

CORONA CRISIS

Emergence of COVID-19 as a pandemic transforms the lifestyles of people worldwide

Four months ago, the rapid spread of a deadly virus all over the world was a daunting plot limited to sci-fi movies. Now, it is a reality that affects every and all aspects of our daily lives.

Clearing Things Up

The coronavirus consists of many related viruses with differing symptoms. Coronaviruses are common in both people and animals such as cattle and bats. It is very rare that the viruses present in the animals spread to humans; however, it is not impossible.

The initial virus being referred to on the news is known as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), a betacoronavirus that originates in bats. Some of the initial patients in China who contracted this disease had recent contact with live animals and seafood, in which scientists believe led to an animal-person infection.

However, the following cases of this coronavirus, which led to the creation of the new COVID-19 did not come into contact with these animals, causing uncertainty in the source of the spread.

COVID-19 is simply a newly identified strain of coronavirus that causes respiratory illness. The symptoms of this strain consist of dry cough, fever, lethargy and difficulty breathing. High risk patients include the elderly, diabetics and those who suffer from respiratory and cardiovascular issues, such as asthma and heart attacks.

Speedy Spread

On Dec. 31, 2019, the first reports of COVID-19 were discovered in Wuhan, China, a city housing over 11 million people.

In response to the outbreak, the Chinese government placed Wuhan and its neighboring cities in the Hubei province, with a population of 50 million people, under quarantine.

The Wuhan seafood market, where animals such as bats, snakes and rabbits are traded, was shut down on Jan. 1, yet the virus had already seemed to spread.

"There's a lot being done on how Coronaviruses infect people from animals, because we've had a few events where they've jumped from animals into people, including from livestock," president of the nonprofit EcoHealth Alliance Peter Daszak said, according to an article by 'The Scientist' released on Jan. 24. "So if we share the same cell surface receptor that the virus uses in bats or in camels or in pigs, then there's a risk of that virus invading us."

By Jan. 30, the International Health Regulations Emergency Committee of the World Health Organization labeled the outbreak as a "public health emergency of international concern."

COVID-19 spread rapidly throughout China, causing a nationwide epidemic. Yet, the disease didn't stop there; countries such as South Korea, Italy and Spain began experiencing high numbers of COVID-19 cases. Responsible for over 211,853 identified cases in over 150 countries at the time, the spread of the disease was declared a global

pandemic on March 11.

However, despite the alarming rate of cases worldwide, many people in the United States did not see the need to panic.

"When it first started and school was still going on, my mom didn't let me go out and see my friends, and I couldn't go to school that last day because of her. I was super pissed about it, and I didn't understand what difference it would make if I went to go see my friends," senior Lily Cullen said. "It all happened so quickly, so after about three days I realized nobody in the world was going to school anymore. I remember thinking it'll pass soon, and I stayed inside. I was one of the few of my friends that's been self-isolated for a little over a month now."

Uncle Sam's Stance

In regards to the rapid spread of COVID-19, the US has taken various measures to contain the virus.

Amidst the declaration of the virus as a pandemic, President Donald Trump announced that travel from Europe, with the exclusion of the United Kingdom and Ireland, would be suspended for 30 days beginning on Friday, March 13. A presidential proclamation was also issued, stating that non-U.S. citizens who were in Europe within two weeks of the ban would not be granted access back into the country.

"These restrictions will be adjusted subject to conditions on the ground. There will be exemptions for Americans who have undergone appropriate screenings, and these prohibitions will not only apply to the tremendous amount of trade and cargo, but various other things as we get approval," Trump said during his press announcement with the Department of Health on March 11.

Senior Zoey Fox-Snyder had recently embarked on a gap semester program to Peru and Bolivia when the coronavirus began rapidly spreading, and traveling had begun to see some restrictions worldwide. However, Fox-Snyder and her companions were unaware of these developments due to lack of phone and internet access.

"I had heard about coronavirus before I had left America, but at that time it didn't seem like a big deal at all. About two days before we left Peru the group finally learned about how serious things were getting, but at that point it was safer to be in South America than to travel back to the U.S.," Fox-Snyder said. "We traveled to Bolivia and the night we got to La Paz, Peru closed its borders, restricting all travel in and out of the country, so we got really lucky. Another group from the same program was still in Peru and had to stay for two more weeks until the travel ban was lifted."

After making it safely to Bolivia, the program was supposed to make its way to the city of Cochabamba; however, a case of the virus had already been reported there, causing the government to shut down travel to and from that area.

"At that point, we were told the program was cut short and we would be flying out to Miami the next morning. Flying home felt almost apocalyptic because the airport was not crowded, but everyone

Story continued on page 06

COVID Chaos. COVID-19 is caused by a coronavirus called SARS-CoV-2. It is spread mainly from person to person mostly through respiratory droplets from an infected person coughing or sneezing. Photo courtesy of the CDC

Story continued on page 05

was wearing masks and gloves and constantly using hand sanitizer," Fox-Snyder said. "I was expecting a really long and intense screening process once we landed in Miami, but there was nothing. It felt really intense going through this because everything happened so fast; the span of us finding out about coronavirus to finding out the program was ending was maybe four days."

