

# Terra Nova Times

Volume 14, Special Edition

Terra Nova High School

April 3, 2020

## At home learning is here until Aug.

By Lila Franco  
Times staff writer

Students seem to always be complaining about school and praying for their next break to come sooner, but on Mar. 31, when JUHSD officially closed its campuses for the remainder of the 2020-21 school year, students were devastated. At home learning will be in place for the rest of the year.

Terra Nova students are incredibly disappointed about missing the end of the school year, since these final months held so many things to look forward to. Months of preparation for rallies, sports seasons, the musical, and the Europe trip have effectively been thrown out the window.

Daniela Barajas (11) was supposed to attend Terra Nova's Europe trip this year, and explained, "I didn't think it was going to get this bad, and I was so set on going. I didn't think that the problems with the virus were going to escalate so quickly. I was shocked to see how abruptly my opportunity to travel to Europe was taken away. It's disappointing and I'm sad, but if the virus didn't

affect me personally, I wouldn't have taken it seriously, and now that it affected my trip, at least I'm taking more precautions."

Right alongside disappointment for Terra Nova students is confusion. Students are now being given no other choice but homeschool, and the learning style has not been a good fit for all. Many are feeling like they have no schedule or structure to follow. Not having access to a teacher in class every day is also hindering the ability to learn for a lot of students. In the words of Goodrich Asral (10), "AHL forces students to learn and practice skills from non-tangible sources that you can't gain any insight from. I mean, you can't ask a video a question. If you get confused, you can't get any help while learning because there is no one else present to guide you." The whole concept of At-Home Learning is new to all and being forced straight into it has caused a great deal of students, like Goodrich, to feel lost.

Most of the student population has tried to look on the bright side and keep in mind that there's always next year; however, one fourth of Terra Nova—the senior class—is facing the fact that their high school



Courtesy of Isabelle Friedman

Seniors have been reflecting on their years at TN and are saddened by its sudden end.

experience has come to an end. All of the senior year celebrations are assumed to have been cancelled due to the shelter in place order, with little to know information on whether or not they'll be rescheduled. Terra Nova seniors are absolutely devastated that they don't get to experience their last months of

high school on campus. As senior class president Gaby Gonzales said, "It's sad to not be able to experience our senior year with all the things we had leading up like prom, senior check-out or even the last rally. For me personally, I'm sad to not be able to experience these events that we've been waiting to do

for four years. It's kind of like the seniors are never going to get back the memories we could have made in these last months."

Students know that there are worse situations, but all emotions are valid, and it's totally okay to be upset. Allow yourself to feel what you feel, but know that we will get through this.

## Earth gets a break during the pandemic

By Lila Franco  
Times staff writer

As COVID-19 continues to spread throughout the world, so does mass panic. Most outcomes of the COVID-19 pandemic have been negative, with unemployment skyrocketing, events being cancelled, and cases exponentially increasing worldwide; however, in the midst of chaos and life being put on hold, one aspect of our world is thriving: the environment.

With lockdowns occurring around the world, the majority of people are staying inside. Because of this isolation, there have been fewer cars on the road, boats in our waterways, and planes in the sky. Harmful gases, such as nitrogen oxides, that increase air pollution are released when fuel is burned in vehicles. Nitrogen oxides create acid rain, which is detrimental to the health of forests and wildlife. With fewer vehicles operating, there are less of these harmful gases in the atmosphere.

In addition to nitrogen dioxide, burning fuel also contributes to air pollution in the form of greenhouse gases like carbon dioxide. According to an article on Scientific American last month, "These effects aren't wholly unexpected. History suggests that global disasters, particu-



Alyssa Jenkins / Terra Nova Times

With fewer people out, there's less pollution to our environment.

larly those with major effects on the economy, tend to drive a temporary decline in carbon emissions. The 2008 recession, for instance, was accompanied by a temporary dip in global carbon emissions."

Proud environmentalist Maya Orsi (10) explained, "It really just shows that all these global problems come from us,

and therefore it's in our power to turn global warming around. We can keep it this way by voting for the people in power that will prioritize environmental issues and by changing daily habits to better reduce waste and pollution."

Since the outbreak, satellites run by the European Space Agency and

NASA have noticed a significant decrease in the nitrogen dioxide concentration, carbon emissions, and overall pollution in China, showcasing how the quarantine has benefited China's environment and improved the country's air.

