

SCHOOLS

STUDENTS SHARE STORIES, ARTWORK

When the 2019-2020 school year started, no one could have predicted how it would come to a close. To say it was a little out of the ordinary is to wildly understate the remarkable steps that students, parents and teachers took each week just to finish out the school year.

Our Student Journalism Contest changed, too. In January, we asked Lancaster County teachers to review the theme, “What Does Democracy Mean to You?” with their students. We asked the students to submit essays describing their thoughts on democracy. When COVID-19 arrived in Lancaster County and schools shut down, we wanted to get the students’ perspective of how the shutdown affected their lives, so we introduced another topic that students could write about.

We assigned the topics by grade:

Kindergarten and first grade: Draw a picture to show us how you are helping others or what you are doing with your families and pets while you are at home.

Second through fifth grades: Write an essay about how you are spending your time. Do you have a new hobby? Have you read a good book, seen a funny movie? Are you able to talk with friends online or over the phone? Describe the activity that is especially important to you now, and why.

Six through eighth grades: Offer some advice to us about COVID-19. Describe what steps you and your family are taking to stay well. How do you feel about that? Are there other things we should do to help everyone’s physical, mental and emotional well-being?

High-schoolers: Tell us how social distancing has changed your life, your perspective on the people and places that matter most to you. What discoveries have you made about yourself?

LNP|LANCASTERONLINE
STUDENT JOURNALISM
CONTEST EXPLORES
COVID-19, DEMOCRACY



Lincoln rose from poverty to president

LIBBY MOHR
SPECIAL TO LNP | LANCASTERONLINE

Abraham Lincoln was born into poverty on Feb. 12, 1809, and was raised on the frontier of Indiana. Lincoln self-educated and became a lawyer, Whig Party leader, and served in the Illinois legislature.

In 1858, Lincoln lost the senatorial election, but thanks to his debate skills, he received the Republican nomination for president in 1860. Lincoln became the 16th president of the United States and was re-elected, only to have his second term cut short by his assassination.

While president, Lincoln was successful in transforming the Republican Party into a powerful organization, even convincing many northern Democrats to support his political agenda. However, Lincoln’s most notable accomplishment occurred in 1863 when he

issued the Emancipation Proclamation ending slavery within the Confederacy. Our nation was torn in two, morally and politically, but Lincoln refused to allow us to forget that the Civil War was fought for an even greater purpose.

While dedicating the military cemetery at Gettysburg, he declared, “that we here highly resolve that these dead shall not have died in vain — that this nation, under God, shall have a new birth of freedom — and that government of the people, by the people, for the people, shall not perish from the earth.”



Libby Mohr

● Libby Mohr just completed fifth grade at Bear Creek School.

Staying connected under quarantine

GREYSON GASTINGER
SPECIAL TO LNP | LANCASTERONLINE

Being connected with family and friends is very important to me. Since we are all being quarantined, we can not talk to each other in person and many of us might feel lonely. So, I have been writing letters to relatives and my teacher, telling them about what I have been doing in online school or what my family and I are doing for fun.

I call my grandparents every night to make sure they are doing OK and are staying healthy. For me, it is important to make certain everyone is safe and well. I am still in contact with my friends and often FaceTime them, but I really miss seeing them at school. Talking to people makes me feel better and I hope it helps them, too.

Life is different now, but we are all in this together. Comforting each other lets people know we are not alone. Together we are stronger than this virus. I cannot wait for the day to come when life is back to normal again.



Greyson Gastinger

● Greyson Gastinger just completed fourth grade at J.E. Fritz Elementary School.



Students design winning ads

Students who entered the Design An Ad contest were paired with an LNP|LancasterOnline business that chose to be part of this program. Entrants were tasked with designing an ad that conveys the advertiser's mission and message to the public. Each advertiser picked its winner.

Jordin Meyers, a fifth grader at Donegal Intermediate School. Her teacher is Sarah Lawrence. Her ad for Heritage Floors is on Page B2.

Dean Schlosser, a fourth grader at Landisville Intermediate Center. His teacher is Jessica Wise. His ad for Choice Windows and Doors is on Page B11.

Adeline Wooters, a fifth grader at Providence Elementary. Her teacher is Lindsey Orr. Her ad for Brooklawn Paving is on Page B10.

Jenna Keller, a senior at Lancaster Catholic High School. Her teacher is Chris Ruch. Her ad for Woodcrest Retreat is on Page B5.

Kyley Gensemer, an eighth grader at Cocalico Middle School. Her teacher is Brenda Buccilla. Her ad for Landis at Home is on Page B8.

Cole Overbaugh, a sophomore at Hempfield High School. His teacher is Andy Wise. His ad for Greenawalt Roofing is on Page B9.

Aria Ticen, a fifth grader at Smoke-town Elementary School. Her teacher is Steve Scheidt. Her ad for Sylvan Learning Center is on Page B10.

Katie Lehman, a third grader at Mill Road Elementary School. Her teacher is Beth Shenk. Her ad for Water's Edge Mini Golf is on Page B2.

Ava Denver, a third grader at Bart-Colerain Elementary School. Her teacher is Greg Schmitt. Her ad for The Wolf Sanctuary is on Page B4.

Aeris Henderson, a third grader at Landisville Primary Center. Her teacher is Mary Mulcahy. Her ad for Hinkle Insurance is on Page B6.

Samantha Younger, an eighth grader at Conestoga Valley Middle School. Her ad for Neffsville Plumbing, Heating, and Cooling is on Page B10.

Celia Ives, a fourth grader at Our Mother of Perpetual Help. Her teacher is Theresa Chanko. Her ad for Julius Sturgis Pretzel Bakery is on Page B11.

Adalin Patterson, a sixth grader at Martin Meylin Middle School. Her teacher is Christine Willig. Her ad for George J. Grove and Sons is on Page B4.

Aubrey Gochenaur, a fifth grader at Bear Creek School. Her teacher is Beth Shenk. Her ad for Friendly's is on Page B8.

Ruby Pipes, a second grader at Bart-Colerain Elementary. Her teacher is Jessica Zielinski. Her ad for Flower and Home Marketplace is on Page B7.

