

WHAT WAS RELEVANT

A RECAP OF
SPRING
2020

FROM WUHAN TO ACROSS THE GLOBE

An overview of how the novel Coronavirus became a global pandemic

words by Taylor Jones & Catrina Reyes/Photos courtesy of CDC under Public Domain License/design by Crestian Staff

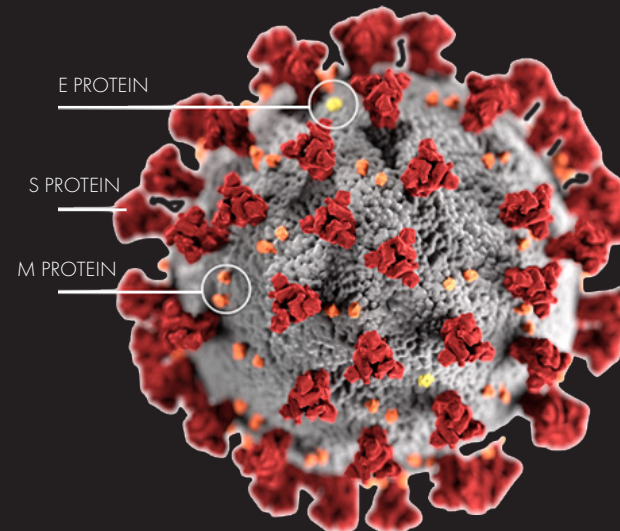
The novel coronavirus named COVID-19 was first detected in Wuhan City, Hubei Province of China on November 17th. As it spread globally, cases were found all around the world, including countries such as the United States, Italy, China, Spain and Germany. Declared on March 11th as a "global pandemic", by the World Health Organization, measures to slow the spread of the contagious respiratory virus intensified as businesses, airlines and schools prepared to close or limit their hours. "Some of the preparation includes staying calm; it's not going to be the exact same experience for everyone," Upper School teacher Dr. Kathryn McDonnell said. The global response to prevent the spread of the disease include introducing "social distancing", a non-pharmaceutical measure that involves maintaining a physical distance between people, in

the hope to save thousands, if not millions of lives worldwide. Governments across Europe and the United States enacted infection control measures such as national lockdowns to reduce the spread of coronavirus. "I've seen an increase in germ prevention which is extremely prevalent to society and should be incorporated into everyday precautions regardless of whether or not a pandemic is present," Jancie Robbins '23 said. As the number of cases rose within the United States, the Centers for Disease Control and Prevention (CDC) worked to create reliable test kits against COVID-19. On February 4th, the CDC received Emergency Use Authorization from the Food and Drug Administration for use of a test to detect the virus in the upper and lower respiratory system. In areas affected, healthcare workers and doctors worked to treat

those with the virus and administer the COVID-19 test. Communities across the globe united to help those who might be at risk for infection by staying at home, donating supplies, ordering take-out from local restaurants or making masks. "A lot of organizations and people have started donating supplies to hospitals or giving back to doctors and nurses working around the clock," Phoebe Ducote '21 said. "For example, my favorite coffee shop decided to give free coffee of their choice to all doctors in the area." As schools campuses shut down, students and teachers around the world switched to distance learning. Using platforms such as Zoom and Google Hangouts, students and teachers connected virtually and attempted to continue their learning. "I have been sharing lessons and ideas with colleagues from around the globe; we are all making

video lessons and more formal assignments," Mrs. Patricia Knight, Upper School art teacher, said. In the United States, President Trump extended recommendations for social distancing from Easter Sunday until April 30th. The guidelines recommended that citizens avoid crowded areas and limit social interactions to less than ten people. "It is my hope that this 'social distancing' experiment can first prevent the continued spread of the virus, but also perhaps help us to reevaluate what makes life worth living," Upper School teacher Mr. Tyler Miller said. "For me, I've used the time to bike and kayak, to read voraciously, to paint, to watch quality films and to step away from the hyper-competitive capitalist culture that, willingly or unwillingly, seems to dictate the normal rhythms of life."

SLOWING THE SPREAD COVID-19 FROM A BIOMEDICAL STANDPOINT



As COVID-19 became an international dilemma while it proliferated around the world, scientists worked to find out more about the biological makeup of the virus, what it can do to the human body, and how people can prevent it from spreading further.

Like many viruses, COVID-19 is a retrovirus, which means that a small protein within its membrane structure carries RNA information. Once the virus enters the host cell, it releases the RNA, which is then converted into DNA and incorporated into the host DNA (genome). When the new instructions are added to the cell, the host can make numerous copies of the same virus, allowing it to spread throughout the respiratory system.

The virus is primarily spread through droplets in the air from sneezing and coughing. Between a few days to two weeks, there are very little symptoms. Like a severe flu, common symptoms of COVID-19 include cough, fever, tiredness, difficulty breathing, diarrhea, and even pneumonia in severe cases.

