



Special Issue: Real People, Real Impacts

How the COVID-19 pandemic and its repercussions have impacted ordinary Americans

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The Plague Within the Virus

How a local Baltimore small business owner is coping with and responding to the devastating global economic losses caused by the coronavirus pandemic.

By Logan Dubel

As tens of thousands of Americans have lost their lives to the coronavirus pandemic, one daily victim has been Wall Street. The economy is suffering tremendous losses daily due to stay-at-home orders in nearly every state, forcing non-essential businesses to close their doors. Millions of people across the country are filing for unemployment in record numbers, putting added stress on American families that live from paycheck to paycheck. In a world where we now make rapid purchases from major



The coronavirus has closed non-essential businesses nationwide. Image by Getty Images, courtesy of AARP.

online retailers such as Amazon, this stunning time of precariousness has served as a reminder of how *essential* small businesses truly are. From their unique offerings, to basic face-to-face conversations, the world is lacking even more brightness amidst this pandemic in the absence of local small businesses.

Public health remains the top priority for the federal and state governments, but the economy is receiving increasing attention as people in several states including Maryland are holding protests in favor of reopening. Since the coronavirus pandemic began, over 26 million people have filed for unemployment in the United States, with over 350,000 of those people here in Maryland. Despite stimulus checks and small business loans from the government, consumer confidence has fallen at least 12.6 points, according to the Conference Board, a nonpartisan research think tank. Additionally, small business optimism has dropped 8.1 points, ending a historic 39-month positive trend.

A local small business on Liberty Road in Baltimore owned by Elliott Singer is one of many that is suffering due to the virus. Singer took over N. Schlossberg & Son, now Singer Sales, in October 1977 and sells furniture, clothing, jewelry, electronics, and small appliances. For over 40 years, he has enjoyed visiting cus-

tomers in their homes and bringing them what they need. Now, for small business owners like Singer, this virus has turned daily operations upside down. Most importantly, he said it has made serving customers nearly impossible. "In normal times, we have prompt delivery service and people in need of merchandise can get it right away on their own account. Now, most of the payments are made over the phone rather than in person, and our sales have dropped to next to nothing because we can't deliver anything." Due to the closure of non-essential businesses, Singer had to furlough his truck drivers, who are normally responsible for delivering merchandise. Now, there is nothing to be delivered.

Small businesses are known for their personal service and in a world now defined by social distancing and masks, nothing is personal. Many consumers who are unable to leave their homes and need essential goods are resorting to online retailers such as Amazon. Singer is anticipating that this trend will not continue once the pandemic ends. "We have more personalized service here than Amazon. That's the main catch. The fact that we sell from catalog pictures rather than over the computer, and we see people personally is what makes us different. We have relationships with our customers going back 50 years that big stores don't have." Eileen Singer, who has worked as a bookkeeper for decades said that she hopes to see her life-long customers back at the business very soon. "We know their family, they know ours, we watch their children grow up, and we see the generations." In states such as Georgia, small businesses are gearing up to reopen. However, Maryland appears to be a long way away from any sort of reopening.

As individual states are preparing their plans to reopen and readying for additional economic fallout, many businesses may opt to not reopen their doors at all. Both the federal and state governments have been offering small business loans and protection, but for Singer's business, it has not been enough. "The government hasn't assisted me at all. They put you through a lot of hoops to get these loans, and there aren't a lot of people to discuss it with. It is very difficult to jump through all these hoops. It's time-consuming, and there are a lot of unknowns." To better serve small business owners, he believes that the government needs to streamline the process and increase personnel. Singer is confident that once the economy can safely reopen, he will be back to business, or at

least in a better situation than he is currently in. Nevertheless, he said that other concerned small business owners should "try to take advantage of any government assistance and try to limit expenses since there is so little income coming in." Experts indicate that the economic ramifications from the COVID-19 pandemic will likely put a strain on the U.S. economy for years to come. Despite this, businesses small and large will confront the same challenge together.

Coronavirus, the invisible enemy, has transformed competition into unity and economic harmony. Shake Shack recently announced that it will return the \$10 million it received from the government so that small businesses can receive the aid and relief they need. Even Harvard University now says it will not be accepting federal aid. Mr. Singer said that while this unity may not solve all his financial woes, it surely serves as a reminder of the severity of the situation. He also applauded first responders and health care workers who are out on the front lines every day. "The power of the United States industry has come to light, and the pharmaceutical industry has done a tremendous job coming up with new solutions and products to help fight the pandemic. The United States medical personnel have done a fantastic job."

