

# Terra Nova Times

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Terra Nova High School

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## Monoliths capture our imagination

By Kyle Gossage  
Times staff writer

Utah. Romania. California. What do all these places have in common? A hulking, 11-foot shiny metal monolith appearing out of nowhere.

The first reports of this monolith were reported by wildlife biologists performing a helicopter survey on the bighorn sheep population in a rural section of Utah. No one knows for sure when the monolith was built there, or by whom. However, just ten days after its discovery, before many of our questions were answered, it was gone. Sylvan Christensen, a BASE jumping guide posted a video on his YouTube account showing footage of himself and three others removing the monolith. Christensen made it clear that his motivations were strictly in the name of preservation and conservation; as he said in his video, "We removed the Utah Monolith because there are clear precedents for how we share and standardize the use of our public lands, natural wildlife, native plants, fresh water sources, and human impacts upon them."

After the disappearance of the monolith in Utah, an identical one was found in Romania the day after. It was discovered



Patrick A. Mackie

**The Utah monolith was the first to appear, and before its removal, saw many visitors.**

by residents of Piatra Neamt, a small Romanian village near the Petrodava Dacian Fortress.

This monolith only lasted four days before mysteriously disappearing, unlike the Utah

one which lasted nine days.

Only a few days after the Romanian monolith was reported

missing, yet another one was found atop a hill in Atascadero, California. This city lies approximately halfway between San Francisco and Los Angeles. This one once again matched the dimensions and engravings of the past monoliths. This one did not even last a full day, however, before being once again removed.

The disappearance of each monolith seems to be shortening exponentially after each discovery, although that is likely just a coincidence. There are many theories about what these monoliths mean. The art community believes that these monoliths are the work of John McCracken, who was a minimalist artist that sculpted geometric structures similar to these monoliths. The only issue with this theory is that John McCracken died over nine years ago. Still, some speculate that it is his work being displayed now in this mysterious fashion, due to his obsession with advanced alien races. McCracken was a believer in aliens, and proposed that they had already visited several times discreetly to help the human race progress.

Because of this, some people believe these monoliths are the work of aliens. In Stanley Kubrick's film "2001: A Space

*See Monoliths on page 12*

## 79 years later, we remember Pearl Harbor

By Luke Avery  
Times staff writer

Monday, Dec. 7, marked the 79th anniversary of one of the most tragic days in American history: the attack on Pearl Harbor. Just before 8 AM on Dec. 7, 1941, hundreds of Japanese fighter planes rained down from above, wreaking complete havoc on the naval base established just outside Honolulu. The devastation was widespread, as the attackers destroyed around 20 naval vessels, over 300 aircraft, and killed over 2,400 Americans, including civilians.

Every single battleship in the harbor had sustained damage, but none worse than the USS Arizona, which had an 1,800 pound bomb smash through its deck, sinking the ship in a fiery blaze, killing over 1,000 men trapped inside. However, despite the vast destruction, all hope was not lost. Every U.S. aircraft carrier was away from the base at the time of the attack,

and therefore the U.S. Navy still had their greatest asset available. Additionally, while the ships and aircraft were ravaged, none of Pearl Harbor's oil storages or submarine docks were damaged, so although Japan had delivered a massive blow, the U.S. was far from out of the fight.

The following day, President Franklin D. Roosevelt, along with the rest of The United States mourned the loss of those who perished. In a national address, Roosevelt spoke to the nation, solemnly declaring that Pearl Harbor was "a date that will live in infamy," and later that day, Congress declared war on Japan. Although tragic, the event united the country in the war effort and acted as a rallying cry. Kenneth Avery, who was alive during this unforgettable event, remembers the shocking incident and what his town was like that day. Even as a young man, he recalls vividly, "I was getting off work and my coworker told me 'Ken you gotta hear this' and I did. The whole



United States Department of the Interior

**Images like these capture the sheer magnitude and horror of the attack on Pearl Harbor.**

atmosphere changed as they spoke on the radio about this as shock turned to outrage, I was one of these people, angered at this injustice. Many people were outspoken in my town for rallying war efforts. There was even a rally outside town hall."