Chloe Evans, a sixth grader at Central Manor Elementary. Her teacher is Karli Feaster. Her ad for Argires Marrotti Neurosurgical is on Page B12.

Tommy Lebo, a sixth grader at Central Manor Elementary. His teacher is Karli Feaster. His ad for Argires Marrotti Neurosurgical is on Page B12.

Devaughn Martin, a sixth grader at Central Manor Elementary. His teacher is Karli Feaster. His ad for Argires Marrotti Neurosurgical is on Page B12.

Carly Wise, a sixth grader at Central Manor Elementary. Her teacher is Karli Feaster. Her ad for Argires Marrotti Neurosurgical is on Page B12.

Anne Johnson, a fifth grader at Bear Creek School. Her teacher is Al Perry. Her ad for Sotheby's International Realty is on Page B5.

Emma Sasso, a first grader at Landisville Primary Center. Her teacher is Leah Blank. Her ad for Certified Carpet is on Page B6.

Jane Younger, a sixth grader at J.E. Fritz Elementary School. Her ad for Spiders From Mars is on Page B10.

Corinne de Syon, a junior at J.P. McCaskey High School. Her ad for Lancaster Pediatric Associates is on Page B8.

David McClure, a homeschooled kindergartener. His ad for Slugger's Pizza is on Page B6.

Haydee-Ann Marrero, a sixth grader at Taylor School. Her teacher is Aubree Lockard. Her ad for ACS Lacrosse is on Page B4.



Jordin Meyers



Dean Schlosser



Adeline Wooters



Jenna Keller



Kyley Gensemer



Cole Overbaugh



Aria Ticen



Katie Lehman



Ava Denver



Aeris Henderson



Samantha Younger



Celia Ives



Adalin Patterson



Aubrey Gochenaur



Ruby Pipes



Chloe Evans



Tommy Lebo



Devaughn Martin



Carly Wise



Anne Johnson



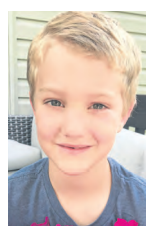
Emma Sasso



Jane Younger



Corinne de Syon



David McClure



Haydee-Ann Marrero

Isaiah Ortiz, a sixth grader at Taylor School. His teacher is Amy Wright. His ad for Candyology is on Page B11.

Madisyn Matthews, a kindergartener at Bart-Colerain Elementary. Her teacher is Ashley Sipe. Her ad for Penn Cinema is on Page B3.



Isaiah Ortiz



Madisyn Matthews


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A symbol of freedom

DAWSON SHRECK
SPECIAL TO LNP |
LANCASTERONLINE

The American flag is a symbol of those who served in the armed forces and a symbol of the freedom we enjoy. I see all the soldiers who sacrifice so much to keep us safe and I think it is truly phenomenal to see what these soldiers can do when they work together.

The United States of America is a very prosperous place. Many people are hungry for freedom and equal rights. Our country was founded on these principles, and without this attitude our country would not exist. It is because of the brave men and women in the armed forces that our country can function the way it does. They all help out in their own special ways and are all equally im-



Dawson Shreck

portant. That is the true meaning of the American flag. Families sacrifice so much while their soldiers go off to battle. Every soldier leaves his or her family not knowing if they will return. They love this country and us so much that they are willing to die for us. While they are gone you can bet there is an American flag hanging in their front yard because they are so proud.

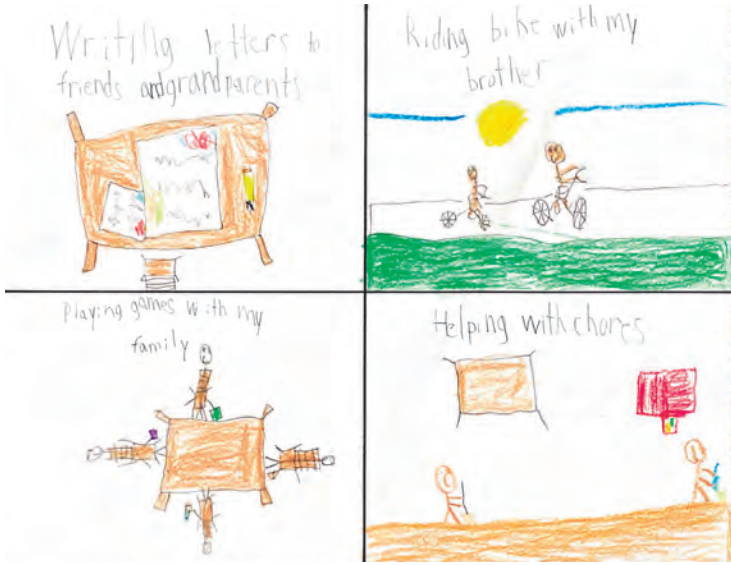
Here at home we all need to stand up and do our duty. There are many things that can be done like donating money, clothes and food that help out these families struggling during this tough time. Many

people are helping out, but even more need to pitch in. There are many places like the Salvation Army that are looking for help. If everybody helps out these families, they would not have to suffer as much when their soldier is away.

The American flag is the true symbol of sacrifice.

In conclusion, freedom is the ability to serve our country. I am thankful for the brave men and women that continually serve. I am proud to be an American, and I am happy to live in this country. It is truly a privilege to have people that are passionate about our country and are willing to sacrifice their lives for all of us each and every day.

● Dawson Shreck just completed eighth grade at Resurrection Catholic School.



Reid Gastinger

● Reid just completed first grade at J.E. Fritz Elementary School.



Alexa Sheckart

● Alexa just completed first grade at Sacred Heart School.

Discover a new hobby

ALYSSA WHITLEY
SPECIAL TO LNP |
LANCASTERONLINE

COVID-19 is not just a time to let your brain stop working. It is a time to work hard to find something that you enjoy. You should not keep stressing over all the health issues that COVID can bring. Instead you should find something to do so you can have some happy memories of this crisis.

I have come to enjoy a new hobby. That new hobby is yard work. When I say, "yard work," you might think of pulling weeds, but yard work is not limited to pulling weeds. Some other types of yard work are planting flowers and veggies, and mulching. You can also do some outdoor construction projects as yard work. Some of the yard work I have done includes putting bricks

under our swing, planting flowers and veggies, mulching, weeding and fertilizing our garden. Yard work can be fun, especially if you put your heart into it.

