

# The Lance

March-April 2021

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# Collecting 20,000 PPE to Aid the Homeless



By **KRISTEN NGAI**  
*Lance Contributor*

When the Covid-19 cases surged in the US, my sister and I began to ponder what we could do as students to help curb the spread of this deadly virus in our community. After thorough research, we discovered that homeless people are urgently in need of masks and sanitizers. An outbreak at a San Francisco homeless shelter led to a 12% surge in positive cases, making it the largest outbreak in a shelter in the US.

This gave us an idea: if we can provide enough masks and hand sanitizers to the homeless, we will be able to address their unmet needs and indirectly curb the spread of this virus in our community. By reducing the number of infected homeless people, we can also ease the burden of COVID-19 cases on hospitals and reduce the overall healthcare costs in the community.

In early September, my sister and I started to put our plan into action. We reached out and partnered with Bridges, an organization serving the homeless in surrounding neighborhoods—namely New York City, Newark, Irvington, and Summit—to distribute masks and sanitizers to the homeless community. How did we get

masks for them? First, we leveraged the power of social media by creating a website and developing a video asking for donations of medical supplies for the homeless. Second, we posted the video on various platforms such as Whatsapp, Nextdoor, Facebook, Youtube, and Instagram in order to reach a bigger audience. Although we had received 100 likes on social media, we had only received 1 box of mask donations from a friend. At that time, it became clear that we needed to think of other strategies to get more masks and sanitizers.

After brainstorming different ideas with my sister, we decided to reach out to protective equipment manufacturers and distributors to see if they had extra supplies and were willing to help the less fortunate. Luckily, after emailing 150 sanitizer and mask suppliers, we were able to collect 5,000 masks and 100 hand sanitizers. To ensure each homeless recipient could have

an adequate supply of masks and sanitizers, my sister and I packed the supplies into smaller, convenient packs for each individual.

In order to reach out to more people in need across the country, we are currently collecting personal protective equipment (PPE) for the University of Southern California Verdugo Hills Hospital, Arbor Roseland Assisted Living, Philabundance, and Fulfill NJ, resulting in a total of 50,000 PPE.

Although coronavirus vaccines are currently available, wearing a mask will still be a crucial part of stopping the spread, as there are uncertainties about the mutations of the virus and the public's willingness to follow health guidelines. Fortunately, through the COVID-19 donation project, we identified a missing piece of the COVID puzzle that is geared towards lowering the spread of the coronavirus in our community.



# HARD NEWS

## Myanmar On Its Head

By **LAURENZ CANENT**  
*Lance Contributor*

In the past few months, tensions have escalated in Myanmar over the forceful reinstatement of the military as the central authority. Myanmar is the latest Asian nation to receive international attention regarding the conflict between the central government and its citizens.

In 1958, the power to rule Myanmar was “handed over to the Myanmar Military” to ensure stability within the country, said Yan Wei of *The Irrawaddy*.

For over 50 years, the Myanmar military held central authority, but not without turmoil- there was a coup in 1962 that seized power from the citizens, who barely held onto their democracy for two years. There was another protest in the late 1980s, which involved the masses expressing their distress towards the ruling party.

In 2011, the military relinquished government control to the people, allowing democracy to be reestablished in Myanmar. However, according to Jessie Yeung, a reporter for *CNN*, the military tried to retain some of its influence by maintaining control

over “a quarter of seats in parliament and...[retaining] control of key ministries like home affairs and defense.” Even though government power was slowly being given to the people, the military still had a proxy party in the government to express their wishes.

In November of 2020, Myanmar had its parliamentary election; however, when the results were released, the military expressed their discontent with the results. As stated by Russell Goldman of *The New York Times*, the military “refused to

accept the results of the vote, which was widely seen as [a] referendum” of the winning party.

On February 1, 2021, the military took action and detained Myanmar’s civilian leader, Daw Aung San Suu Kyi, along with her top lieutenants. Additionally, the military, with its newly seized power, declared a one-year state of emergency and the transfer of authority to the army chief, Senior General Min Aung Hlaing.

The masses did not agree with the military seizing power and as a result, took to the streets in protest. However, the

military used brute force to subdue the protests. According to the article, “Myanmar Protesters Defiant as Two More Killed, Pressure on Junta Grows,” published by *Reuters*, “At least 249 have now been killed since the coup” where police used live fire to suppress protestors.

Some members of law enforcement are questioning the decision to use violent tactics. A report in *AP News* by Anupam Nath states, “Myanmar police officers...fled...after they said they defied orders to shoot people protesting.”

## Mystery Israeli Oil Spill Threatens Coastline

By **JORDAN SCHERR**  
*Lance Contributor*

In Israel, a small nation lining the eastern Mediterranean Sea, more than 100 miles of coastline has been found to be littered with tons of tar after what appears to be a large oil spill off of its coast. Estimates of more than 1000 tons of tar have washed up.

The source of the spill is entirely unknown. While Israeli authorities say that they are going to be investigating the cause of the spill, many of its details remain unclear due in part to a gag order implemented by the government via an Israeli court in the city of Haifa.

