtually as it can physically." The student members of this club certainly have mixed emotions towards this year in North High theater, but they are doing their best to get through the changes.

Junior Players used Levels, a segment of the Great Neck Public Library, as an example going into this year. The Levels teen center was able to put on two suc-cessful productions this Summer without meeting in person. For their first production, a full-length airing of "Something Rotten!," Levels held rehearsals over Zoom on Mondays through Thursdays before beginning the filming process. In this process, scenes were recorded from home over Zoom, while musical numbers were filmed without audio. Audio for songs was recorded from home on the Voice Memos app. Everything was eventually spliced together into two films, one for each act. For its second production, Levels showcased a series of skits written by young playwrights in the program. This ambitious show was broadcasted live via Zoom, with the exception of a few clips. Ms. Meredith viewed this production herself, and felt extremely impressed and inspired. It is certainly going to be interesting to see what the outcome of a completely virtual year of Junior Players will be. As a club, JP is currently striving to make sure that this outcome is as amazing as possible, despite the obstacles they are facing.

COLLEGES' CORONA CHANGES

GISELLE MAKANI '23 CONTRIBUTING WRITER

C OVID-19 has changed the entire world, and the college admissions process is no exception. Campuses are closed for visits, and seniors have been unable to access centers for standardized tests since March, causing confusion and anxiety among many. With complaints about these issues rising, colleges have been trying their best to accommodate students and prepare them for one of the biggest decisions of their lives.

During these unprecedented times, physical college visits have been prohibited in order to limit the spread of COVID-19. As a result, many students are not as confident in choosing the college they would like to attend. Senior Alexandra Ahdoot said, "It's definitely been more difficult to choose the schools I really want to apply to, especially because I was supposed to physically visit them and couldn't due to the circumstances." She added, "However, the virtual college info sessions have been pretty good tools that I've been using to my advantage!" Ahdoot, like many other seniors, has been doing whatever she can

to adapt to the new changes as shown through her unrelenting perseverance. Ahdoot went on to explain the

standardized testing situation and said, "This pandemic prohibits me from taking the SAT, which is extremely frustrating because I have not been able to take it since last December." She is not alone, for many seniors across the country have too complained about this problem. The lack of centers with the ability to conduct standardized tests while adhering to CDC safety standards has prevented many students from taking these tests. Despite the challenges the pandemic has laid out for students, colleges have been very understanding regarding the mandated standardized tests. "Many of them have made standardized tests optional to accommodate testing centers



the virtual college info sessions have been pretty good tools that I've been using to my advantage!" Ahdoot, like many other seniors, Due to the outbreak of COVID-19, in-person tours at Harhaven't influenced me as much as by virtual guided tours of its campus. Students can access these tours online for free.. Photo: Harvard University brain the fact of available resources have been replaced the seniors, the fact of available resources have been replaced the seniors, these tours online for free.. Photo: Harvard University

being closed. I took the ACT in October so it was less of an issue for me, but for my friends, I know it's helpful," said another senior, Arabella Notar-Francesco.

Along with the other problems, creating college lists has been especially difficult this year due to the limited resources available. Although seniors found virtual resources helpful, many have said that they cannot replace in-person tours as they feel they have to physically be there in order to conclude whether they would be satisfied attending that school for the next four years of their lives. Ashley Chen said, "Creating a college list is now a lot harder than what everyone made it out to be a year ago." She continued, "It's just more helpful to be able to be at a campus in person and to get a feel for the school and the people there and the environ-

ment." She gave us an insight into her thought process and said, "I'm going to be at this one school for four years so I should be pick-ing schools that have an amazing campus. But right now the only thing I really can do is to just do extensive research online about their curriculum." Unlike Chen, Notar-Francesco is one of the luckier ones who had already got to visit the colleges of her choice before the pandemic worsened. She had a more positive experience: "The lack of available resources haven't influenced me as much as I thought they would. I also visbreak so I got a feel for what kind of campus I like, and the virtual

tours aren't as bad as you would think." Overall, it is evident that many

students are indeed struggling with the new application process, yet these seniors continue to utilize the provided resources in order to make the best out of the new and unfortunate situation.