Yard work is my new hobby. It might not be yours, but make sure to find something to do during COVID-19.

● Alyssa Whitley just completed fifth grade at Landis Run Intermediate School.



Hana Senat

● Hana just completed kindergarten at J.E. Fritz Elementary School.



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Grateful for family

CONAL O'CONNOR
SPECIAL TO LNP |
LANCASTERONLINE

Over the past three months it seems as if the world has ceased to turn. Every time one turns on the TV, they are greeted with images of once notoriously crowded spots, like the mecca of Western culture and consumerism, Time Square, left desolate and empty. While bearing witness to such a scene, it is difficult not to feel somber. It's like the American spirit has been laid to waste.

As we continue to shrivel, we are presented with more divisiveness. Our somberness turns to fear. Our hope that this will soon be over is shrinking. There are supplies shortages, limited



Conal O'Connor

day. Anxiety creeps up on us the same way the virus did. One second, we are uninhibited. Aware that it is there, but only acknowledging it as a foreign problem. The next, we are fully ensnared in the web of the beast, with nothing left to fight it off but the distant glimmer of hope.

So, what do we do? We turn off the TV and look at those we are surrounded by, our kin. Those who

tests, mutations, new strains, new effects, a higher death toll than there was yesterday.

raised you, fed you, protected you. We try to find solace in the familiarity. We feel grateful that the time we didn't have for one another beforehand because of work, or school or sports, we have now. We dust off that old board game, play a few rounds of cards. We laugh. We talk. Mom tries to make an old family recipe. We teach grandma how to FaceTime. We make up for some of what we have lost, and try to forget about the monster waiting outside the front door. We might even find that all we ever needed to worry about was right at home.

● Conal O'Connor just completed 11th grade at J.P. McCaskey High School.

How to become president

SAMANTHA ALAMPI
SPECIAL TO LNP |
LANCASTERONLINE

There are three main elements that create the basis of criteria for president of the United States. The first is that the candidate must be a natural-born citizen of the U.S. The candidate must have been living in the U.S. for 14 years at least. Finally, the candidate must be older than 35 years old.

Additionally, a successful campaign is an important part of a presidential election. A sufficient campaign includes speeches, events and talking to voters. Combined, these elements make an impactful campaign.

Caucuses and primaries allow people to vote



Samantha Alampi

secret ballot where voters can vote and leave. In contrast, caucuses have voters discuss the candidates and come to a group decision. Normally, a candidate from the opposite party from the current president will run against him, since the president's party is already represented. The final nominees are decided on when a party's voters throughout the country agree.

for nominees in different ways. Primaries are much simpler and consist of a

The final elements to a presidential election are the debates and the elections. Presidential debates consist of candidates talking about why they should be president and what they would do if elected. There are normally 12 of these. A final decision is made during the election.

Elections are an important part of American culture, though they are complicated. Someone interested in becoming president should consider the entire process. Now everyone can know the process of becoming president.

● Samantha Alampi just completed sixth grade at Donegal Intermediate School.

Statue of Liberty a path to freedom

CIARA CORONADO
SPECIAL TO LNP |
LANCASTERONLINE

The Statue of Liberty which stands in the Upper New York Bay is one of the most noticeable, eye-catching symbols of the United States. It was given to the U.S. by the French as a symbol of friendship, but many people believe that over the years she's become a symbol of freedom. When people look at her, they believe she represents hope for a better life for the many immigrants that enter the U.S. daily. She has held a patriotic place in the hearts of many Americans from the moment she was revealed in October 1886.

The torch in her right hand represents liberty and enlightenment. It represents a path of



Ciara Coronado

freedom. I believe that she is one of the most important patriotic symbols that the United States possesses.

represent the seven seas and seven continents of the world. In her left hand she holds a tablet with the date July 4, 1776, in Roman numerals, which is the date the U.S. gained its independence.

● Ciara Coronado just completed seventh grade at Resurrection Catholic School.

Bored? Ride a bike

JUNICHI SENAT
SPECIAL TO LNP |
LANCASTERONLINE

Are you bored just sitting down during the coronavirus? Well I've been riding my bikes during this time. Here are my three reasons why I like to ride bikes.

One of the things is that when I go outside on a sunny day I get power from the sun. When I get power from the sun it touches my bike and body and I'm good to go. But when I don't get power from the sun I feel lazy and not in power mode. So getting power from the sun starts my outside day.

What I do when I'm riding my bike is an adventure. The reason why I call it an adventure is because my siblings and I always try to find a wild cat around our neighborhood. That makes it look like an adventure.

During my adventure the wind comes and cools us down. It feels good because the sun could make it sooo hot. Then when the wind comes we all refresh and feel good.

So if you are just bored in your house, this is one idea what you can do. Let's go outside and get fresh air.

● Junichi Senat just completed fourth grade at J.E. Fritz Elementary School.

Why I like soccer

LILY CUTRONA
SPECIAL TO LNP |
LANCASTERONLINE

There are not a lot of fun things to do in quarantine. This is why my family tries to do the most fun things that we can do. One of those really fun things is playing soccer. We play soccer in our front yard most nights after dinner.

My family and I like playing soccer because it takes scary things off of our minds. It also strengthens our muscles. Also, we enjoy this sport because it is interesting, and just plain fun! Last but not least,



Lily Cutrona

I like playing soccer because I get to do it with my family. If I have to be in quarantine, I'm glad it's with them.

Those are the reasons that I enjoy playing soccer. It is the most fun thing to do in quarantine.

● Lily Cutrona just completed second grade at Leola Elementary.

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Benefits of mindfulness

BREANA PISCH
SPECIAL TO LNP |
LANCASTERONLINE

I would like to share this with you today because of the recent pandemic of COVID-19.

I'm in seventh grade and love to type. The basics of staying healthy during this tough time are wearing a mask, washing your hands ... blah, blah, blah. Today, however, I'm going to show you how to stay healthy mentally.

Mindfulness is great for the body and mind, it helps boost positivity, happiness, the immune system, etc. A great way to do this is to meditate! Meditation helps release tension in the body,



Breana Pisch

anxiety and depression! Meditation should be done in a calm and quiet environment.

