

Classical Chronicle

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Mental Health Corner: Commonly Asked Mental Health Questions

Written by: Anuj Shah

Imagine that in a world everyone was dealing with something that ruined their mental health. Would you think that the world would go crazy, isolated, or even gone? We would have to get rid of all of this stress and that is why I asked our school social worker, Mr. Wolf, help answer some questions about mental health. Having bad mental health is a huge problem and needs to be solved.

What are some things that cause stress?

“Stress can come from a lot of different places. Different things may cause different people stress. One thing may cause one person stress and not bother another person at all. Some common things that can cause stress are overworking, feeling pressured, and a big change in one's life.”

What happens to people while they have stress?

“Stress can look like a lot of different things. We often think of stress as something that is mental and only in your brain. This is untrue, as stress is often a physical response as well. Stress can cause headaches, nausea, sweatiness, increased heart rate, and other physical responses. We feel this way because our body is trying to tell us that this situation is wrong. Stress is associated with the "fight or flight" response where we either attack the problem at hand or run away from it. Stress is our body trying to keep us alive in dangerous situations. While we might not always be in physical danger, our body perceives this as dangerous to our health.”

What can people do to get over their stress?

“Stress is something that happens to everyone and will always happen. It is not necessarily something to "get over" but something to learn to manage and deal with. Mindfulness activities (meditation, yoga, breathing exercises) are a great way to limit stress. Different things work for different people. Some people may like to listen to music, others may want to talk to friends about it. Find what helps calm you down and make it a habit to utilize that activity when you are feeling stressed.”

Do people need to take medicine when they have problems with their mental health?

“This is a very complicated question. Mental health is a broad topic and is separate from a mental illness. Mental health is your overall well-being. I would compare it to your physical health. You want to eat right and exercise to take care of your body, but that isn't the same as having a broken bone or the flu. So medicine would not help mental health. Understanding your brain, and what helps you feel calm will help your mental health. Additionally, understanding and expressing your emotions will vastly improve your mental health. In terms of mental illness, there are some medications that can help people impacted by mental illness (depression and anxiety are the most common), but those will never be prescribed first. You will always need to see a specialist (therapist or psychologist) first for them to determine what is most helpful. Additionally, medications are not a solution by themselves. They can help you get better, but you have to continue to do the work (therapy, improving yourself, etc.) too! Overall, medication is not the first choice to resolve a problem, but it can be helpful if needed.”

Wellness Wednesday this year has been a chance for students to simply talk to each other. Due to the pandemic, many people have felt isolated and have not had a lot of socialization, so we created Wellness Wednesdays to have a place for socialization. No grades, no work, just talking about whatever the students wanted to. During Mental Health Awareness Month (in May), we started each Wellness Wednesday off with an activity and how it can impact your mental health. The topics were socialization, video games, food, and sports.

From this, I can conclude that there are many ways to resolve stress, what happens to people when they are stressed, why is it caused, and how their environment should be when having mental health problems. Mr. Wolf has answered these questions and helped me know something that I never knew before and could also have you know this and use them.

Sweeten Up Your Summer With These Treats

Written by: Tanishi Patel

Some summers can be really boring. Why don't you sweeten up your summer with some treats? All of these summer treats are DIY and can be done with very few supplies and ingredients. Have Fun :)

1. Ice pops

I'm pretty sure ice pops are self-explanatory. For this, all you will need is an ice pop mold, and whatever ingredients you may have around your home. Here are some ideas of what flavors of ice pops you could make this summer.

- Lemonade and Fruits: Some lemonade, store-bought or homemade, and some freshly cut fruits would make for a delicious fruity treat.
- Rose Ice Pops: You can mix rose water with blackberries, cherries, or grapes and you have a wonderful rosy treat.
- Soda and Gummy Bears: Pour some sprite or sparkling water and add gummy bears. What a classic!
- Honey and Flowers: Mix some lemonade with honey and add some edible flowers. Not only do they look beautiful, but they also taste amazing.
- Spiced Chai Ice Pops: Chai is a popular Indian tea. To make spiced chai ice pops, you first brew chai tea and add the following spices: ground cinnamon, ginger, allspice, cloves, cardamom, and nutmeg. Then add milk and nuts. Then pour the chai into an ice pop mold and freeze. Enjoy this creamy and spicy frozen treat :)

2. Homemade Rolled Ice Cream

Rollled Ice Cream is a popular Thai dessert.

