The Lake Ave Times

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Letter from the Editor

If you're like me you've heard this period referred to as 'unprecedented' and 'uncertain' more times than you can count, and if you're like me you're quite fed up with that particular phrasing. While the circumstances of our current situation certainly were unexpected, they are better labeled as unfair and unfortunate.

As it stands there is little we do about these circumstances other than follow protocol and keep on keeping on, however for most of us, what little we can do is still a lot comparatively. Many have taken up new hobbies, begun learning new skills, or have just been enjoying a variety of shows and other media. In the almost complete stop of our daily normals, we have had to construct new normals.

It is in this publication that I hope to highlight, and even celebrate these new normals, as illustrated in articles written by those living in them. So, without further ado, our special, quarantine edition, *Lake Ave Times*:

Stories from the Quarantine Zone



The Best TV Series Available on

Streaming Services

Griffin Dautrich

This Coronavirus quarantine that we are all experiencing can leave you with absolutely nothing to do. Meaning there is no better time to start watching a new television series. There are thousands and thousands of different series across streaming platforms but only a few of them stand out. Below is a list of must-watch shows on Netflix, Hulu, and Amazon Prime Video.

Netflix has been up and running since 1997, with hundreds of popular titles. The newest hit series on this platform that everyone loves is *All-American*. *All-American* is mainly about a teen football player who moves from South Crenshaw to Beverly Hills and the culture clash. This is definitely a must-watch for everyone who enjoys sports and an entertaining series. Other notable shows include *Money Heist, Tiger King*, and *On My Block*.

Hulu is another great streaming service to use when you are looking for a great tv series. One of the most popular and well-acted shows on Hulu is *Homeland*. This is about a CIA agent that suspects a Marine of being connected to a terrorist plot after he returned from captivity in a foreign nation. *Homeland* always keeps the viewers guessing, wondering what will happen next. The other great shows on Hulu are *Brooklyn Nine-Nine*, *Survivor*, and *Grey's Anatomy*.

Amazon's Prime Video streaming platform has been around for a number of years as well. They release new shows to their subscribers very frequently. A series that is well-liked on Prime Video is *Game of Thrones*. *Game of Thrones* is a fantasy drama that focuses on two powerful families in medieval times. There are 8 seasons that are filled with intense and thrilling content. Some other television series that are worthwhile on Prime Video are *The Walking Dead, Modern Family*, and *The Flash*.

Netflix, Hulu, and Amazon Prime Video have an enormous amount of tv show options that will keep you occupied during this long quarantine. Each and every person will find a show that they love if they explore enough. Keep busy and start a new television series today!

WACO, a Must Watch

Jack Wilkinson

Waco is a decent sized city in central texas with a population of about 140,000. The reason that this city is so special and why Netflix made an original series with the same title as the city is because of what happened on February 28 to April 19, 1993.

A cult with approximately 80 to 132 members called the Branch Dividians were in a compound they had constructed themselves. Many of the residents were women and children but the cult also stocked a healthy supply of ammunition to sell or use. The cult was centered around one man, David Koresh, whom they believed to be the lamb of god.

David Koresh practiced polygomy and would marry a underage girl who was the younger sister of his first wife. The cult was very convicted of David ; he had lost followers before but they were still functional and peaceful in all regards.

David Koresch was under investigation by the Bureau of Alcohol, Tobacco, Firearms and Explosives, or ATF, after grenade casings had been found in a shipment to their compound. The ATF sieged the compound only to fail as the Branch Davidians knew they were coming.

And the remaining attack on Civilians is played out in Netflix series. Though in the show there are some inaccuracies the general lesson learned is still present and the story is interesting.

The show has us switching from the Branch Dividians view back to the ATF or FBS's view and does a great job at making the situation comprehensible. The show makes you sympathize with the cult as they are attacked without warning and with unnecessary force.

The law is the antagonist in the situation but there's still a person or two who plead for the right thing to be done. They aren't listened to and the results are clear. The show is thrilling and intense. It introduces moral debates that are relevant and gives the viewer an entertaining plot.





Keep It Or Leave It Jack Moochler

With the several weeks of government-issued quarantine for the state of New York and the majority of the world, there has been an increase in time for me to really break down and listen to music. There has been a steady flow of albums and projects being released as the weeks within quarantine go by and one of my favorites thus far has been from an up and coming artist out of Houston.

