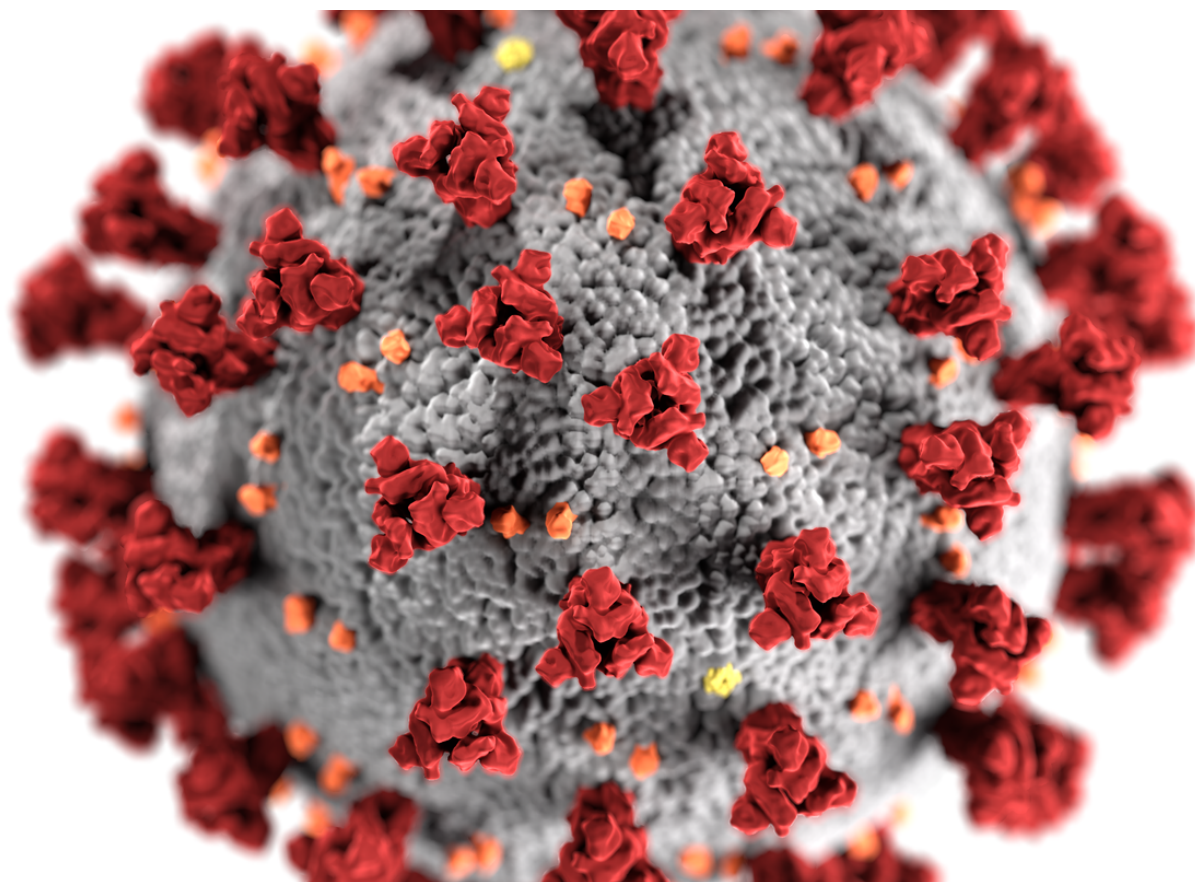


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THE EASTERN EXTRA



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The Last Refrain

WRITTEN BY: LUKE A.

As the school year draws to an end, I cannot help but ponder all the challenges that the class of 2020 has gone through. From vaping scandals and staffing troubles, to viral outbreaks and health scares, the students of Bristol Eastern High School have lived through an unprecedented time. In this, however, one of life's greatest messages makes more sense: you can find strength through adversity. While we may recognize that it is only through pain that we can appreciate life's other more positive moments, some of us never get the "luxury" of experiencing that pain. We all come from different walks of life, and vary in not only physical characteristics, but also our character. Very rarely does such a universally experienced problem present itself to so many people at the same time. Fortunately, it just did.

