



90:1 PLEDGE CHRONICLES



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Editor's Corner

BY RISHA MANGA

In the past couple of weeks, the world has woken up to the racial injustices that have been alive since the birth of our nation. George Floyd, a father, husband, brother and above all a human, was killed for being black. This is just one of the millions of police-led deaths due to racial discrimination. When the footage of this incident, which was recorded on a phone, was made public everyone wondered- How many more incidents go unrecorded, undocumented?

The question is urgent because racial discrimination and injustice is the virus that has been feeding on the fabric of our society. The discrimination against George Floyd came on the heels of the killings of two other unarmed Black individuals - Breonna Taylor and Ahmaud Arbery. The civilian footage of George Floyd's murder fueled the anger in many. Soon the world broke out in peaceful protests, spreading awareness, and demanding a change.

#JusticeforGeorgeFloyd has been trending in order to receive the justice that he deserves.

With Father's Day almost upon us and Mother's Day just behind us, I hope that no more mothers and fathers face discrimination and the society becomes more equal. I hope that no more young children lose their dads to unjust police brutality. I hope that the youth will stand up and spark a change in their community and this hope, this dream will soon become a reality.

-Risha Manga

8 MINUTES 48 SECONDS

BY KRISHNAV MANGA

I can't breathe. These haunting words were the last of a black man named George Floyd. "I can't breathe" he cried while an officer had his knee on Mr. Floyd's neck.

On May 25, 2020, a store worker in Minneapolis called the police because he suspected that Floyd had paid for a pack of cigarettes with a fake \$20 bill. The store owner later said, "Most of the times when patrons give us a counterfeit bill, they don't even know it's fake." Instead of an investigation being sprung, something much darker took place.

An officer held his knee on Floyd's neck for a whopping 8 minutes and 48 seconds, blocking Floyd's ability to breathe. Several eyewitnesses pleaded with the officer, urging for him to take his knee off, but the officer did not listen.

He kept his knee on Floyd's neck and appeared unfazed despite knowing he was slowly killing him. Even worse, three other officers on the scene watched the murder for 8 minutes and 48 seconds without doing anything to help. The officers were only arrested and charged after protests erupted all over the country. Most of the protests have been peaceful. As a young teenager, when I watch and hear about the racial inequality, one big question comes to my mind: Why is it happening and how can we prevent it in the future?

As MLK had said, "Our lives begin to end the day we become silent about things that matter." The youth of today needs to take a stand and speak up.

Continued on page 2

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How COVID-19 Has Changed the World Forever?

BY ANSH SAMPAT

As you all know the corona virus has taken the world by storm, and it has changed the way we live our daily lives. But as most people are working what comes next. After this pandemic is over how will the world have changed for the better or worse? During this pandemic we have been more distant and only connected with friends through the Internet. After this pandemic is over will we have the will to actually go meet our friends and hang out with them, or will we continue to just hangout through the Internet. People wear a mask when they go grocery shopping or out any where for that matter, how long will the last after the virus. And though many horrific things have come out of the virus, I think that something good will come out of the virus as well. Our appreciation of doing simple thing like hanging out with friends or going too school will be at an all time high. We will truly appreciate all the things that we take for granted in our everyday life.

8 MINUTES 48 SECONDS

BY KRISHNAV MANGA

Continued from page 1

We need to speak up when we notice inequality be it on the playground or in the classroom. We will need to create awareness of racial diversity and equality. "There is another kind of violence, slower but just as deadly, destructive as the shot or the bomb in the night....This is the violence that afflicts the poor, that poisons relations between men because their skin has different colors." Robert F. Kennedy said in 1968 shortly before his assassination.

I feel like right now, history is being made.

Let's not lose our momentum.

I call upon the young boys and girls to step up and speak when they notice inequality.

I call upon you to come together and fight for change.

I call upon you to be engaged civically and be the change agents in your community.

I call upon you to make a difference.



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901.INTERVIEW

BY NANDINI RAVINOOTALA

BEHIND THE SCENES SHANAYA POKHARNA AND
RISHA MANGA

901PLEDGE is launching the 901 Interview segment. Conceived by 901PLEDGE's very own Risha and Shanaya, 901Interview aims to provide a platform for our young contributors to reach out to inspirations around the community. 901PLEDGE's contributor, Nandini Ravinootala, sat down with **Payal Pokharna**, a COVID survivor, to talk about her experience with this virus.

1.What were the initial symptoms?

It started with shortness of breath for 2 days, and then I had high grade fever with constant coughing.

2.How long were you in isolation?

I was in isolation at home for 18 days.

3.How did you and your family manage the isolation period?

My family was also quarantined for 14 days. Our friends and extended family were giving us food. My husband being an Infectious Disease physician was monitoring me continuously so that my symptoms don't get worse.

