

# Terra Nova Times

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Terra Nova High School

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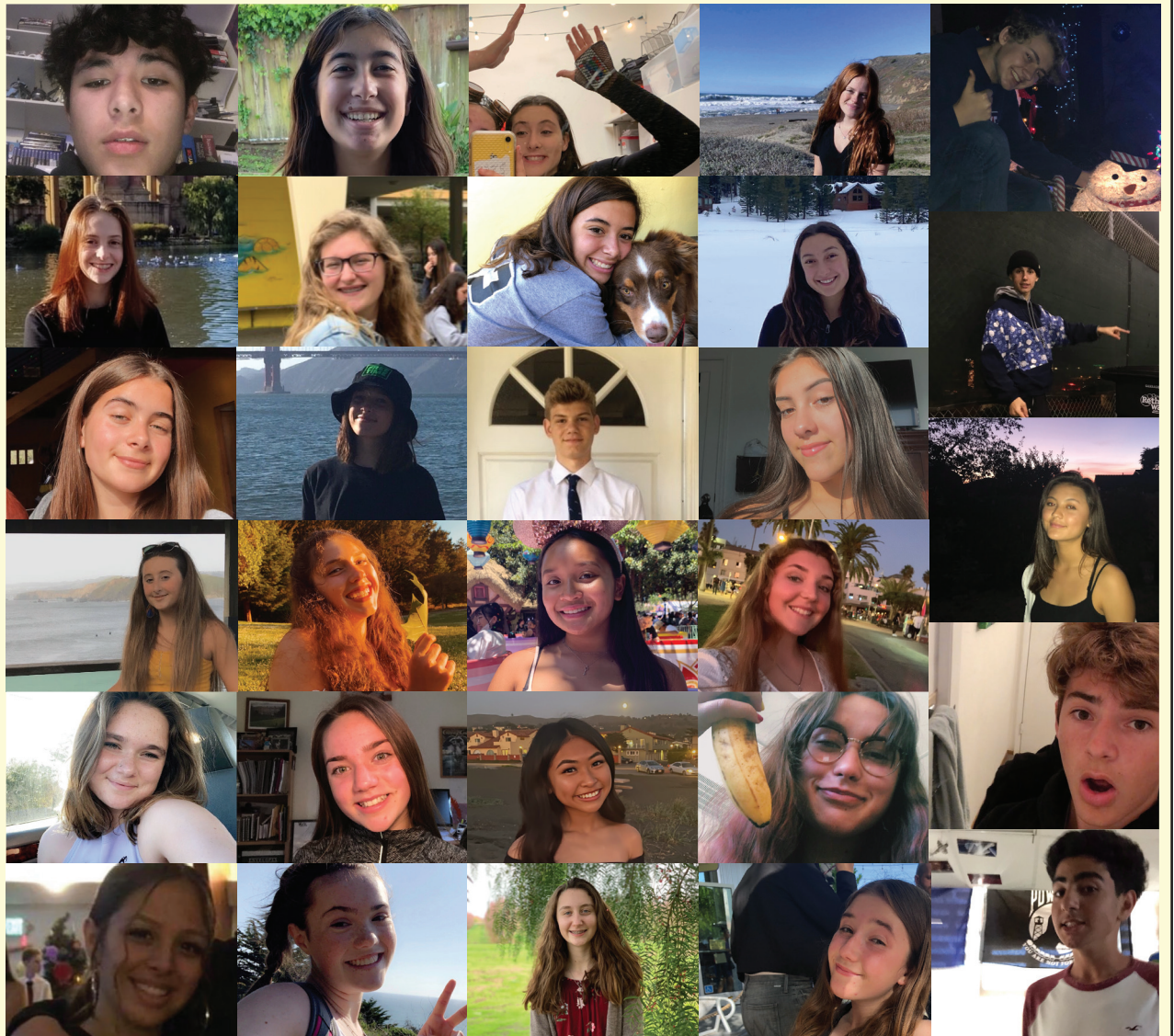
## Student body elections are today

By Maile Harris  
Times staff writer

Despite all the changes to our school year, one thing has stayed the same: elections. Today, elections for sophomore, junior, senior, ASB, and commissioner candidates will be open for voting.

Voting will be held online, as it was last year. Usually TN elections are a public affair, with posters in all of the hallways and around campus. Beginning last year, speeches were recorded in classrooms before voting. Due to the new AHL program, however, campaigning has been forced to adapt. No longer can candidates do in-person campaigning. Instead, a virtual campaign has been underway. Amanda Mrad, the outgoing ASB president, said, "This year, all the campaigning is moved online. The candidates did a great job sending in self-recorded speeches which are posted on our Instagram @terranovalpride. In addition to the speeches on @terranovalpride, several candidates have created campaign videos and posters that have been shared across social media by themselves and their classmates. A link to the online ballot will be posted in English teacher's Google Classrooms and on social media. We will announce the winners of the election via social media next week."

