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#### **Back in Season!**

#### By: Jade Henry

Sports are something that have been stripped from athletes throughout the nation during the remote learning

school year in order to try to keep everyone as safe as possible. It was hard to adjust, but sports are finally easing their way back! Being able to get active and work towards something is healthy for

students, and the implementation of sports once again will change school for the better.

Ever since the shutdown of school, one thing was left behind that we all looked forward to,

sports. Even if you're not an athlete, being able to show your school spirit at games kept the morale up. There was a feeling of



excitement looking forward to your next game, looking forward to seeing your fellow classmates rise up against another school that has been forgotten.

Nevertheless, we've gotten to the point

where sports can return! Students are able to take a moment to get themselves active once again and show their spirit and drive to

compete! Our sports director Mr. Stubbs and our activities director, Mr. Kawa shared their feelings of how students will feel about the return of sports, Mr. Stubbs states

"I think students will be more interested in sports than ever! Hopefully students try different sports and truly appreciate the amazing experiences sports can provide." while Mr. Kawa states "I am not sure,

but I imagine that the interest will be great. A year without sports is a long time". The long wait

for sports seems to make them more exciting than ever.

After a year of sports being gone, it's going to take some time for them to easily be implemented back into the school. Mr. Kawa was asked how he thinks sports will be implemented once again and he

says "I trust that a lot of thought, time, and energy went in to make sure that sports will be safely implemented, but I am not sure of all of the details." And when Mr. Stubbs was asked he says "With a lot of hard work, long hours, and collaboration. If we all band together as a community and support each other, we will show everyone what T.F. North is all about now and in the future."

Our sports director and activity director even share their happiness for sports coming back. Mr. Kawa shows his excitement, saying "I am excited for students to get a chance to play. Sports are a huge part



of high school. After going so long without sports, even two-a-days, sprints, burpees, and conditioning with your teammates is going to be great for students. Getting to compete in actual competitions...Priceless!" and Mr. Stubbs stating "I'm most excited to see



students happy doing the things they love."

No sport is the same, and some require

closer contact. Mr. Kawa tells us how long he believes it will take for sports to be back up and

running he says
"Each sport is
unique. Some sports
will be very easy to
modify to be safe.
Other sports, I am
not sure how they
can be modified.
They may have to
wait for everyone to
be vaccinated.
Hopefully, next
year." When Mr.
Stubbs is asked he

says "As of today all sports are up and running so let's GOOOOOOOOO!!

Sports are something that many people were waiting for, being able to push yourself forward and accomplish something in school is an amazing feeling many

students should be able to experience.
Despite the long wait, sports have finally returned.

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### **Changing power**

### By: Joseph Dunem

2021 is kicking off with a new president, one of his plans for the future is for America to rely more on renewable energy as it would be safer for the environment . and if renewable energy really is safer, then maybe America can switch to renewable power.

Renewable energy is energy that can be replenish no matter how many times it is used but it is also not that simple, from e-education.psu.edu describes why it is not that simple "it should be clear how most of these sources fit the definition of renewable energy ("resources that rely on fuel sources that restore themselves over short periods of time and do not diminish") and have various benefits and

drawbacks." There is energy out there that does replenish over time, but because it takes so long to replenish, they are classified as non-renewable energy.



Coal is the main example of this, coal is made up of dead plants so that would make it a renewable resource. But because it takes millions of years to make coal, coal is classified as a non-renewable resource.`

For a long time America, along with most other countries, have used non-renewable energy such as coal and oil. E-education also gave the definition of non-renewable energy as well "Non-renewable energy sources diminish over time, and are not able to replenish themselves. In other words, they are finite, and once they are used, they are effectively gone because they take so long to reform." Due to the resources being finite or limited using them can't be a permanent choice. In order to truly know which is better we will have to know all the pros and cons of both

The main reason for using renewable energy is that it is infinite, and as long as America can get enough power from it, people would not have to worry about energy in the future. The main examples of renewable energy are

wind power, solar power and hydropower also known as water power. As stated by e-education.psu.edu, the main pro is "All of these sources renew themselves over short periods of time and do not diminish. And though intermittent, none of these sources are going to disappear in the foreseeable future," but there are also a major con to all these energies, e-education also gives the cons of renewable energy "One additional drawback of all of the above sources is that they are each location-specific. In other words, some locations may have a lot of sun, wind, and/or hydro, while others may have very little. This problem can be at least partially solved by transporting electricity, but that is not always easy, and often expensive." It is because of these facts that it is very unlikely to impossible for America to rely solely on renewable energy. Depending on where Americans live will decide if they will get enough energy from renewable resources. The country still has a long

way to go in terms of relying more on renewable energy as said by ccs.umich.edu "About 80% of the nation's energy comes from fossil fuels, 8.4% from nuclear, and 11.4% from renewable sources." America is still very much dependent on non-renewable energy. Non-renewable resources are not good for the environment, but they do have their own pros.

