

# Terra Nova Times

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Terra Nova High School

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## Debate sparked over virtual grad

By Juliana Wullenjohn  
Times staff writer

As the school year nears its end, many students have been wondering about the status of graduation. In an update emailed out on Apr. 3, Superintendent Dr. Terry Deloria announced that the board had found an option for an online graduation. "My team and I considered alternative dates, but I cannot predict WHEN we will be able to gather again as a community," she said. "I know it is not the same, but I found a wonderful company who can produce awesome virtual celebrations." This company had reached out to Dr. Deloria once the COVID-19 crisis began to severely affect schools. She added, "The company we are/were considering is top-notch. If we go this way, students deserve the very best."

The thought of an online ceremony is controversial, and many students reached out to the school board to express their concerns. In response, the JUHSD board held an online meeting on Youtube in order to allow students to state their opinions and ideas on what should be done. TN senior and Senior Class secretary Isabelle Friedman spoke at the meeting because, "I saw a lot of people getting mad at the district, but I felt that was a little bit unfair. We can see that everyone is try-

ing their best, and personally, I don't want to cancel an okay virtual graduation for a postponed in person graduation that may just keep getting postponed. I think that having something at the end of May is super important because we all need a little bit of immediate closure to these four years of high school."

Bethy Trecroci (12) agreed and said, "I do think we should keep both. I've accepted the reality that virtual graduation is probably the most logical way to go about things as of right now, but that shouldn't mean that we can't formally celebrate when things get better. I think it's important to set aside a time where we can properly commemorate our class. I'm not sure when that might be, but knowing the strong and capable people we have making up our ASB, I think the likelihood of putting something memorable and special is in our favor as long as we stay safe and have hope." In case you missed the meeting, the recording is on the JUHSD Youtube channel.

The district has put a lot of thought into 2020 graduation ceremonies because a student's graduation from high school is so much more than a diploma. Terra Nova's principal Ms. Carrey said, "Graduation is not just another event. Graduation is our chance to say good-bye. It provides closure. It is a celebration. It's a rite of passage. It's



Courtesy of Bethy Trecroci

Senior families like the Trecrocis have mixed feelings about an at-home graduation.

more than just any other event."

On Apr. 11, Dr. Deloria sent out a survey for both parents and students in order to get as much feedback as possible. The survey had participants choose from one of three options: hold an online ceremony, postpone the ceremony until it could be held in-person, or hold an online ceremony as well as an in-person celebration, once permitted by public health officials. "This data is guidance,

along with the information we receive from the county health officer and/or other government officials," said Dr. Deloria. The survey has been extended until Apr. 20 to ensure that the voice of the class of 2020 is heard.

As of now, graduation is still scheduled for May 27 at 2:30 pm. The Board is still working on figuring out the logistics of graduation as it considers the feedback from the public. It is still unknown how seniors

will be receiving their diplomas and if they will be able to borrow caps and gowns, but the board is considering many options of how students might be able to get them.

"The board and I want to minimize the lost to all students due to the crisis, and especially our seniors. We want to ensure that every senior has the opportunity to celebrate with friends and family...and to say 'good bye,'" said Dr. Deloria.

## College Board released updates on AP exams

By Catherine Raman  
Times staff writer

Now that AP exams have been finalized to be taken at home, here is all the information you need to know for your tests. In general, all AP exams will be 45 minutes long, and every class will be taking the exam at the same time across the world. There will be five minutes allotted to upload work. College board reduced the amount of material that will be covered on the exam, and the units listed correspond to units listed on the College Board website. Now let's go to each AP exam for the ones Terra Nova offers.

**AP United States Government and Politics** will take place Mon. May 11 at 1:00pm. You will have 25 minutes to answer question 1 and 5 minutes to upload it. Then you will have 15 minutes to answer question 2 and another 5 minutes to upload your response. Question 1 is an argument essay and question 2 is concept application. These questions will cover units 1-3 of the

### Official 2020 AP Exam Schedule (Terra Nova)

Start Times for Exams	9AM PST	11AM PST	1PM PST
Tuesday, May 12	X	Calculus AB	X
Thursday, May 14	X	Chemistry	X
Wednesday, May 20	X	English Language	X
Wednesday, May 13	X	English Literature	European History
Tuesday, May 19	Music Theory	Psychology	X
Friday, May 22	X	Statistics	X
Friday, May 15	X	United States History	X
Monday, May 11	X	X	US Government
Monday, May 18	X	X	Environmental Science
Thursday, May 21	X	X	X

Nina Young / Terra Nova Times

AP exams will take place online, at the same time around the world.

AP U.S. Government. The makeup exam will take place Jun. 1 at 9am. Next is **AP Calculus AB**, which will take place Tue. May 12 at 11:00am. Students will have 25 minutes to answer question 1, a multi-focus free response question,

and 5 minutes to upload it. Then students will have 15 minutes to answer question 2, another multi-focus free response question, and have another 5 minutes to upload it. This exam will cover units 1-7 of AP Calculus AB. The makeup exam will take place Jun. 1 at 1pm.