Working from Home

Not only is U.S. travel being restricted, but the routines of its citizens are as well. As recommended by the Center for Disease Control, shopping malls, restaurants and other places of public gathering around the nation have been shut down.

To keep their businesses intact, many restaurants have opted to remain open for delivery and pick-up options; however, many employees have been able to take time off due to the elimination of dine-in customers.

"There is a significant drop in customers coming into the store, which in turn is allowing less employees to work," senior Leah Goldberg, who works at the local Bolay restaurant, said. "After weighing the pros and cons of working during this time, I realized it wasn't worth putting my family or myself at risk for contracting the virus. While working, I would be interacting with a multitude of people and didn't want to be in fear the entire shift."

Local farms are also offering pickup for boxes of produce.

Among the million COVID-19 cases in the US, there are over 46,000 in Florida as of May 20, with approximately 50% from the counties of Broward and Miami-Dade. The temporary closing of schools in the state was announced on March 13; however, as the schools adjusted to online learning, the state revealed that campuses would remain closed for the rest of the school year.

On both Friday, March 20 and Saturday, March 28, Marjory Stoneman Douglas High School's administration handed out 700 laptops to assist their students in the transition to distance

learning. Across the district, approximately 82,000 laptops were distributed by Broward County Public Schools.

"Since we are requiring students to attend school virtually during the pandemic, we must ensure that they have the tools necessary to be successful," Principal Michelle Kefford said. "So lending laptops to students in need was necessary."

During spring break, teachers were given a week to familiarize themselves with the website, Canvas, an online schooling platform, and prepare online lesson plans to begin the fourth quarter.

"On a scale of one to five [on being familiar with Canvas], I was a two. All I had really done was put documents [there] for my students to print. I think I've learned a lot, but most importantly, I learned that I would hate teaching online," Advanced Placement Language and Composition teacher Donna Amelkin said.

Due to the sudden reliance on Canvas, Amelkin looks forward to using her newfound knowledge of the website next school year, which she hopes can be in person, as she misses the human connection with her students.

The shift to online learning drastically altered the daily schedules of students, evoking mixed reactions from those at MSD.

"Online school messes with my daily routine a little bit, such as my sleep schedule," sophomore Ella Yaipen said. "I stay up later at night because I know I won't have to get up as early as I used to when we had school at MSD."

On the other hand, some students believe that the change in environment will benefit them in the future.

"I think the transition will help me next year with my time management and my planning skills. With this transition, I have started to use my agenda more and tried to plot out my times of work more," freshman Jason Choy said. "Overall, I believe it will help me with self control and knowing that I need to dedicate a certain portion of my day to academics."

Every day, students must log into their

accounts, as attendance is being accounted for through Clever. On Canvas, teachers have the option of inviting students to their virtual lessons via video-chatting applications such as Zoom.

In fact, some teachers have even used Zoom to stay connected with their students, outside of academics. AP Government Teacher Jeff Foster and AP Psychology teacher Ronit Reoven hosted a "Tea Talk" on Friday, April 17, where they informally spoke with students and discussed topics regarding quarantine.

"The call made me feel happy and kinda helped everything going on around us," senior Andrea Peña said. "[Foster and Reoven] always find a way to make me feel better and laugh, so it was super fun."

Senior Sorrows

One of the topics mentioned during the video call was the cancellation of prom, which was announced by the 2020 class adviser, Dara Hass, on Thursday, April 16. Many seniors were disappointed to hear that they would not be attending the prom they've been waiting all of high school for, and have since tried to figure out alternatives to attending their real prom.

Some seniors plan to throw their own prom as soon as it is safe to do so, while others are dressing up and taking pictures in their prom attire with friends or attending virtual proms. Senior Madison Schuler attended an online prom via Zoom with all of her friends in order to help fill the void of not attending their real one.

"While the sadness of not being able to have a normal senior year and do the things that every senior dreams of getting to do will never be truly fulfilled, the Zoom prom was a good distraction from all the craziness going on in the world around us," Schluter said. "It was as close to a prom as we were given."

It was also announced on Wednesday, April 22 that Broward County schools will conduct their graduations virtually. Broward County has gathered a committee of two senior student representatives



So Close, Yet so Far



Keeping Fresh



Tea Time

So Close, Yet so Far. Seniors Brianna Fisher and Leni Steinhardt celebrate college decision day on May 1, while remaining 6 feet apart in order to abide by social distancing guidelines. *Photo courtesy of Brianna Fisher*

Keeping Fresh. A produce box from Mecca Farms in Boynton Beach, Florida includes a variety of fresh fruits and vegetables for customers to enjoy. *Photo by Melissa Falkowski*

Tea Time. AP government teacher Jeff Foster holds his dog while on a "Tea Time" Zoom call. Various topics such as prom and television shows were discussed between Foster, AP psychology teacher Ronit Reoven and their students. *Photo by Leah Ronkin*

FEEDING FRENZY

BCPS provides meals to students and families amid outbreak of COVID-19

Since the coronavirus outbreak, unemployment has had a prominent impact throughout Broward County. Sudden job loss has led to food insecurity for many families. In March unemployment rates rose to 4.2% from 2.9% in February.