Don Toliver, a relatively unknown artist until the release of Travis Scott's 'ASTROWORLD' in 2018, has been proving himself as an artist in recent months. He helped create the hit 'Had Enough' in Scott's recent project with other artists known as 'JACKBOYS' in late December of last year. However, Don Toliver recently dropped his debut album 'Heaven or Hell' in March. The R&B and Hip Hop styled album mixes jazzy instrumentals with gospel-like vocals, it is truly ear candy. Each song feels like you are being lifted up off of the ground as Toliver transports you through Heaven's gates.

The twelve-track album includes features from artists like Travis Scott, Offset, Quavo, and Sheck Wes, with each track providing a distinct flow and vibe. Personally, I believe Toliver does the best on the tracks 'After Party' and 'Can't Feel My Legs'.

The album is exactly what people need during tough times such as the Coronavirus Pandemic. Don Toliver may be young and new, but he is exciting and his voice is like a mixture of Jesus and Fergie. I wouldn't be surprised to see many other well put together albums in his future.



External Atake Review

Jason Baranick

There have been many questions about when Lil Uzi Vert was going to drop his next album. Lil Uzi hadn't dropped an album since 2017 until he dropped this one. Uzi fans have been waiting a long time for this album but will it live up to its potential?

External Atake was released on March 6th 2020 taking the world by storm as almost everyone was listening to it. Many people believe this is Uzi's best album yet and they can't take it off repeat. This album features top hits Myron, Baby Pluto, Lo Mein, and P2 while having many other good songs on there. The album features Chief Keef, Young Thug, Gunna, Lil Durk, Young Nudy, NAV, and Syd. All these artists have made a name for themselves and looked to improve the Lil Uzi Album with features.

Lil Uzi Vert and Chief Keef produced a song in honor of Kobe Bryant called "Bean". Uzi's songs are also trending all over tik tok. Many of his songs have turned into a dance and have been played over and over again. His songs are all over the radio and social media as his album has taken over the music world. It's safe to say Lil Uzi Vert's album lived up to its hype. Although it took a long time people are happy with the way it came out. Hopefully his next album won't take as long to come out.



Bram Stoker's Dracula: An

Undead Classic

Ian Janas

Bram Stoker's *Dracula*, not to be confused with the 1992 Keanu Reeves film *Bram Stoker's Dracula* (a film which, at the very least, has a spectacularly confusing title), is one of the greatest novels ever written. Released in 1897, the book quickly became a quintessential piece of vampire literature, and to this day remains the gold standard for books in it's genre. The book was perfect to get me back into leisure reading, because like many classics it was written to tell an entertaining story first and foremost, instead of obsessively attempting to reach the status of high art.

I fell in love with the book almost immediately, I had always been a fan of the 1931 film adaptation, but it didn't prepare me for just how deep the novel would be. It uses a style of storytelling that is most easily compared to a found-footage film, with the story being told through torn journal pages, letters, and even transcripts from a wire-recorder. I don't think it would be that much of a stretch to compare *Dracula* to a film like *The Avengers*, in that both successfully juggle multiple subplots, and that both feature a diverse cast of interesting characters coming together to defeat a powerful villain.

One of my favorite points to bring up when I convince others to give the book a chance is that one of the characters is, inexplicably, a cowboy from texas who uses his "superior american rifles" to help the group defeat Dracula. It is an absolute crime that this character is left out of most adaptations of the story because his existence is just absurd enough to work. I feel the book is somewhat hurt by its success, however, because Dracula became one of the most instantly recognisable pop culture icons following the release of the 1931 film version, a modern reader does not experience the mystery of the title character in the same way that the characters do. This fails to seriously harm the book however, and in fact I think it makes some early scenes even more intense because going into the book with the knowledge that the count is a vampire puts the reader on edge for when his true nature is eventually revealed.

Ultimately, I think this is a book that everyone should give a chance, and because it is in the public domain, you can get a free digital copy from Project Gutenberg or an affordable physical copy at just about any bookstore.



Bring on the Family Game Nights

Nicholas Schattinger

We have all been introduced to family games at some point in our lives. For most of us, it was when we were younger, and we most likely have not played them since. Quarantine has been very boring for just about everything and there is not much to do. However, there are many family games that can keep you and your family busy, while having fun.

