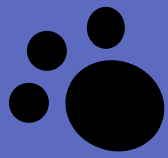


WOLF HOWL



Chandler High School

WolfHowl Instagram:
@chs.wolfhowl
WolfHowl website:
chswolfhowl.com



Chandler High senior cap and gown curbside pick-up station
Photo courtesy of Gabriel Hawthorne

COVID-19 Resources

Information to help with food, mental health, and more.

[CLICK HERE for more on page 8](#)

How are you doing?

Watch videos of how CHS students are holding up during quarantine.

[CLICK HERE to watch on page 14](#)

COVID-19 Timeline

Alyssa Rosenberg
Editor in Chief

Dec 31: The Chinese government reported dozens of cases of pneumonia from an unknown source. A few days later, medical researchers confirmed the development of a new (novel) virus. There was no knowledge of how it spread, and the Chinese government claimed to be enacting measures to keep the virus contained.

[Continues on Pages 2-3](#)

Information for AP students can be found [HERE](#)

Information for IB DP/CP students can be found [HERE](#)

COVID-19 Timeline

Continued

Jan 11: After the virus had already affected dozens of people, China reported the death of a 61 year old man, the first person to die of the virus. He had prior medical conditions: liver disease and abdominal tumors. Shortly after his death, the celebration of the Chinese New Year took place, attracting hundreds of millions of people to travel both within and into the country.

Jan 20: Other countries (Japan, South Korea, Thailand) reported cases of the coronavirus. The next day, a man in his thirties was confirmed to have the virus in Washington State, after recently traveling out of Wuhan, China.

Jan 23: The Chinese Government suspended all travel in and out of Wuhan. By then there were 17 deaths and over 570 cases within China, Taiwan, Japan, Thailand, South Korea and the United States.

Jan 26: Arizona had its first confirmed case of the virus after an ASU student returned to Maricopa County from Wuhan, the fifth confirmed case in the United States.



Closed playground in Ridgewood, N.J.
Photo courtesy of Tara Augustine

Jan 30: The World Health Organization declared the virus a "public health emergency of international concern." Soon after, the U.S. State Department advised travelers to avoid travel to China.

Jan 31: Foreign nationals who had visited within the past 14 days had their entry to the United States suspended.

Feb 2: A man in the Philippines died from the virus, the first death outside of the country.

Feb 11: The WHO gave the outbreak the name "COVID-19."

Feb 14: Paris reported the first death, an 80 year old woman, in Europe.

Feb 17: China drafted legislation decreasing the practice of eating wildlife after officials claimed this practice was a probable source of the outbreak.

Feb 23: The amount of cases in Italy rose drastically, so 10 towns in the Lombardy region were placed under lock down.

Feb 24: The Trump administration asked Congress to release \$1.25 billion for coronavirus preparedness within the United States. With only 35 cases and no deaths, the CDC and prevention warned of a nearly certain severe escalation of the outbreak in the United States.

Feb 26: Latin America reported its first case in Brazil after a man returned from a business trip to Italy. Cara Christ, one of Arizona's leading health officials, asked doctors to stop testing for the virus due to the limit of tests available.

Feb 28: An Italian citizen tested positive for the virus in Nigeria, Africa's most highly populated country.

Feb 29: The first death, a man living near Seattle, was reported in the United States. The government issued "Do not travel" warnings to highly infected areas in Italy and South Korea. They also banned travel to Iran and suspended the entrance to the United States of foreign citizens who traveled to Iran within the past 14 days.

March 3: Vice President Mike Pence lifted federal restrictions for coronavirus testing.

March 11: President Trump suspended travel from all European countries, except Britain, for the next 30 days. The WHO deemed the outbreak a pandemic. Arizona Governor Doug Ducey declared the virus a public health emergency for Arizona.

March 15: The CDC advises against gatherings of people greater than 50, and Pres. Trump advised avoiding groups larger than 10. The New York City public school system, the largest in the United States, announced its closure to combat the spread of the virus.

March 17: France placed itself under lock down, ordering citizens to stay home. Leaving the house to get fresh air was permitted, but people who engage in interaction outside of their homes would be fined.

March 26: The United States is confirmed to have the most reported cases in the globe, with 81,321 cases. The second most being China.

March 27: Congress passed a \$2 trillion stimulus bill, which was signed by President Trump.

March 30: Arizona issued a stay at home order in order to protect high risk populations from contracting the disease. Arizona schools were shut down for the remainder of the school year. Non-essential businesses were shut down, and businesses which remain open must comply with social distancing rules. Outdoor activities are still allowed if people can maintain a substantial physical distance from one another.

April 2: The amount of confirmed cases surpassed 1 million, with over 50,000 deaths worldwide.

April 6: The Prime Minister of Britain was transferred to intensive care after he tested positive 10 days earlier.

April 11: The CDC reports there have been 492,416 confirmed cases in the U.S, 18,559 resulting in death. The most severely hit state is New York, with 157,073 confirmed cases of the virus. Arizona has 3,018 confirmed cases, with 108 deaths.

