



We asked.
You answered.

What is your favorite quarantine activity?



“I’ve been bingeing Netflix shows and hanging out with my siblings who are now back from college,” said Riley Cristella, grade 9.



“I like that I get to hang out with my family more and just get to relax around,” said Ben Porreca, grade 10.

Students create new habits

By LIZA CLARKE
Managing Editor

A multi-week quarantine has left students at Delran High School with a ton of free time, so much free time that many students are finding it difficult to keep themselves busy during this time of isolation. Junior Emma Mullin is just one of the students experiencing this feeling.

“I’m already getting bored and I want to get out,” Mullin said.

The most popular items that students have turned to are physical activity and screen time.

Senior Kylie Pietras shared her new daily schedule.

“Other than working out and school, I mainly just watch movies and FaceTime my friends,” she said.

Pietras is currently on a field hockey team which requires her to stay fit; but quarantine has made this difficult.

“I remain active by running, doing field hockey drills, and at-home

workouts because I can’t do my normal gym workouts and now they’re closing the Delran Community Park and other turf fields,” she said.

Freshman Ryan Clarke took a similar approach maintaining his physical fitness.

“I was active before the quarantine. I wanted to stay in shape. I usually run the track. It has gotten harder because gyms have closed and public parks have shut down. I have also been doing body weight exercises,” he said.

Other students have turned to movies and shows for entertainment. Mullin explained the things she has already finished since she has been home.

“My favorite show I finished was *All American* and the movie *10 Things I Hate About You*,” she said.

Junior Megan Mackell has a similar taste in her TV shows.

“My favorite show so far on this break is *All American*,” Mackell said, referencing a popular program about football players in Beverly Hills.

The most popular items that students have turned to are physical activity and screen time.

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We asked. You answered.

What is your favorite quarantine activity?



“My favorite quarantine activity is going on runs. I never liked running before, but now it’s an escape from being inside,” said Emma Mullin, grade 11.



“My favorite quarantine activity is baking and cooking with my mom because I get to spend more time with her,” said Julia Stricker, grade 11.

DHS students switch up schedules while at home

Continued from page 1

Mackell described how she schedules her screen time.

“Usually I watch an episode when I first wake up before doing my school work,” she said. “Then once I do all my school work for the day, I go back to my show and watch a few more episodes. I like spending time just watching shows in my bed or just taking naps in general if I don’t have work or practice to go to.”

Sophomore Sydney Lorino explained that she doesn't particularly mind the quarantine.

“My favorite show is *Love is Blind* and *Grey's Anatomy*, as soon as I finish my homework around 3 o'clock, I watch all day and only take breaks to go to the bathroom or eat dinner or go for a run,” she said. “I'm a homebody and definitely prefer staying in my bed all day instead of going out.”

The quarantine has had a major effect on all students' schedules, but these high schoolers have seemed to have balanced staying active and screen time.

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Mental Health: the underlying issue of COVID-19

By DRUE HAMLET
News Editor

The COVID-19 outbreak began in November 2019, but eventually took over the world. Starting in Wuhan, China and making its way all over the globe, the pandemic has resulted in quarantines, closures, and hysteria.

Coronavirus is an infectious disease that is spurred from a new virus string called, "Novel." The virus targets the respiratory system of all ages, but a lot of cases affect the elderly and those with compromised immune systems. COVID-19 is extremely contagious and it has been found that the droplets of the virus can remain on some surfaces for several days.

In the United States, a majority of citizens have resulted to self-quarantining and social distancing, as it has been strongly advised by the U.S. government, even required by most states.

While not everyone has followed this protocol, millions of Americans are remaining indoors with little human contact in order to stop the spread of this pandemic, a.k.a. "Flattening the Curve." Yet, an underlying issue of this virus is how to keep people mentally healthy.

It is hard to stay productive during this time of isolation. People who already struggle with mental health are at an even greater loss because some of their escapes may be off limits during this time of quarantine.

Those who are social and extro-

verted are finding it difficult to be unable to see and talk to people in person. Being stuck inside with little human contact can weigh down a person. But, there are many easy-to-use virtual forms of communications at our disposal.

Eighth grade Language Arts teacher from Lumberton Middle School, Jennifer Hamlet expressed her concerns regarding student isolation.

