

THE GROVE GAZETTE

NEWS

Sorry, Olympics: Pandemics are the New Biennial Global Event

INSIDE THIS ISSUE:

By Tori Ross

Global Event	1
Suicide Prevention	3
Mental Health	4
PA Combats COVID	5
Student Artist	6
"The City"	7
Another Pandemic	8
First League	11
Seals Tennis	12
Cross Country	12

Editor-in-Chief

Lonna Temple

News Editor

Tori Ross

Sports Editor

Veronica Stanford

Opinion Editor

Kelly Schmidt

Media Editor

Sarah Leason

Art Editor

Alayna Wenrich

Contributing Authors

Olivia Hoffman, Asli Lawrence,
Ade Leason, Maddie Rowan

Amidst this ongoing public health crisis, many feel their sense of hope for the future shrinking away. But through it all, they survive by holding on to a single thought: This will all be over someday. It will get better. Unfortunately, experts claim that such a hope may no longer hold water.

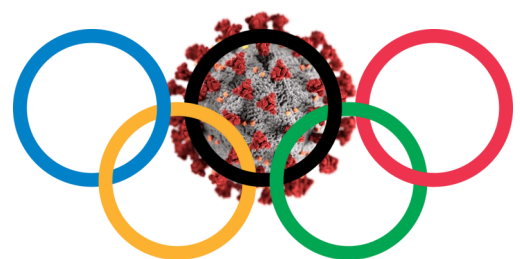
They say that pandemics are here to stay.

Dr. Anthony Fauci, Capitol Hill's leading COVID-19 advisor, and his colleague Dr. David Morens, warned in a report published in the distinguished *CELL* medical journal in mid-August that "COVID-19 [...] is but the latest example of an unexpected, novel, and devastating pandemic disease. One can conclude from this recent experience that we have entered a pandemic era."

Pandemics are not new to developed civilization. For exam-

ple, 1918's Spanish flu killed 50 million or more. Decades later, HIV/AIDS emerged, and has since taken the lives of 37 million people and counting. Over the decades, outbreaks such as these have continued. Swine Flu, Ebola, Coronavirus—this last decade has seen an unusually large number of pandemics. But what is most surprising is not the actual occurrence of these outbreaks—it is what they indicate about the causes of and implications of diseases for humanity.

Four of the most recent major disease outbreaks—SARS, two strains of bird flu, and COVID-19—emerged from the wet markets of eastern China. Other



Continued on page 2

NEWS

Continued from page 1



disease hotspots exist throughout the world in places such as the rainforests of South America and central Africa. Such locations, including the wet markets of eastern China, are associated with a higher-than-average rate of disease emergence due to the extensive variety of wild animal species (notably exotic birds and mammals) that can transmit diseases to humans.

These biodiversity hotspots—and the animals who reside within them—have become increasingly vulnerable to disturbances by humans. Human activities revolving around industrialization and poverty (such as deforestation and the trade of wild animal products) have led to an uptick in disease emergence due to increased contact between wild animals and humans.

Fauci and Morens write that “in a human-dominated world, in which our human activities represent aggressive, damaging, and unbalanced interactions with nature, we will increasingly provoke new disease emergences,” citing “extreme alterations of the environment” as causes of “increasingly extreme backlashes from nature.”

They even go as far as to claim that evidence from recent disease outbreaks “constitute[s] a powerful argument that human activities and practices have become the key determinant of disease emergence.” This makes COVID-19 only the newest addition to humanity’s ever-expanding list of self-made threats.

It is evident that unless humanity significantly changes the way it interacts with nature, the cost of its misuse will grow every year—and a new pandemic may likely occur as often as the Olympics.

In a September 2nd report in *The American Journal of Tropical Medicine and Hygiene*, Morens et al. writes, “Unless we reset the equation; invest more in critical and creative laboratory, field, and behavioral research; and start finding ways to prevent these emergences, we will soon see additional coronavirus pandemics, as well as global spread of other types of infectious agents not yet imagined, caused by some of the millions of viruses in the natural world, many of which we have not yet had the time and funding to identify and study.”

Fauci and Morens write in their *CELL* article, “Living in greater harmony with nature will require changes in human behavior as well as other radical changes that may take decades to achieve: rebuilding the infrastructures of human existence, from cities to homes to workplaces, to water and sewer systems, to recreational and gatherings venues.”