- For this you will need 1 pint of heavy cream, 1 can of sweetened condensed milk, 1 pinch of salt, and any toppings of your choice.
- First, you whisk heavy cream, condensed milk, and salt in a bowl. You then pour the mixture into a sheet pan. Make sure that the ice cream base is 1/4 inch thick or less. Then, add any other toppings you may want and evenly distribute them. Freeze the ice cream for at least 4 hours. Also, make sure to put your scraper and bowl in the freezer so your ice cream doesn't melt halfway through. After your ice cream is frozen and you take it out, quickly but carefully place your scraper at a 45° angle against the edge and push carefully. If it is having a hard time forming, use a butter knife to push the ice cream into a roll. Once you have your rolls of ice cream, enjoy :)



3. Parfaits

Parfaits are really mouthwatering, and the best part is that they are really easy to make. All you need is a fancy glass, or a normal plastic cup will suffice, and ingredients that you have lying around your house. Here are three Parfaits to try this summer.

- Strawberries and Whipped Cream: Add a layer of sliced strawberries, followed by a layer of whipped cream. Repeat these layers until you get a desired amount. Then add some melted marshmallows, crushed cookies, and chocolate drizzle. Finally, freeze for 3 to 6 hours and enjoy.
- Classic - Yogurt and Berries: Add a layer of yogurt and then add a yogurt of your favorite berries. Repeat this process until you get an amount you like. Then top with granola and Enjoy.
- Chocolate-Oreo: First layer is made up of crushed oreos. The second layer is a mixture of milk, sugar, cream cheese, and whipped cream. The next layer is chocolate pudding, followed by one more layer of the mixture of milk, sugar, cream cheese, and whipped cream. Top with chocolate chips and crushed cookies and enjoy :)

What Would You Wear?

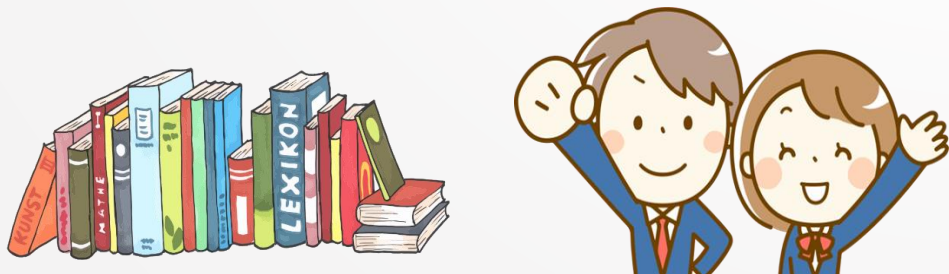
Written by: Anya Nirav Tripathi & Aarush Shah

What do you think? Do you like wearing uniforms daily or would you rather have your own style and wear what you feel comfortable in? Personally, I don't think uniforms are the best. They have their benefits and disadvantages and all but one seems to outweigh the other!

I'll give you some examples. Uniforms may not be for everyone. Students might find them uncomfortable to wear. Maybe it's the fabrics and materials that were used to make them. Maybe it's the color. Or even if it's just not their style. Now, the uniforms always fit the school dress code, whatever you wear in school should, so even if the uniform itself is uncomfortable, there should be something that you think is comfortable that works for school.

When you go to school it gives you the opportunity to express yourself with your style and outfit choices. Other students would get to know you from how you dress. If you have similar taste in clothes, you may become friends. But when you have uniforms, everyone wears the same thing. You would know nothing about anyone. Their likes and their dislikes. Sometimes you could even tell their personality by their outfits. Not in the situation where you wear uniforms though. Students and families may not be able to afford buying uniforms yearly. Yearly because they might not fit the student for so long. Buying your own clothes at different prices and places could be much cheaper than buying uniforms and more expensive places.

Considering all of these disadvantages, there will always be benefits. Do they outweigh the other side? Or is it even? I think that we don't really need uniforms. As middle schoolers, we should be mature enough to pick out and wear our clothes. At the end, it's what you think. You may totally disagree with this, and that's totally fine!



