The last month of social-distancing and self-quarantining have been extremely difficult. No one would have ever expected something like the COVID-19 pandemic to occur in our lives and in our world, but it has, and as a result, we need to stay positive and remain hopeful that soon we will see a decline and eventual end to these trying times. Many in our school community may be lonely, anxious, frustrated, upset, etc. due to the circumstances, so we feel it is our job as HUM III journalists to provide support for all of you. In this special edition of the ELITE NEWS, you will find a variety of helpful tips and suggestions around how to stay active, engaged, connected, and calm as the world continues to fight this pandemic. We are here to support you and let you know you are not alone in this! We ask that if you have suggestions to improve our newspaper; want to submit an article, comic, creative writing piece, etc.; or have ideas for other journalism outlets, please reach out to us. Talk to Ms. Baurle for more details. ENJOY!

Want to stay in shape during quarantine? There are plenty of exercises to do at home in order to maintain a healthy figure. Although gyms are closed due to COVID-19, we still need to maintain a healthy diet.

Gyms are closed and people are questioning what they can do to stay in shape while at home. Physical activity can relieve stress and be valuable during this difficult time. For instance, in (www.euro.who.int) it states “Physical activity and relaxation techniques can be valuable tools to help you remain calm and continue to protect your health during this time.” People are panicking and getting scared because of the Coronavirus pandemic outbreak. It’s important to stay physically active and remain calm while things are being taken care of.

Additionally, according to (www.euro.who.int): “Staying at home for prolonged periods of time can pose a significant challenge for remaining physically active. Sedentary behaviour and low levels of physical activity can have negative effects on the health, well-being and quality of life of individuals.” Despite the challenges we may encounter during this time we need to focus on the bigger picture, which is our health.

**Things you can do to stay in shape during quarantine:**
- Crunches
- Push-ups (all variations: wide-set, diamond, staggered, etc….)
- Planks
- Squats
- Lunges
- Wall sits
- Burpees
- Jumping Jacks
- Eat more fruits and Vegetables (Cut out fast food/ Junk food)
- Drink a lot of water

As you can see there are various things to do to stay in shape during quarantine that do not require going to the gym. The goal is to stay healthy, so take time out to achieve it.

*Recommended workout to follow: Roberta’s Gym on YouTube*
If you’re bored in quarantine and looking for something to watch, try watching these. If you have:

**Netflix:** Self Made, All American, Ozark, Elite, I Am Not Okay With This, Black Lightning, Tiger King, Gentefied, Spenser Confidential, You, On My Block, 100 Humans, Coffee & Kareem, Money Heist, Greenhouse Academy

**Hulu:** Little Fires Everywhere, Motherland: Fort Salem, Zoey’s Extraordinary Playlist, Good Girls, Siren, Superstore, The Good Doctor, Killing Eve, The Good Place, Marvel Runaways, Brooklyn 99, Grown-ish, For Life

**BET:** Twenties, Sistas, Boomerang, The Oval

**CW:** Supergirl, The Flash, Batwoman, Legacies, Nancy Drew, Supernatural, Pandora, The 100, Arrow, Dynasty, Legends of tomorrow, Katy Keene, Roswell, Riverdale

**Disney+:** Onward, Doctor Doolittle, Frozen 2, Star girl, The Mandalorian, Basically anything Disney related

Also, if you want to watch online with friends try these:
- Watch party on Facebook
- Netflix party
- Matastream for your computer.

So when you’re ready to sit back and relax and watch something think about these fun suggestions.

**Boredom Cure is Webtoon**

Since the coronavirus quarantine, we all have been bored out of our minds. Shows are not as entertaining anymore, and family time has now gotten to the point where we don’t want to see them. At this point we’re going to turn crazy if there isn’t a solution. Well I have the cure to that: Webtoon.

Webtoon is an app that was created in 2004 which connects readers from all over the world. According to the app creators, Webtoons created “a whole new way to create stories and opened it up to anyone with a story to tell. We’re home to thousands of creator-owned content with amazing, diverse visions from all over the world. Get in on the latest original romance, comedy, action, fantasy, horror, and more from big names and big names to be - made just for WEBTOON.”

