

Attention TN Seniors: important information

By Naomi Sanft
Times staff writer

Believe it or not, graduation is not far off, and if you want things to go smoothly, there are things you have to take care of now. Here is a list of things you might start to work on.

Graduation Diploma and Gown Measurement

All Seniors must complete and submit the graduation form by Dec. 1. The information included will determine the name on your diploma and size of your gown.

Senior Portraits

If you haven't already, please reach out to Prestige Portraits to schedule an appointment to take your senior portraits. Go to their website for detailed information on packages, outfit tips, contact info, and COVID protocols. If not done at the district office, senior portraits are due by late January in order to be printed in the yearbook. (Same for grades 9-11 school pictures if not done at the district office.)

Class of 2021 Senior Catalog

Herff Jones offers a catalog full of graduation keepsakes for purchase. This includes graduation announcements, tassels, and class rings among other special 2021 gear. Go [here](#) to view the catalog.

Block TN Letterman Patches (student athletes)

If you have qualified for your athletic block and are interested in purchasing your patches, please reach out to Athletic Director and Block TN Advisor, Chris Cullen at ccullen@juhsd.net.

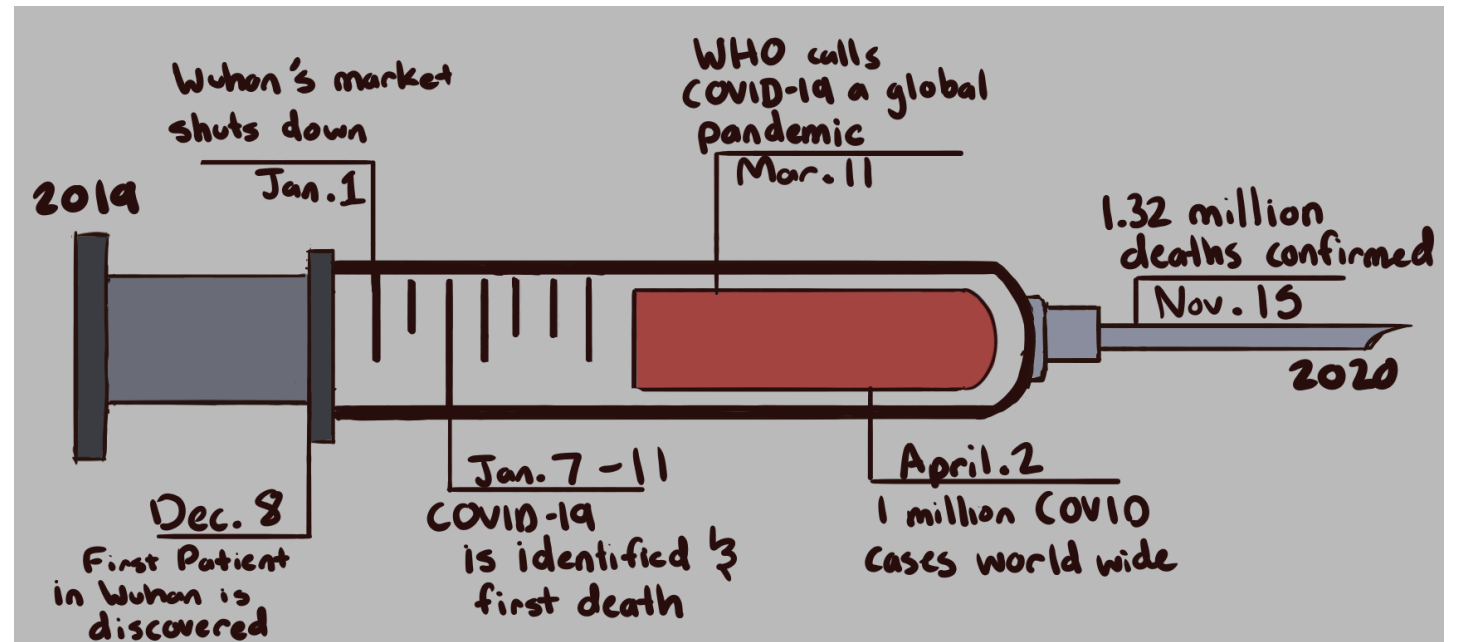
Yearbook Purchase

Yearbooks are on sale now for \$85.00. To order, visit yearbooksforever.com and search for Terra Nova High School in Pacifica. New! A "special alternate" cover for seniors who purchase this year's yearbook — same \$85 price.

Senior Ad Space for Yearbook

Stay tuned for more information in the coming weeks on how to purchase senior ad space in the 2021 yearbook.

Pfizer vaccine promising



Rose Kleinfeld / Terra Nova Times

By Kyle Gossage
Times staff writer

Pharmaceutical company Pfizer has created a COVID-19 vaccine that is seeing incredible results in the latest stages of testing. According to the studies done so far, it is more than 90% effective in controlling the symptoms and spread of the virus, which is far better than earlier predictions.

Stage three of the clinical trial began on Jul. 27 and is still ongoing. The trial consists of 43,538 participants with diverse racial and ethnic backgrounds. The study will continue until a total of 164 confirmed cases of COVID-19 accrue among the volunteers. As of Nov. 9, only 94 of the 43,583 participants have gotten COVID-19. The numbers between placebo and vaccine efficacy indicate

that so far, the vaccine proves to be more than 90% effective. "An extraordinarily high degree of efficacy -- more than 90%, close to 95%," Dr. Anthony Fauci said when asked about the Pfizer vaccine. However, this is all interim data, as the study is not yet completed. Interim data is any data that is collected and analyzed before the trial has finished.

The vaccine distribution, however, poses some challenges. Pfizer said, "The Covid-19 vaccine must be stored below -70 degrees Celsius for long term preservation." This presents many issues for rural and low income hospitals without the means to keep large doses of this vaccine at that temperature. Pfizer says this will not be an issue and that they are working on a vaccine that can be effectively stored between 2 and 8 degrees Celsius and have developed a distribution plan to vaccinate mil-

lions of people before the year ends as long as the FDA approves the vaccine.

In addition to storage difficulties, the vaccine requires two doses three weeks apart to be fully effective, which is a challenge, especially for people who may have difficulty getting to distribution sites.

Pfizer is pumping out large numbers of vaccines to be shipped off to various parts of the world. Pfizer said, "Based on current projections we expect to produce globally up to 50 million vaccine doses in 2020 and up to 1.3 billion doses in 2021." The EU aims to purchase up to 300 million doses of this vaccine after seeing the promising results. The vaccines will be available as soon as the FDA gives permission for use and will be distributed in phases, given to essential workers and those who are most vulnerable first.