School Made Easier! Use These Tips to Ace Your Assignments

Written by: Suhani Rana

Even though the school year is coming to an end, improving your skill in specific areas can help you prepare yourself for new challenges that may include your weak spots. As an 8th grader heading to high school soon, I might as well share some useful study and work tips for everyone to use. These tips helped me a lot throughout my middle school years, and I hope they help you too!

My first tip is doing the work the day it is assigned. The earlier you finish your work, the more free time you have to do whatever you please. This helps me focus on more important things if I finish my work faster.

My second tip is to make a to-do list or a schedule. If you tend to forget what assignments you have or if you get a lot of work, making a to-do list can help you manage your time and keep you on track with your assignments. I like to categorize my assignments by which class I have first to which class I have last. My third tip is to do the easier assignments first. Doing the easiest assignments first gives you more time to do the more time consuming or difficult assignments. This tip can make sure you don't fall behind in work or sleep.

My final study tip is to listen to calming music. I like listening to anime lo-fi songs or any calm instrumental song covers. It keeps me relaxed and focused, helping me do my work faster and better. I mainly use this tip when typing up long assignments or essays since the beat of the music keeps me in line.

These were all my favorite and my most used study and school tips. Of course there are many more tips, but these help me the most. People have their own study styles so you don't have to use these, but keeping these in the back of your head could maybe help you.

Get To Know Your Teachers!

Written by: Ishan Guzraty & Palak Purohit

It's always great to know your favorite teachers better, and now you can! We interviewed three teachers on various subjects, such as the hardest part of teaching and their favorite parts, so if you are an aspiring teacher, take some notes!

Starting with the question we're sure all of you are dying to know, how do you grow a beard as great as Mr. Novakoski? Mr. Nov's deepest secrets about growing a beard have been unveiled! His tips on growing a beard are to have patience, a touch of luck, and a lot of hair fertilizer. His favorite part of teaching is getting to know his different students, and the little moments when a student is able to explain something that he taught (so go study up on Latin!). Other than Latin, he would teach is History or social studies. Mr. Nov became a teacher because education was always very important to him, and if he can help someone else, then it's a worthwhile thing to do.

The new science and math teacher this year, Mr. Lurie, also had some things to say. For him, the hardest part is when the students start acting up in class. (Luckily for us, he hasn't had that many issues with the CACS students!) He says that when you lose control of a class, there's no getting them back. To prevent this from happening, he makes sure students are occupied, whether it's extra time activities or just asking questions during discussion time. But why did he become a teacher in the first place? Well Mr. Lurie knows that he's a smart individual, and he can probably go into the research field and discover something of importance, but why do that when he can train a whole bunch of students to become researchers and smart people? In his words, "but instead with teaching, you know, assuming I'm successful at it, I've got a whole bunch of young scientists coming up to do research, all of you can easily accomplish more than I myself ever could." We'll be sure to not disappoint you, Mr. Lurie!

Mrs. Sproule has taught at Classical Academy for 19 years now and she pretty much started "MSM: Middle School Math". She has seen a lot since then. The school started in a small yellow house when she came, and now it's a full school. She was a computer programmer before becoming a teacher, and she has always loved math and teaching and made it her full-time job here at Classical. She finds this year especially difficult because of all the technical issues that she faces during class but it doesn't stop her from trying her best. Her favorite part is the students because they always make her day better. Other than math, she would like to teach literature.

Take Your Pick!

Written by: Giselle Paunil and Andrea Diaz

Underrated Books:

You may know some popular books like Harry Potter and Lord of the Rings, but there are so many other books as well! Some have such fantastic stories that go unnoticed. Here are some book recommendations to take a look at, that may pique your interest.

When You Reach Me - Rebecca Stead

Mystery/Science Fiction

Summary: Miranda is an ordinary sixth grader until she starts receiving mysterious messages from somebody who knows all about her, including things that have not even happened yet. Each message brings her closer to believing that only she can prevent a tragic death. Until the final note makes her think she's too late.

The Foundling - Stacey Halls

True Story/Historical Fiction

Summary: Bess Bright returns to Foundling's Hospital, to retrieve her daughter, Clara, that she left there for 6 years. Fearing her daughter had already died, she did not expect to hear that someone already came to reclaim her under her name. Bess tries to figure out who was behind this. Why would they do this? Where is Clara?