And if it's a beautiful day outside, outside in nature would be perfect, especially if you live near a body of water like rivers or oceans, and even creeks! The sound of rushing water helps calm the body.

Eating healthy is also a good way to stay healthy and mindful. It's good to stay mindful of the body, but also mindful of NA-

TURE! Nature is great for mindfulness! It's calm, relaxing and helps build up self-esteem. All these things are awesome for the mind and body. They help release negativity and bad hormones.

Keep peace in mind. We can pull through this. :)

"Cast ALL of YOUR ANXIETY on HIM because he CARES FOR YOU." — 1 Peter 5:7

"The Lord is my STRENGTH and my SHIELD; in him my HEART TRUSTS." — Psalm 28:7

● Breana Pisch just completed seventh grade at Cocalico Middle School.

What freedom means to me

DAVID STEFANOW
SPECIAL TO LNP |
LANCASTERONLINE

What does freedom mean to me? To me, freedom is one of the most important things in our country because we are able to live happy lives with our friends and with our family. In my opinion it means to believe in any religion we choose. I believe that freedom should not be taken for granted.

When I come home from school every day I'm blessed to see my family and that I'm able to grow older with them as we go on in our lives together. We go to church every Sunday or



David Stefanow

Saturday but that wouldn't be possible without having the freedom of religion. At my school

we are taught about our Catholic beliefs and that is very important to me and my family.

Everyone in our country has their own opinion over topics. People often have arguments over politics and topics similar to that. Although I am not old enough to vote, I still can have an opinion over debates. I am proud

that we can look back and see how we gained independence, freedom from Britain, and how we grew and expanded as a county.

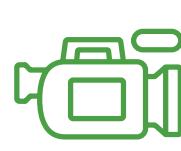
I believe freedom means having the opportunity to have a family, friends and my own beliefs. Freedom is something we should not take for granted.

When someone says freedom, I think of what our ancestors have done to gain freedom. That is why freedom is important to me.

● David Stefanow just completed seventh grade at Resurrection Catholic School.

THANK YOU TO THE STUDENTS WHO PARTICIPATED IN THE VIDEO JOURNALISM CONTEST!

You impressed us with your on-camera presence, productions skills, and your unique perspective on how COVID-19 has affected your life. Well done!



CONGRATULATIONS TO THE STUDENTS WHO PRODUCED THE TOP 3 VOTE-GETTING VIDEOS!

Nathan Whitley
Manheim Township Middle School

Keagan McIntyre
Manheim Township Middle School

Harper Yingst
Manheim Township Middle School

Voting has ended, but you can still watch all the incredible videos produced by Lancaster County students at

LancasterOnline.com/schools/vote

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SHARING CHRIST'S LOVE

American flag has long history

NIANG KIM
SPECIAL TO LNP |
LANCASTERONLINE

The American flag consists of 13 horizontal stripes of red alternating with white. On the upper left corner, there is a blue rectangle bearing 50 small white stars. The 50 stars on the flag represent the 50 states of the United States of America. The 13 stripes represent the 13 original colonies. The flag is so important that its history tells the story of America itself. The flag is used to display our nationalism as well as rebellion. The American flag represents our freedom, dignity and the true meaning of being an American.

The flag has gone through many changes before becoming the flag we all know today. The origin of the first Ameri-



Niang Kim

can flag is unknown. Some believe that it was designed by Congressman Francis Hopkin-

son and sewn by Betsy Ross. Betsy Ross made the flag for the Pennsylvania Navy, but it helped in the creation of the national American flag.

One the original flag, there were 13 stripes alternating red and white. Inside the blue box there were 13 stars. The blue box on the flag goes by three names: the field, the union or the canton. Before 1912, the stars could be arranged in any way a flag maker chose to. A sea captain from Massachusetts gave the first flag the nickname

"Old Glory." This inspired many more nicknames with the American flag.

The American flag is surviving over 200 years. Between 1777 and 1960 Congress passed several acts that changed the shape, design and arrangement of the flag. Because of these acts there are 50 stars for each state and 13 stripes for the 13 original colonies. Today, the flag consists of 13 horizontal stripes, seven red alternating with six white. The colors on the flag mean a few things. The red symbolizes hardiness and valor. The white symbolizes purity and innocence. The blue represents vigilance, perseverance and justice.

The American flag is known worldwide. It has inspired many holidays, songs, poems, books, art-

works and much more. The flag remains a symbol that unites all American citizens. The history of the flag follows the history of our country and reminds us of the beginning of the United States. As the country grew and developed, our flag did the same.

Today, our flag is a symbol of our democracy and freedom. It helps us remember and honor those who have sacrificed their lives to form our country. Two hundred years ago, the Second Continental Congress made the stars and stripes the symbol of America. Today, the flag carries inspiration, hope and freedom and will continue to do so.

● Niang Kim just completed eighth grade at Resurrection Catholic School.

More family time in quarantine

ABIGAIL CUTRONA
SPECIAL TO LNP |
LANCASTERONLINE

A couple of weeks ago, I woke up to find that I was under stay-at-home orders. How would I spend my time? As we adjusted to our new routine, I found that I now spend lots of time with my family.

First of all, we play outside together. Every evening, with the exception of having bad weather, we either play a family game of soccer or go on a walk. These activities allow us to both have fun together and stay healthy.

Another time we get together is when we help each other with our schoolwork. I like to help my youngest sister with her work in the morning. In return, she assists me when I do my



Abigail Cutrona

my teachers send two STEM activity suggestions. We usually do one each week together as a family. For example, we made fossils out of coffee grounds.

In these times of crisis, I spend lots of time with my family. Although my sisters and I fight sometimes, it is actually really fun to be together all the time.

● Abigail Cutrona just completed fifth grade at Leola Elementary School.

Activity has many health benefits

MAGGIE O'CONNOR
SPECIAL TO LNP |
LANCASTERONLINE

Since the coronavirus pandemic began, many parents have been working from home and students have been doing online school. Even though the days seem endless, we still need to stay healthy during this trying time.

My family has decided to have a larger focus on nutrition because studies show that there is a direct relationship between your diet, physical fitness and health.