April 15: John Hopkins University publishes updated mortality rates, with a fatality rate per 100,000 of 4.5% in the United States. President Trump halts U.S. funding for the World Health Organization.

April 16: President Trump announces "Guidelines for Opening Up America Again," with three phases. To read them, click [here](#).

Sources:

World Health Organization
Centers for Disease Control and Prevention
PBS News Hour
The New York Times
AZCentral
CBS News



Protecting Yourself From COVID-19

Gabby Williams

Editor

The novel coronavirus, officially named COVID-19 by the World Health Organization in February, is a disease that causes respiratory infection, with symptoms such as a fever, tiredness, cough, and difficulty breathing. These symptoms are considered a 'mild' response, whereas pneumonia is seen in more severe cases.

It spreads through contact (coming within 6 feet) with an infected person, and it lives on the surfaces that they have come into contact with. This infects others when they touch that surface and then their eyes, nose or mouth. There is currently no vaccine.

To protect yourself, wash your hands frequently for 20 seconds with warm water and soap. Be sure to cover your mouth with a tissue or the inside of your elbow when you sneeze or cough. It is important to maintain social distancing. Keep your distance (at least 6 feet) from others. Stay at home as much as possible to help stop the spread. Also, be sure not to touch your face.

It's essential to do your part to stop the spread and protect yourself and your entire community. Following the aforementioned guidelines will be extremely beneficial to the health of everyone.

What is COVID-19?

The novel coronavirus, or COVID-19, is the disease caused by the SARS-CoV-2 virus. Novel means that it's the first time the particular virus has been seen by human immune systems, making it highly infectious.

What are the symptoms?

Fever, dry cough, and shortness of breath are by far the most common symptoms, but tiredness, sore throat, aches, and pain are all possible symptoms.

[Click for more about what to do from the CDC.](#)

What do I do if I have symptoms?

According to the Arizona Department of Health Services, if you experience any symptoms of COVID-19, you should isolate yourself. This means you shouldn't leave your house or come into contact with others for any reason. If you develop severe symptoms like extreme difficulty breathing or chest pain you should immediately seek medical attention.

[Click for more about symptoms from the CDC.](#)

The Importance of Social Distancing

Griffin Eckstein and Kira Partlowe
Editors



Social distancing markers shown for customers at a pharmacy in Vancouver, Canada.

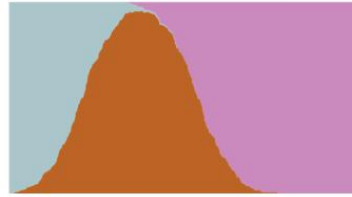
Photo courtesy of GoToVan on Flickr



People stand apart from each other as they await to enter a grocery store in N.J.

Photo courtesy of Tara Augustine

Free-for-all



Attempted quarantine



Moderate distancing



Extensive distancing



Curves that illustrate the effectiveness of social distancing

Courtesy of the Washington Post

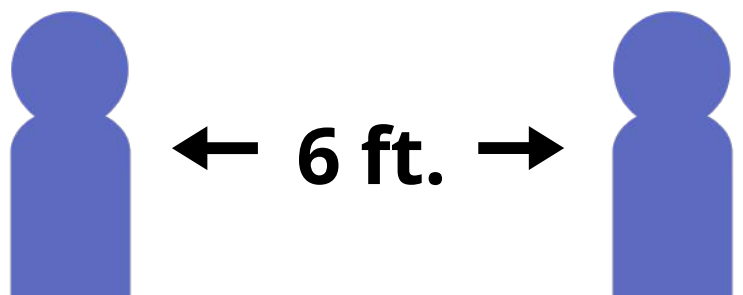
These graphs represent the number of infected people (orange), the number of healthy people (green), and the number of recovered (pink). Together, the graphs show the effectiveness of quarantines and social distancing. Quarantines separate groups of people, but aren't always airtight.

Social distancing proves an effective way to slow and lessen the cases. If three in four people were stationary, the third curve would be the result. The final curve shows how we could mitigate coronavirus if seven in eight people stayed home, and it is by far the flattest curve with the fewest cases.

Doctors around the world explain that "flattening the curve" is important because there is a limited amount of beds available in hospitals, and by lowering the amount of people with the disease at a given time, we can make sure that there are enough beds, equipment and resources for every patient to have the best care possible.

So, please, stay inside and stay healthy. Each of us has a responsibility to lessen the impact of COVID-19. Flattening the curve will save potentially millions of lives.

For tips on social distancing, click to watch a video from CNN.



Busting Common COVID-19 Myths

Claire Bridges

Reporter

We've all picked up on what panic does to people. As I'm sure you can tell by now, panic doesn't leave much time for rational thinking or fact checking. "But I don't want to be one of the idiots," you cry. But you don't have to be because, luckily for you, I've done the fact checking for you.

"The summer heat will kill the coronavirus."