Broward County Public Schools is now utilizing their resources to feed food insecure students and their families who are greatly affected financially from this pandemic.

"With the virus going around, a lot of people are being laid off, so it's even harder for them to obtain money and feed their families, I really appreciate what the county is doing to help," senior Alexis Doxey said.

Even before the virus, Broward County Public Schools provided low income families with either free lunch or reduced lunch prices according to family income. BCPS also already provided breakfast to every student for free.

At the beginning of the county-wide school closure in March, over 31 elementary, middle and high schools across the school districts were providing daily meals for those in need. Breakfast was served from 8 a.m. to 10 a.m. and lunch from 11 a.m. to 1 p.m.

"There are no questions asked—you show up. We're not asking for IDs, driver's licenses. We're trying to be here for the entire community," Broward County Public Schools Superintendent, Robert Runcie said to Local 10 News.

Students and their families have the option to walk, come by bus or pull up to the car loop of the designated schools to receive their meals. The food is referred to as "grab-and-go" meals because of the efficient pickup and packaging.

"For Broward County to give students the opportunity to receive free meals, I think it's a really generous gesture...especially for the students that rely on their school lunches as their daily meals," senior Rebecca Toms said.

According to the National Center for Education Statistics, in the 2017-2018 school year, 3330 students were enrolled at MSD, 735 were eligible for free lunch and 153 were eligible for reduced-price lunch. In the current 2020-2021 school year, 22% of the MSD student body is eligible for free and/or reduced-price lunch, according to Principal Michelle Kefford.

"Sixty% of the students in Broward County Schools receive free or reduced lunch, so when school is closed, it is a huge impact on our families that are already struggling," Broward School Board Vice-Chair Dr. Rosalind Osgood said to Local 10 News.

On Monday, April 27, Broward County Public Schools began a new food distribution schedule at their expanded 51 district food distribution sites. According to the BCPS website this was done, in order to "reduce the number of weekly trips for families and provide greater efficiency to staff."

Grab-and-go meal service opens from 10 a.m.-1



Happy Meals. BCPS officials stand ready to hand out free meals to those in need during this time of crisis. *Photo by Fenthon Aristomene*

p.m. on Mondays and Wednesdays and provides families with multiple meals at a time.

Once the distribution of grab-and-go meals ends for the school year, the Summer Breakspot Program will make it possible for students to continue receiving free meals. The program is funded by the Florida Department of Agriculture. Students and parents can visit <https://www.summerbreakspot.org/> to locate a site near them. Any child 18 or under is eligible to receive free meals. *Story by Amber Mader*

from each of the 33 high schools in order to discuss ideas on how to provide the class of 2020 with the best graduation possible under these conditions. Senior Class President Nick Joseph and Student Government Association President Isaac Christian represented MSD on the committee.

"I, along with the rest of the representatives from the other schools, each take turns expressing ideas on what we feel would be the best alternative for a traditional graduation just in case it isn't able to happen," Christian said. "So as for the process being explained to me, it's essentially an open floor for questions and suggestions."

In addition, the closing of Broward County schools, amongst other Florida counties, has led to the cancellation of spring sports including track and field, flag football and water polo, leaving many athletes frustrated as well as disappointed. Senior and track and field captain William Winland is one student athlete who was excited for this upcoming season and planned to make it his best.

"I'd rather not talk about it," Winland said. "I've had too many sad nights thinking that I can't finish my senior season. I will miss the feeling of walking past my friends and teammates."

Six Feet Apart

Although students are out of school, they are confined to their homes due to the mandatory stay-at-home orders that made their way across the country, beginning from late March to early April.

Both the CDC and the Public Health Department advised people to self-quarantine and practice social distancing.

"Social distancing will be the key phrase in the days and weeks to come," University of California, San Francisco epidemiologist Jeff Martin said according to a report by the University of California San Francisco on March 14. "We're not at a stage to modify the first two factors—the biologic behavior of the virus or the susceptibility of individuals—but each of us can decrease the

number and duration of our contacts with others." Freshman Kate Becker is one of many MSD students who took quarantining seriously before it was mandated and limits her time outside.

"The only people I was in contact with were my two cousins and my grandma and obviously my parents," Becker said. "And we never left the house except to get groceries or gas or other essentials. It started to hit me even more when that's all the news was covering and deaths were skyrocketing."

In order to combat the boredom and loneliness of being self-isolated, many have turned to applications that allow users to communicate with their friends while watching content such as Netflix and Youtube.

"My friends and I watch movies together on Rave," MSD alumnus Giovanni Ferrer said. "It lets us interact with each other while being entertained."

Video chatting platforms such as Zoom and Houseparty have been quite popular as well. Due to being separated from their extended family and friends, people have been utilizing these platforms to stay connected with their loved ones.