Final results of the complete trial are expected before the of the year.

Andrew Yang vs. the UFC, WWE

By Jack Gillen
Times staff writer

Many believe that the UFC and WWE have exploited their fighters for years now without any repercussions. The WWE has labeled their fighters as independent contractors, which means that the WWE is not responsible for health, retirement, or any benefits that come as an employee, but the WWE still restricts their lives outside of the organization, such as their recent policy with a ban on their fighters appearing on third-party platforms like Twitch. A very similar, but also different, situation is occurring in the UFC, with fighters getting drastically underpaid compared to the money that they bring in for the company. In almost every other sport, athletes earn between 45-

50% of the total revenue that they bring in, but in the UFC, athletes typically only make between 10-15%. Enter into the ring former candidate for President and self-proclaimed math nerd Andrew Yang.

With Joe Biden poised to move into the White House in January, new cabinet members will soon be named, and Andrew Yang, the former Democratic Presidential candidate who has been advocating for fighters to get more rights in both the UFC and WWE, is high up on Joe Biden's list as a potential cabinet member. If appointed, it would not be surprising if Yang starts pursuing legislation that would force the UFC and the WWE to give their athletes fair rights.

"I think fighters have been exploited for years," Andrew Yang said, as he explained how UFC fight-



Jack Gillen / Terra Nova Times

Dana White (center) and Vince McMahon (right) will likely oppose Yang's efforts.

ers are being robbed of the money they should earn. He said, "I admire the fighters, as they're disciplined in their training. They should not worry about making ends meet when they're one of the

top fighters in the world." In the 1990s, boxing had major problems, with fighters being exploited, and regular scandals that involved rigged

See Yang on page 10

Caren Act passed by SF supervisors

By Samantha Guerrero
Times staff writer

The Bay Area has had multiple instances of privileged white people calling 911 on minorities for reasons that had nothing to do with public safety. For example, two years ago, a woman in San Francisco went viral after a video surfaced of her threatening to call the cops on an eight year old Black girl for “illegally selling water without a permit.” In another instance, a white woman called the police on a group of Oakland individuals celebrating their Black culture by “BBQing While Black”; the woman alleged it was illegal to use charcoal grills in the area. In pursuit of ending racist calls to emergency services, San Francisco Board of Supervisors unanimously passed on the Caution Against Racial and Exploitative Non-Emergencies Act (Caren Act) on Oct. 20, amending the city’s police code and giving those possibly affected minorities the ability to sue the caller.

The name evokes a popular meme by the name of “Karen,” which references stereotypical entitled white women using their privilege to weaponize police against people of color. Though lead sponsor Shamann Waldon has denied that his intent was to name the act after the meme, some have critiqued the name,



Samantha Guerrero / Terra Nova Times

SF Supervisor Shamann Walton introduced the bill back in July.

calling it “sexist and divisive.” Karyn Stricker, an environmental activist, said, “Calling a woman a Karen is simply another way of controlling women and their behavior, telling us to be quiet and stop complaining.” However, all 11 supervisors signed on to the legislation.

The act amplifies the city’s definition of a protected class “to prevent false emergency calls with the specific intent to discriminate against a person or other-

wise infringe the person’s rights or cause the person specified harms on the basis of the person’s race, color, ancestry, national origin, place of birth, sex, age, religion, creed, disability, sexual orientation, gender identity, weight, or height.”

Moreover, lawbreakers of the Caren Act will be liable in court to general damages of at least \$1,000 plus costs and attorney’s fees, and punitive damages.

Supervisor Waldon, who introduced

the bill in July after the police killing of George Floyd and the racial reckoning that followed in the U.S, recently said in a statement, “We wanted to put something in place that’s going to stop these racist, prejudiced calls that weaponize police against Black people and people of color... Communities of color have the right to go about daily activities without being threatened by someone calling 911 on them due to someone’s racism.” Waldon also stated, “Rather than calling the police or law enforcement on your neighbor, or someone who you think doesn’t look like they should be your neighbor, try talking to them and getting to know them. Let’s build relationships in our communities.”

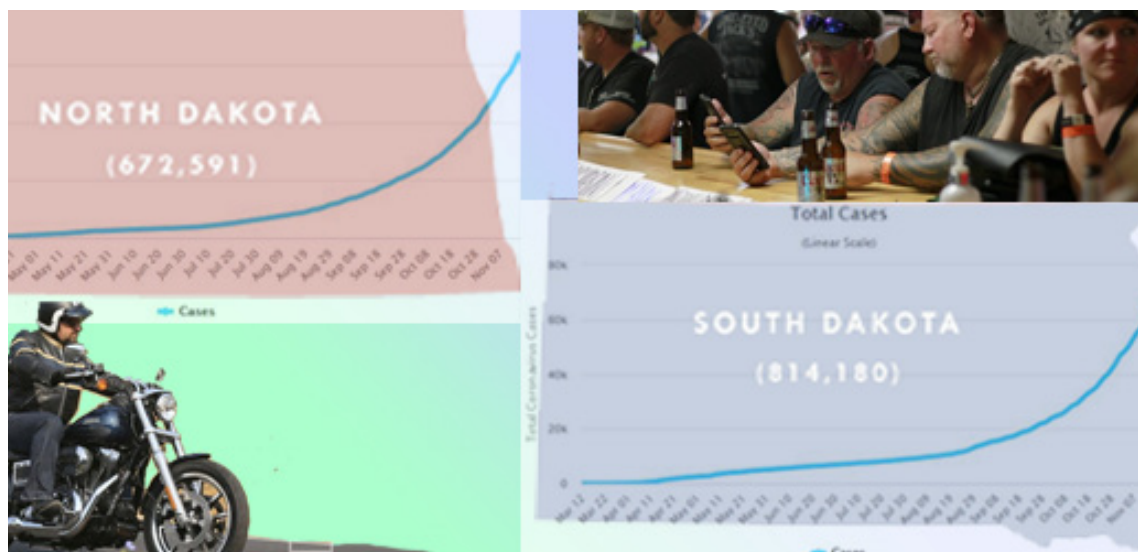
Prof. Gloria Browne-Marshall, a civil rights attorney and constitutional law expert has stated that San Francisco is empowering the laws it has had in place for decades. Marshall said, “In the same way you can’t abuse the fire department by making fake calls, you can’t use government resources for private discrimination... You’re not supposed to abuse the government at all to harass people.” However she believes this has been occurring because police have let themselves be used as tools for discriminatory conduct. San Francisco mayor, London Breed, has expressed support for the bill, which will become law 30 days after she signs it.