However, this spill has dangerous implications for local marine life, as turtles, fish, and other wildlife have already begun to wash on shore covered with tar.

In response to the spill, hundreds of Israeli soldiers and police officers, as well as thousands of volunteers, worked to clean up the beaches and mitigate the damages to the already devastated

Mediterranean Sea life; they are also working to document the scope of the spill. In addition, millions of dollars have poured in to help with this effort.

The expectation is that the cleanup will take at least several months, as complications related to the varied terrain of the coastline may make removal particularly difficult. Concordantly, the Israeli environmental protection ministry recommended against swimming in the ocean or attending Israeli beaches, due to the danger of potential exposure to the tar.

For a country that relies so heavily on desalinated water to supply its citizens in a region known for its arid climate, this oil spill has revealed some frailties related to the protection of Israel’s waters. Some of the oil has also swept into some of Lebanon’s (Israel’s northern neighbor) southmost coastline.

As of now, the hope is that beaches will be safe enough to reopen to the public during the higher-demand season.

## What Biden’s Infrastructure Bill Means for the Tri-State Area

By **ESHAAN MAHAJAN**  
*Lance Contributor*

The Biden Administration recently proposed a bold infrastructure bill that includes funding for the Gateway Tunnel that will directly improve commuter towns’ (such as Livingston) quality of life by reducing commute time.

Out of the \$80 billion proposed for Amtrak, a portion will go to the Gateway, a project that will connect NYC and Newark, in a historic attempt to transform the long-term US economy. This could allow for faster commutes, cheaper transportation, and job expansion.

Traditionally, the Path and the NYC Subway systems have had technical issues but have only been receiving temporary repairs. This has been causing massive delays, work stoppages, and hazardous working conditions.

According to the article “Biden’s \$2 trillion Infrastructure Plan to Include Gateway Tunnel Crucial to N.J.,” published by *NJ.com*, “New Jersey and New York officials have long sought federal help to build the new tunnel so the existing tubes can be closed to repair the damage caused by Hurricane Sandy.”

The Gateway Project attempts to handle many of the issues facing the NY-NJ Path systems. The Administration also plans to tackle NJ problems such as improving 502 short bridges (known as spans) and repairing the wear and tear of large bridges along with 20,000 miles of highway, which constantly affect the rest of the tristate area.

In addition to improving NJ’s transportation systems, the bill includes funding for superfund site cleanups and recoveries. Superfund sites are toxic and hazardous environments that primarily

affect the Garden State. Governor Murphy is optimistic about this funding because it will help New Jersey’s environment.

Furthermore, The American Jobs Plan includes funding broadband, which is quite beneficial to underfunded communities, especially during a time that calls for remote learning. Underfunded districts could also benefit from the \$45 million investment to replace lead pipes. This investment will help several NJ cities, especially Newark, as they suffer from high levels of lead in their water.

As infrastructure has already been declining for several decades, this bill can replace the aging infrastructure that has hurt the U.S. economy and many minority communities. “Put simply, these are investments we have to make,” President Biden stated. “Put another way, we can’t afford not to.”

## MEET THE LANCE STAFF!



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# FEATURES

## Cloning: An Answer?

By **ASHLEY FONG**  
*Lance Contributor*

Envision a world where there are two of you. Would it be frightening? Amusing? Baffling? Or a solution to all your problems? Well, look no further because with the developing technology of cloning, this scenario might become a reality.

Cloning is defined as a cell that becomes an exact genetic replica of its parent cell. In other words, there are two living organisms that look and act the same way.

To this day, there has not been any proof that a human has been successfully cloned. However, beneath the mammalian phylum is the animal kingdom, where approximately eleven animals have been triumphantly cloned. This includes two of China's

macaques and other species like pigs, mice, and rabbits. Perhaps the most victorious account was of Dolly the Sheep, who was the first ever genetically cloned animal that ended up living a normal sheep lifespan and reproducing organically. For Dolly, the negative side effect of being cloned was the small length of her telomeres found at the conclusion of her DNA strands, resulting in the susceptibility of diseases as she matured.

Though cloning is becoming a more advanced and widely accepted as an alternative for many medical issues today, there are many ethical objections that may hinder these developments. For one, cloning is not necessarily lawful to either the clone or parent. The uniqueness of one's identity will be bogged down

by the overwhelming curiosity spotlight of the science and entertainment community. Besides public concern and a lack of privacy concerning oneself and the press, the negative health effects of increases in diseases or shortened telomeres are also factors that need to be considered when debating whether cloning should be a viable solution to the world's problems.

Also, there has been an uproar of public concern about the safety of food from cloned animals. However, many scientists have refuted these claims, including reproductive psychologist Mark Westhuin, who reassures that "there's no reason to believe, based on how clones are produced, that there are any food safety issues involved."

Nevertheless, cloning does have its advantages. Scientists may have a point in researching and turning to cloning as an alternative to both medical and reproductive solutions. One advantage of cloning is that it can produce multiple offspring for couples that either cannot have children due to infertility problems or for those in same sex-marriages.

