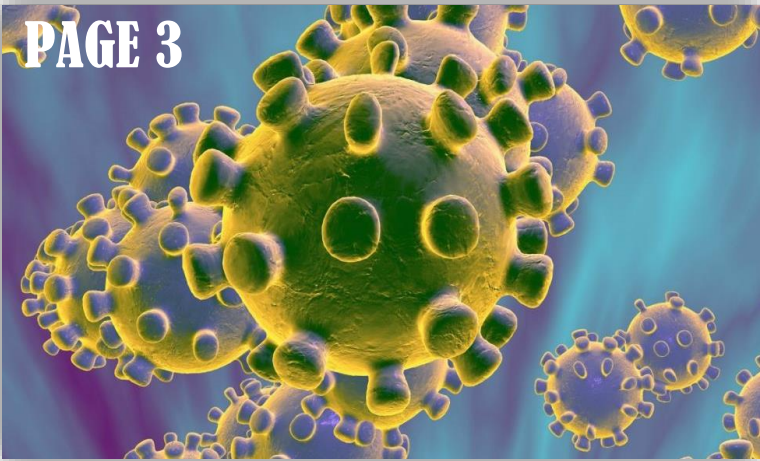


The Lance

MAY 2020

In This Issue...



Letter from a Fellow Senior

By **KENDRA BOYD**
Lance Contributor

Dear Class of 2020:

Senior year is a time to make lasting memories with your friends and the entire class. It is a time to celebrate what the seniors have worked toward the past four years of high school and the last 13 years of learning in the Livingston School District.

However, this was robbed from the class of 2020 at the beginning of March due to the Covid-19 outbreak. Our lives changed in an instant from seeing our friends every day in the halls, to only interacting during the hour-long Zoom calls every other day.

While we are initially inconvenienced by the potential of this pandemic in participating in important Lancer traditions - senior prom, the game of Assassin, our final sports season, dressing up on May 1st for decision day, and even Graduation - the bigger impact is the escalating medical emergency compounded by individuals' fear of the unknown.

The fear of not knowing how long this crisis will last. The fear of how it will affect our friends, families, and communities. We get a glimpse of reality on the daily news feeds and from listening to the President, State and local representatives addressing issues every night, but we still



have many unanswered questions.

It is important that during this trying time that we first do what is best for our wider community and our loved ones.

It is important that we stay home and follow the restrictions put in place and help our neighbors and grandparents. Our teachers, entire staff, Mr. Stern, all the Board of education administrators and numerous unseen volunteers are on our side.

They understand our sadness and are doing what they can to make sure we have

a memorable senior year. If anyone can get through this, it's us. We have dealt with prior threats towards our school and ransomware attacks, but we came out of those situations stronger and more united. We need to demonstrate our resilience and show leadership by banding together as classmates and continue to support each other and encourage our younger peers to do the same in this time of need.

Because this is the best year of our lives, we will make it up eventually. Let's make history, Class of 2020!



SCHOOL NEWS/EDITORIAL

A Worthwhile Quarantine!

By **MICHELLE LI**
Lance Contributor

Dear Lancers, with this extended period of quarantine it seems as though we are losing our connection with reality.

Outside of our schoolwork, our purpose was rooted in extracurricular interests and summer aspirations, but it seems that everything that made us unique is being taken away from us.

It certainly is a trying time, and it is only natural for some of us to fall into a state of aimlessness and dejection.

To stay positive, the most important thing for us to do is to shift our purpose by immersing ourselves in

enriching activities.

To start, here's a friendly reminder to study for the AP exams that are coming up in a month. While studying for APs is not the most appealing task, our AP scores are one of the few aspects that we can still control as a part of our individual profiles, so it's important to not become complacent towards the shortened 45-minute updated AP exams.

If you are like me and need some added activities to feel productive, taking online classes is a great way to stay occupied while becoming brighter and more productive at the same time.

Edx, an online learning platform founded by

Harvard and MIT, offers free online courses from over 120 top-ranked universities and industry-leading companies.

With courses ranging from Chemistry to Education & Teacher Training, it's a source of boundless information at the tips of our fingers.

Finally, this is a great time to focus on our physical health, a topic that has recently been brought to the foreground.

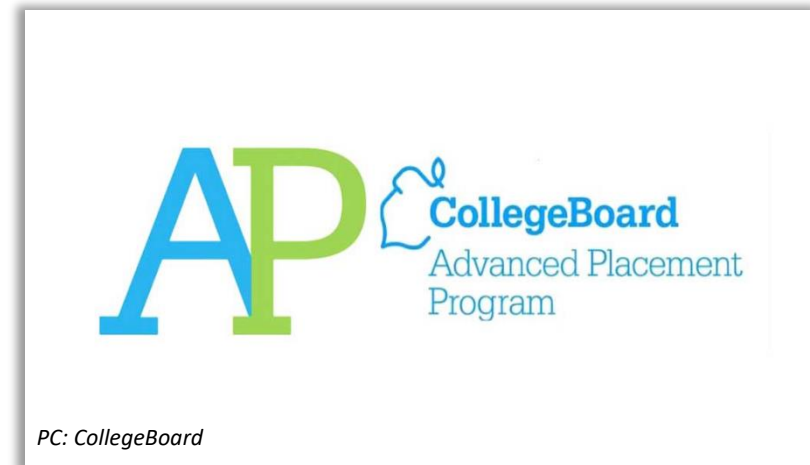
With school starting later and fewer responsibilities to attend to, we can sleep longer and dedicate time to exercising at home.

In addition to the videos commonly found on Youtube, many institutions such as Lifetime and New York

Ballet are releasing home exercise programs, so if you have a nagging desire to become a ballerina, there's no better time than now to do so. These activities may not be as impressive as our usual extracurriculars, but it's okay

if productivity looks different this season.

If we can find new passions and direct ourselves to a new purpose, we will be able to stay our best selves during this crisis.



Tips for a Stress-Free and Positive Quarantine!

By **JESSICA WOODLEE**
Lance Contributor

Hello Lancer Community!

I know that we have all been feeling the strain of social distancing. So, I decided to take this opportunity to share my insights on staying positive in this trying time.

Be Productive

Trust me when I say I know how tempting it is to just lie in bed and binge Netflix for the rest of eternity. But eventually that begins to feel just as boring as doing nothing at all. The solution? Goals!

I know it seems somewhat silly to plan when there's still much unknown but setting specific goals and working towards them will allow you to productively use your time and feel more fulfilled.

These goals could be anything you like! Learn to cook! Finally organize your desk! Read a book you haven't had the time to read yet! If you get up in the morning with a goal, you're much more likely to feel fulfilled when you get back into bed at night.

Maintain Normalcy

Throughout this challenging time, I know it feels like we're all grasping at the seams of what life was like before. Although we can't perform the musical or likely go to prom, there are simple tasks we can do to keep ourselves in the loop. Get dressed each day when you wake up! This five-minute task indicates to your brain that you are going to do something with the day. Make your bed! You'll be much less likely to crawl into bed with the chance of ruining your hard work! And finally, try to regulate your sleep

schedule. I know with the extra time it can be tempting to pull an all-nighter or sleep the day away, but by sticking to the same sleep schedule you've been following this past school year, you'll feel much more grounded and ready to tackle each day.

Be Kind to Yourself

Our bodies need vitamin D to function properly. Good news! You don't have to go to any grocery store to find it because everyone gets it for free from the sun! Go outside! Just because we are isolating ourselves from others does not mean we have to stay inside. Walk around the perimeter of your home! Stand on your balcony! Take your dog for a walk!

Stay Connected

Make sure to designate time every day to contact friends

and family. I know that these times can make you feel helpless and small with no way to help. But you can help. By staying home every single day you are saving the lives of thousands of doctors, nurses, grocery store employees,

Store owners, delivery men and women and essential personnel across the country. And I am sure one day when our children ask us about this we will be able to look back and say, "it wasn't easy, but we got through it."



MEET THE LANCE STAFF!



Danny Hubert
Editor-In-Chief

Tori Wang
Features and
Hard News

Jordan Kahalany
Hard and Soft
News

Monica Chang
Sports and
Editorials

Advisor:
Joseph Trad



Morgan Levy
Entertainment
and Features

Jake Cohen
Sports

Shannon O'Connor
Entertainment
and Features

Lenny Kanchuk
Soft News

HARD NEWS/SOFT NEWS

Asian Americans face Racism from COVID-19

By **STEPHANIE LI**
Lance Contributor

As COVID-19 continues to spread, so does anti-Asian sentiment, manifesting itself in plummeting sales at Chinese restaurants and near-deserted Chinatown districts.