The Dakotas find themselves ravaged by Covid

By Luke Avery
Times staff writer

In the recent tumultuous events of the election, America seemed to forget the ever growing COVID-19 numbers. Statistics from Chris Canipe from Reuters recorded a 770,000 increase in COVID-19 cases, and 6,600 people died of COVID the week of Nov. 3 alone. These monumental numbers are devastating communities all across America, none more so than the Dakotas.

North and South Dakota have resisted all blanket restrictions when it comes to COVID, with places like Morton County altogether rejecting a mask mandate. These numbers are depicted in Carnegie Mellon polls that revealed that North Dakota was ranked last and South Dakota was 48th in likelihood to wear a mask. This made them much more susceptible to COVID-19 outbreaks.



Victor Wu / Terra Nova Times

Cases in North and South Dakota skyrocket after the Sturgis Rally in late August.

The Washington Post recorded 330 direct cases recorded from Sturgis motorcycle rally in late August, and the numbers were likely much higher.

The Rally was a catalyst event for the Dakotas, where COVID-19 cases continuously

increased; now the infection rate for North Dakota is .9% of the population while South Dakota’s have 1% of their population catching COVID-19 each week. Kristi Noem, the governor of South Dakota, stated “We’re doing really good in

South Dakota. We’re managing COVID-19, but also our economy is thriving.” It seems like there isn’t much the Dakota’s are actually implementing in their states to combat this potentially fatal issue.

To find out more about what

things are like on the ground in South Dakota, I spoke with Brandon Dewitt, who is a teacher there. He explained, “It’s been business as usual, but our transmission rates in school are extremely low. Our school takes many precautions against COVID-19, and between every class, we disinfect our classrooms and spray down desks and chairs. However, some of the kids wear masks, and some of them don’t.” Although school might not be a major spread, the question of whether to keep everything open is one that Dakotans like Mr. Dewitt are pondering.

While officials decide on precautions and restrictions, hospitals are battered by this recent outbreak, with hospitals over capacity. North Dakota Governor Doug Burgum has passed a bill to allow nurses that have COVID-19 to still work in hospitals to combat this, and just last week, he broke down and issued a mask mandate for the state.

How will Black Friday sales work in a time of increasing COVID-19?

By Naomi Sanft
Times staff writer

For decades, Black Friday has been a haven for deal-seeking shoppers; however, this tradition will experience some changes this year (hint: it will be safer!).

The CDC recently issued guidance for the holiday season which characterized “going shopping in crowded stores just before, on, or after Thanksgiving” as a higher risk activity. To promote the health and safety of customers and employees,

many businesses are making changes to their Black Friday sales. Companies such as Macy’s, Home Depot, and Target, to name a few, have opted to extend Black Friday deals over days or weeks to reduce large in-store presence. Many have even started their sales as early as Nov. 1. Additionally, most stores are planning to expand their online shopping sales.

Experts predict that Cyber Monday, online shopping on the Monday following Thanksgiving is going to greatly surpass Black Friday this year. While Black Friday attracts many shoppers to stores,

online sales have actually grown in popularity over the last five years, accounting for as much as 40% of Black Friday sales. In general, online purchasing was rising even before the pandemic; in 2019, sales were up 15% from the previous year, according to the Commerce Department.

So if you are looking to snag a nice blanket for the upcoming holidays, there will be a variety of online options, but if you lack the ability to order online, there will still be in-store sales. Heidi Barros (12), a Macy’s sales associate said, “For the holidays, specifically Black

Friday, we plan to have people distance apart especially around elevators. Additionally, we have screens protecting customers and a station with cleaning wipes at our disposal. We also are going to have a limit of about 200 people in the store at a time so we do not have too many people piled together.”

Going into the holidays with COVID-19 restrictions may cause some shifts in habits, but with the number of sales online, you do not need to put yourself at risk. Make sure to look up any restrictions before going to a store.

Religious tensions flare in France

By Eleanor Jonas
Times staff writer

On Oct. 16 in France, Samuel Paty, a 47-year-old instructor at the Collège de Bois d'Aulne, was beheaded in a terrorist attack after receiving online criticism from the parents of a student.

Paty was teaching a class on freedom of expression when he showed a cartoon strip originally published in the satirical magazine *Charlie Hebdo*, depicting the Prophet Mohammed. In 2015, France experienced a series of terror attacks following the magazine's publication, leading to the deaths of 17 people and an increased amount of Islamophobia.

Before his lesson, Paty warned his Muslim students, allowing them to opt out of the lesson. However, his class still sparked backlash from a parent who lobbied for his dismissal and posted two videos speaking against Paty, one on Facebook on Oct. 7 and another on YouTube on Oct. 12.

On the Friday following the second video, 18-year-old Abdoullakh Abouyezidovitch, a French immigrant of Chechen origin, approached two students, aged 14 and 15, and offered them



Jenson Ho / Terra Nova Times

President Macron finds himself at the center of a debate about secularism.

the equivalent of \$356 to identify Paty. He told the students that he wanted to humiliate him and extract an apology for showing the controversial cartoons.

Instead, Abouyezidovitch attacked Paty as he walked home at the end of his workday, later posting on Twitter that he had killed one of Macron's

"dogs of hell," according to a CNN article. Abouyezidovitch was shot and killed by police on the day of the attack.

President Emmanuel Macron is an outspoken opponent of radical Islam. Macron has even enforced a stronger protection against religion when he announced a new plan to protect France's secularism on Oct. 2. According to a report from Al Jazeera, during this announcement, he said, "Islam is a religion that is in crisis all over the world today, we are not just seeing this in our country." Following Paty's death, Macron vowed to stop extremist Muslim groups, saying, "We shall stand together without any distinction, because we are first and foremost citizens united by the same values, a history, a destiny." Many of his critics believe that his fierce advocacy of secularism is worsening tensions.

In response to Paty's death, thousands gathered around the Place de la République in Paris on Oct. 18 to protest violence and show their support for free speech. A memorial event was held on Oct. 21.

France has a strong history of legally enforcing secularism. In 2004, hijabs, Jewish skullcaps, and Christian crosses were banned in public schools, followed by burqas and niqabs in 2011.

Pope Francis gives a nod to civil unions

By Eleanor Jonas
Times staff writer

Pope Francis recently became the first Catholic pope to endorse civil unions between same-sex couples, a view revealed in the documentary about his life, "Francesco." In the documentary, which premiered at the Rome Film Festival on Oct. 21, he said, "Homosexual people have the right to be in a family. They are children of God... What we have to do is have a civil union law; that way they are legally covered."

Civil unions were originally created as an alternative to marriage for same-sex couples and offer most or all of the same rights as marriage. Pope Francis showed support for civil unions when he was the Archbishop of Buenos Aires during Argentina's debate over the legalization of same-sex marriage.