Among the many lessons learned throughout this pandemic, one that is paramount to remember moving forward is the power of the American small business engine. Small business owners' livelihoods depend on the success of their companies, and it is their personal care for customers that makes their line of work unlike any other. While a long road to recovery surely lies ahead for entrepreneurs nationwide, there is a will to triumph and succeed that both owners and consumers yearn for, and that will eventually restore the power of the great American economy.

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Local residents in need line up to receive free meals



A line of cars stretching about 2 miles shows that many local residents have been hit by the economic downturn the quarantine has caused. People waited in line to receive free meals being handed out on Sunday, April 26 at the First Latin American Church of the Nazarene on Tollgate Road.



Why and How to Wear Face Covers

According to the CDC

WHY?

- Stops the spread
- Keeps germs in
- N95 masks protect you from getting the disease from other people

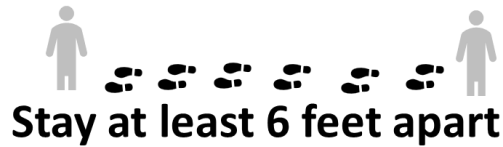


How?

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Allow for breathing without restriction

Left: Officer Spicer responds to calls in March wearing Personal Protective Equipment or PPE.

Created by Christina Okoli



On average, a person with COVID-19 infects 2.5 people

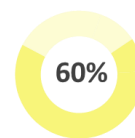


Social distancing

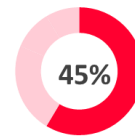
Coronaviruses can live on surfaces from hours to numerous days spreading through water droplets from coughs and sneezes.



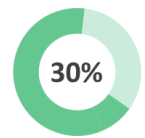
Elderly 65+ hospitalization percentages



Elderly with health conditions hospitalization percentage



Elderly without health conditions hospitalization percentage



Young and older adults hospitalization percentage (20-60 years old)

COVID-19 Safety Tips

Safety Tips to keep you and your family safe

Signs



25% Of people tested positive without symptoms

- Difficulty breathing or shortness of breath.
- Persistent pain or pressure in the chest.
- New confusion or inability to arouse.
- Bluish lips or face.

Washing hands for 20 seconds removes germs that may contain the virus



Stress relievers

1. Calling friends
2. Meditate or workout
3. A walk outside
4. Practice something new, or revisit old hobbies
5. Plan your days

Sources of Information

• <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

• <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

• <https://coronavirus.jhu.edu/covid-19-basics/faq>

• <https://www.psychologytoday.com/us/blog/urban-survival/202003/new-research-stress-quarantine-and-5-ways-feel-better>

• <https://www.cdc.gov/mmwr/volumes/69/wr/mm6915e3.htm>

• <https://www.forbes.com/sites/ashiraprossad/2020/04/28/5-ways-to-reduce-stress-working-from-home-and-self-isolating/#46be96378832>

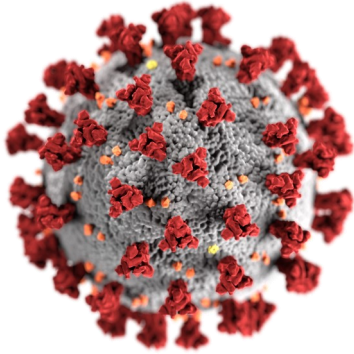
If you show signs, call your medical doctor or in serious situations call police

911

Keeping Positive:

Staying in Good Spirits as an Immunocompromised Person during the Novel Coronavirus

By Jacob Sands



The times we are currently facing are unprecedented. No one in one million years would have ever believed that this would be happening to the whole world right now. Just a few months ago, life was “normal.” Kids were going to school. Adults were going to work. Families were going out to restaurants on the weekends. Life was just as it has been. Until it wasn’t anymore.