Many have hypothesized that warming weather will cause the virus to end on its own, but the reality is that summer heat will likely have a modest effect at best. In fact, there have historically been viruses that started in the spring and summer months. So, don't necessarily expect the broiling Arizona weather to cure the pandemic; we have to beat COVID-19 through the methods recommended by the CDC.

[Click to read more from Harvard's Center for Communicable Disease Dynamics.](#)

"It's just like the flu."

A difference between COVID-19 and the flu is that only one of them has a vaccine. We have methods of fighting the common flu, but we currently have no vaccine for COVID-19. Another huge difference is the mortality rate. For the regular flu, the mortality rate is around 0.1%. It's difficult to find an exact rate for COVID-19 as it varies across countries, but as of April 15, the fatality rate in the U.S. per 100,000 cases is 4.5%.

[Click to read more from John Hopkin's.](#)

"You only need to worry if you're old."

Despite what you read in the memes, COVID-19 is as much a concern for you, a Gen Z kid, as it is for people over 60. Although you're statistically less likely to be hospitalized due to the virus, you're not immune because of your age. And, if you're part of the over 30% of high schoolers who vape, you're at an even greater risk because smoking compromises the respiratory system and makes you more susceptible to pneumonia. You also have no way to predict who your actions would affect, as you could transmit the disease throughout your community for weeks without knowing it.

[Click to read the study on risk factors in China.](#)

"Drinking alcohol can kill the virus."

We all know the title of coronavirus bears a resemblance to a certain alcohol brand, but there's no correlation between drinking alcohol and COVID-19 protection. Like, at all. The closest similarity would be rubbing alcohol, which you should NEVER, under any circumstances, consume. Do, however, use cleaning substances like it to wipe down household surfaces, shopping cart handles, doorknobs, etc. Drinking alcohol, however, will do nothing to prevent illness, and it can actually increase your risks of health problems, as excessive alcohol consumption has been associated with higher susceptibility to pneumonia.

[Click to read more from USA Today.](#)

COVID-19's Global & Domestic Impact

Gabriel Hawthorne - *Editor in Chief*

U.S. Impacts

The outbreak of the coronavirus in the United States has resulted in various actions to help combat the spread. The United States surpasses every other country for the highest number of cases, which is 641,726 cases as of April 15. For the current number, click [here](#).

Industries have transitioned into producing goods that are needed by healthcare workers to help combat the spread of the virus. Ford Motor Company and Tesla, Inc. have started to produce ventilators, a scarce and much needed item in hospitals throughout the nation. Apple and Nordstrom have also started to produce face masks for health care workers.

In terms of lock-down procedures, 42 states have issued stay-at-home orders and three states (Okla., Utah, Wyo.) have on issued stay-at home measures in specific areas of their states. N.D., S.D., Neb., Ark. and Iowa are the only states with no efforts to restrict people to their homes. Overall, around 316 million people have been confined to their homes in the United States.

The virus has brought out an economic crisis in the U.S. with around seven million Americans filing fro unemployment, which is more than the 2007-2009 financial crisis.

Overall, with the impacts of the virus on the country proving to be detrimental to all Americans, it has become necessary to maintain social distancing and all other measures to help reduce the spread of COVID-19.

Global Impacts

As of April 15, there are more than 2 million cases worldwide. For the current number, click [here](#). COVID-19 is present in six continents and has led to many countries imposing travel restrictions and lockdowns to halt the spread of the virus; however, these actions have had consequential impacts in certain regions.


Unfortunately, the impacts in some countries will be felt in other nations in the long run. China has imposed containment measures in forms of suspending various business operations, keeping people in their homes and preventing the movement of their people. These movements will reduce economic growth in China, therefore, the global economy will suffer given China's role as a a key exporter and importer nation.


Fortunately, the virus has begun to portray a slower growth rate in most European countries. Countries such as Italy, Spain, Hungary, France, Belgium and the United Kingdom have already imposed restrictive measures confining people to their homes. As the numbers of cases continue to grow in other nations, it is expected that more countries will follow the lock-down procedures.

It has taken longer for the virus to spread to Africa, however, the continent has witnessed recent spikes in the number of cases. WHO confirmed cases in over 50 countries. Although aid has been sent to the region, lack of adequate medical systems may increase spread of the virus.


Info On COVID-19


CLICK  TO FOLLOW LINKS

The Center for Disease Control and Prevention has information on COVID-19, health resources, statistics, and regular updates on COVID-19. En Español, 繁體中文, Tiếng Việt, 한국어. 


CUSD is the best resource for the latest on district closures and parent information. En Español. 

The Maricopa County website has COVID-19 updates only pertaining to Maricopa County. This website also has links to financial and health resources. 

The Arizona Department of Health Services website is a good resource for Arizonan lawmakers executive orders and responses to COVID-19, along with statistics, health resources, and volunteer opportunities. En Español. 