Currently, there are only 29 countries where same-sex



Eleanor Jonas / Terra Nova Times

Pope Francis's remarks are seen as a big win for the LGBTQI+ community worldwide.

marriage is legal, while 72 countries criminalize same-sex sexual activity. At least six jurisdictions worldwide implement the death penalty, including Iran, North Nigeria, Saudi Arabia, Somalia, and Yemen.

In Italy, a bill that would

make anti-LGBT violence a hate crime has inspired demonstrations from both support and opposition. The bill would carry harsher penalties, akin to those imposed for racist or anti-Semitic hate crimes.

Pope Francis's declaration

that gay couples have the right to form unions and families has arrived at a critical moment for the US, as the Supreme Court leans toward a conservative agenda. Justice Amy Coney Barrett's recent appointment has caused dissent among the LG-

BTQ community and advocates, who worry that her conservative religious beliefs may affect rulings concerning their rights.

Several more conservative members of the church hierarchy have criticized the Pope for supposedly going against church doctrine, with the New York Times reporting Bishop Tobin of Providence saying, "The church cannot support the acceptance of objectively immoral relationships." Many Catholics have rejected the Pope's endorsement of civil unions, though many hope open-mindedness will begin to spread.

LGBTQ advocates have welcomed the Pope's message, though some argue he could have gone even further in his support. An article by USA TODAY quoted Francis DeBernardo, the executive director of an LGBTQ-centered Catholic ministry, saying that Catholics "...will soon see that it makes no sense not to recognize and bless these relationships in church."

Russia and Iran try —and fail—to impact the November election

By Samantha Guerrero
Times staff writer

Russia and Iran attempted to influence the presidential election after obtaining American voter registration data just days before election results were known. Iran went so far as to threaten voters by email, while Russia was said to have posed a greater threat by hacking into state and local computer networks. Despite these attempts, the Cybersecurity and Infrastructure Security Agency declared this the most secure election in American history, but it wasn't for lack of trying

on the part of the Russians and Iranians.

On Oct. 21, top national security officials announced that Iran used voter information to send threatening fake emails to voters in which they warned, "Vote for Trump on Election Day or we will come after you." The emails were linked to The Proud Boys, a far right group, since the sender of the email was "info@officialproudboys.com"; however, the emails actually came from a server in Estonia, a country in Northern Europe.

According to intelligence officials, the voter data acquired by Iran was mostly public; voters' names, some contact information, and party registrations are

actually public, and officials believe this information may have been combined with email addresses acquired by other databases or sold by criminal hacking.

The director of national intelligence, John Ratcliffe, stated, "This data can be used by foreign actors to attempt to communicate false information to registered voters that they hope will cause confusion, sow chaos and undermine your confidence in American democracy." Fortunately, there was no sign that any election results or voter registrations were altered; furthermore, officials stated that Iran did not hack into voter registration systems.

Prior to election day, intelligence

officials stated they were far more concerned about the threat Russia could have possibly posed. The discovery of the hacks came after American intelligence agencies infiltrated Russian networks, after which they concluded Russia had plans to interfere in the election in its final days or shortly after Election day. Although officials were not clear on what Russia's plan was, they stated the interference would be in Trump's favor.

Moreover, F.B.I and Homeland Security officials stated that Russian hackers had been targeting state and local govern-

See Election on page 10

Tyson, Jones Jr. back in the ring

By Jack Gillen
Times staff writer

Boxing is a brutal sport, where fighters who are usually in their mid-twenties struggle and give every last drop of energy to compete for a full fight, taking months just to get into good enough shape to be able to step in the ring. Yet despite most fighters being young, the most anticipated match on the way is between two men in their fifties.

On Nov. 28, in Los Angeles, California, Mike Tyson, the youngest Heavyweight champion and Hall of Famer, now 54 years of age, will fight 51-year-old Roy Jones Jr, who went 49-0 before a controversial disqualification. The hype is real, after both fighters have released multiple training videos, exciting younger fans while bringing nostalgia to those that watched them in the '90s and early 2000s.

The main concern for the fight, however, is that both of these fighters have already endured far more than career's worth of shots to the head and body. This could potentially be dangerous, because this previous damage coupled



Jack Gillen / Terra Nova Times

Although it seems like a card from 20 years ago, the fight is still exciting.

with their advanced age, by fighting standards, could put them in a compromising position. They have both been deemed healthy to fight, but it is something to monitor in between rounds.

The biggest challenge for Jones will be adapting to age. He was hailed as the

most well-rounded boxer of his time, combining speed, power, agility, and every aspect of technique to make him the best. With age, however, his speed and agility will be nowhere near what it was in his prime, and it will be up to him to adapt to the situation in front of him.

Khabib Nurmagomedov retires from UFC

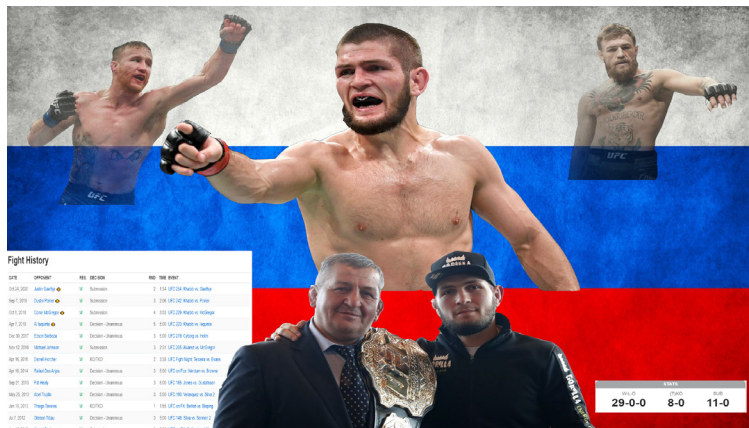
By Jack Gillen
Times staff writer

One of the greatest fighters of all time, Khabib "The Eagle" Nurmagomedov has ended his Mixed Martial Arts career at the age of 32 with a career record of 29-0, including his most famous victory over Conor McGregor. The last fight of his career was on Oct. 24, when he defended the lightweight championship once again by defeating Justin Gaethje via triangle choke in round 2 with 1:34 minutes remaining. However, many think he will come out of retirement because he is still so young and speculate he aims to go 30-0, but Khabib has been very stern about retiring early.

