

## Dear Mt. Lebanon

Isabella Friedrich & Angie Short  
editors-in-chief

Dear Mt. Lebanon,  
During this time of national uncertainty, it is easy to lose sight of hope. The news is riddled with Covid updates, the apparent arrival of "murder hornets" and the endless string of incoming poor weather. Whether you're using your newfound free time to pick up a new instrument or binge Netflix, the days might blend together at this point. But we're glad to inform you that you're not alone. Underneath this seemingly dismal pandemic is a whole lot of love and a whole lot of community. Just drive around the streets of Mt. Lebanon and you'll see homes

decorated for students missing out on their last couple weeks of school and families walking side by side on barren roads. In this unprecedented time, it is only our community that can assure any sort of certainty. Even when neighbors pass one another on the street, it is not a frown, but a smile hidden behind their masks. Without human contact, we might begin to lose sight of community. We don't want that to happen and we're trying our best to make sure it doesn't. We hope you and your families continue to stay safe and healthy.

Signed,  
The DA

## Register to Vote!

Jonah Silverman  
centerspead editor

Mt. Lebanon High School Class of 2020 register to vote today! We know you are missing many rites of passage this spring, but know your future holds many more, like voting! Register to vote today and make sure the Class of 2020 is heard on Election Day! Don't miss out on shaping the future. Along with registering, voters can also request a mail in ballot.=



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## Students stay at home and stay busy

Lauren Masteller  
Flora Ionatta  
& Isabella Primm  
trending editors

The coronavirus pandemic has forced Mt. Lebanon and the rest of the country to remain indoors for an indefinite amount of time, but quarantine has not stopped people from finding creative ways to keep themselves active and entertained. Instead of bingeing a new show on Netflix every two days, Mt. Lebanon students have begun to branch away from the world of technology. Now that they have much more free time, students can focus on things that they are not able to do during a regular school year: fitness, baking, art and yard work. Junior Meredith Reese has found herself baking a variety of recipes she never thought she could make. "Before school started again, I just had so much time on my hands and was really bored," Reese said. "All of these baking videos kept coming up in my social media feeds. Everything looked so good, so I decided I would try to make something." While she has baked before, this was different because she wanted to make whatever it was from scratch. No more boxed mixes, Reese wanted to challenge herself.

"The first thing I made was overnight cinnamon rolls," Reese said. "It was actually so much easier than I thought it would be. I think the hardest part was making sure the yeast rises and rolling out the dough." She has made several other recipes, including homemade apple pie, chocolate cake and chocolate chip muffins. However, baking isn't the only activity she has taken part in. Reese has also been doing daily workouts by watching videos from different YouTube channels or apps. "I swim pretty much year round, so to not be in the pool everyday working out feels weird," Reese said. "Obviously I need to make sure I'm still in swimming shape, but I also feel it's important to be working out with all the baking I've been doing. I make all these things and if my family and I don't eat them, they'll just sit there and get thrown away." Although Reese does enjoy her downtime baking, she also loves working out to balance out her time. Some students, like Senior Cami Herman, have found themselves spending time outside of their home during quarantine. "Every time I get sick of my parents I drive to Columbus," Herman said. "I stay with my sister so that's fun." While staying at home, Herman has found ways to

keep busy and be productive. Finding a mix between having fun and flourishing can be a challenge, but home or room improvement can be a great pastime. It's important to stay creative and finding new hobbies can be the perfect cure for boredom. "I've discovered I like painting so I'm starting to paint every room in my house," Herman said. If you can't find anything effective to do, Netflix always seems to pass the time. There's some new shows getting hype on social media that can pass hours of the day. If you're looking for a distraction from homework, or just something new to see, Netflix is a must. "I hate to say it, but I did watch 'Too Hot to Handle' and I only recommend it if it's 4 am and you literally have nothing else to do," Herman said. Some people are taking this opportunity to sleep all the time, while for others sleeping at night has become an option. It feels like there's more people awake at 2AM than at 2PM. With so few responsibilities, now is the perfect time to become nocturnal. "My new talent I discovered is not needing sleep at night anymore," Herman said. "I've completely switched my sleep schedule." Senior Cami Herman has found plenty of ways to occupy herself during



