

Terra Nova Times

Volume 14, Special Edition

Terra Nova High School

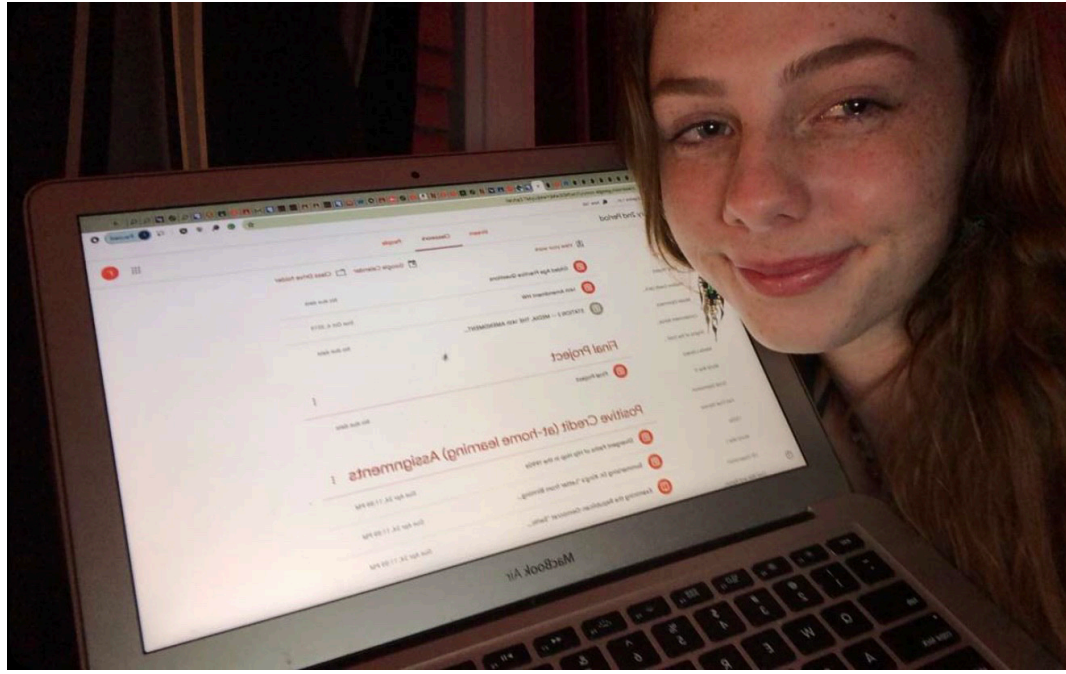
April 21, 2020

Teachers aid transition to AHL

By Lila Franco
Times staff writer

Ever since the JUHSD schools announced that “At Home Learning” will be in place for the rest of the year, students have been trying to adjust and make the best of their new normal, online homeschool. It’s been hard for most to combat the negative feelings they have towards their high school experience being drastically changed, but many have found positive parts of learning at home that have kept them going throughout this hard time, with many teachers employing useful tactics to make their students’ experiences as accommodating as possible.

Students have discovered that AHL has given them an entirely new schedule that allows them to focus on only a few subjects at a time, making school seem less overwhelming and allowing them a more organized way of communicating with their teachers. A supporter of spacing out the classes, Flora Barrett (11) said, “The schedule only having three periods a day is good. It leaves room for us to narrow our work down to what we want to get done on that specific day, which relieves a lot of stress that comes



Flora Barrett

Google classroom has been a very useful tool for teachers and students alike.

with overpiling and cramming in work.”

In fact, flexibility overall seems to be one of the most well-received aspects of AHL thus far. For example, Isabella Copeland (10) feels like she can finally rest when she needs to with AHL. Copeland said, “I like being able to take a stretch break whenever I want, because it really helps me concentrate better.”

Students have reported how their teachers have been accommodating in numerous different ways. For some, that means making

resources easily available. As Grace Duncan (11) explained, “I really struggle with being able to get up early, but some of my teachers, especially Mr. Willemse, record their Zoom classes to view after the Zoom has ended and that has been very helpful.” For others, having their work laid out for extended periods of time has also helped many students stay less stressed. Teachers that have been posting all required work for a set period of time have allowed their students to plan ahead and

practice time management skills.

One of Ms. Stockler’s English students, Surraya Mahasin (11) said, “Ms. Stockler uploaded the whole week’s lesson plan in advance, and that really helped ease my anxiety and make At Home Learning effective for the way I learn.”

Another positive way teachers have helped students during this time is through increased and improved communication. Students feel that it’s easier to get feedback on their work, because they can see comments directly on the tasks they submit. This has helped Becca Reeder (12), who said, “I’ve gotten comments back on my work, and I feel like I’ve been able to improve so much just through getting these direct responses from my teachers. It’s nice being able to contact them one-on-one and understand what they really want, instead of them giving a broad and confusing explanation to a large group of people.”