Why should you use Webtoon? If you ever heard of Wattpad, then Webtoon shouldn’t be that complicated to use. Webtoon are books that have pretty graphics allowing you to see the adventure you’re going to attend. It has many different genres from all over the world giving you a diverse selection of books. It allows you to connect to many people all over the world through the comment section, and it allows your inner bookworm out, giving you the twist you didn’t know you needed. Who knew I needed a twist on Persephone and Hades’ relationship on Lure Olympus, or a twist on Aladdin on The Wrath & the Dawn. Why sit there and be bored when you can read some good books such as:

- The Four of Them
- Big Jo
- Urban Animal
- Assassin Roommates
- Boo it’s Sex
- Not Even Bones
- True Beauty
- City of Blank
- Girls of the Wilds
- Ecstasy Hearts

Let us know what your favorite book is!
Contact Ms. Baurle: cbaurle17@charter.newvisions.org
How many times did you sit on your bed in the morning before school and wish you just didn't have to go? Or maybe wanted to be homeschooled? Well your wishes are coming true. In the midst of the Coronavirus outbreak, schools have been temporarily shut down. Many schools have now switched to remote learning to help continue education. At Hum III, students and staff are getting adjusted to their new schedules on Zoom, learning and teaching through a computer screen.

**The Remote Learning Experience**  
By Sierra Brewster

How do you feel about the new remote learning?
- “I feel like remote learning in Zoom can be overwhelming at times because of the amount of work we get and the little time we have to complete them.” -Shadae, senior
- “It’s really dense and takes up a lot of time.” -Fatu, senior
- “I think it’s a good idea to pass the time.” -Keshawn, senior
- “It’s a safer alternative to being in school.” -Odania, senior
- “I feel that it is a good tool and we will be able to make it work, but being a teacher is so much about working with students in person that it is difficult to not be able to be in the same room together.” -Mr. Lapierre
- “I think it’s a nice alternative to students doing nothing at all.” -Ms. Harper

Do you think it was necessary to switch to remote learning?
- “It was necessary because it’s what’s best for our health at the moment.” -Shadae
- “Yes, for the credits to allow us to graduate.” -Fatu
- “I think it was necessary to switch to remote learning so that we can have a safer alternative than exposing ourselves to covid-19.” -Keshawn
- “Yes, we need to ensure the safety of our peers.” -Odania
- “Absolutely. Things in NYC have escalated dramatically and have only proven just how vital it is to make sure we quarantine ourselves and stay safe.” -Mr. Lapierre
- “Yes I do, I just don’t know if it’s being taken seriously by all students.” -Ms. Harper

Do you feel teaching/learning is easier or more difficult through Zoom?
- “It’s in between because I understand what the teachers are teaching, but it’s a little hard because we only get 30 minutes per class so we never get to cover everything.” -Shadae
- “Difficult because you lose interest and the motivation you have to finish off the year.” -Fatu
- “I think it’s just more difficult getting used to the new learning environment.” -Keshawn
- “Difficult because we can’t really get the clarification we might need.” -Odania
- “It’s rather easy from a teacher perspective (it’s certainly easier to not have to make thousands of copies!) but at the end of the day it is definitely harder to learn remotely. Teaching content isn’t so bad, but trying to impart new skills is difficult when we’re apart.” -Mr. Lapierre *(NOTE:He also adds “I miss you all more than I ever thought I would!”)*
- “The teaching/learning is more difficult because it’s missing the human factor and the length of the classes doesn’t really afford much time to cover a lot of material.” -Ms. Harper

In conclusion, we are all handling these changes differently, as staff and students. Some feel it’s not that bad, others might think it’s hard, however it was a good idea to switch so we are all staying safe and educated. It’s a generally hard time for everyone and hopefully we all keep pushing.
Hey! Are you bored at home with nothing to do while under quarantine? I think this a perfect time to work on getting and keeping healthy hair. Take a look. Hair care is a very important and hygienic routine for both men and women. Nobody wants to go out with frizzy, dry and unhealthy hair. Just washing your hair doesn't necessarily mean you are sure you've done it right; hair care also involves proper grooming and making sure you are using the right hair care products. I am going to give you guys insider tips on how to promote healthy hair.

