

Terra Nova Times

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Terra Nova High School

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Congress passes relief bill

By Christina Arakelian
Times staff writer

The COVID-19 virus has undoubtedly wreaked havoc on our daily lives and especially the economy. That is why the newly passed economic relief package is so crucial, to both people and the economy.

The package was passed by the Senate on Mar. 25 with a unanimous vote of 96-0 (four senators are currently on quarantine with COVID-19) and by the House in a voice vote on Mar. 27. The bill provides direct financial to those who make less than a certain financial threshold. The package is estimated to cost around \$2 trillion, which is double the amount of the package in 2009 to ease the Great Recession, which was around \$800 billion.

If someone makes less than \$75,000 annually, they qualify for a \$1,200 relief check along with \$500 for each child in the household. For a couple that files taxes jointly and makes less than \$150,000, the payment will be \$2,400. If someone makes more than \$75,000 annually, then for every \$100 above that line, \$5 will decrease from the relief payment. People who earn \$99,000 or more and couples who make \$198,000 or more will not receive any payment.

For those registered with the IRS, Treasury Secretary Steve Mnuchin said on a phone interview with CNBC on Thursday that the relief checks could come as soon as three weeks. It is an automatic payment, so there is no sign-up required. As long as you have filed a tax return in the last two years, it will be automatic, but if you've moved recently, it's a good idea



Brooke Garrett / Terra Nova Times

Local businesses like Craft+Work in Vallemar have been forced to close.

to contact the IRS. The check will be sent through direct deposit or through mail.

While this bill will not completely alleviate all that's going on, it undoubtedly will help a lot of people who need it. During the Great Recession in 2009, the peak of people who filed unemployment was 665,000 in March 2009. The highest peak in history was in October 1982, when the amount of people unemployed was 695,000. It was reported by the Labor Department that in the past week or so, a staggering 3.28 million people have filed for unemployment.

President Trump stated on Tuesday, Mar. 24, that he wanted the economy to reopen

within the next few weeks, but a number of doctors believe that this is not possible.

Along with relief checks, the bill includes \$350 billion in loans specifically for small businesses, which have been hit particularly hard, to cover expenses for up to 10 weeks. \$500 billion is being put towards aiding airlines and larger corporations that have been met with extreme drops in customer demand. One of the corporations that falls under this category is Amazon, which has stopped delivering non-essential items as of last week.

While this bill might not solve all the problems people and businesses are facing as a result of this crisis, it will help a lot.

Wellness counselors help students through the crisis

By Peyton Dulay
Times staff writer

The COVID-19 pandemic has created an unprecedented challenge for education. For the past week, students and staff alike have been working on adjusting to the new at-home-learning method, including the counseling department.

Under the new shelter-in-place order, in-person meetings with counselors are impossible, but district wellness counselors are working on new ways to keep in contact with students. They've looked for various online sources and platforms to reach out to both the student body and the staff. Mrs. Ambrose, the wellness counselor at Oceana High School, said, "We've been trying to contact students through their gmail account. We see a lot of students regularly, and we want to make sure we check-in on these students who might be feeling depressed or anxious. We really want to reach out to these students and continue to provide counseling for them."

The counselors are mainly using Zoom and Google Voice to meet with students and staff. Mrs. Ambrose talked about the importance of supporting staff right now as well. "Many teachers are acting as though they're fine when they're actually stressed, which is the worst thing they could be doing. We feel it's important to provide them the option to talk about things just like the students," she said. The counselors are also holding daily mindfulness sessions for both students and staff on Zoom. The meeting for students is at 11:00AM and the link is in every student's email or on the school's website if you want to join in.

However the counseling department is also looking into other platforms to use to contact students. One that they hope to have up and running next week is a live texting platform that would allow counselors to hold appointed sessions with students through a private chat room. This is an amazing service for those students with busy households as they'd be able to contact their counselor discreetly and quietly. One of the main problems with other platforms is confidentiality. Mrs. Ambrose said, "As always, our biggest concern is confidentiality. Just like in person, we want to make sure that what a student says to us remains between us and doesn't leave the room. Now that everything is at home, it's im

See Counselors on page 5

TX and OH move to limit abortion

By Amelie Taylor-Binard
Times staff writer

On Mar. 23, 2020, Texas and Ohio listed abortion as a medical procedure that must be delayed at this time due to COVID-19, creating a new front in the political fight over reproductive rights. These will not be the only states to make this argument. Despite this, abortion rights activists conclude that the procedure must be met as an essential because individuals in need cannot simply wait until the pandemic is over.