COVID-19, the novel coronavirus of 2019, has raged through most of the world. It has hit particularly hard in locations such as China (Wuhan), Italy, and the United States. When the virus started spreading more and more every

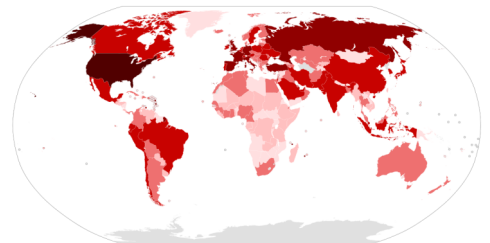
day, people got worried about the health and well-being of loved ones. It became even more concerning when it was discovered that people with underlying conditions, such as autoimmune diseases, are more susceptible to getting seriously ill from the coronavirus.

Leslie Sands is a mother of two current Franklin High School students. She has an autoimmune disease called Lupus, an inflammatory disease caused when the immune system attacks its tissues. This disease can affect the joints, kidneys, skin, blood cells, brain, heart, and lungs. Luckily for Leslie, her personal experience with Lupus hasn’t been awful. She can function everyday like the average person does.

Leslie had been social distancing for weeks before others did to stay healthy. She said, “I was nervous when I first found out that people with underlying conditions are more susceptible to getting ill from COVID-19, but I knew that if I wanted to stay healthy, I needed to stay inside and practice social distancing.”

One piece of news that excited Leslie was when she found out that some COVID-19 patients were taking a prescription medication called hydroxychloroquine to treat the illness. Leslie has been on this medication for years

because of her Lupus, so this was simply an extra cushion of comfort for Leslie to know that she would be okay. She proclaimed how much she was “filled with excitement” when she first found this out because it made her feel “secured within her own health.”



When asked about what Leslie’s favorite part of this quarantine has been so far, she proudly proclaims, “My favorite part has been spending time with my family. We have all been able to catch up with each other and spend good time together.”

Stay home. Save lives. Slow the spread.

CORONAVIRUS SYMPTOMS

APPEAR 2-14 DAYS
AFTER EXPOSURE

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell



CALL 911 FOR
MEDICAL
EMERGENCIES

EMERGENCY
WARNING
SIGNS

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face



Created by Logan Dubel



Shaping Young Minds from the Comfort of Her Own Home

By Matthew Rubinstein

Sitting at her kitchen table, staring at her students in tiny squares on her phone screen is not how Deena Rubinstein imagined her classroom looking after teaching for twenty years. Due to the new coronavirus, Mrs. Rubinstein, a preschool teacher at the Jewish Community Center, has now been forced to learn a new way to teach: online and from the comfort of her own home.

With the spike in cases of COVID-19 in the United States and across the world, businesses, schools, and all places where people congregate have shut down. To lower the infection rate and protect susceptible individuals, Americans have been practicing social distancing, remaining in their homes, and avoiding contact with others. As a result of these closures, many have lost their jobs or been forced to work at home. One consequence of all this is that teachers, who always have the challenging job of providing a great education for students, have a harder job than ever.

Instead of the normal daily face-to-face interaction and instructional time that teachers normally have, educators are now tasked with teaching students who they can never see in person. This struggle is particularly poignant for preschool teachers, who cannot assign instructional videos and work to complete as easily as can middle and high school teachers.

As a preschool teacher, Mrs. Rubinstein has been working hard over the last several weeks to continue educating and enriching the lives of

her young students even as everyone involved is trapped in their home.

Mrs. Rubinstein has remained busy by creating activities that allow her students to learn and stay active despite their limitations. According to Mrs. Rubinstein, she has been making sure to provide “physically and mentally stimulating activities,” such as “going on a scavenger hunt outside or doing yoga.”

In addition to these activities, Mrs. Rubinstein is making sure to see her students every week, through online class meetings. Students are given a chance to “talk about how they’re feeling about being home and what they miss about school” because, as Mrs. Rubinstein notes, it is important for them to “learn how to



Deena Rubinstein reads a book to her class on zoom.

express what they’re thinking and feeling while they’re at home.”

The students are not the only ones learning during this unprecedented time in history. As an educator with a wealth of experience, Mrs. Rubinstein is learning how to apply that experience to these unique circumstances to give her students the best education possible. Mrs. Rubinstein said that she’s had to “learn how to teach in a new way,” and that, while it will take time, “I’m getting more and more used to it.”