**Hair Tips**

1. **Balanced Diet**
   To have good hair and a healthy scalp it is very important to have a healthy diet. The food that you consume should be balanced, meaning that it should have all the vital nutrients that are important for the health of your scalp.
   Here are some foods you should eat:
   - Eggs.
   - Berries
   - Spinach
   - Fatty Fish
   - Sweet Potatoes
   - Avocados
   - Nuts
   - Seeds

2. **Massage your scalp**
   Massaging helps to improve the blood circulation in the scalp. A massage with coconut oil gradually increases the chances of good, long and strong hair. Massage your hair for 5 minutes every time you wash it.

3. **Condition your hair regularly**
   It is important that you should condition your hair from time to time. Same as a mild shampoo, use a mild conditioner. Applying an appropriate amount of conditioner will keep your hair shiny and smooth.

4. **Avoid using hair color**
   Hair colors are ammonia-based, which is a bleaching agent that can harm your scalp and cause hair damage. Hair colors will take away the moisture of your hair leaving them dry. Instead of chemical-based hair colors, try natural hair colors that are not harsh on your hair and scalp.

Overall beautiful and shiny hair always leaves a good impression, which is why proper hair care is important. Also, good care of your hair plays an important part in having healthy hair and helps avoid extensive damage that can lead to hair loss.
Becoming the Best Pastry Chef  
By Fatumata Kamara

Why sit around and do nothing, when you can let out your inner creativity and make some of the best desserts that would give you chef credibility. This past few weeks I’ve been testing different dessert recipes from Tasty to see if baking is easier than cooking. I am telling you baking is way easier, you will feel like you are Gordon Ramsey. My personal favorite is the red velvet cookies. What are yours?

If you're like me and have never had S’more and Brownie together in your life then you need to try this recipe from Tasty.com:

**Ingredients**
- 1 box brownie mix, batter prepared according to package instructions
- 30 marshmallows
- 1 bar chocolate
- 1 box graham crackers

**Directions:**
1) Line a 9-inch (22 cm) cast-iron skillet with foil.

2) Pour the brownie batter into the prepared skillet. Cover the skillet with a lid and place it over 8-10 hot coals. Place 4 coals on top of the lid. Tip: Use a foil roasting pan to keep the coals in a secure spot. Cook for 20 minutes, or until brownies are cooked through.

3) Remove the skillet from the coals and take off the lid. Arrange the marshmallows on top of the brownie. Break the chocolate bar into small pieces and scatter over the marshmallows.

4) Cover the skillet again and return to the coals, placing a few on top of the lid. Cook until marshmallows are golden brown, puffed, and bubbly, 2-5 minutes.

5) Roughly crush up 2 of the graham crackers and sprinkle on top of the brownies.

6) Serve the brownie skillet with the remaining graham crackers for dipping or scooping.

Enjoy!

Want to get more advanced? Try to make a cookies and cream cheesecake from Tasty.com:

**Ingredients**
- 36 chocolate sandwich cookies
- 5 tablespoons butter, melted
- 3 cups cream cheese
- ½ cup sugar
- 1 tablespoon vanilla extract
- 1 cup milk, warm
- 1 tablespoon gelatin

**Directions:**
1) Separate the cream from the cookies into 2 different bowls.

2) Place the cookies into a plastic bag and crush them into fine crumbs with a rolling pin. Set aside ½ cup (50g) of the crumbs for later.

3) Pour the cookie crumbs into a bowl and combine with the melted butter, mixing until the texture is like slightly wet sand.

4) Press the cookie crumbs in an even layer into the bottom of a 9-inch (23 cm) springform pan. Set aside.

5) In a medium pot over low heat, mix together the cream cheese, sugar, the cream from the cookies, and vanilla extract, stirring until there are no lumps.

6) In a measuring cup, mix the milk with the gelatin until dissolved.

7) Pour the milk into the cream cheese mixture, stirring constantly until the mixture starts to bubble slightly. Remove from heat.

8) Pour the mixture over the cookie crust in the springform pan. Using a spatula or a spoon, smooth the top.