Attorney General of Texas Ken Paxton said that this delay applies to "any type of abortion that is not medically necessary to preserve the life or health of the mother."

Emily Cottrell (10) expressed the sentiments of many Americans: "Where does Ken Paxton draw the

line for what is medically necessary? Reproductive rights should never be considered as a procedure that can be delayed," she said.

Clinics are trying to stay open. Abortions will be possible, but it is up to the individual's doctor whether it falls under certain circumstances that determine their needs as "valid" or not. Those who support limiting abortions at this time cite the severe shortages of healthcare equipment due to the COVID-19 outbreak. Several of Ohio's lawyers argued with state attorney general Dave Yost that abortions are a part of essential surgical procedures and the clinics do not intend to stop. President of Cleveland abortion clinic Preterm Chrissy France stated, "Our doors remain open."

Terra Nova students have strong opinions about these moves by Texas and Ohio. Eli Compin (12) said, "[Abor-

tion] is an essential. People have literally killed themselves after being turned away either by trying to give themselves abortions in unsafe ways, or telling themselves that they have no other way out." Many fear that measures such as these recent ones will lead to more women turning to unsafe methods for terminating pregnancies. Member of TN's Women's Advocacy Club, Kate Regennitter (12) said, "States who want to ban all abortions are using coronavirus as an excuse to be able to do that. By classifying abortions as non-essential, they slow down the uplift of women in general because it is classifying women's choices as non-essential. It's a hot button right now because abortion brings up so many different views from people, and states have always been choosing for the women, when wom-

en need to be able to choose for themselves." BBC News reported that, "The order against elective procedures is meant to keep valuable medical resources for those treating Covid-19 only. In Texas, providers can be fined or jailed for violating the order."

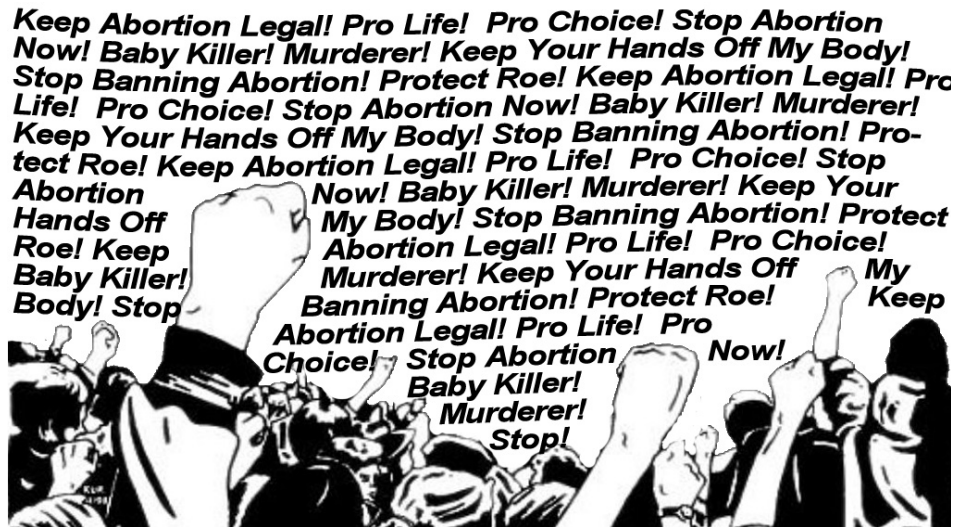
Christie Young-Tayag (10) said, "If an individual is in a place where they can't support the child [whether it be financially or other] and they cannot undergo abortion, that hurts both them and their future child because of the limitations of the virus at the moment." Cottrell added, "This delay is ludicrous and downright cruel. The governors of these states have no idea what kind of situations the people who ask for abortions could be in. An unwanted pregnancy or dangerous pregnancy is not something that can just be put on hold, it will continue to progress no matter what."

