

Awareness 101: Big Data and Your Mind

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Janelle Ghanem '17

Incoming Software Engineering Intern at JPMorgan Chase & Co

If I were to count the amount of times I hear the word "Corona" in a day, I can guarantee you it would easily outnumber the amount of pickles Bubble Bass consumed when Spongebob kept "forgetting" how to make a Krabby Patty. Unfortunately for most of us, the word isn't referring to the beer (although they have come out with a hard seltzer variety pack for anyone who's run out of beer).

But have you noticed the main subject that is driving the world forward amidst this pandemic? No, it's not politics. It's what you're using to read this blog, technology!

The world is constantly evolving with more and more technologies and new Einsteins than we could keep track of: 9-year-olds like Michael Kearney who finished college in just nine months, high schoolers discovering new planets, and the most brilliant of them all, kids on TikTok using Siri to give them pep talks after their most embarrassing moments.

One of the latest technological strategies that scientists are now using to learn about the virus is big data. Big data is being used to understand the virus' genetic tree and how it behaves.

I'm sure lots of you have heard of big data and genetic trees. But does anyone know what big data is? Big data is exactly what it sounds like. Simply put, it's data that is bigger than Bubble Bass's ego. To make this a little more concrete, the term describes large amounts of data that need to be picked apart to generate conclusions. We feed this data into a program that stores the data and then performs the intended analysis.

Thus, instead of focusing on how big data is being used to analyze the genetic tree of the virus, I want to talk about what can happen with storing such large amounts of data.

Something you should be asking yourself is, what happens to a program when you try to analyze too much data? (Yes, I will encourage that you all try to critically think about this stuff!)

Most people, some programmers included, don't fully understand the connection between software and hardware. A developer isn't the Masked Magician trying to fool Penn and Teller into thinking he writes a few lines of code and suddenly creates a Watson out of thin air. We need to understand a little bit about how this works.

A big part of executing a program is storing data in what you can think of as their own little apartments. To stick with the analogy, there are a multitude of different kinds of apartment complexes that make up the memory of a computer known as memory addresses. When a new member of a data set wants to move into the apartment complex, the computer has to first designate a certain apartment room for that member. This is called memory allocation.

Memory has many kinds, but we will discuss where data is stored when your device is powered on. Random Access Memory, or the RAM, will only keep the memory in it for as long as there is power being supplied to the device. As soon as you take away the power, if you have not saved that data to a more permanent form of data storage, you will lose all the memory. For this reason, RAM is known as a volatile type of storage.

RAM is comprised of really about five components, but for our purposes we are only interested in two: Stack and Heap. I want you to think of the Stack and Heap as Tom and Jerry running towards the Smack'n Cheese puffs delivery truck, in that Tom and Jerry are moving in the opposite direction of the truck. Where the stack will grow upwards as data is added, the heap will grow down.

It is natural to assume that at some point, there is no way that the stack and heap could have enough storage to store as much as 1GB of data, which you can think of as watching five hours of Emma Chamberlain (which I know some of you do) or even 70 of your opposing team's Hudl highlight videos.

So what happens when the Smack'n Cheese puffs runs into Tom and Jerry?! In programming, you get what's called an "out of memory exception" causing your program to crash. What's interesting to me is that just like a computer can be overwhelmed with such large amounts of data, so can the human brain.

You can only take in so much more information before being overwhelmed with feelings of stress and anxiety. I read an article that said you should only have the news on for an hour a day, and that just after 14 minutes news starts to take ill effect on your mind. VAB came out with a report that found TV time has increased 175% in ages 12-17 and 42% for ages 35-49. So what, it's just background noise?

Whether the tv is left as background noise or raised to full volume, it is plaguing us with random new fears, sad stories, and different pressures that we might not even be conscious of. Comedy King Jerry Seinfeld even said, "it's amazing that the amount of news that happens in the world every day always just exactly fits the newspaper." So why watch it so much?

Over time, this will develop the same sort of Tom and Jerry cheese puff truck accident. Our minds will crash, and our bodies will give out. In programming, we avoid this kind of error by manipulating the way we store the data, so that it is stored more efficiently and fed differently to the program.

Think of it as the way buildings in New York are architected to maximize the amount of people that can physically live there. These buildings are known as data structures and come in a wide array (computer pun!) of varieties. An array is a kind of data structure you can learn more about at <https://www.geeksforgeeks.org/array-data-structure/>, if you didn't catch on to that.

So how does this translate to our minds? Although we can't necessarily rip out our temporal lobes and start creating more crevices in our brains to "make more room for knowledge," we can change the way we feed in these external influences into our minds.

The most obvious solution would be to take a break from the news. Change the channel and watch something lighthearted and funny or have your kids put on a talent show. Laughing is the most immediate way we can decrease stress and increase immune cells. If you're having trouble, try watching some reruns of Jerry Seinfeld.

Take some quiet time to yourself and read a book, play an instrument, try to draw, learn something new, or call your grandma! Take advantage of this time to do something you've always wanted. I've started drawing and made an art account on Instagram (@jannspillstheheart) to try and spread positivity. If you're looking to stay in shape, Chloe Ting has a free two-week shred challenge you can try here:
<https://www.chloeting.com/program/2019/two-weeks-shred-challenge.html>

Try to be aware of everything you're doing because you don't have to feel like you're trapped at home. For example, take some time to acknowledge all the blessings you have around you and begin to branch away from working on autopilot. Reach out to some friends you haven't talked to in a while and have a virtual dinner to catch up.

Find something that works for you that can introduce positivity into your life! If you're feeling unmotivated about doing online school, remember what a blessing it is that schools and universities are still giving us the opportunity to learn. Enjoy the process while it lasts because if you don't, you'll end up looking back at everything one day and not remembering how you got where you are.

Only turn the news on for a maximum of a few hours a day and try to use Google to give you the highlights of the most important things that happened. Let's try to change our diets and lessen the amount of pickles we are eating; we all know how much sodium they have!

<https://www.linkedin.com/pulse/awareness-101-big-data-your-mind-janelle-ghanem/?trackingId=mA0HVfOtoefu%2BaWiwyyBSA%3D%3D>

How this Columbus company landed a PPP loan after switching banks

By Doug Buchanan – Editor in chief, Columbus Business First

Apr 27, 2020, 10:24am EDT

One key question facing those who didn't get PPP funding: Should they switch to another lender?

Demand for the second round of the Paycheck Protection Program is again expected to outstrip the funding available, so many struggling small businesses once again will be left out.

That will leave many business owners wondering how they can do better if, as many expect, Congress funds a third round of PPP loans through the U.S. Small Business Administration in the coming weeks.

One of the key questions facing those businesses is whether or not they should switch to another lender.

That was one of several topics discussed in a PPP forum held by Columbus Business First last week, where a group of experts also offered advice on how much to ask for and how to ensure the low-interest loans are forgiven.

Switching lenders might not be a good idea for applicants, one of our experts said last week. Still, in some instances, it could turn out to be the key to success, as it was for one Columbus business.

Schoedinger Funeral and Cremation Service initially submitted an application to a large bank.

“Our first bank, we put in the application, we started talking to them the Friday before. They were working through the weekend and we were anticipating getting our application in Monday or Tuesday,” said **Randy Schoedinger '86**, CEO of the sixth-generation family business. “By Wednesday, it still hadn't happened.”

After that, Schoedinger said, he and the bank “mutually decided” it would be best for the company to turn elsewhere, and he approached Whitehall-based Heartland Bank.

“It's just that (the larger bank) was having trouble navigating this unusual time,” he said. “And so we went with Heartland Thursday night, and Friday night we had approval.”

Banks have been overwhelmed by the demand for PPP loans, so Schoedinger said he has no hard feelings toward the other institution, which he didn't name. Larger banks seemed to focus on technological solutions, he said, whereas “those that kind of manually did things and pushed it through and worked unbelievable hours and had all people on, they were able to get things done.”

He said it helped that Schoedinger had relationships with two banks because lenders have been concentrating on helping their existing customers in the crush of applications.

“I think all the banks came out quickly and said you had to have an existing relationship,” he said. “And it's interesting because some could have looked at it as, 'Wow, I can gain customers,' right? But they really wanted to worry about keeping their own customers. They did the right thing.”

https://www.bizjournals.com/columbus/news/2020/04/27/how-this-columbus-company-landed-a-ppp-loan-after.html?ana=e_ae_prem&j=90505778&t=Afternoon&mkt_tok=eyJpIjoiT1RBMIpUY3IOR1V3WmpSayIsInQiOiJXeWVkUkM5STg2NTdTZ1hlnWpVWjE4NHFwVFc1RUxVdW5cL21jRVBhdIwvMIwvMnphdDVPTnZJRmtpdEdXaEFBZVZTWjQrVndGRDBvMVpxRVRkNHRmTmxoVWVGcVBwVmlaQTM2dklwR3lLcFc0bjllcjlNa0JjZE5QcDY5TElNcCtWSCJ9

COVID-19 leads to loss of major fundraisers for non-profits

ANGELA AN

10TV.com

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The season of giving for non-profit organizations is taking a major hit with the COVID-19 pandemic.

The months of April and May are typically when central Ohio holds "gala season". But with the stay-at-home order and the ban on large gatherings, many events have been postponed or canceled altogether.

"In the interim, those are critical dollars, and yes, these are non-profits but also businesses that are trying to deliver services," said **Michael Corey '01**, executive director for Human Services Chamber of Franklin County.

His agency teamed up with the United Way of Central Ohio and Illuminology to survey the financial health of central Ohio non-profits.

Eighty-nine agencies responded and reported a collective loss of \$8.3 million in fundraising dollars along since mid-March when the coronavirus pandemic started.

"That's a significant loss to agencies," Corey said.

The executive director for NC4K says her agency has had to shift resources to adapt to the changes over the past several weeks.

"We had families who were parents being laid off or work being compromised," Mandy Powell told 10TV's Angela An.

NC4K was not one of the agencies that submitted to this recent study, but Powell says they've been able to reallocate funds to help those most in need.

"We were able to modify how we were reviewing requests and distributing funds to support our families," she explains, citing that donations are always welcome.

Powell says what most of the families need right now is grocery help. That's because her agency is focused on helping children with cancer and their families. Because they are immunocompromised, the children can't be in public, especially now given the easy transmission of COVID-19.

"So, this virus being a respiratory virus, we've been told that it can be a fatal effect for those with heart problems because with the trouble breathing, you have to work harder," says Erika Stark, whose daughter Piper is in remission but still susceptible to the dangers.

For Jill Gilliam, she fears going out in public herself because her 4-year-old daughter Mia is currently undergoing cancer treatment.

"I think about if I did bring it home to my daughter, I know she wouldn't survive," Gilliam says, which is why she depends on NC4K to help bring groceries to their front door.

Recently, she found an Easter surprise after not being able to secure any delivery time slots with local grocers.

"I opened my door and I found four bags of treats and eggs that I could stuff in the basket," she said with a smile.

These families are just a few examples of why philanthropy is so critical right now to the non-profits that serve them. The fear now is how some of these agencies will be overburdened in the months to come.