9) Sift the saved cookie crumbs on top of the cheesecake in an even layer, then refrigerate for at least 4 hours.

10) Unclasp the ring of the springform pan, slice, then serve! Enjoy!

Please share your creation on Instagram by tagging the HUM III Instagram page.
Okay I’m bored in the house and I’m in the house bored, bored in the house and I’m in the house bored…

Recently, the state of New York and many other places have been placed in quarantine due to the spread of the novel COVID-19. Along with quarantine, social distancing has been put into effect.

So, what exactly have people been doing during this time of quarantine? Well, we asked quite a few people what exactly it is they do when they get bored and the results were pretty unique:

- "I get sick of watching TV."
- "Starting to do laundry."
- "Feeling the urge to sleep."
- "Finally leaving the room."
And last but not least…. "actually putting the electronics away."

We also asked what exactly it is they do when they try to stay entertained, and yet again, there was a majority rule of people. Most people stated that they:

- Start watching Netflix shows they’ve just started or are completing
- Reading
- Virtual parties with friends
- Spending time with family.

Well, I can’t say I’m quite surprised. As this quarantine dives into Week 4, it seems obvious that the things we may have once loved doing after school everyday become quite annoying once they’re done on a daily basis, on end. Repetitively being on your phone may seem enticing after a full day of school, but when you’re able to spend most of your day lounging around on the phone, wouldn’t you get a bit tired of it as well?

While it may be tempting to just resort to electronics or binge eating and/or sleeping, there are ways we can keep our souls, bodies, and minds healthy during this time, and maybe fight away the boredom. If you’re into maintaining your hair to keep it healthy, check out Neffy’s article! For more tips on what to do while stuck in the house, Maleisha has some really good suggestions! Last but definitely not least, check out the health articles on how to remain your best self during this time!

My experience on this quarantine is that we have to do school online which is not helping me out at all. I don’t learn anything on this online work because I barely understand some of the work. I’d rather be in school so I could get a better understanding, but I do try my best to finish all the work.

I feel closed in because we can’t go outside. It’s way too boring in the house. I just want everything to be done so everybody can go back to school and not stay in the house. We have a curfew and all. This is very stressful because I can’t be outside or going outside to chill because it’s not good to be outside during this virus. People are getting sick left and right, even little kids. I feel so bad for them all. Also, this is causing people to die. People can’t even live their life because of this virus. It messed up my birthday and all. Can’t even go to a restaurant to chill and eat, now you just have to take out food and eat at your home. All people have to make sure they eat right to stay healthy. We can’t even go to the supermarket all at once. They only let a certain amount of people in at a time. Our senior events are getting postponed. All I do when I’m home is chill, watch tv, take showers, relax, dance, and talk.

Lastly I just hope this is done soon and I want to graduate on time. It’s very stressful. Everyone please be safe and keep washing your hands for at least 20 seconds, and make sure you wear a mask when you go outside or when you’re sick.
A “home body” is someone who prefers to be inside rather than out, someone who only goes outside when absolutely necessary. These individuals are having the time of their life during this epidemic, and it's mostly because they know how to keep themselves busy, I mean I certainly do. So what do home bodies actually do?:

**Drawing:**
Is not that hard, I’ve always known how to draw but I wanted to advance my skills, so I went to YouTube. They have tutorials on how to draw anything: cars, bodies, faces, etc. You obviously don't get it the first time, but with all this time you have on your hands you can practice and grow.

**Creativity:**
I learned this at a workshop at my job. Split into two groups, each group would have an unlimited amount of white blank paper. Each group will have the same amount of time (Of your choosing) to create the tallest building with just the paper, no tape, no glue just the paper. The tower has to be able to stand on its own. The tower will fall while you are trying to create it, but that's the fun of the game. It's like a fragile game of jenga. You can get your mother and father involved or even make it a sibling rivalry. Or even facetime friends and make it a competition.