Moreover, cloning can isolate desirable traits of an organism after genetically modifying the undesirable or defective genes. Cloning also allows for the growth, duplication, and development of a new organ for someone who is in desperate need of one. According to the National Human Genome Research Institute, "researchers hope to use embryonic stem cells,

which have the unique ability to generate virtually all types of cells in an organism, to grow healthy tissues in the laboratory that can be used to replace injured or diseased tissues."

Overall, cloning is a scientific curiosity that leads many down a path of pros and cons that are essential in calculating the extent of its potential existence.



## The Turtle Back Zoo, Voted #1 Zoo in New Jersey



By **ADRIANA PIPITONE**  
*Lance Contributor*

**WEST ORANGE--** Situated on 20 acres in the South Mountain Reservation and being a part of the oldest county park system in the United States, the Turtle Back Zoo never fails to please people of all ages, containing approximately 1400 animals, as well as multiple attractions and events.

An anonymous Tripadvisor review stated, "There is so much to see and do during your

visit; [an] indoor reptile room, pony rides, goat feedings, sea turtle recovery station, giraffes..." The same reviewer added that there is a beautiful bird and butterfly exhibit during the summer.

Another anonymous Tripadvisor review said, "As a middle-aged man, I have to say I really enjoyed the zoo!... there was plenty to see and they have a great variety of animals... kids will really love it!"

The Turtle Back Zoo first opened up in 1963 with a collection of 140 animals representing 40 different

species. The zoo founded its name from a rock that formed on the mountainside just east of the zoo.

In 1975, a Zoological Society was established to promote the zoo and provide funding support through memberships and other fundraisers. In 2006, the Turtle Back Zoo was granted accreditation by the American Zoo and Aquarium Association.

Other than just the sight seeing of animals, the Turtle Back Zoo also contains several attractions such as the railroad train ride, the endangered

species carousel, a prehistoric playground, pony rides, face painting, and even the holiday light spectacular that airs at night during the holidays.

Ash D. wrote a five star review on Yelp stating, "This is a large local zoo that you can spend a whole day at for sure... There are plenty of other attractions... Even during the pandemic, the zoo is a fun outdoor activity for all ages..."

Bethzaida Perez-Figueroa also wrote a five-star review on Google saying, "Hands down one of the best zoos in New Jersey! Even though COVID

has caused some exhibits to be closed, there are still many new ones that have opened and are absolutely beautiful!" She also noted that the grounds were clean, and the animals were very well taken care of.

There is so much entertainment and excitement when taking a visit to the Turtle Back Zoo. With friendly staff, a great atmosphere, well-kept grounds, and outstanding animal care, this zoo adheres to the highest standards for zoos in the country.

## The Riker Hill Art Park: "A Patchwork of Diverging Narratives"

By **MANNI BURACH**  
*Lance Contributor*

**LIVINGSTON** — Nestled at the top of Essex County's highest point, neon-colored buildings accompany abandoned radar platforms and metal whale tail sculptures in the gorgeous Riker Hill Art Park (RHAP). Although many locals in the area pass through the park regularly to admire its scenic beauty and view of the New York City skyline, few know of its true historical significance and patchwork of diverging narratives.

The RHAP's history dates back to the colonial era when squatter Peter Riker stood upon the magnificent hill and claimed it in his name. Looking over the vast land that would come to be the township of Livingston, New Jersey, he must have felt a sense of great

power, power that may have washed away the shame of his mother's alleged witchcraft.

Not only does the hill's great scale and proximity to the New York City metro area serve for an excellent view of the modern skyline, but during the Cold War it made the site a perfect vantage point for the United States Army's Nike Air Defense System as well. From 1954 to 1974, the quiet Livingston suburb shared its town with "Control Area, Nike Battery NY-80," the Cold War radar station which tracked potential enemy aircraft heading towards the city and transmitted guidance information to missiles after launch.

In 1968, a 14-year-old boy named Paul Olsen sent casts of over one-thousand dinosaur tracks he had discovered near Riker Hill to President Nixon

in an effort to recognize the area as a National Natural Landmark. The effort succeeded and saved the area surrounding the hill from potential residential development.

The military project eventually ended, and the area was abandoned until 1981 when the county reclaimed the space as an art park that would serve the public and local artists as a recreational and artistic landmark. According to Patricia Malarcher of *The New York Times*, "The facilities now include a large kiln, a glass-blowing studio, a woodworking shop, equipment for lifting heavy stones, a printmaking shop, and a photography studio."

The park is now a place where abandoned radar towers juxtapose colorful art studios and sculptures. Where history and modernity, war and peace, art and science, exist together atop a

singular hill. It's where historical narratives – professedly antithetical of one another – intertwine to create a unique landmark of American history.

And that history has been carefully maintained. Just last year, the park underwent a long list of renovations that totaled over 1 million dollars in costs. According to *Tapinto Livingston*, a local news source, the changes included the installation of sidewalks, curbing, and drainage systems; repair of stairways; designation of scenic overlook site; updated facades of the artists' studios; and the creation of a community garden.

These were long-awaited changes and updates that hopefully will allow the park to endure long into the future and continue to serve as a center for the arts and for the community as a whole.