 *The United Food Bank needs donations and healthy volunteers for food drives, so that food does not go to waste. You can donate or volunteer through their website.*

 *Dignity Health has increased staff and training for COVID-19. Many local hospitals are accepting equipment donations. The United Way has a COVID-19 fund. The American Red Cross has blood donation opportunities.*



 *Grocery store and food delivery jobs have shot up since the pandemic. Many affected businesses are hiring part time. Here are 85 businesses hiring as of March 20.*

 *AZCEND is delivering food and maintaining Meals on Wheels, along with their food banks.*

Additional Resources

 For more resources regarding
CHILDCARE
FOOD
UTILITIES
PHONE/INTERNET

  For more resources regarding
JOB OPPORTUNITIES
UNEMPLOYMENT ASSISTANCE

  For more resources regarding
DISTANCE LEARNING
SCHOOL CURRICULUM
EMERGENCY PROCEDURES
STAFF LINKS

Chandler Unified Curbside Meal Service

March 30, 2020 – until school resumes
Monday, Wednesday and Friday

Breakfast and Lunch Sites:

Available: 9:30 a.m. - 12:30 p.m.

CHANDLER HIGH

HAMILTON HIGH

ANDERSEN JUNIOR HIGH

WILLIS JUNIOR HIGH

PERRY HIGH

SANBORN ELEMENTARY

SANTAN JUNIOR HIGH

PM Snack/Dinner Sites:

Available: 4-6 p.m.

FRYE ELEMENTARY

HARTFORD SYLVIA ENCINAS

ELEMENTARY

BASHA HIGH

FREE meals for ANY CHILD 18 & under

No paperwork required

Children must be present

Meals are served Grab N' Go style

Meals should be consumed offsite

Adult meals will not be available

UNICEF: information and strategies for teens to protect mental health.



Arizona Department of Child Safety: resources for parents and children, links to court websites, and information on COVID-19.



This is an official letter from the Department of Health and Human Services to child welfare leaders. It contains information on visits, investigations, and program plans.



Children's Action Alliance: resources for teens and children in foster care, for parents, and for financial relief.



Fostering Advocates AZ: information on COVID-19 and resources for transition-aged youth in foster care and young people 14-24 who have experienced foster care.



Resources from notMYkid

Live Zoom Presentations

(topics: anxiety, stress, depression, substance use, etc).

Teen Talk Tuesday's

(virtual group to process everything that has been occurring).

Call Or Text

The National Suicide
Preventative Lifeline

1-800-273-8255

TEXTLINE for notMYkid

(602) 584-8474

Apps for Mindfulness

CALM

COLORFLY

AAPTIV WORKOUT

BREATHE2RELAX

The Effects of Climate Change In Arizona

Gabe Hawthorne
Editor



Silo in Queen Creek, Ariz. Photo courtesy of Gabe Hawthorne



Photos courtesy of Unsplash.com



In the last decade, Arizona has experienced significant shifts in the climate that have health, economic, and agricultural effects that could be detrimental to the state in the forthcoming years.

These shifts in climate could make Arizona succumb to weather conditions that it is not used to experiencing, and these patterns could have long-term detrimental effects.

From an economic standpoint, the greenhouse gasses (GHG) that are emitted when fossil fuels are burnt create negative externalities to society and reduce economic growth. A study by the Sandia National Laboratory illustrates how declines in precipitation in industries with a significant dependence on water would cause state-wide economic impacts. The study showed Arizona to be one of the most vulnerable states. In addition, Fossil Fuels are over-produced and over-consumed, which is detrimental to society on a global level.

In terms of the health of humans, the rising temperatures and emissions of greenhouse gasses have the potential to cause harm to Arizona residents. Rising tempe-

ratures result in issues in human respiratory, cardiovascular, and nervous systems. The Climate Reality Project states that "dangerous" heat days are when the heat index is above 105 degrees Fahrenheit. They state that if emissions continue at their current rate, then Arizona will grow from having 50 "dangerous" heat days to 80 by 2050. The young, elderly, and people who are overweight are considered more vulnerable to heat-related health issues, according to the Center for Disease Control (CDC).

Also, ground-level ozone has been causing health problems, especially in Phoenix. According to Ryan Nicoll, an Air Quality Meteorologist at the Arizona Department of Environmental Quality, the ozone in the Phoenix region is one of the more significant pollutants of the area. However, Nicoll said that conditions have been "slowly getting better." In a phone interview, Nicoll said the East Valley would feel the adverse health effects caused by ground-level ozone, as the region is downwind of Phoenix.

The effects of climate change have already hit the agricultural industry of Arizona. According to Demos, the Arizona agriculture industry is

already witnessing issues from rising heat and drought shortages and pest destruction that are decreasing the output. This would be detrimental to the farmers who are reliant on the water for irrigation. The annual value of agricultural exports from Arizona is around \$4.2 billion, and the industry itself contributes about \$23 billion to Arizona's economy, according to the Arizona Department of Agriculture. Furthermore, the effects of climate change will be felt primarily by rural communities where agriculture is the central part of their economy.

According to the U.S. Census Bureau, Maricopa County is one of the most populated counties and is continuing to grow. Therefore, residents need to get involved and make contributions to living sustainably.