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MRS. BOKHOUR SCREAM

Mr. Bonvicino Scream

MRS. CARPENTER NIGHTMARE BEFORE CHRIST-MAS

MR. CORRAO NIGHTMARE BEFORE CHRIST-MAS

Mr. Cubinski Nightmare Before Christmas

Ms. Melendez Beetlejuice

Ms. Ostrover Hocus Pocus

MR. RAGOT HALLOWEEN

S

MR. RODRIGUEZ

Mr. Rutkowski Nightmare Before Christ-Mas

Mr. Schad Halloween

Mrs. York It's the Great Pumpkin, Charlie Brown

o h e s i v e



and the teacher is shown thinking of both in-person and virtual students. Despite the physical differences, both students have "100% motivation," and the class is unified.

GUIDE POST SPORTS

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Athletes

BEN COHEN '23 CONTRIBUTING WRITER

OVID-19 has caused devastation across the globe, changing the way people go about doing daily activities and living their lives. One impact of the pandemic is the college recruiting process. With many students relying on scholarships to pay for their college tuition, these athletes must be evaluated appropriately by recruiters so that college sports return in full form. As sports remain canceled in the fall due to mandatory social distancing guidelines, many athletes do not have the chance to showcase their abilities to college coaches. As a result, coaches have adapted and changed their recruiting strategies, and so have students with how they attract potential recruiters.

It is a difficult and confusing time for student-athletes. Tournaments, training, camps, and recruiting visits are among a long list of canceled events due to the novel coronavirus. The NCAA has suspended all in-person recruiting and extended this until January. Student-athletes at North High can no longer visit the campuses of the colleges that have sent them offers and this makes it much harder for some athletes. Jackson Cronin, one of the leaders on the boys' varsity basketball team, reflected on this dilemma: "It impacted me in that I could not go to see schools or meet coaches that are recruiting me in person." Athletes like Cronin can no longer be watched by recruiters either, which is an essential part of the enrollment process. "Fortunately, I was able to have met with schools and get offers al-ready [before the pandemic]," Cronin said. Students are being forced to find

alternatives to the in-person recruiting process and luckily, there is an alterna-tive process in which student-athletes can be recruited. As a result of these impacts, both students and coaches have adapted to these changes and resorted to virtual communication. One of the primary ways in which student-athletes are being evaluated is online recruiting profiles. With this recent development, students can post highlights, videos, and let coaches know what their strong features are. New forms of communication have been established and both parties can still communicate via email, phone, and private messages on social media. With this unprecedented situation, there has been no shortage of coaches and students reaching out on both sides.

The new recruiting environment has made students unable to understand what the coaches are looking for, which makes it difficult for the students to fairly evaluate their choices. Now more than ever, it is crucial for student-athletes to maximize their online presence and to be proactive in starting recruiting conversations with coaches. Junior Simon Adjakple, who plays soccer for Met Oval Academy in Queens, commented re-

garding the rewith the dead pe-

colleges on official/unofficial visits."

puzzling and stressing for aspiring athletes; however, they can follow a few steps to increase their online presence. For one, players can create an online recruiting profile, which allows them to showcase their key metrics for college coaches to review while in-person, on-campus contact remains suspended. Students should also email their recruitment profiles to potential recruiters.

A useful tip for creating an effective recruiting profile is to understand a coach's pain points. Nadeau Sports describes pain points as one visualizing a coach having a headache, and the player is trying to give him/her medication to heal them. Based on research done by Nadeau

sports recruiting, one must be able to address their selling points and how they can relieve the recruiters' pains within the sport. It is important for these athletes to properly showcase and reveal their talent that coaches look for in players.

According to a survey of colrecruiters, lege their advice was "the more recruits that stay in touch, the better." Along with all these adjustments, the way athletes showcase their talents and maximize their presence online is more important now than ever. Ath-

cord themselves in their backyards. "Coaches cannot come to watch games, but we are still able to get recruited by sending film, as well as talk-ing to coaches over the phone," Adjakple said. More information to help studentathletes be more proactive and more prepared can be found on the National College Athletic Association's (NCAA) website.