Please contact us at 901PLEDGE@gmail.com with subject line "901.Interview" if you want to be an interviewer or an interviewee.



4. What is the one thing that you missed the most while in isolation?

I missed seeing and spending time with my family.

5. What is your advice to the general population especially with many people defying the CDC guidelines?

Please stop being CARELESS . If you must be around others, wear a face mask and for the love of god, WASH YOUR HANDS, and for the people in the back follow the rules of SOCIAL DISTANCING.

6 .How are you feeling now post-COVID?

After I was tested negative, I had general weakness for the first couple of weeks and got tired very easily if I was over exerted.

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BRAIN TEASERS

BY ANSH SAMPAT

- Which NFL team is located in Carolina?
- Which is the only NFL team that has won six superbowls with one quarterback?
- Which NBA team is located in Dallas?
- How many teams are in the NBA?
- How many teams are in the NFL?
- How many points is a touchdown in football?
- What s the most popular sport in the world?
- Which male tennis player holds the record for the mist grand slams?

Answers on page 5

EASY CHOCOLATE CUPCAKE RECIPE

BY NANDINI RAVINOOTALA



Ingredients:

Cupcakes

- 2 cups granulated sugar
- 1 $\frac{3}{4}$ cup + 2 tbsp all purpose flour
- $\frac{3}{4}$ cups natural unsweetened cocoa powder
- 2 tsp baking powder
- 1 $\frac{1}{2}$ tsp baking soda
- 1 tsp salt
- $\frac{2}{3}$ cup canola oil (vegetable oil would also be fine)
- 1 cup of milk
- 2 eggs (lightly beaten, preferably room temperature)
- 2 tsp vanilla extract
- 1 cup of hot water (or hot coffee or 1 tsp of instant coffee dissolved into 1 cup of hot water)

Frosting

- 1 cup salted butter (softened to room temperature)
- 4 cups of powdered sugar
- $\frac{1}{2}$ cup cocoa powder
- 1 tsp vanilla extract
- 3-5 tbsp milk

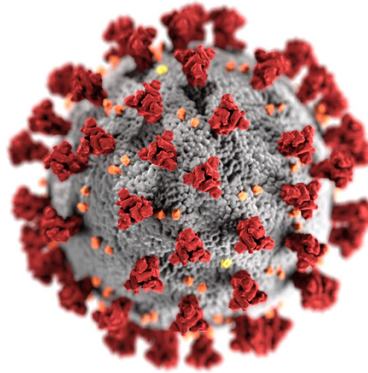
Method:

- Preheat oven to 350° and line muffin tin with cupcake liners (or lightly grease and flour)
- In a large bowl, whisk together sugar, flour, cocoa powder, baking soda, baking powder and salt. Stir in vegetable or canola oil and milk
- Add eggs, one at a time, stirring after each addition
- Stir in vanilla extract
- Add hot water and stir (batter will be thin and batter will separate a bit, stir until it has an even texture). Batter will be very thin, don't panic!
- Fill prepared muffin tin cavities just over $\frac{2}{3}$ of the way full and bake at 350° for 18-22 minutes (use the toothpick test to check)
- Allow cupcakes to cool completely before frosting.

Frosting

In electric mixer, mix the butter. Add sugar, one cup at a time. Stir in cocoa powder and then vanilla extract. Add milk, 1 tbsp at a time and beating on medium-high speed after each addition for about 15 seconds until desired icing consistency is reached (the less milk you use, the stiffer the icing will be). Pipe icing on completely cooled cupcakes and add sprinkles, if wanted. Serve and enjoy!

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MY COVID 19 EXPERIENCE

BY SHANAYA POKHARNA

The SARS CoV 2 (COVID 19) Pandemic has changed lives forever. We have been at home, but I salute all healthcare workers who have risked their lives every single day to help us stay healthy and safe. Here, I describe my experience during this time.

Last few months have been a roller coaster ride. Coming back home from my Spring Break vacation, I got news that school is closed for 2 weeks. 'Being a kid', I got excited, but I didn't know what was in store for us. Here we are now, 2 months later, still stuck at home. I never thought I will be doing my classes virtually. Who knew this would happen? Right after 'Stay at Home' Orders, my mom tested positive for COVID-19 and our family was quarantined for 14 days. We all panicked. It was really challenging for all of us, especially for my Mom who got sick and Dad, who is an Infectious Disease Physician (ID doc). Those were the worst 2 weeks in my life.