In 1962, The USS Arizona

Memorial, a marble structure that bridges over the ship's sunken remains, was built in honor of those who died at Pearl Harbor, including those aboard the fateful ship. It serves as a reminder of a tragedy that forever reshaped America, for better and for worse. The attack on Pearl

Harbor was, at the time, the most devastating attack on American soil by a foreign power, and therefore, it is important that we as Americans do not forget this event or the brave people who gave their lives on that fateful day and fully embodied what it meant to serve one's country.

# Dr. Deloria says goodbye to JUHSD

By *Natasha Valdez*  
Times staff writer

When Terra Nova experienced a teacher shortage, Dr. Deloria became a familiar face to many at Terra Nova as she gave a helping hand in the math department. However, many people are unaware of all of the charges and responsibilities she has had as superintendent of JUHSD, and how much she impacts our day-to-day at school. With Dr. Deloria leaving her role as superintendent, let's learn more about her.

If you are familiar with Dr. Deloria, you have probably seen her walking into your classroom with either Mrs. Carey or by herself observing your peers and interaction with your teachers. In her life away from being superintendent, Dr. Deloria has a ton of fun hobbies that she and her husband enjoy.

Dr. Deloria loves to backpack and canoe in rustic terrain, specifically areas where usually your phone doesn't work. When she is local, Deloria also loves watching Dodgers games and decorating for the holidays with her husband. She also has a huge passion for bridge; bridge is a trick-taking card game using a standard 52-card deck that she enjoys bonding with her friends.

Dr. Deloria lived in Southern California right before she moved to



Courtesy of Dr. Deloria

**Dr. Deloria absolutely loves spending time with her granddaughter.**

Norcal to becoming our superintendent. Prior to being JUHSD's superintendent, she sat on the board for the Santa Clarita homeless shelter.

COVID-19's impact has taken a huge toll on all educators and administrators, including Dr. Deloria. Her role for our district has major responsibilities, but her being the hardworking and dedicated person she is, she always made

sure our district was at its best. When COVID-19 first hit, Deloria was working hard to prepare our district for an online teaching environment. In addition to this, she also hand-sewed over 1,000 masks for teachers, staff, and families during this pandemic.

Deloria's love for our community, teachers, staff, and students gave her the motivation to provide so much to our district,

working with principals and leadership teams to develop professional learning communities, as well as help language learners and focus on them. Deloria made the PSAT available to every student.

Deloria said, "I'm really proud of the work force employee housing, and in about two years, we're going to be able to offer employees rent at about half the market price, and I'm really proud of that work; we were the first district in the country to help pay for it, so definitely is a high point."

Sadly, Dr. Deloria is no longer going to be our superintendent and is going into retirement at the end of November. Why, may you ask? Recently, Deloria has become a doting grandmother and is a mother of adult children. Her daughter recently had a baby and has been laid off, though she lately was given the opportunity to go back to work. With her daughter not being able to get daycare, Deloria has stepped in to help her daughter to get back on her feet and watch her grandbaby, whom she positively adores spending time with.

Deloria stated, "I'm going to miss the work of working with the principals on continuing improving the schools. That's important leadership work I am going to miss." Nevertheless, having Deloria as our superintendent was an absolute pleasure. Thank you so much for everything you have done!

## The complex task of reopening high schools

By *Leila Eliares*  
Times staff writer

As the fall semester starts to close, the district has started to review a plan to determine if normal in-person classes can resume next semester. While adolescents are less likely to be heavily impacted by COVID-19, many are worried that teens will spread the virus to older generations and those with compromised immune systems. A recent vaccine development shows promise, and with this, there are many things to consider before a return to school.

Winter heightens the chances of contracting Covid-19, due to the colder weather and people wanting to spend more time indoors. Resuming normal classes brings many different challenges, especially for students who have underlying health conditions or live with someone who is extremely vulnerable to COVID-19.

According to a USA Today article, Dr. Paul Offit, director of the Vaccine Education Center at Children's Hospital of Philadelphia and a professor of vaccinology at the Perelman School of Medicine at the University of Pennsylvania said, "In many areas of the country, the cooler, drier air of late fall and winter allows respiratory viruses of all types to spread more easily, especially with people spending more time indoors." We see this every year with cold and flu season. In the period of time someone has a cold, their immune systems become weaker and they are more susceptible to contracting and suffering severe symptoms of COVID-19.