Fighters in MMA usually fight until their mid 30's and beyond, so fans might be asking why Khabib would retire

after just surpassing Jon Jones as the number one pound-for-pound fighter in UFC history. The reason being is that, sadly, Khabib's father and coach, Abdulmanap Nurmagomedov, died from COVID-19 complications earlier this year. When announcing his surprise retirement during his post-fight interview, Khabib promised, "This was my last fight... No way am I going to come here without my father. [My mother] doesn't want me to fight without my father. I promised her that this will be my last fight. And if I give my word, I need to follow it."

Khabib started his career in his birthplace of Dagestan, a small republic in Russia, and ends his career as arguably the best fighter in MMA history. Every fighter throughout his career has been destroyed by Khabib's elite work on the ground. His intense training, including wres-



Climate change inflames fire season

By Leila Eliares
Times staff writer

California, Oregon, and Washington have recently faced devastating wildfires. California has suffered 8,486 wildfires in this year's wildfire season, with 4,105,786 acres of land burned. The August Complex fire has been burning since mid August and now holds the record for the largest fire in California history, burning over 1 million acres. Due to climate change, scientists have predicted that fires are only going to get worse.

Climate change is the result of high amounts of carbon dioxide being released into the atmosphere, which causes the planet to warm because the carbon dioxide traps the sun's heat. Deforestation, the burning of fossil fuels, and gasoline or diesel cars are some human activities that are exacerbating climate change. California had

one of the hottest summers this year due to rising temperatures from global warming, as Peter Fimrite from the SF Chronicle stated: "...three heat waves have already seared the Bay Area during wildfire season."

Dry and hot conditions created by climate change increase the chances of wildfires. Higher temperatures cause the water in the soil to evaporate, which makes it easier for vegetation to catch fire. According to the Environmental Defense Fund, "Shifting meteorological patterns can drive rain away from wildfire-prone regions, a phenomenon scientists discovered in California and have linked to human-made climate change."

Although mild droughts are common in California, climate change will make these droughts longer and hotter. With temperatures rising and lack of rain to help replenish the lost moisture, wildfires are going to grow and spread faster.



Courtesy of Jimmy Hart

Wildfires are scorching millions of acres across CA.

Like wildfires, other natural disasters are affected by climate change as well. Hurricanes that occur on the East Coast of the U.S. and around the world will become more de-

structive due to global warming.

Elissa Lynn, the climate change program manager for the California Department of Water Resources, said, "Since hurricanes are fueled by warm

waters, this higher temperature creates more frequent and more geographic areas where larger hurricanes can form. In addition, warmer air temperatures mean more moisture can be evaporated from the oceans. As a result, hurricanes that form have more water vapor in them that can condense to form clouds and thunderstorms."

Although models that predict the impact of climate change do not predict that hurricanes will become more frequent, they do indicate that hurricanes will become more powerful due to the warming temperatures.

Science proves that climate change is real. Simple things like recycling, using eco-friendly products, and walking instead of driving can help reduce the carbon being released into the atmosphere. By reducing carbon emissions, wildfires, hurricanes, and other natural disasters will not become more catastrophic than they already are.

Check your sunscreen before you kill the coral

By Katalina Huazano
Times staff writer

Without a doubt, sunscreen is the most essential item to pack for a beach trip. But how exactly does this UV-protective lotion affect other organisms, specifically coral reefs? Many people do not know the specifics of sunscreens' threat to coral reefs, including Cate Reiker (11), who said, "I am constantly at the beach, and I always wear sunscreen! In the past, I have heard about sunscreen being bad for the reefs but didn't know much about it."

Octinoxate and oxybenzone are two chemicals in sunscreen that prove to be very harmful to coral reefs. John Olsen, an assistant professor for Applied Environmental Science at CSU Monterey Bay said, "These chemicals are...organic in nature so they are easily absorbed by organisms, humans absorb them too." Even if you do not go into the ocean, taking a shower or using the restroom after having applied sunscreen eventually gets into the ocean from the sewage.

Olsen added, "The hormones we use and other organisms...used to regulate their bodies can be interfered by these



Courtesy of Crystal Melton

Crystal Melton protects her skin and coral reefs when visiting the beach.

chemicals. The amount of these chemicals entering the water is really small amounts... there are a trillion water molecules for every one of these molecules around...But like hormones, hormones don't necessarily have large concentrations, so the chemicals can have an affect even at very small concentrations."

In places like Hawaii where there are

a lot of tourists, you are more likely to have swimmers near those reefs. John Fauth, researcher of conservation and restoration biology was interviewed by UCF Today writer Zenaida Kota, who wrote, "The researchers found that oxybenzone...is in high concentrations in the waters around the more popular coral reefs in Hawaii, and the Caribbean."

These chemicals don't just mess with the coral's hormones — as Kota said, "The chemical not only kills the coral, it causes DNA damage in adults and deforms the DNA in coral in the larval stage...by trapping them in their own skeleton, making them unable to float with currents and disperse."

Ocean acidification, toxins, and temperature changes put coral reefs under immense stress. Professor Olsen noted, "If you are a coral, you are dealing with temperature changes, ...water is becoming more acidic, which is being driven by climate change... But now you have the sunscreen that is also one more thing you have got to deal with... But of course this pollutant is just one pollutant among many... affecting corals and other organisms."

On May 1, 2018, Hawaii became the first and only state to pass a bill to ban sunscreens that contain oxybenzone and octinoxate, which will be implemented on Jan. 2021. Sunscreen brands like COOLA and Supergoop have formulated sunscreens without these chemicals; scientists recommend rub-on sunscreen instead of spray sunscreen because the spray can easily land on the sand.

Changing the clocks is bad for your health

By Katalina Huazano
Times staff writer

Every year, we face the exhausting effects of daylight saving time (DST). A majority of the U.S. adjusts the time twice a n n u - a l l y , a n d a l -

though the argument is still up for debate as to whether it has any purpose, there are many negative effects of changing clocks.

The most important and critical impact it has is on our circadian rhythm, which is similar to a biological clock or the routines that a human undergoes in a 24-hour radius. The most well known circadian rhythm is our sleep/wake cycle, which is affected primarily by light and darkness. In a JAMA Network journal, Beth Ann Malow, a professor of Neurology and Pediatrics in the Sleep Disorders Division at Vanderbilt University

Medical Center, said, "People think the one-hour transition is no big deal, that they can get over this in a day, but what they don't realize is their biological clock is out of sync... which is a structure rooted in the brain. It impacts brain functions such as energy levels and alertness."

This sleep deprivation and dark mornings derived from DST impacts the amount of car collisions. According to a study by University of Colorado Boulder, there was a six percent increase in fatal car crashes in the U.S. in the two mornings post-DST, and even during the "fall

back" change, there was a temporary spike in nighttime crashes.