James Payton Girod and Laura Girod hangout by the fish pond their family built during quarantine.

quarantine. Another Senior, Shirah Wasik, has decided to pick up a few new hobbies during the pandemic. "I've always hated reading," Wasik said. "But I ordered a new book and I love it so I read it everyday now." While trying new activities, you may stumble upon hidden talents. Some common examples people have been attempting include: baking, drawing, painting and exercising. "My new talent I discovered is that I can bake," Wasik said. "I make cookies all the time now and they're actually not bad."

Freshman Laura Girod has found something she would not exactly consider a hobby, but was still very rewarding in the end, and something that passed time: Creating a fish pond. Girod, along with the rest of her family, decided to make an addition to their backyard since they have so much free time due to the stay at home order. "We had an area in our yard that seemed like a nice area for a pond," Girod said. "My entire family helped build it. It would have been a lot of work for one person and we got to

collaborate which was fun." With all that is happening in the world right now, the new addition of a pond created a sense of calmness. "My family wanted the pond because it looks cool and relaxing," she said. "We put fish, plants and water in it. We also built a sort of waterfall." Whether picking up new hobbies or discovering a passion, high school students are getting creative and staying active.

## Senior athletes give a last farewell

Josh Feldstein, Peter Swindel &  
Aidan Witte  
sports editors

Schools, restaurants and everything in between have been shut down by a virus, yet, here we are. Not only has the virus put America's businesses at a stand still, but also the sports world with the virus canceling or postponing all sports leagues, including our sports here at Mt. Lebanon. Seniors across the country were all prepared to try and put their names in the record books one last time or to simply get the chance to hit the field one last time with the teammates they love. The class of 2020's spring sports teams will not go down as the forgotten teams, but as the squads who never got to show the world what it takes to win a championship. Mt. Lebanon's lacrosse, baseball, softball, tennis and track teams were among those whose seasons were totally wiped out by the COVID-19 pandemic, but this shouldn't be about the negativity of having a season erased, but the positivity surrounding how hard the seniors worked in their past three years here at Lebo. The consensus among all the student athletes was that their best was in front of them, despite the disappointment of the canceled season and school year. We asked seniors from a selection of sports -- boys and girls' track and lacrosse in addition to baseball -- for thoughts on the situation, and their attitude moving forward, and the responses were different, but all came together to express one perspective: that this is of course disappointing, but it could be worse. We asked them a set of four questions, which can be seen below.

**"If COVID-19 had not canceled the season, what do you think the season would have been like?"**

**Patrick Anderson** (Boys Track and Field): If we had had a normal spring sea-

son, I think the track team could have done very well. I was looking forward to competing with some of my best friends for one last season, and I was looking forward to defending a WPIAL title, competing at states, and competing at nationals. I was excited to run under Coach A for one last season, but I'm grateful for everything he has done for the team and I over the years.

**Maddie Callender** (Girls Track): "I truly think most of us would have reached our potential or even exceed that. Being a part of the team for three years, I've watched some incredible upperclassmen PR and been a part of relays that have won WPIALS and it was absolutely amazing. Having gotten injured last year, I saw this season as my comeback and finally give some statistics to my name, but unfortunately that couldn't happen and I'll never be given that opportunity again. I'm just wishing the athletes younger than me take this canceled season as a lesson to never take a hard hill workout or a day in the weight room for granted. To all the seniors going on to continue running at colleges, I wish the best and expect them to do fantastic things."

**Blake Nelson** (Boys Lacrosse): "We would have won WPIALS and had a real shot at states."

**Fearn Wilson-Manion** (Girls Lacrosse): "I was really excited for this season, our team looked really good and we had been working super hard for a chance to go to WPIALS. We had a lot of amazing new coaches and players and I really wish we got the opportunity to play together on game day."

**Cam Knox** (Baseball): "I think we were geared up to have a lot of success. This is the most ready we've been as a team in my three years of playing varsity baseball. We could have won some championships without a doubt."