**AP English Literature and Composition** will take place on Wed. May 13 at 11:00am. This exam will consist of 45 minutes to write a prose fiction analysis, and you will have an extra 5 minutes to upload your response. This exam will only cover units 1-7 of AP Literature and Composition. The makeup exam will take place Jun. 2 at 9am. AP Lit student Alana Petersen said, "There is a part of me that's happy that it's going to be shorter and include easier content, but at the same time, it is frustrating knowing all the multiple choice practice we did during the school year is basically put to waste. Also, I am kind of unsure how the setup is going to feel and how different my performance will be in the atmosphere

See AP Tests on page 6

# Teachers raising and teaching kids

By Maile Harris  
Times staff writer

The switch to AHL has impacted us all, including teachers. Most teachers have had to completely readjust lesson plans, grading, lectures, etc., not to mention the life they lead at home. Some teachers have had to start teaching their own kids as well as their students, adding new complications to their days. Teachers, just like students, are learning to cope with this big and sudden change.

Ms. Meskin said, "It has been VERY difficult. I've set up a schedule for my older daughter (Lyla, 1st grade) that includes time for academics and reading, in addition to creative time where she does art, science experiments, works with legos, etc. My younger daughter (Zoe) is in pre-school, and so I purchased some workbooks and puzzles online for her. One of the most challenging things is that both of them are in Spanish immersion schools, and I



Courtesy of Sara Meskin

**Ms Meskin is trying to balance teaching her students as well as her daughters and niece.**

worry about them losing their fluency because my Spanish isn't great. To help with that, I have them Zoom with my mother-in-law during lunch and let

them watch an hour of TV in Spanish. I'm also caring for my two-year-old niece twice a week in the mornings while my sister works as a nurse."

This time spent at home has given teachers more precious time with their children and forced them to get crafty in order to avoid boredom. With

that said, they also miss their students. Ms. Scarbrough said, "For you guys, we have been asked to be available during regular school hours. So I still get up early, not 4 A.M. But 6 now. I try to do what I can before my daughter wakes and then play catch up during nap time. I miss interacting with students. Hearing your thoughts and ideas. How they influence your decisions. Learning to do that from an 18 month old's perspective takes a different set of skills. And many times throughout the day, she is a major distraction. Especially since under the circumstances, I've had to become creative with keeping her busy." Teachers, just like many students, miss school right now.

Some teachers' new way of teaching mixed with teaching their own kids can be summed up pretty easily, though. Putting it perfectly, Mr. Butler said, "My short response will say it all. It is nearly impossible to work at home with a toddler. I am a teacher, dad, homeschool teacher, cook, maid, butler etc."

## COVID-19 complicates the election picture

By Christina Arakelian  
Times staff writer

During this time, many states are supposed to hold their Democratic primaries, but with caution of the virus, that is posing challenges. There have been debates on what the best course of action is. So what is really going to happen?

House Speaker Nancy Pelosi said in a statement to MSNBC, "In terms of the elections, I think that we'll probably be moving to vote by mail. Vote by mail is so important to ... our democracy so that people have access to voting and not be deterred, especially at this time, by the admonition to stay home."

In order to establish fully the mail-in scenario, Pelosi says that an estimated \$4 billion is needed to make sure it

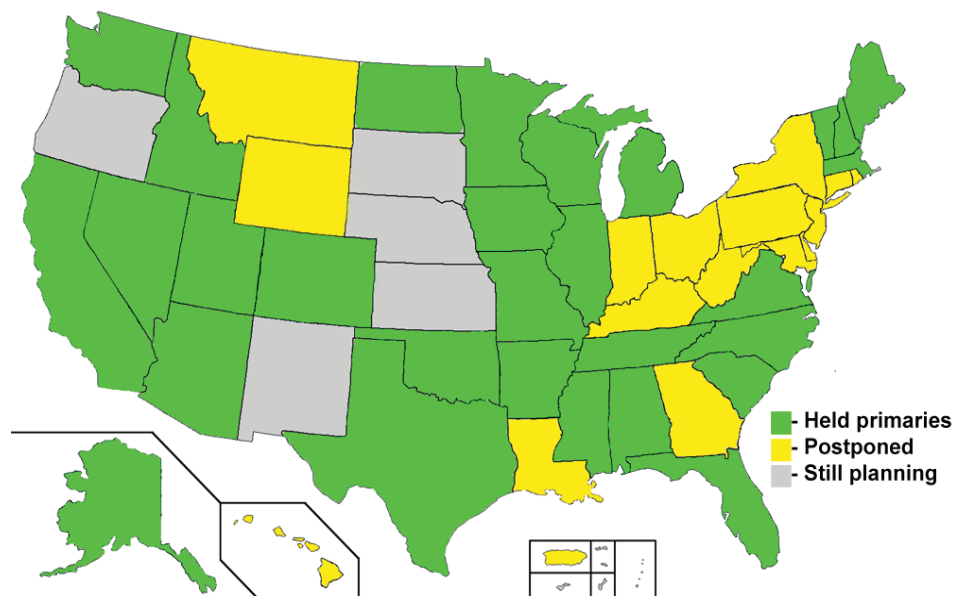
runs smoothly. Only \$400 million was allocated to help run elections in the \$2.2 Trillion stimulus package recently passed, which many say is not enough.