Maggie O'Connor

Physical fitness especially impacts our mental and social well-being.

I enjoy being active and participating in physically invigorating activities. Being active helps you stay healthy and it also helps keep your immune system working. This is extremely important because we are

currently in a pandemic. If you live a sedentary lifestyle, you're at a higher risk for chronic disease, loss of movement and decreased immune health. A part of my advice is to stay active and don't let the lack of socialization get to you.

Mental health is as important as physical health. Sometimes the news is very frightening and it causes me to get worried for my loved ones. I only watch the news once or twice a day, so I know what is

going on in the world and I'm informed on the topics. I suggest others my age do this so they don't start to notice anxiety and stress taking a toll on their mental health. These are all things that are helping me currently, but everyone is different. What I recommend is you should find out what coping strategies work best for you.

● Maggie O'Connor just completed seventh grade at Sacred Heart School.

Juggling is my new quarantine hobby

JULIA WHITLEY
SPECIAL TO LNP |
LANCASTERONLINE

During the COVID-19 crisis I have developed a new hobby. My new hobby is juggling. I am learning how to juggle with three balls. It was hard at first but I kept trying and got better. Now with three balls I can do it six times. What I mean is I throw the balls up six times and catch them.

It became my hobby because I always thought that juggling

looked cool, even if it was just with three balls. At PE we just used one or two balls and I wanted to go further. When COVID hit was when I looked up a video of how to juggle with three balls. Then I kept practicing and I finally got it! Sometimes when I juggle with three balls I don't get it, but I keep trying.

Juggling is my new hobby.

● Julia Whitley just completed third grade at Nitrauer Elementary School.

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Glimmers of hope in world full of chaos

RYAN FRENCH
SPECIAL TO LNP | LANCASTERONLINE

It's truly crazy to think that it's been several months since our world was shaken forever. I vividly remember that Friday in March. I went to school as normal and walked the crowded hallways, antsy for the bell to ring signaling us that we could head home.

I made my daily walk down to the track, where I would get ready for that evening's practice. After our warmup, the news was broken. We were informed that school and practice would be canceled for two weeks. Two weeks turned into four. Then in April we all found out that school was canceled for the rest of the year. Our sports seasons were gone as well. Social distancing guidelines were placed into effect, followed closely by the stay-at-home order. We weren't allowed to see friends, extended family, or visit our favorite shops and restaurants. We were shook. Our lives transformed. The world in chaos. Grocery store shelves bare. Health care workers lacking masks.



Ryan French

Oddly, in this unsure time a sense of community rose up. People helping others,

donating to food banks, the endless support for essential workers. In this time of struggle I have seen an immense amount of support from neighbor to neighbor, friend to friend, and even stranger to stranger that makes me proud of our community.

I'd like to say that there's a light at the end of this tunnel, but nothing is certain. Counties are slowly changing from red to yellow, and regulations are loosening. Despite this, it may still be a long time until our community is able to get back to normal, if we are ever able to revert 100% to our old lives. Despite the trials and tribulations, I have high hopes for our community, state, country and world as a whole.

● Ryan French just completed 10th grade at Hempfield High School.

Learning to adjust to this new normal

CAROLINE SCHWEIGERT
SPECIAL TO LNP | LANCASTERONLINE

The COVID-19 pandemic has undoubtedly changed the lives of many students, small business owners, workers and families. New rules and regulations can be difficult to abide by. In some ways, it feels like the whole world has been punished for bad behavior.

Social distancing and quarantining has changed my life in ways I did not expect. As an athlete, I have found it difficult to make my own gym instead of going to one. Instead of going to practice every weeknight with my teammates, I am exercising alone in my basement.

I would like to say that I was devastated when school was canceled for the remainder of the year, but the opposite was true. Although, that was before I realized how long it would be until I would see my friends and classmates. What really upset me was the remainder of my swim season getting canceled. Despite the challenges at first, I have gotten used to the daily e-mail spam, meticulously scribbling notes down while



Caroline Schweigert

watching videos and submitting files from different apps. A wk-

ward meetings that everyone refuses to show their faces at have become the new norm.

During these times, I have done many activities to occupy myself. When I am not doing school work, I am reading, writing or doing quite a bit of internet browsing. I am baking a lot more often, watching way too much Food Network and shouting out incorrect answers to game show questions with my family. The daily routine has changed a lot, to say the least.

Even though the world is holding its breath in anticipation for what comes next, that does not mean we cannot have fun. It may be hard to be separated from friends and family, but imagine how exciting it will be once we are reunited.

● Caroline Schweigert just completed ninth grade at Hempfield High School.

More time to appreciate the little things

JULIANNA STEACH
SPECIAL TO LNP | LANCASTERONLINE

I never realized how much of life is made up of small interactions, from high-fiving a friend to getting a heartfelt hug from a grandparent. I attempt to fill the space made by social distancing through texts and FaceTimes, but I just end up wishing I could be with those I miss in person.

Social distancing has made me miss the small moments I usually take for granted — laughing with my closest friends so hard we fall to the floor, or the memories made with them singing to "The Edge of Seventeen" squeezed in the backseat of my mom's car.

As I sit at home scrolling through my camera roll, I am reminded of the memories I have made exploring Lancaster County, my home, a place I have not seen in months without glasses fogged from the breath that escapes the top of my homemade mask. I laugh at pictures of my friend and I trying on groovy sunglasses at Prussian Street Arcade in Manheim. I think about



Julianna Steach

feeling an adrenaline rush, waiting to dance on stage during Lititz

Academy of Dance's "A Season for Wishes" show.

But, not all my time spent away from the normal hustle and bustle of life has been spent missing the way things were. This time has given me a chance to do some much-needed self-care. Yes, face masks were involved, but they are not where it ended. I am taking time to learn what brings me joy, and to be grateful for little things that I tend to overlook — the forgotten feeling of getting caught up in a good book, or seeing my dog get overly excited as soon as I mention a walk. And hopefully, I remember to appreciate those small details when the moments I am longing for become normal again.

● Julianna Steach just completed ninth grade at Manheim Central High School.