**"Do you have any regrets from your athletic career?"**

**Patrick Anderson** (Boys Track and

Field): I wouldn't say I have any regrets. Obviously there's races that I lost and I wish I could have pushed harder and won those races, but ultimately it's all a learning experience. I think everything I've experienced over the past four years has taught me a lot about myself and has prepared me well for the future. I wouldn't trade the past few years with Coach A and my teammates for anything.

**Maddie Callender** (Girls Track): "I think my number one regret was not trying another event. I really enjoyed sprinting, but I wished I would've stepped out of my comfort zone and tried throwing."

**Blake Nelson** (Boys Lacrosse): "Yes, I regret not spending as much time with my teammates as I could. You never know when those times are going to be over and I advise anyone who plays sports to really cherish them."

**Fearn Wilson-Manion** (Girls Lacrosse): "I don't really [have any regrets], I had an amazing time at Lebo and with the lacrosse team. I got to be a part of a lot of amazing opportunities and wouldn't trade my time with MTLG lacrosse for anything. I guess I wish I would have worked harder, but working harder is always the goal."

**Cam Knox** (Baseball): "Obviously, I was hoping we'd be able to bring home some championship titles. I also never really had a breakout season, so I was really hoping I could make that happen this year. However, I enjoyed every moment of my high school career and made friendships and memories that will last a lifetime."

**"What is your plan moving forward into college and adult life?"**

**Maddie Callender** (Girls Track): "I'll be attending The Ohio State University as an undecided major, but I'm interested in journalism. I want to be a creative writer or journalist at some point in the future."

**Blake Nelson** (Boys Lacrosse): "To have another great 4 years playing lacrosse, and to build a new family at Marietta, but not forgetting about what unfinished business I have left behind in high school."

**Fearn Wilson-Manion** (Girls Lacrosse): "I'm going to Pitt to study and become a physical therapist. I really want to play club lacrosse in college if I can, and the dream is to eventually be a physical therapist and work with young athletes."

**Cam Knox** (Baseball): "I'm very grateful to be able to continue my academic and baseball career at Fordham University next year. My dream job is to play baseball professionally. If that doesn't happen, I have many other creative interests I would love to potentially turn into a career."

**"What is your favorite memory from your sport?"**

**Maddie Callender** (Girls Track): "My favorite memory was definitely the bus rides and the excitement that you feel when you're on your way to a meet with all your friends. Also, sometimes Coach Carl got us donuts on Saturday practices so that was always a plus."

**Blake Nelson** (Boys Lacrosse): "Meeting some of my best friends for life." Fearn Wilson-Manion (Girls Lacrosse): "I think either the team sleepovers we used to have or playing lacrosse baseball at the end of the season."

**Cam Knox** (Baseball): "There are countless memories that I cherish from my high school baseball career. One that always sticks out is beating Canon Mac in our section opener my sophomore year. The celebration in the dugout afterwards was absolutely electric."





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The DA

# Who do we trust?

Alexandra Renton  
& Hannah Campbell  
opinion editors

It seems the easiest and most reliable source for information regarding COVID-19 is the Coronavirus Task Force, stacked deep with knowledgeable and trustworthy people that are determined to put this pandemic to rest. According to the US Department of State, the coronavirus Task Force “coordinates and oversees the Administration’s efforts to monitor, prevent, contain, and mitigate the spread of the virus.” The task force, established on January 29, 2020, is spearheaded by Chairman Vice President Mike Pence and Head Response Coordinator Deborah Birx, United States Global AIDS Coordinator. Vice President Pence and Dr. Birx are typically joined by another member of the task force, Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Disease when doing press conferences for the White House. These three are the main faces and voices of the coronavirus Task Force.

When President Trump first appointed Vice President Pence to head the task force, a lot of concerns were presented. “It makes sense to have somebody like Pence involved, but it does present risks for any vice president with this kind of problem,” said Joel Goldstein, a vice presidential scholar. The reasoning behind these concerns of the Vice President taking on such a serious and widespread problem is that if he fails to properly execute his duties, it will negatively reflect on the administration, but if he executes his duties well and advances the treatment of the virus and the economic destruction on the country, he will be applauded. “If Pence were to run for president in 2024, this time will loom large. It’s also a chance for him to show he can manage in a crisis.”

