



# GUIDE POST

NORTH HIGH'S STUDENT NEWSPAPER

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## NORTH HIGH'S APPROACH TO WORLD KINDNESS DAY

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CONTRIBUTING WRITER

World Kindness Day is observed annually at North High to reflect one of the most important principles: kindness. Throughout its history, North High has taken effective approaches to maintain a safe and judgement free environment for all. These approaches include school assemblies, motivational speakers, daily announcements, posters, and after school clubs.

On Nov. 13, North High principal Dr. Holtzman sent out an email to all students to inform everyone of a new club taking place, the Social Justice Club. This new club is yet another action being taken by North High to ensure that every student feels accepted.

According to Dr. Holtzman, the purpose of this club is to "put an end to hatred, prejudice, racism, and phobias towards each other" by giving students an opportunity to learn from each other and by sharing their perspectives.

Another significant action that North High has taken is creating the No Place For Hate committee. Ms. Ostrover and Ms. Silk joined together with Dr. Holtzman to start this committee, and to guide North High to a place of understanding and tolerance deeper within the school.

This committee's motive "is to fight anti-Semitism, racism, prejudice, and all forms of hate while securing justice and fair treatment to all," Ms. Silk stated.

This committee achieves its mission by creating school wide events, involving at least 90% of the entire student body. These events are followed by a reflection for the students in order to gain an understanding of the pur-



*Sami Steigmann leads an assembly at North High School emphasizing the importance of kindness on Nov. 13, 2020, Photo: North High)*

pose of the event and how they can play a role in the situation. Many students have passionate and positive feelings towards this club, while hoping for it to stay a welcoming place for all students.

"I really enjoy this club because not only does it educate me, but it also shows me how to be part of the solution and what I can do to help in situations," says sophomore Juliette Ahdoot.

The No Place for Hate committee has participated in several events, and is looking forward to engaging in more.

Last year, professional youth

speaker and author Ed Gerety talked about bullying and creating a positive environment for our school. This assembly was the first event conducted under North High's No Place for Hate, program.

Sophomore Claire Kamali has participated in one of the past events, where she learned about awareness for anti-Semitism and how to stand up against it.

"By attending the event, it allowed [me] to really feel involved. [I] felt like [I] was making a difference and it encouraged [me] to con-

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## LEANOR COYLE AND THE FOREIGN AFFAIRS CLUB PRESENTS WORKERS' RIGHTS

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CONTRIBUTING WRITER

The Foreign Affairs club at North High raises awareness of events, such as the US-China trade war, poverty in Iran, and the economic crisis in Venezuela, occurring across the globe. They debate various political ideas, have guest speakers, and discuss global policies and events.

The Foreign Affairs club officers brought in Leonar Coyle, a guest speaker who discussed her career and experience as a lawyer in the labor and unemployment industries. Coyle represents workers who work in factories, hotels, and big corporate identities who do not know their rights.

For instance, she may represent labor unions and their members, negotiate bargaining agreements, and advise union leaders on what to do in order to prevent unfair discrimination.

During her presentation, Coyle explained several excellent points regarding discrimination. There are various immigration concerns relating to labor



*Protesters in Tehran, Iran carry Khomeini pictures in 1979 to display their desire for the overthrowing of Shah Mohammad Reza Pahlavi and their love for soon-to-be Supreme Leader, Ayatollah Khomeini. Photo: Wikimedia Foundation.*

and employment laws, and there is often a misunderstanding that there are no privileges for immigrant workers.

For example, many immigrant workers do not know that they can take part in labor unions to negotiate better working hours, proper equipment, pay, and sick leave.

However, that is not the case as workers in the workforce are competitive. She stated that many immigrants are unaware about the advantages they can reap when coming to the U.S.

Coyle also spoke to the club members about the challenges experienced by such working immigrants when they come to the United States.

One key takeaway from Coyle's presentation is that knowledge is power. She is a firm believer in the idea that the more one knows what he or she is entitled to, the more opportunities they have.

Club members also participated in a discussion after her presentation and were able to ask in-depth questions about her experience as a lawyer.

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# CONSEQUENCES OF GEORGIA'S RUNOFF RACE

**GISELLE MAKANI '23**  
CONTRIBUTING WRITER

On Election Day 2020, two Senate seats for the state of Georgia were up for reelection. Republican Senators David Perdue and Kelly Loeffler and Democrats Jon Ossoff and Raphael Warnock were fighting head to head in the race for dominance of the United States Senate. However, none of the candidates achieved the percentage of voters necessary to take the seats.

Over 3.8 million voters took to the voting polls, yet according to the polling stations, neither one of the candidates met the necessary criteria to be deemed a member of the Senate. A primary candidate must receive at least 50% of the vote, or else a runoff primary election will be held nine weeks after the first primary. General election candidates for statewide offices must also surpass the 50% threshold or a runoff election will be held.

Consequently, the Georgian runoff race is one of the most important in recent history because it determines whether or not Republicans will continue to hold the Senate majority, or if the Democrats will be able to split the senate. According to an Interior Department report, Georgia's runoff law was created in the 1960s as a way to preserve white political power in a majority-white state and diminish the influence of Black politicians who could more easily win in a multicandidate race with a plurality of the vote.

The runoff race is set to take place around January 2021, Jan. 5 being the final day for Georgia voters to vote in the runoff races. Controlling the Senate gives

parties power to ratify bills and laws to their liking, while minding the House of Representatives and harnessing the potential to overrule the executive branch.

ing decisions. This current opportunity to tip the scales in favor of the Democrats in the Senate will not be given up easily. Although not enough to gain a ma-



The House of Representatives has been estimated to consist of 226 Democratic seats and 209 Republican seats, determining the majority of elected representatives as democratic. The usual Democratic House of Representatives and Republican Senate balance each other out when passing new laws and mak-

ing decisions. This current opportunity to tip the scales in favor of the Democrats in the Senate will not be given up easily. Although not enough to gain a ma-

great stride taken by women in politics, as they are able to advocate and represent the female population with more influence.

According to the New York Times, two Democratic victories would split the Senate, 50-50. With Joe Biden set to become the next president, Vice President Kamala Harris could cast a vote in the Senate in the event of a tie, giving Democrats enough votes to pass controversial legislation.

With a Democrat controlled Senate, there would be dramatic ramifications for Biden's Cabinet choices: agency appointments, policy options in terms of antitrust enforcement, competition policy, infrastructure investment, privacy, Section 230 reforms, regulation, tax policy, and relations with China.

The Senate maintains several powers to itself, including ratifying treaties by a two-thirds supermajority vote and confirming the appointments of the president by a majority vote. The consent of the House of Representatives is also necessary for the ratification of trade agreements and the confirmation of the vice president. However, the Senate is often considered more powerful and garners more influence than the House as a result of its longer terms, smaller size, and statewide constituencies.

The possibility of the Democratic Party obtaining complete control of Congress will give them a high level of influence and power without much resistance from other parties. This all depends on the verdict of the upcoming runoff races, establishing their importance in regards to future legislation and decisions made in the coming presidential term.

# Cannabis Legalization in America

**ALEXANDRA AHDOOT '21**  
STAFF WRITER

The legalization of marijuana has long been a debated topic in the United States. Though many other countries have already legalized this Schedule 1 drug, America has not followed suit, leaving the decision to legalize marijuana up to individual states. Already, 11 of the more progressive states (California, Colorado, Oregon, and Washington) legalized cannabis in years past. In the 2020 election, four more states voted to legalize recreational marijuana, pushing that number to 15. On top of that, there are now 36 states that have legalized medicinal marijuana. This means that a majority of Americans now have access to some form of cannabis, whether that be recreational or medicinal.

The four states that voted in favor of legalizing cannabis as part of the 2020 election were Arizona, Montana, New Jersey, and South Dakota. In all of these states, anyone who is 21 or older is now allowed to use marijuana for recreational use.

Arizona saw support from over 60% of voters, and its ballot measure was supported by numerous cannabis giants. Arizona's cannabis regulations will be laid out by April 2021. Montana's new laws will take effect in January 2021, and cannabis dispensaries will be allowed to open starting in 2022.

New Jersey's legalization of recreational marijuana has been seen as a significant change, as it opens the door

to a market that could be worth billions. The marijuana industry is expected to boom due to New Jersey's close proximity to New York City and Philadelphia, two huge cities in states that have not yet legalized the substance. The new laws will be implemented in New Jersey in January 2021. Many people believe that New Jersey's laws will pres-

minent in New York due to the economic benefits and the many benefits of the personal therapeutic use of marijuana."

Also jumping onto the bandwagon, South Dakota made history this year as it became the first state to legalize both recreational and medicinal marijuana at the same time. This is seen as a major shift since the state overwhelm-

marijuana on their ballot measure, Oregon, a state in which recreational marijuana is already legal, took an even bigger leap in this year's election. On Election Day, Oregon became the first state to decriminalize the possession of small quantities of hard drugs, including cocaine, heroin, and LSD. Additionally, Oregon voters approved a measure to legalize the use of psychedelic mushrooms for therapeutic purposes. Oregon's progressive drug initiative is aimed at diverting people from prison in the hopes that it will reduce the number of illegal drug deals.

However, it cannot go unnoticed that these new laws will also let many people off the hook — those found possessing small amounts of drugs will not have to attend trial for what would be considered an offense in any other state.

Overall, the 2020 election has brought about significant victories in the progressive nationwide effort to relax drug laws. President-elect Joe Biden has already expressed his support for federal decriminalization of marijuana. His running mate, Kamala Harris, sponsored a previous version of the Marijuana Opportunity Reinvestment and Expungement Act (MORE), which is set to be voted on again but must pass through the House and the Senate in order to become the law. As America becomes more liberal and more citizens support drug decriminalization, states are making legal decisions accordingly, which can ultimately alter the future of our nation.



*A group of pro-legalization protestors walked from Christain Lutheran Church to the Minnesota State Capital during Cannabis Awareness Day, Photo: Aaron Lavinsky*

sure other states, specifically New York, to follow in New Jersey's footsteps.

"New York will most likely 'turn green' after seeing the economic growth of New Jersey in the marijuana industry," said senior Francesca Cilluffo. "Legalizing recreational use of marijuana is im-

ingly rejected a medical marijuana measure just four years ago. State lawmakers have until April 2022 to establish rules and regulations regarding marijuana use. Furthermore, a medical cannabis measure also passed in Mississippi this year.

In addition to the new states with



# JOE BIDEN BECOMES PRESIDENT-ELECT

ABRAHAM KARPEL '21  
CONTRIBUTING WRITER

The 2020 presidential election was one of the most divisive elections in American history. A record number of 161 million Americans cast their votes for the two candidates: Democratic candidate and former Vice President Joe Biden, and the incumbent Republican candidate, Donald Trump.

An unprecedented 26.6 million mail-in ballots were cast, setting the stage for the highest turnout election in American history. Having won by 74 electoral votes and 3.9 percent of the popular vote, Joe Biden will inevitably become the 46th President of the United States on January 20, 2021.

Biden won several key swing states - such as Pennsylvania, Michigan, and

VID-19 response that failed to prevent over 200,000 deaths that occurred due to the pandemic. Voters see Biden as having a more comprehensive federal response to the COVID-19 pandemic. Biden's COVID-19 plan includes several precautions and measures: issuing a mask mandate, and contact tracing. Many Americans fear that Biden's COVID-19 plan will involve more lockdowns, which will harm the economy. Biden also plans on cooperating with the House of Representatives and Senate in passing economic stimuli aimed at aiding small businesses and the American citizen.

Biden has already named 13 members of his coronavirus task force. This includes Rick Bright, who is the former head of the Biomedical Advanced Research and Development Authority, and Dr. Marcella Nunez-Smith, a



Joe Biden grins as he clenches his fist when it is announced that he became president-elect on November 7, 2020. Photo: Kevin Lamarque

Wisconsin - by a narrow margin. He won other states, such as Georgia and Arizona, by a margin of less than 1 percent. Trump has continuously claimed that the election was tainted by voter fraud, but refused to cite evidence. Following the results of the election, his campaign filed over 30 lawsuits in six swing states that he won in 2016, 24 of which were immediately thrown out by the courts. Trump filed a lawsuit in Pennsylvania in an attempt to prevent the counting of late mail-in ballots, but the judge threw out the case with prejudice. Several swing states where Trump has claimed voter fraud, such as Georgia, Arizona, and Wisconsin, have all recounted their votes and certified the results of the election.

Democratic politicians have responded to Trump's claims of voter fraud, and his refusal to accept the election results as absurd and just another attempt to rule the country undemocratically.

"Republicans are refusing to accept reality," said Speaker of the House Nancy Pelosi.

Many Senate Republicans distanced themselves from Trump's refusal to concede the race.

"[Trump] has exhausted all plausible legal options [and] should accept the outcome of the election and facilitate the presidential transition process," said junior senator Patrick J. Toomey.

On the other hand, some Senate Republicans, such as Ted Cruz, have sided with Trump's claims of voter fraud. "[Democrats are] clouding the vote counting in a shroud of darkness [and leading efforts to] steal the election not just from the president," claimed Senator Ted Cruz.