Coaches have also highlighted the importance of dedication. When a college coach follows a student's recruiting profile, they expect the student to contact them and introduce themselves, rather than waiting for the coach to reach out first. This helps to demonstrate interest and enthusiasm, which plays a vast role in the decision process and can boost a student's chances of admission by a large factor.

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As with many parts of life, college athletic recruiting will never be the same as it used to be, as major online presences have been established by the majority of student-athletes and coaches. These new recruiting processes could become the new norm. In the future, the recruitment process will have a much larger portion of it conducted virtually, through the use of virtual communication, highlight and skill videos, and online presence.

The process in which athletes are recruited has been severely altered, and how students attempt to get scholarships and offers from colleges will undergo a long-lasting change. At Great Neck North High School, student-athletes will have to rapidly adapt to the ever-changing environment surrounding them; without the opportunity to have their skills evaluated in person, they will have to make the momentous shift from having a physical to an online presence.

Student-athletes are currently going through a confusing period, where they have to adapt to the new adjustments to the recruitment process being located much more in the virtual world rather than the physical world. Students must be proactive online and show recruiters their dedication by taking many necessary steps to establish a strong online presence.

The NCAA website can be a useful guide for the new official rules of the recruitment process and ways to go about everything within the process. The future for aspiring college athletes has been greatly changed, as virtually recruiting can become a new way of meeting with players. Adjusting to recruiting virtually to avoid contact rather than recruiting in person can become more permanent and mainstream as time goes on.



Jackson Cronin playing with some of the cruitment process: best players around the country at his age, "Unfortunately, representing the USA team in a game. letes can simply re-

riod [of visits] being extended, ath-letes like myself are not able to [see]

The recruiting process can be

Saving School Sports

Stephanie Kim

REBECCA BERNSTEIN '23 CONTRIBTUING WRITER

s many already know, the winter, fall, and spring sports seasons have been postponed to start at the beginning of January, but due to current conditions, it is uncertain how these seasons will play out. The New York State Public High School Athletic Association (NYSPHSAA) has released detailed guidelines and regulations regarding the athletic seasons for the safety of students and staff, and Great Neck North must comply with these requirements. Many athletes are eager to get back to their sports and to reunite with their teammates.

Current projections indicate that the first season, the winter sports season, will begin on Monday, January 4th, 2021, and the fall sports season will begin on Monday, March 1st, 2021. The spring season will begin on Thursday, April 22nd, 2021, and can be extended if Regents Exams are not scheduled.

Sports are separated into three categories of risk: low, moderate, and high. These categories are classified by the ability to maintain a safe distance, avoidance of sharing equipment, and the ability to clean shared and individual equipment after they are used. NYSPHSAA also suggests that students should be responsible for bringing their own supplies and equipment, and appropriate clothing should be worn for one's sport. Clothing and towels should be washed and cleaned immediately after every practice, and students should bring their own water bottles. Hugs, high-fives, shaking hands,

fist bumps prohibited. and are Coaches and trainers are required to wear face coverings at all times, and it is advised that lavouts are formed on the field that assists players in keeping a safe distance. of

As now, schools are allowed to utilize

weight rooms and locker rooms, but it is strongly recommended that sig-

nage and systems are put into place to restrict occupancy when social distancing cannot be maintained in such areas. To maintain social distancing

for potential spectators, outdoor sports may need to extend seating areas and indoor sports may need to use bleachers or multiple levels of seating. Having a hydration plan and the ability to provide water to athletes and coaches in a safe manner would be beneficial to limit exposure. Schools should coordinate with visiting teams to ensure that they have safe access to water for their participants.