The state of Arizona, just like the rest of the world, still has time to reduce the damages by climate change. Finding ways to reduce one's carbon footprint, educating oneself, increasing awareness, and working to elect leaders who are educated about the environment and will work to improve it for the state are some of the actions that anyone can do to help.

The Insulin Epidemic in America

Gabby Williams
Editor

Over seven million Americans rely on injected insulin to stay alive and healthy. People with diabetes in America are rationing their insulin due to the outlandish prices and are dying as a result.

In 2017, Alec Smith, a 26-year-old type one diabetic from Minnesota, died after he began rationing his insulin until payday because he couldn't afford the \$1,300 monthly cost for supplies. Smith was three days away from payday when he went into a diabetic ketoacidosis coma and died alone in his apartment. Since then, the news of young type one's dying from lack of access to insulin has only become more common.

Tlinternational was created by Elizabeth Pfister with a mission to give people with type one diabetes the ability to advocate for their rights so that access to insulin and diabetes supplies becomes a reality for all.

When it was first founded in 1922, the production cost of a single vial of insulin was only \$3.42, which has not changed in almost one hundred years. Since 2012, the price of insulin has increased by 1,200%. According to Arizona's chapter of Tlinternational, a single vial of insulin costs as much as a Nintendo Switch, 30% of the average American's mortgage, or two Disneyland tickets. Typically, a person with diabetes goes through at least three vials a month.



Photo credit to Gabby Williams

Three leading insulin production companies in the US control 90% of the insulin market. Eli Lilly, Sanofi, and Novo Nordisk are diabetics' only options to get their insulin from.

According to studies done by the Tlinternational team, the average American spends up to 8% of their income on diabetic supplies. Many people rely on job-provided benefits to be able to afford their supplies, but these can be lost for circumstances outside of one's control. The costs are not as bad with insurance, but insurance is a luxury not everyone can afford. For many people, the monthly price is about the same as rent, and too often, people with diabetes are forced to choose between the cost of living or their lives.

On April 7th, Lilly announced that they would be allowing people to get their insulin for \$35 a vial using the new copay card. This change was brought on by the COVID-19 pandemic and the countless people who are finding themselves out of work and unable to afford their supplies because of it. On April 11th Eli Lilly released the following statement on Twitter: "The \$7,500 annual limit isn't based on the list price. It's based on what Lilly pays to bring your cost to \$35/month. In the rare event someone meets the limit, Lilly can work with your pharmacy to see if an adjustment to your solution is necessary."

Many people assumed the \$7,500 limit was to protect the company and to ensure that people weren't overbuying insulin. They assumed that the \$35 went toward the \$7,500 limit. That is not true. The list price for a vial of insulin is the same, \$275 and up. When the vial is bought with the copay card for \$35, the company takes the difference of the original list price and the new copay price (\$275-\$35). That amount goes towards the \$7,500 limit. Once that limit is hit, people must go back to paying the list price.

There is no denying that the COVID-19 pandemic is urgently critical, but it has also highlighted problems within the healthcare system. Companies are profiting off the backs of their patients. The medication diabetics rely on to survive costs less than five dollars to produce, and the companies use a formula that has not changed in over a decade. Some companies have taken a step in the right direction, but they have a long way to go.

Lack of Disposal for Wind Turbines

Imani Davis
Editor

Wind energy has been used by humans for centuries. There are over 341,000 wind turbines in the world; 60,000 of them are in the United States, generating a combined 105,583 megawatts. While a good alternative energy option, only 85% of wind turbine parts can be reused or recycled.

According to The Seattle Times, blades can be over 270 feet, comparable to the wingspan of an Airbus A380, the world's largest commercial plane. Primarily made of steel and copper, the blades of wind turbines are made to withstand tornadoes, dust storms, hurricanes, and more. According to NPR, blades have an estimated life of 20 to 25 years. US will have over 720,000 tons of blade material to dispose of within the next 20 years.



Photo courtesy of Imani Davis

Because of their size and mass, blades cannot be recycled using traditional methods. The blades have to be sawed into three pieces. Once taken apart, the blades are inserted into one another and compressed. Thousands of blades in America have been set aside for experimentation on disposal options; companies around the world, such as Veolia and GFS, are working to find a way to properly dispose of the blades.

Legalization of Marijuana in Arizona

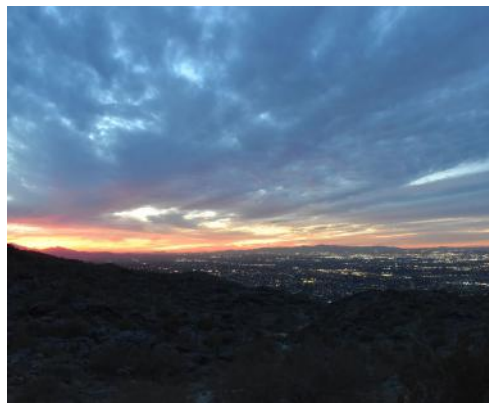
Claire Bridges
Writing Coach

Medical usage of marijuana in Arizona has been legal since 2010, but movement for recreational usage is in full swing for the 2020 election.