While these things might be working for the majority of students, not everyone has had so much success. Some students might need more contact with teachers than through email and find it hard to learn from a video chat. However, most of these students are doing what they can with the help of their teachers to be as successful as they can during this challenging time.

COVID-19 affecting agricultural industry

By Rose Kleinfeld
Times staff writer

The shelves might be stocked with fresh produce now, but we can all remember when they haven’t been since our March 16 shelter-in-place order. Why was that? Did farmers and other commercial growers suddenly shut down their fields and supply chains? If anything, why has there not been another produce shortage? The answer is more complicated than you think and lies in labor issues, as well as domestic and international supply chains.

While there are several factors that contribute to shortages, it mainly comes down to restrictions on domestic and international travel. When President Trump closed the U.S. borders to help prevent the spread of COVID-19, that made it increasingly more difficult for thousands of suppliers to receive goods from places like China, where some of our produce is sent. Even if some of our pro-

duce is not flown or shipped internationally, it has now become difficult for growers to transport perishable foods across the U.S. by truck with federal capacity and air travel restrictions. Travel restrictions have made it practically impossible for some suppliers to receive certain produce across the country and from around the globe.

Another issue plaguing the agricultural industry right now is the drop in sales. With COVID-19 forcing everyone to abide by shelter-in-place protocols, many people panic-bought a lot of produce until there was none left. Since then, sales have dropped as many people are not going to the grocery stores and purchasing fresh produce as often as before. A significant portion of farmers’ profits have been lost as a result of their inability to sell their goods commercially to schools and restaurants, which have since shut down. For these reasons, many domestic growers are debating whether to plant another harvest and are forced to increase their prices

on certain goods in an attempt to combat the losses in sales.

Even then, it also comes down to labor costs. Many farmers are unable to compensate their field workers with the drop in sales or pay for their transport to the fields. Many produce industries are facing job shortages and could be forced to stop production. Andy Pon, General Manager at Westside Transplant with Transplant Service Group, said, “Hand picked, perishable crops (lettuce, apples, tree fruit, strawberries) could be affected by the lack of labor.”

However, the agricultural industries that are alive during COVID-19 are practicing the right safety precautions. Pon said, “Agriculture is also practicing social distancing, wearing protective gloves, masks, and bandanas. We are taking temperature every morning and after lunch break and sending anyone with elevated temperature home. We have...crews...work in separate areas to minimize the chances of spreading the virus. We have stepped up cleaning



Courtesy of Rose Kleinfeld

Farm workers are at risk for wage cuts or even job loss.

and sterilizing community tools, areas, door handles, bathrooms, etc...As standard protocol, we used 90% alcohol to spray

hands and equipment to typically minimize the spread of potential plant virus, but this also takes care of human viruses.”

Small businesses are hurting badly

By Heidi Barrios
Times staff writer

As COVID-19 is hitting America, the government has released different forms of relief that can help with unexpected difficulties for both individuals and small businesses. Their aim is to alleviate the stress and financial hardships that Americans are experiencing. Local agencies, from food banks to groups like the Pacifica Resource Center, are also supporting those in need.

The most widespread form of relief for Americans are the stimulus checks from the federal government; many people have already received checks up to \$1,200 (and an additional \$500 per child under the age of seventeen). The main purpose is to put money into the pockets of families struggling to pay bills or put food on the table; in fact, according to the Washington Post, most Americans have spent their stimulus funds on groceries and other basics.

For those of us living in the Bay Area, \$1200 doesn't go very far. Major cities like San Francisco, New York, and the surrounding areas have higher costs of living, lessening the benefits of the stimulus checks. On Apr. 15, House



Courtesy of Deborah Patterson

Owner Deborah Patterson still works, despite having no customers.

Representatives Ro Khanna (CA-17) and Tim Ryan (OH-13) introduced the Emergency Money for the People Act.

This act would provide more relief to families as it includes a \$2,000 monthly payment to every qualifying American

16 and older. The most important part to note is that it also expands to those who did not receive the stimulus funds.

If you have lost your job or at the verge of losing it, you can file for unemployment. California's Unemployment Insurance aids employees who, due to no fault of their own, are unemployed. According to Benefits.gov, you must have worked in the past 12 to 18 months and earned at least the minimum amount of wages that are required by their guidelines. If you don't know if you're eligible, you can take an eligibility test on their website.

If the unemployment insurance does not work out, you might be able to qualify for the Disaster Unemployment Assistance. According to Benefits.gov, your employment or self-employment must have been lost or interrupted as a direct result of a major disaster declared by the President of the United States to qualify for this benefit. The prerequisites that this comes with is you no longer have a job, unable to reach your workplace, or you have become head of your household income as the former head died in the disaster. While we have had a fairly low death rate here in California, in hard-hit states like New York and Louisiana, many fam-

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Zoom is selling user data without you knowing

By Robert Ace Gonzales
Times staff writer

Zoom, the company behind the video conferencing service that has allowed schools and businesses to continue their work during this pandemic, is facing another controversy. It has been recently discovered that they could be possibly selling people's user data to third-parties without the acknowledgment of the users. Users like you could be having data sent to the cloud right now just so that companies could profit off you.