Though the transition between times is more severe during the first days, the change can affect people for up to about two weeks until they are fully adjusted, according to Josef Fritz, a co-author in the study, who spoke to Healthline. Medical researchers have also discovered that there is a short-term increase in strokes and heart attacks at the start of DST.



Ischemic Stroke, which is when a blood clot is blocking blood flow to the brain, increases by eight percent two days after DST takes place according to a study in Finland by Jori Ruuskanen, a Neurologist researcher at Turku University Hospital. This is in addition to a 24% increase in myocardial infarction the day after DST for those already prone to heart issues, as discussed in a 2014 study published to Open Heart.

See Clocks on page x

Have socially distanced family fun

By Nicole Garrett
Times staff writer

COVID-19 has put a damper on Thanksgiving and dashed hopes of gathering with extended family. Although the pandemic has changed everybody's lives, there are still a plethora of alternative ways to spend time with your family safely.

Being physically around people is a major part of human behavior and not being able to do so negatively impacts the mental health of many individuals. This time of year, a lot of people fall into seasonal depression, also known as Seasonal Affective Disorder. Not being able to see family or friends increases the impact of those who get the winter blues even in the best of times. Licensed therapist Christina Balistreri said, "It's healthiest to have at least seven to eight hugs per day." Although physical touch may not be possible, even seeing your family can lift your spirits.

The new most common way to talk to your extended family has become Zoom calls. By creating a Zoom link and sharing it, as well as the designated time for them to join the meeting, families are able to still spend time together without be-



Emily Banta

Get the whole family together through Zoom this Thanksgiving — not the same, but a lot safer for everyone.

ing in the same room. Zoom also allows people to create breakout rooms if you want to privately speak to family members. Similar to Zoom, you can also set up a group FaceTime call or regular call.

Vincent Garcia (12) stated, "Not seeing people regularly is so weird, but spending time with friends or family on group Facetimes is easy. Usually, we play movies at the same time to watch together or just play games."

Many people have also started coordinating drive-by parades with posters so they are able to see their family members while continuing to social distance. Although this is a less environmentally-friendly way to make do, drive by parades create a great short-term enthusiastic environment. Following the socially-distanced-yet-in-person trend, many have started participating in outside social-distanced meals, but health profession-

als say you should wear a mask and get tested for COVID-19 before you participate, allowing you to be extra careful and take proper safety precautions.

We all want to be together at this season, but we have to get creative. Otherwise, as Dr. Mark Horne said, "You're going to say hi at Thanksgiving, it's so nice to see you, and you're either going to be visiting her by Facetime in the ICU or planning a small funeral by Christmas."

Don't settle for boring food at Thanksgiving

By Nicole Garrett
Times staff writer

Thanksgiving is the time of the year where families get together to celebrate harvests and their blessings throughout the year. We celebrate it every last Thursday in November because in 1863, Abraham Lincoln proclaimed it to be the national Thanksgiving holiday. Nowadays, many use this holiday as a way to gather with family, share food, and exchange cards and gifts to show gratitude for each other. One of the many fun things about this holiday is making each recipe unique. This year, with the chance to stay in the comfort of your own home, there has been almost unlimited time to perfect a plethora of recipes.

The classic Thanksgiving meal can easily be made unique and perfect by using a few tips and tricks. To start, choose a fresh



Nicole Garrett / Terra Nova Times

Make this Thanksgiving special and change up your feast.

turkey instead of a frozen one because the meat will not dry out as much. If you use a fro-

zen turkey, then the key step is to properly thaw it out by leaving it in the fridge. Make sure to

leave it there one day for each five pounds of meat. Another tip surrounding the turkey includes basting. Basting will slow down the process of cooking and can dry out the meat because of the constant opening and closing of the oven, so skip the basting. Do not cook the stuffing inside the turkey — instead, put it in a pan to ensure it is all cooked.

There's no law that says that you have to have turkey at Thanksgiving. Other meat alternatives are steak, chicken, pork, and fish. Jonathan Torres, a worker at Honey Baked Ham, said, "Hams that are off the bone are typically more expensive than turkey, but cost about the same on the bone; however, I found that many people prefer hams over turkey at our location." These options are all great sources of protein and vitamins that can substitute turkey.

Callie Banta's (11) favorite non-meat options for Thanks-

giving include, "Veggie burgers, tofu, legumes, tempeh, and fake meat brands such as Morning Star, Boca, and Gardin." These are not only tasty, but they're incredibly healthy as well.

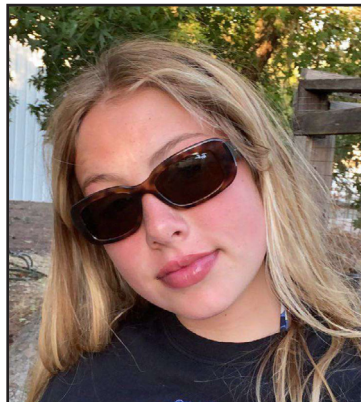
Side dishes always add diversity to the main course, and there are great ways to spice up each one to personalize it and make it your own. Mashed potatoes is one of the most common side dishes for Thanksgiving dinner, at least on the West Coast. You can spice up your spuds by adding in garlic, truffles, or even turn it into creamed potatoes for a smoother texture. Spice up sweet potatoes with a maple brown sugar cinnamon glaze or by roasting them in the oven with some olive oil. Do the same for carrots as you did with the sweet potatoes to make delicious candied or roasted carrots.

Adding small things to classic recipes can not only change up the day, but also make it special and tasty.

What is your favorite Thanksgiving food?



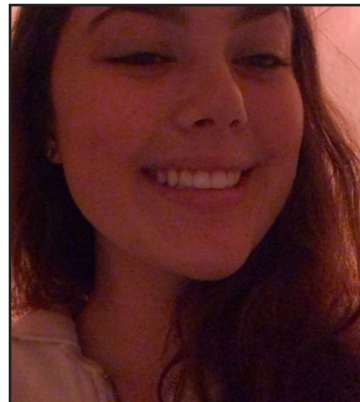
"Classic mashed potatoes."
-Jordan Arnaudo (9)



"I like stuffing the most."
- Kiana Meyer (10)



"Candied yams are my favorite."
- Donovan Potter (11)




"Stuffing with gravy!"
-Ginger Grochowski (12)



"Candied yams."
-Mr. Willemse



THE TIME TO GIVE THANKS



Thanksgiving is a holiday that has complicated roots, but over time has become a way of giving thanks to family, friends, partners, and all loved ones. It's a time to remind yourself how thankful you are for everyone and everything in your life. The food, the people, the conversations you hold, the laughs, nature transitioning to fall, and just being a human being in general, and what's better than doing that with a group of ones you love with home cooked goods? Aside from all of that, we must not forget the history of today. Native Americans had their land stripped from them by England colonizers, and since then, those colonizers have been praised for their actions. Americans everywhere for years believed that this day was a day where the Natives and the English met and had a great friendly feast, which wasn't what quite took place. It's a day of mourning for the Native people and their land lost to the pilgrims, which many history books fail to truthfully convey. That being said, cherish the moments you have with the people around you and never take them for granted, from the political arguments at the dinner table, to laughing till you cry with your cousins. Happy Thanksgiving and stay safe!



