

# The Blue & White

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## A Look Back At 2020

by Alexsa Carreiro

As we all know, 2020 was one of the toughest in our history. Many different events and reasons made 2020 the year it was, but many took this as an opportunity to make the most out of their situation. Let's take a look back at all the craziest trends and some of the best products throughout the year:

**Tie-Dying Everything:** From sweatshirts to backpacks to couches, people tie-dyed everything in sight. It was an activity that gave many people something to do during quarantine.

**Live Stream Workouts:** Due to nearly everything being closed due to the pandemic, people had to get creative with their ways to stay active. Live stream workouts made it easy for everyone to keep in shape and incorporated new ways for people to feel like they were physically in a gym. The Chloe Ting 2 Week Shred became one of the most watched YouTube videos at over 300 million and now gives many people bad flashbacks to the times of quarantine.

**Tik Tok Creations/Trends:** It's hard to find someone who doesn't have TikTok downloaded and doesn't use it frequently.

TikTok provided many ways to stay entertained throughout quarantine including dances to learn and so many things to make including whipped coffee and cloud bread.

**So Much Baking:** Everyone became a professional baker in 2020. Stores had trouble restocking the baking goods due to



Courtesy Google Images

the demand. It gave many families an at-home activity to do and provided them with something (Hopefully!) good to eat after.

**Shortages, Shortages and More Shortages:** From toilet paper to paper towels to hand sanitizers and masks, many people struggled to get what they needed. As soon as lockdowns were declared people

stocked up on many things leaving others with nothing. Thankfully now we have a surplus so all essential items!!

**Blasts from The Past:** So many trends from the past were brought back in 2020. Disposable cameras began to be used again to document all the interesting things we all did this year. Biker shorts sales skyrocketed along with many other popular items from the 80's-90's.

**Best year for Netflix and other streaming services:** Quarantine left us with very few things to do. This resulted in weeks of binge watching shows and many movie nights. The majority of conversations with others were about shows and movies you had watched and asking for recommendations to help make it through quarantine.

**Social Media Finally Used for The Better:** Social media became a big source of information, for better or worse, during these times. Many social issues surfaced and many people became activists attempting to help others in a fight for equality and justice. Without the spread on social media many issues and situations would never have been learned about.

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# The Presidential Impeachment

by Kylee McCue

On 13 January, 2021, President Donald Trump was impeached by the House of Representatives for the second time this term, being charged with incitement of insurrection. This makes him the first president in history to ever be impeached twice, though he was acquitted both times by the Senate.

In the process of voting to impeach, a total of ten Republicans in the House of Representatives sided with the Democrats and voted yes for a

trial. The final outcome of this vote was 232:197 in favor of a trial (with four legislators not voting).

Impeachment is usually a lengthy process, but Congress worked to make this hasty. Despite the urgency, though, the Senate trial did not begin until February 9th, which was after Trump left office on January 20th.

After a quick trial in the Senate, Trump was ultimately acquitted on February 13th. While a majority of senators (57-43) voted to impeach, a supermajority

of 67 votes was need to convict. With Trump no longer in office, it might be hard to understand why Congress would still try to impeach him after the fact. The focus was not on removing him from office at this point, but instead on how impeachment would affect him after his term ended.

Impeachment after the fact could have prevented his ability to run for office in the future, or impacted his post-presidential salary.