It may be tempting to view these necessary changes as burdensome or even impossible; however, if every person unites to fight environmental degradation, the payoff will be extraordinary.

NEWS

Suicide Prevention Month

By Olivia Hoffman

September is Suicide Prevention Month, which promotes understanding the root causes of suicide and spreading awareness on how to prevent it. And believe it or not, this applies to your life more than you realize.

Did you know that suicide is the second leading cause of death in American teenagers? About 17% of high school students said that they have seriously considered suicide. Chances are you have interacted with someone who was in this mental state.

There are multiple ways to get involved and help, but the easiest way is to just understand. If you research this for just a few minutes, you will quickly realize that suicidal thoughts are more than just “feeling sad” or “not wanting to do things.” Suicidal thoughts are typically caused by an underlying mental health issue that goes unaddressed, and should not be normalized.

Warning signs to look out for that might signal that someone needs help include behaviors of

increased alcohol or drug usage, aggressive or reckless behavior, and withdrawal from social situations may be more subtle signs that someone is suffering mentally. However, there are more obvious indicators that someone may need immediate attention. These include giving away possessions, collecting pills or weaponry, and saying goodbye to family and friends. If someone you know begins to behave in any of these manners, it is best to seek professional mental health help immediately.

There are other ways you can help as well. One simple way is to educate others. Tell them what you know about suicide prevention, and be willing to listen to what they have to say as well. You can also spread the word on social media by presenting information about suicide awareness in your posts.

Suicide is never the answer, and there is always hope. If you or a loved one are considering suicide, seek immediate medical attention.



**Suicide
Hotline:
1-800-273-8255**

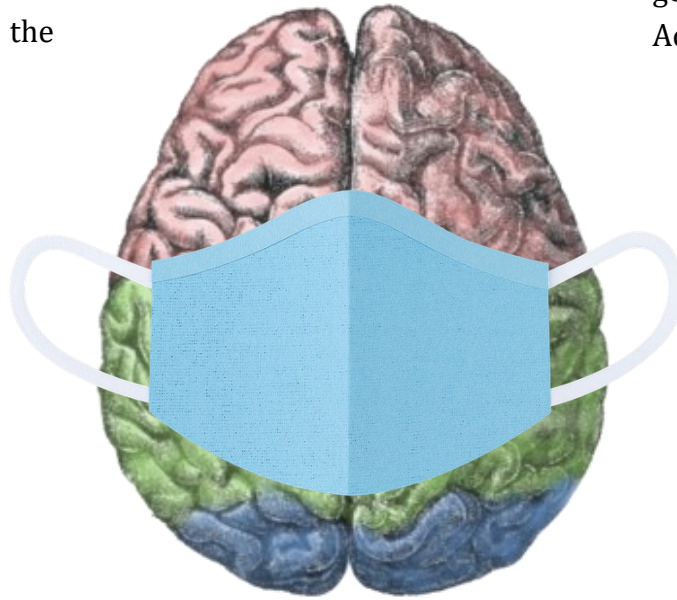
NEWS

Mental Health During Quarantine

By Ade Leason

Quarantine has become a new normal throughout the world, but the road to get to the normal has been met with hardship for most people. A huge problem that many have faced in lockdown has been the deterioration of mental health caused by a multitude of stressors.

Many people were in some sort of quarantine from late March to early July before it became “allowed” in this area to visit friends and family, but it was most noticeable when school activities took off. It’s safe to say that many people felt the effects of being stuck in Selinsgrove and the surrounding communities, with the only company being family who seem to get more annoying each day for months. This did not benefit our mental health. In fact, studies reported by the Pharmacy Times show that in a quarantine longer than 10 days participants show much higher post-traumatic stress symptoms, avoidance behaviors, and anger.



A huge stressor from this quarantine was from fear of infection, but studies indicate people weren’t fearful of infecting themselves but rather family members. People also became paranoid of the symptoms of Covid-19, resulting in fears when any sort of physical symptom occurred.