Since quarantine began in March, it has been a difficult time for athletes to continue their routine without a team by their side. During this time, athletes trained individually, and utilized public facilities such fields. as school tracks, and public tennis courts to continue their training. Athletes were unable to meet

with coaches and players due to COVID guidelines, forcing many athletes to train alone. The uncertainty of school sports continues to pose a threat to the routines of many athletes, who are not sure if they will be back with their teammates this year. However, athletes are continuing to train during this time to stay prepared for the possible athletic seasons ahead, which is projected to begin in January, and end in late June.

Alex Ahdoot, a senior who runs track and cross country, reveals that she is eager to return to the sports seasons. "My daily routine has definitely become different without having sports practice every day, and I miss it so much," she said. 'But I think we've all been doing a good job of making the most of the situation at hand and staying optimistic, which is the most important thing to do right now!"

Athletes have to adapt to these new situations and keep in contact with their coaches and teammates. Many athletes have to look elsewhere to stay in shape and adjust accordingly. It is apparent that athletes like Alex, especially se niors, are eager to return to their sports with their teams and coaches and to do this, health guidelines and regulations must be enforced and followed throughout.

Although it is evident that students are eager to get back to their sports, it is uncertain that they will return this year due to the obvious circumstances. Many safety regulations will be put into place regarding sports to slow the spread of the virus and to maintain a healthy environment at Great Neck North, which will be heavily enforced, and students must comply with these protocols at all times.

US OPEN CATASTROPHE

LIORA KAYA '23 CONTRIBUTING WRITER

fter watching the 2020 US Open championship, many fans were left in shock by the events that took place. With COVID-19 still reshaping many lives, there was a major controversy about whether or not the competition would go on as planned. As 737,000 people attended last year's event, US Open administrators, along with other tennis officials were reluctant to cancel the event.

A team of individuals from the USTA (United States Tennis Association) discussed all possible options. On June 17, at a press conference announcing that the US Open would be held, Mike Dowse, USTA Chief Executive Officer and Executive Director, explained the rationale behind making the final decision and stated that there were three guiding principles. One factor was ensuring that the right wellness and safety measures were taken to reduce the risk of the spread of COVID-19. They had to uphold a favorable reputation that would benefit tennis, while still making a profit.

To ensure health and welfare while mitigating the risk, a medical advisory group was involved to make sure all security precautions were put in place, and Governor Cuomo signed it off. Many fans

excited were about this decision, which allowed for the continuation of an enjoyable tradition. Finally, last total year's compensation almost was met, meaning that this decision did not cause financial issues for both the players and the USTA.

To adseconds after dress the medi-

cal regards that were put in effect, Dr. Brian Hainline, NCAA Chief Medical Officer and the USTA Medical Advisory Group stated that tennis could be the best sport during the pandemic from a health and well-being perspective.

Every player or person who came in contact with others was tested regularly. Moreover, masks were necessary when players came in contact with each other. However, health officials decided that fans would not be able to attend the tournament Although the fans are an important part of the tournament, the only way it could have been held was without them.

Tennis players, including Serena Williams and Naomi Osaka, have expressed their dissatisfaction with empty arenas. While Williams was thrilled that the event was taking place, she had mixed feelings on the absence of fans: "I'll certainly miss the fans, don't get me wrong. Just being out there in that New York crowd and hearing everyone cheer, I'll really miss that getting me through some of those tough matches.

Osaka had conflicting views upon the fact that fans would not be present. During a US Open press conference, she was asked what the easiest and toughest distractions are about playing without the crowd: "I guess the easiest is that I don't get distracted... the toughest is... I feed off the crowd's energy so just having no crowd there, is a little bit lonely."

While many health safeguards were put in place, some tennis players opted out of the opportunity to play. Stars such as Rafael Nadal, Roger Federer, Ashleigh Barty, and Bianca Andreescu decided to withdraw from the event. Nadal expressed his opinion on the 2020 tennis season: "I don't think we will return to play in 2020, indeed I would sign to play the Australian Open 2021, in tennis terms I already have this as a concern." With many top ten players absent from the tournament, fans expected Serena Williams and Novak Djokovic to become the 2020 US Open Champions.