The main concern with bringing in-person classes back is how to do it safely. The Jefferson Union Board of Trustees reviewed a potential process in early November that would gradually reintroduce



Robert Ace Gonzalez / Terra Nova Times

**The potters wheels are quiet in Mr. Carothers's ceramics room.**

students to learning on campus. Board President Kalimah Salahuddin, said, "The Board will always keep student and staff safety at the forefront, and will follow guidance from the San Mateo County Office of Education and the Centers for Disease Control. We will be monitoring the COVID-19 situation in our county and neighboring counties, and react as needed to any rise in infection rate."

The initial plan to bring students back would eventually lead to students being in the classroom twice a week with a schedule similar to the one from the beginning of the school year, where there were synchronous and asynchro-

nous days of learning known as hybrid cohorts. However, after significant questions about the feasibility of the system, Associate Superintendent Karen Baca presented a revised plan, which focused more on "learning pods," small groups of students who need the additional support that in-person learning can provide.

Although the cohort system helps reduce the spread of COVID-19, there are many worries about the quality of education students would be receiving. In a recent Board Meeting, Monica Casey, the JUHSD Union President, said, "I'm concerned that hybrid is not necessarily better than what we're offering now

as far as an education is concerned... They might see their teachers less." The hybrid cohort schedule also poses concerns for teachers. Mrs. Jenkins, the English Department head, stated, "I cannot, and no teacher can, monitor a computer at the same time they are monitoring the students in front of them. That means the students in front of me will genuinely get my attention, and the students on Zoom will get short-changed."

Many classrooms are also simply too small to have more than a few students to be safely distanced. In order to keep a physical distance of six feet, the cohorts will have to be cut into smaller amounts of students. However, decreasing the size of the cohorts will cause a huge change in the schedule that has already been prepared, there would have to be more days in between in-person learning. Keeping the same amount of students in a cohort could endanger the students and staff and increase the chances of contracting and spreading COVID-19. Mr. Karkazis, a history teacher whose wife is immunocompromised, said, "I'm worried I might get my wife sick, and I'm also worried for my students and staff members. I think going back to school could open the school district up for lawsuits."

Transportation to school on days of in-person learning is also another concern. Many students rely on SamTrans buses as their main way of getting to school, but SamTrans has announced that they will not provide a bus route to schools that started the school year with at-home learning. Students who usually carpool with a friend to get to school may also have trouble getting to school.

However, students have the option to continue at-home learning if the schools are able to reopen. In this uncertain time, it is hard to say what will happen for our schools, but safety is the main priority.

# Daly City hit hard by COVID-19

By Eleanor Jonas  
Times staff writer

Compared to Daly City, Pacifica's population has been largely sheltered from the effects of COVID-19.

With more of the population of Daly City working as essential workers, they have the burden of being possibly exposed to COVID-19. According to Srija Srinivasan, deputy chief of San Mateo County Health, "Cities with the highest numbers of positive cases reflect larger populations both of workers who are not able to operate remotely and of residents with lower incomes."

Additionally, those with a lower income may not have adequate paid leave or may live in crowded housing, increasing their risk of contracting or spreading infection. The California Initiative for Health Equity & Action (Cal-IHEA) reported that the rate of essential workers who wouldn't be paid if they became sick and would have difficulty with basic expenses was 140.2% higher than non-essential workers.

In Daly City, those with lower incomes who are unable to work from home or support their families if they become infected with COVID, have felt the brunt of the pandemic. As of

Dec. 9, Daly City has 2,227 cases, or 206 cases for every 10,000 residents. For comparison, Pacifica has 383 cases, or 99 for every 10,000 residents.

Cal-IHEA provides evidence of the disproportionate effect of the pandemic of people of color working in essential jobs. For example, Latinos make up 39% of California's population, but 56% of COVID cases and have a death rate 2.5 times higher than their part of the state population. Whites are 37% of the population but only 18% of cases. People of color are at a higher risk for the virus and are dying faster than white people.

Additionally, for still-employed Latinos, 52% of low wage workers have essential jobs, demonstrating how many jobs that support the community and economy, including food production, retail, and personal care services, are lacking in pay and benefits.

Daly City's population is mostly Asian, with a 57% estimate from the US Census Bureau. Pacifica's population is estimated to be about 64.5% white.

COVID's impact on communities of color is largely an economic issue. The report states that "workers of color are more likely to be employed in an industry at risk for job loss"; one of the primary concerns of COVID necessitates non-essential jobs to become



Jenson Ho / Terra Nova Times

**Seton Hospital has been designated a COVID hospital for the county.**

remote or temporarily nonexistent.