A lot of paranoia was caused by inadequate information from public health authorities. For example, at the beginning of quarantine people questioned whether or not it was okay to wear a mask, something that all of us know is a

good thing to do at present. According to the CDC, in the SARS epidemic participants reported feeling as if there was poor coordination between multiple jurisdictions and the levels of government involved. They also felt that the lack of clarity provided by officials led to participants fearing the worst. This is comparable to the Covid-19 quarantine and leads to confusion and hopelessness towards the government and the virus in general, leading to trust issues and a negative effect on many people’s mental health.

Another impact on mental health was from boredom and frustration. It’s true that quarantine brought on restrictions and rules new to many people. This resulted in the loss of a normal routine and a reduction in social and physical contact with others causing boredom, frustration, and a sense of isolation from the real world.

Continued on page 5

NEWS

Continued from page 4

Post quarantine stressors are an issue as well that continue to impact the American public in the present. These stressors include financial problems or anxiety towards how to recover.

How can people recover from a time such as quarantine? Well, one way to help, is by being there for others and for the community. Be observant and take care of friends and family provid-

ing social support that can greatly affect someone's mental health in a good way.

For a person's own mental health there are small changes they can make, when added up, can help them recover. These changes include, taking care of their body, eating healthier, going outside more often, exercising, getting plenty of sleep, take breaks from the news, take

breaks from stressors, do what they love doing, and keeping in touch with others.

The bottom line is quarantine has been no fun for many people and mental health probably took a hit. As the crisis continues, it will still be beneficial to consider the ways you can be happier after a tough time. Happiness should always be a main goal in life.

Pennsylvania Combats COVID

By Alayna Wenrich

The Coronavirus first hit the United States in January. Panic, partly sprung by the President, ensued. U.S. citizens scrambled to grocery stores, stockpiling Clorox wipes and toilet paper. America, it seemed, was on the brink of collapse.

Thanks to Pennsylvania Governor Tom Wolfe, COVID-19 has been primarily held at bay. Wolfe's virus protocols have reduced the spread of the virus dramatically. Over the course of the last few months, the governor has implemented a multi-

tude of policies to try and slow the spread of COVID.

On July 1, Wolfe mandated that all Pennsylvania citizens had to

wear masks whenever leaving home. This protocol is still in effect. Wolfe also mandated that everyone in a business must



Continued on page 14

Student Artist of the Month

Isabel Proger

By Asli Lawrence

Isabel Proger is a senior at Selinsgrove Area High School. She is known for her incredible artwork and continuous involvement throughout the art department. *The Grove Gazette* sat down with her to discuss her art career and how she plans on continuing to develop in the future.

When asked, what inspired you to become an artist? Proger responded, "This is honestly a hard question to answer because I never really 'decided' to become an artist. Art has always been one of my biggest passions and I've just kept practicing and growing! That being said, I think I have been inspired to keep practicing art. I enjoy how it can bring people together, and a piece of artwork is truly a form of a universal language. Everyone can connect to art in some way, which can create a huge impact on peoples' lives."

The Gazette proceeded to ask Proger if she was planning on using art in her future career. She answered, "While I am not

planning on focusing on art as a career, I may end up incorporating it in some way. I plan on either double majoring or minoring in some form of graphic design or art, along with my biology major. This would give me the option of scientific illustration, or even just a way to tie art into my career in the science field."

The next question was how have you been using art to benefit [yourself] and others? She said, "When I'm making artwork, I'm in my happy place. It's a way for me to take a break from the stress of life



and focus on something I enjoy. Recently, I have been creating murals and art that many people get to see, so I hope that my art can bring some joy into their day. I've also created artwork to support Black Lives Matter, which is a way I can show my support and help the movement."

When asked what is her favorite art to create, Proger's response was, "I love draw-

Staying COVID-safe, Proger poses in front of her butterfly mural.



Continued on page 7

NEWS

Continued from page 6

ing portraits, especially with colored pencil. I've just always enjoyed drawing people."

The interview concluded with the final question of what is your favorite piece of art you have created? Proger responded, "I think my favorite piece I've created so far is a portrait I recently made of Michelle Obama. It is a colored pencil portrait."

The Grove Gazette is extremely appreciative of Isabel's time to answer these questions and wishes her the best of luck after high school with her future endeavors! To follow Isabel's art journey, follow her art account on Instagram @isabelprogerart!



Isabel Proger's portrait of Michelle Obama .

