

**November 3, 2020****Issue 1**

ELECTION 2020

by Svana Ellis

Election day is Tuesday, November 3, 2020. All of California's registered voters will be mailed a ballot no later than 29 days before the election day. Early voting and in-person voting locations will also be available to voters. Millions of Americans who usually vote in person on election day will turn to early voting or mail-in ballots this fall- but that only works if you understand your state election rules—deadlines, and how to ensure your vote.

According to the polls taken after the presidential debates, it's suggested that Joe Biden will win. Joe Biden has been ahead of Donald Trump in most national polls since the start of the year. He has hovered over 50% in recent months and has had a 10 point lead on occasions.

POLLING AVERAGE



View the polls in the CNN Poll of Polls:

Kaiser Family Foundation (10/7-10/12), NPR/PBS/Marist (10/8-10/13), NBC/WSJ (10/9-10/12), ABC/Washington Post (10/6-10/9), Fox News (10/3-10/6), CNN/SSRS (10/1-10/4)

An important issues discussed in this election is that the US has had a challenging year in the Covid-19 pandemic. However the virus is a central issue mostly for democratic voters. As many as 82% think the pandemic is a critical issue, and only 24% of Trump voters do. Democratic candidate Joe Biden has made Trump's handling of the pandemic the central tenet of his campaign argument, criticizing the president for hosting more massive rallies without people wearing masks and downplaying the seriousness of the virus.

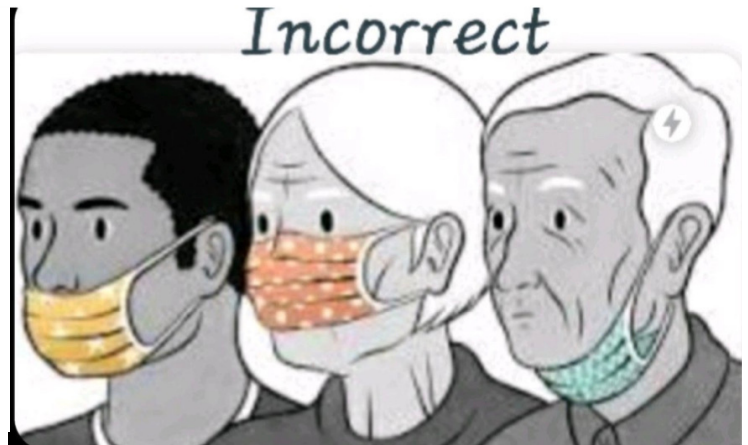
Also six-in-ten (59)% say violent crime will be very important to their 2020 decision, and 57% say this about for foreign policy. Immigration and racial and ethnic inequality rank toward the lower end of the list for voters (52% each call these issues very important to their vote.)

“ An important issue discussed in this election is that the US has had a challenging year in the Covid-19 pandemic.”

In this election, candidates are also running for the Senate and the House of Representatives as well. Democrats are trying to win the majority of seats in the Senate. To flip the Senate, Democrats would need to net-gain four seats and control of the White House, because in a 50-50 state Senate- which was possible this year- the vice president breaks the tie. Republicans can lose up to three seats and hold the majority, as long president Trump wins reelection. This is very important because this is the biggest election for this year and we need all the people to vote now because time is running out. This is Svana Ellis from Panthers Times see yall next time =).

HEALTH AND WELLNESS

STAYING SAFE IN THE TIME OF COVID



By: Jazmine Martinez

TIP #1 DRINK LOTS OF TEA

Since March 2020, we have been in quarantine due to the unfortunate event of the Coronavirus pandemic. The numbers of cases in the U.S have been going up and down for the past few months. Here in Los Angeles, there are over 289K cases and a bit over 6,877 deaths. As for worldwide, there are 40.4M cases, 1.12M deaths, and 27.7M have thankfully recovered. Wearing masks, as well as gloves, are an essential part of staying safe. According to the CDC (Centers for Disease Control), we must wear masks to prevent Covid from spreading. We must wash our hands after touching multiple objects and not touch our faces. Understandably, many people have questions such as: "When are we going back to school?/ How do I prevent catching the virus?"

What should I do if I catch the virus? etc."

We know that many of you are scared and worried about catching this virus, but here are some tips and homemade remedies to lower your chances of becoming infected or how to fight the virus if you get infected.