"I FaceTimed my family from all across the country, from New York to California to Florida, for Passover," junior Stephanie Horowitz said. "It was great seeing their faces because I never get to see them in person anyways."

On the other hand, some citizens have not been so cooperative with the stay-at-home orders. On April 17, protests in Texas, Maryland, California and Ohio broke out in retaliation to the government orders. Protesters gathered at their state capitals to express their concern for their businesses, income and overall rights.

Trump sympathized with the protesters, mentioning how difficult it has been for the American people to stay quarantined.

On Friday, April 17, the president tweeted, "LIBERATE MINNESOTA!" "LIBERATE MICHIGAN!" "LIBERATE VIRGINIA, and save your great 2nd Amendment. It is under siege!"

Students have had differing opinions on the

protests; some agreeing with the president and others criticizing him.

"I think that it's pathetic. As our president, he should realize how dangerous this virus is. This virus is killing so many people and the fact that he is "tired of the quarantine" makes him a joke as our president," freshman Manoela Ford said.

The Blame Game

As cases of COVID-19 rise, the spread of this disease has been accompanied by the emergence of xenophobia and racism towards Asians.

The unconfirmed origin story that the virus was caused by the consumption of a bat by a Chinese citizen has created a negative stigma towards Asians, portraying them and their culture as carriers of the virus.

"I've gone to the grocery store a couple of times with my family and we received a lot of stares," junior Melodie Vo said. "I've had many people insinuate that it's my fault that the disease is here."

This stigma has not only affected individuals, but Asian businesses as well. Local Japanese and Chinese-run restaurants, such as Moon Thai, have been experiencing low turnout.

"Some customers have been blaming the Asian staff for the coronavirus, so that has impacted Moon Thai severely," MSD alumnus Kareem Steele, who is a server at Moon Thai said. "I've been furloughed as a result of business being so slow."

Various tweets have even surfaced where Americans are refusing to eat Chinese food or drink Corona beer due to the excessive fear of anything seemingly related. One tweet read, "if they eat bats, cats, dogs and other vermin, they definitely won't hesitate to serve YOU some."

COVID-19 is not the first coronavirus to be discovered, yet it is a newfound strain that experts say may take up to 12-16 months to produce a vaccination for.

Until then, quarantining and social distancing may become a normal aspect of Americans' lives.

Story by Ashley Ferrer

MIXED FEELINGS

Students express how they feel about Broward County starting to reopen amid COVID-19 pandemic

Throughout the month of May, Florida Gov. Ron DeSantis has opened Florida counties one by one, beginning the first phase of the state's full reopening process. The last two counties to open were Broward and Miami-Dade due to the high volume of COVID-19 cases in these areas. On Monday, May 18, Broward County reopened amidst the continued spread of COVID-19. The county's reopening granted local businesses permission to open their doors to up to 50% capacity and opened public parks for limited hours with the expectation of the proper practice of social distancing. At this time, public beaches in Broward remain close.



Crissa Ruggiero, 9

“I think that it is great that things are starting to reopen because people are able to go back to work and the economy can start up again. Staying at home has greatly hurt our economy because more people are choosing not to go out and spend money.”



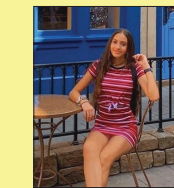
Ally Yang, 11

“I feel like it is too soon for businesses to start reopening, but I am starting to go outside for bike rides and walks, making sure to keep my distance. I am not going to different businesses such as restaurants and movie theaters. I feel like it is too dangerous for them to start allowing the public in.”



Madison Schluter, 12

“I feel like things are reopening because they need to, not because it's safe to. The virus has not been cured or reduced so to me, it's just as scary as it was before. The little bit of normalcy is comforting, but everyone should still be taking precautionary measures to stay safe so that a second wave doesn't hit us again.”



Sofia Cifuentes, 10

“Personally I believe that we are reopening too soon, and it's going to cause a rise in people infected with coronavirus. Other counties have reopened too soon and are now seeing a rise in COVID-19 cases. I don't think I'll be going out more since businesses are reopening, but I'd go to the park since it's outside and not an enclosed area.”

MARCH 1

Gov. Ron DeSantis announces that the first two Florida residents test positive for COVID-19



MARCH 2

The Florida Department of Health issues guidelines to stop the spread of COVID-19, asking residents not to travel to certain areas overseas

MARCH 5

First two COVID-19 patients die in Florida

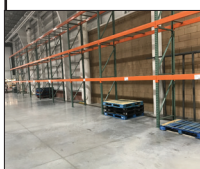


Photo by Melissa Falkowski

MARCH 8

Local supermarkets limit the number of certain items customers can purchase at a time as some shoppers begin hoarding essentials

MARCH 9

Gov. Ron DeSantis declares a state of emergency to create a pathway to obtain funding and resources to stop the spread of COVID-19



Photo courtesy of David Santiago/Miami Herald/TNS

MARCH 13

All Florida public schools take an additional week off after spring break with the intent to resume classes on March 30

MARCH 15

Universal and Disney World announce temporary closures of all parks



MARCH 20

Gov. Ron DeSantis orders that all restaurants switch to take-out and delivery to prevent guests from dining inside