GROVE POETRY CORNER

The City

By Anonymous

The noise, the noise
The noise of a busy street,
In a city that
Refuses to sleep

Here stood once a
Great building,
One that was
Proud and strong

No, the building
Twas not tall,
Nor did it house
Many a person

In fact, it was
Rather short,
Compared to the
Big skyscrapers

However, this building
Had one quality
None of those
Skyscrapers had

It was unique,
It was original,
With its rainbow walls
And dark-toned exterior

In all its lifetime,
It never tried to
Copy the big,
Tall skyscrapers

Inside it had its
Own ideas
On how a building
Should act

But the other buildings
Didn't like this,
And so they made
Plans to destroy it

With the help of a few men,
The building was destroyed,
And replaced with a
Big, tall skyscraper

This skyscraper, however,
Could never match
The greatness of the
Small, unique building.

OPINION

There's Another Pandemic in America, and Chances Are You're a Part of It

By **Tori Ross**

There's a second pandemic in America—and it has nothing to do with disease.

On countless lawns across America, signs and other political paraphernalia boasting any variety of political beliefs can be seen advancing across citizens' properties in a relentless turf war. With a simple glance, one instantly labels the landowner "Democrat" or "Republican" and may deduce—often with startling accuracy—the landowner's most fundamental values and traits.

Behind this seemingly harmless occurrence lies an ugly truth about America: In a time when unity is essential, we are divided like never before. Whether we may be conscious of it or not, every politically aware American is affected to some degree by a behavior that creates this division.

This behavior is called political tribalism. And it is threatening to burn America's progress to

the ground.

According to Selinsgrove history teacher Truly Walters-Zimmerman, "Tribalism is loyalty to a unique identity. Political tribalism occurs when a person's political party becomes an essential part of their identity. When this happens, being a Democrat or a Republican is less about supporting what views these parties espouse and more about being loyal to the party itself."

Political tribalism is no new phenomenon: During the Gild-

ed Age in the late 1800s, Democratic and Republican political affiliations became less about specific platforms and more about a collective identity in fierce opposition to and competition with the "opposing" party. When a rash of McCarthyism rolled across America in the mid-1900s, political enemies were labeled "Communists" and were subjected to intense scrutiny under the governmental eye.

This occurrence continues today. Neither the Left nor the Right are strangers to political

Continued on page 9



OPINION

Continued from page 8



tribalism. To many Democrats, Republicans are so different from them that the notion of being friends with them is laughable; Republicans feel the same way.

In all honesty, this is understandable. Today, the type of Democrat who is portrayed most often in the media seems to nurture a completely different set of

values than the type of Republican who is represented in the media. And it's true—many of our priorities when choosing a political figure to support differ. But the issue lies in how we let our political affiliations decide for us what we believe about complex issues such as human rights and environmental policy.

There is no line drawn in the sand of politics that says: "If you stand on the left side of this line, you are a Democrat and you are assigned these values. If you stand on the right side of this line, you are a Republican and you are assigned those values. Please do not attempt in any way to straddle this line: You may find yourself entering a quantum dimension where everyone is both friend and foe—and neither friend nor foe. Good luck regaining your balance."

However, this viewpoint is becoming increasingly common, and it is made more sustainable by the two-party system, which subtly places pressure on people to fit neatly into a political category and creates division between Democrats and Republicans.

According to Mrs. Walters-Zimmerman, the media is also a powerful player in this dynamic. She explains, "News sources and sites on social media tend to cater to certain audiences. In order to keep their audience intact, they stoke an 'us versus them' platform. People keep go-

Continued on page 10

OPINION

Continued from page 9

ing back to the sources that confirm their worldview, reinforcing their beliefs. [...] This strengthens their resolve.”

It is no longer a surprise to wake up to an early-morning tweet from President Trump replacing professional titles with insulting labels and scientific evidence with lies and conjectures. No matter how egregious the falsity, if it vilifies or insults Democrats, it is lapped up by his base. If he were to wake up the next day and tweet something in complete contradiction to his previous statement, his base would rally their support.

This does not only happen with Republicans. Often, Democrats think of Republicans as their sworn enemies, so politically different that they simply need to be swept aside in order for progress to occur. Their personal beliefs do not matter—the only thing that matters is that they are Republicans.

Mrs. Walters-Zimmerman cites this as being incredibly harmful. She says that “It becomes very difficult for two people who see their political party as a fundamental part of their identity to

share in productive dialogue because challenging a party’s credibility means challenging that person’s credibility. The political is personal.