However, things took an unexpected turn, as Naomi Osaka and Dominic Thiem became the 2020 US Open Champions. Azarenka made an outstanding comeback after more than seven years passing since her last Grand Slam title. Williams had been playing for a record-tying 24th Grand Slam singles title. Her efforts, unfortunately, came to an end with Azarenka's victory, earning herself a spot in the finals.

Although Azarenka went into the finals with a strong game, conclusively, Osaka won her second US Open title. Her victory brought a lot of attention to the Black Lives Matter movement since she wore seven different masks to her matches, each one showing off the name of an African American victim of police brutality.

This was Osaka's second US Open title. After this win, she also became the first player to win a US Open women's singles final after losing the first set in 26 years. Similar to predic-

with tions Williams fans assumed Naomi Osaka lying down on the court for 18 that Djokovic

would beagainst Azarenka. come the 2020 Men's US Open Champion based on previ-

ous records. Djokovic had an unforeseen and troubled early departure from the tournament. He made it to the Round of 16, where he faced Pablo Carreño Busta. In this match, Djokovic defaulted. He inadvertently hit a line judge in the throat with a tennis ball out of rage. There was much controversy

about this since it seemed as if he was returning a ball to the ball boy/girl, but instead accidentally hit the line judge. With Djokovic out of the tournament, rising male tennis players were given the chance to claim a Grand Slam title.

Finally, Alexander Zverev faced Dominic Thiem in the finals. With Zverev being up 2 sets in the final, it seemed that he would be the champion of the men's tournament, still in the third set, Thiem made a strong comeback and won the match, winning his first US Open title.

Under the given circumstances, the US Open was able to bring tennis supporters a tournament to lift their spirits amid a global pandemic. Many players have expressed gratitude for the opportunity to get their tours started again, and being able to earn compensation after six months. With high hopes after the US Open, it seems as if professional athletics may be finally able to come

Beyond the Surface of Sports

NOAH BERKOWITZ '22 Columnist

ike entertainers and musicians, athletes also have an influence that often goes beyond admiration for their specific talent. A characteristic unique to athletes is that they wear numbers on their jerseys, and they can choose the number that they wear. Athletes can mourn fallen heroes' losses by wearing their jersey number or tweeting to their fans about their opinions on topics beyond their sport. Their actions and words have such an immense impact upon their fans, and, potentially, their mark that they leave when they inevitably retire from the sport.

Interestingly, leagues, coaches, and owners have reacted differently to athletes expressing themselves. For some, particularly those expressing political

athletes views. actively expressthemselves ing has adversely impacted their careers. For others, their expressions applauded are and supported. the NBA, For this season has been about more than just competition; it has also been about political expression. Follow-

ing the deaths of George Floyd and Breonna Taylor, the National Basketball Association (NBA) was preparing

to resume their Los Angeles Lakers stars LeBron James and An- mands respect season in the thony Davis kneel for the national anthem in sup- for themselves, bubble; howev- port of the Black Lives Matter movement on July 30. their skills, and er, the players

expressed concern that opening the season may take away from the momentum of the Black Lives Matter movement and conversations about the issues surrounding these deaths. Ultimately, the NBA decided to open the season with a direct message of support displayed across the center court of the bubble - "Black Lives Matter." At the start of the season, the Pelicans, Jazz, Lakers and Clippers linked arm and arms and knelt during the national anthem.

These acts of protest have shown that the need for racial justice transcends sports. Through this challenging and emotional season, there are signs that the cry for racial justice continues. Many players have displayed social justice phrases such as "Education Reform," "Black Lives Mat-ter," and "Justice Now" on their jerseys and warm-up shirts. At the end of the regular season, the NBA and the NBPA (National Basketball Players Association) issued a joint statement on social justice and racial inequality, following the teams — namely the Milwaukee Bucks and the Los Angeles Lakers — going on strike after the death of Jacob Blake, claiming "enough is enough."

The NBA and NBPA statement stated that the owners and players agreed to increasing "access to voting, promoting civic engagement, and advocating for meaningful police and criminal justice reform." During this season, the NBA has indeed created impactful and meaningful change.