I like to draw a comparison to another time the world seemed to stand still, and all sense of "normal" was abolished. The year is 1942, and America had just entered WWII

after the Pearl Harbor Attack. Military conscription was enacted, and men of all ages from eighteen onwards were required to sign up for enlistment. If we were the class of 1942, we would not only see teachers and parents leave, but possibly our fellow classmates. Some would never return. Many women entered the workforce, not just for the war effort, but to keep the American economy alive. Everything they knew before then was gone. The end was not in clear sight, and people feared the worst.

The reason I draw this comparison, is because that feeling of dread and hopelessness is something we've all had to deal with over the past few months. Many people have fallen on harder times, as all aspects of the world -social, economic, educational, commercial, recreational- have halted. Many have lost jobs, and worse, loved ones because of this virus. We still are not sure when the end will come and there continues to be more uncertainty about plans to reopen for the upcoming school

The Last Refrain Continued...

year. All of it seems to be a world lost; a desolate place we inhabit that is devoid of normal pleasures.

The nature of the drab comparison, is to remind everyone, that there is hope. It's called hindsight. When we talk about a difficult time from the past, we don't always have such a heavy sense of endlessness, as that time is behind us. With the passing of time, events fade, emotions quell, and we all seem to shed those dark memories in the light of the better present. My point is this: these sad, lonely times will end.

I have seen so many of us use this adversity to better ourselves. Students have utilized almost every facet of the internet's arsenal, whether it be for school, work, or even just reconnecting with friends. The amount of commitment from faculty and the administration here at BEHS really shows how tenacious the human spirit is, and how far we have come during this. Everyone should take the time to thank one another for being there, and still trying to make the best of a horrible situation. I know I am indebted and beyond grateful for the staff at BEHS, for ensuring all of the traditional end of the year Senior activities continue. I know it must not be easy having three days of graduations ceremonies, but for the sake of

this class, the Board of Education and BEHS administration still have decided to push this, to ensure all of us get the chance to walk across the stage like every other class before us.

My final message is this; never forget these days. Be grateful they happened, as hard as they were, because I can guarantee it has changed your life for the better in some way. You may have found a new hobby or passion while being at home, or have spent time with loved ones before everyone heads off to their busy lives again. Just know that this too will pass, but the memories and lessons will be with you forever.

Thank you to my audience for a wonderful four years of writing. Eastern Extra has gone through so many changes during my four years, but I am so glad to see it alive and better than ever by the end of my journey. I hope the club continues to grow, and share with the school the power and values of Journalism through the printed world.

To all of you, Thank you. For Mrs Roberts and Mr LeCara, thank you both for being wonderful and insightful mentors. I truly owe everything to you for helping me grow into the person I am today.

Five Ways to Fight Boredom

by Annette G.

We all have more time on our hands due to the Coronavirus. Normally we have school and other activities to keep us busy. While this has caused boredom levels to soar, that is not a bad thing for everyone. Many people are using their boredom to find new skills, work on projects, or explore their creativity and have fun during this time. As Apple's co-founder, Steve Jobs, said, "boredom allows one to indulge in curiosity" (Albert). This curiosity inspires and motivates our creativity.

Learn Something New

Life at home every day can be boring. We should use this boredom to learn new skills and find ways to have fun from home. Some have found new skills after becoming bored because their regular hobbies, like going to the gym, were interrupted. According to a PBS News Hour, with Jeffrey Brown and Rhana Natour, a person named Zach Skidmore was so creative that he took wooden logs from his yard and used them to build an outdoor gym. That way he kept his old hobby and learned a new skill. Some people are even using this time at home to

learn to bake. I might not know much about baking, but I have made premix brownies at least four times since quarantine started.