Heading this initiative is a committee by the name of Smart and Safe Arizona. They need to collect enough signatures by July 2nd to put the Smart & Safe Act on the ballot next year. According to their website (smartandsafeaz.com), the Smart & Safe Act would "legalize the sale, possession, and consumption of one ounce of marijuana" for people 21 and older. In addition, ballotpedia.org says, if passed, the Act would allow marijuana to be taxed 16-30%. The proceeds would go to local departments to assist with problems like addiction, substance abuse, and suicide.

However, about one third of Americans, according to Pew research, oppose the legalization of recreational marijuana. Mostly, their reasons have to do with the potential harm its legalization would pose to society and the individuals who use it. Moreover, it is believed to be a gateway drug, and by legalizing it, more people might be encouraged to use other, more dangerous drugs. Another thing opposers might take issue with is the fact that if the Smart & Safe Act is voted into effect, there will be an option, according to their website, for "folks who were previously convicted of low-level marijuana charges to have their criminal records expunged."

Evidently, marijuana continues to be a very polarizing topic in Arizona, and there is no real way to tell how it will turn out in November of 2020.



Mormon Trail, South Mountain Park and Preserve
Photos courtesy of Kyle Kisthardt

Hiking Sites in Arizona

Kyle Kisthardt

Reporter

In the wake of our COVID-19 outbreak, many valley residents are looking for ways to practice social distancing while still preserving their sanity. Thus, hiking trails have remained open and some places have even seen a great jump in visitors during this time. Outdoor exercise is exempt from Gov. Doug Ducey "shelter-in-place" order, so many of these trails are being flooded with visitors.

One of the greatest features about the great state of Arizona is the abundance of nature trails that can meet any style of journey you're expecting. Hiking is a great way to clear your mind, get back to nature, or learn something new about your life.

While too many people hiking has led to some restrictions or closures of some Arizona hiking trails, most are still operational and open. There have been three trails on South Mountain that restrictions were put in place to limit the amount of traffic and people going on the trail. A total of five trails have been closed or parking enforced to prevent overcrowding. Although there are many exceptional spots to visit in Arizona, three trails in particular are great trails for starters.

One of my favorite spots is part of the South Mountains near south Phoenix; it's a special trail called Mormon trail that ends in a breathtaking view that overlooks all of the Phoenix Metropolitan Valley. After reaching the peak, you can choose to take the loop or you can fork off onto National Trail Head for a different adventure. Beware, Mormon trail is only 1.4 miles but is quite steep, so proper footwear is a must.

If you choose to go on National Trailhead, you'll begin down a steep, mysterious hill that attracts mountain bikers and hikers alike. This trail is meant as a hiking trail, but is also great as a biking trail because of the immense amount of hill climbs and banked curves. Added jumps and adventures naturally made as you make it through the pass and 13.4 miles of trail that follows.

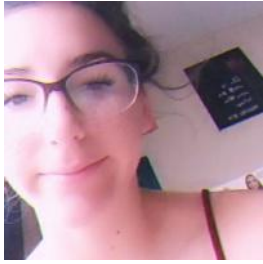
Fat Man's Pass is the most popular attraction on this trail, and it's only about a .5 mile into National Trailhead (2 miles if you start from the beginning of Mormon Trail). This trail goes through these rocks that are so close together you have to squeeze between them to get to the other side. That's where the name comes from; if you're too wide then it is very difficult to fit through.

As the weather starts to ramp up, so does excitement. Outdoor activities are plentiful here in the valley during our spring weather. Hiking and biking trails are perfect for activities with friends, spending time with family, or maybe a date night. Nature is a way to find out who you truly are and expand your mind; being able to experience a natural landscape can make you think and feel ways you never have before.

Many trails are available around the valley offering a wide range of difficulty levels. The best part is hiking trails until you discover the one that speaks to you most; and you find yourself hooked and unable to stop. Hiking is a wonderful thing and can be experienced for free, so what's stopping you?

How is everyone doing under lockdown?

Click the images below to watch how CHS students are living through COVID-19.