New Shanghai Deluxe, a restaurant in New York's Chinatown, normally serves around 100 tables a day. This number has dropped to an average of 20; 30 on a good day.

Some social media influencers have advocated "#supportchinatown" to their followers as a desperate attempt to mitigate the significant financial losses undertaken by previously thriving Chinese businesses.

Around the world, Chinese people no longer feel safe on public transit or in schools, as even a single cough or

triggers unwarranted and vicious harassment.

Ask Sam Phan, a student at the University of Manchester. He writes that to be Chinese during the epidemic is to be "part of a threatening and diseased mass."

However, Chinese citizens aren't the only people suffering from corona's collateral damage.

On February 24th, 2020, Singaporean student Jonathan Mok walked down Oxford Street in central London and found himself brutally beaten by a group of men who told him that "we don't want your coronavirus in our country."

Unfortunately, Mok's story is by no means an isolated incident.

Since the outbreak of the coronavirus, first officially reported to the World Health Organization by Chinese

authorities in Wuhan on December 31, countless acts of racism and xenophobia have been reported, documented, and circulated on social media.

On March 4, Jiye Seong-Yu, a Korean interpreter who lives in the Netherlands, was biking the 10 minutes home from dance class when two men driving past on a scooter yelled out "Chinese" and tried to punch her.

On March 5, a Vietnamese art curator, An Nguyen, was dropped by an exhibitor at U.K. art fair in fear of her "carrying the virus," an example of non-aggressive discrimination that is equally as painful as physical abuse.

Mok, Seong-Yu, and Nguyen's stories make it clear that such racially aggravated attacks are not only targeting mainland Chinese but all people of east and southeast Asian

descent.

As with most cases of racism, this pandemic of prejudice has its roots in paranoia and misunderstanding.

While the coronavirus has infected more than 100,000 people and killed over 3,000, around 57,600 have recovered.

and the death rate for the virus is around 2%. Moreover, an estimated 290,000 to 650,000 people die from the flu each year, according to the World Health Organization. Rather than allowing fear to breed hatred and racism, people should focus on staying informed and compassionate towards each other.



New Shanghai Deluxe PC: Bowery Boogie

Coronavirus affects the U.S. Economy

By **BEN WEISS**
Lance Contributor

In the past couple of days, investors have seen the markets fall as COVID-19 has left millions of them searching for ways to make money as the stock market reaches its greatest fall since 1987.

Because people are unable to invest their money into the stock market or local businesses, the United States economy is now in jeopardy.

Since February 19th, the S&P 500, a market index made up of 500 companies, has gone down by over 1,000 points. The Dow Jones went down nearly 6,000 points.

On April 27th, the main issue had to do with the oil industry. According to Market analyst, Maggie Fitzgerald,

"Markets were weighed on by a downward spiral in oil prices, specifically a contract set to expire on Tuesday which closed in negative territory for the first time ever."

Many people claim that the stock market fluctuates on investors' emotions.

Still, COVID-19 seems to be one of the major factors that is causing the recent fall in the stock market.

During the quarantine, the stock market shut down twice for 15 minutes to save investors money. The value of the company's stocks was dropping every second.

BBC News published an article highlighting the detrimental effects of the virus on our economy. They claim that "there are millions of people with a pension - either

private or through work - who will see their savings...the value of their savings pot is influenced by the performance of these investments."

After the drastic fall in the stock market, many families have now brought their spending to a halt.

Families are now doing home-cooking, which ultimately lowers the revenue for businesses.

In a CNBC article, they discuss the stock markets, and the financial industry by comparing the economy during the recession of 2008 and the economy during COVID-19.

In reality, there actually are many significant similarities between the recession and the economy during the coronavirus. According to Acorns.com, "A

recession occurs when there's a significant decline in economic activity as consumers and businesses spend less money.

Pippa Stevens, a market reporter and expert, highlighted some of the notions of the major banks: "On Tuesday, Morgan Stanley said a global recession in 2020 is now its base case, while 'bond king' Jeffrey Gundlach of DoubleLine Capital has said there's a 90% chance the United States will enter a recession by year-end."

If all the big banks are finding major issues in the economy as the Coronavirus sees no end as of now, then the United States as a whole has much larger and much more problematic issues than COVID-19 to face and resolve in the future.

**"Because people are unable to invest their money into the stock market or local businesses, the United States economy is now in jeopardy."
- Ben Weiss**

Bernie Sanders Drops Out of the Race

By **MATT LEVISS**
Lance Contributor

Vermont Senator and the once favored Democratic Candidate, Bernie Sanders, ended his campaign on Wednesday, April 18th, clearing the way for Joe Biden to become the nominee.

Sanders was able to pick up huge wins in California and Nevada; however, it wasn't enough for him to stay in the race.

In a live stream speech soon after he ended his campaign, Sanders stated, "we are now some 300 delegates behind Vice President Biden,

and the path toward victory is virtually impossible."

Sanders later attributed his decision on the recent Coronavirus pandemic saying, "I cannot in good conscience continue to mount a campaign that cannot win, and which would interfere with the important work required of all of us in this difficult hour."

Sanders termination of his campaign is a "sharp blow to progressives" says CNN writer Gregory Krieg.

Senator Sanders' ideology, which some consider as far left views, has captivated young voters, making him the front runner for many months.

He was able to win his home state of Vermont, as well as New Hampshire, California, Utah, Nevada, North Dakota and Colorado. However, after being dominated on Super Tuesday by Joe Biden, his campaign was all but over. Biden won an impressive 10 out of 14 states, a huge shift in momentum that few saw coming.

About a month and half after his super Tuesday defeat, Sanders removed himself from the nomination.

Sanders had been in a similar situation 4 years earlier. Although he was never the front runner in the 2016

campaign against Hillary Clinton, his democratic socialist ideas began to take root in the minds of young voters.

Sanders' main backing came from Millennials. Across the country, Sanders commanded this demographic. According to a CNN exit poll in Michigan, Sanders won the 18-44 age group 57% to 35% over Biden.

The 78-year-old Senator was able to captivate young Americans with his ideas of free health care and the relief of college debts.

He also fought to "raise taxes on the wealthy" in order to "create new social programs"

says Politico.

However, his main demographic of young Americans and millennials, happen to be one of the lowest voter turnouts of all age groups, leading to his eventual defeat for Presidency of the United States.

Although Sanders will not be the democratic nominee, his new ideas for the party will take over as this demographic age.

With Senator Bernie Sanders off the ballot, the Democrats will put up Joe Biden in order to remove President Trump from the White House in November.

HARD NEWS / SOFT NEWS (Cont'd)

Virus Takeover

By **JORDYN ZUCKER**
Lance Contributor

As many know, the Coronavirus (COVID-2019) has begun to run rampant across the globe.

As of now, the United States has kept the virus isolated from the American public.

Many anticipate this trend to come to a shocking end, despite the fact that many scientists and researchers believe the virus remains for quite some time.

The virus belongs to a family of viruses known as coronaviruses. They infect mostly pigs and small mammals, but the virus can mutate and quickly jump from animals to humans, and from one human to another.

The virus is a pathogen

that attacks the respiratory system. The common signs of infection include fever, cough, shortness of breath, and breathing difficulties. In extremely severe cases, the virus could cause pneumonia, kidney failure and death.

The virus was first detected in Wuhan City, China, and has now been found in over 35 countries internationally.

Early on, many of the patients in the COVID-19 outbreak in Wuhan, China, had some link to seafood and a live animal market, suggesting an animal-to-person transmission.

Later, a shocking number of patients report that they did not have the same exposure to the animal market, indicating a human-to-human spread.

As of now, the number of reported cases worldwide is 4.71 million, with 315 thousand deaths.

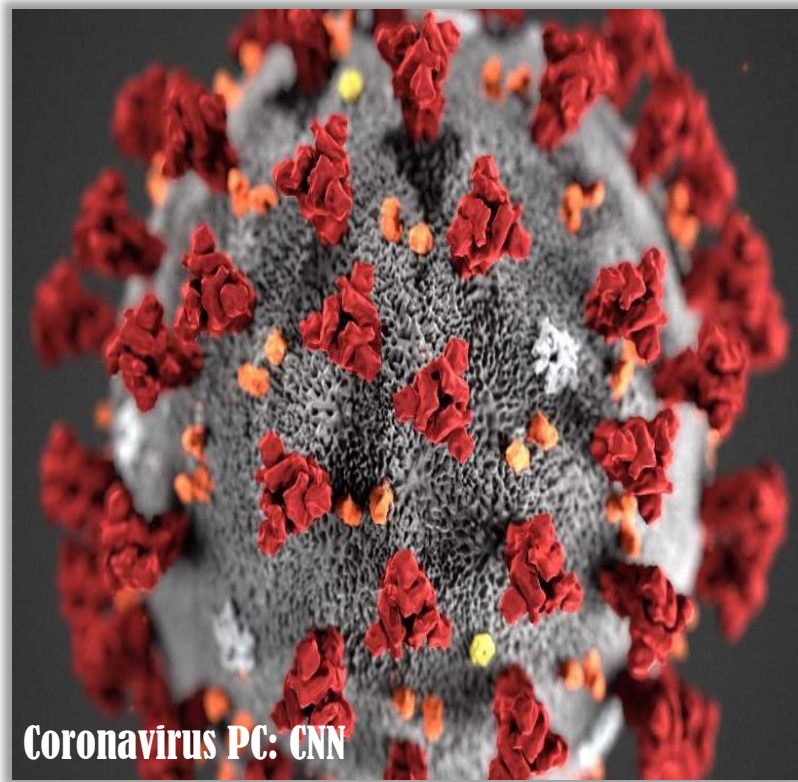
Global efforts are focused on containing the spread and the impact of this virus. The CDC is currently working on their response plans, including measures to prepare millions to respond to the extreme transmission of the virus.