Supreme Court hears abortion case

By Rose Kleinfeld
Times staff writer

On Wed., Mar. 4, the Supreme Court heard arguments from arguably the most significant abortion case in decades — June Medical Services v. Russo. Coming out of the federal appeals court in New Orleans, this Louisiana case revolves around the ability of states to require that abortion providers have “admitting privileges.” An admitting privilege allows a doctor to admit patients to a local hospital in case of emergency; most abortion providers do not have admitting privileges at local hospitals because abortions rarely require emergency intervention and because hospitals are unwilling to get in the middle of the abortion debate and so deny access to abortion providers. Legislation which requires abortion doctors to have admitting privileges at local hospitals has been challenged in court for placing undue restrictions on abortion access since it requires doctors to secure something which is impossible to obtain.

Abortion-rights advocates believe bills like these are considered to be “targeted



Rose Kleinfeld / Terra Nova Times

The arguments have been getting heated between both sides.

restrictions on abortion providers” or “TRAP laws” since the laws ultimately prevent women from having abortions. And at least some of the justices agree. During the hearing, Justice Ruth Bader Ginsburg was quick to argue against the case by saying, “Among medical procedures, first-trimester abortion is among the safest, far safer than childbirth.”

Anti-abortion advocates say admitting privileges make abortions safer for women since they help screen out incompetent doctors who should not perform abortions and keep patients close to the hospital if they suffer from any complications. However, Justice Elena Kagan pointed out that Hope Medical Group For Women, the abortion clinic at the heart

of this case, reported transferring just four patients to a hospital out of roughly 70,000 it has treated over 23 years.

June Medical Services v. Russo isn’t the first case to attempt to require admitting privileges. Julie Rikelman, lead counsel for the Center for Reproductive Rights, who is representing the abortion clinics in Louisiana said, “The Louisiana law at issue here, Act 620, is identical to the Texas law and was expressly modeled on it”; the law she is referring to was found unconstitutional nearly four years ago by the Supreme Court, which ruled that the Texas law placed an undue restriction on access to abortion. If the Louisiana law is upheld, the state would be left with a single abortion clinic and only one doctor providing abortions.

Many believe that the case will be upheld by a now conservative-leaning Supreme Court after the addition of two pro-life judges, Neil Gorsuch and Brett Kavanaugh. However, the four other liberal justices will be relying on Chief Justice John Roberts, known as the court’s new “swing justice,” to vote against the bill despite having voted against abortion rights in the past.

Real ID deadline extended, but for how long?

By Christina Arakelian
Times staff writer

In 2005, Congress passed the REAL ID Act in response to a recommendation from the 9/11 Commission that the federal government establish standards for official sources of identification. Fast forward 15 years, and the deadline to get a Real ID is approaching. Until just this week, Oct. 1 was the drop-dead date by which you had to have a Real ID to board a plane or gain entrance to a courtroom, but on Monday, President Trump announced an extension because of the COVID-19 pandemic. This extension may be a really good thing since many people still don’t have their Real ID.

In California, a Real ID is indicated by a golden star and bear on your ID or driver’s license. This mark serves as proof of your identity and the validity

of your legal documents. If you do not have your Real ID, you need to make an appointment at the DMV and bring a proof of identity (birth certificate, passport, etc.), your social security number, and two proofs of residence. If you are not a citizen or don’t have some of these documents, you can go on the DMV website and find what documents you need to bring.

According to the survey by the U.S. Travel Association, over 57% of Americans are aware of the Real ID deadline, but nearly 40% of Americans do not possess a form of Real ID. This is due to the number of people who waited to apply for their Real ID closer to the deadline versus applying when the Real ID Act was passed in 2005. In a statement on Wed. Feb. 28, Secretary of Homeland Security Chad Wolf said, “The prospect of them [States] being able to issue all of their constituents in

that particular state a Real ID by October 2020 is probably fairly small. Unfortunately, only about 35% of IDs that are in circulation are Real IDs. That’s a relatively low number as we look towards October 2020.” Basically, the states have not been able to issue Real IDs fast enough to meet the demand of people trying to meet the deadline; the California DMV has reported that 16 million residents still don’t have their Real ID.