Over a dozen primaries have been postponed (see map). Other states have modified their process, a lot of them turning to mail-in voting. There have also been debates about whether mail-in voting will protect the integrity of the voters. The League of Women Voters of Ohio, a voting rights group based in Columbus, Ohio has sued Ohio for its new law extending voting to Apr. 28. The group claims that the vote-by-mail process will disenfranchise many voters, and they asked for a number of details to be added to the process to make sure no voters get left out.

Since rallies and campaign events are

*See Election on page 6*

### The State of the Primaries



Victor Wu / Terra Nova Times

## Shelter-in-place poses new challenges for those in abusive homes

By Peyton Dulay  
Times staff writer

For many people, school or work were places to relax and get away from the troubles at home. Experts are concerned that domestic violence rates will spike due to everyone being quarantined in their homes.

The President of the National Coalition Against Domestic Violence (NCADV) Ruth Glenn said, "In this particular time, with COVID-19, home can be pretty intense for domestic violence victims and survivors due to abusers' ability to further control them."

Terra Nova's wellness counselor Mrs. Calpotura said, "Times like these are especially

difficult for those who are living in abusive or toxic homes. School gave them a space to go other than their houses, allowing them relief from the abuse or toxicity. Since we are ordered to stay home, there isn't a place for them to go to escape." It's also increasingly difficult for victims and survivors to seek comfort in friends or family as it's recommended to not leave your city or even immediate neighborhood.

Glenn stated that the pandemic has allowed abusers to come up with more manipulative tactics that will further trap victims. She said, "Things like saying, 'You can't go out that door!' - They may have said that before, but didn't have a reason for the person to not go out the front door. Now they

can say things like 'COVID's out there! COVID's out there!' The abuser may now have many sundry ways they can employ new tactics or enhance other tactics, controlling movements, not allowing them to have access to a phone or computer, the list goes on and on."

If you or someone you know is in a situation like this, where the shelter-at-home order is forcing you to stay in an abusive or toxic situation, counselors recommend that you reach out to what resources are available online or to trusted friends, family or adults. Calpotura said, "Trust me, this was a major concern that crossed my mind when first hearing about the new AHL program and shelter in place order. If anyone is in this sit-

uation or feels like they are in danger, I would tell them to call 911 or leave the house and go to the local police station (even if we're in a shelter in place). If you know someone who is in an abusive or unhealthy home situation, I would urge you to reach out to them. That one message could mean the world to them in a time like this."

Psychologists from the NCADV say that creating a "safety plan" is very important. Glenn said, "What so many survivors need right now is to be able to access information and to get out as quickly as possible, and not have to worry about somebody else finding out about it. I recommend looking into the resources on our website to work with experts on develop-

ing a plan that covers how to respond to future abusive or violent incidents, how to prepare for the possibility of an incident happening, and how to get to safety with trusted friends, family, co-workers, or neighbors."

Here is a list of recommended hotlines and resources that anyone can reach out to and use if they are in a hostile or toxic situation:

StarVista Crisis Hotline, 650-579-0350. Community Overcoming Relationship Abuse, 1-800-300-1080. National Runaway Safeline, 1-800-RUN-AWAY. National Suicide Line, 1-800-SUICIDE. National Teen Crisis Line, text "LISTEN" to 741741. Trevor Project, 1-866-488-7386. NCADV hotline, 1-800-799-SAFE.

# Trump's failed response

Throughout our shelter-in-place, I can't help but wonder: how did it get so bad? Being stuck at home seems to be the least of our problems; every time I look up from my phone, I am berated by news stories about the growing number of deaths and cases. Even with reports of lower infections and many relief programs, you can't help but think, "Could we have curbed the number of infections if President Trump acted earlier?" Unfortunately, Trump lacks the leadership that could have limited infections from the get go.

Many of Trump's problems come from an inability to handle any sort of criticism. Nobody can deny that financial support and increasing medical equipment is good for America, but we can see his sensitivity towards criticism through his rhetoric. One topic that Trump often uses as a fail safe in his press conferences is closing travel to and from China. Although this was a great move on his part, there were two prob-



Nina Young / Terra Nova Times

Trump's response to COVID-19 has been disastrous.

lems. First of all, in his initial announcement, he mistakenly said that all travel would be banned. This caused unnecessary fear because he failed to mention until later that goods as well as Americans could still come back to the U.S. Secondly

he boasts about how everyone criticized closing the borders, when not many did. Robert Farley, a writer for Factcheck.org and an associate professor at Patterson, investigated these claims and found, "Trump is overstating Democratic oppo-

sition. None of the party's congressional leaders and none of the Democratic candidates running for president have directly criticized that decision, though at least two Democrats have."