First off we have the classic game of Sorry. Sorry is probably one of the fairest games you can play considering, it is all based upon luck. Sorry, can be played with anywhere from 2 to 4 players. The object of Sorry is to get all your 4 pawns out of Start and into Home before your opponents. However, there is a Sorry card that if your opponent uses on you, you get sent home.

Next, I would suggest Racko. Racko has been around since 1956 and can also be played with 2 to 4 players. In Racko, each player is given 10 cards from a deck numbering from 1-60. When you first start off you have to put your cards in your rack in the order you received them. After all, players are given cards and have them in their rack, the first player picks from the deck. From there you want to try to get all your cards going from least to greatest, it doesn't have to be in any specific numerical order. If one player wants to take a card from the player who went before them, they can but they have to replace it with a card they do not want. When a player gets all their cards in the least to greatest order before the other players, they have to call out "Racko" and they are the winner of the game.

The third game I would suggest is Scattergories. Scattergories requires 4 to 6 players. Each player is given a list with 3 sections 10 fill in the blank spots in each. Before the game can begin each player needs to be given a question list, then a die that is covered in letters is rolled. From there each player is given a minute to fill out their answer sheet, but each answer has to start with the letter that the die landed on. After the minute is up each player reads out their answers to the questions from the list. If players have the same answer, no points are awarded. However, if no one else has the same answer as you, you get a point. If one player has a two-word answer and each word begins with the specific letter, they are rewarded 2 points. After doing this for all three columns on the answer

sheet each player adds up their points and whoever has the most points wins.

The final family game I suggest is Family Feud. Family Feud requires 5 players. There are 2 teams of 2 competing against each other and one judge who reads the questions and awards the points. All questions and answers are inside of a packet that comes with the game. After team 1 plays 3 rounds all their points are added up and then team 2 goes. Whatever team has more points wins and gets to play the fast money round. This is when each player from the winning team is asked the same questions but can not be in the room at the same time. You can not have the same answers as each other. At the end of each player's turn, the points are added up. If the two players reach 200 points they will make the fast money round as well. Family Feud is a great game to test each other's knowledge/common sense. This game is not based on luck but more on intelligence.

There are many more games that can be played, but these are my personal suggestions. This is a great way to have fun with your family while stuck at home. It may also take you down memory lane if you, like me, have not played these games since you were younger.



Drama Club - plans to 'Play On' -

During Quarantine

Jane Oliver

Due to the COVID19 pandemic, our lives have been put on pause, however that has not stopped the Drama Club, who have been working on their latest show, *10 Ways to Survive Life in a Quarantine* by Don Zolidas.

The show, which is narrated by Maddie Hall and Grace Wiseman, gives various methods on how to survive life during these unprecedented times such as performing a musical with your pets or catching up on your studies. All rehearsals have taken place online through Zoom and the club plans to stream the entire show through the school's website.

While I do have this first hand perspective as I am a part of the club and this online play, I've also decided to ask some of my fellow drama club members about their experience. Abby Lentini who plays Josie and Anna, had this to say "I think the show is going great so far! It's very tough to do a show online and over zoom, but I think we're doing the most with what we can and I think the show will be cute and fun to watch"!

The show will be streamed live May 8th at 7pm. To watch the show there will be a link on the high school website. Be on the lookout for this unique event!



Coronavirus Kitchen!

Dan Lovell

While in quarantine it's pretty likely that the majority of the population is going to spend a lot of time eating out of boredom, and overall letting their diet slip. Stop with the microwaving old boxed mashed potatoes that your mom made a week ago, and start baking for your whole household! Here is a compilation of some of the tastiest snacks to bake while in quarantine!

Want to spend some quality time with your family, watching scary movies all hours of the night? It sounds like a fun activity nonetheless, but what's a good movie without a snack as a sidekick? Homemade salted caramel popcorn is the way to go for any movie night.

These recipes all contain ingredients that you probably already have tucked away in your cabinets and will keep you from going out to the store to buy pre-made desserts.