Start a Project

You might be bored with your house, family members, or quarantine itself. This makes it the perfect time to start a new project. In the PBS News Hour, Brown and Natour also talked about how there are hundreds of Do It Yourself project ideas you can get online and many of them can be done from your living rooms. I personally enjoy doing DIY paintings, which are paint by number. There are many other DIY projects that teens could be interested in too. If you look online you will find everything from baking recipes, to ways to make cool wall decor. It is always satisfying to start a project and see it through. You might have not had time in the past to finish projects so look around your house and see if you can find something you started once and can finish now.

Revamp your Space

Some people might be bored with being in the same space all the time. When

Five Ways to Fight Boredom Continued...

you spend all your time in the same room it can get tiring. So use that boredom to change those spaces. My family recently painted my parents' bedroom and got them some new furniture which has really changed the feel of their space. While everyone might not be able to go and paint their rooms, simple things like moving a chair around so you are not facing the same direction all day could help. In an article by Megan Barber, she says how sometimes, simple things like cleaning could change a space even more than painting the walls. Barber also suggests that people reorganize their things at home, such as their bookshelves, to help make the space feel new.

Try Cleaning

While we might not think that cleaning is fun, the satisfaction it creates could surprise you. I was recently cleaning my own bedroom and found so many things that I had forgotten about. When my sister went to clean hers, she found a set of the Lord of the Rings books that she had never gotten the chance to read until now. Cleaning doesn't just make a room feel bigger but you never know what you would find when you do. Even if cleaning does not

seem fun, it could help you find old projects or games that you truly enjoy.

Look for Something Old

Somewhere in your house, there might be something that your family doesn't use anymore but now when you need something to do you can go and see if it still works. I recently found out that my family's VCR still works and last week we were watching movies on it. I also found my sister's old Gameboy and I can't believe that it still works, but I only found it because I started cleaning my room. So if you need something new to try, then look for something old.

We should all use our boredom as motivation to become creative. J. R. R. Tolkien did some of his best work because he was bored. According to a CBS News article by Victoria Albert, Tolkien actually wrote "The Hobbit" when he was bored with grading student papers (Albert). You can start a new project or find a new skill whenever you want. There are so many fun things we could do without leaving our houses but we just need to tap into our inner creativity.

PAST AND PRESENT: COMPARING PANDEMICS

WRITTEN BY: KALISTA S.

The 1918 influenza pandemic is considered one of the most severe pandemics in recent history by the CDC. About a third of the world's population became infected (the total population of the world at the time being about 1.8 billion and a total of 103,208,000 living in the U.S with the current total world population being around 7.8 billion with

329,746,456 people living in the U.S.) killing 50 million people worldwide and killing 675,000 within the United States (CDC). At the time, it was a very little understood virus that had no vaccine. In comparison COVID-19 has currently infected 1,862,656 people in the U.S. and has killed around 108,064 alone.

Similar to the current COVID-19 pandemic the mortality rate was particularly high with children 5 and younger and the older population of about 65 and older as well as those with asthma or those who are immunocompromised. Although unlike COVID-19, influenza (also known as the flu) also targeted people from 20 to 40 years old.

Since there were no vaccines to protect against the virus people were left to arm themselves with the use of disinfectants, good personal hygiene,



Photo courtesy of cbsnews.com

Photo courtesy of cbsnews.com



quarantine, and isolation. Sounds familiar doesn't it?

As seen in the previous images the ways people protected themselves against influenza is incredibly similar to the way people protect themselves against COVID-19.

Symptoms like fever, cough, fatigue, body aches, headaches, sore throat, runny or stuffy nose, diarrhea and nausea or vomiting are all symptoms of both influenza and COVID-19. As similar as these are, unlike influenza those infected with COVID-19 will have symptoms such as difficulty breathing and a loss of taste or smell as well, although not everyone

will exhibit all of the symptoms and not all symptoms are yet known.