Covid Vaccine Updates



Online vs. In-Person Learning

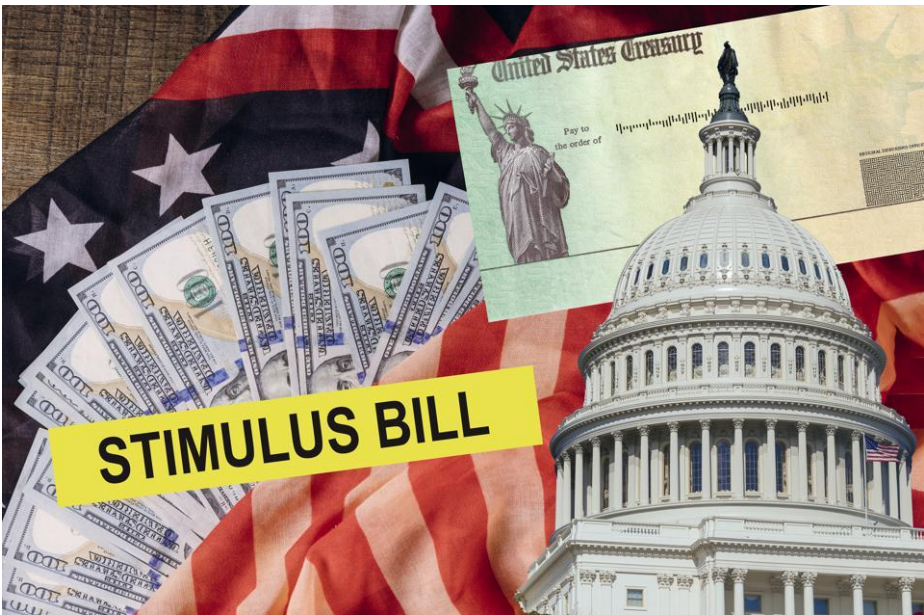


Peacock Streaming Review



# \$1.9 Trillion Deal: The COVID-19 Stimulus Plan

by Anthony De Leon



Courtesy of Google Images

The latest stimulus bill is the largest in United States history.

2020 was a difficult year for everyone. COVID-19 came and ruined a lot of things for many people around the world. Many people lost their jobs and weren't able to put food on the table for their families. The U.S. government enacted several stimulus plans to help, the most recent coming in early March.

Because of COVID-19, many businesses were forced to temporarily close and by April 2020, more than 23 million people had filed for unemployment, bringing the unemployment level to 14.7%. The National Bureau of Economic Research declared a recession after the economy peaked in February 2021.

On March 11, 2021 President Joe Biden signed the most recent bill: a \$1.9 trillion stimulus package known as the American Rescue Plan. This response focused on sending money to individuals, small and large businesses, and healthcare systems and hospitals to help in buying personal protective equipment to help with the global pandemic. All of this money went to the places listed in the adjacent column.

- Increasing the child tax credit up to \$3,600 for children under five and \$3,000 for ages 6-17
- \$350 billion for states and local governments
- Continuing the unemployment benefits of \$300 per week
- Direct payments to families of \$1,400 per adult and child for households making up to \$75,000
- Over \$130 billion in grants to hospitals, health care systems, and providers
- A temporary increase of subsidies for people getting health insurance through the Affordable Care Act
- \$130 billion to schools and educational programs

The Democratic party fought for a federal minimum wage increase, but that was ultimately left out of the final bill.

# COVID-19 Vaccine Update

by Izabela Waniek

After almost a year of the COVID-19 virus outbreak, we finally have vaccines. The vaccines have been slowly making their way to people who need it most. The three companies who are able to give the vaccine right now are Pfizer, Moderna, and Johnson & Johnson.

These vaccines have been distributed in phases. Healthcare officials, long-term care residents, and first responders were the first groups of people able to get the vaccine most states. According to CDC guidelines, these people are included in what is known as Phase 1. There are three groups in Phase 1: 1a, 1b, and 1c. Healthcare personnel and long-term care facility residents are in Phase 1a. Frontline essential workers and people age 75 years and older are in Phase 1b. People aged 65 through 74 years and people aged 16 through 64 years with underlying medical conditions and other essential workers are included in Phase 1c.

However, each state has their own approach. In Massachusetts, Phase 1 focused more on healthcare workers and long term care facilities. Phase 2 began on February 1st and

currently includes people 60 or older, those with 2 or more health conditions, and people who work or live in low-income housing. Teachers became eligible on March 11th.

According to the mass.gov COVID-19 information page, Phase 3 will begin on April 19th and will be given to the general public. Once the vaccine reaches Phase 3, there will be public vaccine clinics and people will also be able to check with their primary health provider for the vaccine.

However, even after Phase 3 begins, the vaccine will not be available for children under 16. It might be months after the general public gets the vaccine that children under 16 can get it. Pfizer and Moderna have been testing vaccines on 12 to 15-year-olds, and testing for kids younger than 12 could begin later this year.

Even though the vaccine is making its way to people, we should still wear masks, social distance, avoid large gatherings, and stay as safe for as long as needed. If you want more information, you can visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html> for information on the vaccine.



Courtesy of Google Images

The four vaccines currently approved for distribution: Moderna, Pfizer, AstraZeneca, and Johnson & Johnson. Novavax is currently in stage 3 trials.