"All the new unemployment claims, those people are turning to our sector right now and we see those lines at the food banks, but all the other elements of the sector will see that surge too," Corey said. "Without really a surge of congressional dollars, I'm very worried about the safety of this safety net."

Corey says there is a collective effort to ask Congress to approve a \$60 billion relief package specifically for non-profit organizations.

The Columbus Foundation has also set up an Emergency Response Fund, which has already given out \$3.5 million in the past month or so.

<https://www.10tv.com/article/covid-19-leads-loss-major-fundraisers-non-profits-2020-may>

In this together: Her 5-year-old was dying. She was quarantined. A race against time.

Caroline Anders '17

SPECIAL TO USA TODAY

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The world was shutting down, and Kendall Whitaker couldn't see her dying 5-year-old.

Easton Whitaker weighed around 35 pounds and would never be healthy enough to go to kindergarten. But Kendall was a paramedic who can't do her job from home.

Easton's heart was failing. When he was in the womb, a doctor noticed an issue on a scan and sent Kendall to a specialist. The specialist sat down when she walked in the exam room – a bad sign, Kendall knew.

"I'm about to hit you with a truck," the doctor said. Easton's heart was so damaged it couldn't keep him alive.

As soon as he was born, a breathing tube was snaked down his throat. Kendall didn't see her son's face for four months.

He was placed on a transplant list and got his new heart two months later, but his body was attacking the unfamiliar organ. Easton wasn't eligible for another transplant. So when he went pale and limp in late February, the doctors gave him a pacemaker. There was nothing more to do.

Easton was referred to at-home hospice care. No one knew how long his borrowed heart would last.

But Kendall worked in one of the busiest ERs in Jacksonville, Florida, where more and more patients were showing up with symptoms of the novel coronavirus. She'd already taken more than a month off of work to sleep on a pullout bed in Easton's hospital room. She was running out of money to pay the bills, but she couldn't risk infecting her son with anything she brought home.

"The guilt that I would carry if I brought that home to him – I don't think I would ever make it through that," she said.

So she had to make a decision.

Even though she loved her job, sometimes she wished she didn't know so much about medicine so she could have the kind of big, bright hope she saw on the faces of other parents of critically ill children.

The patients she ran into at work who had symptoms like Easton's were usually elderly. She saw them go into cardiac arrest, watched paramedics break their ribs performing CPR and tried not to think about the heart thumping weakly in Easton's chest.

In late March, Kendall explained to Easton and his 7-year-old brother Elijah that she worked with some very, very sick people, and if she brought any of the bad germs home then Easton would have to go back to the hospital.

“But I don’t like the hospital!” Easton reminded her.

She had to go back to work or she wouldn’t be able to feed them. So Kendall sent the boys away.

Easton and Elijah made the seven-hour road trip north to McCaysville, Georgia, with their grandmother.

When they left, Kendall knew she was losing time. She missed that thing Easton does where he rubs his eyes with the backs of his hands while he sleeps. She felt like she was under the ocean.

Easton never liked to show he was sick. He took 15 different medicines, all liquid, all via syringe, twice a day without protest. He once complained of a bellyache and ended up on a breathing tube in less than a day. So knowing that he was tired and not eating much, even before he left for Georgia, Kendall was terrified.

One of her co-workers wanted to raise money so she could take time off work. At first, she rejected the offer.

“I’m so used to being like the mom, the helper, the paramedic,” she said. “I do the helping, not the other way around.”

But when she finally accepted his offer to start a GoFundMe, she was amazed. In a week, Kendall had more than \$20,000 – enough to cover her bills for at least six months.

She left work and self-isolated with her cat, Rue, for 14 days. She had to be sure she wasn’t carrying the virus that she knew Easton wouldn’t see the other side of.

Every morning she woke up and wondered if that tickle was a sore throat or if she had a headache or the sniffles. She wondered whether she was developing allergies or there was dust in the air. She cleaned like a madwoman.

She bought the boys matching robot jammies and Toy Story toys since Easton’s best friends are Buzz and Woody. She was excited but nervous – it was hard to focus on the here and now when you don’t know how long it will last.

After more than two weeks of hiding from the world, Kendall’s mom packed the boys back into the car and headed down to Jacksonville. On April 20, they knocked on her front door with tiny fists and ran inside.

“Mommy!” Easton yelled.

She hugged them so hard she lifted them off their feet. After the duo ran off to find the cat, they all played Hot Wheels in the hallway for what seemed like hours. Their first few days were spent making pizzas, reading Harry Potter before bed and covering the sidewalk in chalk. Kendall called it bliss.

But Saturday, five days after their reunion, Easton started having a hard time breathing and ended up in the hospital with pneumonia.

Days before, his biggest worry was whether the rain would wash away his chalk house. Don’t worry, Kendall reminded him. You can draw a new one tomorrow.

Easton died Tuesday morning after spending his last week at home. His mother was with him.

This story was produced in partnership with the Media School at Indiana University.

<https://www.usatoday.com/story/news/2020/04/28/her-5-year-old-dying-she-quarantined-race-against-time/3038857001/>

Former FDA leaders decry emergency authorization of malaria drugs for coronavirus

By Charles Piller

Science

Apr. 7, 2020 , 6:20 PM

The recent Food and Drug Administration (FDA) emergency use authorization (EUA) for two malaria drugs to treat COVID-19, based on thin evidence of efficacy, has jeopardized research to learn the drugs’ real value against the pandemic coronavirus, say former agency executives under President Donald Trump and former President Barack Obama. They also charge that the 28 March EUA for chloroquine phosphate and hydroxychloroquine sulfate undermines FDA’s scientific authority because it appeared to be a response not to scientific evidence, but to fervent advocacy of the drugs by Trump and other political figures.

FDA has multiple mechanisms to allow the use of unapproved, experimental drugs for small numbers of desperately ill patients outside of clinical trials. Because chloroquine and hydroxychloroquine are approved for malaria, doctors could prescribe them “off label” for COVID-19 patients even without the EUA. Since Trump first endorsed the drugs on 19 March, however, shortages have been reported, depriving some people with autoimmune disorders such as lupus who also depend on hydroxychloroquine. The EUA will immediately add tens of millions of doses of the drugs for distribution to hospitalized COVID-19 patients through health care centers.

Trump has suggested the EUA was needed because effective clinical trials of the drugs would take too long during the global crisis. At a 5 April news conference, he said: “We don’t have time to go and say, ‘Gee, let’s take a couple of years and test it out, and let’s go and test with the test tubes and the laboratories.’”

“I’d love to do that, but we have people dying today,” he added.

Scott Gottlieb, FDA commissioner under Trump until last year, has consistently called for more research on the efficacy of hydroxychloroquine, with or without the antibiotic azithromycin. “If the drug combo is working its effect is probably subtle enough that only rigorous and large-scale trials will tease it out,” he tweeted on 5 April.

Margaret Hamburg, FDA commissioner during most of Obama’s tenure, including the H1N1, Zika, and Ebola crises, says she was “surprised and perturbed” by the EUA. “I understand the desire to find hope, but we need more evidence than is currently available before we encourage widespread use,” says Hamburg, who is a past president of AAAS, which publishes ScienceInsider. Valuable clinical trial evidence on the two malaria drugs could be gathered in a few weeks, Hamburg adds—but the EUA could make that more difficult. “Making the drugs available in a more widespread way might actually interfere with the ability to get the data that we need.”

Since 2005, FDA has issued EUAs more than 100 times, mostly for diagnostic tests to detect emerging pathogens, including 34 such authorizations for tests for the novel coronavirus that causes COVID-19. (Here’s a table of all EUAs.) The recent authorizations for the use of chloroquine and hydroxychloroquine, based on what FDA cited as “limited in-vitro and anecdotal clinical data in case series,” and Chinese and South Korean COVID-19 treatment guidelines, fell below earlier standards for therapeutic EUAs, Hamburg and others say. In contrast, the European Medicines Agency called for use of the drugs only in clinical trials or for emergency use as defined by each nation’s policies.

The only comparable EUAs—an antibiotic to treat anthrax in 2011 and antiviral drugs to treat the pandemic H1N1 influenza virus in 2009—enjoyed far stronger evidence of safety and efficacy, former FDA officials say. Even then, one of the drugs authorized for use on H1N1 turned out to be ineffective.

EUAs might prove crucial in the new pandemic, but only if credible, says Luciana Borio, a former FDA acting chief scientist who directed medical and biodefense preparedness for Trump’s National Security Council. “You want the EUA to be seen by the public as a step the government is taking to facilitate access to a product that they truly believe has benefits that outweigh the risks. Not, ‘We’re not sure,’” says Borio, who was part of a team set up under Obama to coordinate actions to fight pandemics that was eliminated by the Trump administration during a 2018 reorganization.

Although the World Health Organization last month deemed the two malaria drugs worthy of being tested in rapidly organized global COVID-19 treatment trials, the push to use hydroxychloroquine—it's considered a relatively safe form of chloroquine—on a mass scale in the United States came after a tweet from Trump. On 21 March, he said that when taken with azithromycin, the drug has “a real chance to be one of the biggest game changers in the history of medicine.” Trump cited a small French trial of 42 COVID-19 patients that has been criticized for lapses widely viewed as rendering its findings unreliable. Even the International Society of Antimicrobial Chemotherapy, publisher of the peer-reviewed journal that released the study, recently said it “does not meet the Society's expected standard.”

FDA Commissioner Stephen Hahn initially tried to temper the president's enthusiasm, calling for clinical trials as a first step at a 19 March news conference. Nine days later, with those trials ramping up, the EUA authorized health care centers to draw on the Strategic National Stockpile's massive supply of the drugs for “treatment of COVID-19 when clinical trials are not available, or participation is not feasible.” FDA said that in the absence of approved or available alternatives for treating COVID-19, the drugs' “known and potential benefits ... outweigh the known and potential risks.”

FDA Chief Scientist Denise Hinton, who signed the EUA, did not respond to a request for comment. An FDA spokesperson wrote in an email that the EUA was not a response to Trump's prodding. Instead, the spokesperson said, it was prepared by career staff who consulted with the relevant federal agencies, and was based on “studies in countries including China, Korea, and France.” Two small Chinese trials, which many infectious disease researchers and clinicians regard as more scientifically sound than the French study Trump tweeted about, reached opposite conclusions. In one, COVID-19 patients taking hydroxychloroquine had better outcomes, and in the other, those who received a placebo improved more. A second small French trial found hydroxychloroquine plus azithromycin ineffective for severely ill COVID-19 patients.

Borio, now a vice president at In-Q-Tel, a national security-oriented venture capital firm, adds that FDA, in issuing the EUA, also overlooked the drugs' record against other viruses. She cites a “long history of having tried hydroxychloroquine as a treatment for emerging viral infections, and seeing it fail to help patients despite some activity in vitro and even in animal models.”

Impeding clinical trials

David Boulware, an infectious disease researcher at the University of Minnesota, Twin Cities, working on COVID-19 trials, suggests the EUA may impede testing of another potential COVID-19 treatment. He says colleagues working on a randomized, placebo-controlled, multisite trial of remdesivir, Gilead Sciences's experimental antiviral drug, have encountered hospitalized COVID-19 patients who ask, “Do I want to get a placebo? I'm really sick and I can get hydroxychloroquine.” Some are opting out of the remdesivir study, Boulware says.