People can seem asymptomatic for up to two weeks after being exposed while still being able to infect others. This caused the rapid spread of the disease and a spike in confirmed cases after people continued to socialize after being infected and unbeknownst to them, spread the disease. Scientists and medical workers are still searching for a vaccine at this point.



Q&A Mr. Andrew Schwartz

What are some important things to practice in order to slow down the spread of this virus?

"The virus spreads mainly from **person to person** via respiratory **droplets**. In addition, it can survive for multiple hours/days on surfaces, so it's important to **keep our hands clean** and away from our face, and limit our exposure to people who may be infected by the virus."

Can people who are resistant to the virus still spread it to others?

"Younger individuals with a stronger immune system may be **asymptomatic** when infected. A study out of China suggests the virus can persist in the body for at least two weeks after symptoms of the disease clears up."



Ms. Jennifer Gordinier Q&A

Why is it difficult to initially diagnose people with COVID-19 rather than the common cold or Flu?

"The initial challenge in diagnosing COVID-19 has been limited access to **testing**; as that becomes more readily available, nationwide diagnosis may still be complicated by the diversity of symptoms individuals present with because the clinical symptoms of **COVID-19** mimic that of other respiratory-like diseases."

How would a COVID-19 vaccine build up someone's immunity against the virus?

"**Vaccines** initiate a rapid immune response that protects the person from contracting the disease upon secondary exposure to the antigens because it has already programmed **antibodies** to attack."

BY THE NUMBERS

Reported as of April 3, 2020

*Coverage continues on pages 392-393 & 394-395

1,100,000 CASES WORLDWIDE
59,000 OFFICIAL RELATED DEATHS
227,000 OFFICIAL RECOVERIES

JANUARY 13

The new virus traveled overseas to Thailand, making it the first case outside of China's borders

JANUARY 30

The World Health Organization declares this as a global health emergency, classifying it as a pandemic

FEBRUARY 23

The Italian government imposes lockdown policies preventing its citizens from leaving their houses

APRIL 3

United States has become the epicenter of the pandemic with 277,161 confirmed cases; Governors in 41 states have implemented state-wide stay-at-home orders; Italy reports the highest death toll with 14,681 deaths

DECEMBER 31

Officials from China began to treat patients believed to have pneumonia, when in fact they had contracted a new viral disease

JANUARY 20

The Center for Disease Control confirms that a man in Washington State had contracted the virus after recent travels

FEBRUARY 2

A 44-year-old man from the Philippines dies from the virus after being infected, marking the first death outside of China

MARCH 13

In response to the high number of cases, President Trump declares a national state of emergency and allocates money to fight against the virus

THE EFFECTS OF A GLOBAL PANDEMIC

GOING VIRTUAL CAMPUS CLOSURES CAUSED TRANSITION TO DISTANCE LEARNING

words by Catrina Reyes
photo by Bailey Watson
design by Crestian Staff



Students in Mr. Gillego's AP Lang class meet on Zoom to discuss "A Temporary Matter" by Jhumpa Lahiri. Zoom meetings gave the students an opportunity to **analyze** the characters in the story like they would in class.

On Friday March 13, Pine Crest announced its campus closure for distance learning. Originally scheduled to reopen April 14, the date was later pushed to May 1st. For three weeks prior to the announcement, teachers and faculty underwent training to handle the transition into distance learning.

"Our Educational Technology department did an outstanding job preparing our teachers and offering extensive training on Zoom, Schoology and other educational technology resources," Upper School Head Mr. Joseph Walters

said. "Our teachers and counselors did not miss a beat, and we were able to transition to distance learning seamlessly."

Thousands of schools across the globe followed a similar process to contain the spread of the COVID-19 pandemic. According to the United Nations Educational, Scientific, and Cultural Organization, closures affected 89% of the world's student population. Teachers throughout all grade divisions expressed gratitude for the resources that made distance learning possible.

"I actually feel very lucky to be

able to continue teaching and to help our students feel connected and engaged and to continue learning," Lower School teacher Ms. Katy Kissel said.

Under the guidelines of self-isolation recommended by the Center for Disease Control and Prevention, students engaged in online classes and assignments via Zoom and Schoology.

"I miss my teachers and my classmates, but one of the advantages of it is that you get to be in class with all the different students in that class, so you get to hear from

people you wouldn't have if we were still in normal school," Alexis Bernstein '20 said.

Amidst the uneasiness of the ever-changing situation, students, faculty and administrators alike tried to use the situation as a positive learning experience.

"I think this situation is helping us realize how truly blessed we are to be at such an amazing school," Upper School art teacher Ms. Stephanie Theoharis said.



WATCH IT AGAIN: A recap of the first week of distance learning from PCTV reporters.