“Additionally, since each side gains different ‘facts’ from their news, they cannot discuss an issue fully. Political tribalism makes compromise nearly impossible in politics or government because a leader who does compromise is seen as a sell-out to the party.”

At a time when no aspect of life in America seems untouched by disaster in the form of disease, wildfires, hurricanes, or racial violence, a basic sense of human decency should be the only prerequisite for supporting issues that at their most fundamental level strive to create a better future for all. If we remain divided, we may find ourselves living on an uninhabitable planet in toxic political conditions.

So, how can you help resolve this situation? First of all, make sure your news is not coming from a singular biased source. It is difficult to find a truly unbiased news outlet, so try to

incorporate different types of perspectives into your news feed.

On this, Mrs. Walters-Zimmerman comments, “Increasingly, media literacy is important. Weeding out fact from opinion would help create critical thinkers who could look more at facts than feelings.”

Additionally, try to notice whenever you find yourself thinking of people with differing political beliefs as distinctly “other,” or lumping people who belong to the same political party into one blurry pile of enemies. Every person is different—and if we acknowledge that now, we will be one step closer to solving humanity’s most urgent issues.

We cannot let petty politics eclipse our shared humanity.

We cannot extinguish the flames of a world ablaze with half of us attempting to do something beyond damage control and half of us stoking the fire.



SPORTS

Team Wins First League in 14 Years

By Veronica Stanford

"Annalise," Coach Cheryl Underhill called.

This was Junior defender Annalise Bond's cue, as it had been all year, to perform a feat that not many in soccer can do: the flip throw. Because the flip before the throw adds momentum, usually these types of throws go much farther than a regular throw-in; additionally, if it's done correctly and in the perfect position, it acts as a set piece and can lead to crucial scoring opportunities. A goal is just what coach Underhill needed in this moment to build a lead in a game that would decide the league championship.

Bond jogged to the ball, knowing what could occur if the throw was successful. She did the flip, just as she had countless times before. The ball soared in the air and, before it reached the ground, Junior forward Jess Smith connected with

the ball and scored the first of many goals of the night for Selinsgrove.

With this 4-0 over Milton, the Selinsgrove Girls Varsity soccer team won its first league title in fourteen years. This year, the Seals look to do the same, along with winning a district title.

The team this year is led by ten returning Seniors, all who have been named captains this year. Early in the 2020 season, the Seals have a record of 2-2, and they are undefeated at 2-0 in league play. Senior Night was the third game of the season against Lewisburg, and they pulled out a 1-0 win, which followed a 3-0 victory against Midd-West. However, they fell to Central Columbia and Bloomsburg. In their upcoming schedule, the Seals face off against Central Mountain, Shikellamy, and Danville.



Photo by Steve Various



Annalise Bond takes a flip throw against Central Columbia.

SPORTS

Lady Seals Tennis Paves Way to Districts

By Maddie Rowan

The Lady Seals Tennis Team move to 5-3 after a win against Mifflinburg and move to 2nd place in their district one standings.

After starting their season with a loss to Central Mountain, the Lady Seals quickly bounced back in a clutch win against Milton which set the tone for the remaining season. Not knowing if they would even have a season the Seals have been training since August to ensure they were prepared for the season and were especially excited when Governor Tom Wolf gave the go ahead to fall sports.

Now with 5 wins, Avery DeFazio (Junior-2nd singles) enthusiastically says that “everyone is working hard and pulling their own weight. I hope it continues for the rest of the season.”

When asked about how the new COVID-19 safety protocols affected their play, McKenna Parker (Sophomore-3rd singles) and Emeline Snook (Senior-1st doubles), stated that “tennis is not a contact sport, therefore the only difference is using different balls than the opposing team and instead of shaking hands, touching racquets are a way to provide sports etiquette.”

On Wednesday the 23rd, the Seals look to take another win from Milton and by looking at the season projection, the ladies need two more wins to lock up a postseason birth.

Best wishes and good luck to the Lady Seal’s Tennis Team!

Cross Country

By Kelly Schmidt

The Selinsgrove Area School District’s Cross Country Team started their season off great. The team has been preparing for their first meet since July and the hard work and dedication is definitely paying off.