Zoom is in the midst of being sued for invading user privacy and giving private information to Facebook. The accusations began when it was discovered that Zoom's software automatically reported to

Facebook when a user logs in through a Facebook account.

While companies sharing data is common, privacy laws dictate that the selling of data must be made known to the user. Online tech magazine "Motherboard" conducted tests and monitored data traffic from the Zoom app and found Zoom providing Facebook with advertising data. Advertising data is used to give users specific ads relevant to them. Companies are willing to pay top dollar for advertising data, as they can use it to exploit consumers.

New York Attorney General Letitia James requested that Zoom provide specifics about the company's protection of user data after its huge explosion in popularity and user base. New York's concern is that "Zoom's existing security



Victor Wu / Terra Nova Times

Zoom is exchanging your private information for money.

practices might not be sufficient to adapt to the recent and sudden surge in both the volume and sensitivity of data being passed through its network."

CEO Eric Yuan has come

under scrutiny following recent news, and a blog post has surfaced in which he said the data sharing between Zoom and Facebook began when users were given the option to

log in via Facebook. To ease tensions, Yuan said, "Our customers' privacy is incredibly important to us, and therefore we decided to remove the Facebook SDK in our [Apple-based] client." Additionally, it was discovered that Zoom calls were not end-to-end encrypted, and that there is a security flaw with Macs that could be used to take control of your computer.

Most users are completely unaware of what's going on behind the scenes. The world is more connected than ever before, and companies are using this to their advantage and creating virtual profiles containing your internet activity. This is used to create personalized, effective advertising for each user. Companies who have access to such data usually make huge profits off of user data.

Shopping malls may be a lot smaller the next time you take a visit

By Isabella DiDonato
Times staff writer

It's a common assumption that teenagers love going to the mall; while this may not be true for all teenagers, it's fair to say that the mall is a popular place to hang out with friends. Malls provide food, shopping, movies, and work for people of all ages, but ever since quarantine started, many people have been laid off, businesses have lost income, and people are going crazy not being able to go out and enjoy quality time with the people they love and miss.

At Tanforan's shops in San Bruno, many businesses such as Bath and Body Works and Macy's have laid off their employees due to the pandemic. The

shutdown of malls is going to have one of the biggest impacts on teenagers who work at retail stores to earn money. Ysabelle Santos (12), who was recently laid off by Tanforan Century 20, said, "I don't know what I'm planning to seek out for employment because there's no definite time when it'll be safe again [...] I'm going to New York for college, but I don't have money, and for money I need a job. I was planning to go back to Cinemark, but I don't know when this will end honestly."

Although no one is particularly happy with the mall being closed, it's critical for people's safety. Keeping our distance from others and taking sanitary precautions are two key things needed to flatten the curve of this pandemic. The Tanforan official website states, "Noth-

ing is more important to us than the health and well-being of our entire The Shops at Tanforan community. We are taking proactive, precautionary actions to maintain the safe environment at the shopping center, including disinfecting high-touch areas throughout the center and increasing the frequency and intensity of cleanings conducted by our janitorial contractor." Tanforan has closed all shops except for a few restaurants and businesses such as BJ's, Hooters, which have delivery, and Target, which remains open as an essential business.

Even once this quarantine is over and the mall reopens, things will be changed. People may be hesitant to go to the mall, and some may not want to return for work. The lack of business and staff may continue to harm businesses, making it

hard for them to reopen. Malls and other brick and mortar stores have already been on the decline, but the effects of COVID-19 will continue to be seen long after quarantine. According to a recent article in Forbes, the shift in consumer habits from going to stores to ordering online, something which has increased dramatically during this pandemic, is likely to continue to be widespread after the shelter in place is eased or lifted. Consumers are unlikely to go back to the mall in the same way that they did before the viral outbreak; this shift in behavior was already hurting retail stores and malls before the pandemic, and things are unlikely to get any better once it's over. Malls will either have to adapt to our new reality or shut down altogether. Only time — and the virus's spread — can tell.

Commentary

The lengthy history of the ERA

By Christina Arakelian
Times staff writer

The proposed Equal Rights Amendment has been debated on and discussed for literally decades, and many are eager to find out if, finally, enough states will ratify it to have it become part of the Constitution. But it's important to know where it came from and why it's so important.