There is a lot currently happening in our world, from the pandemic to protests and it is so important to stay informed about both past and present affairs. By being vigilant of our past and learning what we can from it, we can create a better present and future for ourselves. To those who would like to learn more about influenza, COVID-19 or both please refer to the CDC website linked in the sources below and as advised by health care professionals, if you exhibit symptoms of COVID-19 make sure you get yourself tested. As always, stay safe.

MY LIFE IN LOCK DOWN

WRITTEN BY: SETH A.

Paranoia. Hysteria. Panic. These are words that someone might use to describe their time in lock down due to the deadly and contagious virus, named COVID-19. Yes, someone might use these words. Not me. I've had complete life changes and experiences in this time.

While everyone's minds were clouded with fear, ambition settled on me. I found a job as a groundskeeper at a country club (which for some reason is deemed essential), and completed saving up to \$2,500. This was significant to me because it meant I had enough to buy my dream car: a 6th generation Chevrolet Monte Carlo. After multiple conversations with my parents, I had the keys and title in my hands, both for a 2006 Chevrolet Monte Carlo LT. I had accomplished a goal of mine that I had for the past 3 years, I thought about it every single day.

Getting this job in the first place had also been a goal of mine, because for the past 3 years I had been helping out clerks in the



library with sorting out donations for 3.5 hours a week. It seemed that everywhere I applied, no company or store would hire me. Looking back on it, I'm glad I never got those jobs. This landscaping job has been the best learning experience for me, it's helped me focus on

details in my work.

Just because things have gone well for me, doesn't mean it's been perfect for everyone else. My mom is an extremely paranoid person, and the thought of catching the virus set her over the edge. She's an essential employee too, so she can't just stay at home. It hasn't been good for my father either, he's a trucker for a metal company that delivers to the whole tri-state area. He's picked up numerous other routes which leads to him working 12 hour days. I pray for this to blow over soon, so they can catch a break.

I feel accomplished in these times that have been trying for everyone else, and I'm thankful for that. This lock down has been a journey for me and I wonder how different things would be without it.

THIS IS WHY I STAY HOME

WRITTEN BY: ZOE L.

18 years old. No graduation, no prom, no senior night. You go to school for so long and look forward to this day your whole life to find out a virus is going to ruin it. My sister is in the class of 2020. I don't know the sadness she is experiencing but I can only imagine. It's hard to watch your best friend not be able to do the things she was looking forward to. This virus is also a huge deal for her because she has a life threatening illness. If she gets the sickness it will not be good for her. She could die from it at only 18. This is why I stay home and if I do go out I take the proper precautions.

It's upsetting to see people going into large groups and hanging out with their friends because we are social distancing for a reason. I don't want anyone in my family getting sick but especially my sister. My dad is a firefighter but right now they moved him to be an EMT for the COVID patients. He is on the

front line of this all and sees what's going on and what is happening to these people. He has to keep his distance from us as well which is one of the hardest things. I also stay home for him. He has to keep his distance from us for a while so they house him and the other guys at Wesleyan. Not seeing our dad everyday is different but we hope that

everyone keeps their distance and this is all over soon.

Even though there are a lot of things that didn't turn out the

way we wanted there are a bunch of good things that came out of this as well. We get to spend a lot of family time together, there are no sports taking up time or activities that we have to rush to go to. We celebrate birthdays with drive-bys and get to see a lot of our family. Overall we have to look at the positives that this virus is bringing us in order to get through it.

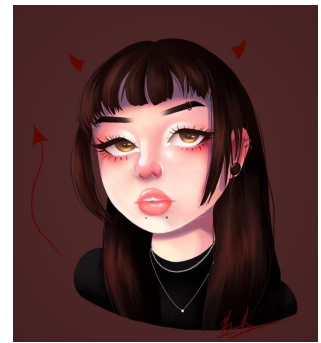
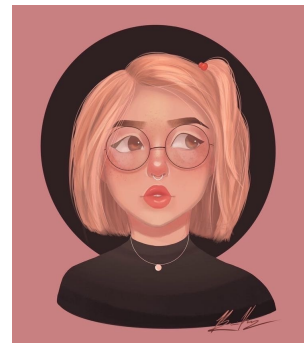
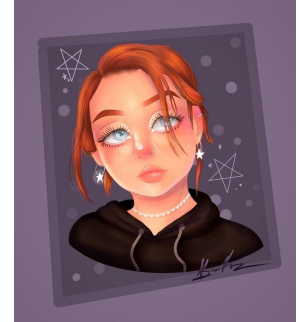


BEHS STUDENTS LOOK TO QUARANTINE TO DEVELOP NEW HOBBIES

WRITTEN BY: NOELLE B.