During this challenging time, Mrs. Rubinstein shares a positive message for us all of us. We all have to be patient and willing to learn because while it may be difficult to learn new things, Mrs. Rubinstein said that “even things that make you uncomfortable, the more that you do it, the more comfortable you become.” Like Mrs. Rubinstein, by the end of this social isolation, we will all see that “I could do more than I thought I could” and move on from this period stronger as people and as a society.

A Day in the Life of a Pharmaceutical Rep During a Pandemic

By Sydnee Hart

As the count of positive COVID-19 cases continues to rise, more and more companies have been temporarily shut down causing employees to work from home. Though a lot of jobs could be completed from home, where does this leave employees in the medical field? How can they do their job without visiting doctors’ offices? When will they be able to come back to work?

Courtney Lynch, a pharmaceutical sales representative for SOBI discussed her quarantine work routine. When asked “What is the first thing you do in the morning?” Without hesitation, she instantly responded “a cup of coffee.” She made it clear that her morning coffee is the only way she can get through the day. She then further explained what exactly she does as a sales representative. “I travel around to different doctor offices in my district and help coordinators get their babies approved for medicine.” Lynch earlier explained she sells Synagis, a prescription for premature babies or ones diagnosed with congenital heart disease. This led to a lot of questions including how she can work from home. “I’ve been keeping in contact with

these coordinators through zoom calls and emails,” she said.

We then drifted from her job to her thoughts on quarantine and trying to “flatten the curve,” which means reducing the spread of the virus. “It is best we keep everyone home and practice social distancing. We can’t have hospitals overflowing with people. We also don’t want this virus to mutate into something that is out of our control.” Lynch began to look down in fear. To lighten the mood, she explained how she likes to unwind.

“It is very important for me to make time to meditate. It helps me clear my mind and relieve stress.”

As we know, this virus is not a situation to take lightly. We must take care of ourselves and stay informed with the CDC. To end this interview, Lynch wanted to add a message to those reading. “This is a hard time for us all, but if we work together, we will get through this.”



Courtney Lynch Working From Home

Double-duty: teaching and taking care of kids at home

By Bari Weinstein

Quarantine is a lot to deal with, especially the part about worry for loved ones and not seeing people every day. Stephanie Weinstein, mother of sophomore Bari Weinstein, can relate to these worries. She sees the problem of people not sticking to their old routines and getting used to sleeping in.



The Weinstein family home together

Weinstein said that staying home is “not terrible. It is good to spend time with family. But it gets frustrating to be with the same people every day. Especially working and teaching from home.”

As a mother and a teacher, Ms. Weinstein has to manage both her students and her children. “I would rather be in the environment of teaching

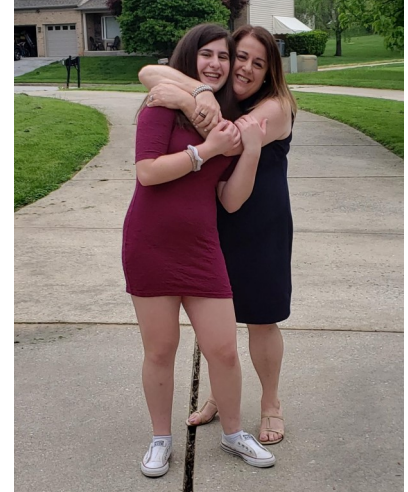
than calling my students in their houses. Also, more structure is needed, not just for my own children, but my students as well.”

She would like to help her children more to reduce their stress. “I would research ideas. Help [them] with understanding the concept better to move on more, one subject to another.”

Since so much has changed in the past several weeks, Ms. Weinstein has learned to adapt. “I learned how to teach virtually, as well as manage time better to do more things like read, watch tv, work, cook, clean, etc.”

She's also doing things she has never done before. “Well, I clean the groceries. I use plastic bags, instead of renewables. I shop for groceries and clothes differently than I used to. My routine is different, I wake up early than usual, to get more things in the day.”

Some days, the extra time can be a source of more stress. “Well, I have more time to fill. Like, when I am working, helping my children, etc. So, it's a lot to deal with and more stressful because I need to figure out activities and other things to do now than compared to normality.”



Bari and Stephanie Weinstein

She is using that extra time in the day to get creative in the kitchen. “I made different recipes. Butternut squash quinoa casserole, it's delicious. Meatloaf parmesan. For Passover, I made matzah lasagna, (no yeast used). And I am baking more than usual.”