Additionally, boat traffic in Italy has also slowed down significantly due to people staying home. Fewer boats in the canals has allowed the once murky waters of Venice to become crystal clear and restored with fish. The change was witnessed as soon as the waterways cleared out as a result of Italy's national quarantine in early March.

After implementing lockdowns, countries are approaching a safer climate with better weather conditions and healthier surroundings. This change makes you wonder what we can do to help the environment in the long run. Mitigating climate change is a topic of discussion among researchers, and even if a complete shift isn't in our planet's foreseeable future, we are headed in the right direction.

Lead developer of the Cool Climate Network, a research association at UC Berkeley, said, "If we can think about how to prepare for climate change like a pandemic, maybe there will be a positive outcome to all of this. We can help prevent crises in the future if we are prepared. I think there are some big-picture lessons here that could be very useful."

# Attacks on Asians increase daily

By Amelie Taylor-Binard  
Times staff writer

Since the first cases were reported in Wuhan, China, COVID-19 has caused alarm across the world, and a byproduct of this panic is blatant racism. Panic influenced racism as Chinese restaurants began to see decreased business, and “No Chinese allowed” signs appeared at restaurants in Korea. Reports of verbal and physical attacks have also been reported worldwide: in the Netherlands, a group of men attempted to push a Korean woman (Jiye Seong-Yu) off of her bike. In London, an Asian man was punched and kicked as he walked down the street. In Fresno, there have been shared photos of a man’s van emblazoned with hate speech graffiti.

These actions stem from a lack of understanding as to what COVID-19 really is and who is to blame for the virus. President Trump has repeatedly referred to COVID-19 as the “Chinese virus,” which many critics believe has incited violence and divided people in a time of crisis.

Individuals of Asian descent are experiencing microaggressions and indirect expressions of intolerance as others unjustly use the virus as an excuse to place blame amongst Asian communities. This is known as xenophobia, which is prejudice against people from other countries.

Sophia Escobar (9), who is Asian, said, “Just because the virus happened to originate in an Asian country does not mean that all Asians are suddenly



Courtesy of Tori Chen

**Tori and her brother are deeply concerned about rising attacks on Asians.**

toxic. Before quarantine, I heard students make racist remarks and ‘jokes’ that have affected me personally, and I’m sure a lot of other people as well.”

Terra Nova senior Tori Chen said, “I’ve seen a lot of kids reposting false information that has no credible source. It’s okay to be afraid, but to blame the virus on Chinese/Asian people and racially profile them is ignorant; these are actions made based upon racist ide-

ologies. A lot of people didn’t really think that the racism Asians faced was serious until COVID-19 hit, and awareness began to spread. Every race faces their own challenges, and we all have to be mindful of that and stick together as a community instead of dividing.”

Even a simple cough or sneeze has been enough to set off malicious glares and rude comments towards people of Asian descent. Kei Nakamura (12),

who is Japanese, said, “It’s terrifying to go out in public. I can’t deny that there have been threatening incidents; it’s scary to think in a fearful way towards public situations.” Representative Judy Chu (D-Calif.) is speaking out on this issue, as bigotry and hate crimes against Asian Americans have dramatically increased; attacks on Asian Americans have skyrocketed to 100 per day.

Math teacher Mr. Chan said, “This is very similar to the few years after the 9/11 attacks when Middle Eastern, Arab, Muslim, and Sikh people were targeted and abused because they were ‘responsible’ for the 9/11 attacks. This kind of scapegoating is not something that is entirely new to me. I have read online, and I agree that racism and xenophobia are also a ‘virus,’ and it can be contagious. I hope everyone will fight this racism/xenophobic ‘virus’ like they would fight COVID-19.”

Chinese for Affirmative Action (caasf.org) said on their website, “Asian Pacific Planning and Policy Council (A3P-CON), Chinese for Affirmative Action (CAA) and San Francisco Asian American Studies Department have launched a reporting center to collect and track incidents of anti-Asian American and Pacific islander hate violence, adult harassment, discrimination, shunning, and child bullying in California and throughout the country. The reporting center will enable individuals who have been directly impacted by or witnessed firsthand this issue to share their stories at [www.a3pcon.org/stopaapihate](http://www.a3pcon.org/stopaapihate).”