## The NBA: 2021 Outlook

by Ryan Gilleece

This season, the NBA had their statistically worst year in league history based on TV ratings and viewership. The 2020 NBA Finals brought in an average of 7.16 million viewers, the worst numbers since 2007 when Tim Duncan and the San Antonio Spurs swept a young LeBron James and the Cleveland Cavaliers. The average viewers for that season was 9.36 Million. The NBA Finals usually gets around 20 million viewers per game. With that being said, many changes were made during the offseason to the teams rosters that can turn these numbers right around.

It all started with the 2020 NBA Draft, where college and overseas talents get drafted into the most competitive league in the world. All the draft pick analysts were talking about all night was LaMelo Ball. Ball has been looked at ever since he was 14 thanks to his big brother Lonzo, who is a point guard for the New Orleans Pelicans. Lonzo was projected to be the best high school basketball prospect since LeBron James until the discovery of his New Orleans teammate and 2019 1st overall pick, Zion Williamson.

LaMelo Ball scored 92 points in a High School game in 2017. LaMelo went to play overseas instead of college, and so did fellow prospect RJ Hampton, who was drafted 24th overall by the Milwaukee Bucks but shortly traded to the Denver Nuggets for two second round picks. Lamelo was drafted by the Charlotte Hornets with the 3rd Overall Pick. Many people thought he would go number 1 to the Minnesota Timberwolves, but University of Georgia Shooting Guard Anthony Edwards was taken. Despite controversially saying in an interview with ESPN's Rachel Nichols he would rather be a, "famous rapper than a NBA All-Star," the Timberwolves rolled the dice on him and with the season starting on December 22nd they will see the fate they landed on.



Pictured above: Some of the most talented NBA players this season.

A couple days later NBA Free Agency started. Free Agency is where teams can offer contracts to players whose contracts have expired or trade for players that they want.

One example of these trades was between the Washington Wizards and the Houston Rockets. Houston traded Former MVP Russell Westbrook, who they received in a trade from Oklahoma City in 2019, for Washington Wizards point guard and 2010 1st overall pick John Wall and a future 1st round pick. Wall hasn't played a game in 2 years due to a ruptured Achilles, an injury many people do not come back the same from.

The moves that didn't surprise anyone are Anthony Davis re-signing with the Los Angeles Lakers on a five-year \$190 million contract, Jayson Tatum re-signing with the Boston Celtics on a five-year \$163 million deal, worth up to \$195 million with incentives. Donovan Mitchell re-signed with the Utah Jazz, also for five-year \$163 Million worth up to \$195 million with incentives.

The surprising move this year is former LA Clippers center and the reigning 6th Man of the Year Montrezl Harrell, . crossing town to the Lakers on a two-year \$19 million contract.

With the NBA season just getting kicked off on December 22nd, the teams that are already succeeding from a successful off-season are the Atlanta Hawks, who are 4-2, Phoenix Suns who are 4-2 and the 76ers who hold the best record in the league at 5-1. The team who is disappointing NBA analysts from Kenny Smith and Brent Barry to Ernie Johnson and Adrian Wojinowski are the Toronto Raptors and Washington Wizards. The Raptors are 1-5 and the Wizards are 2-4. Both teams went to the Bubble in Walt Disney World and both teams are losing by small margins. Time will tell how their seasons goes.

## NFL Playoffs

by Jordan Marcelin

This season has been heavily impacted by the ongoing COVID-19 pandemic. The biggest changes were the cancellation of all preseason games and the 2021 Pro Bowl. Despite the changes, all 256 regular season games were played within the originally-scheduled 115 day span, with no cancellations.

First let's go over the latest information. The 2020 NFL season is the 101st season of the National Football League. The regular season started with the NFL Kickoff Game on September 10, in which defending Super Bowl LIV champion Kansas City defeated the Houston Texans. The season is scheduled to conclude with Super Bowl LV, the league's championship game at Raymond James Stadium in Tampa, Florida on February 7, 2021.

There were 14 teams when the NFL playoffs started, but that number is now down to just eight after a Super Wild-Card weekend that saw six teams get eliminated, including four teams that won their division this season: The Washington Football Team,

Tennessee Titans, Seattle Seahawks and Pittsburgh Steelers.