Not seeing our fellow students has been a difficult change, but this election aimed to create as much normalcy as possible. Mrad said, "The elections have been a nice way for students to reconnect with classmates by communicating about the elections and seeing posts. It's also nice to hear the candidate's enthusiasm about the progress they are excited to make next year and do their best to support students next year after all the tough times we've had lately." Mr. Escalante was unable to be reached for comment.



Courtesy of Maile Harris

Meet your candidates for the 2020-21 school year.

## Governors work together to get the job done

By Catherine Raman  
Times staff writer

In this troubling time, most of us are probably wondering when we will be able to return to normal everyday life. The real answer to that question is that there is no definitive answer as of right now; however, states all over the country have been taking proactive steps and working together to reopen the economy. The "Western States Pact," "Eastern States Pact," and a coalition of Midwestern states have formed in order to coordinate a plan for their regions.

On Apr. 3, the three governors of the Western coastal states — California Gov. Gavin Newsom, Oregon Gov. Kate Brown, and Washington Gov. Jay Inslee — announced that they would form this pact on reopening the three states' economies. Newsom highlighted six indicators that would enable a modification for the stay at home order: "The ability to monitor and protect our communities through testing, contact tracing, and supporting those who are positive or exposed; the ability to prevent infection in people who are at risk for more severe COVID-19; the ability of the hospital and health systems to handle surges; the ability to develop therapeutics to meet the demand; the ability for businesses,



Nina Young / Terra Nova Times

Three groups of governors have banded together to plan how to reopen.

schools, and child care facilities to support physical distancing; the ability to determine when to reinstitute certain measures, such as the stay-at-home, if necessary." All of these indicators have to be taken into consideration before

businesses and schools will reopen. Several Midwestern states have also decided to coordinate their reopenings, including Michigan, Ohio, Wisconsin, Minnesota, Illinois, Indiana, and Kentucky. The governors announced, "Our

number one priority when analyzing when best to reopen our economy is the health and safety of our citizens." Governor of Indiana Eric Holcomb said, "We're all thinking about that smart restart, opening of our states in a very gradual, methodical way if the numbers continue to hold and the trends continue to hold."

The Eastern States Pact is a pact between seven eastern states, including New Jersey, Connecticut, Pennsylvania, Delaware, Rhode Island, Massachusetts, and New York, who have all decided to work together to gradually reopen their states safely. The goal of the Eastern States Pact, like that of the Western one, is to limit the potential outbreaks that may emerge in the process of reopening their states. Governor Andrew Cuomo of New York said during a press briefing that the decision will be made, "guided by experts, data and science." These pacts were made shortly after President Trump said that he had the ultimate decision to reopen states, a statement quickly refuted by Constitutional scholars and pundits alike.

Unfortunately, none of the plans contain the specifics yet as to how and when states will reopen; however, the various pacts indicate that the nation's shelter in place will not last forever. There will be a unified response soon as to how to open the economy.

# Police now enforcing county orders

By Catherine Raman  
Times staff writer

You have probably seen the phrase “Stay home. Save lives,” since this quarantine has started and many social media posts with the sticker to “stay home.” These are not just cautionary warnings to stop infections, they can also prevent you from getting in trouble with law enforcement.

According to San Mateo County’s current shelter-in-place order, “Outdoor recreational activity must take place within 5 miles of the individual’s residence.” Since there have been reports of fewer infections and deaths in certain areas, more and more people think it is now okay to go out for unessential purposes, leading to crowded beaches in Pacifica when the weather turns sunny. In fact, last weekend, Pacifica police officers patrolled Linda Mar Beach, speaking with over 400 people and sending nearly 300 of them home because they were outside of their five-mile radius.

City officials are expressing alarm at the number of out-of-area beach visitors. In an April



Alyssa Jenkins / Terra Nova Times

**The police have started to enforce the shelter-in-place with fines and warnings**

20 press release from the Pacifica Police Department, Pacifica Mayor Deirdre Martin said, “The City of Pacifica is committed to following the Health Officer’s orders in order to mit-

igate the spread of Coronavirus, while also continuing to allow the public within a 5 mile radius to safely access our beautiful beaches. However, the data we’ve collected and the

enforcement we’ve had to take suggests many are not taking these orders seriously. This is alarming because unsafe conditions are occurring and, as a result, the City, in coordina-

tion with the State, may be left with no choice but to close the beaches entirely to everyone unless conditions improve.”

Health experts warn that if we start easing off the restrictions, a potential second wave could emerge that would send us into another strict shelter-in-place order. According to an article published by Kaiser Health Network, “Lowering the number of cases is important, but it doesn’t mean the virus is disappearing. The thing people get wrong is that just because we probably have passed the peak of new cases is that it is now not a matter to worry about. But, the pandemic has not ended and if we don’t follow sheltering-in-place orders that could have negative effects since there’s no cure and the virus is by no means gone yet.”