Essential Work

Wegman's Grocery Delivery

By Markell Hill and starring my second oldest brother

Six a.m. on a chilly Tuesday morning, the man heads to Chick-fil-A where he waits impatiently in the long drive through for his food. After about a 10-minute wait, he finally receives his Chick-fil-A and opens his bag. The smell of Chick-fil-A enters his nose, and he smothers the sausage & egg biscuit with grape jelly as he smiles in anticipation of him stuffing his face. He finishes the food quickly and finishes the bottled orange juice even faster. As he pulls out of the empty Chick-fil-A parking lot, he repeats, “That was good,” suggesting that he was likely very hungry, considering Reisterstown Chick-fil-A is considered lowly of most that go.

He yawns in tiredness as he approaches the stoplight and stretches. His dark brown eyes no longer seem dark brown in the now rising sun. His skin radiates in the sun, lightening his brown complexion. Still at the long stoplight, he irresponsibly pulls out his phone to check his delivery app, which he points out to be his reasoning for awakening so early.

The light now green, he returns to driving. As he drives, he turns on his radio which was being broadcasted from his phone. A cool alternative song from Kevin Parkers, Tame Impala, continues to play as he bops his head in rhythm with the synth funk like beat. He continues to be relieved of the feeling of being trapped in his home. Then he takes a wide turn into the somewhat recently built Wegman's parking lot.

Short framed and slim, he takes quick steps towards the Wegman's grocery store in a rush to complete a delivery in a fashionable manor. He goes dressed in a polo T-shirt, slim black jeans, and a pair of cros. He wanders the store looking for the items which he must deliver to the home at the scheduled time or even before.

Thirty minutes left before the delivery time, he still wanders the store almost with a frustrated facial expression looking for one item and one item only. With about 25 minutes left on the clock, he finally works up the courage to ask for

assistance to locate the item. He is pointed down an aisle where he quickly grabs the “weird looking pasta.” He dashes to the long line in relief, then waits impatiently in line, frustrated as he could be. Eventually, he gets his turn in self-checkout. He scans the items rapidly with the goal in mind of delivering the order on time.

Now about 11 minutes on the clock, he dashes out of the store with the groceries in hand to his car. This below-average driver backs out of the parking spot as fast as ever. He flies down the road. As he approaches a light, he realizes that he will not make it on time, no matter how fast he drives. Now with a defeated look, he gives up on being on time and instead does the more responsible thing. He delivers the groceries to the home not rapidly, but safely.

A Day in the Quarantine Life of Senior Vedant Yadav

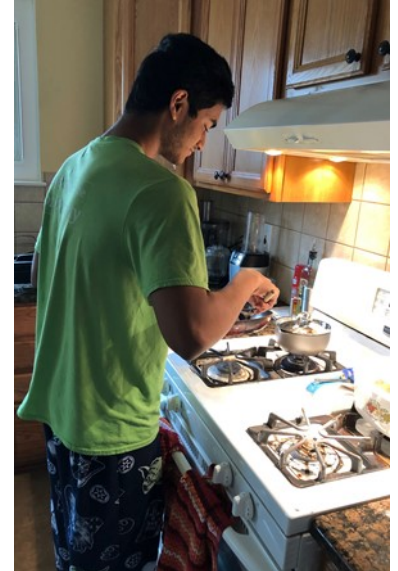
By Justin Magaziner







This is a trying time for everyone, however, it is especially difficult for high school seniors since they will be unable to participate in any senior activities including the senior picnic, prom, and in all likelihood, graduation. Vedant Yadav is one of these seniors, but he has been managing the situation well.

He designates each day as either an A day or B day, with each one having its own schedule. On A days, he starts by making omelets, then going on a long run around his neighborhood. He claims that his runs are a way to “stay happy” during this time as many people have become tired of sitting at home all the time. A regular at the gym, Mr. Yadav has found ways to stay active at home. On B days, he starts off his day with oatmeal, and instead of going for a run, he lifts homemade weights to stay in shape. The second half of his days are also productive. After cleaning up, he focuses

back on academics, dedicating at least 2 hours to homework every day. Though students have been given a heavy workload, he said that staying ahead of that makes the work “manageable, except for a few classes.”