Photo courtesy of Alicia Devine/Tallahassee Democrat/TNS

MARCH 23

Gov. Ron DeSantis orders that anyone flying back to Florida from New York, New Jersey or Connecticut to self-isolate for 14 days

APRIL 1

Gov. Ron DeSantis issues an Executive “Stay at Home” Order, telling individuals to restrict their movements outside of their homes to only those necessary



Photo by Brianna Jesionowski

APRIL 11

Broward County officials announce that it is mandatory to wear face masks in all public places in Broward County

APRIL 16

Marjory Stoneman Douglas High School's prom was officially canceled amid concerns regarding COVID-19. The College Board announces that the June SAT will be canceled

APRIL 18

Gov. Ron DeSantis announces that Florida students would not be returning to school for the remainder of the 2019-2020 school year

APRIL 22

Superintendent Robert Runcie announces that all Broward County Public School class of 2020 graduations would be held virtually between the days of Monday, June 15 and Sunday, June 28



Photo courtesy of Beacon TV

MAY 4

Gov. Ron DeSantis announces that the “Stay at Home” order will be lifted for the majority of the state apart from the hardest-hit counties: Broward, Miami-Dade and West Palm Beach

MAY 18

Gov. Ron DeSantis announces that Florida will enter what he calls “full phase one” of reopening that includes all counties and allows gyms and restaurants to operate at 50% capacity



Photo courtesy of Damon Higgins/palmbeachdailynews.com/TNS

MAY 21

Marjory Stoneman Douglas High School holds virtual senior awards

JUNE 6

The Cities of Parkland and Coral Springs organize a parade for Marjory Stoneman Douglas High School's class of 2020



Graphic by Dara Rosen

JUNE 15

Marjory Stoneman Douglas High School holds virtual graduation ceremony

TECH TAKE OVER

During this time of quarantine at home, many teenagers resort to spending a lot of time on their phones. Whether it be TikTok, Instagram or even Pinnacle or Canvas, many teenagers are increasing their time in front of their phones and computers by an inordinate amount.

“I often feel like I can't escape technology,” junior Jack Juliano said. “I wake up and I have to be on my laptop for classes. Then, I have to do homework on my computer, and in the midst, I use my phone for a break from the stress. Before I know it, it's the middle of the afternoon and I've already spent about six hours on my devices.”

As seen under the settings of a smartphone, the exact amount of time that an individual uses their phone is tracked within “Screen Time.”

Many teenagers, including Marjory Stoneman Douglas High School students,

have seen an uptick in their average daily screen usage metrics.

“I normally average about five to six hours on my phone, but in the last week I averaged 8 hours and 33 minutes,” senior Tyler Hersch said. “Since I'm up about 15 hours a day and only have lectures for one or two of those hours, I'm just always scrolling through social media.”

According to a McGill University report, excessive use of mobile phones is bad for psychological health, and the constant over-use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can also cause irritation, frustration and impatience when the devices cannot be used.

“Since I'm home all the time, I've been on social media so often that it's almost making me attached to my phone 24/7,” senior Sam Hendler said. “I guess you could say I've gotten so dependent on it

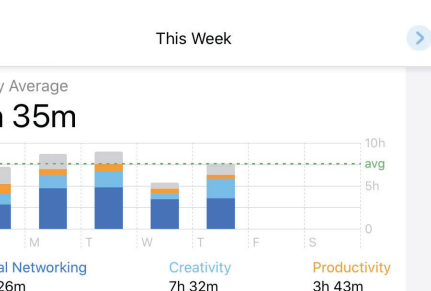
MSD students look to create healthier technology habits during quarantine

that I get anxious when I'm not on it.”

The combination of screen time from cell phones, television and online Zoom lectures has caused some students to search for new and innovative ways to reduce their screen time.

“If I'm watching Netflix on my phone, and I've gotten through too many episodes, I make sure to go for a walk as long as the number of shows I've watched times 15 minutes,” senior Hannah Levine said. “For example, if I watch three shows, I go work out for 45 minutes. These little patterns keep me from watching too long and staying active when I do.”

Being creative with methods to stay active and healthy is helping many MSD students keep their mental and physical states healthy. Students can try spending time playing in-person board games



or going on walks with their family members. Setting screen time limits and creating tech-free bedrooms at night can also be beneficial.

“One fun thing that has been a recurring event in my house is screen-free Saturday night, where after dinner we have been finding activities to do for at least two hours where we give ourselves a break from screen time,” sophomore Eric Hengber said. “This has included walking, fishing and biking.” *Story and photo by Charlie Goodman*

OFF THE CLOCK

From closing down shops and malls to making individuals wear gloves and masks when they leave the house, COVID-19 has affected society in various ways. For many students, the pandemic has allowed them to catch up on their recommended eight hours of sleep.

Sleep is crucial and plays a large role in a person's general health and well-being. For many high schoolers, school work and other activities hinder them from obtaining the suggested amount of sleep.