Purposely or not, and despite skepticism from many doctors, FDA might have made hydroxychloroquine the de facto standard of care for COVID-19, he and others suggest. That

could also undermine the COVID-19 trials of it and chloroquine. It's too soon to know what the impact might be, researchers organizing those trials told ScienceInsider. But Peter Lurie, a physician and FDA executive under Obama and Trump who now heads the Center for Science in the Public Interest, a Washington, D.C., advocacy group, says the EUA weakens the incentive to sign up for a trial. "Why take a 50% chance of getting a placebo when you can be guaranteed to get a drug you're hoping to get? Then you're left in a situation where a drug is widely used and evidence of its effectiveness for this indication is never generated."

With so many people dying from COVID-19, calling for more data before widespread use of the malaria drugs can be "a hard message," Hamburg concedes. "People want to have a treatment available to them and their loved ones. But until [it's] examined with some rigor, we won't know whether this will work now, and it's also making it hard to get answers for patients tomorrow and the future."

Borio adds that proper trials need not take long. "People say that the time to do these studies is not during a public health emergency—it's too hard. Actually, that's the best time, because with a crisis unfolding you have the greatest opportunity to learn about these products the quickest way, because of rapid enrollment," she says. "If it's a blockbuster, we would know so quickly."

FDA declined to comment specifically about trial enrollment concerns but said it is working with other federal agencies to plan clinical trials of the two drugs.

Risks rise when millions use a drug

Some FDA observers defend the agency by pointing out it has occasionally given full commercial approval to drugs based on relatively scant evidence, including a controversial treatment for Duchenne muscular dystrophy last year. Erika Lietzan of the University of Missouri School of Law, who studies food and drug regulation, cited Ceprotrin—a biologic to treat patients with a genetically linked, life-threatening blood clotting problem—approved by FDA in 2007 based on a nonrandomized trial of only 18 subjects.

But the rare diseases addressed by those FDA actions affect few people compared with COVID-19. When FDA endorses a drug with known, life-threatening side effects for use by millions of hospitalized people to treat a poorly understood condition, the potential for harm rises exponentially, Lurie and others warn.

"What is quite certain: When you get large numbers of people exposed to [hydroxychloroquine], there will be important adverse effects," including sometimes-lethal cardiac toxicity, Lurie says. "That can be acceptable in the setting of known benefits, but it's more difficult to accept when there isn't now and might never be evidence of benefit."

"The idea that we have nothing to lose by trying anything with the smallest glimmer of hope is terribly misguided," adds **Patricia Zettler '98**, a law professor at Ohio State University,

Columbus, and former FDA associate chief counsel under Obama. “As a society, we risk losing the opportunity to understand what actually works, and what doesn’t.”

Another safety concern emerged on 20 March, when FDA lifted its import restrictions on Ipca Laboratories, a leading Indian maker of the drugs. FDA has repeatedly cited the company for manufacturing lapses, most recently in a scathing inspection report in August 2019. The agency told ScienceInsider the reprieve was only for the malaria drugs, to meet surging U.S. demand. It said the firm “agreed to perform additional quality mitigation steps” for the drugs.

“Ipca had data integrity issues and cascading failures in quality control,” says Hamburg, who led FDA when the firm was cited for such problems in 2014. “That signals to me that it’s probably not a drug we want from that supplier.”

Dangerous precedent?

FDA watchers also wonder how the agency will respond to the next remedy supported by anecdotal reports when facing public fears about a growing death toll and presidential pressure. There is no shortage of candidates—including zinc, remdesivir, the Japanese flu drug favipiravir (branded as Avigan), and a stem cell product touted by Trump attorney Rudy Giuliani. FDA said that by law, it “generally cannot confirm, deny, or comment” about such prospects, and “will not speculate” on future EUAs; it has, however, already approved the testing of the stem cell product in a clinical trial of COVID-19 patients.

“When the evidence base for granting the EUA is as flimsy as this, the question becomes, ‘Whose EUA will not be granted, especially in the context of an epidemic?’” Lurie says. “What happens when the epidemic is not [historically] bad, when it’s just a bad season of the flu?”

And Hamburg says she fears that with its EUA, FDA has taken “a step away from scientific rigor, to a system that is much more subject to all kinds of interference, from wishful thinking to frank political and economic motivations.”

<https://www.sciencemag.org/news/2020/04/former-fda-leaders-decry-emergency-authorization-malaria-drugs-coronavirus#>

New Albany community holds surprise social distancing birthday party
by WSYX/WTTE
Monday, March 30th 2020

NEW ALBANY, Ohio (WSYX/WTTE) — A New Albany community held a surprise drive-thru social distancing birthday party Monday.

Friends and family drove through New Albany wishing **Sheila Dioun Trautner '98** a happy 40th birthday.

She said she thought her husband Adam was outside playing with their kids when he asked her to come outside and check something out.

To her surprise, she ended up seeing a long line of cars honking their horns to celebrate her special day.

Adam said Sheila has always been the one to deliver the surprises so he wanted to surprise her.

<https://abc6onyourside.com/news/local/new-albany-community-holds-surprise-social-distancing-birthday-party>

Erich Hunker '81, CA's Assistant Head of School for Development & External Relations, was recently elected to join the Executive Board of Dreams on Horseback, a nonprofit therapeutic equine center that annually delivers over 18,000 hours of horse partnered learning.

As the second largest therapeutic equine center in the State of Ohio, Dreams on Horseback provides programming to children and adults with disabilities, emotional or neurological challenges, and horse-partnered healing for injured veterans.

Erich has been mentoring Dreams on Horseback's development team in fundraising practices the past couple of years, and Columbus Academy students also were involved with Dreams last year through the Upper School's "Writing in the Marketplace" class. Taught by US Faculty member Beth Refeis, students in the class partner with a local business to research, create and present solutions to an issue the organization needs help in solving. CA students provided Dreams with several options for more cost-effective waste management of the tons of manure produced weekly.

In addition, CA parent Jessy Sullivan has combined her love of horses with her impressive corporate resume, to host horse partnered corporate training and team-building for the staff and volunteers at Dreams. The training helps organizations seek a unique and impactful means to bring insight and effectiveness to their corporate culture.

Columbus Bar 2020-21 Board of Governors Candidates Named
Columbus Bar Association
April 20, 2020 (updated May 1, 2020)

In light of the challenges presented by COVID-19 related closures, the CBA Board of Governors unanimously voted to suspend Article VI of its code of regulations to modify this year's Board Election timeline. The CBA Board of Governors election will begin May 13, 2020. Voting will close at 5:00pm on May 22, 2020.

On the ballot for officer positions are:

President: Robert Erney, Robert D. Erney & Associates Co., LPA

President-Elect: Charles A. Schneider, Ohio Attorney General's Office
Secretary/Treasurer: Eimear Bahnson, Miller Bahnson Law, LLC and David Thomas, Taft Stettinius & Hollister LLP

Only members who have been elected to at least one full term and currently serving on the Board of Governors are eligible for secretary/treasurer. Amy Koorn, current Columbus Bar President, will serve another year as immediate past president.

Incumbents nominated to run for a second term:
Stephen Moyer, Moyer Law Office LPA

Candidates on the ballot for first terms are:
Kelli Amador, Dickie McCamey & Chilcote, PC
Bradley Glover, Kessler & Balleger Co., LPA
Russell Kutell, Frost Brown Todd LLC
Mark Landes, Isaac Wiles Burkholder & Teetor LLC
Jacob Levine, Clark & Lowe LLC
Lisa Messner, Mac Murray & Shuster LLP
Elizabeth Mote '03, Kitrick, Lewis, & Harris Co., LPA
Alexis Preskar, Korman Jackson Krantz
Ehren Slagle, Collins & Slagle Co., LPA
Janay Stevens, Vorys, Sater Seymour and Pease
Aracely Tagliaventi, COTA
Christopher Vonau, Decker Vonau, LLC

http://www.cbalaw.org/CBA_PROD/Main/News_Items/CBA_2020-21_Board_of_Governors_Candidates_Named.aspx

Chaos Queerly
gaycitynews.com
By Gary M. Kramer
Posted on April 14, 2020

Out gay writer /director **Michael Cicetti '01** created, produced, and stars in the frothy digital series “5A5B.” The show chronicles the trials and tribulations of two gay men, Kev (Cicetti) and Andre (Ángelo Luis Rios), and their straight divorcée neighbor, Jan (Angela Atwood), who live on the fifth floor of an apartment building at 140th Street in New York.

The apartment provides a sphere of comfy domesticity. But when they go out into the world, Kev, Jan, and Andre, create catastrophe.

The digital series currently offers two full-length (approximately 20-minute) episodes along with a five-minute prelude, and the show is infectious fun. The hapless characters are likable, and

they spout witty dialogue, even if the situations are sitcom contrivances. In the first episode, all hell breaks loose when the friends work a surprise party at Kevin's ex's brownstone in the West Village. In episode two, the trio hole up in Kevin's academic advisor's apartment during a heatwave, where more hell breaks loose.

Cicetti recently spoke with Gay City News about making his digital series.

GARY M: KRAMER: What prompted you to create this show, and develop these characters?

MICHAEL CICETTI: I was almost exclusively an actor, and I produced this out of necessity. I felt I needed to make something in my voice and expressive of who I was. I knew Angela, who plays Jan, from the William Esper Studio. The piece was inspired by our friendship. Angela is a divorcée who has two children. She was living down the street from me and we got into debauchery together. But we also got groceries together, did laundry together, and did the Netflix and wine thing. I experience my gay maleness through my friendships with older women. Angelo is one of my closest friends, so I wanted to capture that dynamic, as well.

KRAMER: You play Kev, who is still having trouble adulting in his 30s. Can you talk about playing an insecure gay man who is getting his degree in geology?

CICETTI: I'm 36, and it's more interesting to have Kev struggling and not established in academia — taking oddball jobs. A lot of the New York shows have the city crushing the characters. I wanted to show an alternate family embracing the hustle, thriving and not lamenting in the gig economy and catering jobs.

KRAMER: "5A5B" feels old school in the sense of being a comfy sitcom, and new school in that you're following yo

ur own rules making a digital series. Can you talk about your approach to the material?

CICETTI: I embrace farce. I write to my strengths — physical comedy, expressions, and what makes me laugh. My barometer of success is: Does it make me laugh? And getting other people laughing is the ultimate high. I love the set, directing, and editing, but the writing that crafts the circumstances that push people into crazy behavior — that is the most enjoyable part to me.

KRAMER: What can you say about the show's comedy—the timing, the physical humor, the wordplay?

CICETTI: It's catastrophic farce. I compound and build things so there is one payoff per episode. My process is very grounded in the reality of the Meisner technique and doing things under imaginary circumstances and acting out the scenarios. What would I really do/ say and how would the other person respond? I don't outline the stuff, I find things naturally, and I then you play the moments out. Then you go back and hone and craft. It's an improvisation.

KRAMER: The show hints at being naughty but remains very PG-13. Do you feel pressure to give the show broad appeal?