# FEATURES (CONT'D)

## Rockefeller Center

By **KYLIE GORSKY**  
*Lance Contributor*

**NEW YORK CITY** — In the 1920s, America fell into the Great Depression, and everybody's spirits fell with the country. However, a glimmer of hope and happiness shone through at the newly acquired Rockefeller Center, a place for people to come together to enjoy art and activities that "celebrated human spirit," according to founder John D. Rockefeller.

The center has developed from its origins and now houses some top amenities, including 5-star restaurants, event halls, and luxury shops. From the legendary rink to the Rainbow Room, to the Top of the Rock, Rockefeller Center continues to be reinvented and showcased daily.

Behind the beautiful golden statue, 30 Rockefeller Plaza towers over the center, which not only occupies an entire block in the city, but also is home to NBC studios and a large majority of Fortune 500 companies. "30 Rock" is a place for both work and activity, just as Rockefeller intended, according to Christina Parrella for *nyco*, the Official Guide to New York City.

Right in front of the large plaza is the iconic skating rink at Rockefeller Center where people have been gliding since 1936. According to Jennifer Picht for *TimeOut*, the rink "ushers in the holiday season" annually in New York, by opening up to the public right

before Thanksgiving.

The rink is available to rent out for any occasion and has been skated on by everybody, from infants first getting acquainted with their blades to Olympic gold medalists. Gliding on the fresh, white ice is a holiday tradition for many tourists and even native-born New Yorkers.

No less than 65 floors above the iconic rink sits the famed Rainbow Room. According to *People* magazine, the room features a "domed ceiling, revolving dance floor, and enviable panoramic views of Manhattan."

However, if the views in the Rainbow Room aren't up to visitors' standards, guests are able to enjoy spectacular views of New York City 800 feet high on the Top of the Rock. This observation deck has become a place for date nights and uniting families, friends, and lovers.

The building is more than just a space for events; one of the largest television syndicates, NBC's *Today Show*, is produced in its lobby. However, Savannah Guthrie and Hoda Kotb are not the only stars that call 30 Rock their second home: Jimmy Fallon, Meredith Vieira, and the cast of *Saturday Night Live* all film there as well. This important piece of New York history is definitely worth a visit for its food, luxury shops, and endless attractions.

## Victoria Secret's Fight to Remain in Business

How one of America's most popular lingerie brands is struggling to stay afloat amid a changing culture

By **JOELLE SONET**  
*Lance Contributor*

Victoria's Secret has been a massive company in the fashion and modeling world for decades, making an estimated 6.8 billion U.S. dollars in 2019 alone. The stores carry everything from signature perfumes to workout clothes and even swimwear. However, the chain has been noticeably downsizing due to a new demand for body positivity and inclusion.

Founded in 1977 by Roy Raymond and worth about \$184 billion today, Victoria's Secret has been a favorite of young women and girls for years. Its signature pink striped decor beckons all who walk past to come inside and buy whatever clothes or fragrances the iconic models on the walls are promoting.

The brand entices young women and girls with its annual fashion show, which features high profile Victoria's Secret Angels (the brand's models), major names in the music industry to perform their hit songs, and "three million women" viewers. One woman wrote on her blog, *Helene in Between*, that the show makes people "somehow feel like we know the supermodels."

However, after years of success and relevancy, the brand is being threatened with movements such as body positivity gaining traction. According to Kendra Cherry of *VeryWellMind*, body positivity "is not just about challenging how society views people based upon their physical size and shape [...] It also recognizes that judgments are often made based on race, gender, sexuality, and disability."

The company's fashion show was called off in 2020 due to years of intense criticism from consumers and celebrities who claim that it fails to include diversity amongst its models and projects an unhealthy beauty standard onto a young, impressionable audience.

Though Edward Razek eventually resigned from his position as the store's Chief Marketing Officer, he claimed that Victoria's Secret wouldn't "use women larger than a size eight in the shows." The company's unwillingness to satisfy women of all body types has created a dark veil of controversy over it.

Many women have become disillusioned with the once-coveted brand, causing its sales to fall 7.6% to \$1.41. There was talk about selling the company in 2020, and it was revealed

that sales were down almost 50 percent. The company also announced that it would permanently close about a quarter of its North American stores, which would significantly reduce its presence in American towns and cities.

In recent years, the company began taking steps to diversify its models and please its customers. It hired its first transgender model, Valentina Sampaio, in 2019, giving customers hope that the brand was starting to change its traditional ways.

At a size 14, model Ali Tate Cutler became the first plus-size addition to the brand. Her photographs were used in advertisements, and she spoke about the importance of her role in the company, saying that now "when a girl is walking through the store she can look and find a body like mine."

There is no denying that Victoria's Secret is one of the most established brands in the US. It has managed to remain extremely popular and successful for so many years despite all of the backlash it's faced. In order to keep itself afloat, Victoria's Secret must continue to shift its attitude towards diversity and marketing to appeal to a broader audience.