THANKSGIVING POINTERS

By Savannah Sky Escobar
Times staff writer

It's that time of year when the weather gets chilly, and there's nothing better than getting all cozied up in sweaters with warm homemade food served on the table — I'm talking about Thanksgiving. Thanksgiving is a holiday of giving thanks to the ones around you, and what's a better way to give thanks than through food? I interviewed a few fellow students and teachers about their favorite meals and what was most special to them to get you in the spirit of giving.

One of the most important, if not the most important, paring to any meal on Thanksgiving is the cranberry sauce. Terra Nova Drama teacher Mr. Schneider gave me his two cents on what he likes to call his Al-Qaeda cranberry sauce: "(It's) a cranberry dish that has a

great deal of sugar and raw cranberries, and I can't believe people eat that stuff in a can — what is that? I don't know... There needs to be some brandy or bourbon that really adds flavor and combines things really well." Schneider, a vociferous spokesman for the No Crans in Cans Movement, emphasized that you need to use real cranberries in order for your Thanksgiving cranberry sauce to be perfect. In addition, he also cautions bakers about the brown liqueur, which coincidentally has something to do with his dish's unusual name: "Maybe I overcalculated on the bourbon a bit, and it blew open the oven just right when everyone sat down. From that point on, it's been called my Al-Qaeda cranberry sauce."

Some families make it a priority for the children to offer something to the table, like Marina Espinoza's (11) family. Marina said, "My favorite Thanksgiving dish is a big charcuterie board my sister

always prepares. It has different crackers, cheeses, meats, and fresh veggies. It stands out because you can customize it however you want." Charcuterie boards are perfect for finger foods before the main meal, and it's a plus that they're real eye candy if you get crafty with it.

Of course, you cannot forget the main showstopper — the turkey. Terra Nova ceramics teacher Mr. Carothers claims to have mastered the perfect turkey. Mr. Carothers said, "I deep fry the turkey, and I season it with a cajun blackened seasoning. I rub the seasoning in between the meat and skin. It is amazing because the flavor isn't just on the skin like what most people do. It is a bit of a slimy process, wedging your hand between the skin and meat, but it is so worth it." Deep frying the turkey retains more of the moisture inside, opposed to simply roasting it, so it's safe to say the Carothers family has no worry about

having dry meat.

And of course, what's better than grandma's cooking? Peer Helper Samantha Harvey (12) said, "The family favorite definitely has to be my grandma's yams. It's just so good and sweet, so it's super compatible with the turkey and the potatoes. You peel the yams and cut them a 'good size' and put it in a pan, then you combine water, brown sugar, butter, salt, and two whole cloves and let it all boil nicely, and then finally bake it in the oven."

Thanksgiving is more than just eating food — it's also about spending time with loved ones and giving thanks. Sam Harvey put it quite nicely: "Family is so super important and special to me and getting to share that love and happiness with them with food is super nice. Those are memories I love to hold onto and cherish, so it's super important to make as many as we can."





GRATITUDE PAGE



I WOULD LIKE TO SHOUT OUT...

ISABELLA MORROW

JUSTIN DE GUZMAN

LEILA VUSKOVIC

LUKA GONCHAROV

LAUREN RYAN

LAUREN DEVRY

MIA MCCANN

DIMITRI FABIANI-WYATT

LAUREN NEVIN

SIERRA CHAPLINE

PIERCE CHU

JOE MURPHY

CONNOR UTER

RICHARD BAGLIO

CHRIS DRAKE

PATRICK HARMON

AMAYA VOGAN

TALIA ROSEN

MACKENZIE PELLETIER

WILL MELTON

KATHERINE FELDMAN

AINE SOMERS

ELLEN

BECAUSE...



Isabella - she had been working hard on trying to fundraise for the junior class




Aine - She is so nice, caring and such a great friend and I love her so much!

Amaya - She is such a great person and friend. Love you and miss you Mya!

Ellen - She is awesome and smart and helps me with so much. She checks up on me to make sure that everything's ok. Ellen is a great friend that anyone would be lucky to have, I'm just so happy that shes in my life. Love you Ellen ;)


Lauren R.- She has made this school year so much better and is so positive and always motivates people. Love you Lauren!



Joe - Joe works very hard at everything he does. He has been advocating and participating in the board meetings for a very long time and I am proud that he makes his voice heard. He is a very good listener and gives good advice

LAUREN D- SHE USES HER INTELLIGENCE TO HELP FELLOW PEERS, ESPECIALLY DURING THIS DIFFICULT TIME OF LEARNING. HER MOTIVATION AND DETERMINATION DESERVES RECOGNITION.


Lauren N - her positivity affects so many people. She always has something kind to say and seems to always keep a positive outlook



TALIA - SHE IS VERY FUNNY AND ALWAYS MAKES ME LAUGH. I REALLY ENJOY HANGING OUT WITH HER, AND SHE PUTS UP WITH ME EVERY DAY.

Mackenzie - She is a fantastic outreach lead and over all just one of the sweetest people

Richard - Richard is a great guy and sends me very funny memes. Unfortunately, our Birth-month associated monkeys were not as cool as Eugene (inside joke). Richard and I have had very deep convos during late night car rides, and it is inspirational.



Chris - It is very fun to talk about music with Chris, and the amount of inside jokes we have is incredible. He is very funny and raw at RL. Hopefully champ szn is upon us.

Connor - Because he is the best friend and boyfriend ever and teaches me my math when I don't understand it. lol, thanks boo <3

Dimitri - Dimitri is a grinder and always wants to do better. He is always down to put in work and wants to get better. Should we play football, he will be very successful.

MIA - THERE'S NEVER A DULL MOMENT WHEN WE'RE TOGETHER AND I ALWAYS HAVE SO MUCH FUN WITH HER. I'M LUCKY TO HAVE A TRUE BEST FRIEND AND A TWIN SISTER IN ONE.

Patrick - Patrick is a very fun guy to surf with. He also makes me laugh a lot, especially when he opens a very rare yugio card. I appreciate his help to me in Psych when I miss class.