There have been guidelines previously developed in anticipation of an influenza pandemic that is now being adapted for a COVID-19 pandemic.

The CDC recommends that to prevent contracting the virus, regular hand washing and avoiding close contact with anyone showing symptoms of respiratory illnesses is extremely important.

Students and citizens across the country must continue to be aware of the

threat of this virus and the potential it has to mutate and kill millions.



Tests Become Optional for 2021 Applicants

By **CAMRYN LING**
Lance Contributor

Since the novel Coronavirus breakout, schools across the nation have had to close down, disrupting the College Board's scheduled exams.

With physical testing sites closed, the College Board has been forced to cancel the June 6th SAT test.

As a result, a "growing number of colleges and universities are waiving standardized test requirements," the New York Times writes.

As the 2019-2020 school year comes to an end, and applications for colleges begin, standardized testing had previously been one of the vital

factors to the application; however, considering the "unprecedented circumstances," colleges and universities are becoming test-optional to alleviate the pressure placed on applicants.

Not only did the quarantine measures prompt the cancellation of SAT and ACT test administrations, but also led to the "suspension of on-campus visitation programs."

These disruptions make the application process difficult compared to preceding classes.

Most high-profile universities such as "Dartmouth College, Yale, and Brown University still require [standardized tests], as do Stanford and [other] highly selective colleges on the West

Coast," but a number of other selective schools have become test-optional according to the New York Times.

Among the colleges going test-optional is Case Western Reserve University in Cleveland. CWRU was "one of the earliest schools to use the coronavirus as a catalyst for change" (NPR).

On March 31st, the University of California released a statement that they were "suspending the standardized test requirement for first-year applicants in the fall 2021 admission cycle."

In the hallmark college city of Boston, colleges such as Tufts, Northeastern, and Boston University, have adopted a test-optional policy. Tufts went even further to

embark on a 3-year long test-optional policy for applicants beginning this fall.

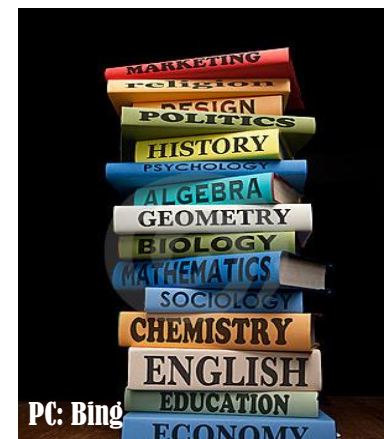
Among other colleges and universities, Williams and Amherst, have also announced their transition to test-optional.

Matt McGann, the dean of admissions and financial aid at Amherst, stressed that the students' well-being should be prioritized during the application process.

If future test dates are not available in "students' local areas or if students are worried about how to test in a socially distant manner, [admissions does] not want them to feel pressure to put themselves in situations that are not in their best interest," said Matt McGann.

In Oregon, the University of Oregon and Oregon State University also announced that they would "no longer require the SAT or the ACT, permanently."

Since the release of that statement, all public universities in Oregon have gone test-optional.



COVID-19 Brings Changes to Testing

By **LINDSAY BLINDERMAN**
Lance Contributor

Nicknamed "hell year" for its rigorous workload, junior year is widely considered by many students the hardest year in high school.

It is the year where everyone is scrambling to get the best possible score on the ACT/SAT, take the hardest classes, and get involved with the most extracurricular activities.

This year was a little

different.

Due to the spread of COVID-19 in early March, schools everywhere were forced to shut down. Some freshmen and sophomores were ecstatic as if they had nothing to miss, and seniors were disappointed to miss the end of their high school journey.

Juniors, on the other hand, are now forced to stay inside due to the new protocols, with an extensive amount of work and stress.

One of the biggest parts of being a junior is taking

standardized tests like the SAT and ACT.

Students spend months studying and preparing for these tests, as they are crucial to the college application process.

So far, exams scheduled to take place in April, May, and June have been canceled. This has left students panicking over whether or not they will get the test score in time to submit to colleges.

There is one upside to all this, many colleges are becoming test optional. This

means they will not be requiring ACT/SAT scores as part of the college application process.

According to Livingston High School junior Rachel Eisenstein, she hopes that, "maybe now I have the chance to get into my dream school."

She is not alone in rejoicing in the newfound freedom of having tests be optional. The class of 2021 is overjoyed by this new opportunity.

Boston University was one of the first schools to make this change.

"This is a one-year adoption of the policy," said Kelly Walter, associate vice-president for enrollment and dean of admissions. "We are responding to the shifting landscape, with juniors in high school not able to access testing."

The Coronavirus outbreak has brought many hardships toward all grade eleven students across America. Fortunately, colleges are becoming more flexible to the situation and as a result, test-optional is becoming popular.

HARD NEWS / SOFT NEWS (Cont'd)

New York Hospitals are Running out of Supplies

By **DEJA ROBINSON**
Lance Contributor

In April 2020, New York hospitals have started to run low on medical equipment such as drugs, testing devices, and masks, making it difficult to help patients survive COVID-19.

COVID-19, or the Coronavirus, originated and spread throughout Wuhan, China, and became a pandemic within a few months. Over

200,000 people have died from COVID-19 worldwide*.

The United States currently has the highest cases of COVID-19, with New York having the most cases in a state.

New York has over 282,000 cases, with 16,600 deaths, and over 18,000 recovered.

In the ICU, where critical patients have been sent, patients use ventilators that push oxygen through the lungs and help them breathe better.

With thousands of patients in the ICU, hospitals are starting to run low on mandatory drugs such as antibiotics, antivirals, and sedatives.

In the article, “Essential Drug Supplies for Virus Patients Are Running Low” by Knavel Sheikh, she explains how doctors in New York view the unexpected medical equipment shortages. Doctors are claiming that they’re running out of certain drugs

causing them to be on second line, third line, fourth line medications.

Without the proper medical supplies needed to help sick patients, it’s become more difficult for doctors to monitor progress in the ICU.

“We’ve run out of the ability to monitor these people the way we conventionally monitor them. So we’re just sort of flying blind a little bit,” the doctor also stated.

Without the proper testing

supplies for COVID-19, it is more likely for the virus to spread since people may not know they have the virus, as symptoms are not always visible.

This can lead to another drastic peak of COVID-19, causing more deaths and heartbreak to thousands of families.

*- these numbers are relevant to when this article was written. The numbers have changed.

EDITORIALS

How Will the World Change Post-Coronavirus?

By **REED BECKER**
Lance Contributor

While the Coronavirus is still in full swing, a lot of talk has surfaced about what the world will look like once the pandemic subsides. As of now, it seems highly unlikely that people will be willing to get back to their normal routines even once the restrictions are lifted.

Many will still be hesitant to leave their homes and go into public settings because of the overarching fear of a “second wave.”

Furthermore, people will be scared to be in a public setting, surrounded by others.

In the article, *How Will the Coronavirus End?* by Ed Yong of The Atlantic, Steven Taylor, author of the University of British Columbia, who wrote *The Psychology of Pandemics*, gave a perspective on the fears that citizens of Wuhan have about leaving their houses.

“My colleagues in Wuhan note that some people there now refuse to leave their homes and have developed agoraphobia,” says Taylor. America will likely

ease back to normalcy slowly by limiting the number of people allowed into public places such as restaurants, movie theaters and bowling alleys.

California Governor Gavin Newsome explained in a news conference, “You may be having dinner with a waiter wearing gloves, maybe a face mask, dinner where the menu is disposable, where...half the tables in that restaurant no longer appear, where your temperature is checked before you walk into the establishment.”