Watching my mother suffer with fever, cough and shortness of breath was heart breaking. I felt for the first-time what separation & thought of losing someone forever means. I had tears in my eyes, but I didn't tell my parents about it. I was thankful to God that my dad is an ID doc who knew how to treat COVID 19 patients. After 3 weeks, my mom got better, and she came out of her isolation room. It was then that I took a sigh of relief. My dad is a true Hero. He was taking care of us and although in quarantine, he was seeing patients every day via telemed and saving lives one at a time. My dad has been treating patients with COVID-19 every single day and serving community selflessly. I am proud of him. Although he takes all protective measures, we all are always worried for him as he is at high risk of getting the infection. This experience has taught me to be grateful for things we have in life and to live within our means. My dad has taught me to be selfless, helpful, and courageous. I would say this to my friends - "it is obvious to be anxious but remember that there is light at the end of the tunnel and life will get normal again". This is the time to do creative projects and explore hidden talents and connect with family and friends. Eventually, We, will all learn from this experience and Live with a 'New Normal'

To conclude - Always W.A.S.H

1. **W**ash hands
2. **A**void touching face
3. **S**ocial distancing
4. **H**and gloves & masks



Answers-

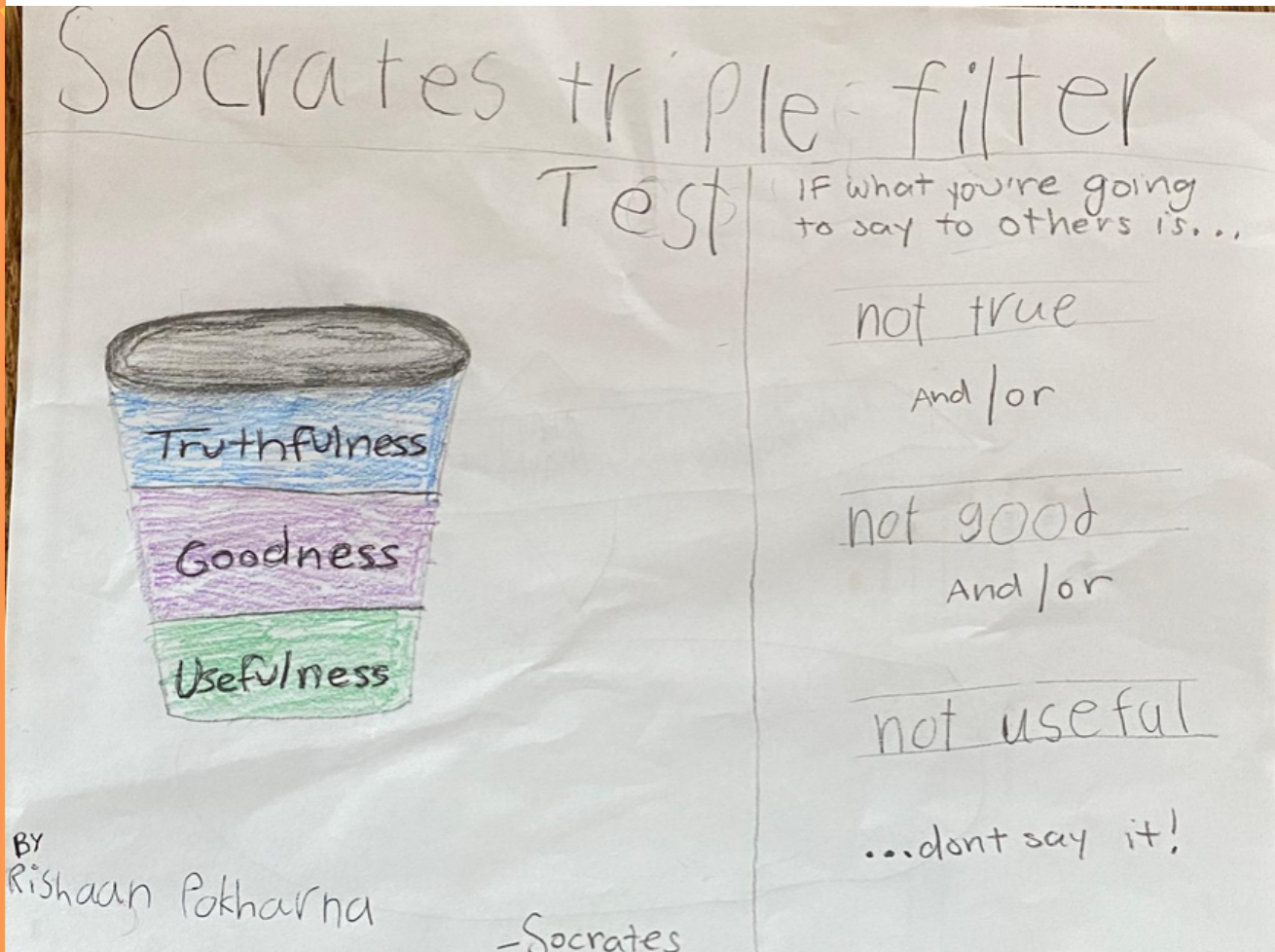
:Panthers
New England Patriots
Mavericks
30
32
6
Soccer/football
Roger Federer

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Please send your stories to 901pledge@gmail.com for a chance to be featured.