DAYS OF OUR LIVES: QUARANTINE ALTERED [OUR] DAILY ROUTINE

Throughout the nation, schools and universities closed indefinitely, most of which shifted to an online platform. Workspaces closed, and while some worked from home, others lost their jobs. During Spring 2020, social distancing practices became the norm. In a survey filled out by 164 students and 21 teachers, here is how quarantine affected their daily lives.

words by Marlie Kahan/design by Olivia Pettee



My community had a huge drop-off bin so a bunch of people donated supplies like hand sanitizer and face masks to an elderly home." -Miraa Shukla, '23

IN THE WORDS Ms. Ashley Porter

"I think this has prompted people to prioritize quality time with their family and friends, and it's motivated people to spend more time active outdoors. Yesterday, I went for a run and there were more people in the park than in the grocery store."

IN THE WORDS Mr. Nicholas Lowe

"Our school community has really been wonderful at adjusting to the virtual world. I've also been impressed by the ways that students are reaching out to one another and keeping themselves busy with school work and their friendships thriving during quarantine."

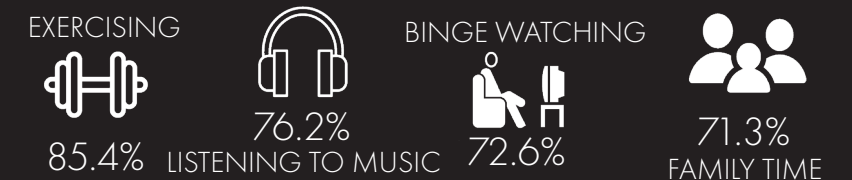
IN THE WORDS Marisa Cefola '22

"I have noticed that because of the quarantine the Pine Crest community itself has been more unified, and I have heard strong words of encouragement and support from my teachers, faculty, and classmates."

IN THE WORDS Mitchell Jacobs '22

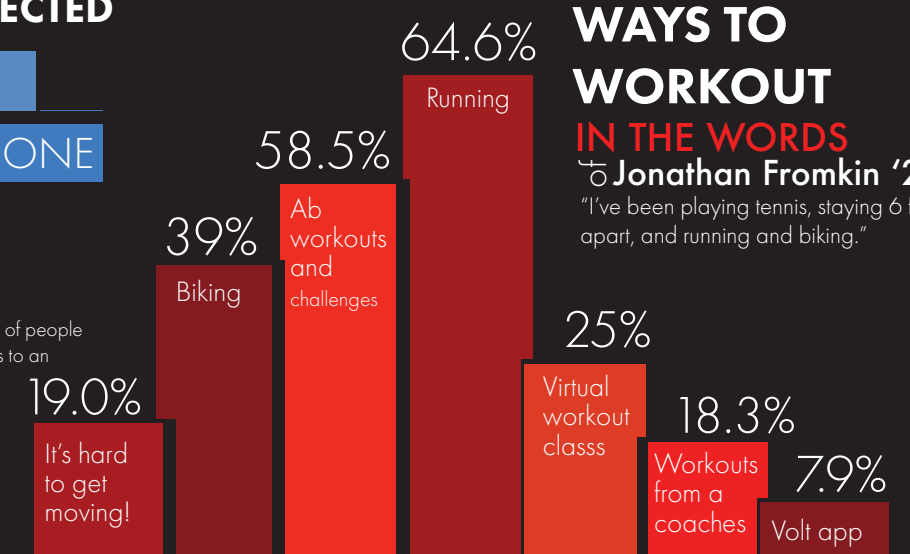
"I am seeing many people donating money around me to charities, and our local sports teams giving money to stadium employees and their families with the absence of sports and their paychecks."

MOST POPULAR QUARANTINE ACTIVITIES



WAYS TO WORKOUT IN THE WORDS

Jonathan Fromkin '23
"I've been playing tennis, staying 6 feet apart, and running and biking."



THE SHOW MUST GO ON



FINE ARTS EVENTS COME TO A PAUSE, BUT NOT AN END

words by Emma Rende

COVID-19 caused the closure of Broadway shows, art museums and Upper School performances. On March 12, Broadway announced that it would be going dark for the foreseeable future, scheduling a tentative return for April 12. The closing of the theaters hit many hard as Broadway is often seen as a light in dark times.

Musicians all around the world turned to online performances as well. Performers **live streamed concerts** to

uplift spirits. At schools across the country, the disruption of Fine Arts led to difficulties for student-musicians.

"It's unfortunate because we don't have enough practice as a whole and our progress is definitely going to be stunted," Alyssa Vasserman '22 said.

While **band, orchestra and chorus** students could no longer practice and perform together, the Fine Arts department stayed connected through **Zoom rehearsals** and recordings.