CICETTI: Usually, it's the gay men who are more promiscuous, but Kev is kind of a prude. He's not as sexually free as he'd like to be. He is experiencing sexuality through a woman over 50. I am sex-positive, but a sexual scenario would have to be interesting and provocative. Skin sells,

but I have to say the torso does become tiresome — a white, gay clone being proliferated. I hope to diversify and find a creative way to realistically represent gay identity. If I want to be titillated, I'll watch porn. I don't need a gay webseries to satisfy that. I wrote "5A5B" for a wide audience, and feature characters in this long post-college haze of instability. I want to build Jan's character more and speak to women who are straight and have gay friends.

KRAMER: Can you talk about the decisions and the difficulties of producing what is essentially a half-hour sitcom?

CICETTI: I wanted something grounded in behavior and situation. This is a digital series. Organically, these scripts are at the full-length network comedic level. We have a partnership of five executive producers. This is the wavelength I want to be at, and we can make more of an industry impact if we put together a piece that is \$25,000 an episode, and push ourselves to go past being a webseries to being a digital series, and doing it right and courting the industry.

KRAMER: Where does the series go from here?

CICETTI: The series is public and open via the recently launched website. Revry is updating their app, and we will be distributed as part of that new launch this spring. We might go back to short film format because it's the most feasible. One route is finding an established entity to help bring it to a network level; the other option is keep going indie rogue.

<https://www.gaycitynews.com/chaos-queerly/>

The Business First 40 Under 40: Here are the 2020 honorees
By Doug Buchanan – Editor in chief, Columbus Business First
Apr 15, 2020, 10:09am EDT Updated Apr 15, 2020, 3:45pm EDT

Columbus Business First is proud to unveil the 2020 class in our annual 40 Under 40 program.

It was another incredible turnout for our longest-running awards program, now in its 28th year recognizing up-and-coming talent in Central Ohio. We received 391 nominations this year, more than we've ever gotten, confirming 40 Under 40 as the most prestigious program in the region for showcasing our best and brightest young community leaders.

Check out the gallery below for the 40 members of the 2020 class including **Ali Haque '01** and **Nick Jones '01**.

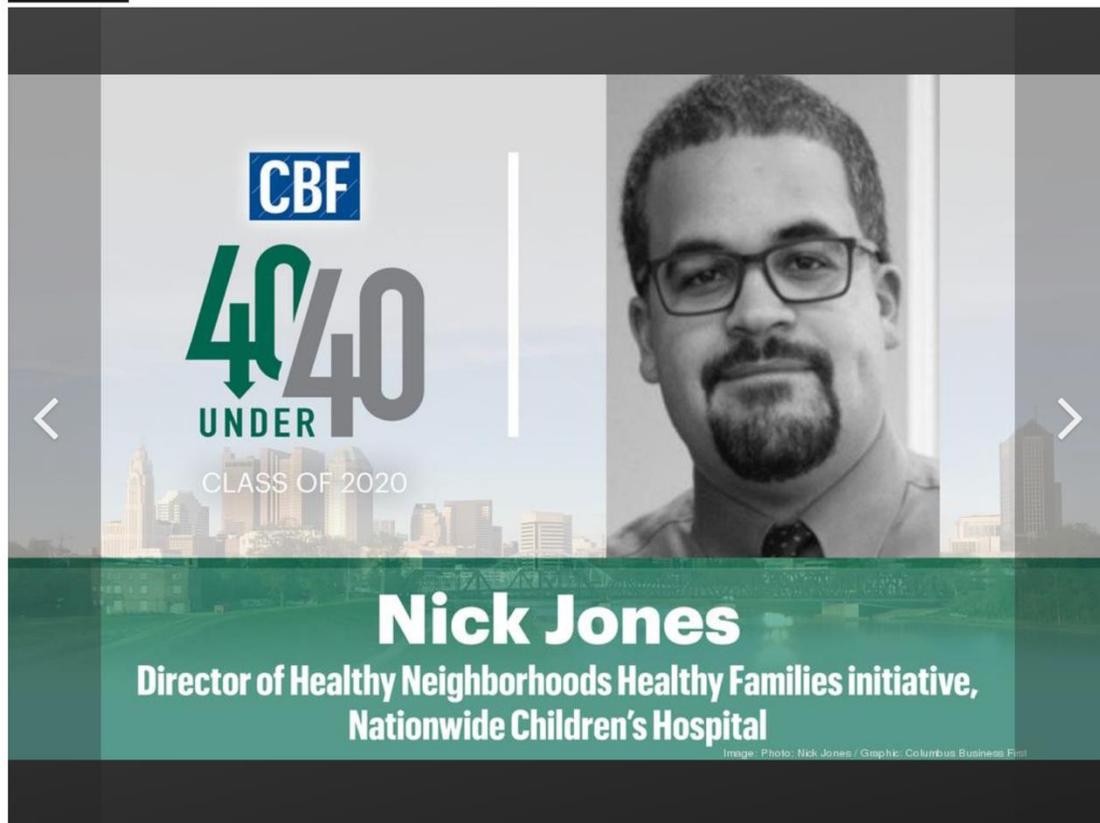


Reason for nomination: With tremendous joy, I am delighted to nominate my lifelong friend, longtime classmate, and perpetual colleague Ali Haque to the 40 Under 40 Class of 2020. Ali, a partner at Bricker & Eckler LLP, is one of the top young litigators in the state of Ohio, and is believed to be the first Muslim partner at any major law firm in Columbus as well. A widely respected attorney and professional whose list of clients features a Fortune 50 corporation, Ali's keen intellect, precise attention to detail, and uncanny ability to both craft and deconstruct arguments has been on display since I first met Ali at age six in the kindergarten classroom at Columbus Academy. Ali distinguished himself not only throughout secondary school, but at Vassar College, as a paralegal at Skadden Arps in New York City, as a student at the Moritz College of Law where our paths intertwined once again, and since 2011, as an acclaimed attorney at Bricker & Eckler where we practiced together for three years. A fast-emerging community leader and trusted counsel to those within and outside the law, Ali is the epitome of 40 Under 40.

Nominator: Michael Corey, executive director, Human Service Chamber of Franklin County

GREG MILLER/GREG MILLER PHOTOGRAPHY / GRAPHIC BY JOHN LAUER





Reason for nomination: A deeply and widely respected professional, Nick Jones expertly directs the innovative Healthy Neighborhoods, Healthy Families initiative at Nationwide Children's Hospital. The former chief operating officer at Boys & Girls Clubs of Columbus, Nick is the fulcrum of myriad efforts and millions in resources supporting and rebuilding the south side, in particular, through the partnerships and relationships Nick has built from the ground up. Nick is among the highest character people I know, and believe he would be a superlative 40 Under 40 honoree. Though his is a smaller and humbler personality, his reputation and his achievements stand out, as he has earned the respect of CEOs and direct service staffers alike in his quiet resolve and ability to get many good things done for our entire community. I have had the honor of knowing Nick since elementary school, where our friendship was synthesized playing basketball - from the playground to varsity. He was our most valuable player then, and remains among the most valuable members of our community now. Our worlds have overlapped in so many ways professionally, as numerous of our member agencies work closely with Nick and Nationwide Children's - they all treasure his sagacity and collaborative nature.

Nominator: Michael Corey, executive director, Human Service Chamber of Franklin County

https://www.bizjournals.com/columbus/news/2020/04/15/the-business-first-40-under-40-here-are-the-2020.html?ana=e_ae_prem&j=90504209&t=Afternoon&mkt_tok=eyJpIjoiWkRnellqUTFNR1E1TVdNeilsInQiOiJJd2VsOEVzV2MwTWh1S29oK2YrT1pDUWNvRWVVRXC9Pb280M3VMcGJJRStlZlVO NU5JZXE0eEhOUGNrVWlaK2t0ZmJ0YWwNcl1ZUNOVHVMW9tXC9TMGVBRlpmadNYRERzeUN6Zld Ta010XC9PbDh1ODB3VG1EVFpPVkkwUzUwNVBUN3hyQU1nSjcrVHI2RnA2THIGOFgwcFFpV2Vn PT0ifQ%3D%3D

My Story: From 9-5 to Owning a Business I Love
Olivewing Designs
Sydney Smith '12

I'll just come out and say it: I didn't start my business the conventional way. Most people would advise you to save six months of expenses, build a robust portfolio and get all of your ducks in a row before even contemplating leaving a stable 9-5 to start a business. Now, I'm not arguing that advice as it is definitely the wise way to do it, but that just didn't work for me.

Where it all began

Let's take it back to 2017. I had been working a 9-5 for over a year when the nagging feeling kept coming up that this couldn't be it, there had to be more. I couldn't fathom another decade, let alone four, of unfulfilling work and minimal pay increases.

I had started a side hustle with a friend in 2016 that had planted the seed of entrepreneurship. I just kept thinking how much I would rather use my brain to build my dream instead of someone else's.

I would binge How I Built This at work and daydream about owning a thriving business. Every night before going to bed I would look at the quote on my wall from Warren Miller, "If you don't do it this year, you'll be one year older when you do." and I knew that I had to make a change.

However, I also knew that as much as I loved working on this side business, it was months (and a lot of work) away from making us money. So, I made a plan to help other people build their websites while we got our business off the ground.

Here is where it probably would've been wise to commit to six more months of the 9-5 while building out my freelance portfolio further, but I'm one of those "trial by fire" people. Instead of taking the logical path, I decided to fall back on my years of babysitting for an income while I built my portfolio.

The big leap

At 23, I quit my 9-5 and left it for an interim income made by wiping kid's bottoms and questioning my decisions.

I committed to myself that by April 2018, I would solely be making money through freelance design work. When March came around and I had only built two brands and websites for free and had yet to build my own, I knew I needed to kick it into gear. I had so much fear and doubt looming about this next shift. However, I knew my time of playing in the mountains and having minimal responsibility for the first time in my life was up. It was time to prove what I could build.

The second leap

On April 3, 2018 I filed for my LLC and invested in a career coach. In the first week of owning my business, I got five clients and I was ecstatic. It was really happening.

I got my start as a designer on Upwork. Their platform is one I no longer use, but it was an integral part of my start as it allowed me to build a robust portfolio in three months. It was a game of quantity though for projects as I started out only charging \$400 for a website and \$100 for a logo.

After three months of building a portfolio on Upwork, I started networking around Denver and was able to use referrals as my main source of inbounds. Since then, networking and word of mouth still account for ~80% of my clients.

The ups and downs

None of this is to say it's just been easy. There have been moments of doubt, confusion and questioning what I truly want out of this business after putting so much into it. People aren't kidding when they say your business becomes your baby. I've invested two years of my life and for some hard figures, over \$8,000 in courses and coaching. However, I wouldn't trade it for anything.

Two years and a lot of lessons later, I've been able to create a comfortable income helping people bring the vision of their business to life. It's incredibly rewarding and I get to use my creativity every day to build my dream and help other people do the same.

There are so many different ways to start a business and a plethora of articles and resources that will advise one path or another. However, just remember this is your journey and you get to do it in whatever way works best for you. And if that includes a couple of detours along the way, that's okay.