Actions like these will be taken to be extra cautious and to prevent the virus from ramping back up while there’s still no medication or vaccine to treat it.

While this will have a negative effect economically, it is vital that we do not try to rush back to normalcy. If we do, it is highly likely that the number of Coronavirus cases would rise rapidly, and we would start to see even more deaths than before.

Furthermore, if we were to open up too quickly, it would put a further strain on health

health care workers and would result in another shortage of hospital beds and ventilators.

This would force us to shut down again, making the process of getting back to normal even longer.

As New York Governor Andrew Cuomo said, “This is no time to act stupidly and open because of political pressure.”

The best option for everybody is to social distance and to stay at home, only going out when it is absolutely necessary. These precautions are very important to follow.

The Rise of the Test-Optional

By **OLIVIA LEVISS**
Lance Contributor

The Coronavirus has put the lives of billions of people around the world on hold, forcing everyone to completely isolate in their homes, away from any social interaction once so ever for an unknown amount of time.

For high school juniors, this time should be spent taking standardized tests, visiting universities, and figuring out their plans for the future; however, because of the Coronavirus, this has been put to a halt.

Colleges and universities across the country have come to recognize that it is nearly impossible for juniors to continue their college search and participate in the activities which make their college resumes more appealing.

“46 percent of top-tier liberal arts colleges, and a good number of large research universities, no longer require the tests,” said Cecilia Capuzzi Simon of the *New York Times*.

The increase in stress levels of students all around the world has forced colleges to reexamine their enrollment requirements in order to fit the needs of students applying.

William C. Hiss, former dean of admissions at Bates College, published a four-year study of test-optional colleges and universities.

“I found that there was no difference between non-submitters and submitters in graduation rates or cumulative GPA,” Hiss recalled of his research.

William N. Black of Temple University also elaborated on the subject saying that, “There is a socioeconomic bias in standardized testing, and test-optional may be eliminating that.”

Colleges undergoing test-optional has been a discussion for many years now, and most institutions have simply been waiting for the right time to try out this new style of admissions.

This is the right time.

With the immense stress put on all students during the uncertain times of the Coronavirus pandemic, high school juniors are no longer in the right state of mind to take an exam that could determine their future.

Stuck in their homes under mountains of stress and anxiety, students are unable to perform academically during this pandemic.

For this reason, a large percentage of schools have made this semester “pass/fail,” meaning no specific grades will be given.

How can juniors be expected to perform on the SAT or ACT when it is not even expected that they can perform well in school?

Students whose parents do not have the money to pay for tutoring for standardized testing suffer in the college process, and the number of students who will struggle to pay for this tutoring will continue to climb as millions of workers are being laid off across the country due to a failing



economy during the pandemic.

“We’re struggling here, and colleges know we are,” said Farid Elhadidy, a junior from upstate New York. “Why can’t they just appreciate my abilities, and not my parents’

ability to pay for my scores?”

With everything going on in the world regarding the coronavirus and its consequences, it may be best to make the test-optional change to accommodate students.

EDITORIALS (Cont'd)

The Influence of Helicopter Parents



Helicopter Parents PC: Psychologytoday.com

By **AARTI CONTRACTOR**
Lance Contributor

Helicopter parenting is the parental method that involves parents hovering over children. This style of parenting recently became popularized in the 1980s and on.

During the 70's, many middle-class women began to enter the workforce; they revolutionized the way that stay-at-home moms were viewed.

However, many mothers chose to remain at home and validated their choice with the idea that they need to educate their children. They wanted to prove that their presence at the home was benefiting the lives of their children (Stieg).

As a result, many mothers raised their children with sets of rules that their own parents

had never used with them when they were younger.

Some people claim that helicopter parenting is a very restricting method. Some describe it as the style used by the children of the Baby Boomer parents (Howe).

There is a misconception that helicopter parents are stricter than the average parent.

Let's be clear: Helicopter parenting focuses on the child and his/her actions in order to get involved if and when a problem presents itself; this is done to ensure success for the child's future.

Although some maintain that the helicopter method of parenting provides children with a stronger foundation for success in the future, dissenters argue that it restricts children's ability to develop vital skills.

How Does Social Media Affect Mental Health?

By **SOFIA JOACHIM**
Lance Contributor

Instagram, Twitter, Facebook, Snapchat, and the infamous TikTok.

Some may say social media platforms have positively impacted the planet. Though, there are many downfalls to the introduction and improvement of social media in society. The biggest, and the most important negative impact social media has on society, is how it affects mental health.

A study conducted by the University of Copenhagen found that many people suffer from "Facebook envy," with those who have abstained from the use of popular site reporting they felt more satisfied with their lives. "Facebook envy" is defined as a painful feeling you get when you come across your friends on Facebook and realize their lives are much more interesting, joyful and worthwhile than yours. This can be found in not only Facebook users, but for all users of popular social media

platforms as well.

In addition, a review study from Nottingham Trent University studied earlier research on the psychological characteristics, personality, and social media use.

The authors conclude that "it may be plausible to speak specifically of 'Facebook Addiction Disorder'...because addiction criteria, such as neglect of personal life, mental preoccupation, escapism, mood modifying experiences, tolerance and concealing the addictive behavior, appear to be present in some people who use [social networks] excessively."

Consequently, social media platforms promote unhealthy lifestyles by thrusting unrealistic social and body norms on users.

From influencers endorsing weight-loss teas to promoting plastic surgeries for enhanced lips, the promotions give teenagers and adults unrealistic goals and expectations.

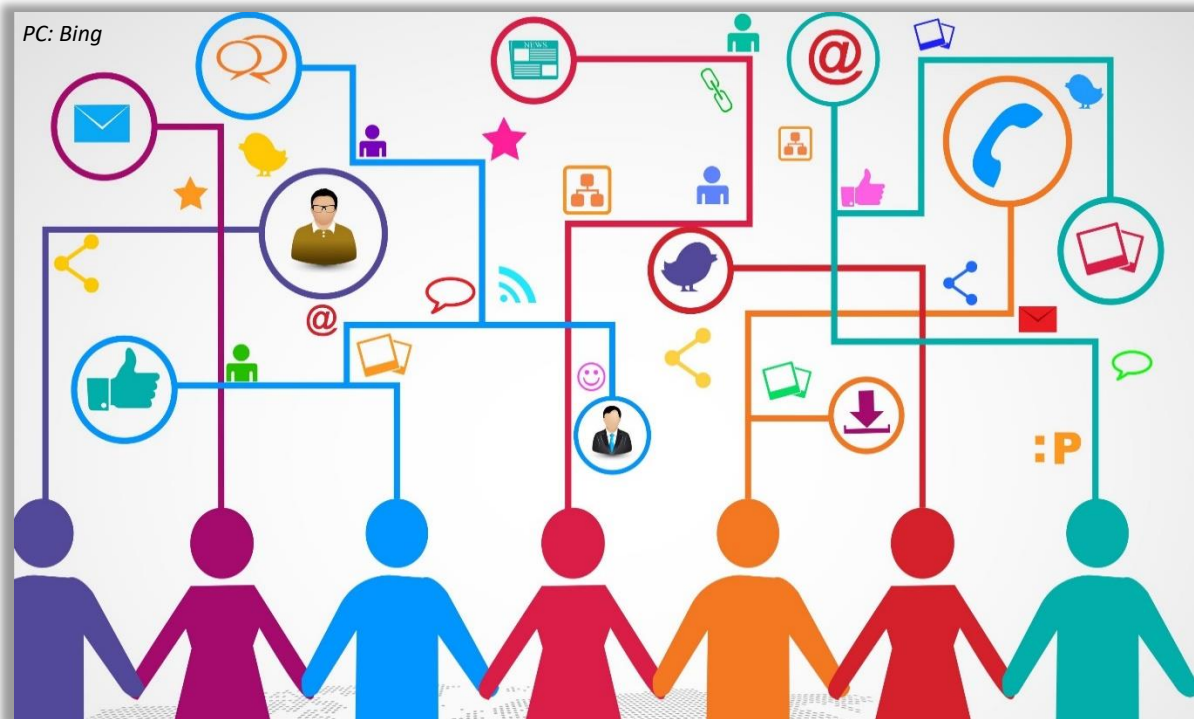
Jamie Mager, a Livingston High School senior, believes

that social media lowers one's self-esteem. Mager explains how when she looks at other people's posts, she finds she unintentionally compares herself to them.

Jake Goldstein, another Livingston High School senior, adds to this statement by expressing that "everyone on social media wants to one-up each other, to be better than everyone else."

Despite these evils, social media also has some positive effects on society. The platforms can be used by companies for free advertisement, as well as by nonprofit organizations that want to reach out to a wider range of individuals to aid their cause.