## The Pasta Recipe That Took Over TikTok

By **JUSTIN WAYNE**  
*Lance Contributor*

In the latest food trend on TikTok, a social networking service, users of the platform are becoming home chefs using a simple block of feta cheese; by filling a pan with one substantial block of cheese surrounded by tomatoes, the only step remaining is to bake the mixture prior to adding the cooked pasta. The result is a cheesy, thick, tasty dish that has made its way around the world.

The dish itself caused a shortage of feta cheese in Finland grocery stores, where the recipe originated. Finnish food blogger Jenni Havrinen created the dish in 2019, but as it became popular this past summer in Finland, she wrote in her blog that "feta cheese sales went up 300 percent here, the shops were running out of baked feta pasta ingredients."

Now that Häyrinen's recipe has made its way around the world through TikTok beginning in February, the baked feta pasta dish is experiencing another round of fame. As of mid-March, the caption #fetapasta has more than 726 million views solely on the one platform. These views exclude spillover into other social media platforms, such as Instagram and Snapchat, not to mention the recipe's recent screen time in the news. As of now, it seems like the viral at-home activity's fame is here to stay.



# FEATURES (CONT'D)

## Bringing History Into The Present: The National Museum of American History

By **EMILY ARONOW**  
*Lance Contributor*

On January 6, 2021, a pro-Trump rally turned violent when a mob of the President's supporters stormed the Capital building in Washington D.C., overwhelming police and leaving five individuals dead.

The New York Times reported that the day after the mob cleared out, Smithsonian curators such as Frank Blazich were seen collecting protest signs, posters, and banners from the pile of discarded items the mob had left behind. "Why would museum curators want banners and paraphernalia from one of the darkest days in our

history?" you may ask. That is precisely the reason. If it is one of the darkest days in our history, then it needs to be documented and archived.

Where would these artifacts be stored? In the National Museum of American History, of course! Originally commissioned by President Dwight Eisenhower in 1955, the 750,000 sq. ft. museum, located on the National Mall in Washington D.C., includes three exhibition levels, two office collection levels, a basement, and a mechanical penthouse which is located on the roof, according to the museum's official website. Annually, about four million

visitors come to the museum to view their extensive collection.

The museum houses over 1.8 million artifacts such as Abraham Lincoln's top hat, the original Star-Spangled Banner, and year-round exhibitions such as *The Price of Freedom: America at War*, which is an exhibit about the history of U.S. military conflicts.

### A Closer Look At Two Of The Most Famous Artifacts In The Museum

Abraham Lincoln's hat is one of the museum's most famous artifacts. This hat, which Lincoln acquired from a Washington hatmaker named

J.Y. Davis, was on Lincoln's head when he was shot by John Wilkes Booth in Ford's Theatre on April 14, 1865.

After the assassination, the War Department preserved Lincoln's hat, and with the permission of Lincoln's widow, Mary, the hat was given to the Patent office. From there it was given to the Smithsonian in 1867. Joseph Henry, the Secretary of the Smithsonian at the time, told the staff not to exhibit the hat due to there being "so much excitement," according to the museum's official website.

Finally, 26 years after Lincoln's death, in 1893, the

American public was able to see the famous hat in a museum for the first time, in an exhibition celebrating Lincoln and his life.

The only thing that the museum houses that is more famous than Lincoln's top hat is the original Star-Spangled Banner. This banner flew over Fort McHenry in 1814 and inspired the words of the U.S. National Anthem. Now, instead of flying over a fort, the banner flies in the Flag Hall in the National Museum of American History.



## A Daily Explosion



By **ALAN ZHU**  
*Lance Contributor*

This past summer, due to the Covid-19 pandemic, many people missed out on their yearly opportunity to witness a majestic and magnificent combustion reaction: fireworks. Fireworks are created as a result of explosive combustion where a combustion reaction is forced to happen almost instantaneously. This process releases massive amounts of energy which people observe through sound, light, and heat.

But what exactly is combustion, and what gives it the power to light up the night sky? On a molecular level, combustion is a specific type of chemical reaction that combines a hydrocarbon fuel (molecules consisting of only carbon and hydrogen) with oxygen in the air to create carbon dioxide and water. In this reaction, the energy needed to break the bonds in the hydrocarbon and oxygen is less than the energy released when

carbon dioxide and water are formed. Simply put, combustion is exothermic; it releases energy every time the reaction takes place.

While this process is generally associated with big explosions like fireworks, combustion is actually a staple reaction in our day-to-day lives. Take cars for example. In order for a gas-powered car to work, it needs to have enough fuel. The most common type of fuel used is gasoline, also known as octane. Octane is a highly combustible hydrocarbon with the molecular formula C<sub>8</sub>H<sub>18</sub>. When ignited and exposed to oxygen in a car, large amounts of heat energy are generated, which are then converted into mechanical energy in the engine. Unlike the explosive combustion of fireworks, gasoline is burned steadily and acts as a consistent fuel source, allowing cars to travel hundreds of miles before needing to refuel.

Further, combustion is

also an essential part of human survival. Gas stoves and propane grills utilize the combustion of propane (C<sub>3</sub>H<sub>8</sub>) to cook food. Boilers and furnaces, although different in many ways, both rely on combustion to generate heat.