## When DIY becomes a life-saving exercise

By Laytithia Monzon  
Times staff writer

Surgical face masks are running out just as they’re needed most. What do we do when all the face masks are gone? This is the question that has been on a lot of people’s minds, and they have adapted to find a solution: make your own.

Despite early advice that said masks were not necessary or warranted for the general public, experts have increasingly noticed how essential face masks are to prevent the spread of the virus. In fact, just yesterday, the California Department of Public Health changed its recommendation on the issue, now recommending that Californians cover their faces when they go out in public, although they asked that residents save medical-grade masks for doctors and nurses. It is extremely important to avoid buying medical masks, especially in bulk, because those must be saved for medical health professionals. According to the New York Times, “Health officials in Hong Kong, Singapore, and Japan suggest that people wear masks in certain situations...Studies have also shown that mask-wearing (in conjunction with hand-washing) reduces the spread of infection within households or



Mrs. Belway

**Terra Nova teacher Mrs. Belway models one of her masks.**

other shared living spaces.”

Many skilled people have shown off their homemade materials on social media. Actress Hilarie Burton has been sewing masks for hospitals in need. She tweeted, “I just need to put this out there. I have been sewing masks for healthcare workers in my community. And then posting instructions for others on my Instagram. I am in tears going through my DMs

seeing all the nurses, EMTs, etc BEGGING for masks.” Long time Terra Nova teacher and substitute Mrs. Belway, who is an experienced seamstress, recently started making masks.

“I am not in the health industry, but I know a couple of folks who are, and I wanted to help them and try to help in keeping them protected. There is a shortage of masks not only around the world, but specifi-

cally for health care providers... When health providers are doing their daily chores, shopping, etc., they need to make sure that they do not contract something where they could become infected or bring it back to their family or patients that they are treating and risk infecting them as well. I made masks for my daughter, who is a healthcare professional. She and her staff use the masks when they are out and about — outside of work. I have given them out to family members who are at risk, and my son’s friend who works in a clinic in San Francisco. She can now treat her low-income patients who have compromised health conditions while keeping her office safe as well.”

Making a mask is quite easy. You do not have to get any crazy materials, as many household materials could work, some of which include plain cotton T-shirts, ribbons, and even vacuum cleaner bags. Anna Davies, a research facilitator at the University of Cambridge who co-wrote one of the studies on homemade masks, stated, “It’s not as good as a surgical mask, but in a pinch, you could use it.”

Various household materials differ in their effectiveness — in Davies’s study, vacuum-cleaner bags offered better filtration than fabrics made of cotton blends, but plain cotton T-shirt fabric

still provided a useful barrier. Because of the shortages in masks, using a new one every time is not always practical. If you must, a mask can be washed and reused. A dirty mask is worse than no mask. If you can’t find any masks to begin with, there are many videos that have step-by-step DIY face masks to make at home. Belway explained her method for making face masks: “Joanne’s Fabrics posted a pattern. 2 layers of cotton fabric with a layer of fusible interfacing in between and a pipe cleaner for the nose bridge. The fabric should go under the chin and the bridge of the nose. Elastic around the ears or a strip of ribbon holds the mask to your face. I also made some with Halyard fabric. These have tie backs or elastic around the ears — this pattern came from a nurse on line that someone sent to me. They are double layered with a metal wire #16 gauge for the nose bridge.”

Making your own creative design can be fun, too, offering some productive entertainment in times of boredom. Mrs. Belway said, “I will probably make more, but hopefully I won’t have to because — in a perfect world — folks will be able to get masks and we will be figuring out how to cure this disease.” Until that happens, she plans to just keep sewing.

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# COVID-19 leads to stress-baking

By Lila Franco  
Times staff writer

When the COVID-19 pandemic hit, the world was forced into isolation, causing people the dual conditions of stress and extra time at home. As a result, many are channeling their stress into making mass amounts of banana bread, or maybe even lasagna. Baking and cooking have become an increasingly popular therapeutic activity to keep people occupied.

Baking and cooking allow you to be truly in the moment and focus on a process, like mixing the right ingredients in the correct order. Being in the kitchen requires concentration that allows you to hone in on your senses. Debbie Mandel, author of *Addicted to Stress*, explained, "While stress can numb your senses, cooking activates them. It's a sensory experience with aroma, taste, touch, visual delight and even sizzling sound."