It creates awareness and helps people discover various innovations that help them enhance their own lives. Social media allows technology users to connect with like-minded individuals. Though, with all of this in mind, it is up to the users to create a less toxic space on the internet.



Will There Be Second Semester Seniors?

By **SELENA ZHU & SAM DANCHAK**
Lance Contributors

As the school year comes to a close, seniors are eager to know if they will be able to fulfill their destiny as second semester seniors: hanging out with friends, taking trips, and going to senior prom. With the overwhelming virus flooding the world, seniors are unsure if they will even be able to live out those expectations.

After four hardworking years in high school, all seniors deserve a chance to relax and enjoy their last few moments before going out in the real world. Instead, they are currently trapped inside their homes, isolated from each other, and unable to make the most of the little time they

have left with their friends.

Not only are students unable to return to their classes, but spring sports have also been put on halt. Many senior athletes, finally making captain on their varsity team, were looking forward to leading their teammates to victory in their final year. Despite coming into the season with the expectations of taking charge and motivating their fellow athletes, many seniors feel discouraged because they assume that their season is now over.

Furthermore, the highlight of many students' high school experience is senior prom. It is the event most do not want to miss out on because the idea of dressing up and dancing the night away with friends is extremely appealing.

Now, seniors are crestfallen and disheartened at the possibility of their last prom before graduation being canceled.

A monumental moment of a student's high school experience is graduation. Most seniors had expected to have the chance to celebrate their major accomplishment with their friends and family; however, given the current situation with Covid-19, it is to be anticipated that they will end up having a virtual graduation.

As a result, high school seniors will not be able to undergo the absolute delight and triumph of the day, surrounded by the people they love while celebrating the achievement they worked four years for.

Senior year is the most enjoyable High School year due to the many events that occur during that time, yet the last semester of high school might not take place for this year's senior class.

While it is important to be isolated during this pandemic, COVID-19 is a cause of discouragement because they feel that they will miss out on many important milestones during their last year.



EDITORIALS(Cont'd)

Biden Endorsed by Sanders: 2020 Election

By **AEDYN GREY**
Lance Contributor

On April 8th, Senator Bernie Sanders dropped out of the running for the upcoming presidential election in November. Just five days later, despite his former rivalry with Joe Biden, Sanders decided to endorse him.

The race for the Democratic nominee seems to no longer be about “whose policies are best” or “who’s going to make more of a change,” and has shifted to “who’s the strongest nominee that could beat Trump?”

The Democratic Party had to look at the situation from a different perspective, and by doing so, has decided that Biden stands the best chance against Trump.

In the *New York Times* article, “Sanders Endorses Biden for President,” Sydney Ember and Katie Glueck write that Sanders said to Biden, “We need you in the White House, and I will do all that I can to see that that happens.”

At this point, Biden is essentially the Democratic nominee for the election this year.

However, this will spark

and ignite both positive and negative reactions.

There is a very clear divide amongst Democratic voters in the United States. Biden has support from a more diverse, older pool of voters who supported Obama from 2008 to 2016. However, Biden does not yet have support from the younger voters who were on Sanders’ side.

Along with Sanders, other former candidates are now endorsing Biden in hopes of having a strong Democratic nominee who is popular enough on both sides to win against Trump in the 2020 presidential

Election.

But will supporting Biden get other Democratic voters on Biden’s side?

“There is still work to do to win over progressive leaders and young people,” says Evan Weber, political director for the Sunrise Movement.

Furthermore, Ember and Glueck say, “Behind the scenes, Biden advisors and allies are already reaching out to former members of the Sanders campaign...and hope to eventually bring some on board.”

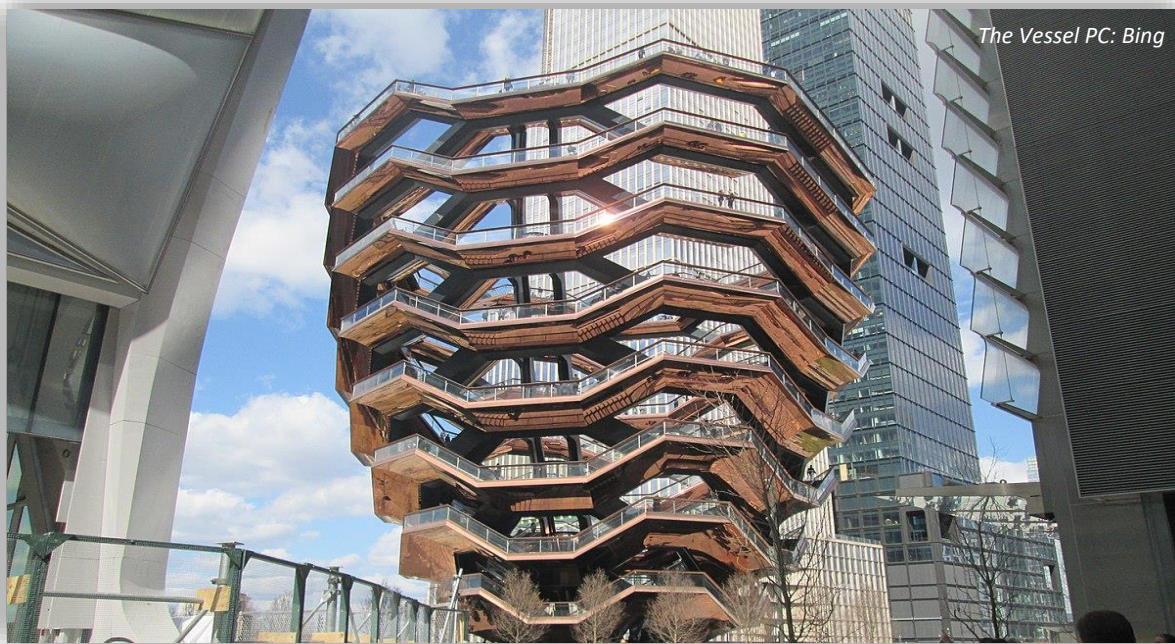
Ember and Glueck also mention and relay on how

Biden and Sanders said “they would form ‘task forces’ on issues including the economy, education, immigration, health care, criminal justice, and climate change.”

This alliance can potentially help Biden gain the support he needs from those who are reluctant to vote for him.

It is evident that in order for the Democratic party to reclaim the White House, Democratic voters of all different views and opinions must come together and unite in order to reach a common goal.

The Vessel of Consumerism



By **ADITYA DESAI**
Lance Contributor

Already compared to a giant shawarma and wastebasket, the Vessel is New York’s latest disaster that spells the end of real art.

Nestled in the upscale Hudson Yards neighborhood (read: real estate conspiracy), the structure has become a cornerstone of the Gen Z selfie impulse, yet it represents the depths of architectural cynicism.

Consider this: it all began when Thomas Heatherwick, the Vessel’s premier architect, decided to turn to a staircase for inspiration—a source of creativity that makes a tear seem oceanic. 2,500 steps, 154 flights, and 80 landings later, he established a form without ideology; a gleaming structure smothered in bronzed steel that puts a commodifiable image above social good and the public appreciation of culture.

The Vessel, bordered by condos that have a minimum asking price of \$2 million and

glitzy collection of 5th Avenue designer stores, is a fitting upside-down beehive in the corporate enclave of Hudson Yards.

While its aesthetic catastrophe may have been accepted in almost a humorous and amusing manner, the Vessel takes up \$150 million of capital under the guise of investing in public space.

Crucially, the project intersects with a time of financial instability for many of NY’s most reputed museums and art initiatives whose budgets are modest and humble, at best—the Public Art Fund, for instance, spends only \$5.4 million to place a vast array of artwork across the city.

The Met has even been compelled to navigate a budget deficit through firing its faculty and allotting buyouts.

Yet, Heatherwick received a sum of funding that dwarfs spending in the art sector for the entire city, just to build this one architectural folly—a backdrop that enables a mere selfie to result in instant

validation.

If the public views the copper-colored eruption as an acceptable and even beneficial investment, what are we to think about the state of true artistic expression?

Preceding the Vessel, headlines regarding multimillion-dollar art sales established the craft as a hobby of the ultra-elite and a moneyed silver of sorts for society.

Certainly, Heatherwick’s structure is a shrine to this sensibility.

A monument of corporate greed at the center of a district where the wealthy jostle for space in the skyline, the Vessel crushes the idea of heartfelt art.

It does, however, introduce its counterpart: the commercialization of creativity.

All of that established, the Vessel, hollow to its core, grand and pompous, was at least given a perfect name: it is a vessel for merchandising, empty showmanship, and the superficiality that real art opposes.