With the wild card out of the way, it's time to move on to the divisional round, which is absolutely loaded. In the NFC, Aaron Rodgers and the Green Bay Packers will make their postseason debut on Saturday when they host the St. Louis Rams. The two coaches in that game know each other well as Green Bay's Matt LaFleur served as the offensive coordinator for Rams coach Sean McVay just three years ago.

The other half of the NFC bracket is going to give us one of the greatest quarterback showdowns in NFL postseason history: Tom Brady vs. Drew Brees. The Saints actually swept the Buccaneers during the regular season and if they can pick up one more win, they'll advance to the NFC title game for the second time in three years.



# Ending Mental Health Stigmas

by Tori Minkovitz

1883, German psychiatrist Emil Kräpelin published a system of psychological disorders addressing the symptoms of mental illness. However, it took many years for further studies of mental illness to be taken seriously. Up until the mid-20th century, people were simply placed into asylums because of the mental health issues that they had. The way history went about helping mental health patients was chaotic and incorrect. Recent studies have now come forward about the severity of mental illness, allowing people to become more knowledgeable about how to help themselves and others.

According to a recent study published in the Journal of the American Academy of Child and Adolescent Psychiatry, one in five teens will struggle with mental illness in their lifetime or have already experienced trauma. To this day, society is afraid to openly discuss mental health because of the stigma behind it. Teens and even adults believe that they will be ridiculed if they ask for help or even talk about what they are going through.

Despite this, the stigma of mental health has lessened over the years. Today teens are able to find help in popular social media apps such as “Tik Tok” from content creators. For example, Creator Sienna Mae publishes TikTok’s about body positivity, trying to help young adults by showing what ‘normal’ bodies look like and even filming herself eating so girls/boys can share a meal with her while not being afraid to eat.

Hospitals also provide many mental health support systems such as Outpatient and Inpatient services. Inpatient programs allow people to stay overnight on a special floor for about two weeks (depends on severity) while having therapy groups, fun activities



Courtesy of Google Images

Discussions about mental health have evolved over the years, but there is still much to learn

and also teaching and providing kids about medications.

Outpatient services focus more on coping skills. Since covid-19, many do this virtually. The sessions last about two weeks, and usually are as long as a regular school day. During this time, young adults go to therapy blocks that teach them coping skills they could use in distressing situations while also giving them a safe space to talk about issues they may not be able to discuss in outside situations.

The stigma surrounding mental health should be destroyed because it is a very common thing that affects a lot of people. Having a mental illness isn’t a bad thing. Accepting help and focusing on your body and brain is what makes a person strong. Teens shouldn’t feel like they are a mistake because of how their brain works. You are perfect the way you are.

# Online Vs. In-Person Learning



Courtesy of Google Images

Online or in-person? There are pros and cons to both.

by Kiamely Valerio

COVID-19 has caused many issues, with one of the toughest being online learning. This is something that has become a worldwide issue regarding the school system and the challenges it presents to students, teachers, and parents.

This change has affected the learning system greatly.

Students nationwide are falling behind and teachers are stressed as schools continue online. When in person, students struggling to learn can turn to teachers who are there to physically help them, while online you cannot have the teacher physically teaching you step-by-step on what to do.

There are other major issues that online schooling has presented during COVID-19. Online learning has decreased motivation and affected communication skills between classmates and teachers. Distractions at home, time management difficulties and technical issues also impact learning.

The most negative effect that online schooling has caused is a rate of failure and dropouts and lack of motivation on waking to then being on a computer for eight hours straight then on top of that having homework which is another two hours much more screen time.

Multiple studies show that long term online learning can negatively affect student mental health. For the most part being physically in school learning is much better than learning online. Getting to know the teachers and having interactions between students and teachers is important to build good relationships. Being in a class physically gets students to participate more in their learning and produces a better sense of responsibility and enjoyment towards education.



# Wonder Woman 1984 Review

By Cooper O'Neil



Courtesy of Google Images

Promotional artwork for Wonder Woman 1984

*Wonder Woman 1984* is a movie that takes risks for the worse.

Patty Jenkins, the director of the *Wonder Woman* movies, seems to have divided fans in both films. Some fans see Wonder Woman, played by Gal Gadot, as a warrior Amazon, whereas others see her as a peacemaker who only relies on fighting if it’s the last option. Both films portray her as each of these different versions of the character, but not one specifically seems to combine the two different

versions.