His daily schedule does not end there, Mr. Yadav has also been cooking frequently throughout his quarantine. While he has made all kinds of things such as corn bread and cookies, his favorites from the past couple weeks have been apple fritters, brownies, and protein cookies. Whenever he is not cooking, he has been reading *Gulliver’s Travels* for fun, and he has made significant progress over the past several weeks. Finally, after a long active day, Mr. Yadav likes to play video games with his friends as it is important for everyone to have some socialization during this very isolating time.





All About Coronavirus (Source: CDC)

Created by Jacob Sands

- Preventative Measures
- Wash your hands thoroughly
- Cover your mouth when you cough and/or sneeze
- Disinfect any objects entering your living space

- Symptoms
- Fever
- Coughing
- Shortness of Breath
- If You Are Sick
- STAY HOME!!!!!!

The Difficulties of Becoming a Nurse

By Christina Okoli

Vanessa is usually up before the alarm clock rings for her scheduled time of 3:30 am. Once up, she begins the routine of her day, working out and getting ready for work at Chick-fil-a from 6 am - 3 pm. When home, she tends to have her hands full with Chick-fil-a meals she brought for her siblings, alternating each month or so. Once she goes into her room, she may not be seen out again until 9 pm or at the latest, 11 pm.

What she does in the time spent in her room is the big question in her family. Some may say she sleeps the whole day away; others say she sleeps half the day. Vanessa said she sleeps but is mostly working on assignments for her big exam, the one that will jump start her career to becoming a doctor.

She explained why being a doctor was the best fit for her, believing that she is "medically and healthcare inclined and wanted to help medically impact people's lives."

She then went into detail about what this jumpstart was. "In the nursing program that I have been in for two and a half years, it is an

Her experience in college is "completely different from how they advertise it in movies and stuff. I feel like they advertise like a higher place for high school, when it's really not. Especially for community college. Maybe for university, it is similar to high school because you are with the same people in the same age group. But in community college, they are people from all different ages, lifestyles, and backgrounds, so no one really cares about you. You mind your business, and they mind theirs. You are on your own track, different from theirs. Doing what you gotta do."

In her nursing program, she had clinical labs. This was when nursing students would use their skills learned from classes and nursing simulation labs and apply them to real patients. "The first few rotations were nerve-racking because it was the very first semester of courses and my first interaction with patients. You can't really tell patients that it is your first time, so you're supposed to go in already knowing things. Even though you know book smart stuff, you get nervous. That was the hardest part. It was like that for the first year, I believe, but after you've been doing the same thing for a while, you get used to it."

She explained how the grading works for the big exam. "Basically the way this nursing program works is they grade your exams first, and have to have an exam average of 75 percent, which sounds easy enough. 75% is like a mid-C. If you are getting D's, why should you pass right? Especially for nursing. If you don't get 75 the first time, you basically have to play catch up to get a 75 on the next exam and more to make up for the one you didn't get a 75 on. So if you don't get a 75% average, you automatically fail. It doesn't matter if your total grade is an A or a B. If you fail two times, you're out of the program."

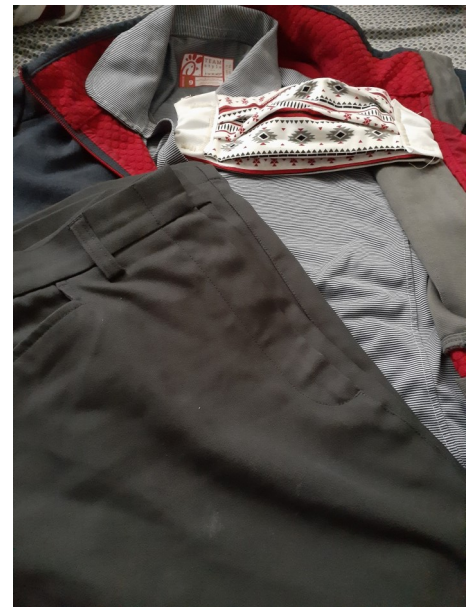
The situation was that nursing questions aren't as clear as what the answer could be. Saying that they gave you four to five options or maybe even more, almost all of them are correct. You have to pick one that is the best, which is difficult since all options are good choices.

Sadly, she didn't get a 75 on the exam and had to try and catch up to the rest of them to pass. When finals came, she needed an 80 to pass. Devastatingly, she got a 75 on her final exam, making her second fail, and was out of the program.