With doctors as two of the lead voices on

the task force, it only makes sense to deem them the most trustworthy sources during this time. With Dr. Fauci as the head director of all infectious disease institutes in the United States and Dr. Birx as the head coordinator of global cases with AIDS, both are the most clinically experienced, making them vital forces in treating this global pandemic.

With the vice presidential leadership of Pence along with the clinical experiences of the doctors on the task force, Americans can be hopeful that the end is near. But, here’s the moral of the story: trust the doctors.

While the President has taken certain actions regarding the virus, it is ultimately up to each state’s governor to determine when the state should be reopened and when the process can begin to return to normal.

According to a plan outlined by Governor Tom Wolf during a live-stream, Pennsylvania will reopen its economy using a “regional, sector-based approach” and will follow a guide outlined by public officials. However, it might be a while before we can start returning to normal.

“We can’t be impulsive,” Wolf said. “We can’t be emotional. We must follow the science.”

Wolf continues to make his decisions based on factual evidence, despite many protesters who argue that we should reopen schools and businesses. According to USA Today, about two thousand protesters gathered in Harrisburg to rally against the stay at home order. Their main concerns were the economic fall that the coronavirus has caused and millions of unemployed people.

If we are ever going to return to normal, we must stop with these protests. Not only can these people spread the virus, even though they may not show signs of symptoms at the time, but it is also sending a message about how we treat our government. We must be a united front if we are going to overcome this crisis.

On May 1, Gov. Wolf announced that 24 counties will have some restrictions moved from the red to the yellow reopening phase. USA Today also explains that the yellow phase consists of allowing in-person retail and opening child care facilities. However, restaurants are still limited to carryout and delivery only and gatherings of more than 25 are prohibited.

We must have faith in Gov. Wolf and all of the states’ governors. We must have faith in the fact that he is protecting the people of Pennsylvania the best he can. It’s better to be safe than sorry.

# Entertainment world adapts to quarantine

Isabelle Stoechr. Ava Patak  
& Francesca Ricci  
a&e editors

With the spread of the coronavirus, the music world has been upended. Artists are having to postpone their tours and festivals like Coachella are being held off. However, artists are still finding ways to bring music into people’s homes.

There were many online concerts in late April. Artists like Sam Smith, Luke Bryan and Charlie Puth went live to sing for their fans. There have been radio podcasts with artists calling in and performing a song or two.

The World Health Organization joined forces with Global Citizen and presented the One World: Together at Home Global Special music event. They had over 30 artists and celebrities who sent in messages of hope. They used their platform to encourage social distancing and entertain families.

Disney Channel collaborated with artists to form the Disney Family Sing-along. Celebrities sang covers of their favorite Disney songs and the event featured a reunion of the High School Musical cast along with many other Disney stars. 230 Festival, a music festival aimed at changing the stigma around mental health, has been changed from the planned live event to a free online event. It took place on May 8-10.

Along with many other celebrities, famous rappers like Travis Scott and Post Malone have taken to the internet to bring entertainment to their fans. Travis Scott collaborated with the popular game, Fortnite, to put on a virtual concert called “Astronomical.” Epic Games said that 12.3 million people viewed the premiere and that number grew to 27.7 million viewers after multiple shows. Scott even performed a new song as part of the “Astronomical” experience. On April 24th, Post Malone live

streamed a Nirvana tribute on YouTube. He was able to form a social distanced band in his home to play a 15 song set of Nirvana hits. This online event was able to raise \$4.3 million For the World Health Organization’s COVID-19 Solidarity Response Fund. The makeshift band even got a great review from Nirvana’s bassist, Krist Novoselić.

While musicians are taking time to show their support during this pandemic by live streaming concerts, actor John Krasinski took it upon himself to spread positivity differently. Krasinski created a weekly news program on YouTube titled “Some Good News,” which is exactly what he spreads each week to everyone around the world.