In addition to helping with focus and sense, baking and cooking also relieves stress by allowing an outlet for creativity. Having a creative outlet permits you to express and manage negative emotions. Being in the kitchen is open-ended, and



Alexis Nguyen

**Cookies are just one of the endless creations you can make in the kitchen.**

there really aren't any rules, unless you're following a recipe and aiming for a specific flavor. You can add certain ingredi-

ents to make your food taste the way you want it to. You can frost a cake any way you want to, and the possibilities for how

it can look are endless. Baking and cooking are imaginative activities for release.

At the end of the process, baking and cooking also make you feel accomplished. When your quarantine company takes a bite of your creation, you feel proud. If others enjoy your cooking, you feel nurtured by their appreciation. Experiencing recognition for your hard work in the kitchen allows you to feel happy and reduce stress levels. Acknowledgement, let alone the taste of yummy food, makes you feel less stressed and more content.

If COVID-19 has been stressing you out, or maybe you're just plain bored, try cooking or baking. Many Terra Nova students have been trying it out, including Henry Acosta (11), who is ecstatic about having more time to pursue his passion for cooking. Acosta explained, "Cooking is an art form. You create something beautiful that you can eat. Creating dishes helps me keep my mind off of negative thoughts and stress, and I can follow recipes and make something the way that I want."

Acosta speaks the truth; however, before making something in the kitchen, remember it's all fun and games until you run out of eggs in a global pandemic.

## Now is the perfect time to embrace self-care

By Rose Kleinfeld  
Times staff writer

No one could have anticipated this — the shelter-in-place, school closures, state restrictions. We are living in a stressful period when everyone seemingly has the urge to cut their hair and call it quits. Even if you are one of those people who is not concerned about the virus, many people are. Stress is in the air — and everyone can feel it.

With excess stress comes the need for coping methods, and it is far too easy to turn to unhealthy ones. In addition to drugs, people may develop obsessive habits like constantly scrolling through social media or stress eating, which are both also considered unhealthy coping methods.

Now is the time to embrace creative outlets like drawing or alternative hobbies, such



Zoe Martin

**Light a candle and commune with nature.**

as reading, to safely "escape" difficult times as well. Sophomore Zoe Martin said, "I've been taking time for myself in the evening by lighting a candle and just vibing. We all need some time away from our work

and families...It's my little daily self care time to keep me sane."

If you're struggling to kick unhealthy habits and adopt more effective ones, then maybe a little psychology will change your mind. Wel-

come to the realm of self care.

When asked if this concept is actually acknowledged by therapists, Dr. Tom McDonagh, from Good Therapy SF confirmed, "Yes, there are studies that back up the connection between self care and mental health." Charles R. Figley, a professor at the Florida State University Traumatology Institute wrote, "... the assumption that empathy and emotional energy are the driving force in effectively working with the suffering... [and] establishing and maintaining an effectively therapeutic alliance... The result of such methods, of course, should substantially decrease or eliminate the unwanted emotional reactivity linked to the traumatic stressor(s)."

The fancy jargon might be intimidating, but the practice is simple: by engaging in activities that promote compassion towards yourself, you are

more likely to be able to combat stressful situations that come up. Essentially, self care combines the "self love" philosophy with healthy coping methods.

It can be easy to begin incorporating self care practices into your daily routine. Not sure where to start? I got you: **Meditation with affirmations:** Start by finding a peaceful place of your choosing and begin repeating an affirmation (nice-sayings) to yourself while meditating. **Exercise:** Get those endorphins pumping and get out! Walking on a trail, biking around your neighborhood, or doing any exercise of your choice will force you to disengage from your daily life and put your stress on pause. **Cooking:** Spend time preparing some healthy food. By doing so, you are focusing on affirming your health and wellbeing, all of which improves diet and most importantly self-esteem.

## April offers many reasons to appreciate what life has to offer

By Amelie Taylor-Binard  
Times staff writer

### Autism Awareness Month

World Autism Awareness Day (held on April 2) was adopted on Dec. 18, 2007. The Autism Society of April 1970 held the first National Autism Awareness Month with the goal of educating the public and bringing about awareness. "Autism" is a generic term classifying various disorders to do with brain development. It has become the fastest worldwide growing developmental disability; aware-

ness is critical to assist others in understanding the disability. Special Education teacher Ms. Nenida said, "We have to advocate for Autism Awareness Month and make sure all the students and teachers are educated. It is important for everybody to know that there are ASD or autism spectrum disorders and that they can't be cured, but can be assisted."