"I am also very concerned about the social and mental aspects of this quarantine. Most of us are social by

"... Take it one day at a time, try to be patient and flexible," said DHS Guidance Counselor Laura Foster.

nature and to not have the ability to see, hear, touch each other in person, is a detriment on the psyche," Hamlet said, "I also worry about kids who were already struggling with mental issues and used the resources at the school to help. What are they doing now? Who is contacting them to make sure that they are safe?"

At Delran High School, the Guidance Department has reached out through this entire process and the

staff has made sure to be available to the students. Counselors made a Google Classroom (CODE: 6vrahjh) that can be easily accessed by students if they need any help or guidance during this time.

DHS Guidance Counselor Laura Foster gave some advice to her students on how to overcome any struggles they may be facing.

"My advice is to take it one day at a time; try to be patient and flexible," she said. "Take good care of yourself and your loved ones. If you are struggling to stay emotionally well or you are worried about a loved one, reach out to your counselor for help. There are many community resources available for you."

Stress is a huge factor in all of this, too, and adds to the mental awareness aspect of the problem. A lot of parents are now forced to stay home and help their children with online learning. The stress of making sure kids stay on task coupled with making sure that the needs of all members of the family are met is a huge undertaking.

There is also added stress on teachers, a majority of whom have never had to educate their students online. Administrators also have the difficult task of decision making and monitoring what measures are being taken.

Finally, the students have an overwhelming amount of stress in terms of boredom, school workload, procrastination, and other factors.

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Students strive to stay healthy, both physically and mentally

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DHS senior Madeline Brignola touched on this idea.

“It’s been hard not being able to leave the house and see my friends. It’s just so boring. It also sucks because this is our senior year and the last few months that we would be spending together as a class,” Brignola said.

The class of 2020 is facing a hard break with the potential cancellation of prom and graduation up for discussion. With the extension social distancing guidelines, the earliest Delran could go back to regular schooling would be mid-May.

Now that we still have some time ahead of us in quarantine, it is essential that students, parents, administrators, and everyone around the globe stays physically, emotionally, and mentally healthy.

This isolation is new for a vast majority of us, so it is important to be productive and use this extended amount of time to our advantage. One way to keep a positive mind-set is through exercise and physical activity.

According to *The New York Times*, a walk around the neighborhood or an intense workout both release endorphins into your body, reducing your perception

of pain and making you feel more positive and accomplished.

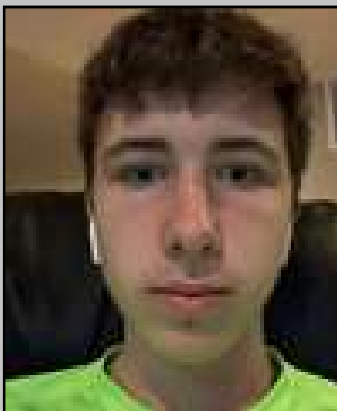
It is a perfect time to pick up a new hobby, clean your room, socialize (online) with friends, and spend quality time with family. Everyone must realize that through all of this, first responders and those who must work during these times are the reason why this virus will hopefully halt sooner rather than later.

Police, nurses, doctors, EMT responders, firefighters, and countless more are all risking their lives each and everyday to protect our loved ones. One way we help is through self-quarantine. While it is a dreadful process, we must look at the bigger picture and fight this pandemic together.

So, remember if you see a friend or family member struggling, reach out and ask if you can help. If you find yourself feeling down, try to take a walk, write in a journal, draw, anything to get your mind in a different place other than the current situation. Every person should share the common goal of getting to the finish line of this pandemic. Mental health, although often overlooked, is something that is of the utmost importance.

We asked. You answered.

How has the coronavirus affected your daily life?



“The virus has affected my life big time. It has changed how I eat, how and when I work out, and I can’t hang out with my friends anymore,” said Ryan Leusner, grade 12.



“The virus has affected my life in many ways. I don’t go out as much anymore; all gyms are closed, there’s a curfew at 8 p.m. now and that’s usually when I go out. But this virus is nothing to play around with,” said Troy Wells, grade 12.

DHS students get out of the classroom and onto the screen

By YASEMIN URAS

Editorials Editor

Sophomore Madison Chafin sat in front of her computer and tried to complete her online classwork through Google Classroom. She was anxious as she finished and submitted her assignments.

“Some of the work can be stressful to deal with, but so far, everything on Google Classroom has been fine for me. I like working at my own pace, it makes things much easier to handle,” she said.