**Music:**
When I’m home I take the time to listen to all the music of my favorite artist. If you actually listen to the lyrics there are some inspirational quotes that can help you in your everyday life. “I think you can make it, in fact, I’m sure. And if you fall, stand tall and come back for more” - Tupac. Or “I owe myself an apology for all the bs I let slide in my past. It won’t happen again.” NBA Youngboy. “You shine I Shine We All Shine” YNW Melly. “Pretty Hurts we shine the light on whatever's worse perfection is a disease of a nation.” You can even get creative and put it on a poster to bring inspiration to your room.

These might be some corny things to do, but it helps keep your mind off of being closed off from humanity. Imagine you’re in front of a screen all day only for you to go back to another screen when you're done, like your phone or the T.V instead of being proactive. These are the few things I do, let us know what some of you do to entertain yourself. Stay Safe, Stay Clean, Stay Healthy.

**Have another suggestion for what to do during social distancing and self-quarantining?**

Share it with a member of the Journalism class or Ms. Baurle and we will let the rest of the school know in our next news publication.
The Benefits of Drinking Tea

By Wood Junie Jean Pierre

TEA! TEA! TEA! Serving hot TEA. The type of tea that clears your mind of all the things you heard. There's many flavors that will get you addicted. Ginger, mint, chai, green, herbal, caramel nougat, and endless possibilities. The names alone get the interest of many just to try. Many think that tea drinkers just drink tea just to drink. Some might, but there are many benefits that come along with drinking tea. Drinking tea is like a cleanse to the body, it improves the blood flow, and slows the risk of heart disease. Ever needed ideas on how to lose weight? DRINK TEA! You love to smile, but have yellow teeth... DRINK TEA. Want a better metabolism? DRINK TEA. Tea plants originated in the southwest regions of China and northern India. It is said that a Chinese legend, known as Emperor Shen Nung, accidentally discovered tea while boiling water in his garden.

Fun Facts About Tea

- Tea was once considered Dangerous (John Wesley, one of the founders of Methodism, argued that tea caused nervous disorders, and advocated for complete tea abstinence.
- Americans rather prefer their tea cold than hot (85 percent of tea sold in the U.S are ice tea)
- Tea is associated with good health (even though it is not scientifically proven, drinking several cups of tea per day has been associated with lower risks of liver disease, depression, stroke, and Type 2 diabetes.)

Preparing tea is actually very easy. Get hot water and dip your tea bag in. Some like to drink their tea with no flavor for the intense remedy it gives off, but others add ingredients like sugar, lemon, ginger, honey and many more. It all depends on your preference. Drinking tea keeps your inside hot and holds you in for when you are ready for a meal.

Stop! Take a breath, and clear your mind

By Jason Lubrun

Globally, COVID-19 has been taking over the world and our minds causing fear and confusion. Our daily lives may have taken a change for the better or the worse. As a student living within a city contaminated with COVID-19, my life has been isolated to my room. Many other students are experiencing the same, attempting a self-quarantine. However, as you may realize, isolation for an extended amount of time can really affect your mental state in negative ways. In order to counteract this I have listed ways to clear your mind and overall improve your mental health:

1. Meditate
Meditation is a great way to calm your nerves and increase focus. There are multiple ways to meditate but the common way is to criss-cross your legs, sit up with a straight back, eyes closed, arms together, and head held up. While meditating your breathing has to be perfect! Breathe in slowly until you feel your lungs are filled, then breathe out slowly until all the air you inhaled escapes and repeat this process. You may find yourself in a zen state; You’ll forget all your problems and achieve a clear mind.

2. Distract yourself with activities you enjoy
We all have things we love to do. Whether it be working out, writing, or playing video games, we at least do something we love to do. Distracting yourself with those activities can help you temporarily forget negative thoughts that cloud your mind. However, too much of these can lead to procrastination and potentially mess up your schedule. If you were to use this method I suggest giving yourself a time limit (E.g. 30 minutes).

3. Break whatever your doing down to smaller/easier steps
Have an essay due tomorrow? Do you have to do your chores before your parents come home? First, stop and take a breath and do the easiest tasks. That way when time comes to do bigger tasks you will still have the energy.

Look I get it. We all thought online school would be fun and we would have more freedom. However we feel more trapped than ever and bored. For some, stress is a problem and the steps I listed above will help you if that’s the case.