America keeps moving forward

RYLAN ALBERT
SPECIAL TO LNP |
LANCASTERONLINE

Would you like to live in a world that doesn't believe in progression? Neither would I. Good thing that the country we live in doesn't believe in stopping, either. Every time I think of freedom, it reminds me of the fact that we live in a very progressive society. Our country is a very advanced place because of opportunity, diversity and the internet.

America is known for opportunity. We have arguably some of the best colleges and universities in the world. You can also become



Rylan Albert

anything you want, from a high school janitor to a millionaire CEO entrepreneur. Lastly, our country is known for freedom and equality. You can be anything you want as any race, gender or religion.

Equally as important as opportunity is diversity. America is one of the most diverse countries in the world. Our diverse, ethnic society is really important because it is part of who

we are. We are a melting pot of different ethnicities. This shows that we have advanced past the racial discrimination to become a better place.

It took the world a while to get here, but finally, the internet. The internet has become essential for everyday life and we use it in a variety of ways. America is home to the people who created the internet and some of its most famous search engines. The people that who created YouTube, Facebook and even Google live in America. Unlike some countries, we don't have restrictions on our internet access. The

freedom to explore the world through our web has helped fill the gap of diversity.

In our ever-changing world, we have more opportunity, diversity and the internet. I am glad that I live in this amazing country and hope that anyone who wants to come here can. Although we aren't perfect, we're advancing toward everything that freedom symbolizes to me, diversity, opportunity and technological advancement.

● Rylan Albert just completed eighth grade at Resurrection Catholic School.

Our national anthem: symbol of freedom

LAIN WEITZEL
SPECIAL TO LNP |
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Lain Weitzel

The year is 1814 and one man, Francis Scott Key, is on a British ship, writing America's best-known song, "The Star Spangled Banner." That, in my opinion, is the definition of our freedom, our national anthem and the history behind it.

Francis Scott Key saw our flag after a long night of British bombardment in Fort McHenry and wrote his poem, which is now our national anthem. The anthem, which at the time was named "The Defense of Fort McHenry," was written on the back of a letter Key had in his pocket. The nation didn't adopt this song as our anthem until 1931, but all the years leading up it was the nation's No. 1 patriotic song. The poem was so powerful that six days after it was written it was published in a newspaper.

There is a lot of history about Francis Scott Key and why he wrote "The Star Spangled Banner." Francis Scott Key was born in Maryland and became a successful

attorney. He boarded a British ship to negotiate the release of an American citizen.

zen. The journey was to take him to Britain; however, instead he was witness to the 25-hour-long bombardment of Fort McHenry. After the long night of cannon fire, Francis Scott Key thought the British were victorious; however, when he saw the American flag fly high over the smoke and debris, he knew we had won the battle. It led him to write the famous poem.

The national anthem is a key part to American history, and our freedom. It was made 200 years ago, and we still sing it today. We fought long and hard to become a nation of our own, and the national anthem is a strong symbol of our freedom.

● Lain Weitzel just completed seventh grade at Resurrection Catholic School.

Staying home, playing outside

OLIVIA SULLIVAN
SPECIAL TO LNP |
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One activity I have been doing that is important to me is playing outside. To me, getting physical activity is important, part of being a kid. Fun fact: You are burning a lot of calories!

Being outside is awesome. I play on my tire swing or trampoline almost all afternoon with my brother, Liam. We go back and forth between tire swing and trampoline. On the trampoline we, well obviously, we bounce. We also do flips. Every time I flip I almost land on my feet. Dodgeball is also very fun to play on the trampoline.



Olivia Sullivan

wind up the chain and spin really fast and then I get really dizzy, which is not my favorite but I enjoy playing with Liam.

I do not get as much physical activity during a typical school day, so this is new and I am enjoying it!

● Olivia Sullivan just completed fourth grade at J.E. Fritz Elementary School.

Waiting to get back to normal

ADELINE WOOTERS
SPECIAL TO LNP |
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In quarantine, I've been feeling scared inside. I don't know what's going to happen. It keeps me up at night worrying about what could happen to my family members that live alone.

I've been reading Harry Potter and my favorite horror book, "Took." My new hobby is creating doll items like an umbrella stand, snack bar and much more. I have been telling myself that everything is going to be OK, but sometimes it feels like it's going to get worse. But just being out in your backyard



Adeline Wooters

I miss all of my friends and family that live far away. I hope we can get back to our normal life soon. It's really scary that people could get super sick and they could even pass away. I especially miss my teachers. I miss everyone so much.

● Adeline Wooters just completed fifth grade at Providence Elementary School.

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Lost swim season teaches endurance

CORINNE DE SYON
SPECIAL TO LNP | LANCASTERONLINE

Splash. I slice the water smoothly on my dive into the cold pool. My mind is clear; I'm in race mode. It's the first meet of the spring swim season. Everyone here is anxious but expectant, ready to finally test the hard training we have put in over the last few months.

I wish.

Instead of swimming, I imagine it. I imagine the thunderous roar of teammates and spectators; the sense of foreboding when looking at the wide, calm pool; the unspoken hopes and worries of each new and returning swimmer hanging heavy in the air. I imagine all of this so clearly that it seems impossible that it isn't happening.

But of course it hasn't happened. It makes sense, and my swim team understands the stakes and the numbers. But that doesn't keep us from hoping that we'll wake up tomorrow and realize it was all just a bad dream. We want to be training together, working in ways that we know will pay



Corinne De Syon

off someday. We miss each other and our swim family. Zooms aren't the same as dryland practices, locker room jokes and swim meets.

Pools aren't essential to exercise, of course: Some of us have started running instead, which has opened new doors. Because swimmers are notoriously weak runners, few of us would have dared to run before. Separation from some of my closest friends and coaches has made me realize how much they mean to me, and therefore how much I will do to protect them from the virus, even if it might mean not swimming until 2021.

For now, I read, talk, think, even dream about swimming, awaiting that exhilarating day when I can finally jump back in the pool.

Corinne de Syon just completed 11th grade at J.P. McCaskey High School.



GETTY IMAGES

A time for new hobbies

LILY BURGE
SPECIAL TO LNP | LANCASTERONLINE

School is canceled. Other than driving our parents crazy, what are us kids going to do? We can't go anywhere or hang out with friends. During social distancing I've found some new activities to pass the time.