First proposed by the National Women's Party nearly one hundred years ago in 1923, the ERA was created in order to make women and men equal under the law, which would make discrimination based on sex illegal. Due to how radical it was at the time, it was only introduced to Congress nearly four decades later during the wave of feminism in the 1960's. In her proposal of the Equal Rights Amendment in Seneca Falls, Alice Paul said, "If we

keep on this way, they will be celebrating the 150th anniversary of the 1848 Convention without being much further advanced in equal rights than we are...If we had not concentrated on the Federal Amendment we should be working today for suffrage...We shall not be safe until the principle of equal rights is written into the framework of our government."

APUSH teacher Mr. Willemse explained, "Many of these women, including Paul, would go to jail or prison... When women finally gained the right to vote with the passage of the 19th Amendment in 1919, Paul understood that political power (in this case the right to vote) wasn't enough. Paul wanted to push for further rights, and that meant another amendment to the Constitution that would explicitly state that men and women would be treated equally under the law. Paul's Nation-

al Woman's Party introduced the Equal Rights Amendment."

There have been three main movements during which women have fought for progressive change. The 1920's was the first period, when people like Susan B. Anthony, who was president of the National Woman Suffrage Association and fought for the 19th Amendment, sought to make change. Carrie Chapman Catt and the Rosie the Riveter icon played a big role in fighting for women's rights.

Mr. Willemse said, "Political power isn't enough — the complete power equation is political power, plus economic power, plus social power. It would be decades before women began to gain more social and political power (and even today, there is considerable work to do). The women's movement was essentially sidelined during the Great Depression, World War II, and the domestic sphere of the post-

war era. Many of the daughters of the domestic housewives of the Depression/World War II generation didn't want to live the domestic lives of their mothers, and we got the second wave of the women's movement, which lasted mainly from the mid-1960s up until the rise of conservatism in the 1980s."

The second wave of progressive women's rights occurred during the 60's and 70's. During this time, the first contraceptive pill was introduced, the Equal Pay Act was passed, and many organizations were formed to combat discrimination against women. In Oct. 1971, the amendment won a two-thirds vote from the House of Representatives, under the leadership of representative Bella Abzug of NY, and Betty Friedan and Gloria Steinem, who were popular feminists. In March, 1972, it was approved by the Senate, and then it was up

to the states to ratify the ERA. The first of the states to adopt the amendment was Hawaii, followed by 30 other states soon after. In order for the amendment to become law, however, ¾ of states needed to adopt it, and the goal of 38 states was not met by the initial March 22, 1979 deadline — and only 35 of the required 38 states adopted ratified. This was due in large part due to backlash towards feminism in the mid-1970's. An example of this was Phyllis Schlafly, who founded the organization "Eagle Forum," whose main goal was to block the passage of the ERA and link up with other anti-feminist groups.

Today, we are in another period of progressivism, and it's possible that the Equal Rights Amendment might finally get ratified. If it does, women will legally have equal rights to men, especially in matters of divorce, employment, property, etc.



The current battle over the ERA ratification

By Jenson Ho
Times staff writer

The Equal Rights Amendment (ERA) would give everyone rights, regardless of gender or race, equal protection under the constitution. Section one of the ERA states, "Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex." The amendment seemed to die in 1982 due to a lack of state ratification (the original 1979 deadline was extended), but 48 years later, the ERA, is back in the news.

35 states voted to ratify the ERA by 1982, but there is debate about whether that was a hard-and-fast deadline. Democrats argue that since the deadline was put in place by the Congress, it could also be removed by a vote from Congress. Furthermore, the Constitution does not legally state any deadline regarding time restrictions for the ratification of amendments.

On the other hand, Republican lawmakers claim that Congress lacks the legal authority to alter a deadline. When Nevada ratified the ERA in 2017 and Illinois in 2018, it caused a huge stir in the discussion of the ERA. Also, on Jan. 15, 2020, Virginia became the 38th state to ratify the ERA, but five states wanted to retract their vote: Kentucky, Nebraska, Tennessee, South Dakota, and Idaho.

In her graduate thesis examining the decision of these states, researcher Veronica Lerma wrote, "I find the decision to rescind reflects a retrenchment of pro-feminist ideology followed by a backlash of the conservative gendered order...the opposition...exploited uncertainty and propagated misinformation to reframe rescission as a moral and social corrective...rescission was used to maintain inequality by preserving the very power structures that legitimized it. Ultimately, the decision to rescind is a story of hegemonic power and its reproduction." Traditionally, votes to ratify still count re-

gardless of whether that vote was rescinded. There are no "take backs" in voting.

Even with 38 votes to amend the Constitution, opponents of the ERA are going to the Supreme Court in efforts to fight the House's decision to remove the ratification deadline. In a CBS news article, Supreme Court Justice Ruth Bader Ginsburg explains, "There's too much controversy about latecomers [...] Plus, a number of states have withdrawn their ratification. So if you count a latecomer on the plus side, how can you disregard states that said 'we've changed our minds?'" In an alternate plan supported by Justice Ginsburg, Congress would restart the entire amendment process, but this plan would be extremely time consuming. Furthermore, restarting the amendment process would allow for people to adjust the nearly one hundred year old amendment for modern problems.