Many believe that Trump lost the election partly because of his CO-

VID-19 response that failed to prevent over 200,000 deaths that occurred due to the pandemic. Voters see Biden as having a more comprehensive federal response to the COVID-19 pandemic. Biden's COVID-19 plan includes several precautions and measures: issuing a mask mandate, and contact tracing. Many Americans fear that Biden's COVID-19 plan will involve more lockdowns, which will harm the economy. Biden also plans on cooperating with the House of Representatives and Senate in passing economic stimuli aimed at aiding small businesses and the American citizen.

Many Democratic voters are thrilled about Biden's Vice President pick: Kamala Devi Harris. Harris is currently serving as the junior senator of California and will become the first female, African American, and Indian vice president. Both of her parents are immigrants, with her mother emigrating from India and her father emigrating from Jamaica. Harris is a former attorney who was tough on crime when she served as the Attorney General of the State of California. She was elected to the Senate in 2016, becoming the second African American woman member of the Senate.

"I won't be the last woman in the White House," said Harris at her campaign victory speech. Although Trump lost the election, he could still run again in 2024 and many Republicans are urging him to. Reports indicate that Trump has told several close advisors and confidantes that he plans to announce his 2024 campaign launch during Biden's inauguration if his plans of overturning the election results fail.

Biden promises that he can help unify America once again, in a time when politics has become the forefront of people's lives.

"I pledge to be a president who seeks not to divide, but to unify; who doesn't see red states and blue states, only sees the United States," said Biden during his victory speech.

At a time when politics have flooded the nation, America needs a president who can bring the country together if we ever hope to prosper again.



KELLY CHU '21  
COLUMNIST

Protests have swept across the republic of Belarus following the nation's fraudulent presidential election on Aug. 9, 2020. President Alexander Lukashenko, often referred to as "the last dictator of Europe," has ruled Belarus since 1994. Lukashenko was first elected to the parliament of the Byelorussian Soviet Socialist Republic, one of the many constituent republics of the Soviet Union, in 1990. He created the faction Communists for Democracy, and vehemently opposed the 1991 dissolution of the Soviet Union. After the Belorussian Soviet Socialist Republic declared inde-

## BELARUSIAN CITIZENS PROTEST LUKASHENKO'S RE-ELECTION

election has sparked the largest surge of protests in Belarus since the dissolution of the Soviet Union in 1991. These current protests essentially began in the months leading up to the August election. Lukashenko responded by mass arresting protestors as well as his political opponents. Sergei Tikhanovskaya, a major opposition candidate and popular Belarusian Youtuber, was arrested on charges widely believed to be false and was forbidden from running in the election. His wife Svetlana Tikhanovskaya then admirably registered to run as the presidential candidate in place of her husband. She united the many disjointed opposition groups and her rallies, some of the largest in recent Belarusian history, which



One of the many protests, where countless protesters gathered outside the state television station in Belarus and chanted against the election of Lukashenko. Photo: CBS.

pendence that same year, it was renamed the Republic of Belarus, joining the Commonwealth of Independent States, an organization made up of countries that were formerly part of the Soviet Union.

Throughout his presidency, Lukashenko has been extremely pro-Russia, advocating for stronger ties and even signing several agreements with former Russian president Boris Yeltsin, promoting union between the two countries. In a 1996 referendum, or popular vote, the country's constitution was amended to grant Lukashenko the near-absolute power to rule by decree, the right to prolong his five-year presidential term, and the authority to create and appoint a new legislative body. With his dangerous newfound powers, Lukashenko began to lead Belarus into isolation from both the West and other European countries as he subdued political opposition and censored free press.

Lukashenko has recently won reelection for his sixth term in office in Belarus' 2020 presidential election, allegedly winning more than 80% of the votes. None of Lukashenko's elections, except for the first one in 1994, have met the international standards for fairness and transparency. Although sparse protests have sprung up after each of his reelections, these protesters, as well as members of the opposing political party, were often arrested and subdued.

Lukashenko has also failed to modernize and expand Belarus' economy. "Belarusian GDP is the same today as it was in 2010, and real wages [wages adjusted for inflation] are 70% of what they were a decade ago. Ten years of economic stagnation have been devastating for Lukashenko's public image. The social contract has simply stopped working," said Tadeusz Giczyn, a Ph.D. researcher at the University of College London who was born in Belarus.

This slow economic decline, paired with Lukashenko's poor handling, and even outright denial, of the COVID-19 pandemic, has kindled dissent on a national scale. This year's presidential

drew in crowds of more than 60,000 people. Following the government's announcement that Tikhanovskaya supposedly received a mere 10% of the votes and subsequently lost the election as well as the outbreak of protests around the country, more than 100,000 people flared up. The police, armed with stun grenades, water cannons, and tear gas, attempted to violently subdue the protesters. Lukashenko has repeatedly refused to bargain with the protesters and opposition leaders, instead falsely claiming that these protests were the result of Western intervention and meddling. After the election, Tikhanovskaya went to the Central Election Commission headquarters in the capital Minsk to attempt to officially contest the results of the election. Days later, however, Svetlana fled the country to Lithuania, saying in an online video that she did so for the sake of her children. Protests in Belarus, however, have not slowed since the August election. These daily protests have only swelled across the country as authorities continue to respond with violence and specifically target journalists. The government has also been increasingly restricting internet access in the country. Poll workers across the country have continued to accuse Lukashenko of ballot stuffing and falsifying the election results. At least 24% of Belarus' 5,767 precincts have been accused of voting irregularities, blatant violations, or another form of vote-rigging. "It was a travesty of justice. There is no other name I can call it," said Vadim Korzykov, a poll worker in Minsk who was dismissed after calling attention to violations during the vote count. Election authorities have proclaimed the votes to be valid, and the Belarus Supreme Court recently refused to overturn the results of the election. The United States and the European Union, however, have deemed the election to be neither free nor fair. The E.U. does not acknowledge the results of this fraudulent election and has since placed sanctions on Lukashenko and other high Belarusian officials.



# NASA APPLAUDS SPACEX MISSION

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CONTRIBUTING WRITER

NASA's partnership with SpaceX's Crew Dragon spaceship, is prepared to launch into space. SpaceX is a privately funded rocket manufacturer and transport services company owned by Elon Musk, the co-founder and CEO of Tesla. Aboard the spaceship were astronauts Mike Hopkins, Victor Glover, Shannon Walker, and Japan Aerospace Exploration Agency astronaut Soichi Noguchi on their way to the International Space Station to conduct science experiments and maintenance.

During their planned six-month stay aboard the orbiting laboratory, the astronauts will partake in the longest human space mission ever launched from the United States. They will use their time joined with Russia's Sergey Kud-Sverchikov and Sergey Ryzhikov, who are already on board the International Space Station since last month, to perform studies and experiments.

The crew will conduct a study using chips and tissue to mimic the structure and function of human organs in order to understand the role of microgravity on human health and diseases, which will then be translated to improve human health back on Earth.

To further explore ongoing efforts to produce food in space, the astronauts are planning to grow radishes in different combinations of light and soils. Moreover, the astronauts will test a new system to remove heat from NASA's next generation spacesuit, the Exploration Extravehicular Mobility Unit, which will elevate an astronaut's space run.

To further their plans, the Crew Dragon is also delivering more than 500 pounds of cargo consisting of new science hardware and experiments as well as Genes in Space-7, which is a student-designed experiment that aims to better understand

how spaceflight affects brain function.

Elon Musk received a positive test result for COVID-19 on Nov. 13, a day before the Crew Dragon was scheduled to take off. The concern was whether "Musk had come in contact with anyone who might have had access to the astronauts," according to The Washington Post.

Jim Bridenstine, the NASA Ad-

ministrator, told The Washington Post that "contact tracing showed that no mission essential personnel has been in touch with Elon Musk," which meant that the mission was in good shape. The mission's departure date unrelatedly changed from Nov. 14, to Nov. 15, after weather forecasts determined that conditions offshore were likely to be too rough for the ship to have a smooth and safe take off. After take off, the Crew



SpaceX Crew Dragon spacecraft seconds after liftoff on, Nov. 15, at Kennedy Space Center in Florida (Picture: NASA/Joel Kowsky)

Dragon's thermal control system had a slight issue which caused an unusual pressure reading on one of the system's pumps. The cabin was not able to maintain a normal temperature, which can be extremely dangerous. Luckily, after an automated system detected the problem and switched to a back-up pump, the mission was able to still proceed as planned.

formance. This mission also marks his first ever trip to outer space. The manager of NASA's Commercial Crew Program, Steve Stich, said that "watching this mission launch is a special moment for NASA and our SpaceX team. We are looking forward to getting this crew to the station to continue our important work." He is one of the many who cannot wait to see the success of the astronauts.

Further achievements for NASA includes the honor of having a Japanese astronaut on the Crew Dragon as the first astronaut of the International Partner participating in this mission. He plans to conduct many science experiments and to demonstrate the technology for Earth and the future, aside from the other crew members. Previously in March 2019, SpaceX performed a triumphant launch of the Crew Dragon without astronauts. The capsule used automated procedures and successfully approached and docked at the International Space Station, which helped prepare for this year's November mission. This mission marks SpaceX's fully operational mission, as well as its second astronaut launch overall. Aboard the human less ship was a mannequin named Ripley, which was covered in sensors to measure the different forces that were experienced during flight, specifically the launching and the landing of the aircraft.

Ultimately, the mission of Crew Dragon is to expand space travels to effectively explore the idea of taking humans to other planets. Step by step, astronauts can inch closer towards the reality of that ideal by vigorously taking opportunities to conduct meaningful experiments that not just the average person can do.

The NASA and SpaceX team have a tremendous amount of faith in the astronauts aboard this difficult mission and are ecstatic to see its success.

## NORTH HIGH'S APPROACH TO WORLD KINDNESS DAY

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tinue to educate [myself] and stand up for what is right," said Kamali.

One of the most recent assemblies that took place in North High, via Zoom, was none other than Holocaust survivor Mr. Sami Steigman. Born on Dec. 21, 1939, Steigman was taken into a labor camp with his parents during the Holocaust at the age of one.

Being too young to work, he would have medical tests done on him, and as a result he now suffers from extreme head and back pain. He was very young during the time, but he will remember many of these memories forever.

Mr. Steigman recalled when a German woman saved his life by providing him milk while he was on the verge of dying from starvation. For a long period of time Steigman felt he did not belong anywhere because he did not remember much about the Holocaust; however, he lived through it and it is a part of who he is today.

He has seen the effects of what it has caused, and he practices focusing on the lessons to teach other people about it. He stresses the importance of spreading love, learning to disagree peacefully, the power a conversation can hold, and hopes for peace across the world.

These factors were what allowed Steigman to push through his difficult moments and encourages students to think the same way.

This inspirational survivor shared his story in hopes of never forgetting what happened. He started off the assembly by presenting facts that were a true eye opener for most of the students.

He shared that one-third of the world population denies the existence of the Holocaust, while half of the population claims they have never heard of it.

"As a Jew, it was really eye-opening to understand how few survivors were left," said sophomore Rachel Tavazo. "Mr. Steigman also opened my eyes to the great responsibility I, as well as our entire generation, have to pass down to our children, including all the events of the Holocaust."

Not only did Mr. Steigman get his point across, but he educated and touched the student's hearts.

"His speech was really moving because it taught [me] to always be kind and to listen to others," said sophomore Michelle Wasserman. "It showed [me] that [I] can learn so much simply by having a conversation."

With the help and support of one another, North High is able to build a community with unbreakable bonds. With every action that is taken, we are one step closer to becoming a whole.

## LEANOR COYLE AND THE FOREIGN AFFAIRS CLUB PRESENTS WORKERS' RIGHTS

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"The guest speaker did a really good job at entertaining us, while [still] informing us on our rights and when we can use them," said junior and co-vice president Leon Asnadi.

The humanizing presentation was summed up well by Jonathan Moalemi, the other co-vice president. "Mrs. Coyle was extremely knowledgeable in the labor and unemployment sectors, and her delivery was loud and clear, making it easy for all participants to understand," he commented after her speech. "Her presentation expanded my knowledge on how immigrants are treated in the workforce."

Given the fact that North High is filled with many first-generation immigrants, the speech resonated with students on a personal level.

In 1979, many students' parents were born in Iran and immigrated to America, in hopes of a better life, due to religious persecution.

Persian Jews were religiously persecuted due to the overthrow of Reza Shah during the Iranian Revolution, which led to many starting a new life in the U.S. They were forced to leave with little to no belongings, limited proficiency in the English language, and an incomplete understanding of American values.

Given this, the discrimination and victimization of immigrants that Coyle explored seemed to come back to North High students, as it was once their own parents who faced these struggles.

Many immigrants find that when they first arrive in the country, finding a career and going slowly up the ladder is challenging.

Many students' parents emigrated from Iran and were not yet English speakers. Not knowing the central language can create a burden for these immigrants because the children have to adapt to both their parents and traditional American values and customs.