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BY RISHAAN POKHARNA



BY NANDINI RAVINOOTALA

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STRAWBERRY MUG CAKE

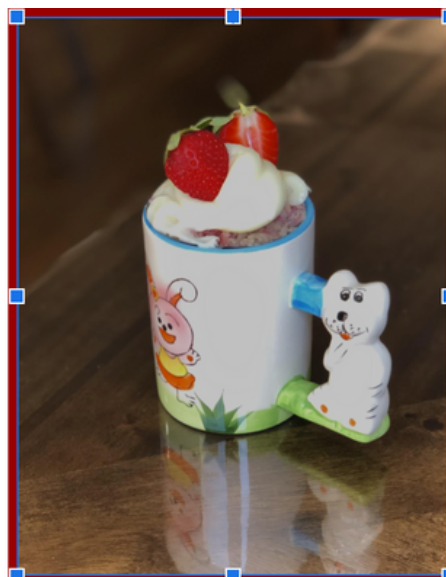
BY UMA SATPUTE

Hello everyone! Today, the recipe I'd like to share is the perfect treat for a late night snack: a decadent strawberry mug cake. Being an avid baker, I am constantly trying to create desserts that will have flavors that go above and beyond the sum of their parts. I love to experiment with all ingredients, but my favorite will always be strawberries. Their juicy nature and sweet-tart flavor make them a staple in my kitchen. I am always on the hunt for the perfect strawberry dessert. Usually, the ones I do make don't fully deliver the strawberry flavor, so I had low expectations when I came across this recipe. Imagine my elation, then, when I took a bite of this treat and found that it was jam-packed with more strawberry flavor than I have ever tasted in a cake! When you pair this with how easy it is to make, you'll find that it comes straight out of a strawberry lover's heaven. So what are you waiting for? Let's dive right into it!

- **Ingredients (for 1 mug cake)**
- 4 tablespoons (tbsp) flour
- 3 tbsp sugar
- ½ teaspoon (tsp) baking powder
- 2 strawberries, diced
- 3 tbsp milk
- 1 tbsp oil
- 1 tsp vanilla extract
- Strawberry/strawberry jam, for topping
- Whipped cream, for topping

Directions

Combine all ingredients in a 12-ounce or larger mug. It is important to consider the mug size, because anything less than 12 ounces might cause the mug cake to spill over the sides. Cleaning the microwave is no fun, and of course, there's less cake for you to eat. Microwave for 1 ½ - 2 minutes. Be sure to watch as the mug cakes tend to rise incredibly quickly.



Let the mug cake cool for about 1 minute. After it has cooled off, top it with a dollop of whipped cream and a strawberry or even with strawberry jam. I recommend topping it because the whipped cream adds a silky texture to the cake, and the strawberry...well, it's a strawberry. You can't beat strawberries. Now, don't forget to take a photo before you dig in! After all, that sweet sensation on your taste buds will only last a minute, whereas the photo will last forever. Plus, what good is a mug cake if you can't show it off? EAT!!!!!!!!!!!!

***Recipe loosely based on similar recipe from tasty.co*

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CHURRO BITES

COURTESY DISNEY PARKS BLOG

Cooking Up The Magic at Home:
Inspired by the Iconic Churros from
Disney Parks Around the Globe

Watch out this space for more
recipe reveals from big brands



IMAGE COURTESY DISNEY PARKS BLOG

Ingredients:

1 cup water
8 tablespoons butter
1/4 teaspoon salt
3/4 teaspoon ground cinnamon,
divided
1 1/4 cups all-purpose flour
3 eggs
1 1/2 cups vegetable or canola oil
1/2 cup sugar

Instructions:

- Combine water, butter, salt, and 1/4 teaspoon cinnamon in 1 1/2-quart saucepan over medium heat.
- Bring pot to rolling boil.
- Reduce heat to low.
- Add flour and stir vigorously until mix forms a ball.
- Remove from heat and let rest for 5-7 min.
- Add eggs, one at a time, and stir until combined.
- Set aside.
- Using caution, heat oil in medium skillet or 1-quart saucepan over medium-high heat or until temperature reaches 350°.
- Spoon dough into piping bag fitted with large star tip.
- Pipe 1-inch strip of dough over saucepan, cut with knife, and drop into hot oil.
- Repeat until churro bites fill saucepan with room to fry.
- Fry churro bites until golden brown.
- Remove with slotted spoon or mesh spider strainer.
- Drain churro bites on paper towel
- Mix sugar and 1/2 teaspoon cinnamon in medium bowl.
- Toss in churro bites until coated. Place on serving plate and serve with favorite dipping sauce.

Courtesy:

<https://disneyparks.disney.go.com/blog/>