There are several types of non-renewable energy, and though they are different, all these sources have a common problem. As stated by e-education.psu.edu "Coal, oil, and natural gas are fossil fuels. Even though they all get their energy from the sun, none of them are renewable. They all emit CO<sub>2</sub> and other emissions when burned. Nuclear is also non-renewable, but not a fossil fuel. It is carbon-free, but causes radioactive waste." The major problem for these resources is they cause pollution, from burning chemicals into the air to dumping waste into the water. Depending of which

one you use will decide what population it will cause, css.umich.edu give good examples of what affects non-renewable energy can cause "The current fuel mix is associated with a multitude of environmental impacts, including global climate change, acid rain, freshwater consumption, hazardous air pollution, and radioactive waste." Although non-renewable is easier to use, it will have major long lasting effects on the environment.

Renewable energy is a safer and infinite source of energy and would be the better option, but with America still relying far more on non-renewable energy, it will take time and money before America can turn away from oil and coal.



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### From SARS and Beyond

### By: Tiara Bullock

Since the disbanding of the Special Anti-Robbery Squad (SARS) on October 11th, 2020, the people of Nigeria have been forced to continue the fight for their freedom against police brutality and empty promises made by their government.



SARS was started in 1992 and dissolved on October 11, 2020. It was started as a force against robbery, motor vehicle theft, kidnapping, cattle rustling, and firearms. According to an article in the NewYork Times, Nigeria's Police Brutality Crisis: What's Happening Now, by Rick Gladstone and Megan Specia, "In June, Amnesty International issued a report that said it had documented at least 82 cases of torture, ill treatment and extrajudicial executions by SARS officers between January 2017 and May 2020.

The victims, Amnesty said, were predominantly men ages 18 to 25 from low-income backgrounds and other vulnerable groups."

The Nigerian government's failure to address the root of the problem displays a major disregard for international human rights laws and standards for the people of Nigeria. The most prevalent case of robbery is not among the people of Nigeria, but deals with the government using SARS to rob Nigerians of their rights with the excuse of it being a government run program to use a facade to hide the real criminal activities being done.

The facade of protection did not stop there as Nigerian officials once again tried to lie and accuse a man of such after a catalytic video of a man unjustly killed was shared. According to the same source, the catalyst seemed to be an Oct. 3 video that appeared to show the unprovoked killing of a man by black-clad SARS officers in Ughelli, a town in southern Delta state. Nigerian officials said the video, widely shared over social media, was fake and arrested the person who took it — inciting even more anger. The Nigerian government's continued failure to admit their wrongs only added fuel to fire started in 1992. The people began to protest, march, and stand against their government. Due to the rapid growth of social media platforms such as twitter, instagram, snapchat, and tik tok, it became nearly impossible for

the Nigerian government to hide behind SARS and exude false accusations against those who stood against them. The video brought so much pressure upon the government that just eight days after, the people of Nigeria finally saw the disbanding of SARS along with a live message full of promises from President Muhammadu Buhari.

While at the moment, it seemed to many that the Nigerian government had finally diminished their facade of protection through SARS, it soon became clear that it was just the beginning of continuous fight for equal rights and justice for nigerians. The Nigerian government soon fell back on their promises of peace with plans to redeploy members of the unit in other government run operations.

The Washington
Post, Why are people talking
about Nigeria and
#EndSARS? by Danielle
Paquette states, "Just after
dusk on Tuesday, protesters
say street lights suddenly
went out in the Lekki toll
gate plaza. The crowd was
singing the national anthem
when Nigerian security
forces approached and
opened fire, witnesses and
human rights groups said."

These repulsive acts of violence continue to be the source of anger for many tired Nigerians in and outside

of Nigeria. "Leaders have promised police reform "four times in the last four years,' said Bulama Bukarti, a Nigerian lawyer in London who represents victims of police brutality. 'People are tired of lip service.", stated in an article in The Washington Post, Why are people talking about Nigeria and #EndSARS? by Danielle Paquette. After years of oppression by their own government, the people of Nigeria are coming together fearlessly to make a stand against the fear of abuse forced on them by the Nigerian Government.