The most important thing is to just start. Because if you don't do it this year, you'll be one year older when you do.

I'd love to hear your story of getting started. Drop a comment below if you took an unconventional path or if you have any questions about mine!

https://olivewingdesigns.com/2020/04/13/my-story-from-9-5-to-owning-a-business-i-love/?fbclid=IwAR1o5UaJOmvLej5VrCWvcXBxpCGivhF_UtQvS0CW1o1hr_uENNyIletTFOY

Stressed, tired, overwhelmed, overweight and uncertain?

Published on April 14, 2020

Paige Gutheil '94, D.O.

Signature Primary Care and Wellness, LLC

I talk a lot about Whole Health - mind, body, spirit...and life! During times like this every aspect of our Whole Health is being affected. It's more obvious than ever before how intertwined our physical and emotional health is with our life circumstances. But there is great news! We have the ability to thrive despite our life circumstances. Human beings are resilient. We are made to adapt, get scrappy and come out on top!

It is so very normal to feel all over the place right now. In times of uncertainty, our brains search for answers that either aren't there or are ever changing. Naturally this creates major emotional unrest - truly traumatic unrest which can cause all sorts of fight or flight-like and grief-like reactions. But I won't get too nerdy sciencey on you. The real question is, how in the world can we get through this? I've got you!

MAJOR disclaimer for my overachievers out there...this is not a "to do" list. More is not necessarily better. This is a list of possibilities. Pick ONE thing to start with. Pick the thing that feels the best - there is no one "right" thing for you. In fact the thing that feels best to you is automatically the right thing. You are wise. Your body is wise. You can be your own doctor here and "Self-Rx" the one thing that feels like a go, commit to do it, do it, be proud of yourself for it. Repeat. :) More at the end...

Whole Health Hacks for this time (and all times)!

1. Form a loose routine. Start with bedtime. Set a timer on your phone for 30 minutes before you want to be asleep that says "bedtime routine." When it goes off, tell the toddler in your brain (we've all got one!) that it's bedtime and then start a relaxing bedtime routine that helps you wind down. See below on using your senses to sooth.
2. Build on that bedtime and set yourself up for success the next day during that bedtime routine. Think of one thing that you want to do the next day - something that you are excited about and will be proud of yourself for. Commit to do it. Consider even writing it down, so when you check it off the next day, you get that good ol' dopamine rush of accomplishment. Bonus points if you even set yourself up for success by making it easier to do (ie-filling up your water bottle.)

3. Be intentional about waking up. Okay I know that sounds odd, but energy doesn't come from the sky. Your body creates energy. And it needs some basics to do it - air, water, movement, stimulation to your brain (thinking, light, sound, etc.). Use that to your advantage and get up, take some deep breaths, drink some water, get your body moving and have a plan for what you're going to do.

4. Develop anchors within your day as much as you can. Bedtime and wake time are good ones to start with. The idea is not to feel like everything is regimented, but rather to maintain some things on a schedule so that your brain is calmed by having an expectation and meeting it. Realize that even anchors have to have flexibility sometimes. Some things that can serve as anchors: wake time, dressed and ready to roll time, meal times, school start time, outside time, midday rest time, fun time, tech free time, call a friend time, TV time, bedtime routine time, lights out time.

5. "Put on a li'l lipstick. You'll be fine!" My mom was famous for saying this when she wanted to speed up the teenagers' getting ready process. It's priceless advice. Part of caring for your body is caring for the "esthetic of self." You don't have to impress anyone but yourself and when you put in a little effort you will be impressed. Some ideas: shave, dress up even if you're not leaving, paint your nails, put on pants with buttons (not elastic. lol), do your brows, try a new lipstick, try out that Texas big hair, wash, exfoliate and moisturize, use a face mask, wear different jewelry, choose a bright color in your outfit, figure out how to fold that scarf you got for Christmas last year.

6. Fresh air don't care. Get some fresh air every day, ideally multiple times per day. I don't care if it's too cold, too hot, too rainy, too dry, too humid, too whatever. Sometimes I feel a little wimpy because Ohio weather is frequently too <something> and then I realize that is an excuse. Some ideas: open a window, sit on the porch and take some deep breaths, play in the backyard, go for a walk, go to a park for a trail walk. (You can safely do this while maintaining physical distance from others and wearing a mask can further protect.)

7. Enjoy your inside time too. This is a good time to renew your pride in your home. Spring cleaning is therapeutic in and of itself, but an organized environment can feel calming. Have fun with changing up decor, rearranging furniture, building a fort. Try to have an area where people in your home can go to have some down time on their own and respect their need for that. This isn't always possible, but even a quiet corner or a walk in closet can be soothing. Everything in moderation though. Try not to over obsess about cleanliness or tidyness.

8. Lend a hand. Stress makes us very self-centered. There's no shame in it - it's a natural protective mechanism, but we have to fight against that. There's nothing that gets us away from worrying about our own situation more than helping someone we appreciate. Some ideas: send a cheerful text/email/phone call/video chat, write a well wishing card to a nursing home, write a thank you note to someone in an essential line of work, do a chore for someone in your household, pay for the person behind you in the drive-thru, post something encouraging on

social media, hug your kiddos extra, play an undistracted game with your household members, share these tips and other encouraging information with your crew.

9. Be a little self-centered. Ironic huh? Do something that you like to do. Don't be afraid to ask for some alone time in a kind way or you get to pick the show on TV. Some ideas: lay down and daydream, write in a journal, read a juicy book, do a craft, color, knit, sing, dance, go for a drive, take a bath, light a candle, watch your favorite show, you pick the board game the family plays.

10. Do something for your biochemistry each day. Okay we can consider that something for your belly as well as I tell my girls. Our body is fed via nutrition and hydration. Some ideas: pick a water intake goal, pick a fruit/veggie intake goal, commit to eating at the table only, commit to take your supplements/medications on time, try a new healthier recipe, set the table for a fancy slow enjoyable dinner.

11. Do something for your body each day. I'm not talking about a workout program. I'm talking about something that is meant to make your body structure feel good! Some ideas: stretch from head to toe as you get out of bed, before going to bed or during commercials; go for a walk, have a dance party, do an online workout, use resistance bands or weights for strength training, try a plank challenge, wear a pedometer and set a steps goal, walk around the house, go up and down stairs.

10. Soothe yourself. I talk a lot about soothing through your senses. Our brain gets messages through all of our senses, so stands to reason that if we want a calmer or happier output then we can start with a more positive input. Think in terms of what you are seeing, hearing, smelling, touching, tasting, how you're moving and design opportunities for you and your family to give yourself what you need. Some ideas: looking out the window, enjoying nature views, designing a neat area of your home (clutter makes us more anxious), looking through old photo albums, listening to happy or relaxing music and shows, turning off negative news or conversations, aromatherapy through candles, essential oils (lavender is calming, citrus or eucalyptus is energizing), cuddling up with your favorite blanket, scarf, comfy pants, lovey, bear, eating slowly and intentionally to enjoy the flavor of your foods, eating different and more naturally flavorful foods (citrus, spicy), movement through traditionally calming activities like dance, coloring, sewing, knitting, running, skating, skipping rope.

11. Let others do their thing. Everyone is going through a tough time and needs a little extra grace. This is not the time to hold big ones and or little ones to a standard of perfection. Emotions may seem hard to understand, reactions may seem exaggerated. This is a time to practice grace and let things roll off your back a little more. (I have to insert here though that there is no grace for a lack of safety. If you are in an unsafe environment, please reach out for help. Don't look the other way either - if someone you know is not safe, please speak out to protect those who can't protect themselves. You can text LOVEis to 22522 or call 800.799.7233.)

12. Practice a self-coaching mindset. You are the police(wo)man of your mind and our thoughts lead to our feelings. Read that again because it's hard to swallow sometimes. Our thoughts determine our feelings, not our circumstances. It is possible to be in total chaos and be calm as a cucumber. The only way to get there is to monitor our thoughts and reroute the ones that don't serve us well. Literally practice coaching yourself in a kind way. What is a good coach? A coach sees the best in us, she holds us accountable, she pushes us, she knows our edge, she knows when we need to recover, she doesn't let us get away with the BS (that's toddler talk), but she doesn't shame or belittle us (that's mean girl talk). If you find yourself going down a rabbit hole, think "What would the coach say?"

13. When you are sick of the coach, listen to the cheerleaders. Sometimes you gotta be your own hypesquad. When you are down by 5 with 1:34 on the clock and the crowd is silent, the cheerleaders are still doing their thing. The reality is you are a survivor. You are resilient. You are creative. You are scrappy. You have survived 100% of your hardest days and you are going to be okay. It may not look how you would prefer, but you got this!

14. It is what it is. I have a love hate relationship with this sentence. It is one of the most overused victim-mindset-ridden phrases in some circumstances. However, it also has wisdom. Accepting where we are without judgement of ourselves and others is huge...and hard. It's kind of mind-blowing to think about, but it is possible to totally love and care for yourself with grace and acceptance and still seek growth and improvement. You don't have to do your best. To be integrity with yourself, you do need to try your best and accept that your best effort will vary day to day hour to hour minute to minute sometimes. Control what you can control...your focus, attitude and your effort are the top ones. I may not know when quarantine is over, but I sure can hang these shirts up in rainbow order, call for better rates on my telephone bill and tell my kids how proud I am of them.

15. How is this happening for me? Have you ever gone through a really rocky time - breakup, death of a loved one, abuse, job loss, health crisis and felt like your world was crashing down only to later realize that in some ways it was "the best thing that's ever happened to you." Looking back you see the doors that were opened, the wisdom you gained, the friendships that were solidified, the confidence you grew. What if we could see those blessings right in the eye of the storm? #easiersaidthandone We can practice it though. What are we learning in this? Where are there opportunities in this? How is this helping us define a new normal? What is this changing in me and in my life that needed to change?

16. Create a blessing. If that one was difficult, you may have to manufacture your own blessing right now. You may have to pick something to learn or create a positive activity to get you through this. Think of something so that later on you can say "Remember that crazy time back in 2020 when I was stuck inside and drive y'all crazy learning to speak Spanish from the internet?" Some ideas: new language, calligraphy, sewing, cooking, huge puzzles, writing a business plan, painting the house, building furniture, singing lessons, playing an instrument, reading the entire book series, watching the entire TV series, finishing the Bible, taking an online course, researching a side hustle.

17. Equal playing time. In the spirit of everyone gets a trophy, I'm not asking you to be Susie Sunshine all the time. I'm just asking you to strive for equal playing time. Our brain is perfectly designed to protect us. Notice I said protect - not make us happy. That's why anticipating the negative is so easy for us. It's a pretty strong default. So if our brain is going to spend all that time going down rabbit holes of creating hypothetical doomsday scenarios for you to freak out about, then I just simply ask it to give equal playing time creating hypothetical positive scenarios for you to get excited about. Intentionally think of positive things that could happen. Intentionally see positive things happening. You'll feel silly, but it works.