I've picked up a new hobby ... skateboarding! I've had my skateboard for a few years now and it's been sitting in my garage for so long that a family of spiders have made it their home. So I decided it might be the right time to get better at riding it. I hopped on and am actually pretty good at it!

Another thing I've been doing is reading. I'm reading "Harry Potter and the Half-Blood Prince." I'm over half way finished. I only have 252 pages left! It's been a really good book so far. I definitely would recommend the series.

Lately one activity that has been especially important to me is going on bike rides because my dad and I have found a super long route around our house. Almost every day when he's finished with his work we go on it together.

So, even in these hard times I've been keeping busy and spending time with my family.

Lily Burge just completed fourth grade at Nitrauer Elementary School.



Lily Burge

Gettysburg turning point in Civil War

GABRIEL WARBURTON
SPECIAL TO LNP | LANCASTERONLINE

In Pennsylvania, there is a place called Gettysburg. One of the most famous battles of the Civil War was fought here, The Battle of Gettysburg. It lasted three days, from July 1-3, 1863.

The Confederates were led by Gen. Robert E. Lee, the Union by Gen. George G. Meade. On the first day,



Gabriel Warburton

Confederate troops went to Gettysburg to pillage for supplies. When they got there, they discovered two Union cavalry brigades had arrived the previous day. They forced them to Cemetery Hill. Lee wanted to

press their advantages and told Richard Ewell to attack. Ewell didn't attack and soon more Union troops arrived so they couldn't. More came overnight.

By day two, the Union Army had established strong positions from Culp's Hill to Cemetery Ridge. Lee decided to attack the Union's troops. He had Longstreet attack the left while Ewell attacked the right. It wasn't

until 4 p.m. that they fired the first shots at the Union.

On the third day, Pickett's Charge took place at 3 p.m. Union infantry opened fire on the advancing rebels. In total there were about 51,000 deaths, 23,000 on the Union's side, 28,000 on the Confederate's side.

Gabriel Warburton just completed fifth grade at Bear Creek School.

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Can you guess this landmark?

MADISON LEHMAN
SPECIAL TO LNP | LANCASTERONLINE

I began in Maryland in 1776 when the citizens of Baltimore feared an attack by British ships. I was quickly constructed as the star-shaped Fort Whetstone. In 1803, new walls were built, and I was renamed for an American war secretary whose first name was James.

By 1812, America declared war on Great Britain to protect free trade and sailor's rights. During the War of 1812, I was used as a base for soldiers. When the war ended, the Americans were nervous until they saw it ... the American flag flying over me! Francis Scott Key spied it "by the dawn's early light", and "The Star-Spangled Banner" was written — a reminder of their victory.



Madison Lehman

After the Battle of Gettysburg in 1863, I was used as a prison camp for 7,000 Confederate soldiers. I got the nickname "The Baltimore Bastille." Bastille is French for fortress or prison.

In 1917, the U.S. Army made me General Hospital No.2. I had 3,000 beds to treat wounded soldiers coming home from Europe during World War I.

Finally, in 2020, I am a national monument. Hundreds of thousands of people visit me each year to learn my history. I am ... Fort McHenry!

Madison Lehman just completed fifth grade at Bear Creek School.

Creativity takes many forms

MAHRUKH ABDULLAH
SPECIAL TO LNP | LANCASTERONLINE

Since the pandemic began, I have been focusing on being creative every day. Sometimes I do artwork, sometimes I build cool forts, sometimes I make up games with my little brother. I created a great active play area in my house with a slide, a basketball net, balls and climbing things to keep us busy.

Another way I've been creative is through cooking: I have created new recipes that are kid-friendly. My favorite has been a parfait using cereal instead of granola. We are out of granola because we do not get groceries as often now.

I also have been exploring in my house and finding new materials like sticker books and notepads. These are



Mahrukh Abdullah

things I had forgotten about and finding them makes it feel like I have new things to create with. Being creative is important because it helps me learn things and use my brain. Being creative also keeps me busy so I don't have time to feel depressed or sad, which is how I sometimes feel during this pandemic.

This is how I have been spending my time during the pandemic and I think these ideas might be good for other kids to try, too!

Mahrukh Abdullah just completed second grade at Bucher Elementary School.

Boredom leads to organization

PAIGE HERSHEY
SPECIAL TO LNP | LANCASTERONLINE

COVID-19 has changed how I spend my time! Nowadays, I only spend half a day doing school! Only half a day gives me plenty of time for extracurricular activities.

Whether I'm climbing a tree or staring at a ceiling, I'm always thinking of something to do. But, most of the time I choose to spend my hours reading or just pondering about life without the virus. I make lists about things to do when I'm bored, or make packing lists for camp.

You could say, "Well, reading is her new hobby...," but don't be fooled. Even before the coronavirus I would spend at least two hours reading my book from the school library. Unfortunately, I pretty much have read



Paige Hershey

all our books, so now I'm rereading quite a few of my favorite books, like "The Candymakers," plus plenty of Rick Riordan books.

You could say that my new hobby is cleaning and organizing. I've always loved cleanliness, but right now my love for organization has led me to constantly clean out closets and make beds! I guess it's not such a bad thing, especially for my mom!

Due to coronavirus, this is now how I spend my time.

Paige Hershey just completed fifth grade at Smoke-town Elementary School.

Bringing smiles to others

ZAINA NEAMATALLA
SPECIAL TO LNP | LANCASTERONLINE

Ever since we've been staying home, me and my mom have been making cards for kids in the hospital and giving it to a fund called Caitlin's Smiles.

The story behind this is a little girl named Caitlin was diagnosed with a malignant brain tumor when she was just 4 years old. Caitlin had to go through surgeries, chemotherapy, stem cell treatments and radiation treatment. Several times her cancer appeared to have



Zaina Neamatalla

been in remission but it kept coming back.

Despite what was going on, Caitlin kept a smile on her face. She would draw pictures for her friends, family and hospital staff. In October 2000, shortly before her 8th birthday, Caitlin had lost the battle to cancer.

What everyone learned from Caitlin is that healing

is both a mental and physical process. That's why in 2004 Caitlin's mother opened Caitlin's Smiles.