Combustion is deeply ingrained in every aspect of our lives, and as such, it is important to understand the process. However, with humanity's dependence on combustion, it is also important to realize some of the problems associated with it. On the surface, dangerous or unintended combustion through explosions poses a health risk. However, looking deeper into the molecular aspect of combustion, one of the two products of combustion is carbon dioxide, a greenhouse gas. In fact, over the past century, combustion in factories, cars, etc. has helped lead the world to the current global warming crisis. Indeed, carbon emissions currently serve as the largest contributor to global warming.

While combustion is a mainstay in making the world run, it is still crucial to recognize its drawbacks. Only then can we lead an efficient yet nature-minded society, working to create a better future.

## Workout Your Mind



By **REESE GILLER**  
*Lance Contributor*

In such trying times, it is no surprise that students are having difficulty finding motivation to do everyday tasks. Homework, studying, extracurriculars, and even joining online classes has become a hassle for many. While it is quintessential to complete these things in your daily routine, it is also highly important to take care of your physical and emotional well-being outside of school. One great way to do so is by working out.

While not a crowd favorite, physical activity is a major aspect of positive physical, emotional, and mental wellness. As found by the doctors at the U.S. Department of Health and Human Services, exercising has proven to reduce feelings of depression and stress, improve sleep, and increase your overall energy levels throughout the day. Even just a half-hour of exercise each day helps increase the release of "happy chemicals," such as serotonin, from the brain to the rest of the body. Since we are stuck at home most days during this

pandemic, there are no excuses to not be working towards bettering yourself and your mindset.

Working out can be done in many different ways. It does not only mean going for a run or lifting heavy weights; benefits can also be seen from going on a quick daily walk with a friend or doing some relaxing yoga. Additionally, exercise can be found in many well-liked activities such as dancing, hiking, or other sports. Physical activity should be fun, so it's crucial to find the type that best fits you and your goals.

Furthermore, it is important to balance the types of exercise you partake in. While some people are under the assumption that cardio is the "all-or-nothing" of workouts, bodyweight exercises and yoga also reap amazing benefits. By building muscle, your body is able to better digest the food you eat, giving you more energy throughout the day.

By working out your body, you are essentially working out your brain and setting yourself up for the right mindset to finish your daily tasks. With hard work and the right attitude, the benefits will come soon enough, and you will have enough energy and motivation to complete all of your schoolwork. It may be hard to motivate yourself in the moment but remember that you never regret a workout after finishing it!

# FREELANCE

## Romila Kaushik



## "Storms" by Robin Park

Storms are unexpected, every rendezvous a surprise  
 Sneaking upon massive hoodies, plastic umbrellas, or fuzzy tufts of hair  
 Unprepared and having surprised Pikachu faces  
 We get caught and wait or run above wet ground tainting new white shoes  
 But inside they merely hit on roofs and windows  
 Personally, I prefer rainy days just because I can hear them  
 To be inside an ocean wave without getting wet  
 Flowing down the sides of my room in loud whispers  
 Or knocking on doors the way delivery men do  
 And just like a delivery, I never open the door  
 Half lazy and half paranoid of what might be behind  
 Because we don't know what they will deliver  
 What rainy days will bring;  
 Rain  
 wind  
 or drowning newly planted peach seeds  
 (mind you, I'm not holding grudges)  
 Fresher water  
 cleaner air  
 or watering dried crops  
 Sometimes you almost wish you had glasses,  
 so you could see the wind blow before storms hit

## "Global Poverty" by Ashley Fong

Dreadful eyes of the weak and poor ones glisten on this tiring day.  
 Please let them enjoy the tastes of fish, beans, and rice before they decay away.  
 To beg is worthless, but the platitude of "things will get better" is not.  
 "Dirty and rotten inferiors" are the epithets that ring and sing in the ears of the penniless.  
 Does greed of the rich only lead millions down the regrettable path?  
 Stomachs are the angry beasts that roar with rage.  
 Gray clouds, rain, and thunderstorms are never ending.  
 Hope lessens, but still and always will linger.  
 The little girl's finger points at a toy in the window.  
 Her mother pulls her daughter away as her own head drops.  
 Drops are the water from the lowly father's eyes as he witnesses another death occur.  
 Smiles have turned to frowns and have stayed that way for ages.  
 It is as though those poverty-stricken individuals are in a horror story.  
 Except stuck on the saddest page of tragedy, of course.  
 Love exists only within families, but where is the heart of the world?  
 What does the future hold?  
 Society is only told to hope for the best.  
 Oh, how those less fortunate ones live in a time where fantasy and imagination ridicules them like some sort of test.