The Democratic-leaning House of Representatives has already voted yes to extending the amendment time con-

straints on the ratification of the ERA. In order for this resolution to be passed, it must also be voted on by the Senate. The Senate has a Republican majority, and most of the Republican representatives are against the Equal Rights Amendment. In a Politico interview, House Representative Jackie Walorski (R-Ind.) explains, "Let's be honest, this is not about equality or women's rights. This is about enshrining unrestricted abortion in the Constitution and allowing full taxpayer funding for abortion." Another House Representative, Virginia Foxx (R-N.C.), said on the House floor that, "the goal of this legislation is different: The goal here is to expand access to abortion up to birth, and overturn the broadly supported policies that protect taxpayers from being forced to pay for abortions." Other Republicans also argued that this amendment would take away programs and benefits offered to women such as lower insurance rates, female STEM programs, and other forms of female targeted aid.

Pros and cons of online schooling

By Catherine Raman
Times staff writer

Online schooling has now become our new normal due to the coronavirus, but is online schooling really effective?

Online schooling is the only way we can learn right now, but for a lot of students, it poses challenges, one of them being that most of the time, you do not feel a sense of self-discipline, and it can be hard to not procrastinate. It also messes with time management — some students may not feel the need to finish assignments during “school hours,” which leads them to procrastinate even more. Daniela Barajas (11) has found online learning to be a struggle; “I think at home learning has its flaws as many students rely on a concrete schedule in order to be productive,” she said.

Another disadvantage of online learning is that some students may need more face-to-face discussion in order to concentrate more on lessons, and there is a lack of a connection between students and their teacher. Alyssa Chan (11) said, “I don’t quite like online learning because

I need a classroom setting in order to focus, and I feel like I’m easily distracted.”

And then there are technological limitations. Some students may not have access to a computer, and if your technology is not very reliable, your education is disrupted. Not only that, but it can also be tough on teachers. Mrs. Meskin said at home learning has been difficult for her, especially since she has kids, “When I’m teaching a class or when my husband is on a sales call, it isn’t uncommon for a little person to make a sudden appearance. It’s a full house and a true challenge to get work done.”

Online learning is also less collaborative, which might negatively affect students who work better in groups. Although this can be partially solved through Facetime, it definitely doesn’t have the same effect as getting in-person help.

Despite the many negatives, there are benefits to this at-home learning thing, one being that online learning is a little bit more flexible. Due to the autonomy this provides, you can also work at a more in-

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Jacob Reeder / Terra Nova Times

Jacob finds comfort in being able to work at his own pace.

The psychology behind going “stir crazy”

By Lila Franco
Times staff writer

Lockdowns have been implemented to prevent the spread of COVID-19, but staying inside has caused many to experience a form of mental disturbance. Those of us sheltering in place have felt extremely irritable and restless at times, going “stir-crazy” and experiencing what’s called “cabin fever.” Cabin fever is our mind’s reaction to confinement, manifested in agitation.

Observations of “stir-crazy” first came from prisons, where inmates would become mentally ill as a result of confinement. In fact, the term “stir” is slang for prison. With incarceration comes complete isolation



Nina Young / Terra Nova Times

Shelter-in-place has caused many people to feel trapped.

from everything and everyone. If this goes on for too long, every day spent in confinement becomes the same, and prisoners get tired of the constant

routine. The combination of isolation, stagnation, and feeling trapped in a cramped space causes the incarcerated to panic.

Isolation causes loneliness and

boredom. Being alone means you have no one but yourself and your thoughts to keep you company. Being isolated to the same space can also make you feel cut off from the outside world, which humans are not accustomed to. We are creatures that crave adventure, and there is no change of scenery when you’re stuck in the house. Pedro Matulja (10) has had to get creative to combat his need for a change: “I really can’t stay inside all day, so my backyard has really saved me throughout this whole thing. I skate or just chill, and I feel a lot better. I still wish I had more access to the outside world, though, because sometimes I still feel trapped,” he said.

In addition to the immense loneliness and boredom, isola-

tion also causes the fear of being trapped. Being in a restricted area for a prolonged period of time causes you to experience claustrophobia. Claustrophobic situations, like small rooms, can make people feel like they have no escape. Some have worse claustrophobia than others, possibly due to past experiences, and are more likely to go stir-crazy. Melody Traylor (10) feels slightly claustrophobic in the quarantine, and she stated, “I’ve been a little stressed out and being in a confined space isn’t ideal. Everything in the world just feels like it’s in a chaotic state, and that reflects on me. Staying at home has definitely made things a little harder. However, it hasn’t been too bad and I’ve been able to deal with it.”