Another major concern is that the COVID-19 outbreak will affect the number of people getting their Real ID. People are opting to stay home rather than risk going out and possibly getting infected, and the DMV has suspended some of their services.

Those who wait until the deadline will have to face some consequences if they cannot get their Real ID — either a California ID or a passport — in time. In an interview with

NPR, Erik Hansen, vice president for government relations at U.S. Travel said, “Unfortunately, it means that they are going to learn the hard way what the Department of Homeland Security has said. If you don’t have one of the compliant IDs, either the

Real ID or one of the alternatives, like a passport, you’re actually going to be turned away at the checkpoint, and you’re not going to be allowed to board your flight.” Hansen also estimates that around 78,000 passengers could be turned away on the first day, and that \$40 million could be lost because of Real ID mishaps.



The real reason that it is so difficult to get a DMV appointment

By Rose Kleinfeld
Times staff writer

If you haven’t already experienced the wonderful world of the DMV, you’re in for a treat. Get ready to waste your time by waiting to speak to a real person on the 1-800 number to make an in-person appointment and by refreshing the appointment page 500 times. And the reason for this frustration may just enrage you.

Shannon Carew (11) said, “My friends had to refresh the DMV appointment page like crazy...My brother had to wait in line for eight hours to get his Real ID...It’s just ridiculous...I wasn’t even able to book my behind the wheel test for three months.” The reason behind the

chaos? Third party companies have created a business by bulk-buying appointments and selling them to the public. As a result, people who do not want to pay these third-party fees are forced to book with the DMV months in advance and are left to struggle getting through the system on their own. Sounds a bit shady, right? But have no fear! Those of you who are trying to get your license may not have to work around those third party businesses anymore.

Back in Oct. 2019, the governor of California, Gavin Newsom, signed Assembly Bill 317, making it illegal for third-party businesses to buy and sell appointments for the DMV, bringing shady businesses like YoGov down. YoGov and other companies were previously able to

avoid breaking the law by claiming they “assist” citizens in gaining “better access to government services.” However, legislative officials have now begun to question whether these third party businesses are really predatory businesses in disguise. Many people believe that YoGov and services like it are slowing the DMV system and cheating citizens out of access to an already buggy government service.

But why does YoGov still exist? Lawmakers and the DMV have declined to address whether YoGov is actually breaking the law. On top of that, state legislators have never attempted to contact YoGov over concerns about the new law and their services. According to YoGov CEO Ryder Pearce, the new law “doesn’t apply to the service-oriented

nature of what we’re doing. We provide personal assistance that will help you and save you time.” Pearce further explained that he employs people to sit at desks and refresh the DMV appointment page for cancellations so that they can set appointments as quickly as possible, which doesn’t break any laws. However, it’s generally known that YoGov turns around and resells these appointments for a price, which has now been explicitly made illegal by the new law.

At this point, YoGov isn’t complying with Assembly Bill 317 and will remain in business until further notice. Now you know the source of your frustrations, but it will not solve the ongoing DMV appointment issue anytime soon, so get ready to hit “refresh.”

Pastimes on lock down

By Brooke Garrett
Times staff writer

Although the lock down has been difficult, there are things you can do to make your stay at home more pleasant. This is the perfect time to achieve goals and aspirations that you didn't previously have time to do. Here's some ideas to keep you from going insane whilst on lock down:

Going on hikes: Pacifica is a beautiful place with trails and beaches that are a great way to get out and experience the outdoors. It's a safe way to stay active, clear your mind, and just get out of the house. Taking walks around your neighborhood works. Just remember to keep six feet from others.

Learn something new: We have all the time in the world to start learning something new, improve, or rediscover an activity. From cooking new recipes to learning a new language, the possibilities are endless. Juli Bass (12) said, "I'm discovering my love for old hobbies that I don't normally have the time for during the school year like painting and crocheting. It has actually been a lot of fun!" Vincent Garcia (11) has also been using this time to improve a skill: "This quarantine has given me time to play guitar," he said.