According to Nigerian rights Activist, Kuti, the origins of Nigeria's police brutality reach back into the times of colonialism and the prior oppression of european colonizers.

Police brutality is the prime product of a nation technically free but evidently still in shackles. Kuti further stated, "We tend to maintain the slave master relationship even if we say we're free," Kuti stated in an article titled, After Weeks of Protests, #EndSARS Has Become a Rallying Cry for a New Nigerian Generation by Chinekwu Osakwe.

In 2021, it is the people's desire to be relieved from the shackles of their oppressors that sparks a constant fight against the Nigerian government. From the Nigerian citizen point of view, the Nigerian government seeks to use forms of expression as cause for oppression. "If you look

all over the world, everything that sparks confrontation between Black people and authority figures lies in the African person expressing themselves," stresses Kuti. "You know, you come to Nigeria, they tell you it's dreadlocks; that the cops get people with dreadlocks and tattoos, right? And I say to them, because dreadlocks and tattoos are forms of expression."



The Nigerian Government seeks to silence the people through constant, relentless violence with little success with the The Naija Resistance Movement. It is a new political party that's led by young Pan-Africans with socialist leanings. Though the organization has seen support from some big names, Kuti explains that the organization is run by everyday people. Everyday people are the key.

Some ways people all over the world can help is by staying informed, using social media to speak against police brutality, and donating funds. It is important to know that the more people who actively and aggressively push against the police brutality in Nigeria, the more pressure the Nigerian Government is out under to make substantial change.

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#### The Covid Vaccine That Could Save All Of Us

#### By: Trevontae J. Gartrell

The end of 2020 brought hope to Americans with the first distribution of the COVID-19 vaccine.

As Trump handed off the presidency to Biden one thing was mutually shared--vaccinate as many Americans as possible. According to the article, The Covid Vaccine that could take care of everything, it is stated that "(...) the Biden administration tries to ramp up production and combat the spread of new coronavirus variants." This information explains that Biden has taken up

strides in producing and combating the virus from spreading more.

Additionally, "(...)the CDC now estimates the virus could kill as many as nine thousand Americans". This is a staggering prediction but the hope is to eliminate exposure and more deaths as possible with the vaccine." But hope is near because "(...) FEMA, which is about to set up as many as one hundred vaccination sites around the country, has now approached the Defense Department asking for up to ten thousand service

members to help administer doses." It's explained that the organization FEMA is going to set up multiple vaccine sites and asking service members to help with the does to give out.



According to
Antonio Regalado, a writer
for the MIT Technology
Review, "Influenza
vaccines are 60% or 80%
effective, depending on the

strain. But it's not unheard of for a vaccine to have a greater effect on the more severe end of the curve." The vaccines can be effective in destroying the virus depending on the strain. More research and experimentation are always needed to make sure a vaccine is effective. According to his research, Regalado also states, "(...)The science around Covid19 is way more optimistic. Depending on the mortality, 97% or 98% of people with Covid-19 self-cure the infection." This explains how the body is affected by the virus and how the immune systems are alerted when the host has the virus.

Ewen Callaway, a senior reporter of the *Nature* journal on science and technology, explains, "The vaccine, which is

being co-developed by BioNTech in Mainz, Germany, consists of molecular instructions in the form of messenger RNA — for human cells to make the coronavirus spike protein, the immune system's key target for this type of virus. The two-dose vaccine showed promise in animal studies and early-stage clinical trials." This much explains testing of the vaccine on a different type of immune system and different doses. Furthermore, Ewen Callaway continues to explain how vaccines prevent viruses depending on the dose amount, "They said that the split of cases between the groups suggested that the vaccine was more than 90% effective at preventing disease when measured at least one week after trial

participants had received a second vaccine dose 3 weeks after the first."

Other cases are being split between groups. This group suggests that this vaccine is going to prevent the virus and is being measured within a week after the participants took a second vaccine in three weeks to see any effects.

The vaccines that



have been developed are backed by research and science and it promises to give all individuals hope that normalcy is around the corner.

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## **Connecting Remotely**

### By: Keishawn Craig

Every staff member at TF North High School has played a part in changing for the better to adapt to the pandemic. Sometimes though there can be those that are overlooked. In this case it's the deans.

A school without students alters everyone's role in the building. With this change there have been many obstacles.Stacie Hunt Dean of Students at TF North High School explains the difference without students being in the building. She states, "It has changed tremendously. We no longer have the ability to communicate and connect with our students in person. It makes it more

difficult to immediately address issues that may arise". This quote is straight stating a hardship that comes with the change to remote. She feels the



connection isn't as strong with students.