“When we had to physically go to school, I only slept for four to six hours on an average,” junior Rahat Ali said. “When school was over for the day, I had to attend club meetings, complete my homework and study for tests. I wasn't able to achieve the recommended seven to nine hours of sleep because of school.”

As reported by MyHealthfinder, teens need at least eight to ten hours of sleep

each night. Getting a full eight hours of sleep aids teenagers in building up their immune systems, maintaining a healthy weight, lowering stress, improving overall mood and decreasing the possibility of developing future health problems.

According to a survey conducted at MSD of 100 students, 81% of the student body reports they are getting more sleep while in quarantine

“Even though I still stay up late to do work, I seem to get more work done now than while we were in school,” senior Ashley Paris said. “I work at Mathnasium, and they are making us work from home.”

Although some students are obtaining more sleep due to the pandemic, many have been struggling with disarranged sleep schedules.

“[During quarantine], I usually go to sleep from any time in between 3 a.m. to 5 a.m.,” freshman Tehzib Philip said. “If I am doing work, I would do it till around 1:30

MSD students experience changes in their sleep schedules during quarantine

a.m. to 2 a.m., then I would watch Netflix or Youtube until I fall asleep. I never try to force myself to stay up, I just wait until I feel tired.”

Some students are attempting to follow their normal school sleep schedules and go to bed at an earlier time.

“I usually go to sleep at around 11 in the night,” freshman Tilak Patel said. “My sleep schedule depends on the time I wake up in the morning. If I wake up at around 10 a.m., I would usually go to sleep at midnight, but because of online school, I wake up at around 8 a.m. and I would go to sleep at 11 p.m. if I have nothing else to do.”

Some are still getting up relatively early to attend online classes as some teachers are now teaching their classes live on Zoom. Although the classes are held virtually, they still occur at scheduled times that students are expected to attend.



At MSD, the earliest a teacher can schedule a Zoom call is at 8 a.m.; therefore, students are able to attain more sleep than when they had to physically be at school at 7:40 a.m.

“I am getting more sleep now, but I still wake up early to attend my classes on Zoom,” junior Alishba Hashmi said. Regardless of the time students now choose to go to sleep at, some students are getting more sleep during quarantine in comparison to when they had to go to school and attend other activities. *Story and photo by Elama Ali*

LETTERS OF SUPPORT

MSD students uplift health workers and senior citizens through letters

Even though the COVID-19 pandemic has canceled school for the remainder of the 2019-2020 school year, honor societies and clubs from Marjory Stoneman Douglas High School have found ways to support the community. Two of these groups include Key Club and National Honor Society.

Members of MSD's National Honor Society were asked to handwrite letters for healthcare workers, recognizing their hard work and sacrifices during this difficult time. Students were notified through text Remind group to participate.

"One of the most important pillars of NHS is leadership, and the officer board saw the steps that healthcare workers

were taking in order to care for people as the biggest form of leadership someone could take," NHS Vice President Kennedy Cobb said. "Seeing as though we couldn't thank them face to face, we hope that the healthcare workers who are receiving the letters can feel the gratefulness of the community and that our letters will give them the strength to keep doing what they're doing."

NHS members were given the option to send their encouraging letters to any hospital in Miami-Dade, Broward or Palm Beach counties. While many of the upperclassmen mailed their handwritten messages, others had direct access to a hospital through a parent, neighbor or friend.

"My aunt is actually an ER nurse at

Florida Medical Center, so I gave the letters to her to bring to her coworkers," junior Josie Sotter said. "I wrote the letter to tell healthcare workers how amazing they are doing in this crazy time."

Several NHS members wrote multiple letters. Students were reminded through this act of kindness that despite the circumstances preventing them from leaving their homes, they can still give back to the community with a pen and paper.

"I hand wrote 15 letters and gave them to my neighbor who works at Holy Cross Hospital," junior Connor Hagen said. "I talked about how grateful I am for all their hard work and bravery. I want the people who receive them to feel like heroes."

Through NHS, students had the opportunity to motivate healthcare professionals. Many expressed their appreciation and applauded the sacrifices medical staff have made every day in these past months.

"I wrote letters by hand in fun colors in hopes of brightening the healthcare workers' day [and] sent a total of 10 to local hospitals," junior Zachary Beer said. "I expressed that, given how irregular these times are, their duties keeping everyone well are exceptionally admirable. I hope that the person who receives it understands that their hard work does not go unnoticed, as, even with everything else around them changing rapidly, they are committed to the health of society, which is truly a commendable act."

MSD's Key Club members, who are dedicated to service in the community also wrote letters.

Key Club focuses on assisted living and independent living facilities such as Aston Gardens, where the club members volunteer at regularly. The student-led group is also conducting a pen pal program at Allegro, another senior living center in Parkland.

"Members are writing about what they've been up to and what has helped them get through isolation, as well as

their desire to see the residents soon when this is all over and volunteer there again," Key Club's Aston Gardens committee head Lindsey Salomone said. "I hope [the letters] will bring some joy to the residents."