Popular Music:

There've been many popular songs lately! There's Pop, K-Pop, J-Pop, and even popular Anime songs. All are great music that you should listen to, and these are what they are:

Butter - BTS has created a new song called Butter, with **300 MILLION** views on Youtube, and #1 for Music on Youtube. Butter is an English K-Pop Song that has a summery and nice groove to it. The 'Butter' music video is already out and it is on a record-breaking spree. Try to listen to it in your free time!

Sour - The new album "Sour" by Olivia Rodrigo is a hit! Her album consists of 11 songs about how she feels going through a breakup. On YouTube, each of Olivia's songs has over **5-11 MILLION** views! Her songs all have different genres, so you'll never get tired of hearing the same style.

Fukashigi no carte - Fukashigi no carte is a popular outro for the anime "Rascal Does Not Dream of Bunny Girl Senpai". This song has a light and calm tune to it, that will raise your spirits instantly. It has over **65 MILLION** views on YouTube! It is a great song to listen to when you're studying or even just relaxing.

After School - After School is a K-Pop song by Weeekly. Weeekly is a new girl group that debuted in 2020 under Play M Entertainment. Their new album called "We Play" includes After School which has over **66 MILLION** views on Youtube! The song has a catchy and playful tune that will make you want to start dancing!

Renai Circulation - Renai Circulation is sung by Kana Hanazawa. As an intro for the anime "Bakemonogatari", it has over **97 MILLION** views on Youtube. It started to get its recent fame from new trends on TikTok.

Trending Tea

Written by: Jessie Rivera

SPOILER ALERT!

All you Marvel fans out there, yea YOU!

You know Iron Man died while defeating Thanos and dying to save the entire universe.

Well those of you who are sad he's gone...HE MAY ACTUALLY NOT BE GONE. According to google, Iron Man maybe come back to the MCU (Marvel cinematic universe). Don't forget if your gonna watch the MCU movies (WATCH THEM IN CHRONOLOGICAL ORDER!!).

ATTENTION ALL GREY'S ANATOMY FANS..

So news is that Grey's Anatomy only has one more season left. Man, 18 seasons and it just going to be over like that, that's insane 18 seasons! According to google, they are planning on making spin-offs of the show including some of the Grey's characters. FUN FACT: Did you know that Patrick Dempsey AKA Derek Shepherd AKA MCDREAMY got fired from Grey's Anatomy. I read in an article that he was a diva on set now that just shocking.Maybe he isn't all that nice you think he is...?

Are you getting Cyberbullied?

Written by Vishwa Acharya and Devanshi Pandya

In recent times, you'll notice everyone online. We do school and work online, we socialize online, we even play games online! Recent studies have shown that 3.69 billion people use social media. This current pandemic has caused many people to work and do school from home, including us. With all that time online, you may come across some people that aren't exactly friendly and may bully you for no genuine reason, sometimes just for popularity. In-person bullying can at least save you from their torments in the safety of your home, however, bullying has increased greatly, thanks to the advanced technology we have today. With that being said, how do you know you are being bullied online and how pernicious can it be to you?

I'm sure you all have some basic social media apps such as Snapchat, Instagram, TikTok, Facebook. These apps have games and collaborative content that exposes us to different people and allows us to bond over things we have in common. It's a wonderful way to see new things. However, there are some downsides to this 'wonderful' world of social media. Sometimes you don't even realize you are exposed to potentially harmful predators until you become a victim. I'm sure almost all of you have recognized it or even experienced cyberbullying. Victims like us don't realize when these mean comments turn into a form of bullying.

Did you know that Instagram was the most reported social media platform where people got cyber bullied? Studies have shown that people tend to bully more online because they are anonymous and also since they can do things online that they wouldn't normally do in real life. They wouldn't have to face the consequences and can hide behind their 'fake' mask. Studies have also proved that bullies tend to bully others since they are scared of getting bullied themselves. Now, what if you're thinking that they are just joking around. There is a fine line between 'just joking' and bullying, and that applies to 'in-person' bullying and 'remote' bullying.

Cyberbullying can have really bad outcomes on those who are being bullied. It can cause people, specifically teens to become depressed, be angrier, and can cause them to have severe anxiety.