## "Fear" by Anonymous

What do I Fear? You better grab some snacks and a beverage because you're going to be here for a while. I fear that I've wasted potential and it's too late to turn back time. I fear that the world could end. I fear I'm losing touch with reality. I fear that a nuclear bomb could go off, and I won't be able to say goodbye to my family. I fear my mom could die. I fear my dad could die. I fear my sister could die. I fear I could get mugged and shot to death after pleading for my life. I fear I could be in the wrong place at the wrong time and get killed by a shooter. I fear the place my parents work at could get shot up. I fear getting on a plane, what if it goes down? I fear the loneliness of death. I fear my life will be cut short. I fear I could develop a chronic illness that could plague me for the rest of my life. I fear I won't be successful. I fear I won't accomplish enough in life. I fear not having a purpose. I fear for my mom. I fear her cancer will come back or her erratic driving will get her into an accident. I fear my dad will be unhappy with all of the health problems he has now. I fear my parents won't live long enough to see my children. I fear that I had something special, but I let it go to waste. I fear I didn't have the best childhood I could have. I fear my grades won't be good enough to get into a great college. I fear the unknown. I fear my dad will die of a heart attack, I fear I could die of a heart attack, There is so much I fear, but what I fear most of all is living in a life of constant fear.

# EDITORIALS

## A Glance into Remote Learning

By **SIA BANSAL**  
*Lance Contributor*

Today I am not standing on the risers in the music room with my fellow choristers or doing last-minute studying in the lunchroom with my friends. Instead, I am learning in isolation from my house, like millions of students across the world. COVID-19 has affected not only students but the administration as well, forcing us all to leave the classroom. However, this shift in virtual learning also presents an opportunity to reflect on its merits and flaws.

To dive deeper into this topic, I put out a prompt on my social media feeds, asking students about their individual remote learning experiences;

about 150 students from varying grades responded.

Among the results, 55 percent of students preferred virtual learning over in-person education during the pandemic. Students also praised their teachers for being flexible, understanding, and creative during these times. Personally, all of my teachers designate time to fully help their students and are available to answer any questions and provide resources as needed. One respondent noted that snow days and mental health sessions have been welcome

**"...55 percent of students preferred virtual learning over in-person education during the pandemic."-  
Sia Bansal**

additions.

It isn't all good news, though. 80 percent of students feel that their relationships are being disrupted due to remote learning. It's more difficult to see friends, and students report spending between three and four hours per day on schoolwork outside of class time, resulting in an unhealthy amount of ten hours of screen time per day.

Similarly, 92 percent of students say they have felt negative physical effects such as eye strain, back pain, and hand cramps from the copious amount of screen time. "I have trouble sleeping at night because of all the zoom calls and homework," said sophomore Brooke Leila, "which leads to constant headaches during

school hours."

Four out of every five students surveyed said they felt their mental health deteriorating under the pressures of academic success and isolation. The uncertainty of the future, combined with the excessive amount of time students spend by themselves, is creating a vicious cycle of struggle. "Remote learning burdens students with stress while also imposing the idea that mental health should not be prioritized," said freshman Ethan Rivera.

When asked how they would change the schedule, students proposed various suggestions. The most common responses included reincorporating the rotating

variety in the day, having at least two asynchronous afternoons each week, starting later in the morning (similar to the spring 2020 schedule), limiting Zoom calls to help stop bad fatigue, and adding in mental health days once or twice a month.

Although this situation is not ideal for anyone, the student body appreciates the School Board's efforts and all of their teachers adapting to this new style of instruction.

In his novel, "Utopia," author Thomas More wrote, "What you cannot turn to good, you must at least make as little bad as you can." I am proud to say that Livingston is doing exactly that, and I look forward to the day we all return to school.

## Injustice

By **BOBIN PARK**  
*Lance Contributor*

The U.S. democracy is far from perfect and, according to the Economist Intelligence Unit Limited 2021, is way below the top ranks of the democracy index. Instead, it sits in a tier titled, "flawed democracy," which, to many, is unexpected. Most people believe America to be the Western model democracy, a land of the free and home of the brave. However, from a tumultuous presidential election, to the coronavirus pandemic, and unprecedented events of police brutality and injustice, most things have been unexpected this year. And today, I want to talk about injustice.

The word "injustice" can be tied with so many words in the United States including gun violence, police brutality, racism, sexism, ageism, and terrorism. These are words that we have gotten used to. Words that have become a part of our daily lives. And they shouldn't be.

When talking about injustice, we immediately think about the Black Lives Matter protests that had swept the country by storm. These days, a lot of young people get their news from social media and use it as a way to portray their support. We also remember the day of the storming of the Capitol on January 6. The Capitol riot was a mob of people wanting change but also one

who charged in and committed crimes. And live streaming it so that everyone recognizes your face? I didn't know we applauded people for unbalanced actions.

However, we mustn't overlook the one thing these two have in common: a wish for change. Although one took extreme measures to push for it, both were motivated by whatever they deemed to be in justice.

And this wasn't the first time there was a public demonstration to make politicians listen to the voice of the people.

Throughout the history of laws, there have been several

pushes to make people enact specific laws. On June 23, 2016, Democrats held an all-night-sit-in to push for measures on gun control. At that time, it was considered unprecedented. Now, we can most certainly say that it is no longer original, but no less historic.

The Democrats were frustrated from not being able to pass two gun reform bills because of the lack of votes they had, being the minority in Congress. However, according to a poll conducted by CNN in 2016, 55% of Americans were in support of these gun reform

bills. And here we see the beauty and justice of living in a representative democracy!