Coyle explained that immigrants who legally came to America with a visa and applied for residency have to stay five more years as a resident with a green card.

This granted them rights and opportunities such as being able to vote, social security, and protection for them and their children from deportation.

After five years, immigrants can apply for citizenship, by taking a civis test, and have full rights as a citizen in the United States.

Coyle successfully conveyed the importance of learning about the rights of immigrants to help others. Her presentation is sure to keep many students thinking about the adversities that immigrants face when coming to America.

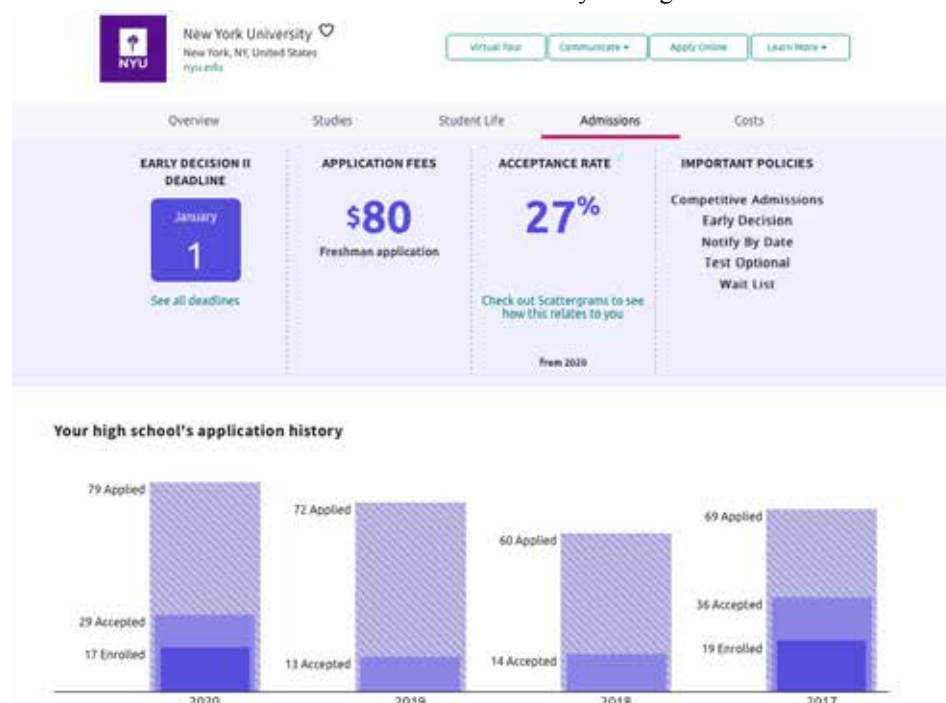
**Staff Editorial:**

# Rejecting the Secrecy of the College Process

“Oh, I’m not telling people where I applied.” The very phrase is groan-inducing. And yet it’s so common to hear reverberating through the hallways. The penchant students have for secrecy in the college process is just a part of the competitive academic environment here at North High.

The secret, however, is one that inevitably manages to come out – either in the form of an enthusias-

chance to grow closer with their classmates instead of hiding behind veils of secrecy. We get it – no one wants to be the first to come forward with their dream college. But honesty begets honesty. Although no one should feel pressured to share their own decisions, when we acknowledge the communal nature of the college process, we destigmatize the chance that we may not get our desired outcome.



The Naviance admissions page for New York University, showing data on North High students' acceptances and rejections for undergraduate admission for the last three years. Photo: Naviance.

tic Instagram post on a cold December night or in a hushed whisper during Economics class the next day.

What really is the value of keeping this decision private? The stress induced by applying to college is only magnified by keeping your application to yourself. We make the college process less of a “big deal” when we make it something we can talk about. The forced secrecy makes a mountain out of a molehill – North High seniors seem to be under the impression that biting their tongues when asked about an early application adds to the chances they will be accepted.

Because let’s face it: everyone’s a little scared of a rejection letter. But getting rejected is totally normal – in fact, it’s more likely than getting accepted for a competitive college. NYU – one of the most-applied-to colleges for North High seniors – took only 29 applicants last year out of the 79 who applied.

North High students have attended at least 180 different colleges in the last five years – there is no shortage of spots. Your application is not being reviewed against your fellow Blazers but rather in the broader context of all the students applying to that school.

This uncertainty can seem daunting – but students should see the chance involved with the college process as a

North High is undeniably a competitive environment in many aspects, and the seemingly random nature of college decisions can make discussing it feel like sniffing out mines in a minefield. Who can you talk to? And about what? Secrecy turns talking about the college process – the same process that everyone goes through – into a complicated web of deceit.

Close your eyes and log out of Naviance. Recenter yourself. Your classes are not a zero-sum game. Your classmates are not your competitors. Of course it can totally feel that way – North High students want to go to good colleges, and names like Cornell, Emory, and Penn often get thrown around in honors and AP classes. But students need to get rid of the notion that we are up against our classmates for the “last spot” at our dream schools.

Seniors – take a deep breath. The amount of stress we put ourselves under for a letter that has little impact on our lives is frankly ridiculous when you think about it. College is an intense process – you should be able to trust your friends and peers.

And who knows? Maybe giving your friend in English class a copy of that NYU supplement you’re struggling with could give you the insight you need to make the perfect application.

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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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# Safety Over Privacy

VICTORIA VARKONYI '21  
CONTRIBUTING WRITER

Life360 is one of many apps that allow parents to easily track their child. Life360 is unique, though, because it includes features such as notifying the parent when the child leaves or arrives home, reporting the speed of the child's car, showing every location that the child has been to on a given day and more. However, there is a lot of controversy surrounding this app questioning the morality of a parent being able to track their child at all times.

An app like Life360 can give a family a sense of security. It relieves parents when they want to know where their child is, as, instead of pestering their child, parents can simply open the app and check. In addition, parents know that the location shown is accurate and reliable which unfortunately is not always the case when kids are simply asked their location and resort to lies and false information instead. As for the children, they can easily track their parents as well. If the children are wondering how far their parents are from home, or where they are in general, they can easily discover the location without having to contact them. This is especially favorable for families with many children because it is easy to quickly navigate each child's location with ease and efficiency.

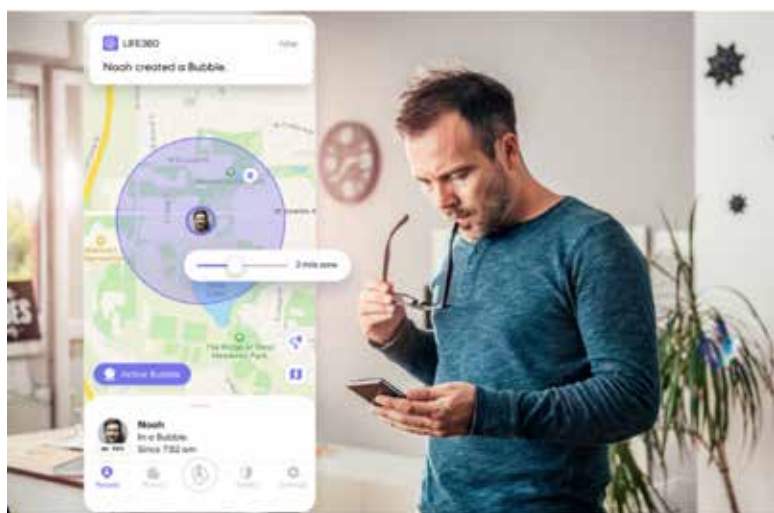
Although Life360 has many benefits, the problem sprouts when parents become "helicopter parents" and grow obsessed with tracking their child's every move. The trust between the parents and child will break and impact the parent-child relationship negatively. Children may feel too controlled and that their parents do not trust them. This could make the child feel as if they have no privacy because of it. "[The] lack of privacy restricted what I could do and

they found ways to freeze their location on the app, such as by turning off the cellular data usage for the app so that their location would not refresh.

The CEO of Life360, Chris Hulls, has received many complaints and criticisms about his app from children all over the world on TikTok. A hashtag, "#banlife360", took over with 75 million followers behind the cause. In result to the uproar, Chris Hulls started a TikTok account to get in touch with his younger users and in an attempt to better understand their concerns. He took into consideration his followers' complaints and came up with a new feature to the app: "the bubble." The user can set up a "bubble" that covers up a certain location. This bubble can range in diameter of one to 25 miles for one to six hours. This way, as long as the child stays within that bubble's circumference, their exact location will remain unknown. I think this is a great idea because it gives children more flexibility. They are able to feel more freedom in their choices and not constantly worry about their location while still remaining safe. The bubble will, however, "pop" if there is a car-crash detected. Parents also have the choice to pop the bubble as well. This gives the children more chances to earn their parents' trust. Chris's young audience on TikTok responded very positively to this new update as they felt that they were given more privacy while still keeping their parents aware of their general location.

"After the addition of ghost mode, I can confidently say I'm more comfortable sharing my location with my parent because now there's a combination of safety precautions and trusty with the parent-child dynamic," said junior Kayla Kavakeb.

The app seems to work for both the parent and the child when there is a balance between trust and con-



*Children and students of North High reveal their feelings about Life360, as the app causes a lack of freedom, while parent argue the safety aspect of the app. Source: Parentology*

where I could go," said senior Carly Fan. This caused her to feel a certain level of distrust from her parents. In contrast to Carly's experience, senior Daniel Choi said, "[Life360] has had no impact on the relationship between myself and my parents." In fact, he was less bothered by his parents as they knew where he was at all times. This gave him a sense of security and safety in the unfortunately dangerous world we live in. However, the majority of students felt the opposite and that the app made them become more reckless and sneaky as

control. It is very important for the child to understand that parents are just protective and want to make sure their child is safe. There should be open communication between the parent and child in order for the app to work successfully.

**All cartoons on pages  
8-9 are drawn by  
Alice Liu.**

## Smo LENS on Deb Haaland

KATHERINE SMOLENS '21  
COLUMNIST

President-elect Joe Biden is currently taking steps to build a transition team. So far, his nominations are predominantly women and people of color, reflecting Biden's aim to better represent the American people. Now, many are encouraging Biden to appoint the first indigenous person to serve as Cabinet Secretary. He is urged to elect Representative Deb Haaland, a Laguna Pueblo member in New Mexico, to serve as Interior Secretary in the Cabinet.

Haaland is currently the Vice-Chair of the House of Natural Resources Committee. She is one of the first Native American women in Congress. If she were to be nominated for the Interior Department job, she would break another barrier as the first Native American Cabinet Secretary.



*Rep. Deb Haaland spoke about the Indigenous Liberation movements in New Mexico, as Native American Caucus co-chair on Nov. 11. Source: WNYCSTUDIOS*

Shortly after he won the election, over 120 elected tribal leaders sent a letter to Biden in support of the idea of appointing Haaland. House Democrats echoed a similar sentiment and wrote a letter voicing their support for Haaland and praising her as an eminently qualified "champion of the environment and public lands [who] has worked tirelessly to improve the nation-to-nation relationship between the United States and tribes."

Representative Haaland has also garnered the support of environmental activists. "Corporations have a stranglehold of influencing the Interior Department for generations, which is why they have so much power," said Nick Tilsen, a citizen of the Oglala Lakota Nation in South Dakota. "So someone like Deb Haaland would be the right person to stand up to these corporations and make sure that the Department of the Interior stands up for the Indigenous people, the environment, and lands."

The Interior Department additionally manages the nation's natural resources, a role that the Trump administration barely fulfilled. Trump's current head of Interior is a former oil lobbyist.

Aside from standing up to big oil and corporations, Haaland's personal experience as a Native American would give the position fundamental respect for both public and tribal land. This would certainly be a change of pace from past Interior Departments. The department is responsible for handling treaties between tribal nations and the federal government. Unfortunately, it has a history of failing to honor these agreements. Choosing Haaland, however,

would change that, and perhaps even set a precedent for future departments.

Haaland herself commented on the significance of the potential nomination in an interview with NPR: "It would be symbolic, and it would be profound, especially when we think about how the federal government essentially threw out their federal Indian policies throughout the centuries and tried to exterminate Native Americans across the country."

The Trump Administration has furthered this American tradition of neglecting Native Americans on a federal level. Tribes have been disproportionately affected by the onslaught of COVID-19, and the mishandling of the outbreak under Trump. In one jarring incident, a Native American health center was sent body bags when asked for resources to combat COVID-19. Although this case was reportedly an accident, it seemed disturbingly fitting for the trying circumstances

at hand. There is a lack of resources and funding for adequate medical services to these Native communities. Abigail Echo-Hawk, a member of this health board, saw this incident as a metaphor for what was happening: "The Navajo Nation is in a crisis with cases, and there are tribes and other Indian organizations across the country that are in similar crises and can use medical supplies and help instead of watching people die." Furthermore, the Trump administration has lied about its treatment of Native people. In a document titled "Putting America's First Peoples First: Forgotten No More!", released the day before the 2020 election, the Trump Administration essentially rewrote its record on Native American issues. The administration claimed to achieve progress that was predominantly achieved by Democrats in Congress. This downplayed the damage the administration has brought on tribal communities and misled information. Additionally, the delay and initial blatant refusal to begin the presidential transition process poses a threat to tribal health and safety. This unprecedented refusal to comply with the transition could interrupt the delivery of federally administered essential health supplies and programs to tribes. This could be fatal given the state of the pandemic and how it affects tribes.