As of now, the Bay Area’s shelter-in-place is in place until May 3, but this date is subject to be pushed back. People can still go for walks and hikes and go out for essential business, as long as they follow social distancing measures, wear a mask in stores, and stay within five miles of their home for non-essential business.

# Antibody tests promising, come with concerns

By Peyton Dulay  
Times staff writer

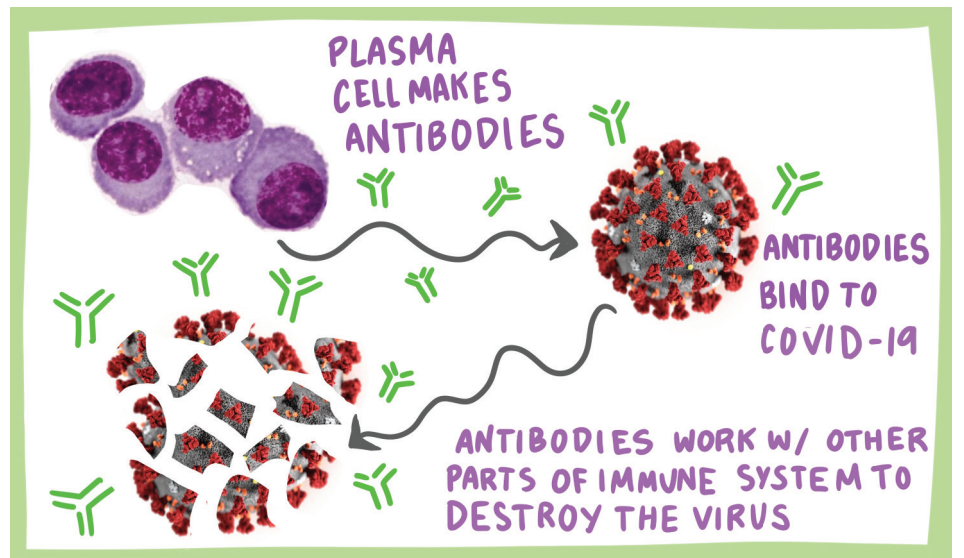
Scientists all over the world are working to discover more about COVID-19 using new testing methods. The medical field is attempting to gauge how extensively the virus has spread and when society can safely reopen by utilizing a technique called antibody testing.

The test is called Serological Enzyme-Linked Immunosorbent Assay — or for those of us without a medical degree — ELISA. Despite its fancy name, ELISA is essentially an antibody test like any other — it checks to see whether you have the antibodies to SARS-CoV-2 (COVID-19), which basically shows whether you have previously contracted the virus. If you test positive for the antibodies, it means your immune system has had contact with COVID-19 and has made the antibodies for it, meaning your immune system was able to fight

it off. If you test negative, it means you have not been infected by the virus, and therefore, you can still contract it.

The main advantage to this testing method is that it can track people who are asymptomatic (show few or no symptoms). Dr. Micheal Osterholm, an infectious disease expert from the University of Minnesota, said, “The hope is that scientists will be able to use the information from these tests to figure out what portion of the population has come in contact with the virus and is potentially immune to it and what portion is still at risk. From there, we can figure out how much longer to wait until letting restrictions on social interaction ease or if there are certain areas less at risk, that kind of thing.”

Despite the advantages of this testing, there are concerns. For starters, it is often difficult to properly catch and identify the antibodies someone has. Dr. Osterholm said, “Since it takes about one to two weeks for the body to produce antibodies after catching COVID-19, there



Nina Young / Terra Nova Times

are a lot of people who get the test done but turn out negative, even when they shouldn’t. The test may not find someone currently infected to have the antibodies, even though they will get them, making time a big factor that plays

into the accuracy of the tests results.”

Another issue that has arisen is false positives. When the test was first being used, companies attempted to mass-pro-

**See Antibodies on page 6**

# Both large and small corporations are pitching in to help others

By Rose Kleinfeld  
Times staff writer

While many unessential businesses have been forced to close as a result of COVID-19, those deemed essential have remained open and begun to step up and help their communities. Big companies such as Facebook and Yelp are donating millions to relief funds for small businesses, whereas others have given directly to the healthcare

industry. Ford Motor Company, Crocs, and All Birds are donating healthcare supplies, Ford is 3D-printing face shields, and Crocs and All Birds are donating thousands of free shoes to healthcare workers across the country.

The main motive for these companies is to keep their employees employed and to retain customers for the future. According to a recent survey from the American Association of Advertising Agencies (4A’s), researchers found that, “Fifty-six

percent of consumers report being happy to learn about how brands are helping in response to the coronavirus pandemic.” The more that companies donate and organize charities, the more likely consumers are to support and purchase goods from those companies in the future. Many companies have lost a significant amount of sales as consumers are forced into financial insecurity due to a reduction in wages. Since most people aren’t in a position to

be spending money, companies have decided to support the broader economy by providing for the healthcare industry.