FOR THE LOVE OF THE GAME

CORONAVIRUS PLACES INDEFINITE SUSPENSION ON ATHLETICS

words by Chelsea Thompson

The world of athletics confronted many changes to events scheduled to take place this year. The **2020 Tokyo Olympics** faced a postponement during peacetime since the creation of the modern Olympics. The competition is now set for **July 2021**.

Spring sports nationwide experienced a cancellation of their seasons. The **NCAA** suspended all spring collegiate athletic activities, including championships, in order to protect the health of athletes, as well as mitigate the

potential impact of the virus. High school students globally also had their seasons terminated. For many **senior athletes**, sports they had spent their lives playing were canceled right before their final season.

"The impact of the coronavirus has been huge on our track season," Maya Beleznyay '20 said. "While our team is highly motivated, and we do workouts on our own, it has been very difficult to deal with this **setback**."

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AROUND THE WORLD



& in THE [WHITE HOUSE]

words by Maria Abello & Phoebe Ducote

PANDEMIC CHANGED THE COURSE OF THE POLITICAL SPHERE

Primary elections in at least 15 states originally scheduled for Spring and Summer 2020 were postponed to satisfy the CDC's social distancing recommendations. Florida did not postpone their primary, but faced issues with some citizens being unable to visit the polls and poll workers not showing up because of virus concerns. Additionally, growing concern over the virus'

rapid spread placed legislators and politicians in unprecedented positions with difficult choices to be made on short notice, such as the enactment of stay-at-home orders. President Donald Trump created a task force to try and stop the disease from further affecting American citizens, appointing Vice President Mike Pence to lead the efforts, and members of Congress have worked to create laws to give aid to those affected.

IN THE WORDS OF Mrs. Trish Everett

"This current pandemic is definitely causing a lot of uncertainty and particularly in American politics. Since it is an election year, it means that all major campaigns are going to have to throw out tried-and-true strategies that they are familiar with. If much of campaigning is holding rallies/fundraisers, how does one campaign successfully while social distancing?"

15 STATES

HAVE POSTPONED THEIR PRIMARY ELECTIONS AS A RESULT OF THE PANDEMIC

Reported as of April 3, 2020

THE RESPONSES TO A

GLOBAL PANDEMIC

HEALTH over WEALTH?

As a result of the coronavirus pandemic, the economic health of the United States, along with most global markets, took major losses, including a rapid plunge in the stock market and an expected recession, leading to a bipartisan fiscal stimulus package.

The prices of major indexes, notable collections of stocks, dipped significantly with the S&P 500 down 18.5% as compared to the rest of 2020 and NASDAQ down 12.7%

as compared to the rest of 2020 on March 31. These losses can be explained by the loss of earnings caused by the shutdown and social distancing, which lead markets to adjust the valuations of most companies, paired with rapid selling, as investors panicked to sell their stocks in case of bankruptcy, and bursts of buying as investors looked for the lowest prices. Stock market crashes are particularly harmful to the economy as a whole since many

people look to the financial markets as a source of income, so the stock market's decline meant people who would otherwise spend their money and stimulate the economy, cannot.

Additionally, the economy faced the risk of a recession, caused by the decrease in spending from social distancing, the stock market crash as well as the interruption of supply chains from China. The government took action to help prevent or lessen the effect of the coming recession

CORONAVIRUS TAKES A TOLL ON THE ECONOMY

through both monetary and fiscal policies. The bipartisan solutions included a decrease in the federal funds rate set by the Federal Reserve, which stimulated spending, and a bipartisan economic stimulus bill signed on March 27, which consisted of direct payments to citizens, aid to affected businesses and help for local and state governments.

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BUT [on the] BRIGHTSIDE

COVID-19 BRINGS UNEXPECTED BENEFITS TO THE ENVIRONMENT



Due to restricted air travel, with an average of 67 million fewer passengers in the first months of 2020 compared to other years, there has been a significant decrease in carbon emissions into the atmosphere.



In the past couple of years, high demand for water-travel in the canals in Venice, Italy has resulted in increasing levels of pollution, however after the country imposed mandatory lockdown for its citizens, the water turned noticeably clearer.



Countries such as China with historically high levels of air pollution have reached their lowest point in years, experiencing a 25% decrease of emissions over a two week period. The improving air quality has been proven to be beneficial, estimated to save around 75,000 lives of both children and the elderly.

IN THE WORDS OF Mr. Andrew Kashdan

"Clearly we are already in recession, and the downturn will be quite severe, it just hasn't appeared in most of the economic data yet. This stoppage in economic activity is unprecedented in modern history; the bright side is that there could be a rapid recovery,"

GLOSSARY

STOCKS

a share of a particular company held by an individual or a group

INDEXES

a subset of the stock market that helps investors compare current prices with earlier prices

RECESSION

a business cycle contraction where there is a decline in economic activity, usually paired with unemployment, deflation or inflation