In stark contrast to the NBA's call for and success in leading to social jusback after a long and unexpected recess. tice reform, the National Football League

(NFL) appears to be limiting players' efforts on this front - only wanting them to be seen as athletes. Very little has come out of the NFL in terms of players' reactions to our current call for racial justice. It is difficult not to think back to three years ago, to the response to Colin Kaepernick and the effect on his career when he knelt alone in his protest. When explaining his actions, Kapernick explained, "to protest racial inequality and the oppression of black people in America." Talented enough to make a final NFL roster, Kaepernick was blackballed based on his beliefs. This incident not only revealed questionable things about the league; it also set a precedent -aprecedent that athletes' opinions were irrelevant. With the lack of player expressions about this in the NFL, it is hard not to think that this culture, in the NFL, discourages players from expressing their views.

Fewer NFL players individually demonstrated their opinions regarding reform, and the league as a whole had not stressed the importance of it. A glaring difference between the NFL and the NBA on their justice social reform matters stems from the respect these athletes receive from their owners, coaches, and the league. The NBA has a strong players association that de-

their opinions. Adam Silver, the NBA commissioner and

the rest of the Association, is understanding and respectful of the players' needs. On the contrary, athletes in the

NFL are viewed as expendable. Each NFL team consists of 53 players; each player is not as valuable - deemed as replaceable and often underpaid. It is as if there is a culture in the NFL where players are seen as football players and nothing else. Owners have publicly stated that NFL players should just focus on football and leave the country's social and political aspects to others. Dallas Cowboys owner, Jerry Jones, said when regarding the topic of player participation in social justice reform: "I can assure you, the issue's getting the very best of every owner ... with an eye first and foremost on our fans."

'We know our fans want us to zero in on football, and don't want to think about — or think we're thinking about anything other than football." The lack of respect the NFL players receive and the fact that most of them are perceived as 'replaceable objects' has led to the lack of social justice reform. In many circumstances, the players, not the coaches, owners, or league as a whole, are initiating reform.

Every single person should have the opportunity to reveal their beliefs and promote change in the country. Over the years, athletes' views have been continuously undermined, with the idea that their capabilities end on the field. Athletes are more than just entertainers; they can change the world. Just ask LeBron James.



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RETURN OF MAJOR LEAGUE SPORTS



Adelia DeRose '22 Contributing Writer

٨	fter	many	long	montl	hs, the	NBA,	MLB	and	NFL	have	finally	gotten	the	opporti	inity t	o resume	gamep	ay. Am	idst the	e coro-
$\boldsymbol{\Lambda}$	naviru	is pand	lemic,	many	procedures	s have	e been	put in	to plac	e to	ensure	the safet	y of	players,	staff	members,	and fans	s. Each	league	has cre-
ated it	s uni	que set	t of	rules	concerning	its	particula	r spor	t. Šom	e of	these	protocols	have	been	effectiv	e, wherea	s other	protocols	s were	failures.

n March 11, 2020, the NBA officially suspended the 2019-2020 season after Rudy Gobert of the Utah Jazz tested positive for COVID-19. After this incident, many other players became infected with the virus and isolated themselves from others in a self-quarantine. Three months later, the NBA's board of governors assembled a plan for 22 of the 30 official NBA teams to resume gameplay. The NBA published a one-hundred-plus page document that described disease protocols and outlined the general proposal for player living. One of the most controversial aspects of the plan was the use of the "NBA Bubble." The Bubble is an isolation zone, costing roughly \$170 million, for all the participating NBA players and staff members at Walt Disney World in Bay Lake, Florida. Much of the general public was initially skeptical of the bubble concept; however, many people soon recognized it as a viable and safe plan. The NBA presumed that if all players, coaches, and other essential staff members tested negative for COVID-19, they could all live safely in one place. Even with these procedures in place, Knicks supporter and junior Arya Haditalab "does not support the NBA resuming play." He believes that even with protocols, "playing sports for show normalizes not practicing quarantine and social distancing guidelines, which are important to combat the pandemic." Many others were also concerned about how the league would handle a positive coronavirus test. The NBA has a several step plan in case of this. The NBA's protocols proved to be successful. There were zero players tested positive for Covid-19 inside the bubble. Initially, no fans were allowed to attend the games. On August 30th, though, the NBA let players invite limit-ed family members and other guests. These guests have to quarantine for a week before attending the bubble, test negative, and strictly adhere to distancing and mask rules. With the great success that the NBA enjoyed in The Bubble, they showed the rest of the sports world a blueprint for running a safe and effective league during these unprecedented times.