Additionally, Trump's fear of criticism translates to his favorite pastime, transferring the blame. Once the Coronavirus started to become an issue in the U.S., President Trump decided that Mike Pence would lead the Coronavirus response task force. By doing this, Trump attempted to shield himself from criticism rather than be directly responsible for the government's actions. In fact, Trump has only led the Coronavirus task force press conferences since Mar. 14. His delayed involvement caused delayed leadership, and in turn, delayed responses in local communities

As we reach the "peak" of the curve, one thing Trump conveniently leaves out is the death toll. Around this time as well, Trump has created controversy around the World Health

Organization, its funding and the bias it may have. Although it is important to make sure that these international organizations are held accountable for late action, it is intriguing that he brought up these grievances, mid-pandemic.

Trump has had a reputation of being a great talker, controlling conversations and negotiating trade deals, but one skill he is particularly good at is diverting attention. Coming up into an election year, Trump is more desperate than ever to recover the economy and lessen the impact of the Coronavirus. He understands the gravity of this situation for his campaign. The federal government is currently attempting to help America get through this tough time, but the last thing we need is a president who starts conflicts because he wants to point fingers. Next time you are just sitting around, tune into one of his press conferences and see how many times he acknowledges his failures.

## Your staycation is going to literally save lives

By Peyton Dulay  
Times staff writer

Shelter-at-home is not an extended vacation: social distancing is imperative in slowing the spread of COVID-19, and staying home will directly save lives.

One of the biggest concerns with the COVID-19 outbreak is asymptomatic cases (when people have the virus and do not show the common or extreme symptoms). According to the CDC, about 25% of people with coronavirus may not show symptoms at all. Dr. Shaman, a disease ecologist from Columbia University said, "Some people never notice their symptoms, others are unable to distinguish the infection from their smoker's cough or allergies or other conditions, and still others may feel each pain acutely. The bottom line is that there are people out there shedding the virus who don't know that they're infected." Even if you think you're okay, you may still have the virus, so do us a favor and stay inside. COVID-19 is much more contagious than the flu, and a large portion of transmissions happen before

symptoms even appear. Even if you seem healthy, stay inside for the sake of others.

Some people think, "The virus only affects old people, so why should I worry?" This mentality is selfish, unethical, and flat out wrong. It is true that the death rate for people under the age of 50 is relatively low, but younger people aren't immune. Recent statistics from New York show that people between the ages of 18 and 44 make up 40% of the COVID-19 cases, and 9% of those people had to be hospitalized. A virus does not care about age.

Samantha Ment, an otherwise healthy 37-year-old caught COVID-19 and described her experience, saying, "I couldn't breathe. I was suffocating. My oxygen saturation was dangerously low. My chest tightening in pain with each attempt to gasp for air." This illness is not something to take lightly.

The goal of social distancing is to flatten the curve. What that means is, by following the stay at home orders, we can slow the rapid spread of the virus. Dr. Mokdad, from the University of Washington, said, "Aggressive social-distancing efforts have not stopped the virus.

The goal was to slow the spread to keep it from overwhelming health-care resources so fewer people required hospital beds and ventilators at the same time." The curve that is frequently referred to is the projected number of people who will contract COVID-19. Currently, scientists have said that the projected death-toll in the U.S. alone is anywhere from 100,000 to 240,000 people. These numbers are not final, and social-distancing will reduce that number if the rules are followed.

Multiple studies have shown that the Bay Area's quick response has significantly lessened the impact of the virus. Due to California's aggressive actions, the projected death rate for the state went from 6,100 to 5,100. Every one of those is a human life saved.

For a more grim look, take New York. They started shelter in place orders a mere five days after the Bay Area. However, they are currently the state with the most infections in America: every day counts with this virus. Each time you go outside unnecessarily, you are putting yourself, your family, and all those around you at risk. Staying inside directly saves lives. Stay home.



Isabelle Friedman / Terra Nova Times

Noah Friedman staying at home.

## Move to pass or fail grades to reduce stress from the pandemic

By Heidi Barrios  
Times staff writer

The education of students is being impacted everywhere as schools adjust their grading systems due to the stay-at-home order. Administrations are considering implementing a pass or fail method, which is receiving mixed reactions from students, teachers, and parents. Some argue that students' hard work won't be fully acknowledged by simply marking them as pass or fail, but this method is more beneficial to the

majority of students because it alleviates some of the stress caused by being stuck at home, having to adapt to online school, and coping with the pandemic.

A study done by Organisation for Economic Cooperation said, "Out of 72 countries consisting of 540,000 student respondents aged 15-16 years 66% of students reported feeling stressed about poor grades." With the pass or fail system, the stress that we normally feel after seeing our grades drop will be largely diminished. We are so used to the stigma of letter grades as if having an A or B is a personality trait that defines

us, but with a pass or fail system, these negative labels would be negated. Circumstances like family members losing their jobs and the student becoming the only source of income or having family that are vulnerable to COVID-19 shatters a student's attention span and ability to do well with remote learning. At the end of the day, they have to prioritize what will actually keep them alive.