Salted Caramel Popcorn

Ingredients:

- Unbuttered white popcorn *freshly popped*
- 1 stick of butter
- 1 cup dark brown sugar
- ¹/₄ cup pure maple syrup
- $1\frac{1}{2}$ tsp. Salt
- 2 tsp. Vanilla extract
- $\frac{1}{2}$ tsp. Baking powder

Directions:

- Start off by preheating your oven to 250 degrees
 Fahrenheit
- Next pop your popcorn using whatever method works best for you, again avoiding the microwaved pre-salted and buttered stuff.
- Once your popcorn is completed, set it to the side in a very large mixing bowl.

- Next add in the butter, brown sugar, maple syrup, and salt to a medium-sized pot
- Turn your stove on to medium heat and stir until everything has completely melted down and is lightly boiling.
- Once the mixture is smooth and bubbling slightly add in the vanilla extract, and stir that in for around thirty seconds
- Once the time is up, quickly add in the baking powder and stir until dissolved
- 8. Once dissolved, removed the pot from the heat
- Pour the hot mixture over top of the popcorn that you set aside earlier in a large mixing bowl
- Using a rubber spatula, fold the popcorn onto itself over and over until every piece is covered evenly
- 11. Take a large baking pan and line it with parchment paper
- 12. Spread the popcorn evenly over the baking sheet and place it in the oven for 30 minutes
- 13. Stir the popcorn occasionally while in the oven
- 14. After 30 minutes, remove from the oven and serve.

This recipe has been a favorite in my family and I'm sure that it'll be a great way to kick off any home movie night.

Quarantine Snacks

Madison Dedrick

Do you ever get sick of having the same boring snacks? Especially now that you can't go to the store to get different snacks? Well, here are some recipes that may spice up your snacks during this time. Tying to make new things is probably one of the better things to do since there isn't much to do while we are all stuck inside.

Sometimes eating the same things can be boring. Maybe you want to go out and try something new. Also, you may find what you need in your own kitchen already and won't have to go out and buy stuff. I always am trying to look for things in my house so my parents or I would have to go to the store and be in danger. Here is a simple recipe for crispy apple wraps.



You will need:

- 🗅 1 Pan
- □ 1 Skillet
- D Parchment Paper
- □ 3 Flour Tortillas
- □ 1 Can of Fried Apples with Cinnamon
- □ 2 TBSP of Butter (melted)
- \Box 1/3 cup of Cream Cheese (softened)
- 2 TSP of Honey (caramel or syrup will be delicious, too!)

<u>Make it:</u>

- □ Preheat oven to 375°
- In a small mixing bowl, combine butter Apples and Cream Cheese
- □ Turn your stovetop to medium heat

- Cover your skillet completely with your choice
 of olive oil, butter or cooking spray
- Once your skillet heats up, place a fresh flour tortilla in the middle of the pan for 20-30 seconds
- Remove tortilla from heat and place on the parchment paper
- Quickly spoon a scoop of the Apple mixture onto each of the tortillas.
- □ Carefully roll up each tortilla tightly
- Place in the oven and bake for 3 minutes (or until golden on top)
- Once the roll-ups are nice and crispy, remove from oven
- □ Let cool for 5 minutes
- Drizzle the honey (caramel, or syrup) on top of each roll-up

There are many cravings that people have and some people may be missing and craving some good nachos that they can't find anywhere. This is something that isn't a bad snack but you can also quickly make these yummy nachos right from your own kitchen. For some Tortilla nachos with whatever you want on them.



You will need:

- □ Baking Sheet
- □ 4 Flour Tortillas
- □ American Cheese (or any cheese of your choice)
- □ Salt/Pepper
- □ Sour Cream
- Toppings can be whatever canned treasures you have in the pantry! I discovered a can of corn, canned chicken breast, canned diced tomatoes, and green chilies in mine!

Lemon Juice (optional)

<u>Make it:</u>

- \Box Preheat oven to 375°
- □ Cut your tortillas into 5-7 bite-size "chips"
- Place tortilla chips onto a baking pan and arrange in a single layer

- Add a dash of lemon juice to the chips (optional)
- □ Sprinkle each chip with Salt/Pepper
- Cover each chip with cheese and other toppings of your choice.
- Place in the oven for 6-8 minutes or until chips are golden brown
- \Box Remove from oven and let cool for 5 minutes
- □ Dress in Sour Cream (optional)

These quick and easy snacks are something that will make your quarantine snacks even better. Hopefully, when trying these recipes you will enjoy them and make your time stuck inside a yummy but not boring same old snack.