Me and my mom have made roughly 2,000 cards ever since we've been staying home. This is important to me because I get to help other kids smile and feel better in hard times like these.

Credits: caitlins-smiles.org/contact.php

Zaina Neamatalla just completed fifth grade at Landis Run Intermediate School.

Exercise is important

EMILY WATSON
SPECIAL TO LNP | LANCASTERONLINE

It is important to exercise because it keeps your health good.

Getting to play outside is important because when you play outside you're getting fresh air and you're exercising, too. Also when exercising you're keeping your muscles strong, too. Getting to play outside is important.

Taking walks is also important because you're exercising. So take a walk if you cannot play outside. A one-



Emily Watson

minute walk is not as much exercise but that is good enough. An hour or pretty close to an hour is a good exercise. Taking walks is important.

Exercising is really important.

Emily Watson just completed fourth grade at J.E. Fritz Elementary School.

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How to get kids to keep their distance

6 ways to encourage wearing masks and avoiding germs

ALEX WILLIAMS
NEW YORK TIMES

It's hard enough for adults to maintain social distancing — you've seen those photos of crowded beaches and parks — but for young children? That's a whole other challenge. Here are some tips for getting your kids (especially those under 5) to care about wearing masks and steering six feet away from strangers.

Be honest (to a point)

Children have vivid imaginations, and keeping them in the dark can cause them to dream up their own dire scenarios, according to Jacqueline Sperling, a clinical psychologist at Harvard Medical School. Too much detail, however, can lead to anxiety.

The Centers for Disease Control and Prevention recommends explaining to children that COVID-19 is a new virus that has made a lot of people sick, but doctors think that most people will be OK, especially children. For kid-friendly explanations from Big Bird and Oscar the Grouch, watch "The ABCs of COVID-19," a town hall hosted by Sesame Street and CNN. It also covers basics like hand-washing.

Tell stories

Stories grab children's attention and make difficult concepts easier to grasp. To explain why social distancing is important, one mother in Los Angeles compared it to pulling to the side of the road to let an ambulance pass. If you'd rather outsource

the storytelling duties, download "My Hero is You," a free children's book developed by the United Nations and other agencies about a girl named Sara who rides a winged creature named Ario to educate other children about social distancing and COVID-19 prevention.

Make it a game

Children are more apt to practice social distancing if it also somehow feels fun. That's the thinking behind the video game "Can You Save the World?" Designed in part by a British psychology professor, the game has children learn to dodge people on crowded sidewalks, collect masks and avoid sneezes to earn points.

Play dress-up

The CDC recommends that chil-

dren over 2 wear a cloth face covering in public, but getting them to keep the face covering on is hard. Borrow a page from Halloween and make them fun. Buy a cool superhero, cat or dinosaur mask from Etsy. Or make one: YouTube has lots of how-to videos. It's a craft project that protects your child and kills time during endless days at home. You might also consider bandannas and neck gaiters; they're less fussy and easier for young ones to take on and off.

Motivate, don't bribe

Debates about using rewards to motivate children are endless, but parents trade favors for obedience all the time. Even the CDC signs off on rewarding good behavior (say, wearing a mask outside without fussing) with praise, a board

game or an extra book at bedtime. For older children, a little money might help, at least in the short term, according to Emily Edlynn, a child psychologist and parenting columnist. And it's really only bribery if you hand out the reward before the effort. Afterward? It's reinforcement.

Use (gentle) discipline

No one likes threats. Child psychology experts say that threats hurt motivation and undermine parent-child relationships. But you can still take away privileges for not following the rules (like wandering too close to strangers without a mask). Just make sure you explain the consequences beforehand

and make the punishment fit the infraction, psychologists say. It's likely that your child is getting plenty of iPad time in quarantine as it is. Is losing 15 minutes so bad?

Appeal to their better nature

It's easy for children to get wrapped up in their own frustrations during quarantine. Try shifting the focus from their own problems to the needs of others. Psychologists encourage parents to help model empathy with their children, widening their "circle of concern." Emphasize to children how keeping their distance is really just a favor to their friends, because it helps keep them and their families healthy. The point is to drive in a deeper point about sacrifice: You're not alone here; we are all in this together.

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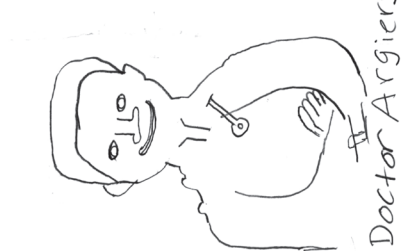
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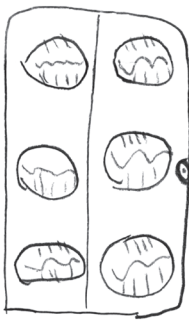


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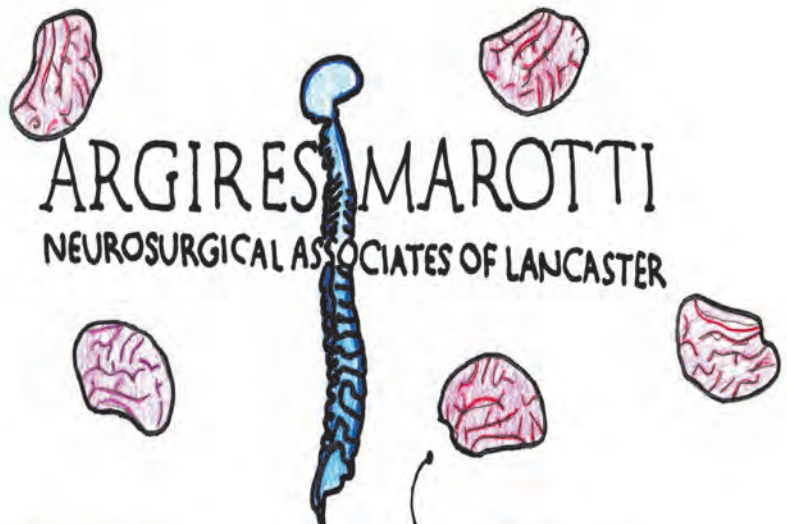
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