



The American Stimulus Package: How Similar is it to Andrew Yang's Universal Basic Income?

By **Sophia Piper**
NEWS EDITOR

ing the White House make decisions about it.

Yang's proposition and the current stimulus package still have a number of differences. For one, the stimulus package will only be distributed to Americans whose households make at most \$99,000. The full \$1,200 will only be distributed to those who make at most \$75,000, and the amount will lessen as income increases. Families with children will receive an additional \$500 per child. Yang's plan would have included every American, regardless of income level, though it would only have been \$1,000. To raise money for Universal Basic Income, Yang would have created a value-added tax on goods. The current stimulus package is unfunded.

Stimulus packages are not a new thing. We've had two in the 2000s—one in 2001 and one in 2008 for their respective recessions.

However, this package is record breaking at two trillion dollars total. This number is so large it's impossible to visualize, but it is the necessary amount for millions of Americans to stay afloat. Normally, there would be some sort of party divide over giving out money, which is something many Republicans would consider socialist. However, the vast majority of Republicans and Democrats agree that a stimulus package is completely necessary. Hopefully, this monetary boost—even if a one-time thing—will be extremely helpful to Americans who need it the most.

Positivity in the Time of Coronavirus

By **Alexis Earp**
FEATURES EDITOR

Last month, when I wrote an article about how to remain positive during difficult times, I had no idea that the world would be in the situation it is in now because of the coronavirus pandemic. Students in Marblehead Public Schools have not had school since March 12th and will not return until at least May 4th. People across the world are being told not to leave their homes unless it is absolutely essential. Grocery store shelves are empty, and there is no toilet paper to be found. Now, more than ever, is a time that we need positivity specific to social distancing.

Staying in touch with others is especially important. Meeting up in person is off the table right now, but there are still many ways to talk with friends and family. Most people have probably been on a Zoom call by now, and it is a great way to connect. Why stop at just a video call though? There is an endless list of games available to play with others on the Internet, so pick a few of those and invite a friend to your Zoom call. You can even have Zoom open on your phone and the game open on a computer so that you can play and talk at the same time. While you could just send a friend the link to a game you can play together, it is so much better to do it at the same time as a Zoom call because it provides a sense of normalcy in a very strange time. It's not quite the same as actually being together to play a game, but it is probably the best that can be done right now.

Some semblance of a normal schedule is also helpful. If you participate in any group activities, such as sports, book clubs, or knitting groups, try to have at least somewhat regular meetings. Obviously, it will not be the same as before. You may not even do what your group would have done before the quarantine, but being able to gather and talk about what is happening right now is so important. Having virtual club meetings is just another way to distract yourself a bit from the current situation, and adding more structure to your schedule can definitely make you feel better.



Sandler Training

As hard as it can be, try to take advantage of this time. Look into opportunities that you may not otherwise have. Many theatre groups are releasing professionally recorded plays, musicals, and operas. Scribd is offering a 30-day free trial, and most public libraries give members free access to eBooks, so now is a great time to read all those books on your "to read" list. There are also many free classes available online, so you could try to learn more about a topic that interests you. Maybe you prefer hands-on activities, which is awesome! Even if you do not have lots of supplies, there is almost certainly a craft that you can make with what you have in your house. If you like art, fear not, for many museums have online virtual tours. I personally really like Claude Monet's paintings, so I took an online tour of the Musée d'Orsay. I really enjoyed it, and I got to see a lot of other beautiful paintings that I would not have seen if I just did an image search for Monet's paintings.

I know that this is a really stressful time, and it can be really difficult to distract yourself. Everyone is handling this differently, and that is fine. It is okay if you keep the news on all day so you know what is going on, but it is also okay if you are not checking the news constantly to see the latest statistics. It is okay if you do not have the energy to take an online class. It is okay if you need to use this time to rest and not do your regular activities. You need to do what is best for yourself, and if this article helped you do that, I'm glad. If not, I hope you are able to find out how you can best handle this very soon. Good luck everyone, and stay safe.

Twelve Ways to Avoid Boredom in Quarantine

By **Julia Greenway**
PHOTO MANAGER

As we're about to enter the third week in self-isolation, I'm sure all of us are starting to get an extreme case of cabin fever. As the days go by, people are losing the motivation to get dressed, get out of the house, and perform the basic tasks that they've done everyday previously without thinking. There's no schedule, no rules to keep us in line—even our school work is optional. Everyday, I wake up planning to be productive, but I end up spending the whole day switching from Netflix to Youtube and from the couch to the kitchen. My friends keep calling me at random times during the day just to tell me that they're so bored, so for their benefit, and my own, I decided to share some things to keep yourself busy with while in isolation.

1. Find a new hobby or spend time with your current hobbies. I went back to my summer camp days and made some friendship bracelets, and I also made earrings out of polymer clay. Look online for inspiration and make something of your own.

2. Learn a new language. Use an app like Duolingo to get familiar with a language you know nothing about. I would normally never make time to do this, but I started to learn Romanian and it's actually quite interesting.

3. Make some food that you've never had before. The best part is you can eat whatever you make and feel a little less guilty about eating it because you worked to make it.

4. Get all dressed up like you're going somewhere nice. Do your hair and

makeup if you want, and then you can actually feel like a functioning human being.

5. Read. Either read books that really interest you or maybe some classics that you've been wanting to read for ages but have never had the time for. It makes time pass quickly in my opinion, especially if you are very cozy and have some tea.

6. Get out of the house and go for a walk. The weather is now nice enough that you can comfortably spend time outside to get some fresh air or for a workout; either way, it will definitely be worth it.

7. Sleep and keep a normal schedule. Now that you have all the time in the world, finally get the sleep that you've never had time for. I see people staying up until 3 AM and waking up at 1 PM, and then not doing anything in the time they are awake. Try to stay somewhat close to your normal sleeping schedule so you can effectively use the time you're awake.

8. Start a Bullet Journal. If you want to stay productive, but have more fun while doing it, I highly recommend this. There are so many different videos and pictures that can inspire you, and it's a great way to be artistic.

9. Play games with your friends. You can video chat with your friends, but it's even more fun to watch

Netflix with them or play a game. The app Psych is particularly fun, and every time I play I end up laughing.

10. Write letters for your friends. It seems like a random thing to do, but it's a nice way to let your friends know you miss them in a really different way. You

can drop the letters off at their doorstep, and they will be a lovely surprise.

11. Practice an instrument. Learn to play new songs on any instrument like a piano or ukulele. If you don't have anything, practice singing. Even if you don't think you're talented, it's still something fun to do.

12. Reorganize or redecorate your room. So many people's closets are stuffed with random clothes and other items, and now that you have the time you can organize any mess in your room. It can be boring, but a clean room that you enjoy being in is worth it.

Everyone is struggling to be productive while isolating themselves. It's extremely difficult to always stick to your routine when there isn't anything you have to do, but getting dressed, getting outside, and trying to do some work is a good place to start. It's easy to get upset from reading the news or waste everyday sitting in front of the television, but try to make the most out of this break and stay safe!



Check out the *Headlight* website (mhsheadlight.com) and Instagram (@mhsheadlight) for our upcoming April Fools' Day issue!



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