Keep your immune system strong by drinking tea. Your immune system is a structure of organs, tissue, and cells. It is vital to keep your immune system strong because it fights off bacteria and diseases. One thing you can do that will help keep your immune system healthy is drinking tea. Teas like green tea, black tea, lemongrass tea, chamomile tea, peppermint tea, and ginger tea keep your immune system boosted. If you want to make a homemade lemon and ginger tea, carefully read the following instructions. How to make lemon and ginger tea (For about 4 to 5 cups of tea)-Pour water into your medium-sized pot and fill halfway.-Chop 3 lemons and extract the juice into your pot-Add ginger and 1-2 cinnamon sticks-Then add 4 garlic cloves and a few eucalyptus leavesLet the tea heat up for five minutes. Pour yourself a cup of tea and add honey. After stirring, drink it as fast as you can. It's best if you digest the tea while still warm.



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STAYING SAFE IN THE TIME OF COVID

TIP #2 RELEASE TOXINS

Releasing Toxins: As humans, we all have toxins in our system. Toxins are masses of multiple items clogged in your skin and body. They come from all kinds of things, such as the food we eat, the products we use, and the air we breathe. It's critical to release them because it causes us much harm. We might get headaches, have trouble sleeping, or have low energy throughout the day.



An excellent way to release them is by taking a warm eucalyptus bath. If you would like to release the toxins from your body, please read the following instructions.

How to prepare a eucalyptus bath...

First, you will want to add warm water to your bath, let the water run and close any windows or doors that may be open. The reason you must do this is so that the room can fill up with steam. After your bathtub is filled with warm water, add a few eucalyptus leaves to the water. You can now get in. This works because your pores will open and release any toxins your body is containing. You can stay in there as long as you'd like. After your eucalyptus bath, make sure to take a shower so you can wash off any excess toxins that have stuck to you.

TIP #3 FOLLOW THE RULES

3. Follow the rules Following the rules that have been set are very important. They're necessary because they keep us safe. Wearing a mask helps prevent the chance we have of becoming infected. There are more ways we can stay safe and decrease our chances of catching Covid. Here are some tips you can use.~

Keep a hand sanitizer with you. (It would be better if it contained at least 60% alcohol)

- Have a backup mask and/or gloves with you
- Pack a portable disinfecting spray
- Wash your hands after touching various surfaces
- Have your mask covering both your mouth and nose
- Try not to touch your face, mouth, nose, or eyes
- Disinfect surfaces that are frequently used.



These are all the tips and tricks for the day. I hope this information was helpful and has created some clarity for you. Stay safe out there and be sure to come back for the next newsletter.

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GAMING CULTURE



NEW GAMES FROM CALL OF DUTY

BY CHRISTIAN VILLALTA MEJIA

Call of Duty is a series of multiplayer first-person shooter games that can be played across multiple gaming platforms. The first game in the series, simply called Call of Duty, was released in 2003 and was developed by Infinity Ward. In total, there are 24 Call of Duty games. In my opinion, Call of Duty 2 and Call of Duty 3 are the best installments in the franchise. However, in this article I will discuss Call of Duty: Warzone, one of the most popular games out right now, and Call of Duty: Black Ops Cold War, to be released later this year.

THE EVOLUTION OF THE PLAY STATION

By Aaryn Blundt

The original Playstation was launched in Japan on December 3, 1994, but in North America, it was launched on September 9, 1995. It was the first game to sell 100 million units. They were competing against Sega Saturn and the Nintendo 64 in the middle of the '90s.

The Playstation 2 was launched in October of 2000. From 2000 to 2012 they sold 155 million units. They competed against Sega Dreamcast, Nintendo GameCube, and Microsoft Xbox. Two thousand games could be stored on it.

The Playstation3 was launched in 2006 a year before a lot of 6,7,8th graders were born. They sold 80 million units worldwide. The Playstation 3 was competing against the Xbox 360 and the Nintendo Wii.

This was when Sony put the ability to download games and apps like Netflix and Youtube.

The Playstation 4 Pro was launched on November 1, 2016. Unlike the other Playstations, Playstation 4 pro has triple-decker which is what you see in the photo below.



Call of Duty: Warzone

Call of Duty: Warzone is an additional gameplay option added to the 2019-released Call of Duty: Modern Warfare. The option was released to the game earlier this year. Call of Duty: Warzone has game modes like Warzone, Campaign, and Multiplayer. When you die in Warzone, you get another chance at the gulag. The gulag is like a jail and you can throw rocks at people to confuse them. You can go solo or even team up in duos, trios, and quads.

Updates: For Call of Duty: Warzone, the game developers are adding an update event that throws in jump scares, and players can hear little kids laughing and playing. The game is adding additional downloadable content, including operators. Players can also buy and play as Jigsaw and Leatherface. I might have to buy a jigsaw.