Governor Newsom has acknowledged the pandemic's effects on communities of color and responded by announcing protections for essential workers, including isolation for specific occupations and educational campaigns

for both employers and employees.

Srinivasan writes that, "Daly City has supported regular community testing sites, accessible to everyone, with plenty of local outreach that has resulted in large numbers of residents seeking tests each day at the sites."

## SF schools investigate changing school names

By Eleanor Jonas  
Times staff writer

Following a decision made the week of Oct. 11 by the San Francisco School Names Advisory Committee, 44 SF schools may change their names; this is one-third of the 125 public schools in SF.

The committee, made up of 12 community members appointed by the superintendent and approved by the school board, was created after a 2018 resolution required a blue-ribbon panel to scrutinize school names. Their criteria for renaming includes anyone involved in the colonization, exploitation, or oppression of others, including those involved in slavery and genocide. Also added to the list were those connected to human rights or environmental issues, as well as known racists or white supremacists.

Among the schools singled



Eleanor Jonas / Terra Nova Times

**Abraham Lincoln High School in San Francisco is one of the schools on the list.**

out for renaming were Abraham Lincoln, Washington, Balboa, Lowell, Roosevelt, and Presidio. Lincoln was included for his mistreatment of Indigenous Americans. Additionally, the panel listed a school named after Dianne Feinstein, a current

Senator (1992-now) and former Mayor of SF (1978-1988), for replacing a vandalized Confederate flag in front of City Hall in 1986 during her time as mayor.

Officials from five alumni associations challenged the panel's authority over renaming,

arguing that the panel failed to consult historians or diverse ethnic communities. Many, including current SF Mayor London Breed, questioned whether the renaming of SF's schools should be a priority during COVID-19 when students and their

families are already struggling; renaming a school would cost each school tens of thousands of dollars of renovations to structures with the name of the school and rebranding. Breed released a statement saying, "The fact that our kids aren't in school is what's driving inequity in our City. Not the name of a school."

In a San Francisco Chronicle article, Board President Mark Sanchez is quoted saying, "I don't think there is ever going to be a time when people are ready for this... people are going to be upset no matter when we do this."

However, Sanchez doesn't believe all 44 on the panel's list will change. Each school is expected to create alternative names by Dec. 18, which will then be voted on in January or February by the school board. The list is merely a directive to consider new names; it is unlikely that all 44 schools will be immediately renamed.

## Kobe Bryant Act goes into effect this coming January, 2021

By Leila Eliares  
Times staff writer

On Sept. 28, Governor Gavin Newsom signed and passed bill AB 2655, the Kobe Bryant Act. This bill was first introduced by Assemblyman Mike Gipson after the helicopter crash that killed the Lakers basketball player Kobe Bryant, his daughter, and seven other people in January.

After the crash, eight police officers took pictures of the deceased victims at the crime scene. These photos were leaked and seen on TMZ, but were delet-

ed after Sheriff Alex Villanueva ordered the eight deputies to do so. In response, Vanessa Bryant, Kobe Bryant's widow, sued the Los Angeles County Sheriff's Department for taking and sharing the photos without consent. According to The Guardian, "The suit seeks damages for negligence, invasion of privacy and intentional infliction of emotional distress."

The Kobe Bryant Act was proposed soon after, forbidding photos to be taken by first responders and law enforcement without permission for purposes unrelated to evidence or any other official police business. Any law enforcement or

first responder who violates the act will face a potential fine up to \$1000 and can be charged with a misdemeanor. The bill goes into effect starting January 2021.

Preventing first responders from leaking photos saves taxpayers money by preventing lawsuits from victims' family members, as the money used to pay for lawsuits comes from the taxpayers of the city where the department is located. According to ABC News, "Employees of government agencies like the NYPD have immunity from contributing to a settlement or judgment if named in a lawsuit..." Hundreds of millions

of dollars are used just to pay off these lawsuits rather than improve communities by funding schools or fixing roads.