Workout: There are a lot of athletes at our school, and you may be sad that your season ended a little early, but that doesn't mean you can't continue exercising. Katie Rodriguez (12) said "Although my track season is cancelled, my friends and I created a workout 'notebook' on docs where we all create and share workouts. We also hold each other accountable and sometimes Facetime



Vincent Garcia

Vincent Garcia (11) is using his newfound time to perfect his guitar skills.

and do them together so we don't have to do them alone." Creating or learning new workouts are good ways to stay in shape and stay busy during quarantine.

Make yourself a schedule: The quarantine life is one that lacks schedule and structure, and it can tend to make us feel sluggish and unproductive. Take this opportunity to start making a schedule and write daily goals for yourself, even if the list just starts out with one or two things per day. Be sure to include things that are for yourself, like a movie night or an at-home spa.

Call a friend: Call your friends! We

are all in the same miserable situation, and calling up a friend is a really good stress reliever for the benefit of your mental health. But don't take my word for it: Professor Ian Hickie from the University of Sydney's Brain and Mind Centre explained, "Humans are social animals, prolonged quarantine or social isolation will exacerbate anxiety, depression and a sense of helplessness. Stay in contact with people—virtually—and engage in activities that give you pleasure and a sense of meaning, and do what you can to help others, which is a remarkable antidote to depression."

Chill music in this uncertain time

By Mackenzie Pelletier
Times staff writer

In this time of uncertainty and disarray, music still remains and can be used to get through many situations. Music impacts us on a daily basis by lifting our mood, relieving stress, improving cognition, and improving sleep. In a school with nearly 1,000 students, these are some of the different music genres our Tigers listen to for relaxation and tranquility.

Nikka McGahn (11), who listens to lofi and orchestra-based classical music, said, "I listen to it when I'm doing homework, having trouble falling asleep, or when I need to calm down." Classical music and other non lyrical music such as lofi have been known to reduce stress levels, enhance memory, improve sleep, and relieve pain. Our school librarian Mr. Vuskovic also engages in listening to classical music, with one of his favorite composers being Mozart.

Kapua Wong Hin (11) finds jazz music to be the most relaxing music genre with its upbeat instrumentals and occasional lyrics of simplicity. Hin said, "The things people listen to now are super aggressive and out of pocket, and I don't like it, so I think listening to straight instrumentals, and especially brass, is super relaxing and it makes me super happy." Hin typically listens to jazz while driving and doing homework, which can be two of the most stressful tasks at times.

Mr. Vilchez also finds non-lyrical music to be the most relaxing. He said,



Nikka McGahn

Nikka McGahn (11) relaxing to the calming beats of lofi music.

"I like listening to movie soundtracks like 'Lord of the Rings,' 'Inception,' 'Batman,' and 'Pirates of the Caribbean.' It's very melodic and serene. It's like classical music but it reminds me of the movie as well and evokes moods." He listens to this to relax while grading papers and lesson planning.

Although many people find non-lyrical music to be the most relaxing music genre, many people also enjoy relaxing to rap, pop, rock, and many more styles

of music. Erik Bogren (11) finds the well developed beats and lyrics of 90s rap to be relaxing as he said, "I grew up listening to old rap, my mom listened to that." The music we grow up listening to is often relaxing to us because it is a genre that we have been raised to know and love.

Another genre that is well-known for relaxing people is reggae, which Preston Woodworth (11) listens to often because of the good vibes and positivity it radiates, two things we need in these COVID times.

The history of April Fool's

By Amelie Taylor-Binard
Times staff writer

April 1st is a day for practical jokes and hoaxes followed by the famous words "April Fools," but why do we celebrate it? Historians struggle to pinpoint the first celebration of the holiday, but some speculate the origins of April Fools' Day go back to 1582. This was when France switched from using the Julian calendar to the Gregorian calendar, the one we use today. People who failed to recognize that the beginning of the new year was now moved to January 1 became a target for jeers, because they would continue to celebrate the last week of March through April 1. One of the pranks played on these forgetful people was to place a paper fish onto their back. These people were then referred to as "poisson d'avril," a French term meaning "April Fish." This saying dates back to 1564 and is meant to refer to someone as gullible.