The sole mission of Krasinski’s new quarantine project is to simply highlight the good news during this time surrounded by constant bad news. In each episode, Krasinski narrates dozens of funny and heartwarming viral videos, photos and tweets. He praises all the healthcare heroes and makes sure to celebrate the joy during this time. He also takes time to interview regular people who in some way brought some light into these dark times.

He even goes out of his way to entertain the entire country by having the whole original cast of Hamilton perform for a young girl on Zoom. He also hosted a prom for the class of 2020 with special guests like the Jonas Brothers and Billie Eilish. Krasinski decided to dedicate his quarantine to make everyone smile each day and to remind everyone of the good during this time, while also becoming America’s most beloved dad.

The entertainment world has adapted to the new normal of the time to continue bringing music and joy into the homes of people around the world.



# The path forward: what is to come of the economy?

Jack Silverman &  
Jack Horrigan  
news editors

Unprecedented. This buzzword describes the COVID-19 Pandemic well, but it stokes fears that prompt Americans to wonder “What now?” Every aspect of life has changed for Americans for the foreseeable future, but this pandemic does not simply end with a vaccine. The public health and economic well-being of the nation will likely take much, much longer to recover.

Public health experts have been warning for years that a pandemic of this scale was foreseeable. COVID-19, short for coronavirus Disease 2019, is an infectious disease caused by the novel coronavirus SARS-CoV-2. Coronaviruses are a large family of enveloped RNA viruses that mostly infect birds and mammals. Because the coronavirus that causes COVID-19 is a novel virus, it has never been seen before in the human population. Several previous epidemics and pandemics, including MERS and SARS, were caused by other coronaviruses. Hannah Silverman, Mt. Lebanon graduate and Master of Public Health in Health Policy, explained that the uncertainty around reopening is a direct result of uncertainty around SARS-CoV-2 itself.

“Knowledge is power, but it’s going to take us some time before we are able to amass that knowledge,” Silverman said. “That’s why we are all under stay-at-home orders now. Quarantine and social distancing are our best protection against a virus that we do not yet have the tools to defeat.”

However, these safety protocols have been made far less impactful as fewer people abide by the rules.

“Obviously a huge barrier to reopening is the lack of vaccine and effective treatment, but more than that, it’s a defiance towards the tools that we already have,” Silverman said. “There are too many people that are not adhering to the necessary, strict guidelines that we have in place now. That will cost lives.”

The 1918 Flu Pandemic has been compared to COVID-19, and many, including Silverman, suggest that history is one of the best tools we have to gage when it is appropriate to reopen.

“During that pandemic, some cities and states reopened before it was safe to do so and they saw a huge spike in their cases and deaths as a result,” she said. “Philadelphia is the classic example. They chose to hold a victory parade to celebrate the end of World War I before they should have and became one of the worst hotspots of the pandemic. I fear that we are already on track to have the same thing happen again. And it will disproportionately affect communities that do not look like ours, but will be impacted by our choices.”

While protestors have said that the government’s guidelines infringe on their personal liberties, the Commerce Clause of the United States Constitution and the Public Health Service Act of 1944 both give the federal government the authority to impose isolation or quarantine in order to protect and promote public health and safety. According to Silver-

treatment,” Silverman said. “If we are able to decrease the mortality, the number of people that die, and the number of people that get seriously ill and require ICU treatment, we will be better equipped to manage COVID-19 without a vaccine. Though a vaccine is obviously the goal.”

Ultimately it is vital that everyone takes these govern-

“If you ask the American people to choose between public health and the economy, then it’s no contest,” Cuomo said. “No American is going to say ‘accelerate the economy at the cost of human life.’”

man, states will have a lot of factors to consider before reopening.

“This is really going to depend on each state, the number of new cases they are reporting, and the number of deaths,” she said. “We need rigorous testing, both of symptomatic and asymptomatic individuals, antibody tests to see if people are now immune to the virus after recovery, and for how long, and contact tracing to determine who sick people have come in contact with so that they can be informed and appropriately isolate. But we don’t have the public health infrastructure or capabilities for any of that at this point.”