Tiger Testimonials

Francis Young-Tayag (12)

Throughout this past month, I’ve been trying to unwind, get more than five hours of sleep, and being unable to do a lot of things due to stay-at-home orders has forced me to get creative. I’m currently working on my first EP (a mini-album) with 5-6 original songs — something I’ve never done before. I’m listening to music constantly and thinking of melodies, drum patterns (and, of course, lyrics) to put in my songs, looking for inspiration and trying to create a masterpiece. I also created a music page called “Beyond The Bay” (@beyondthebay_) on Instagram, which I hope allows artists — not just from the Bay Area, but around the world — to submit music and showcase their talents. This quarantine has given me an opportunity to connect with different people all over the world. I miss seeing people at school and being able to go explore places, but I’m hopeful that I will be able to do that again if everybody does their part in flattening the curve.

Bethy Trecroci (12)

As of right now, it feels like my life has been put on pause. We’re all stuck in a scary place that no one knows how to navigate. It’s not as if we have a protocol for any of this. There’s no plan as to how we’re supposed to move forward, only that we have to move forward regardless. I think some truth is coming to light. Truth that should’ve been addressed a long time ago. At the end of the day, I think there is one constant that binds us together. It has nothing to do with money or material wealth. It has to do with the light and kindness we can seek out in times like this. That’s really what has kept me sane through all of this: the fact that regardless of all the evil and pain that humans have come face-to-face with throughout history, there has been perseverance. I’ve been working on some music, which is something I’ve been dreaming about for a long time, and this has finally given me an opportunity to explore what I am capable of.



Courtesy of Bethy Trecroci

Bethy speaks her mind in the form of lyrics.

Focus On: Jackson Fiske & Mrs. K

All the world's a stage if your name is Jackson Fiske

By Mackenzie Pelletier
Times staff writer

Jackson Fiske is a familiar face to all of TN, as his stage presence is unforgettable, whether it be his extraordinary performance as a rally commissioner or acting in TN's plays and musicals. Fiske's abundant training in theater arts pays off immensely in many aspects of his life, enabling him to be the performer we all know him to be.

Fiske has been involved in theater arts since the age of four, when his mom signed him up for multiple theater summer camps and programs. Since then, it has become a huge part of his life. Fiske said, "Most students do sports, but I've done theater so long that even when I was on a soccer team, I decided to consolidate all of my time into theater and do what I'm really passionate about."

Every year, Fiske's goal is to perform in four shows. He performs with Terra Nova, Spindrift, and oddball ones, like a show he did for his vocal teacher's church. Last summer, Fiske went to UCLA to do



Courtesy of Jackson Fiske

Jackson acting in Spindrift's performance of "Pippin."

a summer session and performed in a play. He's constantly on the lookout for stage time to give him more experience.

In college, Fiske plans on studying

drama. He also might double major in English because it's the only subject in school he took all of the AP's for. After college, Fiske intends on pursuing

his passion for theater as a career. He explained, "What I will try to do is be in shows and direct as many as I can, and then when that gets tired, I'll just teach it. Whether I am a professor or a high school teacher, it doesn't matter."

Fiske came to be rally commissioner because he knew his training in drama and theater would translate well into the position. He said, "I applied to be rally commissioner because I'm so comfortable in the spotlight, and as a rally commissioner, you have all these eyes on you." Many people's worst nightmare would be performing in front of over 800 people, but to Fiske, it is what he gets the most joy from — as he said, "To go on stage, I don't get nervous at all — instead, it's thrilling to me, and it is something I search for like a high."

Although theater arts and drama are his main focus in life along with academics, Fiske also enjoys snowboarding and playing video games. Doing theater arts has given him a variety of skills in life, and his passion for it will remain for the rest of his life as he takes his next steps into adulthood.

The magical, musical Mrs. K

By Emily Galicia
Times staff writer

Meet the person behind TNN and the singers of the spring musical, Mrs. Ashleigh Karkazis. Even though she might not be an official teacher yet, she puts in long hard hours of volunteer work in order to make Terra Nova a more positive and creative campus.

Growing up all over the Peninsula, Mrs. K went through the Burlingame School District K-12. Mr. and Mrs. K actually met while lifeguarding and teaching swimming lessons at Burlingame Aquatics Center. However, Mr. K was later deployed to Iraq with the Marines; they were married in 2014. He said, "She is my muse, she is amazing, she has helped me so much, and she showed me that I can do whatever I want, I love her very much,

and she's the greatest thing that ever happened to me."

When she's not volunteering at TN, Mrs. K loves to walk her dog Calypso with Mr. K. She said, "I also enjoy singing... it's one of the things that have been in my life for about five years now." Ever since Mrs. K was diagnosed with leukemia in 2015, singing has been a very important part in her life. This past year was Mrs. K's first year performing live on a Broadway covered YouTube site, and she has done four other live shows with a band, as well. "Singing has really been that hobby for me that is kind of like my therapy," she said.