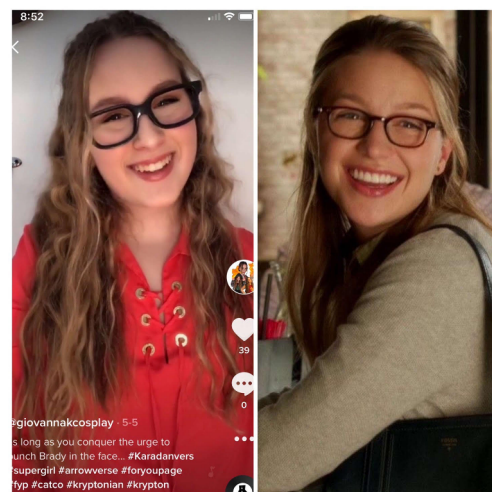
In these difficult times, it's easy to turn towards the negative, seeing all we've lost and cannot do for the time being. However, it is incredibly important for people to keep themselves occupied and use this time to grow. Developing hobbies can release stress, offer an opportunity to challenge yourself, broaden your horizons, and help you discover a new talent. Hobbies also unite people together, something invaluable in times like these. There are countless other physical and mental benefits to jumping into something new and plenty of our students at BEHS are looking at quarantine to develop hobbies, polish their skills, and take some time for themselves.

One example is junior, Brie, who has not only picked up walking and began a new job, but also capitalized on her drawings, sharing them on



Instagram for plenty of her friends to enjoy.

Another junior, Giovanna, has also found time to begin a new hobby by cosplaying as different characters



BEHS Students Look To Quarantine Continued...



her quarantine participating in birthday parades and preparing for her new job at Lake Compounce, as many other high school students get ready for other summer activities.

Gina, a junior, has begun renovating her old clothes into chic

on TikTok, sharing her skill with others and making quarantine a bit more fun.

Megan, a sophomore, has picked up two things during quarantine, a love of baking delicious desserts and a passion for Zumba and Just Dance, seemingly the perfect combination.

Junior, Madison, has continued her job at Highland Park Market, serving our community in a vital way. She also took some time to travel to Florida, experiencing the beautiful weather and using the time from school to unwind and enjoy the gorgeous beaches. Madison also has begun doing Chloe Ting challenges with other juniors, Abigail and Sydney.

Another junior, Olivia, has spent



new outfits, allowing her to explore her fashion and artistic ability. This gives her plenty of new styles to explore after quarantine.

Overall, multiple students seem to be exploring their artistic talent, preparing for the next chapter in their lives, and spending quality time with their families.

A Tale of Two Schools

Written by: Ms. Amy Coan
BEHS Science Teacher

"It was the best of times, it was the worst of times." Those words never resonated with me so clearly until now. I was thrilled to get a job at my old school! Then the virus hit.

After school was out for about a week, one of my most involved students told me that "he was so bored that he didn't know what to do with himself." I sent him some crossword puzzles and an old Choose Your Own Adventure Book. Those used to keep me occupied as I read them over and over, trying to get the best outcome. I hoped that the book would help take his mind off of everything.