Students all over the world are now in lockdown at their homes and are studying from a computer due to the COVID-19 outbreak. Many platforms, such as Google Classroom, are being used by schools.

DHS junior Rique Souza is also working from Google Classroom.

“It’s not too bad. If I don’t understand something that’s going on, I can just look it up,” said Souza.

Google Classroom allows the teacher to create, distribute and grade assignments online.

As beneficial as the virtual

Classroom is, it can have its downsides.

“The only problem is when everyone is on Google Classroom at once, and it starts to slow down or not load at all. It’s expected, though, considering the situation,” Chafin said.

“When everyone is on Google Classroom at once ... it starts to slow down or not load at all.”

Google Classroom can lag due to a lot of students logging on at the same time.

“Just once in a while, it’s been happening towards 11 a.m. and 12 p.m.,” said Chafin.

Since teachers give the students flexible hours and times to do their work, students have changed their routines accordingly.

“I wake up around 9, make breakfast, and start my work. I’ll normally start with math class and finish with French since that’s my best class. Then I’ll just have the rest of the day off,” Souza said.

Chafin also made the most of her online learning experience.

“I have plenty of time on my hands, so I won’t worry too often about the change of my routine, I actually enjoy it,” said Chafin.

We asked. You answered.

Would you rather stay at home or go back to school?



“I would rather go back to school” Michael McNinney, grade 12.



“I want to go back to school. I miss everyone!” said Trinity Governa, grade 12.

We asked. You answered.

What are you doing to stay healthy during the shutdown?



"I'm staying physically healthy by doing 10 push-ups and 10 leg-lifts in the morning and right before sleep and I try to go out for walks two to four times a week if [it's] nice out. Mentally, I am talking to friends and sometimes playing some games with them to keep me entertained, and if they're not available, then I listen to music," said Tiago Santos, grade 11.



"I keep healthy physically and mentally by doing my job as an essential worker at U-Haul," said Kolby Gordon, grade 12.

Nurses risk their lives to save ours

By SERAFINA CAROLLO
Editor-in-Chief

While many of us are quarantined at home, safely sitting on the couch, working from home and doing our part in fighting this disease by social-distancing, doctors, nurses, grocery store employees, gas station attendants, delivery drivers, and other essential workers are on the front lines of this battle, risking their lives to keep us safe.

Amidst the coronavirus pandemic, due to Governor Phil Murphy's executive order, businesses cannot force workers to come in and must offer them the option to work from home if possible. While some businesses may offer time-and-a-half or double pay, other employees aren't given any extra compensation.

In these times, nurses and doctors are more essential than ever. Laura Carvalho, an MSN/ APN (Master of Science in Nursing/Advanced Practice Nurse) at a local hospital in New Jersey that is treating COVID-19 patients, described this pandemic as an "all hands on deck situation."

"We need as many staff as we can get right now. The hospital is cross-training other nurses and doctors to manage critical care patients," said Carvalho.

At this hospital, nurses participated in special training in order to treat COVID-19 positive patients, according to Lori Stens, BSN/RN (Bachelor of Science in Nursing/Registered Nurse). They may make more money when they work overtime, but receive no extra compensation for exposing themselves to this virus.

"There are a ton of patients and they are extremely sick. Emotions are running high," said Laura Carvalho, an ICU nurse at a local hospital.

"When the hospital is in need of more nurses to work, we get offered critical pay which has been handed out like candy this month to ensure we have enough staff to care for all the patients," said Haley Koller, BSN/RN, (Bachelor of Science in Nursing/Registered Nurse)

who works at the same hospital.

Healthcare workers are taking extra precautions before stepping into a room of a COVID-19 positive patient or a patient that is suspected to have the virus. Doctors and nurses are required to wear N95 masks, face shields, head covers, surgical gowns and gloves in every room with a patient who is either infected or suspected of being infected.

In addition, patients are in a negative pressure room, which essentially pulls particles out of the air and filters them away.

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Essential workers on frontline of COVID-19 battle

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Stens recalled tearing up when she walked into a COVID-19 room and she couldn't recognize her longtime friend and colleague because of all the protective gear they were wearing covered their faces.

"The atmosphere at work is really hectic right now," Carvalho said. "There are a ton of patients and they are extremely sick. Emotions are running high."