Many people are coming to the conclusion that a sense of normality will not return until there is a vaccine, which would allow for herd immunity to develop more rapidly. This means a sufficient percentage of the population (usually about 70%) has become immune to a disease, making its spread from person to person unlikely and protecting those who would not survive the virus. Researchers around the world, including several at the University of Pittsburgh, are currently working to develop this vaccine faster than anyone has ever done before. Some already began testing on humans.

“Without a vaccine, the virus would have to run its course and not kill you and at least 70% of everyone else who gets sick for there to be enough immunity,” Silverman said. “However, we still don’t know a lot about whether or not people who recover have true immunity, and if they do, for how long. It could become like the flu where we need a new vaccine every season.”

The harsh reality is that vaccines take a lot of time and effort to develop.

“I’m more optimistic about quickly developing an effective

ment guidelines seriously.

“Stay home, wash your hands, wear a mask, only leave your house to go to the grocery store and get medications when you absolutely need to and listen to the experts,” Silverman said. “Whether or not we take personal responsibility is going to impact us all.”

The health issues, however, are far from the only problems this pandemic has produced. With the closure of millions of businesses around the world, it is no surprise that the economy is high on the list of Americans’ concerns. The debate over when (and how) businesses should reopen has been an expected cleavage between the right and the left.

Both sides have merit. While many white-collar workers are able to continue working from home during the pandemic, not all are so fortunate. According to CNN, an unprecedented 30.3 million—almost a fifth of America’s labor force—filed for unemployment. Currently, the nation is set to reach the same unemployment rates as the Great Depression.

Thus, the nation is caught in a dilemma. The platform of the Democratic Party has been to prolong the economic hardships of the nation in an attempt to minimize the lives lost. The nation’s current most visible Democrat is not the presidential candidate, but instead New York Governor Andrew Cuomo, who has been vocal about the need to endure the harsh social distancing guidelines.

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The Republican plank, on

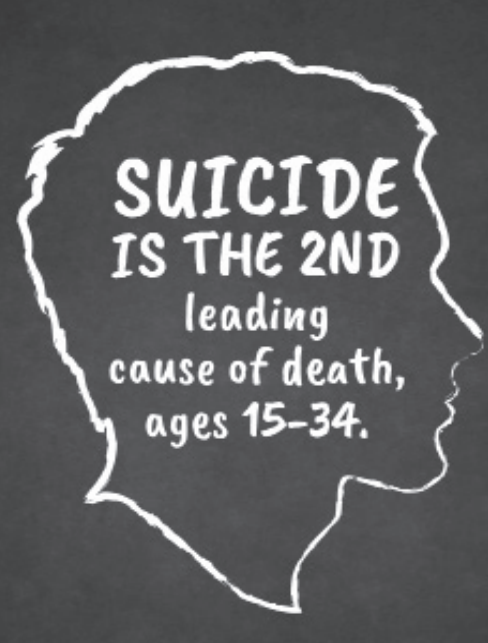
the other hand, has been to prioritize slowly opening the country, emphasizing the nation’s economic well-being over the health concerns. Larry Kudlow, President Trump’s chief economic advisor, has been one of the top proponents of this plan.

“We can’t shut in the economy,” Kudlow said. “The economic cost to individuals is just too great...the cure can’t be worse than the disease, and we’re going to have to make some difficult trade-offs.”

Bizarrely, the United States’ Covid response has been handled primarily at a state level. While this has arguably hurt the response, it has allowed governors far greater power to reopen their states’ economies. In Pennsylvania, Governor Tom Wolf is moving 24 counties to the “yellow” zone—meaning some economic activities, like retail and offices, will reopen, while gyms, barber shops and various other more personal businesses will remain closed. PA Secretary of Health Dr. Rachel Levine explained the governor’s decision.

“Our contact tracing and testing plans will ensure that as we begin to resume our daily activities, we can do so safely and without fear,” Levine said.

Unfortunately, Allegheny County is not on the list, and the current economic stasis may continue much longer. This will be particularly harmful to the number of small businesses in the area that are suffering as a result of the coronavirus.



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