As we have seen throughout history, it's too easy to neglect populations who are not represented at high levels of government. Of course, putting Haaland in this position would not be a "fix-all" solution, but it would be an important and long overdue inclusion of Native American voices.



# JAILBREAK FOR SAFETY

**JONATHAN SANDERS '24**  
CONTRIBUTING WRITER

This country's prisons have long needed reform. The time has come, especially due to the COVID-19 pandemic. Bureaucrats have been debating the morality of our justice system for a long time, yet very little action has been taken to preserve the constitutionality of prisoners' treatment. Thus, it's clear that prison regulations should be loosened to maintain a humane standard of living for our incarcerated population.

As the COVID-19 death toll tops 250,000, it's important to face the pandemic's impact on more vulnerable members of our society. New regulations have eliminated the need for longer prison sentences. Social distancing, stressed by medical organizations worldwide, is hard to maintain in spaces as crowded as detention centers. Several prisons in the United States have decided to release some prisoners early to accommodate new guidelines.

Given our country's high prison population density, many detention centers decided to start releasing some low-level offenders during the pandemic's first wave. There are nearly 200,000 prisoners infected with the virus right now, and the numbers continue to increase.

The well-being of these particular offenders overrules their potential threat to society when they are released from prison. Back in the spring, prisons de-

cided to release prisoners, flattening the exponential curve of the virus's spread. New York, Los Angeles, and Cleveland were some of the first places to begin letting people go, with hundreds of inmates leaving their cells within the first weeks of new prison policies. It is estimated that detention centers in the United States released over 200,000 inmates from March to mid-June.

The justice in the number of prisoners in our country today has been a subject of debate. According to TIME Magazine, a quarter of all inmates, mostly lower-level offenders, would be "better served by alternatives to incarceration such as treatment, community service, or probation." It is not much of a threat to release low-level offenders, as it would have a significant effect on the amount of COVID-19 infections in prisons across the country.

Nevertheless, many low-level offenders remain in jails, while some violent prisoners who have health conditions or exhibited model behavior have been set free.

Terebea Williams murdered her boyfriend in 1999 and has spent 19 years in a California prison obtaining a college

degree and mentoring younger prisoners. She was one of the offenders released this year, chopping at least 40 years off of her

sentence. Similarly, Jimmy Rosario, convicted of the third-degree

assault of Troy Scott, was let go from Rikers Island this spring without the knowledge of Scott's family. Scott's daughter, LaTor, considers this a "double slap in the face" and believes that Rosario's release represents several of the flaws in our justice system. New York City Police Commissioner Dermot Shea cited the release

of a man imprisoned for arson directed toward his ex-girlfriend. The man allegedly sent threats to the same woman following his emancipation. Circumstances like these may present a threat to society, but we must harbor enough faith in our justice system to trust them to only release the prisoners who are most civil.

New York State, in particular, has implemented strict regulations for prisons to help slow the spread of the coronavirus. Symptomatic prisoners are isolated from the rest, and visitors are no longer allowed into correctional facilities.

Nevertheless, prisons' mask protocols leave something to be desired — asymptomatic inmates who have tested positive are the only prisoners mandated to wear masks, and those who have not yet tested positive do not need to wear face coverings at all. This opens the door for a massive outbreak, which has happened in California's San Quentin Detention Center in July. If more states followed New York's lead, a greater number of cases could be prevented.

Most of the problems we currently face regarding our country's prisons did not stem from COVID-19; the pandemic has solely highlighted these issues. It is impossible to make prisons safe places for rehabilitation through the future passing of significant legislation. This includes limiting the number of low-level offenders imprisoned and raising the safety standards in all prisons, pandemic or not.



*Activists in San Quentin, Calif. encouraged prison releases at a news conference, as COVID-19 cases increased. Source: Los Angeles Times*

# HOME TEEN ADVANTAGES

**RENA GEULA '24**  
CONTRIBUTING WRITER

Teachers have approached testing in different ways that fit the class they teach and their curriculum. Among North High students, this controversial topic brings up the question of whether it is fair for teachers to assign tests while some students are at home, taking the test online, and other students are in the classroom. Virtual learning is new to both students and teachers, but it has created conflicts between students who believe that there is an advantage when taking the test online. However, there are some teachers who create two-days of testing in order for both Hybrid A and B students to take the exam when they are in the classroom. During this challenging time, teachers have been trying their best to help ensure fairness by using the two-day testing strategy. It is an efficient method that lessens the opportunity to cheat and allows all students to perform their best in an honest way.

"I've made all tests and quizzes 'open book' so that it eliminates that aspect of cheating," said Mr. Schorn, a physics teacher. "Students do sign a proclamation that they are not giving or receiving help from others, so, hopefully, that would make breaking those strictures all the more difficult for the conscience." Mr. Schorn believes that having both the students who are physically in the classroom and those at home take the test on the same day allows them an equal opportunity by making his exam time limit more pressuring. However, "because

of the lack of integrity of some students, [many teachers] have shifted to giving assessments over a two-day period," commented Ms. Silk, a Spanish teacher. While other teachers use ClassKick as a platform for hybrid testing, but that also comes with several complications. Teachers now dedicated have five or more minutes of the 41-minute testing period to making sure all remotes students' iPads, hands,

like other teachers who teach in person.

"This circumstance makes it even more complicated for me in some ways," said Mr. Hahn. "I have tried to create exams that would not be compromised if students were to access any notes. In fact, I have encouraged students to use any notes they have. But again, this is the advantage I have teaching literature/writing classes." He is "not sure if



*Controversy emerges between Day A and B students over the advantages and disadvantages of hybrid testing for in-person and remote students.*

and faces are in the face of their cameras.

"Personally when I take a test online I feel the trust I used to have with my teachers has completely disappeared because even the simplest movements such as looking up at the ceiling while thinking is confused with the potential of a student cheating," said junior Ashley Hedvat.

One teacher specifically, Mr. Hahn, is in a unique situation because he teaches remotely every day, un-

students know how much difficulty, skill, and time it takes when constructing an exam. Teachers are working twice as hard to both challenge and ensure fairness for all students. It's a testament to their commitment to teaching and learning." Ultimately, though, a fair testing atmosphere requires the help of both teachers and students. The commitment of both parties is essential when it comes to resolving this controversial issue.

The students at North High have developed their own perspectives on this situation. "I think the two-day testing system works out perfectly during this unprecedented time and is very fair," Zoe Paisner, a freshman, said. "In response to having two days for tests, teachers have to create two different versions of a test so I don't think cheating can occur." To elaborate on her point, students still find opportunities to cheat because it is impossible to have control over every step a student makes. In addition to that, some students would do anything to achieve a good grade, even if it means abandoning their integrity and sharing a test while remote.

During such a difficult time it is imperative that all students contribute to helping split testing days work. If everyone does their role as a students, we will have a better chance of learning in an honest way.

"The teachers are doing the best they can to test us and the students need to cooperate to make it a level playing field for all," senior Alex Geula stated.

Teachers put in a lot of effort to help us, but as students, we must fulfill our part as well in this atypical time. A possible solution for hybrid and fully remote students is to take all online assessments on a software that does not allow them to exit the page while working. This could help to further control the cheating that is happening, in the meantime, though, it's important that students and teachers work with each other to make sure all tests are fair and honest.



# The Virus that Stole the Holidays

## Sentimental Staycation

AVA ASSARAF '23  
STAFF WRITER

Imagine lying in bed in sweatpants and a sweater, watching another episode of your favorite series Netflix. You go downstairs to grab something to eat and then head straight back to your bed. You repeat the same process every day, and before you know it, two weeks have passed and you are sitting behind your desk at school. You quickly realize that winter break was not much of a break without all its usual activities and socialization.

One word could completely change this whole situation for better or worse: perspective. Perspectives help to develop an attitude towards a problem or general situation. As for today, a lot of people perceive the effects of COVID-19 to be negative due to the many regulations that are limiting typical winter-break activities. You may not be able to see your friends and family and must refrain from having gatherings. Your vacation may have been canceled. During coronavirus times, it is easy to focus on all the negative changes in your life, but a shift in focus can be all it takes to realize the new and innovative opportunities COVID-19 has created.

One may look at the 'inconvenient' halt COVID-19 has created as an opportunity to bond with immediate family members. Instead of sitting in front of a computer screen, use this time to get closer to the important people in your life.

Watch movies together instead of watching a movie alone. Collectively, families can create do-it-yourself movie theatre experiences with fun at-home movie theatre snacks, unique to your own family. Under normal circumstances, it may not be as easy to make time for such bonding opportunities, with much of the break being spent outside of the house. The limitations that COVID-19 has set are only irritating if you look at them that way. There are always ways to create enjoyable experiences, despite COVID-19 restrictions.

Finding a new hobby is another way to positively spend winter break while shifting an otherwise negative perspective. Some may take up cooking, fitness, or even painting. It is important to re-consider feelings of boredom as a time to get creative and think outside of the box.

"When we were in quarantine, my brother and I cooked dinner for my parents," said sophomore Alana Shapiro. "It was a really fun experience and was a great way to spend time together."

Suppose you end up enjoying cooking and making something tasty. Not only will you have found a new hobby that wouldn't have been discovered otherwise, but you've also developed a useful skill to

take forward into the future. Additionally, whether writing in a journal every day or creating a storyline, reading and writing is a useful skill that makes time fly by. Con-



sider starting a new series, or even reading the newspaper. Make your time worthwhile by catching up on current events.

Winter break is also a prime opportunity to improve both mental and physical health. After several months of school, which can be tough to get through without the usual vacation breaks, there are many ways to give attention to one's health. Exercising and meditating are two ways

that improve both. Going outside for a run or a hike, or doing some at home workout routines can significantly reduce feelings of stress and agitation. Physical activity is a great way to relieve the mind of stress, while simultaneously improving physical health. "I try to focus on my breathing every day. Just closing my eyes for five minutes and taking a few deep breaths relieves an entire month's worth of stress," said sophomore Eliana Sadykov about her way of meditating. Instead of blaming COVID-19 for ruining winter break, it's important to channel those thoughts into a reason to engage in healthy activities. Be inspired to wake up before noon and go on a 30-minute morning jog. After a quick workout,

make some french toast. Treat yourself. Maybe later in the day there's room for 10 minutes of meditation, followed up by a movie with family. At the end of it all, winter break means time to work on yourself, so you have the power to make it all the more enjoyable — if you are able to shift your perspective and create something positive out of an unfortunate situation.

# The Holiday Blues

ALEXA NISSIM '22  
STAFF WRITER

Major holidays such as Christmas and Hanukkah are approaching quickly, but COVID-19 has other plans for us this year. With cases increasing daily, the chances of spending the holidays in a "normal" manner are unlikely. With the prevention of typical family gatherings and wholesome celebrations, the holidays this year are completely altered.

Many citizens of Great Neck usually spend the holidays with their families and host celebrations for Hanukkah or Christmas. This year, holidays are bound to be different because of the pandemic enforcing change in our daily lives. Hosting a Zoom, or even gathering in a small group of people, does not hold the same memorable moments as those of past years.

"The holidays are ruined this year," said junior Jayson Soleimany. "Typically I spend it with my entire family... and without them is not the same." Some individuals thought of having a gathering outdoors to allow more normalcy but also somewhat follow the regulations of the CDC, but the December weather is not adequate for comfortable outdoor celebrations. This is causing people to not be able to celebrate with their

extended family. "This Christmas I won't get to spend time with my big family," said junior Gabby Urrutia, "This is the first Christmas we will not be able to celebrate together...normally my family would have a big dinner, and we would all dance, open presents, and celebrate."

Even with a small celebration, the holidays are meant to be celebrated with everyone and that is not possible with the coronavirus this year. With temples and churches having limited capacity, the religious aspects of the holidays are also going to look very different this year. Furthermore, new regulations have been placed that force travelers to quarantine and get tested. Many families in Great Neck who were planning on traveling now have to plan their time according to these quarantine restrictions. Those intending to take international flights are being

forced to postpone or cancel their trip because of the traveling restrictions.

The COVID-19 pandemic has been stressful and isolating for many people and families. According to the CDC, "symptoms of anxiety disorder and depressive disorder increased considerably in the United States during April-June of 2020, compared with the same period in 2019," and these symptoms will spike again during the holiday season when people are not able to celebrate like they usually do.



The holiday season is a period where students can relieve stress and reward themselves for all the hard work they did during the first semester, especially with the new guidelines they had to adjust to this year. In spite of that, this reward feels rather bland and spiritless when compared to the typical ways of spending the holidays. Additionally, break in general is supposed to be a time for students to en-

joy with friends and family that they couldn't when school was in session, but with the limits and regulations in place, this isn't a possibility anymore.