Why LHS Students Need Genesis

By **HAYLEY LOCKE**
Lance Contributor

The compulsive need to check genesis found its way into the minds of many students at Livingston High School. Whether you’re expecting a teacher to put in a grade soon, or you just got one back and want to see how it affects your average, checking Genesis is a regular part of a student’s day. At least it was.

When students returned from winter break, Genesis was modified. From that point forward, the Genesis portal was to be closed throughout the school day, preventing students from checking their grades during classes.

This change was made by the administration for the ‘good of the students.’ They whole-heartedly believed that Genesis was a stressor and distractor for both students and teachers, especially when students are clicking away during a lesson.

This logic makes sense from the point of view of the administration; for students the question remains: did the administration consider the situation from the student body’s perspective?

Alexis Scherago, a junior at LHS claims, “it’s very hard to keep track of where I stand in many of my classes now. I used to check my grades when I got

assignments back in class, but now that I can’t, I often forget to check at home.”

Alexis is not the only student affected by this policy change. Max Walkow, started a petition. Max received 254 signatures in support of open Genesis.

Students believed that a large amount of stress came with the ban of Genesis throughout the day. They claim that taking the two minutes to check Genesis is better than being preoccupied for the rest of the school day with the uncertainty of one’s grades.

One solution that has been discussed among students is the possibility of opening the portal during lunch. Lunch is the time for students to sit back and take a break from the school day, but that is difficult when the thought of their constantly changing grades plagues their minds.

This solution would prevent students from being distracted in class, but it would also give them the opportunity to see any changes made to their grades during the school day.

This suggestion seems like a plausible one as it aligns with the administration’s intentions while also reducing the amount of stress.

FREELANCE

Leanne Ho



“Trapped” by Daniel Silverman

I feel trapped.

*Trapped in a house-
A house surrounded by problems-
Problems that could kill you.*

*However, trapped isn't a bad thing:
Being trapped is trying to protect you.
The troubles and plague are rising
And being trapped prevents it.*

*Responsibilities go down:
Less work, less problems.
Less problems, less stress.
Trapped with little stress.*

*"Stay home," they said.
"Don't meet up with your friends," they said.
"Wash your hands," they said.
They spoke, and I listened.*

*Staying safe has always been a priority-
A priority to save the human race-
The human race feels so advanced,
Yet the human race feels trapped.*



“A New Beginning” by Kalliope Kantanas

*He couldn't interpret the simplest of words,
jumped off the shabby boat to arrive in the beautiful
country.*

*Longing for the days when he was surrounded by
family.*

A place he formerly called home, no longer exists.

*Memories would fade by time,
develop into cool colors and foggy faces.*

His fractured English would soon get better.

His life translated for the better,

although he did not know at the time.



Nicole Zhu



EDITORIALS(Cont'd)

No Student Left Behind...or so We Thought

By **KATRINA LEIGH**
Lance Contributor

As schools face the challenge of transitioning online, the inequalities embedded in the American education system are becoming exposed.

About a month ago, Livingston High School seamlessly moved to online learning, utilizing the computers given to each student at the beginning of the year.

Many students have not been as fortunate; schools that do not possess the necessary funds to supply their students

with devices are falling behind.

Online learning has increased the use of technology as it is used for a matter of convenience and efficiency.

Today, technology has proved to be a basic need, as a lack of it means that students could be failing to receive a standard level of education.

The Philadelphia Inquirer reports that “only about half of Philadelphia district students have access to technology,” translating to “roughly 100,000 students who are not up to speed, and unable to partake in distance learning options.”

Districts like Philadelphia are looking to purchase

Chromebooks and internet access for all students, a process that will likely take weeks.

Many believe the time and money that should be invested in the education systems of low-income areas is long overdue. *The Inquirer* Editorial Board writes, “More maddening still is how long we’ve already known the extent of the digital divide.”

The same students that lack access to technology will suffer from a loss of consistent meals and the community that a school provides.

The school system offers a vital scaffolding for many vulnerable lives.

The massive economic aid package passed by Congress in response to the coronavirus pandemic initially included \$2 billion for all schools, a number quickly criticized for not being enough.

With the economy down and businesses closing, the

government is looking to make budget cuts to regulate the economy and keep it alive during this time.

The Philadelphia Inquirer further adds, “This crisis could provide an opportunity for changing the landscape of educational equity.”



PC: Bing

How Exercise Helps Mental Health



Exercising is a great way to improve mental health! PC: Bing

By **SASHA CULVER**
Lance Contributor

I'm sure we've all been there-feeling really groggy, having a bad day, just totally out of it. But for more than 3 million people, this is every day for them.

Every day of waking up, only to want to go back to sleep-not because they want to sleep a little longer- but because they don't want to face the world for another day. However, only 50% of those people who get diagnosed, get treated for it.

Conventional treatments include antidepressants and therapy. But did you know another free, major treatment for depression and other mental health illnesses is exercise?

Some unhealthy ways of coping with depression and anxiety are drinking, doing drugs, and dwelling on how you feel- but exercise is a healthy and beneficial way to cope with this.

The last thing anybody probably wants to do is exercise. However, studies show that exercising on a daily basis has many benefits.

First, exercise releases endorphins, “natural cannabis-like brain chemicals (endogenous cannabinoids) and other natural brain chemicals that can enhance your sense of well-being,” explains MayoClinic. Exercise also helps to take your mind off worries and alleviates stress.

Exercise also reduces the risk of health problems, such as diabetes, arthritis, and high blood pressure.

When most people think ‘exercise,’ they think sports, such as basketball, soccer, or running laps around a track. “Physical activity such as gardening, washing your car, walking around the block, or engaging in other less intense activities. Any physical activity that gets you off the couch and moving can help improve your mood,” and make

you feel better and happier with yourself, proposes a Mayo staff member.

A time limit for suggested exercise is 30 minutes a day, but those 30 minutes don't have to be vigorous exercise.

Not everybody likes lifting weights or doing sit-up after sit-up where you discover just how long a minute is. To avoid that, try to find what you love-whether it's walking your dog, riding your bike, or even just playing outside.

If you know you have trouble pushing yourself on your own, ask a friend or family member to exercise with you. Or if you get self-conscious, exercise at home.

Try to enjoy exercising and don't think of it as something you *have* to do, rather something that'll lighten your mood.

Exercising has many benefits guaranteed to boost your mood and your health in the process.

Does Exercise Have an Effect on Education?



Students should get involved in sports! PC: Bing

By **JASON KING**
Lance Contributor

Today, schools everywhere are always trying to find new ways to improve their academic performance.

Considering a report from the Institute of Medicine finding that “exercise can significantly improve children's cognitive abilities and academic performance, as well as their health,” schools may want to consider opening up more opportunities for their students to get involved with sports and other physical activities.

According to activekids.com, “Physical activity stimulates new neurons (brain cells), new connections among neurons, new blood vessels in the brain, and better flow of neurotransmitters among brain cells. These improvements in structure throughout the brain lead to better function, such as memory, attention and reasoning.”

Exercising produces endorphins that stimulate brain cells, even more so in developing children.

Because of the demands that sports place on children,

playing sports can help them improve their reaction times, decision making skills, hand-eye coordination, social and communication skills, and concentration abilities.

This gives student athletes an advantage when it comes to academic performance.

Although some schools believe increasing class time will improve performance, a New York Times article citing the same report says, “the panel reported that active children tended to have stronger performance, especially in reading and mathematics. It believes that the benefits of exercise during the school day outweigh the benefits from increasing class time.”

To keep students active, sign them up for an after-school sport like lacrosse or a class like ballet.

Activities like this help students get a boost of endorphins and stimulate their brains while also creating a fun, new community for them.

Another way to improve time being physically active is to extend gym periods in public and private schools to ensure students exercise.

FEATURES

Ecosia: Sustainability at the Tip of Your Fingers

By **BENJAMIN MA**
Lance Contributor

Climate change is heating up the world, and it seems as though an ordinary person, lacking the credentials of a scientist, researcher, or environmentalist, has no way to make a significant impact. Nor do they have much money to donate to sustainability charities. Yes, unfortunately, we can't all be like Mr. Beast (Youtube Star) and create our own #TeamTrees.

Luckily, with just a few taps on the keyboard at exactly zero charge, installing the Ecosia Chrome extension is one

easy step individuals can take to reduce the harmful effects of climate change. By simply browsing the internet, internet users with the Ecosia search engine are joining the fight against deforestation - an opportunity that sounds too good to pass up.

Granted, with most internet users accustomed to popular search engines like Google, it is only natural for questions surrounding this novel "Ecosia" to arise. Is it a scam? How does it work? And finally, exactly how does it safeguard the environment?

Founded by Christian Kroll in December of 2009,

Ecosia, like most other search engines, generates its money from advertisements. But that's about where the similarities end. Ecosia is extremely transparent about its finances, even going as far as publishing monthly reports and receipts of their donations.