While many larger companies are stepping up to improve the general well being on a larger scale, many smaller and more local businesses have done the same on a smaller scale. Tripp Distillery, a local distillery, made the switch from manufacturing alcohol to making hand-sanitizer to keep the paychecks rolling. Jason Tripp, who owns the

distillery on Palmetto Avenue, said, “I had to find a way to keep from laying off my employees. At the time, I had no idea people would buy the sanitizer or not, but I knew if I didn’t try nobody would be getting paychecks. As soon as we announced sanitizer for sale, I had corporations trying to send out trucks to buy everything we had. To make sure everyone in Pacifica could get some, I limited sales and switched to only advertising on Pacifica Nextdoor.”

# Appreciate your medical staff

By Emily Galicia  
Times staff writer

The COVID-19 pandemic is leaving us with no option but to stay home and safe, but there are those who are still working even through these hard times.

Frontline health workers like paramedics and medical staff work endlessly day and night to help anyone who has been infected by the virus. Working nearly sixteen-hour shifts a day, paramedics are exposed to numerous cases of COVID-19 a day, while in most cases, having to use one set of N95 masks, a disposable gown, booties, and goggles per shift. Most of these health care providers are forced to isolate themselves from their families due to the constant exposure to the virus. Recently, hotels like Hilton have been offering free rooms for frontline workers in order to distance themselves from their families in a safer way without having to pay for a room.

In an interview by “The City,” New York City paramedic Sherry Singleton expressed her concerns after a fellow coworker and friend came down with



Mackenzie Pelletier / Terra Nova Times

**Healthcare workers are battling the virus, stress, and long days right now.**

the virus. Singleton said, “We’re seeing the pushback now. People know what we do, and there’s this invisible barrier and we’re on the other side of it. The only people who get it, really, are the people we work with.” First

responders are really giving it their all with the taxing work they do, and many people across the nation are showing their gratitude for their courageous acts.

To show gratitude, many people have applauded, cheered, and even howled to

show their appreciation. Recently, another paramedic, Tayla Porter, was leaving her house for a shift, and her neighbors came outside and applauded for her and gave her a box of chocolates. Tayla and her sister Ali admitted that they had barely known anyone in their neighborhood, and yet all of them came out onto their balconies together and showed their gratitude for her work. Ali said, “She couldn’t believe that people would even notice what she’s doing. She just loves her job. I had no idea the whole street would come out. I just thought it might be our next-door neighbors and the house opposite. What I didn’t realize was that every single house has at least one person come out to clap for her.”

Not only is it just first responders and health care staff that are getting praise for their work, but it is also those in cleaning services, grocery clerks, and those who are still working during this difficult time. Many franchises like Starbucks and Krispy Kreme are also showing their appreciation for these heroes by offering a free tall coffee or free dozen original glazed doughnuts for qualifying frontline health care providers.

## Everything is relative

By Peyton Dulay  
Times staff writer

The shelter-in-place orders have, for many of us, taken away our sense of structure and, likely, our sense of time. The days seem longer while also seeming shorter, and the months of 2020 have all been different lengths of time, but how does that work? Our perception of time is shaped and controlled by factors such as age, emotion, and memory.

Basically, the perception of time is an individual’s subjective experience of the perceived duration of events, and everyone’s is slightly different.

There are people who do not even have a perception of time due to a dysfunction in the cerebellum called dyschronometria. There are certain things that can slow or lengthen our conception of time.

We always hear adults complain about how their childhood seems so far away, and they warn us about how everything in their younger days seemed to fly by, and they aren’t wrong in doing so. The reason why time seems to escape us and go super fast lies in the two ways our brain perceives time. Psychologist Dr. Broadway from UCSB said, “When it comes to how we perceive time, humans can estimate the length of an event from two very different perspectives: a prospective vantage, while an event is still occurring, or a retrospective one, after it has ended.”

When looking back on events, whether they felt long or short comes from our memory. Our brain creates new memories based upon new experiences, not familiar ones.

Our retrospective perception of time is based on how many new memories are encoded into our brain over the duration of an event. For instance, if you go on a week-long trip and do a lot of things you’d never done before or even gone somewhere new, when you look back on the trip, it will seem longer than a week. The more memories we create during an event, the longer it’ll seem. This explains why people feel their childhood days were long and fast — we tend to learn a lot of new skills during our childhood and teenage years and experience a lot of “firsts,” creating lots of new memories. Often



people feel that the trip to a destination was longer than the way back home. This is because on the way there, our brain is working hard to encode the new places and views into its memory, but on the way back, it’s already seen everything, thus not creating new memories.