... It can even cause teens to end their own lives, studies have shown victims of cyberbullying are 3 to 9 times more likely to consider committing suicide. In a recent case, a 16-year-old named Carson Bride committed suicide over harassment and bullying on Snapchat in Portland, Oregon. In his case, it is revealed that Carson was bullied on the apps YOLO and LMK. These apps allow people to talk to each other anonymously and without any consequences, making them a breeding ground for cyberbullying. His mother took action, filing a class-action lawsuit against Snapchat for what has transpired. Snapchat recently suspended YOLO and LMK while the investigations continue. This is just one case out of the many that occur due to cyberbullying.

Even though it is impossible to prevent cyberbullying just as it is to prevent in-person bullying, you can avoid it with appropriate measures. Firstly, you should know what cyberbullying is. Try researching online how cyberbullying occurs. Make sure to keep your posts on social media platforms appropriate. Having inappropriate posts such as photos increases your vulnerability to online predators. Another prevention you can take is by letting only trusted people see your profile. Friends and family you trust should only be allowed access to your profile. Additionally, don't engage with cyberbullies, if you are a victim, either stand up for yourself, ignore them, or tell a trusted person. Lastly, don't be a cyberbully *yourself*. If you harass other people online, it promotes that kind of behavior and it encourages others to follow your actions. Follow the rule, "treat others the way you want to be treated". Also, If you witness someone getting bullied-- either cyber or in-person, stand up for them. If you stay silent, then bullies will continue to torment other people. Show bullies that this kind of behavior will not be accepted. Don't give up, continue standing up for people, and tell them that they aren't alone in this.

Look!Some Lucky Stars!

Written by: Noor Asmar and Suhani Rana

The Japanese Lucky Paper Star is one of the most well known and famous type of Origami. They are made in different sizes and quantities, then are usually placed into a jar. You can make them in different colors, sizes, and try using different types of paper! They are placed in jars because some people believe that their hopes will be realized. Use your creativity and create your own Japanese Lucky Paper Star with simple and easy steps that wouldn't take long!

1. Start with a strip of paper (the size doesn't matter, the thinner the strip the smaller the star and vice versa). The paper can be any type you have on hand. Then you are going to start the knot. Take one end, bring it to the bottom and over the other end, put it through the hole and pull it through. Make sure not to pull too much, otherwise the paper will rip. Once you pull it through, one side should be longer than the other.
2. Fold the excess end behind. You do not need to cut it off but you can do if it's too long. Fold the end on the left behind, keeping the bottom edge aligned with the bottom edge of the shape in the center. Continue wrapping the pentagon. Fold the strip on top, over to the top left. You will now see that the pentagon is growing a bit in size.
3. Keep on wrapping the pentagon shape! fold the strip down behind to the bottom. Fold the strip up and over to the right. Fold the strip over behind to the left and continue until you only have a small section left
1. Now that you have finished wrapping, you can tuck the excess paper into an empty pocket (Tip: you don't have to, but if your shorter end is too long).
2. Once you finish tucking, you can begin to pinch the sides of the star. Use your index finger and thumb to pinch in one of the points of the star. You can experiment with different amounts of pressure used for inflating the star

And now, you have finished the process of making a Lucky Paper Star!

The Weeb Side

Written by: Suhani Rana and Aarush Shah

Welcome to "The Weeb Side"! Here, we share news about new animes, updated, animes, animes that are close to the end, and animes that we sadly have to say goodbye to. For this first edition, the focus will be on some new animes that have came out.

1. Backflip!!

This anime aired on April 9th, 2021. It's about a guy named Shoutarou Futaba who was a bench warmer on his junior high baseball team. After seeing a group of gymnasts in the park practicing, he decides to watch a rhythmic gymnastics competition. He sees the same people who were at the park, performing for Shoushukan High School . The Shoushukan High School's Rhythmic Gymnastics Club places second-to-last due to penalties acquired from not fielding a full six-man roster. The demonstration of skill captivates Shoutarou, and he decides to enroll at Shoushukan in hopes of joining the team despite having no background in the sport, along with Ryouya Misato, a prodigal gymnast who was the runner-up in a junior tournament. Now, the six man roster is complete and Shoushukan High School's Men's Rhythmic Gymnastics Club, is on their way to Inter-high.