According to their reports, Ecosia donates 80% of its surplus earnings to planting trees, which amounts to a total of over 1.5 billion dollars since its founding. This impressive figure translates directly to the communities Ecosia impacts.

Documenting their journey through a series of Youtube videos, Ecosia has shared with

the world how it has fostered an environmental transformation in over 23 communities all over the world.

Among their numerous accomplishments, Ecosia and its partners have planted over 2 million trees in Brazil, 6 million trees in Madagascar, and prepared to restore over 8,000 hectares of desertified land in Tanzania. Given these numbers, Ecosia's environmental impact is undeniable.

Ecosia makes the crucial connection between climate change and the ordinary person, which is necessary to mitigate the progressing

climate crisis.

According to Time, in 2015, more than 15 billion trees were cut down, with the global tree count having fallen 46% since the beginning of human civilization.

Moreover, National Geographic reports that in the past 50 years, 17% of the Amazon rainforest has been cut down and replaced with agriculture.

Clearly, each one of us has the capabilities to change the environment in which we live in, so there's no reason not to restore it.

Installing Ecosia is a great way to start.

COVID-19 Brings in Big Numbers for Online Gaming

By **JOSH GREENBERG**
Lance Contributor

With the recent COVID-19 outbreak and the suspension of all sporting events, the gaming industry has taken advantage.

During a time in which hundreds of millions are forced into physical isolation, the ability to co-experience content from a safe distance becomes particularly important.

And even though we're now stuck at home with little to do, TV viewing was already at unsustainable peaks prior to COVID-19.

According to Verizon, the Coronavirus has led to a 12% increase in digital video traffic and a 20% increase in web traffic, while Nielsen (a company that collects data for entertainment) reports total TV time (digital and linear) is up 20%. Video gaming, meanwhile, is up an astounding 75%, per Verizon.

"With more stay-at-home mandates being issued around the world and the entertainment industry finding new ways to migrate their offerings to live streaming platforms, we expect to see these numbers rise," said StreamElements CEO Doron Nir in an email statement.

In its early years as a solitary pursuit, gaming has become a virtual hangout for players.

Kelley says the community she's found in gaming has been paramount in getting her through her self-quarantining, especially as the timeline gets longer.

Social distancing keeps people in their homes for longer extended periods of time but



PC: Bing

doesn't take away the need to connect to others. Gaming has a built-in infrastructure to support large-scale online socialization.

One-quarter of gamers play video games to socialize with others. As live events shutter around the country, people have turned to gaming to connect with others in as close to a live experience as they can possibly get.

This motivation has also helped the game viewing platforms, with Twitch, YouTube, and Steam all-seeing upticks in viewership over the last week. New gamers are participating in the conversation as a way of socializing.

Multi-Platinum recording artist Travis Scott is doing his part to keep people entertained and positive. Partnering up with the widely popular game Fortnite, more than 12 million people logged on Thursday, April 23rd, 2020 for Travis Scott's virtual concert along with the debut of a new song.

The Grammy-nominated rapper's concert within the online video game set a record for the number of audience members in attendance.

As the implications of COVID-19 continue to spread, consumers will continue to be encouraged to keep their distance from others and stay indoors.

Gaming satisfies the social pacification that many consumers seek from their entertainment in stressful situations, being an escape from school or other responsibilities.

While people will do their best to pick up their routines as other options open up, the share of gamers will likely continue to increase as new audiences find the games that make them happy and interested.

COVID-19 may not last forever, but people will remember how video games made them feel happy at a particularly sad time in their lives for years to come.

The Benefit of 1:1 Computers in the Classroom



PC: Bing

By **MCKENNA PRIAL & ALEXA PRAGUE**
Lance Contributors

While most students at LHS don't have much experience in learning without a personal computer, resources and technology in the past were not always this accessible.

Students are so accustomed to always having access to computers that many tend to brush over just how much of a privilege it is. According to nj.gov, the average number of students to computers in New Jersey is five to four. Recently, the Livingston Board of Education has switched to having one student per computer.

Allowing students to obtain their own computers has had a great impact on the education of the Livingston students.

Grace Peri, a junior at LHS, said, "I love always having a computer with me because it is easier for me to get my work done and keep everything organized. I don't forget my homework

worksheets in school or at home anymore, allowing me to be more successful in the classroom."

Not only what Grace Peri explained is beneficial to the students, but also having access to technology has proven to increase student engagement.

Many teachers use educational websites such as Quizzizz, Khan Academy, Vocab.com, and Quizlet in the classroom as resources to reinforce learning and to introduce new concepts.

Additionally, the use of computers has also made life physically easier for students, as they now have fewer binders to carry in the hallway which is always helpful.

Technology is becoming a huge part of society, so it is useful that high schoolers have the opportunity to learn how it works, explore its benefits, and practice the responsibility of taking care of something of value.

1:1 integration will ultimately help make going into the workforce in the future less intimidating.

FEATURES (Cont'd)

How to Survive Being Home

By **SASHA LUKONEN**
Lance Contributor

Being home all-day at first seems like so much fun. Online classes feel like such a breeze compared to in-class learning: you don't have to wake up so early; you get to stay in your PJ's all day; and your workload feels ten times lighter. It's like a breath of fresh air that all

students hope for. But let me tell you: remote learning is not as easy as we envisioned it. It's awful. It's boring, and it's definitely an adjustment-- a major one.

Six weeks ago, my school sent out an email announcing we will be spending the next two weeks with remote learning, and the school would be adjusting as necessary. As

time has gone by, my opinion on remote learning is continuing to evolve.

My initial thought was that it would be a good way to stay on top of work, as the school days would be shorter, so there would be more time to better understand concepts.

I also believed that it would not impact my social life as much as it has, Facetime and social media being enough for my friends and me to keep in contact.

Wrong!

As the weeks are passing, I come to notice I am becoming more and more bored. I keep thinking to myself, how can I fix this and how can I make myself less bored?

I'm telling you, being home all day changes you; I am doing things I could never imagine myself doing.

Staying entertained is key.

You need to keep yourself occupied. I am cleaning my room-- again-- and that's just the beginning.

Then, I am beginning to work on a "paint by numbers," bingeing on many tv shows, scrolling through all social media, eating a lot of food, and reading a book.

There is nothing you can really do to prepare yourself for this long tortuous period of time, but there are some things you can do to while away the time.

If you don't have one already, make sure you get yourself a subscription to as many television platforms as possible, since you will have lots of time on your hands.

If you don't have a goal-- make one.

This goal may seem stupid at first, but even a little thing can help someone stay

motivated during a strange time like this.

For me, I have been trying to work out every day after school. Creating a goal should help you maintain a routine. So think of a goal and go achieve it!

Another tip is if prior to quarantine, you were a part of a sports team, try to find new ways to keep active. Many sports teams at Livingston High School are having virtual exercise sessions to stay fit and busy even during the break!

I am finding it helpful to do online home workouts. It's not the same, but it helps!

These are some tips that have helped me manage my boredom. Find what works for you to help cure your boredom. The best thing to do at home is to do something at home! Try to be productive and remember to have fun!



Spreading Good News! One Episode at a Time!

By **MALLORY DIAMOND**
Lance Contributor

As negativity fills the air, self-isolated people all over the world are searching for every ounce of positivity they can find. Although seemingly rare these days, positivity is everywhere, according to *The Office* actor John Krasinski.

In the early weeks of the quarantine, Krasinski developed a YouTube Channel known as "Some Good News" where he only shares the good news amid all the negativity.

Shedding light on the situation at hand, Krasinski shares the heartwarming stories

of everyday people and brings special celebrity guests on the show to chat and entertain viewers.

Starting on March 29, Krasinski uploaded his first video to his new YouTube channel.

Introducing the first episode, Krasinski says, "For decades now, I've been wondering, why hasn't there been a news channel for only good news?"

Now here he is with just that.

He began episode one with a special thanks to medical workers and shared stories of everyday people giving back to

their essential workers.

In order to find the inspiring stories he shares in his videos, Krasinski tweets to his fans, asking them to send him stories "that made [them] feel good this week or the things that just made [them] smile."

As the first episode progressed, Krasinski welcomed his co-star Steve Carell to celebrate *The Office's* ten year anniversary and to reminisce about their memories on set.

To leave off on an uplifting note, Krasinski ended the video with a story about a fifteen-year-old girl that finished her last chemotherapy treatment. On her way home, the girl was

greeted by friends, family, and neighbors parading down the street, and tears of joy filled her eyes.

Episode one now has over 16 million views, which could demonstrate that the world loves the good news.