Mrs. K started the Tiger News Network at TN. During her freshman year in high school, Mrs. K had a news network, along with other students, as a class, and she wanted to bring the same creative outlet to TN. She said,



Courtesy of Ashleigh Karkazis

The First Couple of Terra Nova, showing their Tiger Pride.

"It gave us this creative outlet that we can now present our project ideas in other classes."

Skipping forward a few years later, TNN has grown so much as a whole with the help and guidance of Mrs. K. TNN broadcasts school announce-

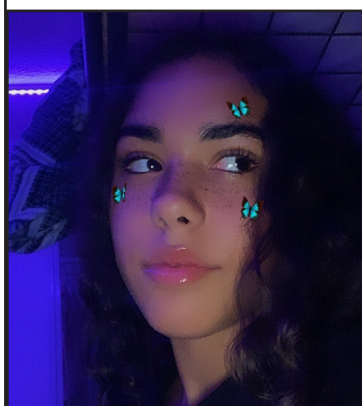
ments that students would normally hear over the loudspeaker on YouTube. President of TNN, Hyacinth Sandagata (11) said, "Mrs. K has honestly dedicated so much of her time, passion, and love into the club...because it's something

that she genuinely enjoys doing. You can tell that she gets so happy seeing us work and adapt to producing broadcasts."

Along with TNN, Mrs. K also helps produce plays and the spring musical with Mr. Schneider, Mr. Lewsadder and Ms. Z as the vocal ensemble director. She started helping with the productions two years ago with "Guys and Dolls," a musical that Mrs. K choreographed a dance for in high school. She said, "It was like I came full circle, so it was like I got to revisit something that I missed out on...everyone was so welcome to this random person that would not go away."

In the more recent production of the play 'Drop Dead Juliet,' the lead Grace Duncan (11) said, "Mrs. K is the nicest, most understanding person on campus. She is incredibly kind and beautiful, I couldn't be more grateful to have worked with her during the play."

What's your guilty pleasure TV show?



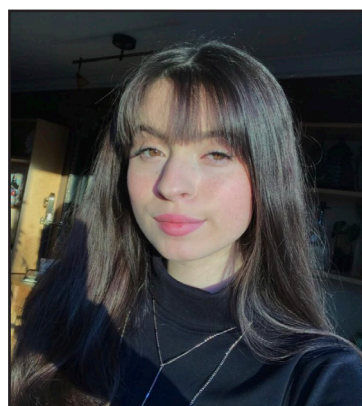
"Criminal Minds."
- Ana Santana (9)



"Dance Moms.' Or maybe my guilty pleasure isn't TV, it's just shaving my head."
- Buddy Vaughan (10)



"I mean, I guess I would say 'Jersey Shore,' but I'm not guilty about it one bit."
- Savannah Escobar (11)



"I know it's not a show but I would be so embarrassed if somebody walked in on me watching 'Twilight.'"
- Victoria Brandt (12)



"Currently it is 'Tiger King' and 'Love is Blind,' only because they are so outrageous and over the top."
- Ms. Smith



THINGS TO LOOK FORWARD TO

By Isabella DiDonato
Times staff writer

Although COVID-19 has taken over our conversations, there are many joyful things to look forward to in 2020. Watching movies has become a very popular way to pass the time during our confinement, and in 2020, multiple new movies are scheduled to come out such as “Wonder Woman 1984,” “Black Widow,” “Fast and Furious 9,” “Fantastic Beasts,” “Mulan,” and “Top Gun: Maverick.” These blockbuster films have been in the making for some time and are

finally being released this year. Sophomore Ben Levie said, “I’m excited for the ‘Mulan’ reboot. It’s super cool that they’re trying to incorporate more Chinese culture, and on top of that, the costumes and stuff look really cool.”

In addition to movies, many teenagers are playing video games with their friends online. Such gamers have waited anxiously for the very anticipated release of “The PlayStation 5” and “The Xbox Series X” and are looking forward to purchasing those consoles soon.

No release article is complete without information about music releases. Selena Gomez,

Halsey, Tame Impala, The 1975, Cardi B, Dua Lipa, Lana Del Rey, Nial Horan, and Sam Smith all have new albums scheduled to be released later this year. These highly awaited albums could possibly become one of your favorites and will certainly be great to jam to in your house or car.

With summer on the horizon, many students are looking forward to road trips with their friends. Richard Baglio (11) “My friends and I are probably going to Tahoe in the summer.” Trips like these are always fun and definitely something to look forward to once the shelter-in-place comes to an

end. Junior Anuheha Furuya agreed: “I can’t wait to get my real drivers license in July and then go on a road trip with my friends!”

Although the long-awaited summer 2020 Olympics were postponed for this year, we have them to look forward to for next summer in Tokyo.

For all of you political junkies, there are also the upcoming 2020 elections. No matter who you are voting for, it’s exciting to get to vote for the first time. “I feel incredibly lucky to be able to vote in this election especially,” said senior Tori Boldt. “It’s going to be one of the most important elections

in modern history, and voting makes me feel like I get to be part of shaping a better future.”