Letters written by Key Club members are designed to put a smile on the faces of Aston Garden residents during this time of isolation and quarantine. The high schoolers involved emailed Salomone their letters.

Salomone then added an inspirational photo, printed them out and delivered them outside the Aston Gardens facility for minimal contact.

"People in these places are especially isolated as their family and friends cannot visit, and they cannot leave [for] activities, so we hope to show them they are being thought of and are cared for by us all," Salomone said. "There are ways clubs can still make a difference even in quarantine. I also have written a letter to a healthcare worker, and I believe everyone should do the same because they are doing so much for us."

Aston Garden's residents were chosen as the recipients of the personal letters because Key Club members have built strong relationships with them throughout the school year. Residents even know some of the members personally.

"Key Club is working to support our elderly in nursing homes, since many of them are alone during this time," Key Club President Rachel Nattis said. "I hope that from these letters, the elderly realize that they are not alone during this time and that even with the world being so dark and gloomy, there are still many positives to smile about."

Although the coronavirus has limited contact between groups of people, MSD students are discovering ways to boost the spirits of community members. Besides writing letters to healthcare workers and senior citizens, high schoolers continue to uplift each other through simple acts of kindness. *Story by Ivy Lam*



Acts of Kindness

Acts of Kindness. Junior Connor Hagen received a photo of medical staff at Holy Cross Hospital who received his letters. *Photo courtesy of Connor Hagen*

Happy Helper. Key Club's Aston Gardens committee head Lindsey Salomone delivers letters outside the facility. *Photo courtesy of Lindsey Salomone*



Happy Helper

CREATIONS FOR DONATIONS

Senior Alexandra Sullivan gives back to the community through "Creations for Donations"

On Monday, March 30, Marjory Stoneman Douglas High School senior Alexandra Sullivan started "Creations for Donations," a project created to raise money for youth and families negatively affected by COVID-19.

She chose to donate to the non-profit organization "Feed the Children." Each donation of \$1 provides \$14 worth of food and essentials to those in need. Sullivan plans on selling handmade objects such as earrings and paintings.

"I knew I couldn't make a ton of money, and I felt that a little would go a long way and help a lot of people," Sullivan said. "I also really think it's important to protect our youth and their families in this time of need, and I know that 'Feed the Children' is doing that."

Sullivan was inspired while watching the Elton John iHeart Radio special on Sunday, April 29. In the broadcast, videos of people on the frontline of the coronavirus crisis were shown. The special encouraged people to step up and do what they can to help those impacted by the serious pandemic.

April 29 marked the day Sullivan realized she could help others through her art. The very next day, Sullivan researched charities and chose "Feed the Children" as the recipient of her donations.

"I'm selling anything I can think of to create," Sullivan said. "I had an earring making kit and some keys from an old project laying around, so I decided to create earrings. I had some pieces of wood and some hooks, so I sanded down the wood with sandpaper, hot glued a hook onto it and painted it to make a necklace or lanyard holder."

Sullivan also wanted to make something for seniors, like herself, who are going to college soon. She used command strips and wood circles to make

college-themed key and necklace holders. Sullivan is excited to try and make earrings out of epoxy resin.

"I plan on buying a Boston University key hook because that's the college I'm attending, and I really wanted to donate too so it worked out," senior Caitlynn Tibbetts said. "[Sullivan] is definitely the most selfless and talented person I know, especially in art. It didn't surprise me at all that she would do something like this because it's just in her nature to want to help."

Along with the jewelry she focuses on, Sullivan is selling paintings as well. To further advertise her work, she has created a logo and an Instagram account, that she works on every day, to post new products and build her platform.

"I've told all of my friends about this, but I've mostly been advertising it on Instagram and Snapchat," Sullivan said. "Once I'm a little further into my brand, I'll probably start posting on Facebook to reach a bigger audience."

As an only child, Sullivan grew up in Parkland, Florida and was involved in all different forms of art. She grew up doing dance and theatre, and would often take painting and piano lessons after school. During her junior year, she participated in drama at MSD, but decided she wanted to focus on yearbook instead during her senior year. Sullivan has been a writer on MSD's Aerie yearbook for three years and has been the profile editor for two years. She also runs the social media for the Aerie yearbook using Instagram and Twitter.

Sullivan hopes to achieve her goal of spreading positivity through this project, while also financially helping those in need.

Her hope is to make people feel comfortable in a time of such uncertainty and chaos, as well as to encourage others to give back to their community.

"With this charity project, I want to share that every little bit counts. You may think that you make no difference in the world, but everyone has a place. Everyone can do something to make the



Cheesing for Charity

Cheesing for Charity. Senior Alexandra Sullivan wears one of the products she is selling on her Instagram @creations.for.donations. *Photo courtesy of Alexandra Sullivan*

Crafty Creations. Senior Alexandra Sullivan has been experimenting with epoxy resin to create new products to sell. Many different pairs of earrings made this way can be found and purchased on her Instagram @creations.for.donations. *Photo courtesy of Alexandra Sullivan*

Key to Donations. Senior Alexandra Sullivan has created jewelry and artwork to raise money for the non-profit organization "Feed the Children." *Photo courtesy of Alexandra Sullivan*

world a happier place to live in," Sullivan said. "It's so rewarding to help others, and it makes me feel so fulfilled to know that I'm helping people and making their struggle a little easier. This time is rough for everyone, but there are people clinging onto the last bit of hope in the world and faith in humanity, and I hope that I can be the one to make them realize that they're going to be okay."