The team’s first meet this season was on Saturday September 12th at the Warrior Run course. The whole team woke up early to drive to Warrior Run. At the meet they did their normal walk around the course and started the races, Junior

High first and Varsity to follow. Teammates cheered and supported each other throughout the races. The whole team showed great effort and sportsmanship.

Running is a non-contact sport, so the Covid-19 situations affect them less. However, at meets all spectators are required to wear masks and the athletes are required to wear masks before and after their race. If there are more than 20 run-

Continued on page 14

SPORTS

Selinsgrove Field Hockey

By Lonna Temple

Seniors on the Selinsgrove Field Hockey Team.



Photo by Lonna Temple

Delayed season start, social distancing, masks, and a pandemic cannot stop the Seals Field Hockey (SFH) team from having the best season they can.

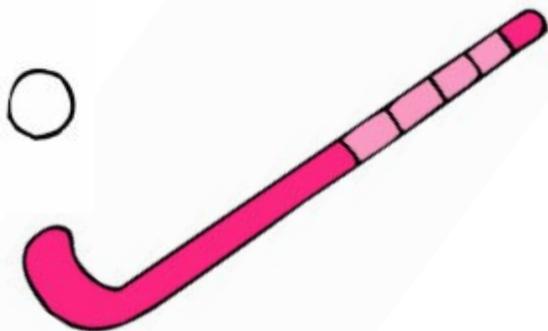
Even though the 2020-2021 season was delayed about a month, the SFH players and coaches still put in the time and effort to make sure they were ready to go when they could play. Every single person on the team practices and plays like it is the last time they get to be on the field.

This year's seniors chose the team saying to be "tough times don't last, tough teams do" and it fits perfectly. SFH has proven to be tough team on the field and no matter the obstacles thrown their way, they have overcome all of them.

These tough times have brought the team closer together than they have ever been. This year more than any other year, the time spent together is valued and appreciated.

SFH is not just another team playing another sport, they are a family.

Whether the team is practicing or playing, on grass or turf, winning or losing, they have all made sure to have fun and enjoy the time they have together.



NEWS

Continued from page 5

wear masks at all times (including workers and customers).

Previous to now, all restaurants were allowed to serve up to 25% of their capacity indoors. Now, on September 21, the indoor seating capacity increased to 50%.

These protocols have caused great opinions among Pennsylvania residents. In relation to the mask protocol, senior Olivia Miller expressed her opinions. "I believe the mask mandate is beneficial. However, when people decide not to wear masks, the mandate does not really work out well."

Olivia Miller also had a comment on the amount of Snyder county citizens who follow Wolfe's mandates. "I believe there is a split

because a lot of people follow the mandates well, but then some people don't." "These people do not always face repercussions for their failure to follow the governor's protocols," said Miller.

Governor Wolfe has also put into effect the mandate that requires all school staff and students to wear masks. This protocol has been received primarily well from the staff and students of the Selinsgrove Area High School. When asked if wearing face masks in school was effective or not, senior Allison Rousu commented. "I feel that wearing a face mask is an effective way of protecting myself and others," stated Rousu.

It seems like Pennsylvania Governor Tom Wolfe's coronavirus protocols are here to stay.

Continued from page 12

ners in a race, they would set the race into heats to have less people on the line. Heats are basically pace groups.

The following Tuesday the 15th was the Cross Country team's Senior Night, where they recognized all their Seniors on the team. This year the team has six Seniors: Mason Reitenbach, Zoe Tomko, JaSayle Rivera, Laura Malehorn, Maddie Stebila, and Aleigha Heimbach.

The Selinsgrove Cross Country Team is off to a great start just in the first few meets. On the September 15th meet both the Girls and Boys Junior High teams won and the Varsity Girls team also won. Their times from the first few meets are really setting the time to work with for the rest of the season. In cross country it's mostly about improving yourself. Yes, placing is fun, but as long as you continue improving yourself, you are improving the team.

**Give yourself a LIFT
and others too....**



**And join
The Grove Gazette!**

**We need: Students
who enjoy writing,
photography,
cartoon drawing,
and web design.**

**Our next meeting:
Thursday 10/8 in
Room 239 during
Seal Time (distance
learners: e-mail Mrs.
Frantz for a Teams
Meeting link).**