April Fools has also been linked to the festival of Hilaria, which was celebrated at the end of March in Ancient Rome. Historians also connect April Fools' to the vernal equinox, which is the first day of spring in the Northern hemisphere, known as a time in which Mother Nature would fool citizens with varying, unpredictable weather. Eventually, these different interpretations of the holiday turned into a two-day event in Britain during the 18th century. Individuals would "hunt the gowk," meaning search for the fool, followed up on the next day known as "Tailie Day" involving pranks such as pinning 'kick me' signs onto one another and more.

Students and staff share pranks they remember from childhood: Evan Leong (10) said, "When I was younger, on April Fools, my nana told me that my house flew away, and I responded with crying."

Scala Reyes (12) said, "I remember in about third grade, this girl did an April Fools prank with Oreos and filled it with something, then gave it to another girl, and she had an allergic reaction to it."

Modern pranks can be less playful... Mr. Butler said, "My mom took April Fools Day really seriously, which was really weird because she wasn't much for jokes, and her jokes are actually more cruel. For April Fools Day, when I was about 7, she switched the sugar in the salt, so I poured salt on my cereal that morning." Butler continued, "Early in the morning at about 7 o'clock when I was a little kid, eight or nine, she ran into my bedroom, hit the lights, and screamed 'your dad needs to go to the hospital get up right now,' so I put on my clothes and shoes as fast as I can and ran outside saying 'let's go,' and she just said April Fools."

This year for April Fools, we may be stuck inside, but that doesn't mean you shouldn't be on your guard for some hilarity in your future. Unless you're Mr. Butler.

Trends of the Times

Scarves are the new hair accessory

By Khrislenn Garino
Times staff writer

Hairscarves have been making their way up the fashion ladder here at Terra Nova, a resurfacing trend that comes and goes. Throughout America's history of headwear for women, hair scarves haven't grown big enough to see it on everyone's heads until today. Lately, it's grown in popularity on social media, primarily on TikTok, Instagram, and YouTube.

Headwear isn't limited to scarves — many people use regular headbands and bandanas as well. Bethy Trecroci (12) said after traveling to Oregon, "The thing with traveling to different places around the world is what's popular there isn't necessarily popular in another place. Even just going one state over, we found that everyone was wearing headbands. We thought it was really cute!"

Scarves are a staple in fashion as they serve many different purposes. Oblong scarves are worn around the neck, which are the typical long scarves. Square scarves are the ones used in hair, whether it be used like a headband or to function as



Khrislenn Garino / Terra Nova Times

Victoria (left) and Ryan show off their fashionable hair-wear.

a tie around hair. The modern scarf dates back to Ancient Egypt. Queen Nefertiti is recorded as the first, as she wore a tightly woven scarf in 1350 B.C.E. It wasn't until the 19th century that it became popu-

lar in fashion, as scarves were previously used as sweat cloths and to keep clean. The fashion empire Hermès debuted the first silk scarf intended for hair in 1937.

Scarves come in a variety of fab-

rics: silk, cloth, cashmere, chiffon, cotton, wool mixes, muslin, and modal. Silk scarves became a symbol for glamor, power, and independence after World War II, regaining popularity as a form of self expression.

Using hair scarves and headbands has its advantages. Junior Shannon Carew explained, "If your hair is greasy, or if you really don't know what to do with it, you can just use a bandana to put it back, and it's just convenient. I saw people on shows wear it when they were working as a means to put their hair back. Sophomore year, I saw it and thought it was pretty cool."

People who deal with hair loss or just don't enjoy long hair often use scarves as an alternative to wigs and hats. Not only is it fashionable, it is a good investment for its many functions. People also believe that hair should be wrapped in silk scarves when going to sleep no matter what type of hair. Common cotton pillowcases pull out moisture and essential oils, leaving hair drier and more brittle. A satin or silk scarf ensures that hair isn't caught in fibers, and its soft fabric won't entangle and damage the hair.

The story behind the "Virginitiy Rocks" merch

By Lila Franco
Times staff writer

Recently, high school students have been sporting T-shirts that say "Virginitiy Rocks," and its message has puzzled many of those unfamiliar with the apparel's origin. Contrary to popular belief, the shirts did not come from a spontaneous movement of teens in favor of abstinence, but rather the merch line of a lively and comedic social media personality.