People always say that time flies while they’re having fun, and the reason behind that comes from how emotions affect our perception of time. The idea that time goes faster when you’re having a good time is explained by something called the dopamine clock hypothesis. Dr. Broadway said, “This theory is basically the idea that the higher the levels of dopamine, a neurotransmitter in your brain associated with motivation and reward, the faster your internal clock runs, making time go by faster.” This means the opposite is also true. Events that make us

feel bored, scared, or dull seem to take forever. The less fun we have, the longer the task or event takes to be completed, no matter how long it actually takes.

This concept connects to why certain months or weeks feel longer than others. January often feels long as it comes right after a fun-packed Holiday season and is full of nothing but work and school, making it a dull month.

March is often the same way, and especially with the shelter-in-place orders, everything seems to take forever since we spend our time either bored or anxious.

To make the time go by faster, try to do things you take joy from or convince yourself that what you’re doing is fun, and you’ll be surprised by how the time changes.



## Network TV shows feature characters who are trans and non-binary

By Amelie Taylor-Binard  
Times staff writer

There has been an increase in TV shows this past year that are highlighting trans and gender non-binary characters, treating them like whole and complete people rather than tokens and fetishes, which is a huge step forward in normalizing queer life, especially since these shows are now part of the biggest networks’ main lineups.

There is something called “queerbaiting” that a lot of shows/movies have done, and

it is called this because it’s meant to attract a queer audience. Queerbaiting is defined as “a marketing technique for fiction and entertainment in which creators hint at, but then do not actually depict, same-sex romance or other forms of LGBTQ representation.”

The Independent Newspaper explains why this is so harmful, saying it, “refrains from embracing the minority while using queerness as a way to get more viewers and money.” Tiana Cole (12) felt passionate about the topic and further explained how it affects viewers:

“For producers to hint that there might finally be some representation and then not follow through is not okay. That gives an extremely harmful message to the LGBTQ+ community saying that maybe they can’t find a good, healthy relationship.”

Here are three shows in particular all incorporating trans and non-binary characters. To begin, we have FOX Network’s crime show “Deputy,” in which American actor Bex Taylor-Klaus plays the character of “an upwardly mobile and impeccably stylish deputy” Bishop. Taylor-Klaus spoke about their ex-

perience with altering the character to stay dimensional and interesting, “The main things that changed were identity pieces, visual pieces, the aesthetic pieces, but the spirit has remained the same throughout all of Bishop’s iterations, and I love that.” Taylor Klaus also explained the importance of this character when it comes to accurate representation: “This is an introduction. So we want to do that justice. And at the same time we have to balance that with these are real human beings. These are real people and the discussion has to feel real

and not like an explanation.”

Cole said, “Being able to see other people like you is so important to feeling welcome and accepted in the world, especially if your identity has a history of being criticized and cast out.”

Next is musical series “Zoe’s Extraordinary Playlist” on NBC in which American actor and singer Alex Newell aims to be the Queer Black Icon he never had. This actor was able to channel real-life experiences to draw from when playing Mo, who is the main character Zoe’s neigh-

**See TV on page 6**

# Choosing a college is a big decision

By Christina Arakelian  
Times staff writer

Whether you're a freshman, sophomore, junior, or senior, the idea of going to college has crossed your mind at one point or another. Going to college is a lot more complicated than just committing to the first one you get accepted to. There are so many factors to consider when choosing where you want to be for the next four or more years.

Nicole Hosemann, a college advisor at On My Way Consulting, advised, "A good college search should start with self-reflection! You have to know who you are to know where you are most likely to thrive, both academically and socially. I recommend that students think about what sort of learning environment they want, as well as the social environment. Equally important, students should look closely at the majors and programs offered by each school, and pick colleges that are strong in the areas of study that interest them most."

One of the most important factors to consider is whether a school has a good program for your major. It's important to know which program you want to get into

so that you can choose which school will be able to provide the educational opportunities you're looking for. Senior Tiana Cole said, "I started getting really into chemistry when I took both CP and AP with Ms. Gutierrez. I found it super interesting and fun and I was really excited about how it applies to so many different environmental issues. UC Berkeley has the #1 chemical engineering program in the world, so as soon as I was accepted, I knew I was going to go there."

While the educational aspect is very important, it's also key to know if you align with the social atmosphere and learning environment at a particular school. You want to make sure that you'll be happy with the people surrounding you, whether it's in class, your dorm room, or sports teams. UCLA freshman Stephanie Chu said, "I knew UCLA had a great community and people were really happy living there because we have what we call the Hill, which is where all the dorms and restaurants are. It's a concentrated place with people of all backgrounds and diversity. I knew that I wanted to go somewhere with a diverse student body, as well as a place that wasn't stressful at all to live at."

It's also important to take into ac-



Jeanette Vance

Twins Amanda and Virginia Vance are ready to go to their new colleges.

count what kind of learning environment you want to be in. Do you want a smaller or bigger class? If you need a more one-on-one learning experience, a class with over 200 people could be rough.

Being accepted to your dream college is only getting harder. Admission rates are dropping, requirements are changing, and grades are inflating.