Will- Will keeps me company while we do art during class and he is a good artist. Sometimes I want to throw my work away and copy his. He is a funny guy and is always on the ceiling (literally).

Katherine - She is so supportive and helpful to me. I am so lucky to have her as friend and I truly value our friendship.

Leila - she is a fantastic outreach leads and overall just some of the sweetest people

Pierce Chu - Pierce is always motivating me to do better, especially in Calc. He helps me with stuff I don't understand and I really appreciate it. I miss hanging with him.

JUSTIN - HE'S ALWAYS SO CHEERFUL AND WILLING TO HELP PEOPLE! SUPER GREAT GUY!

Sierra Chapline She is an amazing citizen, caring, kind, hardworking, and a great person to be around. I don't know what I would do without her.

Luka - He is a GOD at Geo Dash and Kendama. I hope to follow in his footsteps soon and beat deadlocked and maybe land lunar or something. He makes me proud.

FROM...

ANONYMOUS

THE THIRD

A FRIEND

CONNOR UTER

KARMELA LUISA MADARANG

TM

KIRA

SHAYLA MCCANN

AALIYAH

HAILEY WARD

Terra Nova Times Staff:

Editor-in-Chief:
Joseph Murphy

News Editors:
Jenson Ho
Victor Wu

Features Editors:
Lauren De Vry
Mackenzie Pelletier

Opinion Editor:
Victor Wu

Layout and Graphic Editor:
Rose Kleinfeld

Photo Editor:
Jenson Ho

Times staff:
Justin Arnaudo
Luke Avery
Isabella Copeland
Leila Eliars
Eric Ellison
Savannah Sky Escobar
Nicolas Garrett
Nicole Garrett
Jack Gillen
Kyle Gossage
Samantha Guerrero
Katalina Huazano
Danrick Jamora
Eleanor Jonas
Kaitlynn Lamb
Gina Lee
Matthew Lim
Shayla McCann
Maya Orsi
Miles Palmer
Sophie Phelps
Naomi Sanft
Eliott Song
Miguel Angelo Valdes
Natasha Valdez

Advisor:
Alyssa Jenkins

Contact us:
terranovanewsgroup@gmail.com

Subscriptions available.

We welcome letters to the editor. They can be sent to our email or dropped off to Ms. Jenkins in Room 330. Anyone can write for the Terra Nova Times.

Without our advertisers, we would have no newspaper. Please patronize the local businesses who are supporting this paper and program..

Election

Continued from Page 3

ments, and aviation networks since September. “They stole data from the computer servers of at least two unidentified targets and continued to crawl through some of the affected networks,” the U.S. Cybersecurity and Infrastructure Security Agency said. Officials also stated that

the targets included voting-related systems. However, there is no evidence that Russians changed voter registration information or vote tallies. Russian activity was intended to leave Americans with the impression that foreign powers have greater access to our voting system than they actually do. For example, American officials feared that because the results of the election would not be known

on election night, Russian groups may release non-public information or similar measures that would result in Americans doubting the integrity of the election; however, officials state that Russia’s ability to change vote tallies would be very difficult due to the decentralized nature of American voting systems. Nevertheless, officials had alerted Americans for months that small breaches could be

overemphasized to prompt inaccurate charges of voter fraud. Christopher C. Krebs, the director of the Cybersecurity and Infrastructure Security Agency, said that the Russian hackers had recently obtained access, “in a couple limited cases, to election jurisdiction, an election-related network.” However, he was sure to make clear that the breaches had “nothing to do with the casting and counting” of votes.

Yang

Continued from Page 1

matches. Congress stepped in and passed the Muhammad Ali Boxing Reform Act to fix a majority of these problems. Similar issues are happening in the UFC and WWE today, and Andrew Yang’s goal is to extend the act to these two organizations to make sure the athletes who are competing and putting their bodies on the line for their career get properly compensated. Many fighters, such as Jon “Bones” Jones, the light heavyweight champion in the UFC, along with many WWE wrestlers that have used Twitch.tv and other 3rd party websites, have spoken up about

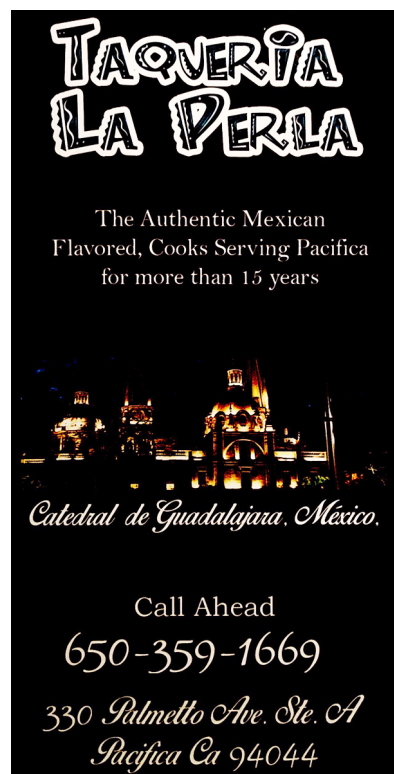
their unfair pay. Jones said, “I hurt myself every time I walk out there and take a punch to the head and not feel my pay is worth it anymore.” Fans agree with Jones and Yang that fighters deserve more. Terra Nova junior Joshua Ababseh said, “I feel like fighters should at the very least be able to get the majority of the money they earn because they are the ones bringing in the revenue for the UFC.” If Andrew Yang does indeed earn a seat in Joe Biden’s cabinet, many expect one of his goals to be extending the Ali Act, and a lot of the athletes in the sports world are hoping he does so they get fair contracts instead of being taken advantage of for a profit.

Clocks

Continued from Page 1

Soeren Dinesen Oestergaard, a professor at Aarhus University for the Department of Affective Disorders ran a study and found in the Fall when DST ends, there is an increased rate of depression diagnoses that month because of how early it gets dark. Currently, only Hawaii and Arizona don’t follow DST in

the U.S., but many Americans are fighting to end it. In 2018, California passed Proposition 7 by 62%, and in order for it to be enacted, it must also be passed by two-thirds vote of California’s State Senate and get approval from the federal government. In the meantime, Californians will have to keep changing their clocks, so be sure to go to sleep an hour earlier when Spring forward occurs to stay caught up on sleep.



we've got your back.

and your books.

and your college degree FREE.

skyline college **PROMISE SCHOLARS PROGRAM**

WHO can be a **PROMISE SCHOLAR?**

- First-time college students
- Students who can commit to attending full-time (12 units minimum per semester)

Apply early, space is limited!
skylinecollege.edu/promise