18. The opposite of sadness is funny. If you are having a hard time giving equal playing time to positive scenarios, you may have to hack this one a little. You can also balance sadness with humor. Have you ever noticed how people say the most inappropriately funny things in the most stressful of times? I am the queen of it personally. Laughter breaks tension, anger, sorrow, all the headless horsemen. Some ideas: joke books, tell Alexa/Siri to tell you a joke, stand-up comedians on TV, Funniest Home Videos, blooper videos on youtube, funny movies. If you can't think of anything else, google "runway model fails" videos. I dare you.

19. Anticipation. One of the strongest ways to improve our happiness is to have something to look forward to. Have you ever been more excited planning that dream vacation than you were actually on it? Heck yes! (Especially if you have kids. lol) Use this to your advantage. Think of what you are looking forward to both day by day and in the future. You don't even have to know exactly when it's going to happen to benefit from it!

20. Savoring. Another big bang for our buck comes from savoring. It's a little hard to explain, but if you picture that fancy wine connoisseur you get the idea. They enjoy everything about that moment through as many of their senses as possible. Pick something - anything - and savor the moment with it. Experience it with every bit of mindfulness you can muster. It could be a sunrise, a kid's laugh, a hug, a meal, a dance, anything!

21. Gratitude. Oprah made it cool, let's be honest. There's so much neuroscience behind this. When you reflect back on something in your life that you are thankful for, your brain shoots off little fireworks. Truth. Writing down a few things that you are grateful for every day makes those fireworks even bigger. Bonus points if those things are small, specific and unique day to day.

22. Don't keep that gratitude to yourself. Part of connecting with others is expressing appreciation. Saying thank you for the littlest of everyday things, even the things they are "supposed to be doing anyway" is huge! Giving compliments, writing thank you notes, buying or making small gifts are other great ways to spread gratitude.

23. One day at a time. I know it sounds corny. Have you ever been running and thought to yourself "Just run to that mailbox." And then when you get to the mailbox, you say "Okay, just to that stop sign and then you can stop." And then when you get to the stop sign "You're

almost home; just make it home.” We don’t necessarily know when we’ll be able to stop running, but we know that these stressors are temporary. They are difficult. They are stressful, but they will indeed pass. Do not focus on the finish line. We can’t see that quite yet. Focus on this minute, this hours, this day, this week. Set small goals and then reset them. Be obsessed with the process of living your life, not the results of living your life.

24. Lean on me...when you’re not strong. I’ll be there... Remember that song? This is not the time to fly solo. Lean on trusted counselors, friends and family that are setting a good example of the direction you want to go. I’m asking you to fiercely guard your mindset and that means not everyone gets to speak into your life right now. But it also means that you need to have support. Sometimes in times of stress, we tend to “turtle in” way too much. Maybe we think we don’t want to bother people. Maybe we are just hoping things will get better on their own. It’s great to be positive, but hope is not a strategy. Stay connected or get connected to help as you need it...they can be counselors, doctors, therapists, teachers, tutors, financial advisors, friends, mentors, family members. We are pack animals. We’re not meant to ride this one alone.

25. Lean on Him. No matter what your faith, times like this make it very obvious that we are part of something bigger. I personally believe that God is always beside us. God always has our best interest in mind. God always has His purpose in mind. We may not understand the why’s, the how’s and the what’s, but we are loved and we are taken care. We also are put on earth to grow and fully express our God given gifts and talents for His purpose the best we can. It is not lost on me that I am editing this the night before Easter, a season trial, persecution, but most of all of new beginnings. I am so thankful for my faith, for those who walk in faith with me and support me without judgement. We are truly in this together - both this crisis - and life!

Okay, that was A LOT! Does that trigger the over-achiever in you? But remember what I said in the beginning, I want you to do one thing. I don’t want you to feel guilty because you think you should be doing more. This is not just one thing or that you only did one thing. This is an intentional hack to literally start to stabilize your brain chemistry in chaotic uncertain times. And it triggers a process you can follow to gradually navigate going forward.

One thing is so powerful because:

1 - You promote yourself to the status of being your own best doctor and self assess what you need. Promotions are good right? They create reward.

2 - You honor your intuition and Self-Rx that thing that feels like a go. Honoring yourself is good right? It promotes trust and security.

3 - You make a commitment to yourself to complete that “prescription” and get excited for it. Keeping your word to yourself is good right? It promotes trust and security.

4 - You do it and savor it. Mindfully experiencing this action is great right? It promotes a realization that “everything is okay.”

5 - You celebrate and express gratitude to yourself for doing it. Celebration and positive reflection helps you re-experience that “everything’s okay” feeling and rewards you with a sense of accomplishment.

#ididnothingtoday today. What did you do that made you proud of yourself today? Share with me! @drpaigedo

<https://www.linkedin.com/pulse/stressed-tired-overwhelmed-overweight-uncertain-paige-gutheil-do/>

Coronavirus Pandemic Forces House Primary Challengers To Get Creative With Campaigning
Against tougher odds, progressive candidates take their calls for a stronger social safety net online.

headshot

By Daniel Marans

HuffPost

04/14/2020 05:45 am ET Updated Apr 14, 2020

A veteran Bronx public school principal held a virtual forum with local families on March 27 to discuss strategies for teaching kids at home during the COVID-19 pandemic. His first message was that they are engaged in “trauma schooling,” which is unlikely to match the rigor of either school or traditional home-schooling.

“You shouldn’t feel bad if you can’t replicate school in your home,” he said. “You’re not supposed to. It’s not designed for that.”

The scene was not entirely out of the ordinary during the current public health crisis. What made it unique is that the educator was Jamaal Bowman, who is seeking to unseat Rep. Eliot Engel (D) in New York’s congressional primary election on June 23. Engel has represented parts of the Bronx and Westchester County since 1989.

Bowman is spending long days on the phone with potential donors and prospective voters, hosting video chats to keep the public engaged, and trying to help stranded residents get the help they need. All the while, he and his wife, confined to their home in Yonkers, just outside New York City, find the time to home-school their two young children.

“Campaigning, formally and informally, is nonstop,” Bowman told HuffPost. “This is the home stretch, and we’re trying to do everything in our power to connect with as many voters as possible.”

Unseating an incumbent member of Congress in a primary race for a seat that is not competitive in a general election is a rare feat in ordinary times.

Trying to make it happen during the COVID-19 pandemic is a downright Herculean task.

For candidates already struggling to generate name recognition — let alone win voters' support — the pandemic has erected numerous barriers. Knocking doors — a key source of strength for insurgent campaigns — is out of the question, speaking at public events is all but forbidden, and the small-dollar donors who power the races are strapped for cash.

“Any time you have a pause in campaigning, to a large degree, that benefits the status quo,” said Tyler Law, a Democratic campaign consultant who previously worked for the Democratic Congressional Campaign Committee, which helps incumbent House Democrats keep their seats.

Even if primary challengers find new ways to get their message out, potential voters may not be paying attention to news unrelated to the pandemic, Law suggested.

There's also evidence that voters who do tune in crave a sense of security and are thus more likely to stick with an incumbent or an establishment favorite. Two political scientists found in a research paper, for example, that before March 17 — by which time the country had already begun shutting down in response to the novel coronavirus and individual cases were less remarkable — any coverage of a coronavirus case in local news media significantly hurt the performance of Sen. Bernie Sanders (I-Vt.), an anti-establishment populist, in those locations. In counties where local media reported a case before the primary, the experts estimate that Sanders' share of the final vote dropped by between 1 and 13 percentage points.

“In times of crisis, there is a flight to safety,” Law said.

Primary challengers and their backers acknowledge that the changing circumstances pose difficulties, but also take comfort in what they maintain are advantages.

They enjoy the support of small-dollar donors who are accustomed to contributing from the safety of email, rather than in an in-person fundraiser. The candidates and the staff they attract tend to be younger and more comfortable with the digital technology needed to disseminate a campaign message remotely.

And of course, they see in the current crisis — and what they consider Congress' inadequate response to it — the ultimate validation of their progressive worldviews. With 6 million workers claiming unemployment benefits for two weeks in a row, they argue, “Medicare for All” looks more appealing than employer-sponsored insurance.

“This crisis has revealed all of the flaws and gaps in our economy and our health care system,” said Alexandra Rojas, executive director of Justice Democrats, which is backing Bowman and three other candidates seeking to replace incumbent Democrats. “There is this need for a new generation of leadership that's going to put forward solutions from the very beginning that match the scale, scope and urgency of the problems that we're facing.”

The organization, famous for its role in New York Rep. Alexandria Ocasio-Cortez's upset primary win in June 2018, is stepping up efforts to assist the challengers. The group is soliciting donations for the candidates from its formidable email list more frequently and hosting regular discussions with candidates on its Facebook page via video livestream.

For Bowman, virtual campaigning and regular Facebook live broadcasts, along with boosts from Justice Democrats, appear to have yielded tangible results.

The first quarter of the year was Bowman's best fundraising period to date, bringing in about \$185,000, according to the campaign. The campaign said it raised \$18,000 on March 31 alone, making it the second-highest fundraising day after Bowman's launch in June.

Since the start of the lockdown, Bowman and his volunteers estimate that they have made over 25,000 calls to voters in the district. Bowman maintains that they are reaching more people as well, because more people are at home.

Engel, who already raised over \$1.1 million by the end of 2019, has a relatively liberal domestic record. He is more hawkish on foreign policy, an area over which he has considerable influence as chairman of the House Foreign Affairs Committee.

Bowman, who is Black, also implies that Engel, who is white, has spent so much time in Washington that he is out of touch with the majority-minority district. It's evident, Bowman argued, in what he sees as Engel's low profile during the coronavirus pandemic that is hitting the impoverished district especially hard.

"I don't see Eliot Engel saying anything about these issues or leading from the front in any way," Bowman told HuffPost.

Engel pointed to his work ensuring the inclusion of federal funds for New York's safety net hospitals in Congress' coronavirus relief package in late March, his calls for more federal money for the state's community health centers that serve low-income people, and his letter to the Trump administration demanding an end to the foreign export of personal protective equipment given the shortages in the U.S.

"Even as he focuses on petty politics during a crisis that has already killed more than 10,000 New Yorkers, it's clear Jamaal Bowman isn't paying any attention to what's going on," Engel said in a statement.

Sanders did not endorse Bowman or any of the other House primary challengers still in the running before withdrawing from the presidential primary last week.

In the hopes of increasing the influence of his progressive platform, however, Sanders has appealed to voters to cast ballots for him in their states' primaries. That could help candidates like Bowman lower down on the ballot by boosting progressive turnout.

Bowman would not stand to benefit from being on the ticket with Sanders if the state hadn't postponed its presidential primary in response to the COVID-19 pandemic. In late March, New York Gov. Andrew Cuomo (D) pushed back the presidential primary from April 28 to June 23, to coincide with the date of its congressional primaries.

But Cuomo, who endorsed Biden early in the race, enacted a budget earlier this month that allows state election officials appointed by each party to remove candidates from the ballot in their respective primaries who have dropped out of the race. New York's Democratic election officials are already signaling that they plan to exercise this power. If Biden is the only name on the ballot, the elections are canceled by default. Under that scenario, Bowman would not be able to take advantage of Sanders' coattails.

For other primary challengers, deferred elections provide challenges of another sort.