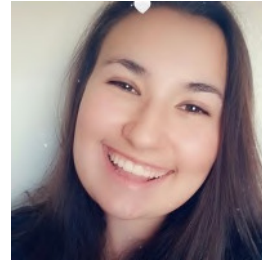
Emily
Pahl



Devyn
Cocomello



Andrea
Lee-Cruz



Megan
Amparan



Audrie
Larson



Avery
Kelly



Nathan
Bigelow



Jaden
Lynch



Makayla
Hunter



Kaley
Garcia



Mitchell
Sorensen



Monica
Robles



Jeremiah
Hadnot



George
Morris



Adah
Beehler



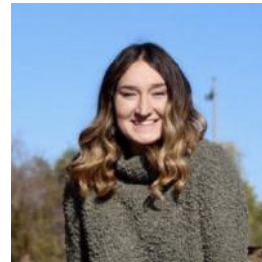
Carol
Ruiz



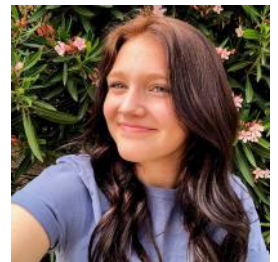
Cragun
Johnson



Nathan
Sason



Maya
Schmerfeld



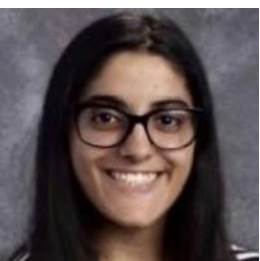
Maddie
Smith



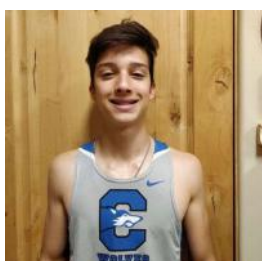
Kayla
King



Hayden
Hedelius



Khush
Preet



Christopher
Ishac



Jayda
Schmerfeld

Partisanship in the Classroom



People protesting across the United States. Photos courtesy of www.washingtonpost.com

Simone King
Writing Coach

As our country has become more politically divided, educators have been accused of pushing a 'liberal' agenda onto students. From elementary school to college, there have been situations in which parents believe that a teacher has been politically biased.

A situation just like this occurred in our school district in January 2020. A history lesson from a teacher at Casteel High School went viral. On the whiteboard there were claims against the Republican Party, connecting the party to words like 'Fascism' and 'Genocide'. Images of her lesson were spread in parent Facebook groups and Twitter, which even garnered a response from President Donald Trump.

A tweet from Corey DeAngelis, who works for Reason Foundation, claims that this teacher was practicing 'ridiculous political indoctrination'. Many shared an experience in which they felt a teacher had tried to push a personal agenda on them or their children.

Mrs. Nash, president of Chandler Education Association (an education professional

organization), clarified that this incident was taken out of context. "A History class discussion was being facilitated by the teacher. She was the one writing the words on the board, but the words and ideas were generated by students. This is just one of many examples where a discussion is taken out of context."

For a long time, there's been a misconception that teachers actively force their beliefs on their students. This idea has skyrocketed in recent years due to the partisanship in our country. The divide between our political parties is at the highest it's been since the civil war, according to political analyst Bill Schneider.

When students-inside or outside the classroom-have discussions about political beliefs, a teacher's only job is to moderate these discussions.

Most teachers try to remain neutral in discussions about political and personal beliefs. Ms. Kolacki, an English teacher at Chandler, explained how she remains unbiased in political discussions in the classroom, "I stick to the facts. Whenever we encounter an issue, belief, or idea that has multiple viewpoints, I try to teach students how to discern fact from opinion."

She later explains how she encourages students to take a look at different perspectives during these discussions to ensure that students understand why different people have different opinions. It is extremely important that educators remind students that different opinions are still valid, as long as they are based around facts.

When asked about why some parents believe teachers try to 'socialize' their children, Ms. Gould, a US Government teacher at Chandler High, said, "Based on their experiences, they've seen it happen. Kids come home with ideas that contradict family values." It's difficult for many parents when their children develop opinions that differ from their own. It's easy to try to pin this on teachers, because they are in positions of power at a time when children are developing their views and opinions. Some teachers may abuse this power, but it is not appropriate to stigmatize all teachers based on the few.

A teacher's job is to educate their students. This can be done by exposing them to different facts or new perspectives. The most important thing is that educators allow students to develop their opinions on their own without any type of pressure or persuasion.

Social Media Pressures Young Women

Kira Partlowe
Reporter

Social media has taken the world by a storm, and many young females have reported anxiety, especially with Instagram and Snapchat.

According to a study published in the Lancet, at least 24% of teen girls have reported high-stress levels when using social media. This has become a huge problem for young women. For example, when teens are using social media, many of them see beautiful women getting the most popularity; this can cause them to compare themselves and wonder why they don't look the same.

Chandler High School student, Jewelz Cox states, "seeing perfect people [on social media] has made a negative impact on me... there's an ideal image the media puts out and I'm the complete opposite." Cox explains that social media makes many women feel as if they are not good enough for social media and society all together.

Photoshop and filters can be extremely deceiving, as they make people look perfect when in reality they are not. Many different celebrities and influencers have been proven to use filters and photoshop, and it has made some women feel that it is important for them to use it too.

Malaysia Hardy, Chandler High student, states, "The way that [filters] change your face it's like, oh I look kind of good! Then as soon as you switch it and it goes back to normal it's like, oh... I don't actually look like that." Hardy shows that many people think some social media platforms allow people to "put on a mask" and when it is off it can be very damaging to self-esteem and confidence.

Women are losing their confidence and esteem over social media. Society prevents them from showing their real selves in social media and they often fear it. In the future we should work on bumping up other's confidence and get rid of these harmful standards.