Healthy and Easy Snacks to Make in

Bell Pepper Pizza

Quarantine

Asia Arnaldo



Peanut Butter Banana Bites

<u>Ingredients:</u> Banana, peanut butter, chocolate (optional) <u>How to make:</u> Cut up banana into thin slices and put onto parchment paper, then grab out your peanut butter and slap some onto a slice of a banana and then take another slice and put it onto the peanut butter, making it almost into a banana sandwich. Then if you would like, melt some chocolate and dip the banana peanut butter into the chocolate then freeze for about 2 hours.



Ingredients: Bell Pepper, mozzarella cheese, cherry tomatoes

<u>How to make</u>: Cut your bell pepper in half and take out the seeds, then grab your cheese and sprinkle it on the inside of the pepper. Cut up your tomatoes into thin slices and put on top of the cheese. Place onto a baking pan and put into the oven for 15 minutes.



Green Bean "Fries"

<u>Ingredients:</u> Green Beans, Parmesan, and Olive Oil <u>How to make:</u> Wash Green beans then put into a bowl, mix the parmesan and olive oil together with a pinch of salt and then put onto a baking sheet and place into the oven at 200 till crispy. Fun! Easy! Healthy!



Mental Health and the CoronaVirus Thomas Engle Signs of depression and anxiety; isolating, withdrawing, worry, not communicating with friends and family, school routines change. Sound familiar? Well, our current state of affairs is much like the signs of a mental health issue.

It is something we have to watch very carefully. Some people who already have suffered from mental health issues are used to this feeling this way, they felt it before all of the corona stuff started. But for many others, this feeling is new and very confusing. Not to say that everyone is going through a mental health crisis but it is definitely something to be aware of.

With all the changing time's life can be pretty confusing. Some of us that aren't direct service people have extra time to think about stuff and this can cause extra worry and anxiety. Some people have never had any mental health problems in their lives. Not to say this situation will cause one but it definitely could, and it is something to be aware of. Maybe one positive thing will be a greater understanding of mental health and how it is equal to physical health. They are connected. Maybe this entire situation will bring light to the importance of mental health and a greater understanding. When health care bills are being made, maybe this terrible situation will shine a light on mental health and this will be one positive of many that will come out of this scary time.

Lastly, maybe more compassion will come from this for people who struggle with mental health issues. It is hard to understand what someone is going through if the feeling has never been felt. We can relate to a family member getting the flu because we've had it and know how to care for them. With mental health it is often lonely and not many people really know what to say and how to care for you. Let's hope that this situation brings more light, compassion, and action to mental health.





How to Avoid the Quarantine 15!

Gavin Moody

There's this thing in the news right now, you probably haven't heard about it actually, but it's a virus called COVID-19. So some pesky governments have put in place guidelines to stop the spread of the virus, these include, measures to stop travel, the temporary closure of all non-essential businesses, and the closure of all schools. This has left millions of people all over America to do naught but sit in their homes. Eating, watching TV, and just generally laying about all day everyday sounds great, but American waistbands are struggling. So here's how to avoid putting on weight during this pandemic, here's how you can beat the quarantine 15!

Now everyone loves food. So much so that some of you people raided the shelves and took everything on day one fearing the worst. In other words, you stocked up, meaning here is probably a lot of food in your house right now. But if you're anything like me that food is a tempting mistress. We all have our weak days. The best thing to do is to keep your quarantine food separate from your general groceries, only taking from it as needed.

Exercise. Yes people, even in an apocalypse you need to stay active. Try and leave the couch for an hour or 2 every day. Take a walk, do some yoga or follow a YouTube exercise tutorial, or go biking. One day this will end and you'll have to get out of your sweatpants and into regular clothes and it's not going to be any fun if they don't fit.

Mental health is just as important as physical health, so finding things to do with your new-found hours upon hours of quarantine, is important. Find a new hobby or reignite a former hobby, It doesn't matter what as long as it's fulfilling. Get into ice sculpting, dig out and solve some old puzzles, spend 14 hours playing video games, or you could GO BIKING! This quarantine isn't a waste of time unless we waste our time. Remember to keep in contact with friends and family, several phone calls a day could liven up the day.