Nurses that have found themselves in the eye of the hurricane are getting overwhelming support from other parts of the hospital and from outside establishments that are sending over food to show their gratitude. Yet, they are making numerous sacrifices as they put themselves at risk for contracting the coronavirus.

A nurse at the same hospital was so afraid to take his mask off that he neglected to eat or drink all day. Doctors and nurses are taking extra shifts, losing sleep, and keeping an extra distance from their families for the fear of bringing home the infection.

"As a whole, I would say that we in ICU are not afraid of taking care of COVID-19 patients, but the emotional toll of the unknown and the constantly changing CDC regulations is difficult. Our manager is considering bringing in an on-site counselor to help us cope," said Stens.

Medical professionals are working harder than they've ever had to and there is a new significance to the word "team."

To help those who are putting themselves in danger of catching this virus, those at home can stay at home. Social distancing and sacrificing seeing friends at this time is what will flatten the curve.

"Stay away from older people and the immunocompromised until this is all over, and even then I would be very careful about going to crowded places

for a while. You never know who actually followed the rules or not," Koller said. "Stay home, only go to the grocery store when absolutely necessary and send the healthiest person in your home and take all the precautions. We can make this go away quicker if everyone just stops moving around."

Essential workers are keeping the society afloat and keeping us safe. Doctors and nurses are risking their lives taking care of patients, grocery store employees are making sure that the shelves are stocked with the necessities we need to quarantine, and gas station attendants are keeping other essential workers' gas tanks filled. Food delivery service drivers, retail workers, and other essential workers are still making the world go round, all while potentially exposing themselves to the virus.

"The general public can stay home if they really want to help us. Staying inside and being aware that they can spread the disease before they are symptomatic. They can try not to go to the ER unless it is an absolute emergency. They can also make sure that they are washing their hands. And they can send us donuts. We love donuts," said Carvalho.

Honoring the requests of healthcare professionals and following the CDC guidelines is the best expression of gratitude that society can give to those who are on the front lines of this battle. Also sending some baked goods could never hurt.

We are all in this together, and we will get through this together, but let's never forget to thank those who are going into work everyday, risking their lives to save ours. If we all cooperate and make the necessary sacrifices in order to flatten the curve and fight this disease, we will be able to take our masks off and hug our loved ones in the not so distant future.

A nurse at the hospital was so afraid to take his mask off that he neglected to eat or drink all day.

Religious students pray at home to help slow the spread

By OGUZCAN USLU
Staff Writer

People around the world are avoiding crowded places, cutting back on travel and taking other precautionary measures to avoid catching and spreading the new virus COVID-19, also known as Coronavirus. This virus has been declared a pandemic and affects people's daily routines and lives. Consequently, it's also affecting how people practice their religion.

On March 16, instead of greeting thousands of worshipers, volunteers stood in a damp and cold room ready to explain to everyone who might not have heard about the shutdown of mosques and churches because of COVID-19 and how serious it can affect the elderly

According to *The New York Times*, the virus COVID-19 can spread easily around from person to person, so President Donald Trump immediately shut down places that

gathered more than 10 people. These places include schools, bars, restaurants, food courts, any type of gathering for a celebration, and also all religious gatherings.

*Houses of
worship have
stayed empty*

While houses of worship and their halls and parking lots stayed empty, many people stayed in the comfort of their homes to pray and practice their religions.

Many in the Jewish community marked Passover with streaming temple services and fewer members around the seder table. Likewise,

in Christian's Easter celebrations, massive egg hunts, church services and family gatherings were off limits this year.

"Easter is coming up and that's the epitome of Christianity. So, if the outbreak doesn't die down by the time it comes around, there might not be mass to worship," Brian Stricker, a DHS student, said last month.

While Easter and Passover were celebrated a bit differently in most families this year, the Islamic religion's holiday of Ramadan occurs from late April through late May. During this holiday, Muslims fast during the day and attend services at mosques where they pray and later feast with friends and family members.

"Ramadan is coming up. Hopefully we will be fasting at the mosque, however if COVID-19

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We asked. You answered.

During the shutdown, what do you miss about school?

"One thing I miss from school is seeing everyone. Basically just being around other people other than family," said Kylie Friddell, grade 11.



"I miss social interaction and having something to do because self-isolation is boring," said Angie Berterton, grade 9.



Despite closure of churches, mosques and temples, students remain faithful

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does get too serious, we might not have it at the mosque. If so I will be fasting at home with my family,” said Atillahan Ozturk, a former DHS student.