Critics of the pass or fail system may say it ignores the work that students have already put into the year or rewards students who were failing before the shelter in place order, but a global pandemic

means we have to adjust. Social studies teacher Mr. Willemse said, "Considering the circumstances, I don't think it would be fair to outright fail most students who were in danger of failing when they left campus on March 13. Sure, I know there are students who are going to ignore the at-home learning assignments knowing that they'll most likely receive a 'Pass' grade, but we're in a global emergency." With the pass or fail system, students would only have to worry about aiming to pass instead of panicking that they

See Pass-fail on page 6

# The many benefits of meditation

By Khrislenn Garino  
Times staff writer

Deeply rooted in many religions, meditation has evolved over time to fit everyone. Only a couple minutes out of your day to meditate could make a difference.

“Meditation” is an umbrella term for the different practices of a variety of people, which makes it hard to say where it originated first. There is meditation for spirituality, mindfulness, movement, focusing, visualizing, and chanting. Considering the fast-paced society we live in, meditation is a great way to stay grounded and relieve stress.

The amygdala is a mass of grey matter inside the brain, and it is responsible for emotions, survival instincts, and memory. When people experience stress, the amygdala sends signals to the frontal lobe and hypothal-



Leila Vuskovic

Leila uses an app called “Calm” to find her inner zen.

amus, where the frontal lobe determines how to respond, and the latter turns on our fight-or-flight instincts. These days, people are constantly hit with

stress. Whether it be keeping up with our workloads or facing a worldwide pandemic, the stress is neverending. Studies have shown that meditation decreases

stress — one study even showed that the amygdala shrunk in those who meditated forty minutes a day for two months.

AP Psychology teacher Mr. Willemse explained, “So for many of us, our amygdalas are activating our stress response constantly throughout the day. This keeps our mind and body in an ever-present fight/flight/freeze footing, which is terrible for our mental and physical health. Meditation disrupts that pattern, and over time, rewires our brains so that we aren’t constantly defaulting to a survival response when we’re bombarded with the day’s stressors.”

Taking time everyday to sit down and meditate improves your overall well being. Luke Avery (11) fits it into his daily routine. “I meditate mostly at night, usually everyday or every other day to help me focus on sleeping and getting over the stress I have from the

day. I’ve been meditating for a good two years now, ever since I learned about Buddhism. I also have this app called Balance, which really helps me with my schedule,” he said.

Guided meditations are the way to go if you are just getting started. Leila Vuskovic (11) said, “Meditation for me is being outside in nature and focusing on my five senses. My mom and I think of it as being a state of mind of being in the moment. Calm is an app I use because they have specific meditations for test anxiety and sleep.”

Meditation helps to train the mind and reach a calmer self. The main focus is to redirect your attention to accept everything you’re feeling, emotional and physical, without judging and without opinion. Mindfulness meditation is a great way to manage your stress, something that’s been heightened this past month.

## Pandemic brings Golden Age for our fur family

By Isabella DiDonato  
Times staff writer

Pets liven up households and bring joy, comedy, and frustration. Usually while the kids are at school and the parents are at work, adoring pets are left at home for hours at a time. Due to the shelter-in-place order, however, this has changed. Now, kids, parents, and family members are home all day, everyday, with few exceptions. This pandemic is the golden age for pets, and owners are reaping the benefits, too.

From cats to dogs to birds, the vast majority of pets’ favorite part of the day is their family’s return home from being out and about. With their families home all day, our pets are receiving much more daily attention and affection. This naturally causes them to become happier. Samantha Harvey (11) noticed this in her cats as she said, “I think that they’re happy we’re home all the time.”

Juliana Davis (11) has noticed the same thing in her dog. She said, “My dog loves the extra attention he’s getting because we’re home all day.” These furry, or not so furry, friends are fully enjoying the effects of this quarantine.

While most animals are loving the ex-



Courtesy of Samantha Harvey

Samantha Harvey has a lap full of love while she does school from home.

tra time with their owners, others don’t know what to do with it. Will Melton (11) said, “My cat is pretty chill, but ever since

the shelter-in-place started, she has been scratching the walls, meowing, and whining a lot.” Maybe animals need alone time, too.

Although this outbreak has caused a lot of harm, our beloved pets are getting the love and attention they deserve while also helping us through the boredom and confusion and stress by being there for us. Senior Marina Garza said, “This is more of a reason why I wish I had pets.” Pet envy is real when Snapchat is filled with people quarantining with their furry friends, and animal shelters are emptying out as adoptions have increased.

Shannon Carew (11) jokingly went on a pet adoption website, and when she found a really cute cat, her family was not opposed to the idea. Because she doesn’t have any shows or trips coming up, she and her family realized this would be the perfect time to adopt a cat. “It really does help to bond because they need a lot of attention when they’re adjusting, and it’s nice to have her on my lap during class,” Carew said.