Overall, this holiday season is shaping up to be unlike that of past years, and it is highly unlikely anything joyful will come out of it. "My parents always hosted Hanukkah and we [used to] have my entire family over, which is usually about 20 people," said Chloe Roofeh, a junior. "This year it is only my immediate family, [which] will be boring because it's the same as always."

Many students would argue that the highlight of their holiday season is getting to see their cousins, aunts, grandparents, and people they have generally not seen in a while and just being able to spend time with them casually. Although, some may consider that the holidays can still be fun with just their immediate family, others may feel as if it was an average family dinner. A special and unique part of Hanukkah, Christmas, or any other seasonal holiday, is being surrounded by all the important people in your life, unimpeded by the other problems we think about every day, such as the new COVID regulations. These rules, though we must abide by them, unfortunately, take away a significant aspect of the "holiday spirit."



# The Virus that Stole the Holidays

## Keeping Spirits High and Cases Low

RACHEL SUTIN '24  
CONTRIBUTING WRITER

With COVID-19 transmission rates on the rise and the remainder of a year so uncertain, now, more than ever, Americans are looking to their religion for stability. Wanting to regain both certainty and control, community members rightfully question if Hanukkah, Christmas, and Kwanzaa will have the same spiritual significance as they have had in previous years. Depending on how you look at it, switching to virtual holidays could either make or break the spiritual significance of these landmark gatherings.

Considering the materialistic atmo-



sphere in Great Neck, the holidays' focus on gifts has always been a concern. Children receive expensive cars, sophisticated electronics, and other lavish gifts as an acknowledgment of holiday cheer. While gifts alone are fun and harmless, the problem begins when gifts start to compensate for familial connections. Zoom Christmases and Hanukkahs will only exacerbate this issue, forcing families to use their money to make up for the lack of true connection.

As the holidays loom closer and closer, we begin to question whether or not it is okay for the holidays to become a little more tangible this year. Some say all the change we've weathered as a community may mean a few extra gifts won't hurt.

Others, including the Orthodox Jews, "who choose not to use technology on more religious holidays, may be less comfortable with the idea," said junior Sarah Rafael. Many plead caution in fear that the materialistic state of mind will only solidify, and become an even worse local issue.

Having a large group celebration doesn't only fill the need for physical connection; it can also fulfill the need for a spiritual one, too. Without the ability to gather in larger groups, craving for materialistic gifts will only in-

crease, as religious groups tend to gather in large gatherings. The absence of these gatherings will drive community members to, technically speaking, perceive a shallower connection with their higher power.

For those that do practice religion, there seems to be this intangible quality of attending a sermon or service live. Just as being in school physically makes one more attentive, being in a house of worship collectively "feels" better. A spiritual connection may in turn diminish when services aren't attended in person. Like school, Hanukkah, Kwanzaa, and Christmas can all be held via Zoom. Nevertheless, there will always be ways in which these gatherings will just not feel the same. On the contrary to the obvious setbacks of Zoom holidays, staying home and practicing safe social distancing procedures are, in some ways, one of the most religious things one can do. Almost every religion preaches the sanctity of life and the importance of humility. In this regard, staying home may strengthen one's spirituality. There is no better way to channel a higher power than to act angelically, putting one's own goals aside to save lives.

There are alternative ways to make the holidays special. Leading up to the holidays, families can

screen-share media that will contribute to shared tradition, like watching movies or playing virtual games together. In some ways, celebrating Christmas, Hanukkah, or Kwanzaa virtually can also open up possibilities and give way to new traditions.

Holidays via Zoom can open up communication lines and allow families to participate in services that span the globe. Communication is no longer limited by our geographic area. Our new technological advancements can create new opportunities for connection across generations and regions.

Finally, a shared experience (or, in this case, a pandemic) can bring people together. "[Zoom] could even connect us more now that we are more appreciative and grateful for what we have," said freshman Rachel Bagim.

In the short run, it is possible that the shift toward virtual holiday celebrations could make these landmark gatherings lose their spiritual significance. In the long run, however, this year may be the most spiritual one yet. Whether meeting socially distanced or opting for video chat, I plead that readers practice their religion safely this year. It takes strength to realize that staying home, or practicing social distancing, will save lives. And maybe, just maybe, staying home now will allow for a quicker reopening in time for the next holiday season.

## Not a "Break" From the Pandemic

SOPHIE YELLIS '21  
STAFF WRITER

As winter break approaches and families begin to plan domestic and international vacations, the pandemic continues to get worse and worse. COVID-19 cases have been on the rise since July, and an increase in travel will directly lead to an even larger spike in cases. Although it is not illegal, traveling during this time is not looked upon favorably, as it puts many other families at risk and only increases the spread. Families planning a vacation should take a step back and consider canceling this one. It is far more important to protect each other's health than it is to get a little tan in Miami.

As of Nov. 24, there are over 55,000 cases in Nassau County alone. It is almost inevitable that we will all, at one point, come in contact with someone who carries this disease. Going on a vacation will not only increase the risk of you contracting the disease but also increase the spread of it, allowing the disease to infect far more people.

If you choose to disregard these warnings and continue with your vacation plans, it is still important that you take into consideration the CDC guidelines regarding COVID-19. Ac-

cording to the CDC website, one should "delay their travel and quarantine by separating yourself from others until 14 days after your last exposure." If you are awaiting COVID test results and test positive on your vacation, you, and the people you traveled with, need to isolate yourself from others and delay your return.

If you choose to travel by airplane, you must test negative before you leave to decrease the risk of potentially exposing either passengers on your flight or local residents of your vacation spot. Before you head to the airport, make sure to bring disinfectant wipes to clean the surfaces you touch on your flight, as well as hand sanitizer and extra masks. I highly recommend using mask filters for additional protection.

Alongside the CDC, New York State Governor Andrew Cuomo has also implemented guidelines for travelers who intend on leaving the state for more than 24 hours. Travelers have to be tested within three days before they arrive in New York, and must quarantine a minimum of three days. Although these travel restrictions are helpful in New York, they need to be implemented throughout the entire country. To ensure maximum safety and wellness, travel regulations across the board need to be-

come more strict and thorough.

Many students disagree with the lack of travel restrictions across the country and urge others to follow and comply with the CDC guidelines. "Please don't," said senior Aliza Fine. "I get it, we all want to go back to pre-pandemic life. Do you think I don't want to have a senior year? I want to go to my cousin's house for Thanksgiving and go on vacation over winter break. I don't want to wear a mask, but it's basic safety precautions and human decency." Fine also emphasized her understanding of "why people want to go away over the break," but hopes that her peers choose to stay home, "for the good of everyone." She is not the only student who thinks that traveling during the holidays is dangerous. Sophomore Jack Brenner said, "In my opinion, going away for a vacation just shows a lack of consideration for those around you. Is it really worth the tens of positive cases and possibly death in your community for you to go to L.A. or see some Caribbean beach?"

I'm sure that after the events of this year, all people want is to go on a quick getaway, lay on the beach, and sip a [virgin] pina colada. Under these circumstances, however, we cannot act as we wish. We must strive to keep ourselves, our loved



ones, and everyone else around us happy, healthy, and safe. Wearing our masks, social distancing, and Zoom social gatherings are, for the time being, the new normal. The faster we accommodate these changes, the sooner we will be able to safely board a plane and hear the phrase, thank you for flying Delta, again.

All cartoon from the spread page are  
designed and drawn by Head  
Cartoonist Alice Liu.



# THE DRIVER'S ED DILEMMA



**REBECCA BERNSTEIN '23**  
CONTRIBUTING WRITER

For many students, receiving a permit at 16 and a license at 17 is a rite of passage into a more independent lifestyle, but COVID-19 has compromised that exciting time. However, the pandemic caused the DMV to shut down in late March, leaving many students with delays in receiving their driver's permits and licenses. Since the reopening of services in July, many students have been scrambling to make reservations for months in advance at a DMV office, even if it may be inconveniently located.



High school students who take driving lessons during the pandemic, as well as their instructors, must maintain the mask mandate in order to prevent the spread of the coronavirus within the small space. Photo: Detroit Free Press

The pandemic has also caused the shutdown of the Spring 2020 Driver's Education program and the cancellation of the Fall 2020 Driver's Education program in Great Neck, forcing many students to wait to receive the credit that will permit them to receive a full license. North High has re-

sumed driver's education only in small, virtual groups for students who had started the course in January 2020 and were not able to finish due to the COVID-19 pandemic. This delay stripped many students of the excitement learning how to drive.

At this time, it is also uncertain how the Spring 2021 driver's education program will be held or if it will happen at all. Samantha Tarantola, the director of Great Neck's Community Education program, says, "Unfortunately, at this time, I do not have any information regarding a Spring 2021 Driver's Ed program. Updates on that status will be communicated with the high school." The uncertainty of the COVID-19 pandemic leaves many unanswered questions regarding driver's education, including

the possibility of a virtual program. If driver's education is held virtually in the spring, how will it be different from the traditional in-person process? Junior Adelia DeRose has received her permit prior to the COVID-19 shutdown and is taking virtual Driver's Education classes through the school. She reveals that the program is similar to

traditional in-person classes, and says that "we cover the exact same material on Zoom as we would in person." Students and instructors alike deem it very important that future drivers are able to obtain the same education virtually as they would have in previous years.

Now that driver's education is not being offered by North High, it is more difficult for students to find opportunities that make them eligible to receive a

license at 17. At this time, the New York Legislature has not authorized online driver's education, and many of the offered courses do not satisfy the New York driver's

education option for new drivers under 18 years old. This is an issue because taking an online driver's education course that is not held through the school will only allow for an auto insurance discount, but it will not count as a credit at the DMV. Spirits are deflated for students at North High, as they must deal

with the uncertainty of the situation during a time where they would usually be finally hitting the roads. Maya Somekh, a junior at North High, has revealed that she was delayed a month in getting her permit due to the COVID-19 shutdown. She says that she is "looking to take Driver's Ed later on since [she has] a late birthday, so [she has] time." Somekh also reveals that "an online alternative to these classes would prepare me to drive as well as a traditional

in-person class would, since it's the same material." During this time, the chaos and dangers of the COVID-19 pandemic has caused a backup at the DMV and much uncertainty. Due to this, appointments can be made months in advance, but it is not a guarantee that a driver's education course will be held in the spring. For many students, being able to book an appointment at the DMV to receive a driver's permit and continue on to take a driver's education course is a huge priority that has become a burden for students.



Driver's Ed students now attend virtual class instead of the traditional in-person lectures and supervised driving that was offered before the pandemic. Photo: Joane Sarfati

# A NEW AGE OF HOLIDAYS

**GISELLE MAKANI '23**  
CONTRIBUTING WRITER

Like all teenagers, high schoolers at North High value their friendships, and they would never miss an opportunity to celebrate in ways that demonstrate their appreciation for their peers. However, COVID-19 restrictions prohibit the large gatherings that once united students both in and out of school. These restrictions prevent holiday gatherings and activities, such as the largely practiced Friendsgiving and Secret Santa. Sophomore Doron Sedaghat has recognized the spike of COVID-19 cases in our community and stated that "taking precautionary measures such as wearing masks and constantly washing your hands will be extremely important this year." He continued with his plan for the holidays: "This Thanksgiving, I think the best thing to do is to stay with your family in your home."

Fortunately, some students have found safe ways to celebrate despite these restrictions. Sophomore Liora Kaya announced that in order to connect with her friends she will "FaceTime them and be in touch over the holiday season." Moreover, many teenagers have discovered that creating some Google Slides showcasing fun activities and reminiscing memories from pre-quarantine would be a great alternative to an in-person Friendsgiv-

ing during this complicated time. Through this option, friends can reveal how grateful they are for their friendships in many unique ways, keeping the Friendsgiving spirit alive.

Although Secret Santa is virtual this year, there are still plenty of alternatives to meeting in person, like FaceTime and Zoom. Friends can drop off gifts at their assigned person's home to be opened in a virtual meeting. Obviously, watching someone virtually open gifts may not have the same meaning for some people as the traditional activity, but with these options, friends are still able to share special moments together. Junior Lauren Benhuri explains how she is "definitely planning on participating in Secret Santa with [her] friend group this year." She continued, "though we will likely have to do it virtually, there is no way we will pass up on our yearly holiday tradition." While many individuals are resorting to FaceTime to connect, it is more convenient



A family of four stays safe during Thanksgiving dinner while virtually connecting with extended family members and friends. Photo: People.com

for larger families and friends to utilize other resources like Zoom that permit up to 100 members to celebrate virtually. However, another issue that comes with the ban of large gatherings is the lack of these bonding holiday activities being available for extracurricular groups. Club members have been contemplating different solutions to these limitations in an effort to promote inclusivity and encourage members to form new friendships. Junior Sahar Tartak remains optimistic and says, "I don't think that it is impossible to bond and I think that it's still possible to form communities within clubs even on a Zoom call." She continued, "I noticed that students actually are often willing to participate and engage as long as the club leadership is encouraging and is really motivated." Tartak, like many others, is willing to take on the

challenges brought on by the pandemic with perseverance and supportive advice.