Hosemann said, "Students are applying to more colleges, and in spite of shared applications like the Common App, the process is more complex because requirements often differ between colleges. Students feel a tremendous amount of pressure to 'perform' in high school, largely driven by fear that they won't be admitted to a college they like."

## The pros and cons of living in California

By Heidi Barrios  
Times staff writer

Living in California has its ups and downs. California is no doubt one of the most beautiful states because of our cities as well as the beauty of our nightlife. However, as much as California has its advantages, there are almost as many disadvantages.

**Traffic:** California is the most populous state in the nation. Almost every county has a bus line, but most people have a car. According to CNBC, California has the fifth-longest commute times in the nation, probably because we have 15 million registered vehicles on the road in the Golden State.

**Environment:** One of the best things about living here is our environment is absolutely beautiful. We have more national parks than any state in the union (nine total parks). From Yosemite



Heidi Barrios / Terra Nova Times

California has a plethora of beautiful beaches and sunsets.

to Joshua Tree, Cali has all of the wilderness you could want. And then there are the countless beaches to watch the sunset on with friends and family.

**Cost of Living:** We all know how a lot of us practically need to be millionaires to live in our gorgeous state. According to a 2017 New York Times article,

"California cities have some of the most restrictive building laws in the nation, and this is a big reason why the state's per capita home supply is 49th out of 50 states, and why it costs so much to live here."

**Culture and Diversity:** When compared to the rest of the country, we take first place in diversity. This doesn't just mean we have a spectrum of different races, it also means that we are diverse economically, religiously, and politically. In a study done by the US Census Bureau in February, "California is the most culturally diverse state and ranks sixth in political diversity, 11th in economic diversity, and thirty-second in religious diversity. California's total diversity score is 70.89." (Compare that to West Virginia, which has a diversity score of 58.29, last in the nation.)

**Highest Tax:** California has the highest sales tax in the nation. According to CA.gov, as

of 2018, California's sales tax reached 7.25%, although counties add on even more than that. Gas also had a special place on this list. Just last July, California's gas tax increased from 41.7 cents to 47.3 cents per gallon.

**Bragging Rights:** This is the best advantage of living in California. You can brag about how easy it is to get to Tahoe, Yosemite, and LA. You can also talk about all the boba shops that aren't found out of Cali. Only a couple of other states have the pleasure of having an In-N-Out in their state.

**Natural Disasters:** Whether it's fire, earthquake, mudslide or drought, natural disasters are inescapable here. In Southern California, there are 140 earthquake faults that can cause large earthquakes according to the Southern California Earthquake Center, and Terra Nova High School lies on an earthquake fault line of its own and is 7 miles from the San Andreas.

## Now is the perfect time to start an easy at-home garden

By Emily Galicia  
Times staff writer

As of now, it's clear to say that many of us have faced peak boredom. One of the things that some people have started doing to cure boredom, is creating a garden at home. Here are some tips to help you get started.

**Choose a location:** A garden can start anywhere. Choose a place indoors or in your backyard, where there's a good amount of sunlight. Most fruits and veggies will need direct sun, whereas greens, herbs, and roots will typically grow with partial shade, plus greens can

start growing again in water and can later be transferred into soil. If a plant needs direct sun, and you don't have access to that, put a clear plastic container over the plant, creating a mini greenhouse.

**Use what you have at home:** To reduce the amount of times you go to the store, use supplies you have at home. If you don't have seeds, don't throw it, grow it. Using seeds from apples, avocados, potatoes, pineapples, and even onions — anything can be grown with the proper care. If you don't want to build a garden bed, reuse some old yogurt containers, egg shells, egg cartons or even old take-out containers. If you don't have fertilizer, you can use compost

such as the eggshells or coffee filters.

**Taking care of your garden:** Once you have planted the seeds, make sure they aren't overcrowding each other. The seeds need room to spread their roots in order to grow, so make sure there is at least a couple of centimeters to an inch between them. Make sure to pluck those weeds. Weeds are bad for plant growth, so make sure to watch out for them and pluck them from the soil. Also, don't over water your plants or under water them. Plants need roughly one inch of water per week, and if the soil feels dry, water it a little. To make sure water covers the soil evenly, pour a tiny bit of water on the back of your

palm and let the water fall down your fingers onto the soil. Make sure you know what type of plant you're growing so you know how much to water it.

Gardening is very beneficial for reducing stress, anger, and depression, as well as improving your immune system. Since we're all stuck at home, create your own garden. Though gardening takes time, it is worth it to see what you can grow during the shelter in place. Senior Ava Burk said, "I recently started my own home garden after seeing it on social media — it has really kept me somewhat occupied over the shelter in place. I can't wait to see how my garden will turn out in a few weeks."

# Eating healthy during a pandemic

By Christina Arakelian  
Times staff writer

Watching or reading the news these days is a terrifying thing. We're forced to stay home as more and more bad news seems to be coming our way, so it's no surprise that a majority of us are riddled with anxiety and stress. Just like in any other stressful situation, our eating habits change based on how we feel.