Ohio Gov. Mike DeWine (R) postponed his state's congressional primaries from March 17 to April 28. Voting will be conducted exclusively through mail-in absentee ballots.

That gave consumer rights attorney **Morgan Harper '01**, a Justice Democrats endorsee, an extra month and a half to raise awareness of her bid to unseat Rep. Joyce Beatty, who has represented Columbus, Ohio, since 2013.

The challenge for Harper is that in lieu of automatically sending voters absentee ballots, Ohio requires people to explicitly request an absentee ballot in order to vote by mail ahead of the new deadline.

Harper calls the system a form of "voter suppression," but she's doing what she can to adjust. The campaign has disseminated instructions on its website and through social media for printing out and completing the absentee ballots. It has even translated the instructions into Somali and Nepali for the two immigrant communities with a significant presence in Columbus.

And it's been willing to drop them off at people's doors and submit them to the local election office on behalf of voters. The campaign estimates that it has submitted 1,000 absentee ballots through its system of distribution and collection.

Harper, who wears gloves and a custom face mask with her campaign logo when she ventures out in public, has taken advantage of her contact with quarantined voters to help people struggling to afford their necessities and manage tasks like filing their taxes and applying for unemployment benefits. She and her team have even volunteered at local food banks that are currently experiencing higher demand.

It doubles as an opportunity to discuss her vision of a more equitable society where no one who falls on hard times ever needs to worry about having health care or enough to eat. Like Bowman, she discusses those themes in Facebook livestreams that she has been hosting once a week.

“It’s not that we do what it takes to address the emergency immediately at hand or think about the most systemic solutions — it’s both,” Harper told HuffPost. “We have to talk about policy solutions, like stimulus payments that need to be getting into people’s hand to address their financial needs right away, but also think about how we prevent a pandemic from having such detrimental impacts on our community the next time. And that’s going to take systemic changes.”

One way in which Harper has adjusted her pitch during the pandemic is by pausing her criticism of Beatty.

A report in The Intercept shined a light on Beatty’s allegedly ethically dubious conduct in early March, including profiting from a 2013 property sale that Columbus’ downtown zoning board enabled while Beatty’s husband Otto served on the board. As minority leader in the state House in 2008, Beatty also opposed reforming the state’s payday lending industry until the Columbus Dispatch revealed that her husband, a former state lawmaker, was lobbying on the industry’s behalf.

Shortly after the article came out, Harper cited it on Twitter as an example of Beatty profiting “again and again at the expense of our community.”

Harper hasn’t tweeted about Beatty since then. Asked whether she would contrast Beatty’s response to the pandemic with her own two-tiered approach, Harper declined to comment.

“I’ve been really focused on talking to prospective voters here in the third district,” she said.

The Beatty campaign declined to comment on Harper’s March criticism of Beatty. At the time that The Intercept report came out, Otto Beatty told the Columbus Dispatch that while he had spoken positively about permitting the development that enabled him to sell a downtown property for \$800,000, he had recused himself from the zoning board vote itself.

And in 2008, when the Dispatch reported on then-state Rep. Joyce Beatty’s resistance to some payday lending reforms, she countered that she had begun considering the legislation in 2007 before her husband began lobbying for the industry.

Holyoke, Massachusetts, Mayor Alex Morse, who is seeking to unseat influential Rep. Richie Neal, has perhaps the most difficult task of any of the primary challengers trying to get their message out during the crisis.

Running a 40,000-person city where nearly one-third of residents live in poverty is challenging during normal times, but the onset of the pandemic has ratcheted up Morse's workload and deprived him of time he might normally spend campaigning.

"One hundred percent of my time has been focused on our city's response to the global pandemic," Morse told HuffPost.

The city became a coronavirus hotspot overnight in late March when it emerged that a state-run home for aging veterans was enduring an outbreak of the disease among its residents and staff. As of Wednesday, 37 residents of the home had died from the disease.

While Morse does not have jurisdiction over the state-run facility, whistleblowers on the facility's staff alerted him to the pandemic's spread, allowing him to notify the state government.

In some ways, the crisis has allowed Morse to demonstrate executive skills that residents of Western Massachusetts' vast 1st Congressional District might not otherwise have seen.

He began taking steps to shut down the city earlier than some leaders of larger cities and regions, ordering the closure of public schools on March 13 and shuttering large retailers on March 17. Holyoke also instituted drastic "10-10-10" social distancing measures, requiring residents to stay ten feet away from one another, restricting the number of people in essential businesses to 10 at a time, and limiting the time in those establishments to 10 minutes per person.

At the same time, Morse has mobilized city resources to fill in in whatever way possible for what he considers an inadequate response from the federal government. Among other measures, he's kept seven schools open to distribute breakfast and lunch for families that need it, and distributed 1,500 laptops to city students who lack computers at home.

Morse is still speaking up though about what he sees as the problems with the corporation-heavy federal stimulus package Congress passed at the end of March. He is calling for a "people's bailout" that, among other things, puts a moratorium on rent payments. (Like Bowman, he nonetheless told HuffPost that he would have voted for the bill given the prospect that the alternative would have been inaction.)

He also argues that the pandemic has made his criticism of Neal, who chairs the powerful House Ways and Means Committee and has represented the district since 1989, even more relevant.

In particular, Morse lambastes Neal for holding up bipartisan legislation last December that would have dramatically reduced "surprise" medical billing. Republicans and Democrats in both chambers were closing in on a bill to limit the practice, in which select groups of specialist

doctors who are not part of a hospital's insurance network send patients multi-thousand dollar bills after undergoing surgery or another medical procedure.

Then, at the 11th hour, Neal, whose committee holds only nominal jurisdiction over "surprise" billing, voiced objections. He introduced legislation with his Republican counterpart effectively prolonging debate about the bill into 2020. Congress has yet to act, even to pass legislation for the narrow subset of cases where patients undergoing treatment for COVID-19 receive a surprise bill.

Morse blames Neal's reliance on campaign cash from the private equity sector, which has invested heavily in physicians' groups that employ "surprise" billing. Employees of the private equity firm Blackstone, which owns one such physician staffing company, TeamHealth, have contributed \$43,000 to Neal's campaign this election cycle alone.

And Neal is an opponent of Medicare for All, the merits of which, Morse, like other progressives, believes the crisis has made that much more obvious.

"Our differences on health care are more pronounced than ever before," Morse said.

The Neal campaign declined to address Morse's specific critiques.

"While Alex Morse plays politics during this global pandemic, Richie Neal is focused on his job: leading the effort to stabilize the economy, ensuring hospitals have the resources they need, putting money directly into the pockets of workers and small businesses and looking ahead to a robust stimulus package," said Neal campaign spokeswoman Kate Norton.

https://www.huffpost.com/entry/coronavirus-forces-primary-challengers-to-get-creative-congress-democrats-progressives_n_5e94dd8cc5b63e2705ca9e69

After a 17-point deficit late in the fourth, Yale beats Harvard 50–43

JARED FEL

Yale Daily News

4:55 PM, NOV 23, 2019

In a dark cauldron of noise at the Yale Bowl, students and alumni stormed the field as the Crimson failed to convert on a fourth and long. The comeback was complete, and one of the greatest games in the already storied rivalry between Harvard and Yale had come to an epic finish.

The Bulldogs, under the guidance of quarterback Kurt Rawlings '20, came back from a 36–19 fourth quarter deficit. In an extraordinary reversal of the 1968 contest, where Harvard famously "beat Yale 29–29," the Elis wrote their own fortunes after the writing was seemingly on the wall. Not only does this clash go down in the annals of history, it also gives Yale a piece of the

Ivy League title. The Bulldogs finish the season tied with Dartmouth in first place, an opportunity only handed to them after the Big Green slipped up against Cornell on the road last week.

“People ask me questions about this rivalry all the time,” head coach Tony Reno said. “They ask, ‘What makes it so unique?’ and ‘What makes it the greatest rivalry in all of sports?’ It was on full display today. You had two incredible football teams that battled play in and play out. In the end, there was going to be one team that won. When you look at our team and our campaign, we started the season with the goal of being an elite football team. That doesn’t mean just winning. It goes along with how you conduct yourself in your day to day life. Do you really play for each other? Are you someone who does things because you want to and not because you have to? Do you put yourself last everyday and your teammates first? This team is celebrating an Ivy League championship because of the guys next to me and the players downstairs that did all those things all season long. I can say that we are an elite football team.”

Quarterback Kurt Rawlings ’20 was gunslinging early, finding receiver Jauylan Sanidfer ’22 on the first play of the opening drive for a 50-yard gain. In the Red Zone, however, Rawlings held onto the ball for an ill-advised amount of time, leading to a sack and loss of 16 yards. The Bulldogs would be content with a field goal attempt, which kicker **Sam Tuckerman ’16** (’20 Yale) resoundingly put through the uprights to make it 3–0. However, the Crimson would immediately respond with a 60-yard play on its first drive to set up the offense in Yale territory. The Eli defense would nevertheless hold steady and only conceded a field goal to tie the game at three.

Rawlings, on a combination of swift lateral passes and run-pass option plays to counter Harvard’s intense pass rush had the offense driving on Team 147’s ensuing drive. Yet, the team sputtered in the Red Zone and were forced to go for the field goal again. Tuckerman would not be as successful on his second field goal attempt, coming up 10 yards short of the upright to close out the first quarter.

Harvard opened up second quarter action with a series of long explosive runs to set up in Bulldog territory for the second straight time. Yet, disaster would strike on a second-and-short for the Crimson, with the snap flying well over the outstretched arms of quarterback Jake Smith, resulting in a Crimson punt.

The defensive lines came out hungry on the next two drives of the game, with both Rawlings and Smith facing intense pressure and making unwanted mistakes — stalling drives in their own territory. After a Crimson punt pinned Yale behind its own 20-yard line, Rawlings threw an untimely interception to set the Harvard offense up with excellent field position. Ten seconds later, Smith would fully capitalize with a 30-yard run — filled with blocks that would make any offensive coordinator proud — into the end zone for six. The score would hold at 9–3, however, as the Blue and White got a hand on the extra-point attempt to block it.

After an Eli punt, Smith commanded his offense into Yale territory yet again. However, it would be Team 147's secondary that would get in on the turnover action, with defensive back Melvin Rouse '21 intercepting Smith's pass at the goal line to get the pigskin back into the hands of Rawlings. It appeared that the park had been lit under the offense, with Rawlings beginning to expose gaps in the Crimson defense with his own two legs. However, deep into Crimson territory, the best pass rush in the Ivy League struck again, as Rawlings was sacked for the 3rd time on the day, this time fumbling the ball into the extending grasp of Crimson defender.

Harvard would be the team to capitalize on the turnover, putting together a 72-yard drive that finished with receiver Aidan Borguet running 47 yards down the field and past the pylon for a touchdown — putting the visiting Crimson up 15-3 over Yale. The Bulldogs would be content with running out the clock to close out the quarter and headed to the locker room with their first halftime deficit since a matchup against Richmond more than a month ago.