After the feast, Muslims pray as a sign of gratitude, but since this virus has broken loose, many Muslims have to pray at home.

“There’s other ways where I practice at home. For example, I pray in my room or if my room is occupied, I will pray in my mom’s room,” said DHS junior Simge Yilmaz.

Christians, while not required to be in a house of worship during prayer, often take solace and find comfort in their services and churches.

“Yes there are other ways that I am able to pray. In the Catholic religion, it does not matter whenever you pray because God is always listening. You can be in a library, home, a park, you don’t always have to go to a church to worship,” said Stricker.

As this virus continues to wreak havoc among countries, some people may find it hard to pray outside their churches, mosques and temples. However some may find it easier to worship at home. For those of Is-

lam faith, it's considered better to pray with your fellow believers as it helps your prayers be heard, according to religious believers.

“The virus does NOT make it harder to practice at home, but it’d be nice to still go to the mosque and pray with my fellow Muslim brothers and sisters,” said DHS senior Burhan Kahraman.

In some cases, people took the extra time that was given to them because of this virus to get closer to

God and ask for forgiveness for their past sins and also pray for many other good things to come their way.

“The virus did not negatively affect me practicing my religion,” said sophomore Yasemin Uras. “Actually, I became closer to my religion. I pray more and I spend more time reading the Holy Quran.”

“You don’t always have to go to a church to worship.”

We asked. You answered.

During the shutdown, what do you miss about school?



“Friends, because I don’t get to see them outside of school,” said Riley Figiel, grade 11.



“My friends because I really miss seeing them every day,” said Sierra Schofield, grade 11.

Athletes, coaches lament loss of spring sports season

By KATHRYN JUDY
Staff Writer

Sports are an American pastime that people enjoy playing or watching and unfortunately the athletic industry, like many others, has taken a hit during the COVID-19 pandemic.

Because many sports involve person-to-person contact and spectators are often crowded together in stands, Americans haven't been able to enjoy some of their favorite hobbies.

Closer to home, the spread of the Coronavirus has halted local and school sports or forced the cancellation of entire seasons.

Sports such as track, lacrosse, soccer, baseball, softball, and golf are all on the chopping block, much to the disappointment of athletes and coaches. These student athletes often practice all year round and they are understandably disappointed.

Breana Parkinson, a junior at Delran High School, plays soccer year round with an extra spring season for club soccer, which normally ends in June.

"My sport being postponed affects me because junior year is when most colleges are recruiting girls, so we won't get that opportunity until later on," said Parkinson.

Track and lacrosse are also spring sports. Students practice months before the first meets or first game so they can be fit and

ready for the season to begin. As many spring student athletes are seniors and juniors, this makes it the last season available for recruiting juniors and playing for seniors.

Coach Nathan Marter at Delran High School shared his feelings about the pandemic's effects on spring sports.

"It saddens me a great deal," he said. "I have a lot of athletes that

*Just because we
are separated
doesn't mean
we are alone.*

I coach. They work hard and have goals they want to reach. Not being able to compete is frustrating for them and for me."

Marter has coached track and field at DHS for the past 17 seasons. This possible cancellation of school and sports affects not just the students, but the others who run it all.

"I miss the athletes and my fellow coaches," he said. "I miss interacting in person, seeing my athletes work hard and accomplish success on the track."

Marter feels sorry for the stu-

dents who are graduating in the class of 2020 and those who are juniors who should be getting recruitment offers for college in their futures.

"The seniors may never get the chance again if they are not continuing with sports in college. Some of the juniors may miss valuable recruiting opportunities if they don't get a chance to compete this year," Marter explained.

With restrictions in place from the federal, state and local governments, student athletes may feel at a loss and question how they can "stay in the game."

Just because we are separated doesn't mean we are alone and Parkinson spoke on how she and her teammates stay in touch during the pandemic.

"I run and do a workout everyday to stay in shape, I also do technical stuff each day, and keep in touch with all my teammates," Parkinson clarified.

Marter also suggested that students stay active.

"I recommend all athletes stay safe, focused, and positive," he said. "We have an opportunity to see what we are truly made of. Can you work out when no one is watching? Can you put the work in when no one is right there holding you accountable? Use the workouts provided to escape some of the stress this situation is causing. Stay ready for the season if [and] when it comes."