Dean Hunt continues to say"There however have been some positive things that have come out of the building closure due to COVID-19. We have been able to pop into classes during Zoom meetings and connect with students that way. Home Visits have been conducted to check in the well being of students that are not consistently coming to

classes. Finally, one of the things that I have personally enjoyed is teaching Social Emotional Lessons to our Freshmen students during their Health/PE classes. It has been a great way to connect with them and get to know them since their first

year of high school has been fully remote." This information shows how the dean's role has changed. She touched on the new found methods used to improve the remote setting. These methods gave insight on things that have been changed that can be overlooked by most.

Mr. Evancho Dean of Students, gives insight on a different aspect of his role, explaining, "As for discipline we have been using more restorative justice techniques and have incorporated character education projects." This touches on an intriguing aspect because it's different and a very mature way to handle situations. Restorative justice is used to get the offender and victim to a common ground. It allows the offender to realize their mistakes and apologize. While the victim respects their change in view and forgives them. This is a very good change made by the dean's and shows how they're working to help the

students and lead them correctly.

Since statements have been made on the great things being done to counteract online learning. Light must be shed on what's missing as well. Mr. Lowery, Dean Assistant, states, "There's no in person contact with the students and staff to develop a rapport. No



meeting new students or staff to watch the growth from the first time you meet the incoming Freshmen to their senior year." This goes to show that with change there's always going to be some kind of downside. It also shows hard work among deans too. The fact that they practically studied and created a portfolio of all their students throughout their four years to learn about them and lead them to the right path is amazing. It shows

dedication and the genuine care for students to succeed.

Dean's are still heavily making contributions to keep kids on track and doing their best even when online. They're still as hard at work as before and haven't

changed their goal.
They're goal is to make sure every student reaches their peak.

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### **A Change in Climate**

### By Erica Goodman

Climate change has been an issue ever since the 19th century and now in the 21st it's an even bigger issue.

Earth's climate has been changing since the dawn of time so one may wonder

what's
different
between then
and now and
the answer
would be
humans,
according to
NASA.gov it
states that

"On Earth, human activities are changing the natural greenhouse. Over the last century the burning of fossil fuels like coal and oil has increased the concentration of atmospheric carbon dioxide (CO2). This happens because the coal or oil burning process combines carbon with

oxygen in the air to make CO2." This is showing not only is climate change a dire situation but one in particular caused by a lot of human activities damaging the earth, the Greenhouse effect is also a

2015

contributing factor to the change in earth's climate.

Additionally NASA states that "To a lesser extent, the clearing of land for agriculture, industry, and other human activities has increased concentrations of greenhouse gases. The consequences of changing the natural atmospheric

greenhouse are difficult to predict, but some effects seem likely: On average, Earth will become warmer. Some regions may welcome warmer temperatures, but others may not. Warmer

conditions
will probably
lead to more
evaporation
and
precipitation
overall, but
individual
regions will
vary, some

becoming wetter and others dryer. A stronger greenhouse effect will warm the ocean and partially melt glaciers and ice sheets, increasing sea level. Ocean water also will expand if it warms, contributing further to sea level rise." This textual evidence indicates the correlation between human

activity and climate change And how dire the consequences of climate change will be.

Furthermore according to NASA.Gov also states that "Changes observed in Earth's climate since the early 20th century are primarily driven by human activities, particularly fossil fuel burning, which increases heat-trapping greenhouse gas levels in Earth's atmosphere, raising Earth's average surface temperature. These human-produced temperature increases are commonly referred to as global warming. Natural processes can also contribute to climate change, including internal variability (e.g., cyclical ocean patterns like El

forcings (e.g., volcanic activity, changes in the Sun's energy output, variations in Earth's orbit)." This supports the connection with the last

piece of evidence in reference to climate change is mainly due but not limited to human activity. One may also ask if it is too late to prevent climate change but it's hard to say even if we stop emitting greenhouse gases right now. Climate change will still happen for at least several more decades or even centuries.

because it takes a while for the planet to respond to the change in the atmosphere and because Carbon dioxide lingers in the

> atmosphere for hundreds of years. But it may not be too late to limit some of the more worse effects of climate change.

Ultimately by responding to climate change we can do

something, acknowledging the factors that humans activity and trying to see what are carbon footprint and other pollution will be in the years to come.



because of the complexity of climate change it is a social,economic, political and a moral problem and the solution will require a very well global coordinated response.



Niño, La Niña and the Pacific Decadal Oscillation) and external