### Earth Day

This critical celebration is held on April 22 and is focused on teaching people ways we can preserve our planet. Around 200 million people from 141

different countries participate in some form, and you can, too. Pick up trash, plant trees, plant a vegetable garden, prioritize reusable bags, save energy, and educate yourself and your friends on how to save our Earth. Mila Cottrell said, "I think we should treat everyday like Earth Day. I contribute to preserving the planet by picking up pieces of trash whether it's on campus or anywhere I go, and I use a reusable water bottle everyday when I go to school."

### Jazz Appreciation Month

Jazz Appreciation Month (JAM) was created at the Na-

tional Museum of American History to acknowledge and commemorate the remarkable heritage of jazz. This national month encourages individuals to study music, attend concerts, read up, and dance it out. What makes jazz deserving of an appreciation month? Band and choir teacher Mr. Lewsadder said, "It's a direct contradiction to the impressionist movement in music, which followed the impressionist movement in art. It kick-started African-American culture in the states and was a way for young people to express themselves, giv-

ing new life to classical music in the more modern era."

### Arbor Day

Julius Morton, member of the Nebraska State Board of Agriculture, had the idea to designate April 10 to plant trees, stabilize soil, and bring awareness to conserving our existing forests. It is now celebrated on the last Friday of April, with the date varying from state to state, often because planting seasons vary in different environments. Things to do on this day include planting trees, reading up, hiking, and learning how to identify different trees.

# Focus On: Diane Spasic and Danny Corbelli

## Muscle man

By Mackenzie Pelletier  
Times staff writer

From his creation of the Body Improvement Club to mastery in ceramics, Danny Corbelli has had an huge impact on Terra Nova that doesn't go unnoticed. As students, we have busy lives and often find ourselves neglecting our health and well-being, which is why Corbelli's dedication to both academics and living a healthy lifestyle is so admirable.

At Terra Nova, Corbelli is mostly known for his lead role in the Body Improvement Club. His inspiration for the club initially came from Bata Sig, a summer-fitness group made up of Corbelli and his friends. The Bata Sig's actual founder, Eddie Ruiz (Class of 2019), thought it would be really great to start doing the same thing at school. With help from Mr.

Karkazis, Corbelli and the rest of the Bata Sig members started the Body Improvement Club. However, due to sports and other extra curriculars, Corbelli was soon to be the only member that had the time and dedication to keep the club going. For a while, the club only consisted of a few participants, but once Corbelli took over the club, he started publicizing it more and enabled the club to be seen in a new light, sparking interest in the student body.

"'Improvement' is not just weightlifting, it's pretty much doing whatever you want as long as it's improvement in some way. No one is going to be healthy 100% of the time, but it is important to have the mindset of being willing to improve and take opportunities, instead of getting negative and thinking 'I can't do it,'" Corbelli said. He decided to focus the club on the idea of overall well-being,



Courtesy of Danny Corbelli

Danny is proud to show off his guns, as well as his art.

both mentally and physically, because there's more to fitness than just weightlifting. Steven Lu (12), a member of the club, said, "Danny taught me to improve myself everyday, even

though it is kind of hard. He always motivated me after school to be ready to lift weights after school by being positive and making jokes. Danny is also a really kind and caring person."

Aside from his passion for weightlifting, Corbelli also has great interest in ceramics. "Ceramics is the best class. It is another thing where you can carry on the idea of improving, and even if you fail at something one time, you can take that experience of learning from your mistake, fix it on the next time, and continue until you reach your goal," he said. Corbelli plans to continue learning the art of ceramics, and even stated, "If possible, much later on, I want to open up my own ceramics studio."

After high school, Corbelli plans on going to Skyline College and taking classes that interest until he finds a major that he wants to pursue, and transferring into a bigger school. His passions for ceramics, writing, video games, and, of course, living a healthy lifestyle will surely take him on a balanced path of life.

## Paris princess

By Heidi Barrios  
Times staff writer

We've all heard through the daily announcements that our college and career center is providing a new event, whether it is a college application workshop, scholarship help, or job listings. The woman behind it all is Ms. Diane Spasic. Born in Paris, Ms. Spasic spent most of her time outside the city of love. When she was seven years old, her family moved to San Francisco, where she embraced the culture of the Bay Area, attending Westmoor for high school.