While some people are taking this time to eat better and get toned, it's hard for some to find the motivation to do much. Gyms are closed and going to Costco can end up in a fight to the death for the last box of pop-sicles. Home workout equipment has had a spike in sales recently, so if you had a certain type of treadmill you've been wanting, you better act fast.

Let's face it: A lot of us are at home in our pajamas every



Sabina Surmaitis

**Sabina enjoying her favorite healthy snack, baby carrots, which are cheap and easy.**

day and eating out of boredom or stress. During times of anxiety, our bodies produce a stress

hormone called cortisol, which causes us to have a greater appetite. This leads to our bod-

ies turning to high-calorie and high-sugar foods because they provide a short boost of energy

as well as dopamine, the feel good hormone. In a survey conducted by the American Psychological Association in 2013, 38% of surveyors reported overeating in the past month due to stress, while 30% also reported eating less because of stress.

While it may seem hard for some, it's possible to start maintaining healthy habits at home during the shelter in place. The first thing you want to do is to make sure you always have water by your side. It's easy to get dehydrated, and you might not even realize it most of the time. A lot of times when you feel like you're hungry, it actually means that you're thirsty. It can be hard to tell the difference, so continuously drinking water throughout the day keeps balance. Replace your intake of sugary drinks with flavored water such as lemon, cucum-

*See Healthy on page 6*

## DIY is great, but don't hurt yourself

By Isabella DiDonato  
Times staff writer

According to social media, quarantine is the perfect time to have a glow up since everyone is at home. It is perfectly normal to want to get rid of your skin imperfections, but don't harm your skin in the process. With social distancing in place, many people aren't seeing a dermatologist, instead turning to DIY hacks for their skin on sites such as YouTube, Instagram, and TikTok. While some of these may work great and do wonders for your skin, there are also some that may be very harmful and aren't recommended by most dermatologists.

One common mistake people may make is trying to get rid of a moles by themselves rather than seeing a dermatologist, and this has increased during the pandemic. Although it may sound tempting to get rid of a mole right away, dermatologists don't recommend that people do this. One frequently used kit is the Ar-



Crystal Yip

**Crystal with her favorite mask.**

isabella Mole corrector skin tag remover, the consequences of which may include infection and scarring where the mole was.

Most importantly, some moles are actually signs of skin cancer; Brian Zelickson, dermatologist and founder of MD Complete Skincare, said, "Some [moles] are cancerous and should not be treated at home with an over-the-counter cream." If you have a mole that is unsightly, see a specialist just in case; removing them yourself may mean delaying your knowledge of cancer or risking infections.

In addition to moles, many people suffer from acne and feel as though they need clear skin to have a "glow up." Trying to clear your skin is a great idea as long as you don't accidentally hurt your skin or cause yourself to break out more, which is why it's recommended to seek the help of a dermatologist if you struggle with acne. One fallacy is that you should put toothpaste on a pimple to make it go away. Although most toothpastes have ingredients such as baking soda and hydrogen peroxide that dry skin and help reduce the pimple, it may also cause irritation to the skin, cause a rash, or over-dry the skin. S. Manjula Jegasothy, a

dermatologist and founder of the Miami Skin Institute, said, "Other ingredients in toothpaste can irritate the skin and cause further breakouts." In addition, when using at home face masks or face washes from the store, some ingredients to stay away from include aluminum, synthetic fragrances, and parabens such as methyl, butyl, ethyl, and propyl because they may cause a hormone imbalance in your skin.

Over the counter benzoyl peroxide and salicylic acid work much better as a spot treatment to clear acne. Junior Crystal Yip recommended, "For face mask I like the African Black Clay Mask, it helps with face texture, and I would also recommend vitamin E oil to use as a kind of moisturizer because it helps with scars and brightening."

When it comes to tanning, use your sunscreen to prevent cancer and wrinkles.

At home beauty care is perfectly okay, and giving yourself a quarantine glow up is a great thing to strive for and achieve, as long as it is done safely and properly with the help of safe products.

## Sheltering in place doesn't mean you have to turn into a couch potato

By Lauren De Vry  
Times staff writer

The mentality of "I'll start tomorrow" is out the window. During quarantine, today is the same as yesterday, tomorrow, and every other day for that matter, so why not start right now? Getting exercise is as easy and fun as ever, especially with all this extra time on our hands. Whether you want to improve yourself physically or you just want to stay healthy, exercising in any way is beneficial for all of us.

If you're new to the workout game (as many of us are),

a great way to get started is by using workout apps or watching workout videos. YouTube is swarming with short at-home workouts that motivate you and get the job done. Lauren Ryan (9) said, "I have time, and I love working on myself, so I mostly just do YouTube workouts. It's a good exercise, and you can do it anywhere, anytime."