Furthermore, juniors and seniors participating in the Peer Leadership program are aware of the toll these restrictions have on their advisory dynamics. Peer Leader Eden Reznik mentioned that she "feel[s] leaders are limited in activities they can do to engage and interact with the students." Historically, advisory has consisted of Thanksgiving celebrations with food and often a Secret Santa event amongst the peerlings. Now, none of these activities are viable options, especially since half of the group is online during sessions. Peer Leader Sofia Buziashvili expressed her disappointment toward the lack of activities "because they are a nice start to a stressful day during the holiday season." However, she continued that "to counteract this, I just want to open advisory up to open-ended discussions about life in general and checking in on my peerlings with how they are dealing with COVID." Hopefully, meaningful discussions will allow leaders to continue maintaining strong bonds with the peerlings, despite the lack of stereotypical "fun" activities this year.

As the difficult year of 2020 comes to a close, many are disappointed with the lack of festivity in the holiday season. However, the most important thing for everyone to do is to maintain a positive mindset in adapting to the new social norms and keeping their loved ones safe.



# Fast Food's Green Additions

**XIOMARA TRINIDAD PEREZ '21**  
STAFF WRITER

When people hear the words “fast food,” unhealthy foods like hamburgers, pizza, and fried chicken immediately come to mind. But, with new additions to menus, these negative views on fast-food chains could change.

Usually, when one goes to a fast-food restaurant which mainly contains either greasy or completely meat-based food, the menu could seem to lack a variety of healthy options. A great example of one of these fast-food chains is McDonald's.

McDonald's menu only offers a wide selection of meat-based burgers, French fries, ice cream, and their famous Chicken McNuggets.

Now, McDonald's has announced that it will be releasing a plant-based burger called the “McPlant.” The McPlant will be available in test markets starting in 2021. McDonald's has stated that they will be integrating this plant-based burger to appeal to new “trends.” They



McDonald's controversial new McPlant — a completely meat-free burger substitute — was announced in early November 2020. The burger is set to be released in early 2021. Photo: NBC Chicago

have also stated that they will eventually be including chicken substitutes and vegan breakfast sandwiches on its menu.

For some people, a well-known fast-food restaurant like McDonald's deciding to make this big change is concerning. Knowing its history and bad reputation among vegans, McDonald's was expected to receive bad feedback on its new burger. “I think that adding vegan options to fast-food menus would be really cool and inclusive,” said sophomore Emely Renteria,

“though I think people would be hesitant to try the food since it's from fast-food restaurants.” Once the McPlant was announced, some vegan lifestyle influencers, like the YouTube channel Sun and Sage

Ethical Vegan Clothing, took to the internet to express their concerns. They were alarmed about McDonald's creating a meatless burger since the franchise has been known for years as a company that engages in animal cruelty.

With the sale of a burger that is targeted towards vegan and vegetarian

customers, there comes the risk that McDonald's could fall in the same steps as its rival, Burger King. When Burger King released its plant-based burger called the “Impossible Whopper” on Aug. 8, 2019, it ultimately ended up facing a big lawsuit. Many clients complained that the plant-based meat was being cooked in the same grill as Burger King's regular meat burgers, thus making the Whopper not completely vegan.

Phillips Williams, the man that filed the famous lawsuit, argued that since the burgers had been cooked in the same grill as their traditional burgers, it meant that they contained some animal by-product. He also said that there was “no signage” disclosing about the same-grill issue at the drive-thru where he bought his Impossible Whopper. Students with similar dietary restrictions decided to express their opinion on the controversy. “I don't have an issue with it being the same grill but I think it should be mandatory for them to wipe it down,” shared sophomore Niki Moslem,



Looks like meat, but it's not — these new, vegan options are rolling in at popular fast food chains, including Burger King's popular Impossible Whopper. Photo: Business Insider

“and if it is time consuming, they should at least use a separate grill.” Another student that expressed her opinion was senior Nina Philips. “Personally, I'd be comfortable eating this burger since it isn't an actual meat product,” said Philips. “I know that many vegans consider products that ‘may contain’ dairy products vegan, although they are produced in the same factory as non-vegan items,” She continued, “However, since many vegans do not share the same sentiment, I can see why this might spark some controversy and claims of false advertising.”

Burger King later defended itself by stating that the company never said that the burger was vegan and was only advertised as “0% beef.” The company also pointed out that, in its advertising, it had a footnote that said, “For guests looking for a meat-free option, a non-boiler method of preparation is available upon request.”

It is hoped that McDonald's will learn from its rivals' past mistakes, and apply some vegan and vegetarian friendly policies with the McPlant.

## BATTLE OF THE CONSOLES



**AVISHAI AGHELIAN '23**  
CONTRIBUTING WRITER

Recently, both Microsoft and Sony, two rival companies, have released new gaming consoles. These consoles are known as the “Next-Gen” consoles because of how futuristic they are, with both companies having added new features. Many people have started debating over which one is better, but what's all the talk about?

The new PlayStation console is modeled completely differently from previous consoles made by Sony. This new model looks more modern than the old PlayStation designs, and the specs, which include storage, speed, and graphics of the new console, are way more advanced. Games take far less time to load on the PS5 than they did on Sony's older model, the PS4. But all the hype is not just about the new design and specs. PlayStation is known for having many exclusive games for their consoles, and the new PS5 has its own exclusive game called Marvel's Spider-Man: Miles Morales. This game is all about the new Spider-Man, Miles Morales, and his heroic adventures, and is highly anticipated after the success of the popular Spider-Man game on the PS4.

Audiences have mixed feelings about this console, however. Polygon, an American video game critic, wrote, “The PlayStation 5 is a worthy upgrade to the PS4, but it might not be essential to grab

this holiday season.” Although this console has many pros, there is much debate as to whether it's worth so much money to upgrade. Despite arguably being one of the greatest video game consoles of all time, it fundamentally functions the same way as the old model.

Nathanial Darbishadeh, a fan of the PlayStation 5, expressed that “the new consoles have significant CPU, GPU, and storage upgrades which make them run faster and perform better.”

Sophomore Eitan Zargari, who is planning to buy the new PlayStation, said that the console's appeal to him “[is] not really about the games, but the graphics and speed of the console.” He continues, “In the PS5, you can play any PS4 games that you had, but they will have better quality.”

The Xbox Series X, the new model of the Xbox console, also has a totally different style to old models. The new model is overall more powerful than the older Xbox One console as it boots up faster,

has better quality, has better storage, and has enhanced privacy settings. The Xbox Series X also has many new exclusive games, such as Halo Infinite, which is a popular first-person shooter game.

Brittany Vincent, a CNN critic, said that

the “Xbox Series X resembles a gaming PC in nearly every way, from its tower-like form factor to its multi-tiered approach to bringing gamers on multiple platforms together ... It's everything we've been waiting for.” The new Xbox and the PS5 both resemble gaming PCs in many ways, as they have better specs and have more advanced technology.



The new PS5 (left) and Xbox Series X (right), both released in November 2020, have been in constant competition for popularity among buyers. Photo: MICROSOFT

Josh Mueller, a sophomore at North, believes that buying the new Xbox may not be worth it, saying that “people boast about all the beefy new hardware in the Xbox Series X when in reality the difference won't be too significant.” He continues, “If you're buying a first console or a new console after many years, it's worth it, but if you still own a recent model, maybe not.”

Quarantine brought about by the COVID-19 pandemic has had a great impact on video gaming. According to Verizon, usage of video games in the U.S. went up 75% after the first week of quarantine. Also as a result of quarantine, live streaming has increased by 12%. Moreover, when the lockdown had just begun, Luigi Gubitosi, the Telecom Italia Chief Executive Officer said, “We reported an increase of more than 70% of Internet traffic over our landline network, with a big contribution from online gaming such as Fortnite.” Ever since people have been holed up in their homes in quarantine, video game usage percentages have gone up, as people had nothing to do and wanted to entertain themselves. Sophomore Doron Sedaghat says “[he's] never touched [his] Xbox even once for half a year, and when COVID-19 became a thing, [he] finally started getting into video games again.” Both the Xbox Series X and the PS5 have exciting aspects that will be sure to entertain people all over the globe, especially those stuck indoors due to the pandemic.



# MOVING with Molly: HOLIDAY EDITION

**MOLLY SHERRY '21**  
COLUMNIST

Currently, we are in the midst of the autumn season with the holidays fast approaching. Sadly, there is not enough time in the season to explore all of the astonishing places that Long Island and New York City have to offer during the holidays, especially during the worldwide pandemic. Fortunately, I have comprised a guide of a few holiday festivities to experience during the season. From warm and comforting desserts to safe, family-friendly activities, this guide has it all!

## Ice Skating

One of my favorite activities to enjoy in New York City is ice skating. New York City gets quite chilly during the winter, especially during the holiday season, and ice skating is a great way to embrace the cold weather. There are many rinks around the city that are open from October to early April. One can visit Rockefeller Center, the Wollman Rink in Central Park, and Bryant Park for a great ice skating experience. These parks are quite popular with family and friends, and ice skating is a great way to take in the city, its skyscrapers, and all the wonderful things it has to offer. One can also visit the Christmas



*New Yorkers and tourists embrace the holiday spirit as they ice skate in Bryant Park while remaining masked. Photo: Bryant Park Events*

tree at Rocketteller Center to get into the holiday spirit! Great Neck also has some amazing options for ice skating at Parkwood's Ice Rink and The Village Green, but be sure to check opening times and to always wear a mask when visiting!

## Magic of Lights at Jones Beach

Another great option to celebrate the holidays whilst remaining safe and socially distanced is the Magic of Lights Drive Thru Display at Jones Beach, starting Nov. 13 and ending Jan. 2. The Magic of Lights Show features LED lighting displays and digital animations to get every visitor in the holiday spirit. Visitors remain safe and distanced in their vehicle while they drive along the

winding path of festive lights that illuminate the night sky. Tickets vary based on vehicle capacity and can be bought online or at the entrance. This is an annual opportunity that you do not want to miss out on!

## Briermere Farms

Briermere Farms is a fantastic spot to grab a seasonal treat that will satisfy any craving. The bakery offers an assortment of freshly made pies, muffins, cookies, cakes, and jam. This spot guarantees that

all goods are made from scratch. In fact, most of the fresh fruits used in the bakery are grown right on its farm. Although the pies are on the pricey side, they are definitely worth the splurge. Providing a variety of pies including but not limited to apple, boysenberry, cherry, chocolate cream, and raspberry, the bakery assures that one will be able to find something to enjoy. Located in Riverhead, New York, the farm is quite a distance away, but if you find yourself out in Suffolk County, this is the place to stop by.

## White Elephant Exchange

It is completely understandable if the pandemic is now hindering you from participating in activities outside of your home, so the White Elephant Exchange is the perfect option for friends and family. Below, you will find the rules and regulations of one of my favorite holiday games! Rules of White Elephant Exchange: Each participant must bring one wrapped gift for the exchange (the type of gift or suggested dollar amount for

gifts should be agreed on beforehand). All participants should sit in a circle to allow for the efficiency of the game. All gifts must be placed in the middle of the circle. Players must draw numbers out of a hat to decide the order of players to pick up gifts.

The first player selects a gift and opens it. The following players can choose another wrapped gift from the center or steal a previous player's gift. If a gift gets stolen from a player, they can pick another wrapped gift from the pile or steal from another player.

Gift-swapping limits should also be placed to keep the game moving! For example, a gift can only be stolen once per turn. After three swaps, a turn comes to an end. After all players have picked, the first player can swap for any unwrapped gifts. Anyone whose gift is stolen may steal from another player only if that person hasn't been stolen from yet. The game comes to an end when someone declines to steal a gift. This game is perfect to match the wonderful winter holiday spirit!



*Jones Beach festively decorated at its infamous "Magic of Lights" holiday season drive thru. Visitors can remain COVID protected from the safety of their cars. Photo: Newsday*

# Pandemic Filming Precautions

**KAYLA HAKIMI '23**  
CONTRIBUTING WRITER

The movie and television industry, which has historically required large, in-person gatherings for filming, has been forced to find unconventional ways around COVID-19 restrictions. Cast and crews are eager to return to work after being sidelined for the past six months. However, the return to filming will not be without significant changes.

A variety of television programs aren't letting this pandemic hold them back from filming for their viewers. The ABC reality series "The Bachelorette" started recording at a Palm Springs territory resort in July. All hopeful contestants and production team individuals needed to isolate for 14 days before the beginning of shooting, and the whole season occurred inside the lavish limits of the hotel. Chris Harrison, the original host of the show, ended up breaking quarantine, as shown in a picture featured on his Instagram of him moving his son into college. Harrison then had to be replaced as host mid-season by "The Bachelorette" alum JoJo Fletcher.

Just like "The Bachelorette," the American version of the popular reality series "Love Island" began filming its new season at The Cromwell, a Las Vegas boutique hotel, in early August. All contestants and production members were required to quarantine at the hotel for 14 days prior to the start of filming.