The script isn’t the best when it comes to explaining everything in this movie. For instance, the powers of antagonist Maxwell Lord, played by Pedro Pascal, might have been confusing to some people who aren’t familiar with the character. The script should have done a better job explaining his powers.

Another example is when friend-turned-foe Barbara Minerva, played by Kristen Wiig, shows up in full 'Cheetah' mode, there is no explanation as to why she appears that way.

Many who watched the movie complained about there not being enough action sequences. The film itself is unapologetic when it comes to the reasons that there weren't enough action sequences, as the emotional scenes seem to take the spotlight because they are satisfying and well acted.

Importantly, though, the movie did a good job of explaining what makes Wonder Woman special and why she is an icon to feminists, the LGBT community, and peaceful activists for so long.

The two characters who have the most importance in the film were Diana and Maxwell Lord. The movie points out the similarities between the two characters and how their unhappiness causes them to make bad decisions, as well as how they understand each other. Therefore the character Cheetah could’ve been saved for the next Wonder Woman film, where Dr. Minerva could have been more focused on, especially her relationship with Diana (aka Wonder Woman).

Even with all the risks the movie takes, overall it is a very good movie. With everything happening in the start of the New Year, I think that this film is something that we need as some sort of distraction from the real world. It provides mental and emotional stress release from the pandemic from which we could all use a break.

# Health & Fitness During COVID-19

By Sofia Bovenga

Staying indoors and not being able to hit the gym every other day has been a pretty tough change for a lot of us. With gyms being closed due to the pandemic, many are wondering, "how do I stay fit and healthy during Covid-19?"

I have put together some different food recipes, such as smoothie bowls, a few forms of exercise, and different ways to meditate to help you stay physically and mentally healthy during this unpredictable time. After all, we should be taking advantage of this time we have at home to practice as much self care as possible!

## Strawberry Banana Smoothie Bowl

This has been one of my favorite things to eat lately, and is very easy to make. Having a small serving will fill you up, and give you energy for the day ahead! So for this, you will need: 1 banana, 5 strawberries, 1 cup of milk, and some ice. After putting everything in the blender, put it in a bowl and top it with some granola and coconut shavings.

This smoothie recipe is packed with vitamins, antioxidants, helps you feel full quicker, and is also cholesterol free! So instead of munching on a bag of potatoes chips (which many of us are guilty of doing), go for the healthier and tastier option. It will benefit you in the long run. Also, without being able to go to the gym as often, this food item helps with digestion.

## Daily Meditations

I started meditating during quarantine because I was interested in how it worked, and what I could benefit from it. I

learned so much about myself from it and would highly encourage everyone to try it out! It teaches you how to stay grounded, to be grateful, and helps relieve stress and anxiety. With the fast-paced world we live in today, we can often forget to stop and take a deep breath, and appreciate the things and people around us. So meditating is an extremely helpful tool to use if you struggle with stress or anxiety.

When my friends ask me, “where do I start?” I always suggest going on YouTube and searching for guided meditations. Find a comfortable and safe place where you can’t be distracted. You will quickly start seeing reduced negative thinking, and feeling more relaxed. It’s essential to not only take care of your physical body, but your mind as well!

## Simple At-Home Exercise

Even though many gyms may be closed, working out at home is still very important and has a big impact on your health. Even working out for only 30 minutes a day can make a big difference in your mood and your thoughts. Studies have shown time and time again, that exercise helps reduce anxiety, stress, and depression. So keep your brain stimulated and get moving when you can!

I like to find easy and quick workouts on Pinterest. They don’t take long, but I feel energized and less tense after completing them. You can find at-home workouts for any area of the body you might want to focus on a little more...Pinterest does have everything!



Courtesy of Google Images

Proper diet and exercise are more important than ever!



## Is Peacock Streaming Worth it?

By Caitlin Moriarty



Courtesy of Google Images

Peacock is yet another service in the growing streaming market.

Peacock, NBCUniversal's latest streaming service, launched on April 15th of 2020. With so many competitors, how can another streaming platform stand out? Apparently, by being free.

Peacock has three different plans to serve a viewer's needs. The free version is the main appeal of the platform, providing access to two-thirds (roughly 13,000 hours) of the streaming library in exchange for an email address. This free version is ad-supported, but the company ensures that there should be five minutes or less worth of ads per hour of streaming.