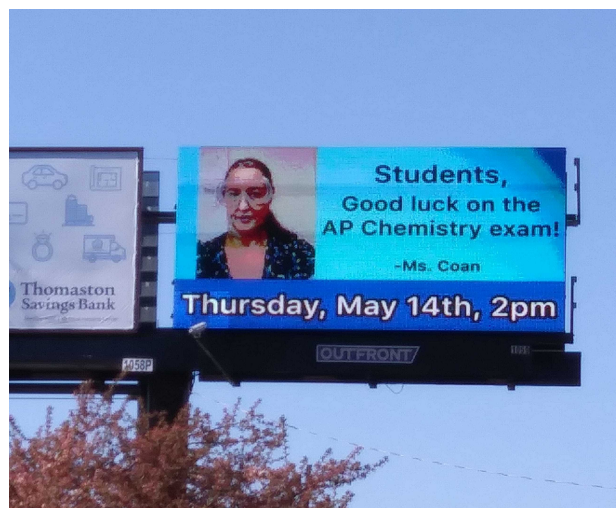
As time went on, I worried more and more about these kids. My father gave me a box of unused postcards. I asked my students, "If you could travel anywhere in the world right now, where would you go?"

I know that a postcard from Disney isn't as good as going there, and that a postcard from Italy doesn't make up for a canceled school trip, but I wanted to do what I could to make these kids feel better.

My students were supposed to go to UCONN in March to participate in the Chemistry Olympiad exam, great practice for their AP test. It was canceled, but my students took the exam online and did well. There was only one problem: at least half of my normally very responsible students forgot to take it!

The longer these kids were out of school, the more the days ran together and time ceased to exist. "It is now easier than ever to forget what day and time it is," admitted one student, who apologized for forgetting the test.

The main purpose of an AP class is to prepare for the AP exam. I didn't want any of my students to forget about it! I sent out more postcards reminding them of the day and time, and then had a brainstorm: I set up a billboard down the street from the school. This was not only a great reminder, and a fun distraction, but now everyone in town would know when the exam was!



On exam day, I think that I was more nervous than my students. Some of them did well, some were nervous about how they did, and some had technical difficulties and had to set up retakes. However, NOT A SINGLE STUDENT FORGOT TO TAKE THE EXAM.

Silver Linings: Positive Student Perspectives



Justin B.

During the coronavirus pandemic going on this year I have been affected in some different ways. I have been home during the day which has been weird, not being able to go to school is very weird because I am only a junior in high school. I haven't been affected at all at work, we still are super busy and our hours have been the same. It has been hard being home all day with my brothers and sisters because it is usually only like this during the summertime.

My parents still go to work everyday and I still go to work everyday so there are still some things I do the same. At work I have realized a lot of people thanking me for my work, I work at a pharmacy so a lot of customers have been praising me and my coworkers for staying in business. It makes us feel like we are somehow staying strong during all of this.

Kyra I.

The Coronavirus really impacted the United States. Families were struggling to survive due to the fact that we couldn't work or

even go anywhere. Some states were hit the hardest like New York and New Jersey. Right now I'm in Florida. It got bad down here too. Things were really strange like not being able to go out to the park or the beach. Staying home and having nothing to do really puts a toll on a person.

So I've been helping my dad fix his boat so that when we finish, we can go out on the water and spend time with family because we are having a vacation. My dad and I have been fixing up the swim platform (goes on the back of the boat for swimmers to get on and wash off before climbing onto a ladder to get on the boat) like taking the paint off and the stickers so we can repaint it. After we put the platform back on we can do a test run and have a little fun before this summer.

We plan to fish and blast music and discover new things underwater because we're going diving. I can't wait to go but I especially can't wait to see my brother this summer, who I don't see often.

Silver Linings Continued

Lucille W.

A loved one's recovery..

When I was younger my parents would have friends from work come around after their shift. My mom's best friend was Erica and my dad's was Josh. A month ago we found out Erica had COVID 19. She posted a video on facebook crying. She told us all to stay inside that the virus was not worth getting because she was miserable. After 3 long weeks of being home Erica finally recovered. Erica gave my mom a call and told her everything was going to be ok. When I went to go visit my mom I had heard the news that Erica was going to be ok. Miracles are really a thing.

Maryangel V.