While there are many exciting upcoming events on earth, there will be some in space, too. NASA announced there will be a new rover headed to Mars in late July or early August. This rover contains 23 cameras and will explore Mars as a new and important technological advancement to discovering more about other planets.

Though there are many crazy and tragic occurrences going on all over the world, there are still exciting things coming up this (or next) year for everyone to look forward to.



HOW TO KEEP A POSITIVE MIND SET

By Amelie Taylor-Binard
Times staff writer

As a result of the COVID-19 outbreak, we all are forced to face the complications of self isolation. Being forced to break from our normal routine and the structure of it causes a great impact to one’s physical, mental, and overall well-being. Finding ways to cope and stay positive during this stressful and ever-changing time is crucial for staying focused and happy. It is natural to feel fear, but it is possible to relieve some of it through these simple actions.

The first and simplest method is allowing ourselves to breathe. It can feel horribly

suffocating to exist in a time of such uncertainty, and to combat this, it is essential to take time out of everyday to breathe with care and mindfulness. Practice as you read, inhale 4-6 seconds and let the cold air fill up in your lungs, hold for a moment, and exhale the now hot air out 4-6 seconds. The more you breathe with care, the more relaxed the state of your body becomes. Before thoughts of negativity and danger contaminate one’s mind, remember to tell yourself, “I deserve a moment to breathe.” Say it out loud and speak it into existence, your body is capable. Sometimes, the only wall in our way is our mind.

To strengthen our minds, it is important to practicing

grounding yourself within a space. Here is a simple way to do so: The 5-4-3-2-1 Method. Once again, feel free to exercise this method as you read along. To begin, name five things that you can hear around you; it could be the wind, the cracks in the wall if you’re in an old building, the sound of your nails rubbing against each other, people talking around you, etc. Next, classify four things that you see. Then, name three things you can touch from where you’re sitting. Now name two things you can smell. To conclude, name one thing you can taste. This exercise is to remind you that you are present within the world, you are here, and you are real. Grounding methods create a

sense of security and remind us that we fit.

Practicing mindfulness is done in a similar way. As much as we can compensate for the quarantine by exercising our brains and breath, it is important to stay active and engage in hobbies. Thinking of exercise as a celebration of your body and not a punishment can reaffirm our sense of self worth. If exercising is not your thing, you can also affirm yourself through your hobbies such as drawing, dancing, playing an instrument, or whatever interests and is safe/good for you. These forms of self expression channel your emotions toward something outside of yourself, which can promote a sense of purpose and contentment.

Before allowing loneliness to take over, reach out and interact with loved ones. Amid this pandemic, we should acknowledge that isolation is a huge trigger and can lead to suicidal thoughts or tendencies in certain individuals. When we reach out, it is important to be aware that we are also helping others who might be struggling worse than we are.

To put it simply, USA Today wrote, “Everything feels fragile. People, especially.” This is why healthy coping practices are important and even vital to have right now. By even celebrating the small things such as getting out of bed to shower and cooking for yourself, you are reinforcing the much needed positivity and care.



Online

Continued from Page 4

dependent pace since due dates have become more lenient.

Jacob Reeder (9) said he likes the more flexible pace. "I enjoy being able to work on what I want when I want," he said.

Students with medical conditions could find at home learning more convenient. Zoe Mar-

tin (10), who has an ongoing health challenge that makes it difficult for her to attend school sometimes, said AHL has really helped her, "It's really nice to be able to be on my own schedule — the everyday school schedule is hard for me to do because I don't feel well, so it's great to be able to have that flexibility. Also being able to do assignments when I have the energy to do them is really helpful for me."

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Relief

Continued from Page 2

ilies will qualify for this benefit.

Locally, the Pacifica Resource Center has been working to assist any person in need. In response to this situation, the PRC has shifted their food bank to a personal delivery service for their Family Harvest and Produce Mobile. Once a week, they deliver an arrangement of groceries that consist of vegetables, fruits, and pastas. We were unable to contact PRC, most likely due to how busy it is. To minimize social interaction, they are conducting interviews by phone, and their applications will be sent digitally and can be accessed through their website.

Unfortunately, our beloved local businesses have been hard-hit by the pandemic. Different types of relief like the

Small Business Administration Debt Relief are being offered in order to keep local businesses running for the future. The initial package from the federal government was gone in just a few days, leaving many small businesses out in the cold. Congress is debating authorizing more money, something they hope to do this week.

Deborah Patterson, owner of Pacific Java said, "Small businesses generally operate from month to month. When the clientele is removed, it is difficult to absorb the impact while operating as a functioning business. [...] Not only small businesses received the loan from the stimulus package — many multi-million corporations were included! There was a set amount which has been depleted. PJC and many other businesses owners I have spoken to have also not received the loan. It's frustrating."

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