1. To your Eternity

To your Eternity is a Japanese Manga series written and illustrated by Yoshitoki Oima. The manga follows a mysterious immortal being, known only as "the Orb", sent to the Earth with no emotions nor identity. The being is able to take on the shape of those that leave a strong impression on him. Starting off as a white orb, he takes the form of a rock, then a dying arctic wolf. As the wolf, the being meets a boy living alone who mistakes him for his late pet, Johan. After the boy dies from a major wound, the wolf takes his form. To your Eternity also has a anime tv show based off of the Manga. The 20-episode series is animated by Brain's Base and directed by Masahiko Murata, with Shinzō Fujita handling series composition, and Koji Yabuno designing the characters, and Ryo Kawasaki composing the series' music.

Covid Timeline

Written by: The Entire Newspaper Committee

Covid has played such a big role in our lives. Let's take a trip back to all the moments we passed in the insane pandemic.

January, 2020:

Jan. 9: The World Health Organization (WHO) announced that a cluster of mysterious pneumonia-like cases in Wuhan, China.
Jan. 11: confirmed their 1st case in Wuhan
Jan. 20: confirmed cases from outside of China, including Japan, South Korea, Thailand, and Washington state in US
Jan. 30 and 31: W.H.O declares a global health emergency and travel to the US from China is restricted

February 2020:

Feb. 2: A man in the Philippines died from the virus, the first death outside of China
Feb. 11: Death toll for the virus passes 1,000 worldwide, W.H.O renamed the virus as COVID-19
Feb. 23: Europe has a major surge in cases, especially Italy rising from 5 to over 150 cases
Feb. 29: A COVID patient in Seattle died, making it the first known U.S. COVID-19 death

March 2020:

March 11: W.H.O. declares the Corona virus outbreak a pandemic.
March 12: CACS last in person day in school.
March 13: There were 5373 deaths worldwide.
March 16: Latin America started to face the effects of Covid.
March 17: The European Union banned all non-essential travel.
March 18: U.S. and Canada banned all non-essential travel between the two countries.
March 24: India announced a 21-day lockdown.
March 26: The U.S. had the most confirmed cases. New York City becomes the epicenter of the U.S. outbreak.

April 2020:

April 4: It was reported that over 1 million cases of COVID-19 had been confirmed worldwide, a more than tenfold increase in less than a month
April 16: W.H.O issued guidance on adjusting public health and social measures.
April 18: W.H.O and Global Citizen hosted the 'One World: Together At Home' concert to celebrate health care worker, and managed to raise a total of \$127.9 million, that was provided to the COVID-19 Solidarity Response Fund

May 2020-June 2020:

May 3: Virginia reports its first COVID-19 death.
May 10: Global cases pass 4 million
May 27: COVID-19 deaths in the US surpass 100,000
June 1: France reopens some of their public activities
June 2: Italy reopens borders to tourists
June 8: New York starts to open back up, New Zealand and India lift their lockdown restrictions
June 15: The United States surpasses 150,000 coronavirus cases
June 23: COVID-19 vaccine trial starts in South Africa
June 27: Global deaths surpass 500,000

July 2020:

July 1: Governor Abbott mandates face masks for Texas.
July 8: Arizona and Florida reach full capacity in their hospitals due to sick covid patients
July 14: The Moderna Vaccine was tested on humans for the first time showing a positive response.
July 17: India becomes the third country to pass one million COVID-19 cases.
July 22: Global coronavirus cases surpass 15 million; the United States remains the nation with the highest number of cases worldwide.

August 2020:

Aug. 2: COVID-19 cases in the Philippines pass 100,000.
Aug. 7: New York Governor, Andrew Cuomo announces New York City schools can reopen in the fall if COVID-19 cases remain low.
Aug. 19: The U.S. College Board cancels the SAT test for nearly half of the students scheduled to take it in August.
Aug. 31: India becomes the country with the third-highest number of COVID-19 cases behind the United States and Brazil

September October 2020:

Sept. 3: There was a surge in cases at US colleges totaling to more than 51,000 cases
Sept. 6: India climbed to over 4.2 million cases, becoming the country with the second most cases in the world
Sept. 28: After 10 months of the virus, the global death toll reaches 1 million deaths
Oct. 1: New York City reopens all of its public schools
Oct. 2: President Trump and First Lady Melania Trump tested positive for COVID-19
Oct. 11: The number of Covid cases worldwide reaches over 1 million cases in just three days