Call of Duty: Cold War:

The beta has been released but they keep taking it in and out. The game is slated to officially release on November 13, 2020.

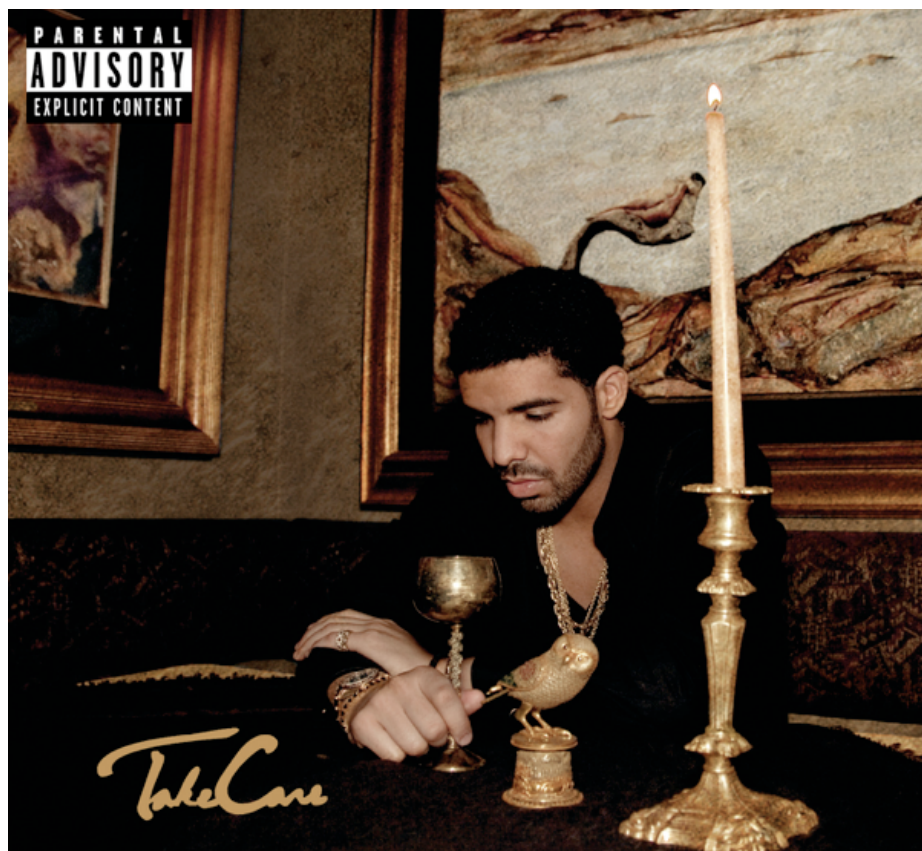
Consoles: PlayStation 5, Xbox Series X and Series S, PlayStation 4, Xbox One, Microsoft Windows



MUSIC



ALBUM REVIEW: DRAKE "TAKE CARE"



By: Maegan Conway

OVERVIEW

A. Name of musician: Drake
B. Name of Album: Take care
C. Genre: Hip Hop and R&B
Rating from 1-10: 10

BIOGRAPHY

Drake is very well known and has been around for a cool minute--since 2006. He is also from Toronto, Canada. Drake is best known in Canada for playing in a show called 'Degrassi: The Next Generation'. Drake ended up leaving the show, and he became one of the biggest rappers on the planet after signing a deal with Lil Wayne's label "Young Money Entertainment."

SONGS

HITS

Personally I think 'Over My Dead Body' stands out the most because the whole song is raw--from the lyrics to the beat. My favorite song out of the whole album was *Doing It Wrong* because it makes me feel good and every time I listen to it, it makes me happy.

MISSES

The song *Underground Kings* is one of the worst songs on the album. It was pretty boring. I felt no emotion in it.

FINAL THOUGHTS

Honestly the album was amazing. I feel like he really put effort into making this. It's very unique. And it has its own type of style to it. If somebody tried to remake it or do something similar I don't think they can.

Some songs were "ehhh"--I didn't really care for them because they felt dry and like they had no emotion in them.

When I listen to this song I want to be able to feel what the writer is talking about. Those few songs I listened to, and I didn't feel anything. However, the album is still a 10/10 because the rest of the songs were very good.

INITIAL IMPRESSIONS

I had really liked it instantly. I liked the flow, and the stuff he was saying it was relatable. For example, in the song called Marvin's Room, Drake talks about yearning for an ex-girlfriend and how his fame interfered with his love life. This is relatable because I've had my past experiences, too. In another song called The Real Her, Drake talks about all the things in his mind about the one girl that was very special to him. If you've been through something like this, already you should also be able to relate.