Coming out of high school, Ms. Spasic went to San Francisco State, majoring in clinical psychology because she enjoyed being around children so much and felt that she wanted to dedicate her life to them. However, we all know that life doesn't always go as planned. Ms. Spasic said, "As much as I enjoyed clinical psychology, as life hap-



Courtesy of Diane Spasic

Ms. Spasic and her husband out for dinner.

pened and went on, I swerved in the route I wanted to take. Counseling psychology became my new thing when I ended up at Notre Dame de Namur, where I got my master's. From there, I decided to take time off and be a stay at home mom for

my two sons who needed me." Eventually, Ms. Spasic ended up here at Terra Nova through her children. When her oldest was applying to theatre arts and state schools, she realized that the process was a bit overwhelming to say the least. She

started to look into the college applications process and learn how to facilitate the process for her second son. That initiated her strong interest in aiding students with college applications. Ms. Spasic then pursued an 18-month extension program at UCLA, where she got certified in College and Career counseling. She even did it all online with four kids. As Ms. Spasic became more involved with this field, she was able to land a job here at Terra Nova.

Outside of Terra Nova, Ms. Spasic likes to travel a lot and explore new places. As someone born in Paris, she has been there about eight times.

"I love wandering the streets of Paris, drinking amazing coffee and eating croissants. I love exploring the Louvre Museum and the Rodin Sculpture Garden," she said.

Not only has she traveled to Paris, she has also been to Serbia to visit her family there. One crazy thing that she has done

while traveling was jumping off the 20-ft. rock in Oahu on the North Shore into the ocean.

Not only is traveling something she enjoys, she also enjoys anything to do with the arts. She spent a lot of time as an art teacher at Ocean Shore. When she was much younger, she would decorate the hallways around Westmoor for the school dances. Outside of the arts, she also enjoys casual walks with her six-year-old yellow lab, Ella, at Fort Funston and listening to the soundtrack of "Hamilton."

It was destiny for her to find this job at Terra Nova as she had two kids going to school at TN in 2019. If any job can be hard, Ms. Spasic's is definitely one of them. She works tirelessly to help students apply for internships and college, but also provides assistance for those who want to go to community, state and UC colleges, in addition to trade and apprentice programs. She has a bit of everything for everyone.

## If you had all the money in the world, what would you be doing right now?



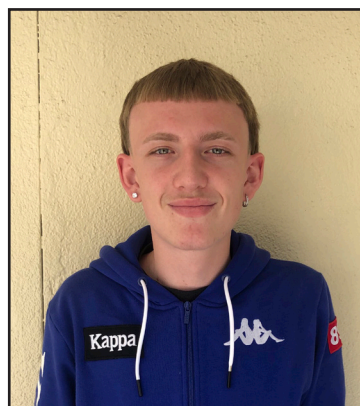
"I would buy another dirtbike."  
- Mason Mini (9)



"I would get all of my friends together and chill on a big yacht."  
- Gabriela Nickelson (10)



"I would buy a car and move far away."  
- Kyle Sherman (11)



"I would buy my mom a house."  
- Spencer Karalius (12)



"Traveling on my private jet, what else?"  
- Ms. Christensen

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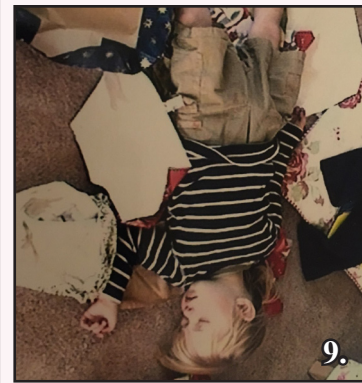
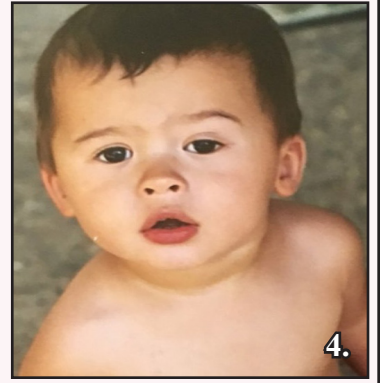
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*Got your guesses?*

*Answers:*

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- 4. Nick 5. Nina 6. Marissa 7. Matt 8. Brooke
- 1. Isabelle 2. Mama Jenks 3. Marissa

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