The available library includes NBC original shows a week after they air, as well as select seasons of Peacock original content and non-NBC owned shows. For example, only seasons one, two, and seventeen of *Law & Order* are available. Some of the movie titles originally used to promote the free tier, such as the *Jurassic Park* franchise and the *Matrix* films, have already been removed from the platform. Not all sports content is available at the free level.

Peacock Premium, priced at \$4.99 per month, unlocks all 20,000 hours of Peacock content. Peacock Premium is free to Comcast X1, Flex, and Cox users. NBC shows are available the day after they air, and shows such as *The Tonight Show starring Jimmy Fallon* and *Late Night with Seth Meyers* will be available before they air on television (once they are filmed in-studio again). However, this level is still ad-supported.

Peacock Premium Plus is \$9.99 per month (\$4.99 per month to X1, Flex, and Cox users), and offers the same library as Peacock Premium without any ads... except for select movies, shows, and live channels that still support ads.

Typically, these permanent ads apply to non-NBCUniversal properties. Ad-free streaming plans from Hulu and CBS All-Access

have similar exceptions. Peacock Premium Plus will soon support offline downloads on mobile devices. Typically, these permanent ads apply to non-NBCUniversal properties. Ad-free streaming plans from Hulu and CBS All-Access have similar exceptions. Peacock Premium Plus will soon support offline downloads on mobile devices.

One thing to consider are the lack of supported systems, such as Amazon Fire TV and Roku. A deal with Roku was delayed due to complications with the ad system. Amazon, meanwhile, is still deciding whether to feature Peacock as an individual service or as one of their supported "channels."

A notable flaw of Peacock is their niche movie categories—very few "blockbuster" movies are available. The collections seem to highlight more specific audiences, such as fans of classic horror movies or the works of Alfred Hitchcock.

Strangely, even the shows and movies geared towards adults censor the subtitles, which may annoy some viewers. Another oversight is that ad-supported shows have no "commercial break," and instead tend to interrupt TV shows mid-scene. But, these ad breaks are fairly scarce, if a little long, for now. Viewers seem to agree that Premium Plus is not worth an extra \$4.99 a month as compared to the Premium tier—so long as ads continue to be unobtrusive. The Hulu streaming service made similar promises to limit ads, but audiences have noticed an annoying increase in ads since the platform's debut. Skeptical reviewers suggest that Peacock could make the same mistake in an attempt to increase demand for the Premium Plus tier.

On the other hand, changing between the plans is relatively easy as compared to other platforms (looking at you, Hulu...), and the plans are quite reasonable with reduced pricing offers such as those for X1, Flex, and Cox users. NBCUniversal is seeking to use the Peacock platform for coverage of Olympics events, and in January they began advertising ownership of *The Office*. Peacock also has a fairly impressive selection of "classic" long-running TV shows, as compared to their lacking and somewhat peculiar selection of movies.

In summary, Peacock Free is a widely accessible and affordable choice for streaming. For those looking to stream a variety of TV shows or originals, the second tier is an option to consider—especially with reduced pricing. The top tier Premium Plus pricing, however, is not quite justified as the platform exists now.

As the platform gains properties and deals, it will be interesting to see whether the company will utilize the three-tiered system in a way that incentivizes customers to fork over their cash, while also preventing the criticism that other services have faced.

## Xbox Series X vs. PlayStation 5

By Christian Mastorakis

The Xbox Series X and PlayStation 5 are both great gaming consoles, with both having their pros and cons. Let's start off by looking at the Xbox.

The Xbox Series X was released on November 10th, 2020. The Xbox X hit shelves with a \$500 retail price. Due to COVID-19, people have been reselling them since there are not as many in stores because of slower production.

The Xbox was not released with any exclusive games, but it does have some upcoming editions of classic games like *Forza*

*Motorsport 8* and *Halo Infinite*.

The PlayStation 5 was released on November 12th, 2020. Its retail price is \$500 for the disc model. Just like the Xbox, people are selling them for almost double the retail price online.

The PS5 has some exclusive games at launch, unlike the Xbox. They have *Astro's Playroom*, the remake of *Demon's Souls*, and a few others also available on the PlayStation 4.

Unlike the Xbox, the PS5 has an all-new controller, moving away from the old 'Dualshock' design with tons of new features. The Xbox's controller is very similar to the last generation console, and the Series X also supports controllers from previous generations.



# The Blue & White

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