SPORTS

LAKERS AND DODGERS WIN!



By: Reese Oxnier--NPR News

LAKERS WIN 17TH NBA CHAMPIONSHIP-FIRST IN 10 YEARS

Closing the NBA's socially distanced season, the Los Angeles Lakers won 106-93 over the Miami Heat Sunday in Game 6, taking the league championship.

"Working together, teams and players, we found a way to play through a pandemic, keep everyone safe and put a spotlight on these critically important issues," NBA Commissioner Adam Silver said prior to the Lakers' trophy presentation. "For that, every team deserves to be celebrated."

LeBron James had a promise to keep. And he did: Lakers' forward led Los Angeles to their 17th championship, ending a 10-year drought. The 35-year-old superstar became the only player in NBA history to be named MVP in league finals while playing for three teams. He averaged 29.8 points, 11.8 rebounds and 8.5 assists per game during the finals. The Lakers showcased relentless defense and reached a 30-point lead during the matchup. "We just want our respect," James said after winning his fourth championship ring. "And I want my damn respect too." And it all happened in a protective bubble

After its first championship win since 2010, the Lakers' 17 NBA titles tied the Boston Celtics for the most in league history. As the Lakers celebrated inside the bubble with confetti and champagne, hundreds of fans flooded the streets in Los Angeles..

DODGERS WIN FIRST WORLD SERIES IN 22 YEARS

The Dodgers had the best regular-season record in baseball, and their 43-17 mark was on pace for a staggering 116-46 record over 162 games. They began the postseason with five consecutive wins and finished it with a 13-5 record. Because a best-of-three wild card series was used for the first time, the 13 postseason wins were the most in baseball history

Decades of frustration were shelved Oct. 27. The Dodgers clinched their first World Series title since 1988 three days after suffering a nightmarish Game 4 defeat in the ninth inning, when Chris Taylor's misplay of a base hit to center led to bench player Brett Phillips airplaning his arms in the outfield as the Rays celebrated a walk-off victory.

The decisive Dodgers' victory in Game 6 seemed inevitable as soon as Rays manager Kevin Cash lifted ace Blake Snell, who had been working on a shutout, with two out in the sixth inning. So many other things went right for the Dodgers.

by Maria Torres-- LA Times



CELEBRITY *Spotlight*



By: Miley Gomez



PEYTON LIST

Peyton List is 22 years old. She is a model, and she's also an actor best known for her roles in the movie *Diary Wimpy Kid* and the kids show *Jessie*. Peyton studies acting, voice and dance. She has a twin brother named Spencer List, and she is the older twin by one minute. Peyton and her brother both do modeling. Peyton was the first one to do modeling, and then her brother Spencer did what Peyton did. She also has one more a younger brother named Phoenix. When Phoenix was a baby he modeled, too. She is a member of SAG and AFTRA. Peyton and her family moved to New York when she was 4 years old. They then moved to California full time in 2012. She wears glasses, but most of her time when she's acting, she uses contacts.

Peyton is the best-known for modeling for all girl's store Justice. Peyton List had a main role in Disney's TV series *Jessie* as Emma Ross and just finished her latest show *Bunked*. She also had a major role in the film *Diary of a Wimpy Kid: Rodrick Rules* and *Diary of a Wimpy Kid: Dogs Day as Holly Hills* as the love interest of the main character Greg Heffley.



SOFIA CARSON

My second celebrity is Sofia Carson. She is known as an American actress and singer. Her first appearance on television was as a guest star on the Disney Channel series *Austin & Ally*. In 2015, she appeared as Evie, the daughter of the evil queen, in the Disney channel original movie *Descendants 2* and *Descendants 3*. In 2016, she appeared as Lola Perez in *Adventures in Babysitting*. She has been in a lot more movies and TV shows. Sofia is a Colombian American. Her parents are Jose F and Laura Char Carson who all moved from Colombia to Florida. On her Mother's side, Sofia is related to the Char family, a group of Colombian politicians.

She attended college at UCLA in California. She was a communications major with a minor in French. Sofia speaks three languages; she is fluent in English, Spanish, and French. She has a sister named Paulina Char. Paulina is just an ordinary Instagrammer and is 25 years old. Sofia made her singing debut in 2015 with the soundtrack album frp, *Descendants*, and in the same year, she released the single "Rotten to the Core". In 2016, she signed to Hollywood's Records and released her debut single "Love Is The Name".