Another hit drama series, "Riverdale", has pushed its newest season's premiere date to January due to the pandemic. Lili Reinhart, one of the actors on the show, is currently stuck near the border in Vancouver, where the show is filmed, until after Christmas due to COVID-19 travel restrictions. In August, Reinhart expressed to Nylon, "I genuinely feel like a prisoner, going back to work, because I cannot leave Canada." She continued, "You can't go home for Thanksgiving, can't visit your family."

The coronavirus pandemic has also had a huge impact on the production of another form of television: talk shows. Historically, talkshow creators have expressed the need for a decently-sized crowd to create an energetic atmosphere. Many of these shows bring in groups of individuals an hour prior to showtimes to act as live studio audiences.

Music radiates at eardrum-parting volumes to stir fans into a furor and get them prepared for enormous responses to the program. However, in our current socially restricted environment, those enormous chuckles and supports are nowhere to be heard. The partnered television shows "Live With Kelly and Ryan" and "The View", among others, banned studio crowds on a count of COVID fears.

Not only are the cast and crews struggling with these filming challenges, but many of the viewers themselves aren't happy with the changes being made. Fans of Showtime's popular drama series, "Shameless", are concerned that the pandemic is going to ruin the final season. This concern arises from the writers' reworking of the series finale to meet the needs of pandemic safety. One of

the most significant alterations is having the cast wear masks on set and during filming. Fans firmly believe that it is unreasonable that Frank Gallagher, one of the main characters, should wear a face mask, due to the type of character he is. Gallagher makes a living on the streets and takes on anything life throws at him. "While I believe that it is extremely important to respect the COVID regulations while filming, I believe that it will be too repetitive for all shows to incorporate the pandemic into the storyline and setting," says sophomore Giselle Makani. She goes on, "Allowing viewers to use shows as an escape from reality would be extremely beneficial for both the viewers as well as the pockets of the screenplay writers."

On the other hand, sophomore Iyana Kaiman sees the incorporation of masks in filming as something more positive. She says, "It is important for shows that are filming around this time to show the effects that COVID has had." She continues, "Most of these shows are not able to film as they normally would due to COVID, and I think that years from now when people look back and watch these shows, they should be able to know why they're filming differently."

Filming during the coronavirus has many fans concerned and has put actors in trouble and distress. The best thing we can all do as viewers is to keep our masks on and follow COVID regulations, in order to help us all reach normalcy.



*"Shameless" stars continue to film episodes for their final season safely with face masks during the pandemic. These masks are also showcased throughout the final season of the show. Photo: TV Shows Ace*



# A Towel on the Bleachers

DANIELLE KOBRICK ‘23  
CONTRIBUTING WRITER

We are all standing in two separate lines that curl around towards the bleachers. Already stripped into bathing suits and without the comfort of our warm towels, we wait. Clutching goggles in one hand and with my swim cap on, I am not daunted. The person at the head of each line simply dives into a lane and swims for 25 meters, then gets out. This is not even a test — just my first swim lesson at my new school. What difference does it make if I swim here instead of Parkwood?

Mom is sitting in the bleachers on the far side of the pool talking with Tomaso’s dad. She is ready with a good view of my first lap. I am not at the front of the line yet, but I watch Tomaso complete his lap without any struggle. He comes out on the other end, dripping wet, running towards his towel. The lifeguard with hair flowing past her waist waves the next person forward. I wonder how she could even fit all that hair in a swim cap.

My turn arrives sooner than I realize. I approach the end of the pool and stand in a ready position, prepared to pad-

dle my way across the pool into the deep zone. Deep zone may not be the most accurate phrase because the “shallow zone” is already five feet, an entire foot deeper than my first-grade height. But depth does not matter. Not when you have two years of swimming experience. So, I dive in.

I do not remember sinking. I do not remember my splashing feet propelling my entire body beginning to flounder, my rotating arms gliding through the water failing me, and my breath weakening.



Maya Slobin

I do not know who carries me out of the water, possibly diving in fully-clothed to bring me back up to the surface. I think it may be that lifeguard, though I doubt she had time to put on her swim cap.

I do remember being curled up in a little ball, wrapped in my teal towel scattered with prints of pink and orange flip flops. I am sitting in Mom’s lap, with

Tomaso’s dad by my side, in the bleachers on the far side of the pool with a good view of what never materialized into my first lap. The other students have resumed swimming, and I see Tomaso once again waiting for his turn. I shudder at the idea of going back in line, but Mom quickly soothes that thought. The Saturday morning class is not for me, she explains, as relief washes over me.

This relief suddenly vanishes and is replaced by embarrassment as I realize that I did what none of my twenty other friends had done: I sank. I know that I cannot continue in this class, yet the idea of admitting I cannot swim is humiliating. Even as Mom signs me up for the Saturday afternoon class, I still fear returning to the pool. The three-hour difference is what distinguishes success from failure. My first afternoon in the new class is the following weekend. Arriving, I wave at Tom-

maso as he exits the pool with his dad. I pass by many other students until I reach my seat in the bleachers. As I carefully place down my bag of pool gear, I look around, expecting to feel a flurry of shame. I am, however, surprised to observe the pool filled with smiling children cloaked in floaties. Before I know it, I am smiling alongside them.

# HOLIDAYS RESUME WITH ZOOM



Sophie Frenkel

Several friends join together in a virtual setting for a holiday “Secret Santa” celebration. Despite the COVID-19 restrictions, friends and family are still able to enjoy each other’s company safely.

# YOUR TEACHERS' FAVORITE HOLIDAY FOODS



Mrs. AGUADO  
CORN CASSEROLE

Ms. ANASTASIS  
LAMB CHOPS

Mr. CORRAO  
CANNED CRANBERRIES

Mr. CISARIO  
CRANBERRY SAUCE

Mrs. LERNER  
SWEET NOODLE KUGEL

Ms. LYNCH  
ALMOND COOKIES WITH CANDIED CHERRIES

Mr. McDONALD  
CHOCOLATE CHIP COOKIES

Mrs. MILLER  
BAKED CRANBERRY BRIE

Ms. OSTROVER  
PUMPKIN PIE

Mr. RAGOT  
ANY PIE

Mr. RODRIGUEZ  
PAELLA

Mr. RUTKOWSKI  
PIZZA PIES ON ENGLISH MUFFINS

Mrs. YORK  
HOLIDAY COOKIES



# New Diversity In Professional Sports

**ADDISON KLEBANOV '23**  
CONTRIBUTING WRITER

A new era is approaching in American sports and the thresholds that cause specific races and genders to dominate certain sports categories are being crossed. The National Basketball Association (NBA), National Football League (NFL), and Major League Baseball (MLB) have all taken pioneering actions to be more inclusive to minority genders and races. Typically, women in the past tended not to be involved in coaching, as white males continue to dominate coaching in the three leagues. In the MLB, 90% of managers are white males, and in the NBA, 70% of NBA coaches are white males. Meanwhile, 81.1% of NBA players are African American.

Looking at these statistics, it is puzzling how an overwhelming majority of NBA coaches are white. Similar to the NBA, a majority of NFL players are non-white, yet only one in eight coaches represent a minority. All three of these professional sports

leagues have realized that discrimination needs to become a major topic of discussion.

Players, league authorities, and owners are starting to support and hire minorities to create balance. The NFL is committed to advocating for an abundance of minority coaches and has

implemented a rule that pushes strongly for equality. Eric Bieniemy is an African American offensive coordinator for the Kansas City Chiefs who has engineered an offense that is currently averaging the most points per game in the NFL. Unfortunately, Bieniemy still cannot find a head coaching job.

Jim Caldwell, a retired NFL coach, referred to Eric's situation as "mind-boggling." Caldwell added, "You look at guys who got opportunities when Eric did not... those things make you scratch your head." One advancement the NFL took was the Rooney Rule, which requires every NFL team to interview minority candidates for their coaching jobs. Overall, the NFL is determined to end the stigma of the head coach position being a predominantly white male position.

Gender equality is also another major aspect of the need for diversity in the MLB as well. The Institute for Diversity and Ethics in Sports gave the MLB a "C" in gender grade in 2018, according to NPR. However, there is a chance

that the MLB will improve that grade with the addition of the first female general manager, Kim Ng.

Ng has worked in the baseball industry for the past thirty years and has a great resumé which includes senior vice president of the MLB and an assistant gen-

eral manager to the New York Yankees and Los Angeles Dodgers. She became the first woman and Asian American GM. Ng has managed to break through two barriers with her determination and grit. It is not easy to be a woman in a male-dominated industry, especially as a minority, but Kim never gave up. Former New York Yankees superstar and current Marlins owner Derek Jeter realized that

her experience and knowledge made her the best fit for general manager. Interestingly enough, Jeter also presented a women's empowerment award twenty years ago in 2000 to Ng. Twenty years later, Jeter and Ng are in charge of the rising Miami Marlins team.

Recently on the news, NBA players formed headlines by posting about racial inequality and taking justice. Notably, the Milwaukee Bucks refused to play in game 5 against the Orlando Magic because of the Jacob Blake shooting. In an attempt to please the NBA players without getting too political, the NBA placed a message on every NBA player's jersey in the playoffs. Unlike the NFL, there are no incentives to hire minority coaches.

Many people strongly believe a Rooney Rule should be adapted in the NBA. A Rooney Rule would give minority coaches more interviews to run for the

head coach position. Every race and gender deserves a fair shot at every job position.

Although the MLB, NBA, and NFL are making significant progress, there still remain many long years before each league has a balanced amount of female

and minority coaches. Each committee is starting to realize the need to diversify. Players are taking action by speaking up about the need for minority coaches. These small steps eventually

will lead to more action on a mass scale. The players who speak out and the individual coaches who gain positions through hard work and a strong mentality are paving a path for many others.

68% of the NFL is African American and about four out of five NBA players are African American. Players and coaches are juxtaposed in race, and society is disproportionate in both players and coaches. The only way to fix the race gap is with time and courage by brave individuals such as Ng in the MLB. In contrast, the MLB is more diversified amongst their players as 63.7% of the MLB is white and 27.4% is Latino.

Each league still needs work to diversify coaches and players. Diversity is never easy to achieve in sports, but persistence and grit are key to diversifying professional sports.



*Kansas City Chiefs' Offensive Coordinator Eric Bieniemy closely observes his players in a game against the Tampa Bay Buccaneers on November 29, 2020.*



*The Miami Marlins hired Kim Ng as the first woman and first Asian-American general manager of any major men's sports league in North America.*

## ACTION AROUND THE NBA

**ADELIA DEROSE '22**  
CONTRIBUTING WRITER

Every year, the NBA has a period of suspended activity between the end of the playoffs and the start of the new season called the offseason. There are two main events that occur within this suspended period: the draft and free agency. The draft, which occurs before free agency, is an annual event where NBA teams select players to join their rosters. These players are usually college athletes or international professional athletes.

The NBA has a specific method to determine the order of the teams selecting within the draft called the lottery. A restricted free agent can join any new team, but the player's previous team has the opportunity to match the new team's offer in an attempt to keep the player. An unrestricted free agent has the ability to sign with any team of their choosing.

This year, the NBA approached their off-season period a little differently due to the playoffs ending late this year, and the new season being planned to start on Dec. 22. This forced the NBA Draft and free agency to occur within two days of each other. In a typical season, these events would occur throughout a much more stretched out period of time. Teams were forced to make their moves quickly to ensure they got the players they wanted, and that is exactly what they did.

The stakes are high for all of the NBA teams this year with significant young talent on the rise. With six championships under their belt, the Golden State Warriors are historically one of the better NBA teams. This year, for the first time in eight years, the Warriors had a top ten draft pick,

securing the number two spot. The Warriors used their pick to select James Wiseman of the Memphis Tigers. Seven foot one with a seven foot six wingspan, Wiseman's impressive athleticism and skill at the center spot could lead the Warriors to yet another championship alongside Steph Curry.

Wiseman has had some experience with the US National Team as well. He averaged 11.4 points and 5.0 rebounds per game in the FIBA U16 Championship, which was hosted in Argentina. Wiseman led the

United States to a gold medal over Canada. The Detroit Pistons were not as lucky as some of the other NBA teams in the draft lottery that took place on August 25; hoping for a top five pick, Detroit was given the seventh pick. Since their current point guard — Derrick Rose — is getting older

and can no longer perform as well as he did in his prime, the Pistons focused on drafting a new young guard.

They ultimately selected 19 year-old Killian Hayes. Hayes has a promising resumé for such a young player. As a member of the junior league

"Espoir Cholet" in France, Hayes was crowned league MVP with an average of 16.6 points, 3.9 rebounds and 7.2 assists per game. Hayes has an even more impressive free throw percentage, a .909 average from his most previous season.

For the second time in club his-

tory, the Minnesota Timberwolves secured the number one draft pick. In 2015, the Timberwolves selected center Karl-Anthony Towns, who has positively affected Minnesota's past and future outlook. This year, Minnesota selected shooting guard Anthony Edwards of the Georgia Bulldogs with the number one pick.