On May 9, I rescued a puppy from a farm. I went to my family's farm to get plantains and notice 2 puppies there. One boy and one girl, I was looking around to see if there was any mother. Then I found the mother lying down on dirt behind tall grass, dying. She looked anorexic and seemed not much time was with her. I fed the mother and I carefully touched the puppies, she let me and I carried a small black-furred puppy, in which I called him Sushi.

I have no one living near or at the farm, there was no one to take care of the 4 or 5-week puppies. But they seemed very strong, they could walk very well but if you looked closely at the puppies were starting to show some ribs on their stomach. I had to bring them

with me, I didn't have enough room at my house for 3 dogs, only one. Luckily my cousins offered to take care of a pup, and my grandparents offered to take the mom (since they lived near the vet.)

But during my time when I met the pups, there was one puppy who seemed very close to me. He followed me and wanted me to carry him since he crawled up to me. He looked adorable and I felt a connection with him, like a son. I took him home and named him Sushi. He is a very strong pup who now eats soft kibble and learned how to sit and stay at 5 weeks! He also likes to watch movies with me. Since social distancing, we can't at the moment bring them all together. But I'm thinking of keeping him and bringing him to the states. I got very attached to him and see him as my best friend. Sushi loves playing around and running, he has grown a lot over a few weeks and I always make sure he is well fed and loved.

Pushpita H.

The pandemic hasn't brought the best for many but it has brought some light and positivity in our life. For me nothing new has necessarily happened. Many students are stressed from the work we are getting but somehow there's a way around to get to do things we enjoy even while being at home. For instance, I don't have a whole bunch of hobbies but I did get time to think about myself and my well being. Since I like art, I drew, painted, and

Silver Linings Continued

did some coloring every now and then.

But something I really enjoy is spending this month with my family. Sounds really cheesy but honestly I haven't really gotten to do that over the past several years because of school. I'm a muslim and our holiday is around this month. Sadly every year we aren't able to celebrate it as people here would celebrate christmas. School is the main reason but our parents usually have work but we somehow get around it. This month is Ramadan, so everyday we fast for 30 days. Right before sunset we make a huge feast. Everyone is doing their job while we make our food and come together when it's time. Then we repeat this for however many days we have left of the month. Right after the month is over we have a huge celebration with friends and family! The month isn't the same as usual which means our holiday won't be either. But I guess we can live by that. We'll always have next year!

Victoria K.

Hi, I'm Vick. Really that's who I'm known as. I don't do much during this quarantine except bake too many delicious things. Let's restart this story to where it all began. The first few days of quarantine were just fine. I could sleep in and do whatever I wanted. I wasn't restricted to many rules except to do chores and homework. At the time I thought this was great. Oh boy was I wrong. I quickly got tired of doing the same thing over and over again on the daily. That's when I sparked an interest in cooking and baking. I

usually cook dinner most of the week days for my family. Yet there just wasn't a passion or a want to do it, it felt more like a need. That's when I realized I should start contacting sweet treats. I started out with small things like homemade cookies and brownies. Then took off with bigger things like cakes. It was all a long tedious process but I enjoyed not one minute when I was baking did I get bored or think of taking a break. It made me feel happy and productive.

As quarantine got longer my parents got more annoyed with my continuous baking. They liked the smell and taste of these treats they just didn't like how many I was making. As I started to realize I've been making a lot of treats it hit me. Since I can't hangout with my friends I decided to bake for them. It craved my love for baking and I got to stop by and say hi. Socially distancing of course. After my treats were done I would wrap them up and deliver them to my friends mailboxes and say hi through the windows.

I may not have many friends to give these treats to but I know they definitely enjoyed them. Quarantine seems awful now but without it we wouldn't be doing or taking up some of the few things we love. Instead of sulking we should be taking advantage of this time to do something great and maybe just maybe finding a new love or passion for something.

ANNOUNCEMENTS



Come be a part of something special!

Join the Eastern Extra!

Email Mrs. Roberts @

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Sign up for Journalism in the Fall!

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