Right now, you can dial the number straight to the U.S. Capitol, ask for your congressperson, and state your opinion on a certain bill. There are petitions and emails, but calling is a tactic that will put you directly in line with your representative's staff, giving you a higher chance of being heard. Perhaps now, justice can be served.



## ENTERTAINMENT

### Ginny and Georgia: The Perfect Trash for a Good Binge

By **SHREEYA KULKARNI**  
*Lance Contributor*

*Ginny and Georgia*, the hit new Netflix original, follows a dynamic mother-daughter duo as they find their place in a seemingly perfect town set in Massachusetts. Shortly after its release, the show instantly rose to number one on the Netflix Top 10.

While angsty teenager Ginny attempts to navigate her way through high school and new relationships, her young, boisterous mom, Georgia, is simply attempting to start

fresh. What initially seems like a simple suburban tale set in Wellsbury is slowly revealed to be a winding mystery that hooks viewers from the first episode. Told through both present-day and flashbacks of Georgia's rocky teenage years, the show attempts to tackle issues that many viewers - specifically teenagers - face today.

Though the show works hard to incorporate many issues, some have said that it feels slightly forced. The effort to include such a wide variety of issues is appreciated;

however, it could have been more effective if only two or three main issues were emphasized and explored. Throughout the 10 episodes, the show touches on mental health, self-harm, racism, abuse, body image, divorce, and the struggles the LGBTQ+ community faces. This can be a lot to tackle in such a short series, especially if it is portrayed in a way where teenagers can relate and empathize with the characters.

The show has also created a controversy with one ill-intentioned joke regarding Taylor Swift and her alleged

habit of going through men quickly. People were quick to point out that this blatantly sexist comment goes against other aspects of the show, where characters claim to support feminism. Taylor Swift even took to Twitter to speak about the controversy, tweeting "Hey Ginny and Georgia, 2010 called and it wants its lazy, deeply sexist joke back."

Additionally, many teenagers have said they can tell that the show was written by Millennials, as it fails to capture what it is like to grow up a part of Gen Z. For example, videos

are sent between characters in the show using Snapchat filters. In reality, most teenagers don't usually use Snapchat filters with each other, or tap dance in the hallways.

However, with all this being said, I would recommend this show to anyone who's been looking for another entertaining quarantine show to binge. Though the issues can feel heavy, it is supplemented with a few good laughs and lighthearted moments. Among all the bad T.V. there is to be found, sometimes good enough is enough.

# SPORTS

## Livingston High School Hockey Team Triumphs, Against All Odds

By **LENNY KANCHIK**  
Lance Editor

Despite the uncertainty the Coronavirus has brought to high school sports, high school hockey teams were lucky enough to have a season. Although the length of this season was cut short, and many teams had to stop playing for brief periods in order to quarantine, the Livingston Lancers High School hockey team remained optimistic and went on to have a successful year, making it to the McInnis Cup Finals.

Playing during this pandemic has shown the team how the virus has hindered

people’s ability to think logically. I remember the absurd policies put in place by ice rinks to “limit the spread of the virus.” For example, one rink manager told our team to wait in a small, compact lobby to wait for a temperature check and to sign in. What they did not think about was the fact that we were 10x more likely to get Coronavirus waiting in the lobby than just going into the more open facility.

Nevertheless, the Livingston Lancers finished in second place in the McInnis division with an 8-3-2 record. After losing to West Essex in their first game (having been

knocked out by this same team in last year’s state playoffs), players stepped up and the Lancers started winning. They tied Oratory the next game then proceeded to go on a five-game winning streak.

Junior, Austin Vecchio, finished the season with the most goals at 10, and Senior, Michael Mumm, led the team in points with 15. Stellar defense and outstanding performances in net by Junior, Zach Turbin, led to success on the ice. Turbin, who finished with a 0.901 save percentage said, “Our defense made my job much easier, helping me see shots

“But I knew we had a special group of guys this year, and it was my job to lead us from the net.”  
-Zach Turbin

and turning away rebounds. But I knew we had a special group of guys this year, and it was my job to lead us from the net.”

The Lancers were matched up with Verona in the first round of the playoffs and won decisively 3-1. In the second round, Livingston got a game of their dreams: a playoff game against West Essex. After two periods, the Lancers

were only in the lead by one goal. On a power play, West Essex scored a goal, tying the game at 1-1. With little time left, Livingston defenseman Andrew Qian scored a game-defining goal. Shortly after, Qian scored again, except this time it was on an empty net. West Essex scored a goal with no time left, finalizing the 3-2 score.

Livingston went on to compete with Glen Rock in the McInnis Cup Finals, unfortunately losing 4-0. Regardless of the Lancers not bringing a championship to Livingston High School, the team had a season filled with memories and success.

## LHS WINTER SPORTS



Boys Varsity Basketball Team



Girls Varsity Basketball Team



Boys Varsity Fencing Team



Girls Varsity Fencing Team



Boys Spring Track Team



Girls Spring Track Team



Girls Varsity Volleyball Team



Wrestling Team



Swimming Team