The question that stumped her was, "A prenatal patient at 21 weeks comes in for a prenatal checkup. You check her vitals, and you run some prenatal test. What should you report to the doctor?" The options were: "Patient's blood pressure is 140/82, the patient's fundal height is 18 inches, the patient's white blood cell count is 5.0, and the patient's hematocrit is 38.2." She chose the patient's blood pressure. "We had just

learned about the importance of vital signs, and the patient's blood pressure, and the risk of preeclampsia and eclampsia." The correct one was the patient's fundal height "because your fundal height should match the weeks of pregnancy, otherwise the baby is not growing fast enough."

The difficulty of getting back into school, now that the pandemic is still ongoing, she felt it was



A picture of Vanessa's working attire

more difficult since schools are now going online and that some people need that face-to-face interaction with their teachers. She even spoke about a job that wanted to hire her. "I was offered a position at a hospital as a patient care technician, but it was in the emergency room. At first, I didn't care. I was desperate to start working in a hospital. I figured it was a good experience. I also figured if I did contract [COVID-19], I would be okay. I'm one of the 'young ones', so maybe I would survive. But now that the death toll has risen, and the cases going around, and the fact that I have a family to think about coming home to and stuff, it was probably not a good idea. Watching the news just reminds me how serious this case is. I'm not afraid of getting it because I am safe, but it does remind me all the time that I need to be more careful."

What is her plan now that she's out? "I am still figuring out my plan, but obviously it is to go back to school. I can't just not go back to school. Education is the way up, so whatever you do you got to find some way to get a degree."



A picture of Vanessa's clinical attire

accelerated associates degree nursing program where, in the end, I can take about three more classes to get my bachelors."

It wasn't easy; she had her failures in the past. "I will say that the first semester I failed, it was, you know, a new experience. Let's just say getting A's in high school for no reason doesn't prepare you for that." The 'that' she was talking about was college.

Who Takes the Social Out of Social Media?

By Simone Tillman

Is the new generation still using social media to be social? One Instagrammer changes the game with a public account that seems to be all too private. The *_sadist_tumblr*, while not an actual member of the Tumblr community, has used his social media access to do anything besides share information about himself. While his teenage peers indulge in the newborn era of oversharing, it's brought into question, why not choose to do the same?

The *_sadist_tumblr*, whose name changes almost monthly, isn't fond of sharing any personal information. While his platform seems to be mainly comedic, there are a few personal discussion posts, or centennial posts as he'd call them, that give his followers the most minute clues on who he is behind the screen.

"Most of the centennial posts are a piece of me, and they are a way that I exercise this exposure therapy, by revealing myself a little bit at a time," he explained. There are very few posts on his account that don't include a punchline, and when they are seen by the public, it instills far more anxiety in the mystery Instagrammer than it would your average social media fiend.

The smallest of details fail to slip by The *_sadist_tumblr* without being noticed. When texting, many don't pay attention to the race of



Image credited to pickpik.com

their emojis or sharing the name of a friend during small talk, but it's minor specifics such as these that disturb the concealed media creator. When asked what the hardest aspect of keeping his identity secret was, he replied, "Small details. Luckily I'm quite skilled at censoring myself or other details that might lead up to me...using both emoji genders interchangeably and keeping the yellow, using careful word choice in my post descriptions, censoring text message contacts in my text message posts so people can't find the other people that know me, and even keeping my ethnicity a secret."

The start to this media life of secrecy is simple. In real life you can't hide; people will comment on what they see, and there's nothing to be done about it. But social media has given those that dread the experience a surreal getaway. "I couldn't escape the constant attacks on my ego and because of that I use the internet as a sort of escape from the people who've hurt me, and I don't want to risk that happening again. So, if I remain anonymous then no one will attack me." It's clear to see that The *_sadist_tumblr* is not some privatized creep, but rather someone looking for a simple retreat.




Mystery man image credited to pxfuel.com

SOCIAL DISTANCING

A How-To Guide

How Far Should You Be From Another Person?




NO! Six Feet Apart!

Created by Simone Tillman
For More Info
<https://coronavirus.maryland.gov/#Prevention>

When Should You Have to Practice Social Distancing?