Additionally, photos and documents that are leaked negatively impact the original investigation that they were leaked from. Bob Lotti, the acting police chief of the Colma Police Department, said, "It is important to the prosecution, whether civil, administrative or criminal, that photos are not made public so as not to interfere with a party to the case receiving a fair and unbiased trial or re-

**See Kobe on page 12**

# County falls back into purple tier

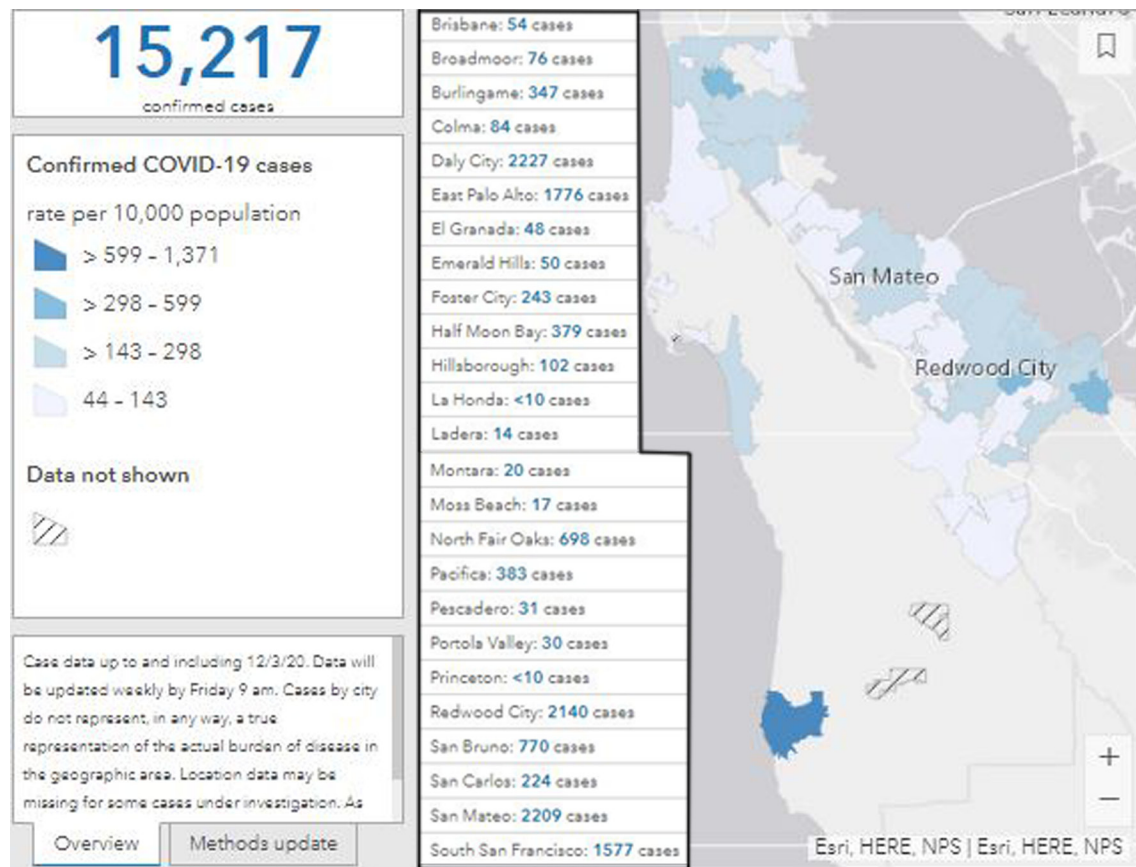
By Elliott Song  
Times staff writer

Despite previously being moved up into the orange tier, a large spike in cases of COVID-19 has pushed the San Mateo and San Francisco counties into the highly restrictive purple tier. With this, plans to reopen schools and numerous businesses have been put on hold.

At this point, most people are aware of the different tiers of COVID-19 infection in a county, ranging from purple, red, orange, and yellow, purple being the worst and yellow the best. Not more than a few weeks ago, San Mateo County was well off in the orange tier, with businesses being able to open with only a few modifications. However, things have taken a turn for the worst, and we have sunk back down to the purple tier. Though the drop into purple wasn't completely unexpected considering all of the counties surrounding SMC and SF were already in the purple, it wasn't completely unavoidable.

In the words of the Chief of San Mateo County Health Scott Morrow, "As we are one ecosystem in the Bay Area, we've been expecting to join our neighboring counties in the purple tier. Our collective behaviors are really key to beating back the virus right now, which includes wearing face coverings and avoiding gathering over holidays to protect the safety of our loved ones."