Sisters Sabrina and Camila Krenn (12) also adopted a cat and are loving all of the time they get to spend with their new family member. Camila Krenn said, “If we were still in school, we probably wouldn’t have had time to take care of a pet between homework and softball, but this was the perfect opportunity to get a new friend. Penny is super sweet and playful and makes the quarantine a little less lonely and more fun.”

## What is it that makes some of us early risers and some night owls?

By Lila Franco  
Times staff writer

When it comes to sleep, there tend to be two types of people: those who wake up effortlessly at 6 am... and those who hit the snooze alarm until finally getting up. Now more than ever, our sleeping patterns are affecting us. With no physical demand to be at school, it’s up to you to get out of bed at a reasonable time and motivate yourself to do schoolwork. Sleep patterns are in most cases reflective of your everyday lifestyle, but what is it that makes you naturally an early riser or a night owl?

The answer lies in your body’s circadian rhythm, which is a naturally occurring internal process that repeats a sleep and wake cycle every 24 hours to give your body time to rest. Everyone’s circadian rhythm is different, often due to different schedules.

When asked how her sleeping patterns have changed during quarantine, night owl Crystal Melton (10) said, “I used to sleep from 11pm-7am, and now I sleep from 3am-1pm or later.”

According to Wendy Troxel’s Ted Talk titled “Sleepy Teens: A Public Health Epidemic,” teenagers require more sleep because their circadian rhythms are longer and their brain

has not finished developing.

Since humans are creatures of habit, our body’s circadian rhythm becomes altered when it gets used to changes. For example, if you’re consistently staying up past midnight, your body will not allow you to rest until the wee hours of the night. Regardless of what time you decide to wake up nowadays, the night owl sleep cycle could be detrimental to your health.

Circadian rhythms are controlled by a portion of your brain called the hypothalamus, which can be affected by outside factors, such as light. When it’s dark, your eyes send a signal to the hypothalamus alerting

your brain that it’s time to rest. In addition, the pineal gland in the brain only releases melatonin into the blood when it’s dark. Therefore, artificial light coming from a TV screen or your iPhone can disrupt your body’s internal clock and trick your brain into thinking it’s daytime and time to be awake. So, if you tend to check your phone or watch Netflix before bedtime, it might take your brain longer to shut off and fall asleep. Your actions often determine whether you’re an early riser or a night owl, due to how they alter your lifestyle, which your circadian rhythm follows.

However, more factors affect

the circadian rhythm than just age and light. As AP Psychology teacher Mr. Willemse explained, “When you’re awake all day, your body builds up a byproduct called adenosine from thinking, and as it builds up, your body becomes tired. For example, for people that frequently drink coffee, adenosine production is continuously blocked by caffeine every day. This occurrence makes caffeinated people naturally accustomed to staying up longer.” Different habits like caffeine alter your brain chemistry through neurotransmitters, like adenosine, and as a result, your sleep pattern changes, so lay off the caffeine early.

# Trends of the Times

## “Animal Crossing” hits the streets

By Robert Ace Gonzales  
Times staff writer

For the sake of both our safety and others, we’ve got to stay inside. Luckily, Nintendo has helped many by conveniently releasing the long-anticipated game “Animal Crossing: New Horizons.”

With this game, you’ve just won a getaway-package to a tropical island and are thrown onto a deserted island. Tom Nook, the Tanooki who’s funding this whole venture, helps you and the other two random villagers on the first night. Tom Nook provides a multitude of services ranging from lending out tools, a smartphone service, a tent, and even the construction and expansion of your own house. But uh-oh, it seems that you’ve forgotten all your money at the airport. Fortunately, Tom Nook’s willing to buy anything you sell him: wood, fish, bugs, weeds, or flowers. He pays you in Bells, and you’re able to pay off your debts, as well as purchase items from him.

It’s your job as the Resident Representative to spruce up and customize your island as you see fit. The limits are endless: you could make a park, a camp,



Robert Ace Gonzales / Terra Nova Times

**Even though you can’t actually party with your friends, you can here.**

a cafe, an outdoor gym, a sauna, a zen garden, a museum, a convenience store, a fruit orchard, and much more. With this new entry in the series, you can now even manipulate the land however you want. You’re also able to sell plots of land that

villagers could move into. The species of villagers range from dogs and penguins all the way to octopi and bears, but each one has their own personality and looks.

What makes the game so appealing at first glance is the fact that the game

runs in real-time. Meaning if it’s 8:04 AM in real life, it’s 8:04 AM in the game. If you want to buy some furniture in the local shop that opens at 9:00 AM, well then, I guess you’re going to have to wait about an hour doing something else.

Samantha Lee (11) said, “For me, ‘Animal Crossing’s’ like a little escape from being stuck inside through its cute graphics and getting to create your own island life? It actually made me cry ‘cause I have an April birthday and couldn’t be with any of my friends to celebrate in real life. But, the animal in the game actually threw me a party and it was just extremely heartwarming. In an odd way at least.”