YouTube star Danny Duncan has made a name for himself with his pranks and skateboarding videos. The 27 year old has a massive following on the internet, and in addition to YouTube, specializes in comedy and music. Duncan appeals to



Anna Julian

Anna Julian rocking her Danny Duncan merchandise.

viewers by creating content that is far-fetched, daring, and creative. His channel is lighthearted and funny, allowing for pure entertainment that captivates an

audience of young adults. As a subscriber and owner of Duncan's merch, Rylan Keating (10) said, "I like Danny because he just messes around with no fil-

ter and does whatever he wants. Some people find his 'virginitiy rocks' merch uncomfortable, but I think it adds to how funny his channel really is."

After six years of hard work, Duncan's channel has climbed to an impressive 3.6 million subscribers, and he has over 651 million views. After achieving this internet success, Duncan decided to start selling stickers online. After the stickers took off, he began making other merchandise, and this is when Duncan coined the catchphrase, "Virginitiy Rocks." In 2019, the popular street wear store Zumiez jumped at the opportunity to work with him, and since then, he has manufactured almost any merch item you could think of. Working with Zumiez not only boosted

merch sales, but also increased his popularity in skate culture.

Over the course of just a few years, Danny Duncan has sold mass amounts of merch and continues to grow his following. Many Terra Nova students have been seen wearing "Virginitiy Rocks" merch and spreading positivity regarding the topic. To those that don't know Duncan, the phrase might look a little odd, but it spreads a supportive message.

In the words of supporter Anna Julian (11), "I admire the way that these shirts don't bring anyone down and just have a positive statement. Us teens are often influenced by a culture that shames people for abstaining from sex. Everyone rocks, regardless of the choices they make with their body."

Want to get a new piercing? Make sure to read this advice first.

By Laytithia Monzon
Times staff writer

Piercings may not be for everyone, but for the brave individuals who can manage the a quick moment of pain, the reward is life-long accessories like earrings. Here are some tips if you are considering getting some body decorations.

There are two ways you can get a piercing: a piercing gun or a needle. A gun is usually recommended just on the earlobe, while the needle can be used for any part of the body. The needle is recommended by professionals because it is much cleaner, safer, and hurts



Helena Achziger / Terra Nova Times

Angelene's (11) piercings

less compared to the gun. It is recommended that you have all of your piercings done professionally to reduce your risk of infection and disease. Going

to your local jewelry store gets the job done, but they will most likely use a piercing gun. Alexis Nguyen (11) who is an earring fanatic, got her ears pierced with an piercing gun and said, "That's the best way to go. It was painless, and now I use earrings as an everyday accessory."

One question we ask ourselves when getting a piercing is, "Will it hurt?" Turns out, there won't be any intolerable pain. Once your adrenaline kicks in, the pain of the piercing will quickly be reduced, and you will have a new accessory for life, if you choose to keep it in. If you're feeling nervous, bring a friend for some moral support. The areas of the body that are the least

painful to get pierced, for most people, are earlobes, belly button, tongue, and eyebrow. Cartilage (upper ear) and nose piercings are a tiny bit more painful.

It is really important that you take care of a new piercing. Make sure to always have your hands clean. Wash it lukewarm water and soap or saline solution, but not rubbing alcohol, since it tends to dry out the piercing. Different piercing shops have their own method of cleaning, so just make sure to follow the instructions of the shop you go to.

If you've had any piercings, you already know if you have an allergy to nickel or "fake" earrings. Before putting on ear-

rings that may potentially cause an allergic reaction, test out necklaces and bracelets made of different metals to make sure you are not allergic. Being allergic to nickel is not the end of the world, but rashes or bumps can form around the skin when you are allergic. The skin gets irritated, which causes intense itching, resulting in patching that may resemble a burn.

Body piercing has been around for thousands of years, and it can be a really fun method of self expression and fashion. Earrings and other body piercings can be used as the perfect accessory for any outfit, from sweatpants and a sweatshirt to a fancy dress on a night out.