Just like workout videos, workout apps are super easy and fun to follow; Talia Rosen (11) said, "I use the Workout For Women app because it has a large variety of different workouts all for free. It also keeps track of your 'streak,' so it keeps me motivated to do at

least one workout everyday."

If you're lucky enough to have workout equipment at home, take advantage of it. Any type of physical activity will benefit you in some way, whether it be using a treadmill, bicycle, weights, or even a jump rope. Anna Julian (11) said, "I'm lucky enough to just have [an elliptical] in my garage. I know not everybody has one, but it makes me feel really good to just move my body and be active. Setting aside a solid 30 minutes a day to get the heart pumping and blood flowing makes me feel accomplished and rejuvenated afterwards."

Taking advantage of equip-

ment can help you get a more structured workout, and seeing results is great motivation to keep pushing. Dominic Gordon (10) said, "I usually just do some push ups, crunches, and lifting things with dumbbells that'll increase my arm strength. I feel like this stuff helps because I already see it getting easier everyday."

If you don't have workout equipment at home, getting exercise is as easy as going outside. Throw a mask on and get your exercise in while avoiding groups of people.

Isabella Copeland (10) said, "I like running because it helps me sleep better, stay healthy,

and feel less anxious." Running is a great way to get active, and getting fresh air can be relaxing after being stuck inside all day long. But running isn't the only thing you can do outside: you can walk, bike, hike, or get creative. Vincent Garcia (11) said, "Dirt bike riding is a good workout because it isn't just riding dirt bikes, I usually go out and build jumps, so it's a lot of digging and moving dirt. I'm usually out for around five hours."

Using your hobbies to get active is much easier and more fun for some people than a workout video, so don't be afraid to get creative when it comes to getting some exercise in.

# Antibody

Continued from Page 2

duce the products and make and distribute tests as fast as possible. Although this was done with good intentions, it also emphasizes quantity over quality: there have been major issues with the production and handling of tests as various compa-

nies attempt to step in and create or sell their tests without properly evaluating accuracy. This makes the antibody test lose its accuracy for public health officials trying to make critical decisions about when to reopen local areas. Thus far, the number of false positives has been far too high, potentially leading to people thinking they're immune when they're not.

However, despite its downsides, antibody tests — when properly checked and distributed — provide information and data that will allow scientists to save thousands of lives and keep the public safe. The more people who develop antibodies for the virus, the less likely the virus will spread widely to communities. Dr. Jonathan Mintz from the University of Wash-

ington said, “Another amazing thing this test does is it gives us insights on a potential cure for SARS-CoV-2. There is an experimental treatment called ‘convalescent plasma’ that uses blood from those who have recovered to find a vaccine. The ELISA tests show us those who have antibodies and can potentially donate their blood to further our work with a cure.”

# Healthy

Continued from Page 5

ber, mint, or other fruits and veggies to enhance the taste.

While it seems obvious, you also want to eat as many fruits and vegetables that you can. If you often order takeout, try swapping a side dish with a salad as a way to still get your nutrients. Making sure that your meals have the right amount of salt and sugar in them is important, too. The World Health Organization recommends consuming less than 5 grams of salt per day; their website says, “The availability of fresh foods may decrease, and it may therefore become necessary to rely more on canned, frozen

or processed foods. In order to achieve this, prioritize foods with reduced or no added salt. You may also consider rinsing canned foods such as vegetables and beans, to remove some of the excess sodium.”

Since a lot of us are sitting in our desks or beds all day, it's clear that we're moving a lot less than we're used to. With that, our digestive systems are also not moving as much, so eating foods rich in fiber can help with that. Home-cooked meals are also a way to keep healthy, since a lot of us have the time to make meals at home. You can eat and snack however you want, but health is a top priority right now, so making sure to get the proper nutrients and fibers will ultimately help in the end.

# TV

Continued from Page 3

bor as well as pop culture guide. Newell reconciled his religious faith and gender identity while growing up, and is now vocal about how this dichotomy has impacted his work as an artist, issues which he explores in his role as Mo; one episode focused on Mo hiding his chosen female wardrobe from his church choir for fear of rejection.

Megan Lasher, Senior Manager of Content Strategy at Hearst Digital Media, who is part of the LGBTQ+ community said, “Another big reason why it's not okay for straight people to be in these roles is because it paints queerness as a

costume — something you can choose to wear or not to wear.”

Finally, “9-1-1 Lonestar,” another show on the FOX Network and spin-off of their wildly popular series “9-1-1,” offers character narratives and further queer representation. This action fiction series received deserved acclaim for actually casting a transgender actor as a transgender man. Actor Brian Michael Smith (“The L Word: Generation Q”), making TV history as the first black trans man to be cast in a regular TV role, plays a leading role as Paul Strickland, a firefighter who isn't defined by his trans identity. He said, “I hope this frees many of my black and trans siblings from the bondage of fear that comes from trying to exist.”

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