Another player, Dominic Gradeja (12) said, “‘Animal Crossing’ is the perfect game for keeping your mind off the quarantine. When I wasn’t able to go outside, I started playing the game, and I did things like build furniture, craft my house, fish, and many other things to pass the time. And when I missed my friends, they flew to my island, and we were able to hang out with each other. Animal Crossing’s one of those games that look boring, but it’s an expansive game that’s gotten me and many others hooked on it’s simple premise. Anyone with a switch should pick up.”

## Kicking butt and cutting hair

By Maile Harris  
Times staff writer

With everyone in quarantine, boredom is bound to hit. In this dull time, people have turned to many new things — crafting, cooking, or exercising. However, one activity has gained popularity: DIY haircuts.

Many have taken this time to switch up their look and try something new. Liam Schaefer (12) said, “My hair was just really long, and I’ve wanted to shave my head for a while, and I was like ‘Now’s the perfect time to do it because it’s not like I’m going to see anyone for months at a time.’”

Many have taken advantage of the stay at home order to take risks because of the lessened anxiety of who’s going to see it.

Some have also taken this time to make a cut they’ve been planning for a while. Isis Vallero (12) said, “I was kinda just bored and tired of my hair to be honest. I’ve had long hair and short hair and have dyed it, so I wanted to just like restart it. My older sister also shaved her head during senior year, so it’s like a homage to her I guess.” They also stated that they originally planned doing it over summer, but now is the perfect time to do it.

Most people did their own DIY trim in quarantine, but there are many ways to go about getting a new hairdo. Asking a family member you trust and live with to help you out is a great alternative to cutting your own hair. You can also look up inspiration online and find a video that gives step by step

instructions on how to begin your hair journey. Sophie Byrne (10) said, “I cut it myself. My sister and I have searched up a few videos on it. It was more scary than difficult because the videos were easy to follow.”

Using the right tools are necessary for cutting as well. While traditional hair cutting scissors are preferred, anything that can make its way through your hair will work. Byrne also said, “I thought it was a good time to try something new, so I just used some special scissors my mom had that she uses to trim my hair.”

This trend is so huge, teachers are even getting in on all the fun. Mr. Willemse shaved his infamous beard, mainly out of boredom and from becoming stir crazy. However, he said, “I read that it might help #flatten-the-curve by lowering the risk

of transmission, but I also read in other sources that beards don’t actually increase the risk of transmission.

In either case, I regretted shaving my beard immediately, and I plan on growing it back as soon as possible. It was one of the worst mistakes I’ve ever made in my life, and it won’t happen again!”  
Happy haircutting!



## Bizarre news

By Robert Ace Gonzales  
Times staff writer

It should’ve been the Easter morning that the residents of Florida were accustomed to. This all changed upon opening their mailboxes where hundreds of mailboxes were just spilling with colorful Easter eggs. This spectacle resulted in arresting Abril Cestoni. She had made hundreds of eggs and claimed to have driven around for hours distributing the eggs containing goldfish crackers, packets of drink mix, pieces of toilet paper, and over 400 of her homemade pamphlets depicting various sex acts. After her arrest, she claimed that it was for research.

Wondering if you’ll run out of toilet paper this pandemic season? Well, throw your fears away because Ben Sassoon and Sam Harris created a website that calculates how long your toilet paper will last you through this quarantine. The calculator factors in basics such as the amount of rolls you have and the amount of times you visit the loo. Hidden in the advanced options are factors such as wipes per trip, the number of sheets per wipe, sheets on the roll, and people in the house. It was created to discourage panic buying from stores by showing that most users are well stocked for this quarantine.

Arcade owner Rob Braddick found a way to cheer people up amongst the uncertainty of the future. He came up with

the stroke of genius after hearing that many of the concerns of his customers were over the pandemic. He filled his arcade claw machines with toilet paper and hand sanitizer. His customers noticed the joke and were quick to upload it on social media. It wasn’t long until many had seen the circulating ridiculous picture. At the very least, three tries for the claw machine only costs a dollar.

Sadly, a tragedy has been struck upon the chocolate milk lover community. Unfortunately shortly after chocolate milk was shipped away in Poland, the truck got into a minor accident and spilled its chocolatey goodness all over the road...12 tons worth. The driver himself only suffered minor injury, but

the same couldn’t be said about the milk. But there’s no use crying over spilled milk. The weapon being used to destroy the sticky milk is hot water.

Whether you watch it online, through a movie, or game, there’s always a thrill through a car chase. At the end of March in Washington state, traffic control officers were chasing a speeding car down the highway. Eventually, the car reared to the right and fell off the road. In the car was a pitbull in the driver’s seat and a 51-year-old man in the back. Upon his arrest, the man claimed that it wasn’t he who was driving, but his dog. Sadly for him, he had left evidence of the sticks he was using to drive the car from the passenger seat inside.