Following her creative interests, Sullivan is currently training to become a certified makeup artist with Online Makeup Academy.

She has always wanted to help people through art and is thrilled she has the chance to give back to the community.

Her products can be seen and bought @creations.for.donations on Instagram. *Story by Ivy Lam*

MAKING MASKS

Junior Rebecca Blanco-Bulhoes makes masks with her family for frontline workers

With over a million COVID-19 cases in the United States, frontline workers are working every day to limit the spread of the virus. Since these employees are essential to aiding those affected by COVID-19, some families are helping them by providing necessary items such as masks.

Rebecca Blanco-Bulhoes, a junior at Marjory Stoneman Douglas High School, is making masks with her family. She works with Cupid Covid, a mask-making group initiated by Dr. Regina Marranzini, a geriatric care provider, who notified the group that frontline workers were not safe because of the shortage of personal protective equipment.

"I got into making these masks because my mom is really good friends with Regina

and they were in need of more people cutting and sewing," Blanco-Bulhoes said. "Now, I administer the Instagram."

Cupid Covid originated in Parkland, Florida and has since expanded to other nearby cities, including Aventura and Weston. It consists of 40 to 45 volunteers, who are mostly women, although some of them have their partners or children involved.

The group was named Cupid Covid because it emerged out of love and compassion towards everyone in these uncertain times. The mask-making mission began after Marranzini and her friends realized their shared desire to help those in need of facial protection. They are sewing masks, assembling surgical caps and making face shields for healthcare workers.

"I noticed car drivers [didn't have] sufficient medical equipment to cover up. When this started happening, it really hit us because it's very hard to work being afraid that you're gonna catch something," Marranzini said. "I reached out to my friends who are very talented and said, 'Guys, you're bored. We need you. Let's start making masks, caps and face shields for the staff.'"

The organization assigns different roles within the group. For instance, DeEtta Jones, one of the volunteers, updates the website and oversees activities with their Whatsapp group chat. Others manage donations when they come in or maintain their social media presence, like Blanco-Bulhoes.

"[Rebecca is] wonderful. She's not only helping to make masks and doing

a lot of work with her mom, she is also coordinating a large group of people coming on as volunteers," Jones said. "She's helping coordinate communication and create spreadsheets. She plays a major leadership role in the group."

Cupid Covid is fueled by donations and depends on others donating money through fundraising websites such as PayPal. After organizing the funds, someone then takes account of what inventory is needed to put together a list of needed materials. Next, those who are in charge of ordering the materials purchase them on Amazon or go to a store in person to get what they need and drop it off on the volunteers' doorsteps for minimal contact.

"We want to make sure that people know that we are here and that all of us

are in this together," Jones said. "We're all trying to survive through this, and we don't want disproportionate weight to only be on health care workers."

The masks are made out of poly cotton fabric. The process of assembling them starts with purchasing the materials, which are then given to the helpers who cut the masks, such as Blanco-Bulhoes herself. Once the fabric is cut, the sewers sew the whole mask together and include a pocket in the center for a filter if needed. A wire on the bridge of the nose allows them to fit the face properly, and the two elastic bands on each side of the mask finish them off.

"Once they are done, all the masks go to Dr. Marranzini so she can distribute them to her coworkers and their friends who are also healthcare professionals," Blanco-Bulhoes said.

While Cupid Covid as a whole has made over 1,000 masks and around 200 face

shields, Blanco-Bulhoes and her younger brother personally have cut the fabric for hundreds of the masks. Her mother, Priscilla Bulhoes, has made over 250 masks. She says it takes approximately one hour to put together four masks.

"Through this project, my mom and I want to share that when a lot of people get together to help [each other], we become an army. It makes me realize that helping others is easier than we think," Blanco-Bulhoes said.

The volunteer group emerged out of extensive research, kind donations and hard work. It has been ongoing for about six weeks and continues to grow.

"I'm very lucky that my friends donated all the materials and all the labor," Marranzini said. "People are very tense during this time, they're very grateful for the encouragement and support from the community."

With the help of Cupid Covid,



Selfless Siblings

thousands of handmade masks have been distributed to frontline workers and healthcare professionals in need. More information about Cupid Covid can be found on their website, cupidcovidmasks.com, or Instagram @cupid.covid. *Story by Ivy Lam*



Masking COVID-19

Selfless Siblings. Junior Rebecca Blanco-Bulhoes outlines and cuts fabric for the Cupid Covid masks with her younger brother. *Photo courtesy of Rebecca Blanco-Bulhoes*

Masking COVID-19. Junior Rebecca Blanco-Bulhoes makes masks for frontline workers. *Photo courtesy of Rebecca Blanco-Bulhoes*