So this pandemic has changed the world for the moment, but in time all will return to normal. Hopefully, we can learn from our mistakes and never have a situation like we are facing again. Remember to stay active, eat right, and most importantly stay both mentally and physically engaged. Stay healthy and be well.

If You're Bored in Quarantine

Lillianna Spin

The Coronavirus's cause of free time opens up several opportunities for people to set goals and accomplish them by the end of quarantine. Many people can take this time to set a goal to lose weight and tone their bodies. Most people have been laid off of work-so why not take an hour to exercise daily? Exercising during this time is as essential as sitting at home all day (which everyone is forced to do anyway). It is also a time to focus on the number of calories you are consuming daily.

Everyone wants a breath of fresh air right now so why not go outside and get that breath by doing some outside activities. Some activities include hiking, walking, biking, running, playing sports, etc. The endless options are a fun way to burn calories. Also, take the chance to use some exercise equipment at home whether you have some weights or a machine to run on. It isn't even required to have any equipment to be able to workout at home. There are several workout videos out there that don't require you to have anything that you can follow to still get a good workout in. Eating healthy is an important element to losing weight, the most important thing to focus on is if you are eating food that is giving you nutrients and that are low in calories instead of empty calories. It is important to make sure you are not overindulging in food at this time as it is easier to do it now that everyone is home and bored. If you get hungry easily replace the junk with some sweet fruit or some good protein like eggs and chicken.

Current technology can be a very helpful tool for weight loss, there are several apps and smartwatches out there. The Fitbit app, for example, counts your calories and what nutrients you are getting from what you previously ate. You can do many things from logging your weight to tracking your steps as well. Apple watches are great for a person if they exercise a lot, the apple watch includes many features. Like tracking how many calories you burned, how many times you have stood up, and being able to track many different types of exercise. It even gives you daily reminders to stand up and breathe every once in a while. Take advantage of the exercise technology, it can help a lot with your path to an ideal weight goal



No More Senioritis, Thanks COVID-19

Nia Boothman

There couldn't have been a worse time for this to happen. The last remaining months of senior year, is this a joke? Many kids like myself have been waiting for this moment for years. With the snap of your fingers, poof, now it's gone!

Never in a million years would I ever think I would miss school. I am supposed to be making memories that would last a lifetime right now, but instead, I feel like Rapunzel, trapped in my room. I want senior prom, graduation, senior picnic, the last few months of the senior year back.

I actually regret missing as many days as I did in the beginning. My actions would have not been that way if I knew what I would be missing out on. I took it for granted, I never knew school would be taken away from me... It's always just been there. Senior year was supposed to be THE year. Make the most unforgettable memories with the kids I've known my whole life.

We, the CLASS OF 2020, don't mean to sound selfish, we understand how bad it is, how people are dying, how crazy the world is right now. But imagine this was YOUR senior year ripped from you. Every other senior in history got to experience their year. But it was ripped away from our fingertips, we almost made it.

Class of 2020, we made some good memories, let's hope we can make some more in June.

Missing Lacrosse

Nicholas Schattinger

For many spring sport athletes, we spend the whole summer, fall, and winter preparing for the spring season. Quarantine started days before spring sport tryouts, and many athletes were heart broken by this. It is tough for me personally because this was my senior season, the last time I would have played with the teammates I have had since kindergarten.

For the men's lacrosse team we had high expectations for this season. We have lost the Sectional Championship the last 5 seasons and all felt like this was our year. We worked harder than we ever had right after the end of last season up until the quarantine started. Right before spring our coaches and captains put in an order for new uniforms, gloves, and helmet decals. It stinks that we may not ever be able to wear the new gear we were all excited about.

Besides all the new gear, we had 14 seniors on the team. We are the closest we have ever been, it is tough for all of us to have the tough we may never play together again. It is also hard on our coach, all the time he has invested in us and sacrifices he has made really makes this difficult on him too. We already have missed our spring break trip to Maryland, and most of our season but there is still a chance we can play.

If we are able to play again, I feel like not just the Men's lacrosse team but all spring teams will work harder than ever. Being able to be back at practice and playing games will be the best news some of have received all year. Not all bad has come for this quarantine though. I think it has been a great way for all of us to realize how thankful we are to be able to play sports and never take it for granted.