The Crimson did not let the long-delayed halftime due to climate change protests extinguish any of its offensive momentum, putting together a touchdown drive in the opening minutes of the quarter resulted in an unnerving 22-3 lead. Yale would finally answer back on its next drive in quite the unorthodox way. After a three-and-out, the Crimson bobbled what should have been a routine fair-catch, which the Elis subsequently recovered to set Rawlings up with excellent field positioning of his own. The Blue and White would fully capitalize with a 4-yard run from running back Zane Dudek '21, making it a 10-22 game in the third.

After stifling Harvard on their ensuing drive, Rawlings would subsequently lead his team on another drive into Crimson territory, culminating in a Tuckerman field goal and a score of 13-22 halfway through the third quarter. Yet, Borguet would again expose the Bulldog secondary on Harvard's next drive in the form of a 60-yard run along the sideline into the end zone — extending the Crimson's lead to 29-13. Team 147 would not go quietly, as Rawlings would conduct a 9 play, 72-yard drive that he would finish himself with a 5-yard run past the pylon. After a botched two-point attempt, the score would be 19-29 in the Crimson's favor. Alas, not a minute later, and Borguet, on a called run up the gut of the Yale defensive line, weaved his way past defender after defender as he had been doing all game long, finding the end zone on a 67 yard run. The Crimson now laid claim to a commanding 17 point lead with 13 minutes left in the game.

The Bulldogs, in a display of true grit and fortitude, chipped into this lead in the fourth quarter, on a drive that ate up four minutes of game time and finished with Sam Tuckerman's third made field goal of the afternoon. With a score of 22-36 and nine minutes remaining, the idea of a comeback was still within the realm of possibility.

And just like that, the Crimson defense buckled.

"I wasn't really focused on what the scoreboard said," Rawlings said. "I was telling the guys that, the mindset we should have going forward in this game is to just have fun — to do our jobs and to have fun. I love playing this game with these guys, I have been so blessed to have

even been given the opportunity to play for this University in the first place. This game is a testament to the team's ability to believe in itself no matter what the circumstances are."

On Yale's ensuing drive in which he and the offense were pinned to their own four yard line, Rawlings — who had now completely taken control of the game — led a surgically precise drive down the field, needing a touchdown to keep the Bulldog's hope of an Ivy League Crown alive. At the Crimson 38 yard line, Rawlings, instead of looking to throw to his trusty weapons in the form of wideouts JP Shohfi '20 and Reed Klubnik '20, took advantage of Harvard's single coverage on first year receiver Mason Tipton '23 and hit him in the breadbasket for a 28 yard gain. On the following play, Rawlings lobbed the ball to Tipton at the back corner of the end zone, a fade that Tipton miraculously wrapped his right hand around with a defender right at his chest. The score was now 36–29, yet just a minute and a half on the clock remained.

At that very moment, every single person in the Bowl knew what this game was going to come down to: a do-or-die onside kick. For one team, a successful onside kick meant keeping its season alive — at least for one more minute. For the other, successfully defending against a play that was a long shot at best and could deliver a crushing blow to a historic arch-rival. As if this game needed any more drama.

It was at that moment that time itself began to reveal its physical presence: the sun started to set over a floodlight-less stadium. As darkness descended into the air, Tuckerman awaited the whistle to initiate kickoff. When that whistle finally blew, Tuckerman delivered a beauty of an onside kick, with the pigskin tumbling its way into an ocean of Blue and Crimson. When the sea of players had finally parted, it revealed a singular Blue and White rising up above his teammates with the ball heroically in his grasp — Klubnik. The game was then figuratively, and literally, in the hands of Rawlings, who was a touchdown away from rewriting Ivy League destiny, as well as Crimson news articles in the process of being typed.

And rewrite he most certainly would. At the Elis 47-yard line, Rawlings concocted a season-defining drive consisting of quick, faultless throws and elusive, ineffable runs down the sideline that are synonymous with the name, "Rawlings." Now at the Crimson seven-yard line, Rawlings hit Shohfi with a dart of a pass at the goal line with 18 seconds remaining. And in a game that saw an early 22–3 deficit and a 19–29 fourth quarter hole, fate left the sides knotted up at 36–36. In a story that had everything, Yale just added a final chapter — overtime.

"Coming into overtime, we were so confident in ourselves," Shohfi said. "We had confidence all throughout the game, but especially in that moment. We were ready to go, it didn't matter whether there were lights or not, it didn't matter what time of day it was. We were ready to go again and again and again. It also didn't matter what the score read, we were just going to keep going until the clock read zero. That was one of the most special experiences that I have ever been a part of."

It was Harvard that would begin with the ball first, and with the Bowl crowd transfixed by the realization of what was unfolding before them, Smith delivered the first play of overtime — a

silencer for the remaining Yale fans in the form of a 25-yard touchdown pass to an unguarded Crimson receiver. With Rawlings needing a touchdown to force another overtime, wideout Caden Herring, after getting a step on his defender, zipped his way into the end zone to make a diving catch and knot the contest up at 43–43.

Team 147 got the ball back at the 25-yard line to begin double overtime. The Rawlings-Shohfi connection was in full force once more, as a 19-yard connection set the Elis up four yards away from the end zone. Dudek, fittingly against the best run-stopping team in the Ancient Eight, would not be denied a touchdown on his ensuing four yard run — giving the Bulldogs a 50–43 advantage and their first lead since midway through the first quarter. With the score, Yale’s defense was tasked with closing out the game by preventing a Harvard touchdown. On the Crimson’s first play, the secondary held strong and forced an incomplection. Three downs remained. Borguet bullied his way through the Blue and White line for a gain of five. Two downs left. A Smith lateral to a stationary Crimson on the ensuing play was completely blown up by linebacker Ryan Burke ’20 for a gain of zero yardage.

One down remained.

Smith, after wisely taking a timeout, set up in the shotgun and called for the snap. Smartly reading the Bulldog pass-rush, Smith lateralled the ball to the stationed receiver BJ Watson 11 yards from where he needed to be. The block was on, as three Harvard receivers stuffed the Yale secondary from behind the line of scrimmage long enough for Watson to make a charging attempt through a tight window for the first down. A charging Burke, however, met him with a charge of his own at the 16 yard line.

Watson came up one yard short.

The four-and-a-half hour game was over. The Yale Bulldogs, down by as much as 19 points at one point during the game, had won. The Ivy League crown was theirs for the second time in three years.

<https://yaledailynews.com/blog/2019/11/23/yale-beats-harvard-43-43/>

TUCKERMAN: Why We Never Take the Elevator

SAM TUCKERMAN '16 GUEST COLUMNIST

Yale Daily News

11:12 PM, NOV 21, 2019

We are mentally and physically exhausted, sleep deprived and behind on our school work. Our bodies ache and we long for an ounce of time off to rest and recover from our intensive six-day a week, year-round schedule.

We have every justification to choose one of the three elevators we pass on our journey to the fourth floor, but every single one of us makes the decision to take each of the 71 arduous, grinding steps to our weight room in Payne Whitney. Every time. No excuses.

Each stair that we take represents our view of Yale Football at its core — committing to a system that is centered around relationships and selflessly puts each and every one of your brothers from the last 147 years before yourself. Each stair represents the pride we take in wearing the jersey that represents our school and taking part in one of the most historic football teams in the country.

The gift of attending a school like Yale is being exposed to other students who are quite literally the best in the world at what they do. Every single person on this campus is gifted in so many ways and contributes to why I love this school. As members of the athletic community, we are forced to deal with the challenges, failures and consequences of being a college student.

I only wish that as Yale athletes we felt lifted up by the community we attempt to support rather than feeling ostracized in so many ways. It may surprise you to know that my teammates and I are some of Yale University's biggest fans and supporters across a diverse offering of disciplines and extracurriculars. Some of my own fondest memories at Yale include attending my suitemate's a cappella concerts and touring museums with my society. We try to exemplify and spread the values that have been ingrained through our culture as a team, a culture made so much more potent by the sacrifices we have made as Yale athletes.

For these reasons, I found myself exasperated when an op-ed urged Yale to stop admitting athletes and claimed that we do not deserve to be here. Some professors have recommended that I wear non-football branded clothing to class because wearing it apparently implies that I am academically inferior to my peers. I have even been asked to sign a petition seeking to dismantle Yale's football team.

But it's in these moments that I remember the values I stand for as a member of this extraordinary program. Yale was once the epicenter of football. One could even venture to call us the Crimson Tide of the nineteenth and twentieth centuries. Twenty-seven national championships, two Heisman trophy winners and over 900 total wins speak for themselves. This year, despite an 8–1 record and a chance to clinch our second Ivy League Championship in three seasons, our stadium has seldom reached ten percent of its 65,000-person capacity. Even for the biggest game of the year, our fans will slowly trickle into The Bowl all the way into the third quarter, and we will never reach peak capacity, but none of this stops us from taking those 71 stairs each and every day.

When I committed to play football here, I knew exactly what I was signing up for and will forever be grateful for the opportunities that I have been afforded as a part of my journey. Some of the most valuable lessons I have learned during my time at Yale have not come from the classroom. They came from sitting in team meetings and learning tangible and applicable lessons about building relationships, overcoming adversity and persevering when your body

and mind are begging you to quit. I have been pushed to both physical and mental limits more frequently than I would like to acknowledge, but these lessons are integral to the man I am becoming. One of the few things I know for certain is that the perspectives and experiences gained from my time with Yale Football will last a lifetime.

I vividly remember the controversy last season with regards to student ticket distribution for The Game at Fenway Park. I remember the frustration my teammates and I felt fielding complaints, reading articles and seeing angry social media posts. Students on campus were aggravated by the early wakeup call and forced to either skip breakfast or show up late to their 9:00am class in order to secure their ticket to The Game — and they had every right to be upset. The bureaucratic process of receiving tickets forced them to make an unfair and unwarranted sacrifice. This situation that was shared by our entire University population was a perfect representation of the dichotomy that I have felt as a student athlete every day of my college career. Fielding complaints about not being able to get a ticket to our biggest game of the year, when our stadium stood empty without students for every other Saturday during the season felt ironic and hurtful. None of this, however, has stopped us from taking the stairs for each other.

What some do not see, but I know so many do experience, are the daily sacrifices that are made to represent our University as student athletes. We wake up at 4:15 a.m. most days during the second semester to work out in the freezing snow and slush to the point of physical exhaustion and vomiting, only to show up late to our morning classes without breakfast or a shower — the same dilemma I know so many of you face on ticket distribution day every year. We have difficulty eating meals in the dining halls most nights and are inhibited from taking certain classes because of our athletic schedule. We often are left to choose between academic commitments and rehabbing our broken bodies. When I am tired, when I am in pain, when it is well past midnight and I am just starting my problem set that was due the previous day, I know that there are 100 other guys on this campus who understand the hurdles I am facing and still choose to take the stairs the following morning for me. I take the stairs for each and every one of them.

I also know that so many of my peers are facing their own struggles every day, ones that my teammates and I cannot see, but know you all experience. To claim that our battles as Yale athletes are more important or more difficult to conquer than others is a fallacy. So next time you're in Payne Whitney, consider taking the stairs with us, and we will start taking them for you too.

<https://yaledailynews.com/blog/2019/11/21/why-we-never-take-the-elevator/>