s expected, the MLB also took many precautions pertaining to the gameplay. Several protocols were put in place by the league to prevent the spread of COVID: players, coaches, and essential support staff will be tested every other day, players will receive symptom checks at least twice a day, antibody tests once a month, all players and personal not in the game must include social distance, no celebratory contact, no fights or chewing tobacco, and a game ball will be thrown out once touched by various players. Besides, if there is a COVID-19 outbreak in a team's home city, the league can relocate that team. The MLB, though, was not as successful in preventing the spread of Covid-19 as the NBA was. As early as July 4th, MLB players began testing positive. Fred-die Freeman, Atlanta Braves All-Star first baseman, was described as very sick by his wife- "body aches, headaches, chills, and a high fever." Freeman, after being diagnosed with the virus, talked about saying 'a little prayer that night ... please don't take me.' Three of his other teammates tested positive within that same week. Furthermore, MLB has postponed 43 total games due to positive cases. Five teams have had players and staff members test positive; the Miami Marlins and St. Louis Cardinals have dealt with team-wide outbreaks. MLB commissioner Rob Manfred stated, "there was no reason to quit [the 2020 season]." However, Junior Sofia Buziashvili disagrees. Buziashvili believes that the amount of "players and staff getting sick is ridiculous. More rules need to be put in place, or the season should be postponed as a whole." Many people are conflicted about the continuation of the MLB, however, baseball is seen as one of the foundations of American entertainment and has brought joy to countless people since 1869. But, is it worth the risk of players and staff getting sick?

T he NFL plans to play a complete schedule, and unlike the NBA, the NFL is not im-

plementing the bubble method. Instead, they approached the situation in ways similar to the MLB. One of the most notable procedures is the NFL's ability to fine players if they engage in COVID-19 high-risk activities. Players can be fined when participating in gatherings of more than 15 people without masks and players attending indoor bars with more than ten people and no mask. Cheerleaders and mascots are not allowed; neither are jersey swaps or handshakes. Most teams do not allow any fans; however, 5 out of the 32 NFL teams allow limited capacity attendance to home games. Players were required to pass three Covid-19 tests within a period of four days before being allowed to enter the team facilities. If a player displays any symptoms after testing negative, they must be isolated in a separate room and be transported home as soon as possible. The NFL has relatively loose guidelines compared to the NBA. Consequently, the Tennessee Titans faced a Covid-19 outbreak, as there were eight positive cases among players and staff. The team had to shut down. The Minnesota Vikings, who played the Titans this past Sunday, were also forced to suspend all club activities. Tom Brady of the Tampa Bay Buccaneers has been criticized for ignoring Covid-19 guidelines. He has hosted multiple player workouts without the approval of the NFL. Brady also used FDR's quote, the "only thing we have to fear is fear itself," to describe his beliefs on the current situation. The NFL regular season began on September 10th, 2020, and is scheduled to end on January 3rd, 2021. Giants fan Jordyn Legaspi is "really happy that football is back. It's great to have some sense of normalcy in our lives, even under the restrictions.



The NBA Bubble, located in Orlando, Florida, housed all of the players and was used for the 2020 NBA Playoffs.



(Left to right) Dodgers outfielders Chris Taylor, AJ Pollock and Enrique Hernandez high-fiving after a win, all wearing masks.



Tom Brady, quarterback of the Buccaneers, practicing at training camp as he prepares for the start of the NFL season.