# ~Virtual Spirit Week Recap~

## Master Chef Monday



Skylar Abellera



Isabel Morrow

The Abellera family had fun making cherry turnovers, and Izzy made cookies.

## Tiger King Tuesday



Ashley Karkazis



Amanda Mrad

The Karkazis's and Amanda showed off their tiger pride.

## Hobby Hump Day



Buddy Vaughn



Lia Warnke

Buddy has been playing Animal Crossing, and Lia has been making masks.

## Throwback Thursday



Ally Skofus



Alana Huesser

Ally reminisced about track and Alana threw it back to the Disney+ rally.

## AP Tests

Continued from Page 1

of my own home rather than a classroom.”

**AP European History** will also take place Wed. May 13, but it will take place at 1:00pm. The exam will consist of a modified DBQ, which will take the entire 45 minutes and another 5 minutes to upload. The modified DBQ will only have five sources to analyze and write a response to. You can check out the rubric on the College Board’s website. This exam will only cover units 1-7 of AP European History. The makeup exam will take place Jun. 2 at 11am.

Next is **AP Chemistry**, which will take place Thurs. May 14 at 11:00am. This year’s exam will give students 25 minutes to complete question 1 in 25 minutes, and 15 minutes to complete question 2 (not including an additional 5 minutes for each to upload); they are also both long free response questions. The exam will only cover units 1-7 of AP Chemistry.

The makeup exam is on Jun. 2 at 1:00pm.

The **AP United States History** exam will take place on Fri. May 15 at 11:00am. This year’s exam will consist of a modified DBQ which will only have five sources to analyze and write a response in 45 minutes. The DBQ will only cover units 3-7 of AP U.S. history, but it will be your choice to provide context through periods 1 and 2. If you are unable to take the exam on May 15, the makeup exam is on Jun. 3 at 9am. APUSH teacher Mr. Willems said, “The modified AP exams aren’t ideal, but considering the circumstances, what other way is there to administer them? The other alternative is to cancel AP testing, but a lot of students are dependent on getting a pass score to help alleviate the expense and demands of college later on.”

**AP Environmental Sciences** will take place on Mon. May 18 at 1:00pm. The exam will consist of 25 minutes to answer question 1 and 15 minutes to answer question 2. This year’s exam will only cover units 1-7 of AP Environmental Sci-

ence. The makeup exam is Jun. 3 at 11am.

Next is **AP Music Theory**, which will take place May 19 at 9am. You will have 25 minutes to respond to question 1 and 15 minutes to respond to question 2 which is sight-singing. The exam will only cover units 1-7 of AP Music Theory. The makeup exam will be offered on Jun. 4 at 1pm.

**AP Psychology** will take place on May 19 at 11am. You will have 25 minutes to answer question 1, which is concept application and 15 minutes to answer question 2, which is research methods. This year’s exams will only cover units 1-7 of AP Psychology. The makeup exam is on Jun. 4 at 1pm.

**AP English Language and Composition** will take place on May 20 at 11am. The exam will consist of a rhetorical analysis response that will take 45 minutes. The exam will only cover units 1-7 of AP Language and Composition. The makeup exam is on Jun. 4 at 9am.

**For AP Studio Art: Drawing** classes the deadline to submit portfolios has been extended to May 26, 2020.

## Pass-fail

Continued from Page 3

are borderline about to fail, lifting a burden off of their shoulders during a stressful time.

No grading system can accommodate everyone, especially during these times. The pass or fail system, however, is the best way for everyone to maintain their access to education and opportunity to succeed regardless of their living situation. Many students are at a disadvantage when it comes to online learning due to issues with technology, and this can negatively affect their overall GPA; while the school district has

done what it can to make sure everyone has a device and internet access, numerous problems remain. No student should have to be at a disadvantage because of factors that they cannot control, like access to the internet.

Surraya Morrow-Mahasin (11) said, “Personally, my anxiety has gone through the roofs, and my panic dealing with school work, being behind, and trying to have help has increased as well. Having a pass or fail system with an easy idea of understanding how students are to be graded would be a great way to make learning easier. With times like these, it shouldn’t be about the workload, but sadly it is.”

## Elections

Continued from Page 2

no longer possible, politicians like Joe Biden and Bernie Sanders, who recently dropped out of the race, have had to adopt alternative ways to promote their agendas. Biden has created a podcast called “Here’s the Deal” on Mar. 30, which includes episodes that discuss issues, mainly his vision on dealing with the pandemic. Sanders has taken to giving live speeches, virtual events, and hosting virtual roundtables.

The Democratic National Convention has been postponed from July to the week of Aug.

17, just a week before the Republican National Convention. At these conventions, the nominee for each party is chosen, and the party’s principles and goals are determined. In a press release, DNC CEO Joe Solomese said, “In our current climate of uncertainty, we believe the smartest approach is to take additional time to monitor how this situation unfolds so we can best position our party for a safe and successful convention. During this critical time, when the scope and scale of the pandemic and its impact remain unknown, we will continue to monitor the situation and follow the advice of health care professionals and emergency responders.”

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