Teen posing for picture. Photo courtesy of Kira Partlowe



24%

of teen girls have reported high-stress levels when using social media.



Pinnacle Prevention is an Arizona based nonprofit organization dedicated to growing healthy families and communities. Our mission is to inspire and advance a healthy food system and opportunities for active living. Our team of registered dietitians researchers and social scientists believe all families should have access to healthy food and opportunities to develop a healthy relationship with food.

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The Lack of Recognition at the Oscars

George Morris
Reporter

The Irishman, Joker, 1917, Once upon a Time... in Hollywood, and Parasite. What do each of these movies have in common? Well, all five of them were nominated for the Best Directing Oscar award in this year's Oscar ceremony, with Parasite director Bong Joon-ho bringing home the award. However, another similarity that these movies share is that they were all directed by men.

Not even Greta Gerwig, director of best picture-nominated movie Little Women, was nominated for the prestigious award. Other nominated movies such as A Beautiful Day in the Neighborhood (Marielle Heller), were also snubbed of any more than a nomination for its lead actor, Tom Hanks.

When it comes to choosing a nominee, only people from the specific category may vote for the nominations. For example, only actors can choose the potential winners of actor-based awards. This means that fellow directors of all the potential female-winners decided that they did not do well enough to deserve the nomination. This lack of representation didn't go unnoticed. Many presenters, including comedians Steven Martin and Chris Rock, made subtle nods towards the problem throughout the night. All-star actress Natalie Portman (who has been known to speak about issues such as lack of representation of a minority group) appeared on the red carpet before the show wearing a cape embroidered with the names of all the female directors who weren't nominated for the award. Names



Photo created by George Morris

such as Heller, Gerwig, Lulu Wang (The Farewell) and Lorene Scarfaria (Hustlers) were intricately sewn into the cape and became her centerpiece of the night.

In response to the Los Angeles Times, Portman said that her cape was to "...recognize the women who were not recognized for their incredible work this year in my subtle way." Later that night, as she presented the Best Director nominees and winner alongside Ron Howard, she ended with, "And here are the all-male nominees."

With the Hollywood scene more diverse than ever, it should be expected that the nominations and winners should be just as diverse. Unfortunately, this doesn't seem to be the case. Since the Oscars began in 1928, only five women have ever made it onto the ballot and only one has ever taken the prize (Kathryn Bigelow in 2009 for Hurt Locker). According to Variety, out of the top 250 domestic grossing films of 2018, "92% had no women directors, 73% had no women writers, 42% had no women exec. producers, 27% had no women producers, 74% had no women editors, and 96% had no women cinematographers."

It appears that with the Oscars' history and with the chosen nomination process, it is not up to the Academy itself to begin bringing in a more diverse ballot, but in fact up to fellow creators to begin bringing other directors such as those embroidered on Portman's cape.

Hip-Hop's Affinity with Extreme Metal

Adam Parra
Reporter

The world of metal is slowly wrapping its grimy fingers around the sound and style of modern trap. Since 2016 some artists started to combine their love for genre's such as: hardcore, punk rock, and black metal. As a fan of all music, I've tried to get into hip hop.

I found Ghostmane's hardcore ep called Fear Network. The short three-song ep is full of growling vocals and low tuned chugging guitars. Ever since I found this songs I have not been able to stop listening. Rappers like the deceased xxxtentacion cite, Marilyn Manson, and Slipknot as influences in sound.

Speaking of style, Lil Uzi Vert and his different way of dressing that just pulled from the punk counterculture.



Photo created by Adam Parra

Just how the last generation rejected metal and rock, this generation will pick it back up and do new things with it. Metal and hardcore are slowly injecting themselves into trap culture and it will change the face of music in the next coming decade.

The Rise of Podcasts

Sam Gerard
Editor

What is a podcast? A podcast is a series of audio files that are shared with the public in a series of episodes or seasons. According to techcrunch, podcasts have become one of the most rapidly growing art forms in the world.

As of 2019, there are over 700,000 podcasts, all accumulating to almost 29 million episodes. This is a growth of 27% from 2018. Almost half of the United States has listened to a podcast, and that number is growing daily. But why has this growth been so dramatic? Big businesses like Spotify are hopping on the bandwagon, acquiring the podcast technological platform Anchor, and Paracast, home of unsolved and supernatural-based podcasts. The company will even be having former president and first lady Barack and Michelle Obama on one of their original podcasts.

Another driving factor to this growth is the range of content that a podcast can have. You can listen to excellent storytelling, comedy and drama in Dungeons and Dragons podcast 'The Adventure Zone' on Maximum Fun.

From comedy to politics, podcasts have become one of the most popular pieces of media today. Media companies have taken full advantage of it, creating podcasts for their content. Small businesses have used this audio to grow from the bottom up, advertising their goods and services to almost half of the American population. If this growth continues, it's fair to assume that podcasts could have the largest audience of any piece of media.