Counselors

Continued from Page 1

portant that we stay mindful to keep our conversations private. We don't want to go through the parents in order to get to the student as that would be breaking not only that confidentiality, but [also] the

law. There are a lot of students out there whose most pleasant part of their lives is school, and we want to remain open to them all through any platform they need."

Many students either can't get on the internet or don't have enough of it to manage video chats. The counselors want to make sure that these people still are able to contact them when needed.

Mrs. Ambrose said, "If there is anything I can say to the young people out there is this: we are going through an incredibly abnormal and scary thing. It is normal to feel stressed. It's completely human to feel stressed during such an abnormal situation. If you feel like you want to talk about anything, reach out to us, and we'll do our best to work with you to find the best way to help."

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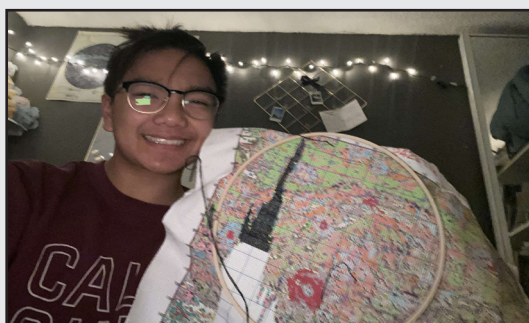
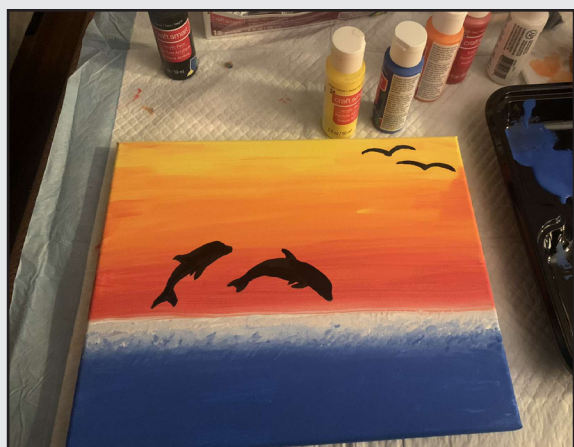
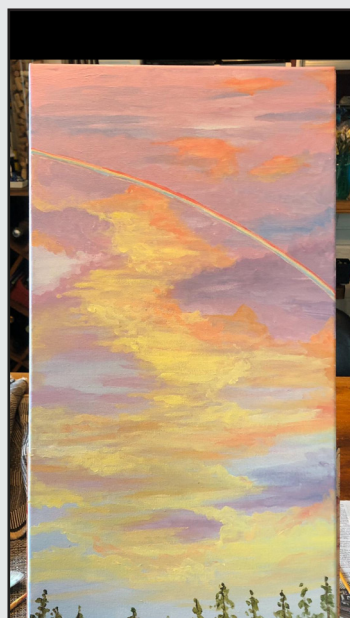
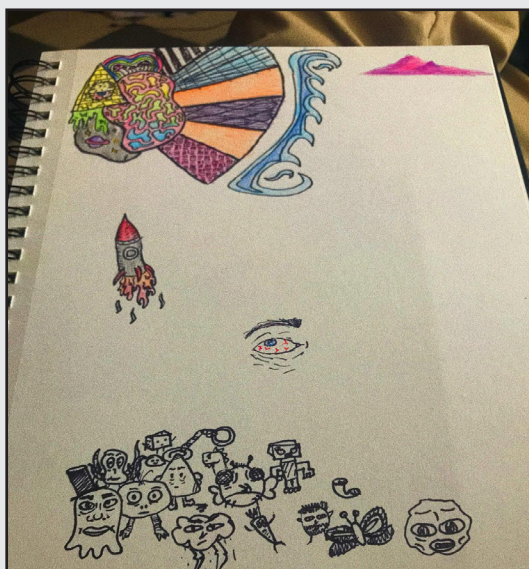
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At home TN art



Counter-clockwise from top left: Women by Zoe Kapp (10); Dolphin sunset by Talia Rosen (11); Starry Night cross-stitch by Nick Fernandez (11); Doodles by Buddy Vaughan; Golden sky by Alex Schultz (10)



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