- ☐ Whenever you feel like it.
- ☐ Around strangers, but not around friends.
- ☒ **Anywhere** outside your home when doing an **essential activity**.
- ☐ Never.



The Gazette

FHS Beauty and the Beast Shout-outs (The Show-That-Never-Was)

Compiled by Mrs. West

"You don't lose hope, love. If you do, you lose everything." ~Proud of your hard work leading up to the show FHS theater~ Team West Proud

Way to go, Nathaniel! Amazing! Love you-Mom

Happy 16th Birthday, Darcy-Love Mom & Dad

Jacob, We are so proud of all that you have put into the theater! Break a leg! Love, Mom, Dad, Lexi & Olivia

E. ~ I am a proud brother. Now that's an understatement. ~T.

Alix-Always remember you are braver than you believe. Stronger than you seem. Smarter than you think and loved more than you know. So proud-mom and dad

Congratulations Emma and cast! Emma-we can't wait to see where you shine your light after graduation. We are proud of all your accomplishments.

E. ~ Thanks for being the beauty to my beast. Love, Jax

Darcy, you continue to amaze me, Love Mom-- Remember: "I'd rather regret the risks that did-

n't work out than regret the chances I didn't take at all."-Simone Biles

Kate, u really r great! U did it all these past 4 yrs. SO PROUD! XO, M & D

Rori-Go after that "adventure in the great wide somewhere." Proud of you always. Love you - mom and dad

Sydnee-Congrats on your last show at Franklin High School. Love you always, Mom

Russell-Wow! Your 8th and final set design for Franklin Theatre! What a journey it has been! We are filled with pride at how you have evolved over the past 4 years. Not only have you grown in your craft but there have been valuable lessons along the way. Highs and lows and you have persevered through the challenges. Your commitment is to be applauded. I know in years to come you will look back and smile at all of the memories and friendships made in the Franklin Theatre. With love, Mom, Dad, Rachel and the cat gang!

Nathaniel-We are very proud of you! You did an awesome job! Love Nanni and PopPop

Riley, we are so excited to see you perform again! You have been through so much this year, and we're proud of you for making it through. Love, Mom and Mike

So proud of you Rosie! Love you! Mom, Robert, Hunter, Kenz and Em

Congratulations to the Cast and Crew-your hard work and dedication have paid off in a fabulous show!

Congratulations on an amazing show filled with passion and love! Thank you to Ms. Sala and the entire cast for giving this production so much life and energy and for making this such an enjoyable experience. -Logan Dubel

Logan, we continue to be so proud of you in all that you do with such confidence and success. We can't wait to see you stop "time" on the stage and entertain the audience with your humor and love of performing. Can't wait to see the talented cast and crew shine! Love, Your Biggest Fan

We love you Maya Lee.~ Dad, Mom, Esti & Shai

The Mind of Dr. Morgan

By Vaughn Everette

The youngest of three girls, her older sisters were chatty and vivacious at an early age. Dr. Carol Morgan, the woman who now inspires and motivates thousands to find and embrace a happy and confident life gradually emerged from her shell after her sisters left for college. "So many of our beliefs stem from communication that we heard through our lives, and we internalize them as if they are fact. I strive to help people meet happiness, and feel good about themselves," she said.

"I want to have the same positive impact on others, inside and outside of the classroom." During her path between earning her undergraduate degree and her doctorate, Dr.

Morgan envisioned a future as a TV personality, and that became a reality when she joined WDTN's "Living Dayton" as an expert on relationships and motivation. She is also the editor of the self-improvement site, A Better Me Magazine, and the host of the podcasts "A Better Me TV" and "A Walk On The WOO Side." The single mother of two is also a keynote speaker helping audiences grow and positively change themselves.

"Yes, I am a professor who does teach in the classroom, but sometimes the teaching I do outside of the classroom walls is the most meaningful to me. For example, one of the things that

I love so much about being a mom is having such a huge part in creating two human beings from the first day of their lives. I get to teach them about the world, help them discover themselves, and help set them up in life so they can leave their unique impression on the world. She added, "Whether I'm teaching my kids, my students, my friends, or strangers, I have always known that my life purpose is centered around teaching."

Effective communication in romantic relationships is one of the most popular subjects on which Dr. Morgan advises. "To become the best version of yourself and have the best relationship, you have to put in the effort."

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