November 2020

Nov. 4: The US passes 100,00 new daily cases, and France imposes a 2nd lockdown.
Nov 5: England enters a lockdown
Nov. 8: The world passes 50 million cases for corona
Nov. 9: The United States becomes the first country in the world to record 10 million cases.
Nov. 13: the number of emergency room visits for mental health reasons rose 31 percent among children ages 12 to 17
Nov 16: Moderna confirms its vaccine is more than 94% effective
Nov.18: Pfizer and BioNTech announce their vaccine is more than 94% effective

December 2020

Dec. 2: UK approved of Pfizer's vaccine
Dec. 3: Biden asks Americans to wear masks for 100 days.
Dec. 8: The United Kingdom identifies a new variant of SARS-CoV-2 that appeared to be more transmissible.
Dec. 11: The F.D.A. authorized Pfizer's Covid-19 vaccine for emergency use
Dec. 14: The U.S. death toll surpassed 300,000.
Dec. 18: The F.D.A. approved Moderna's Covid vaccine.
Dec. 18: India becomes the second country, after the United States, to record 10 million COVID-19 cases.
Dec. 23: The United States reaches 117,777 hospitalizations, a new record.

Covid Timeline (continued)

January 2021:

Jan. 1: The United States surpasses 20 million COVID-19 cases.

Jan. 3: Israel [vaccinates](#) more than 10 percent of its population in two weeks.

Jan. 7: The United States tops 4,000 COVID-19 deaths in one day, the deadliest day in the pandemic.

Jan. 11: U.S. President-Elect Joe Biden receives his second dose of the Pfizer-BioNTech vaccine.

February 2021:

Feb. 2: China to supply COVAX with 10 million COVID-19 vaccine doses.

Feb. 3: UNICEF announces a deal with India's Serum Institute to produce 1.1 billion doses of COVID-19 vaccine for low-income countries.

Feb. 4: The United States surpasses 450,000 COVID-19-related deaths.

Feb. 6: The Netherlands surpasses one million COVID-19 cases.

Feb. 8: China's Cansino COVID-19 vaccine shows 65 percent efficacy after the first dose.

Feb. 22: The United States passes 500,000 COVID-19-related deaths.

March 2021:

Mar. 4: U.S. seven-day COVID-19 vaccine average passes two million. A study finds that daily COVID-19 tests in the United States have declined by 35 percent since mid-January. The United States administers 82.6 million COVID-19 vaccines.

Mar. 8: Wyoming announces it will lift its mask mandate.

Mar. 9: Ukraine approves China's Sinovac COVID-19 vaccine.

Mar. 18: The United States shares 4 million doses of its AstraZeneca vaccine supply with Canada and Mexico.

Mar. 19: The Biden administration surpasses its goal of administering 100 million doses.

Mar. 31: Pfizer and BioNTech announce their coronavirus vaccine is extremely effective in adolescents 12–15-years-old.

April 2021:

Apr. 5: India records over 100,000 new cases in a day, surpassing its previous record for daily cases.

Apr. 9: Chilean studies find that China's Sinovac vaccine has 56.5 percent efficacy four weeks after the second dose—but just 3 percent efficacy after one jab.

Apr. 13: The United States pauses use of the Johnson & Johnson vaccine after six individuals (out of nearly seven million recipients) developed a rare clotting disorder.

Apr. 20: The World Health Organization reports that global COVID-19 cases have increased for the eighth consecutive week.

May- June 2021

May 2021:

The U.S. is getting better and better each day. Covid cases are dropping everyday and more adults are getting vaccinated. Kids between the ages of 12 and 15 are also starting to get the Pfizer BioTech Vaccine. On the other hand, India's covid situation worsens and many hospitals are lacking oxygen. Lots of countries, including the U.S., have raised money and sent supplies to India.

June 2021:

More and more people above the age of 12 are getting the vaccinated. Cases are also dropping. Some more good news, it is predicted that half of U.S. will be vaccinated by mid-summer. WOOHOO!

And here we have it, the Covid timeline. The whole world has passed through such a treacherous time, but we made it. Salutes to all of our healthcare professionals and frontline workers for working tremendous hours and helping us get through this difficult era. We are getting closer and closer to normal each day. Like Miss Maudie said, "It's not a step, but still a step."

**Thank you to all our amazing
Committee members for putting their
effort to make this newspaper special!**