In another episode, Krasinski heard that a 9-year-old girl named Aubry wasn't able to see Hamilton on Broadway due to the quarantine.

To lift spirits, Krasinski brought the show to her living room as he invited the actors onto Zoom to sing her a song. Aubry spent the sing-along with a smile from ear to ear,

as well as the other 11 million viewers.

In one of the most recent episodes, Krasinski organized a virtual prom for the class of 2020. He played music and had special musical performances by the Jonas Brothers, Billie Eilish, and Chance the Rapper.

After posting a new episode every week, Krasinski has made a total of five episodes, each bringing so much positivity to families around the world.

Krasinski has filled everyone's self-isolation with a little more entertainment, smiles, and laughs.

Revamped Style

By **LAUREN BELCUORE, NICKI DEPALMA, BECCA CULLEN, & JAMIE PORIGOW**
Lance Contributors

The coronavirus pandemic has put the lives of people on hold. However, rather than waste the extra time we are being given, we four decided to take this opportunity to make a difference in the lives of others.

While enduring one of those dragging, painful days that we have become familiar with, and in the process of cleaning out our closets, each of us noticed that we all have a bunch of old shoes just laying

around. Sure, we could just donate them as is... but, why not do something a little extra? Thus, Revamped Style was created.

Revamped Style takes old shoes and repurposes them to be donated. Each sneaker is cleaned and touched up with a colorful, creative design. All other shoes are cleaned up and donated as is.

We have partnered up with Soules4Souls, a successful charity that donates old shoes through a micro-enterprise option.

We spoke with the Northern NJ representative, Lizzy Swiderski, who was

thrilled to hear about our idea and gave us some insight on what impact our donated shoes are going to have.

Soules4Souls mission is to provide relief to people in need and turn unwanted shoes into opportunities in impoverished countries and areas.

These donations will help people sustain their lives and businesses, which includes buying food, clothing, and paying for an education. These shoes offer a long-term solution and long-lasting impact for struggling countries.

Unfortunately, as of right now, it is difficult to get more people involved in our

mission due to social distancing regulations.

However, once school starts back up and most certainly in the fall of 2021, we are eager to start a new club at Livingston High School, where we can get more students and staff involved in our mission and set up a donation box in various areas of the school.

In the future we are hopeful that we can broaden our platform to our community as well.

So, if you find yourself cleaning out your closet and a pile of shoes begins to mount, consider holding onto them until you can donate them for a



A pair of upcycled shoes
PC: Revamped Style

refurbished contribution.

If you are interested in becoming involved in the future or have shoes that you would like to donate, please email us at revampedstyle2020@gmail.com, or direct message our instagram account [@revamped.style](https://www.instagram.com/revamped.style).

FEATURES(Cont'd)

All the Bright Places

By **GABBY PETRULLO**
Lance Contributor

After the first few pages, this book immediately fascinated me.

With remote learning in place, it is the perfect time to delve into a book. I was shocked when I couldn't put it down and wound up reading over 200 pages in one night!

The book I read was *All The Bright Places* by Jennifer Niven. The story follows two teenagers, Finch and Violet, and their journey through life together. Struggling with suicidal thoughts, they manage to bring each other off the ledge, both physically and metaphorically, and change each other significantly.

I especially love how realistic the plotline is. Without directly stating the obvious, it is clear that the book follows the developing love of two people suffering with mental disorders and the author clearly depicts the issues of both characters through their actions and thoughts. This is a topic on the rise as awareness for mental health is something that many people believe requires more attention.

Even more, there are countless symbols that the author mentions throughout the book that provide even more significance to the

plotline.

I also believe that the author did an outstanding job with character development, as I began to feel connections to both of the characters in the book.

I think that creating a plotline that the audience can connect to is a vital aspect of creating a successful book, and Jennifer Niven did so successfully.

All The Bright Places is a Netflix Original, starring Elle Fanning as Violet Markey and Justice Smith as Theodore Finch.

I do believe that I would have enjoyed this movie more had I not read the book first. After being blown away by the book, my expectations were set high.

I was disappointed when some of my favorite book scenes were not incorporated into the film, but I understand that in the transition from book to movie, some scenes just don't make the cut.

Nevertheless, I found the movie enjoyable and a nice film to watch for those bored and stuck in Quarantine.

Despite some aspects of the book being lost in the movie, I feel that overall, in my eyes, the film and book were both a work of art and I recommend avid readers to read and movie goers to watch the movie.

Coronavirus and the Entertainment Industry

By **STEPHANIE SICURELLO**
Lance Contributor

Laying on the couch, bored out of your mind due to quarantine. What's the first thing you do? I can probably guess: you turn on Netflix and pick a new show to watch.

The entertainment industry in some aspects is completely flourishing, but in others, this virus has been completely detrimental to it.

The entertainment industry has a spike in new viewers during this pandemic; it is in direct relation of the extreme boredom many are experiencing during this quarantine.

One of the many ways people are trying to keep busy is by watching tv shows and movies and listening to music.

New shows, like *Tiger King*, especially, chose quite the ideal time to launch their show, right in the midst of the Coronavirus.

This allowed for the shows to get an immense amount of talk and a huge audience as

people search for ways to stay entertained.

On the other hand, the negatives might be outweighing those positives.

The entertainment industry had to put everything on hold now- no more creating or releasing movies, tv shows, music, etc.

"Consequences of the pandemic on these industries could range from lowered attendance at film festivals and disruptions in film distribution to delayed or canceled movie releases and concert dates to curtailed on-location film shoots," as stated by *Vox*, in the article "How the Coronavirus Outbreak is Roiling the Film and Entertainment Industries."

This industry, an industry so huge it is implemented into the lives of basically every person, now must stop all their work.

Despite the fact that the hit that this industry is taking is quite detrimental, it will never outweigh the detriments to the health of many due to the virus.

So many jobs in this industry are drastically being affected, as "the ripple effects do have implications for the people around the world who make a living producing and distributing movies, music, and more," stated by *Vox*.

Movies and tv shows that planned to begin or continue their filming during the spring of 2020 have now been put to a halt. This will likely lead to these films being pushed back extremely far into the future.

Companies are now losing their revenue, hurting their business altogether.

Festivals and concerts are being put on hold as well. Coachella, the most popular music festival in America, has even been postponed all the way till mid-October.

There are even more music festivals, like *Panorama* and *Governor's ball* for example, the cancelation of which will cause these companies to have extreme financial repercussions, especially if the events must be canceled altogether.



Joe Exotic and one of his tigers PC: Netflix

A Slasher with Substance

By **EMILY SZE**
Lance Contributor

If toxic masculinity was a movie, it would be *American Psycho*. In observance is the '90's life of American businessman Patrick Bateman, played by a young Christian Bale.

Although Bateman has every outward attribute about him that makes one believe he's just another run-of-the-mill Wall Street dork, there's a spin: Bateman is a serial killer by night.

In an incredibly original take on Wall Street life, Mary Harron merges the personas of a serial killer and businessman into one.

The first thing to love about this movie is the refreshing classic atmosphere.

In a world of identical "modern" movies, almost nothing makes me feel more engaged at first than an easily identifiable '80's or '90's setting. Especially if it is reminiscent of other imminent classics like *Terminator* or *Pulp Fiction*.

However, *American Psycho*'s greater significance sets it apart.

The film's clear intent contributes to its greater significance. It seems that every little action and word uttered from Bateman's mouth is used to advance the movie's themes.

Everything, from the brilliantly subtle swaps of financial jargon with murder words, to Bateman's sudden urge to feed an ATM machine a dead cat, advances the enigma

and inevitable collapse of Bateman's psyche. This chaos builds to a bizarre concluding scene, which leaves everyone, including Bateman, questioning what to perceive as reality. No movie better encapsulates a mentally unstable character than one where absolutely nothing is certain.

Not to go unnoticed was Christian Bale's uncanny acting and ability to shapeshift into character.

Being in near perfect shape and maintaining a stoic demeanor throughout the film, Bale perfectly portrays the "American Psycho." His ability to switch from complete normalism to insanity in a timely manner was both chilling and thought-

provoking, and I felt it was a large part of the movie's essence.

American Psycho also manages to comment on patriarchal society.

The society's perfect ignorance towards Bateman's insanity and the way the director plays into his otherwise basic Wall Street personality communicate ideas worth considering about the patriarchal nature of work in the financial sector.

The fact that a character like Bateman can almost seamlessly fit into the said society doesn't speak volumes in defense of it either.

American Psycho is an intricately crafted classic that makes one consider toxic masculinity in the workplace, as well as advancing an



Christian Bale as Patrick Bateman PC: Maxwell Scott

intriguing plot with coherent themes, making it a thrilling and worthwhile watch for both those who enjoy horror and do not.