Edwards is known for his creative ability to score, though many people criticize his ability to hit a three-point shot. The Timberwolves are known to struggle with their perimeter scoring and getting players to alleviate some pressure off of Towns, so many fans are hopeful that Edwards will improve the overall efficiency of their offense.

In the 2019-20 college season, Edwards averaged 19.1 points per game and shot 29.4% from three point range, a number that can be improved on. Even though the 2020 offseason was run a bit differently than usual, it still consisted of many shocking trades, signings and draft selections that will shape how this upcoming season plays out.

Now more than ever, teams are under pressure to put an exciting product out on the court with little to no revenue being made from fans attending games — and many teams seem to have done that this offseason. With the shortened season and COVID protocols being a major part of keeping the players safe, this unprecedented 2020-2021 season will certainly be an interesting one, filled with many exciting and surprising moments.



*The Minnesota Timberwolves select Anthony Edwards, a shooting guard for the Georgia Bulldogs, with the first pick in the 2020 NBA draft.*



# NCAA Outlook

**BEN COHEN '23**  
CONTRIBUTING WRITER

Attending major league sports games has become an activity of the past in this new pandemic-era with the ongoing catastrophic impacts of COVID-19. Life around the NBA, NFL, and the MLB has been greatly altered. This pandemic continues to knock the college sports landscape, leaving many questions unanswered. Mania and high-stakes public health matters are continually being added to conferences that decide what college sports will look like in the future. NCAA football has seen remarkable outbreaks from teams during their season while NCAA basketball has likewise taken precautions to prevent this from happening when their season starts. The return plans for each sport and their respective competitive leagues feature various new changes to adapt to pandemics.

In the NBA bubble, the isolation zone in Florida was created by the National Basketball Association (NBA) to protect its players from the COVID-19 pandemic, the league plans on beginning the preseason from Dec. 11 to 19. The regular NBA season starts on December 22nd and plays a total of 72 games, a decrease from the traditional 82 game season. The off-season

Jackson Cronin, a senior on the North High varsity basketball team, playing with some of the best youth players around the world.



**GNN Athletics**

ers are way shorter compared to the off-seasons of teams who did not make the bubble, consequently leading to less rest for these championship contenders. A select few teams hope to host games with an audience of fans, while taking COVID-19 precautions such as rapid testing, enforcing social distancing, as well as mask-wearing and sanitary rules. Players will receive a "smart" ring, individual pulse oximeters, and a smart thermometer to help monitor and reduce the spread of the COVID-19. The league is also looking into the implementation of a wearable alarm to ensure that players and staff adhere to social distancing.

Contrary to the way of life in the NBA, the NFL does not plan on using the 'bubble concept' to control the wide spreading of COVID-19 as the NBA and the NHL are putting into use. For the return to play of the NFL, they have implemented a proprietary reserve list called "Reserve/COVID-19" in 2020 for players who have to be removed from the active roster because of the COVID-19. The NFL is granting thousands of COVID tests to all the athletes and a large amount of personnel required to manage the league. Masks are not, in fact, a requirement for players to wear for reasons not released by the NFL. Jackson Cronin, a GNN aspiring college

athlete, stated, "I think colleges playing sports right now should be playing. I feel like if you go to school for free you should be playing the sport." Evidently, students just like himself have been deeply affected by COVID-19 and its consequences.

Most schools, especially the Big Ten, rely on sports for advertising. With closed stadiums in most locations, colleges have resorted to new methods of conducting advertisements. Fewer fans lead to less spending on businesses. It has directly led to financial instability as so many companies with ties to college football are finding out. COVID has prompted the suffering of NCAA games, and to return better than before, colleges must think of other channels of revenue and marketing in order to make up for the lost advertisement. Most of the major colleges in the big 10 schools are now advertising the COVID-safe environments they have created, their amazing sports programs, and the decreased tuition that they offer. They have done this in an attempt to entice people to return to be

paying students to the university. In general, players feel great about participating in their respective seasons because they have been educated on the safety precautions and changes that have taken place to protect them. They also rely on sports as their sources of income, and therefore, must play. One from Nicholasville, Kentucky, said that "This wider perspective is motivating me to train as hard as I can and take precautions against COVID." The focus has begun to shift on what may happen to college basketball. The NCAA remains committed and seeks to bring back March Madness in 2021.

NCAA Vice President of Basketball Dan Gavitt declared on Wednesday that fans should prepare for a "special" event after this year's cancellation. "The health and safety of the players and the coaches and all the people around the games—the referees, the fans—will be primary. But ultimately, it will also include determining a national champion in the fairest and most equitable way that we can under these unusual circumstances."

The NCAA has understood the struggles of student-athletes as the Division 1 council extends eligibility for winter season student athletes. Gavitt reflects on the NCAA health, and safety guidelines stating, "I think it's important to note we're gonna have all sorts of contingencies and plans if it's necessitated." He also claimed that "We'll deliver a March madness tournament in 2021." The Division 1 Board of Directors approved to hold championships in the spring as brackets will be filled at 75 percent of their standard capacities.

# ADAPTING TO ATHLETIC CHANGE

**NOAH BERKOWITZ '22**  
COLUMNIST

Adrenaline is pumping through your veins. Sweat is dripping down your face. Labored breaths are fighting to escape your lungs, but one thing makes this process worth it: being part of a team. While professional leagues are consumed with monetary variables, student-athletes play for the pure enjoyment of the game. As a matter of fact, high school students play with the same teammates and are coached by similar trainers for their four years. In August, Section VIII of Scholastic Sports, the legislative council that determines whether a team composed of prospective student-athletes is formally affiliated with a specific secondary institution, in Nassau County decided to halt school sports until January 4, 2021, despite approval from Governor Andrew Cuomo to start Fall 2020 sports. This absence of the benefits of interscholastic sports is unfairly being

overlooked. Despite Nassau County's hesitancy to begin school sports, many other districts, primarily within New York, have moved forward with athletics in their schools.

Prior to the beginning of the school year, The New York State Public High School Athletic Association released the criteria which deeply provides CDC certified safety guidelines to run sports. The concept of "guidelines" was the keyword in this statement. These could also be seen as suggestions, consisting of social distancing requirements, mandatory health screenings, and maximum stadium occupancies. While the restrictions were likely expensive and time-consuming to arrange, many high schools saw a lot of success with the implementation of fall sports. Despite taking precautions such as postponing school sports, Nassau County has been impacted severely by the COVID-19 pandemic. Nassau County is within the top 4 of total cases (59,700) and total deaths (2,251) in comparison to other counties within the state. As cases rise, the chances of school sports being played in January 2021 seem less likely, which raises the question: when the number of cases was lower in the fall, why did students not get the benefit of a season outside?

The plan to cancel all sports for 2020 was first announced in late August and was met with immediate backlash from parents and local politicians. Section VIII of Scholastic Sports said it would reexamine the decision and make an announcement before the delayed start of the fall season on Sept. 21. However, the board did not change its decision. In reaction to this ruling, the Massapequa School District sued Section VIII, claiming that the decision by the Superintendent's Board to cancel the fall season went against the organization's charter. The case is still pending.

With the wounds of a missed

fall season still fresh, student's spirits have most definitely risen at the prospect of having a winter season. Currently, the modified sports year of three seasons consolidated into a shorter time frame, starting on Jan. 4, 2021. New York has yet to announce any official decision on winter sports, but Gov. Andrew Cuomo and his top aides doubted whether the teams would be able to congregate later this month as schools had hoped. "As we see the inclines in different parts of the state, we're not inclined to go ahead with opening the winter sports at this time," Robert Mujica, the state budget director, said on a conference call with reporters. "We're continuing to look at those numbers, but the numbers right now don't indicate we are going to expand them right now."

Prior to the beginning of the school year, it was predicted that there would be a spike in COVID cases in the winter and that the infection rate would be lower during the fall. Even with this knowledge, Section

VIII was reluctant to commence school sports. It seems as though sports were pushed back to the winter as a means to avoid having

a direct conversation about the benefits of school sports: teamwork, strengthening, pure determination, and the likelihood that it may be taken away because of precautions surrounding COVID. After taking away fall sports, it feels like the Jan. 4 start date was an unlikely and short-sighted solution to quiet the outcry and demand for sports by parents and students, who realized it was safest to do a fall season at the very least.

Sports play such a vital role in the development of adolescents, something that is being lost within this chaotic school year. Sports are not liked by everyone, and it became even less of a priority in the face of opening schools, but sports are not something that can be transferred easily to Zoom. This may have been their final year to gain the attention of college scouts in the hopes of playing at a higher level, while others yearn to step on the field one last time. In such a stress-inducing time, students need an escape like sports solely for enjoyment. The values of sports exceed far beyond winning as they give lessons in accountability, dedication, and leadership. Schools can attempt to bring back some of what was lost.

In a time in which sports are more vital than they have ever been, it is necessary for student-athletes to express their opinions and concerns. While the members of the Section VIII committee have the ultimate rule over the outcome of high school sports, students can rally together in hopes of gaining some support within their schools for seasons to be carried out, such as intramural sports.

It is of utmost importance that athletes suggest alternatives — that are still safe — to the complete cancellation of school sports this year, for some students, this very well may be their last chance.



The CDC released a chart on June 1, 2020, outlining recommendations and health precautions for youth athletes participating in sports.



# School Sports Speculation

**JACK BRENNER '23**  
CONTRIBUTING WRITER

School sports have always been an outlet for students looking for a fun, competitive experience while being a part of a culture built on teamwork and accountability. However, amidst the coronavirus pandemic, many new safety protocols have been put in place, eliminating the ability for schools in our area to run their sports programs and the cancellation of fall sports. This has prompted many student-athletes to no longer seek sports as an escape from the tensions of the outside world. It seems that the school has reached the point where having school sports is not an ideal situation that ensures the safety of our community. This leads people to question when, or even if, schools should start to have sports again. With the Blazers' Winter I season beginning on Jan. 4, it is worth wondering whether or not the school is ready. The majority of our students feel that as long as health guidelines are followed, sports should commence, as it is a great experience for many of us. However, some feel that these protocols cannot be followed in most sports, and it seems as if a majority is not confident that school sports will even happen this year. Some members of the student body feel that it is only fair for clubs to begin reconvening again if sports are starting since they feel that sports are likely one of the least safe extracurriculars. Meanwhile, there are some student-athletes who think that it is necessary for sports to return.

Of the most eager to return to the courts, varsity basketball player sophomore Luke Cronin, claims that he is "ready to play sports this year. I have been playing in basketball tournaments throughout the Northeast and those sports complexes are doing a fantastic job at keeping everyone [...] safe from COVID." Cronin also says, "Everyone [...] is following safety protocols and I hope our school can do the same." Some athletes, although ready to compete, are a bit less enthusiastic in their reasoning.

[masks and social distancing] won't be enforced at all." While Loren's "fact" is debatable, it is a reflection of how concerned most of our student-athletes are about the ability of North High to enforce safety protocols in an athletic event. Junior Adelia DeRose, another Blazers athlete, is also anxious about returning to school sports. DeRose claims that she is hesitant for many of the same reasons as Loren, but she adds that "it would also be a big risk, traveling to other schools

cation Department Head Mitchell Braun was contacted, and it appears that even he is almost as unsure about how school sports are going to be run this year as the students. "[As] of right now, this is all we have: [we're] proceeding with the hope that we will receive authorization followed by guidance for these sports," said Braun. "I wish I had more to give you, but the stay has yet to pass long [without] any additional information. Frustrating to say the least." If one aspect has been made clear

in this statement, it is the fact that the athletic department is working extremely hard to provide students with the experience of playing competitive sports this year, but planning the additional safety measures that come with a pandemic has made this no easy feat. With just about a month away from school sports starting, the athletics faculty and state officials are still scrambling to devise a plan to ensure the safety of our athletes. The athletic board is still left with a tough decision to make and with little information to help them decide.

On one hand, many students at North need sports, as it is almost a safe haven for them, and the senior athletes certainly deserve one last season to try to make their mark. On the other hand, it is clear that the student body is mostly concerned about school sports commencing and is hesitant to participate. In fact, even with those sports that are considered "higher risk," our school and even the State of New York is still unsure about exactly how safety protocols can be enforced. With the first sports season approaching, there is only so much time to decide.



Junior Rudy Beauchesne, a fencer, offers a more indifferent opinion. "I am planning to play because there is no better use of my time than sports. It also looks good on my college application." However, most athletes are actually in agreement with the worried majority described above. Among those who have voiced concerns is track sophomore Hunter Loren, who claims that he is hesitant to run track this year because "[for] a sport like track, it's pretty hard to run with a mask, and I know for a fact that no matter how many assurances the school will give,

and playing against them." This brings up concerns with travel. It is absolutely important to limit all travel and to stop bringing new coronavirus cases into Great Neck that were contracted from people in other towns. There are certain sports that are considered more dangerous than others. State officials list basketball and cheerleading as "higher risk" sports. Therefore, it is important to be especially strict with the protocols regarding these extracurriculars. In order to find out what safety measures will be taken, Great Neck North High's Athletic Director and Physical Edu-