The fastest way to beat back COVID-19 in SMC and SF is to follow the guidelines, whether you like it or not. As



While some areas within San Mateo County are less affected, other areas are impacted.

we are now in the purple tier, a curfew will be in effect, and to be frank, people need to just live with it. One of the main reasons why we have been pushed back into the purple tiers is the widespread disregard concerning general safety and COVID-19 prevention.

Activities that are purely for leisure and not essential should be avoided. For people who say that the curfew makes them feel like they're suffocating at home, the curfew doesn't mean you can't go out for a nice walk. Walking is a good way to relieve some stress and get some exercise in at the same time. Both the County of

San Francisco and San Mateo County have a plethora of perfectly safe hiking spots that are perfectly acceptable as long as safety guidelines are followed.

One of the reasons that our numbers have exploded is that people are trying to live just like they did pre-pandemic, the most glaring example being gathering with multiple households for the holidays. Going out with friends, traveling, or throwing big parties are a big no when it comes to COVID-19 safety.

The county moving into the purple tier is nothing short of economic devastation. For example, local eatery Devil's Slide Taproom in Pedro Point in

Pacifica has just announced that they will be closing their doors for good. In an announcement on social media, the owners said that their business just couldn't survive another COVID surge.

The purple tier puts even more restrictions on how businesses can run. Many of these businesses are being forced to rely on government aid and loans just to stay open. The less fortunate are even being faced with the hard decision of closing up. Currently, San Mateo County can still have some non-essential businesses like nail salons and hair salons open, but if ICU capacity drops below 15%, those busi-

nesses will be forced to close.

Governor Gavin Newsom has announced that if any region's ICU capacity falls below 15%, then the stay-at-home order will be enforced, staying in place for at least three weeks. SMC and SF are included under the Bay Area region. While San Mateo County has not yet reached the threshold of ICU capacity, public health officials warn that it's just a matter of time.

The reason for this order being released is the widespread concern for hospital capacity. Just like it was at the beginning of the pandemic, the biggest problem is our hospitals being overrun. If that happens, we will truly be facing dire times. As it stands, recently California has already broken its record for most hospitalizations multiple times within a few days.

Even in all this chaos there is a silver lining. Governor Newsom announced the most recent news in terms of vaccine distribution. The first set of doses being distributed to essential workers such as EMT's, EMR's, and paramedics.

At this time, selfish desires have no place in our communities. As stated by Governor Newsom, "If there was ever any time to put aside your doubt, to put aside your skepticism, to put aside your ideology, to put aside any consideration except this: Lives are in balance. Lives will be lost unless we do more than we've ever done." Everyone is being affected by COVID-19, not just you. We have to tough it out together, otherwise we'll have to be content living with COVID-19 for months, even years to come.

# MAGA March: much ado about nothing

By Matthew Lim  
Times staff writer

On Dec. 7, there were two protest related to the election: one in Sacramento, where there was violence and vandalism, and one in Michigan, where armed pro-Trump protesters surrounded the home of Michigan's elections chief Jocelyn Benson. These events are somewhat small compared to the Million MAGA March in mid-November, where thousands of Trump supporters took to the streets to protest the authenticity of the elections.

What's going on with the Million MAGA March? On Nov. 12, Trump supporters (including the far right extremist group known as the Proud Boys) announced a rally in Washington, D.C., known as the Million MAGA March. With this rally, the supporters planned to protest against the popular consensus that Biden won the popular vote, citing unfounded claims of widespread voter fraud through ballots. As the march happened, it was met with various counter protests and eventually led to acts of violence and multiple arrests.

The background of the march comes from President Trump's claims of voter



Scenes from the MAGA March in Washington, D.C.

fraud holding back the actual election results, with methods such as absentee ballots being a potential cause for the fraud. However, these claims are heavily disputed, and there is no evidence to prove President Trump's theory. Nonetheless, Trump supporters organized a march through Freedom Plaza on Nov. 14

against the supposed fraud. The supporters included groups such as the Proud Boys and the Three Percenters, both notorious for being far right militias. The expected turnout of the rally was in its name.

Despite the claims made that there were over a million protesters at the march by White House press secretary

Kayleigh McEnany, the actual number of people attending the event ranged from the thousands to the ten thousands, far less than what was projected. Among these protesters were QAnon supporters and conspiracy theorist Alex Jones, who delivered a speech at the event. In another turn of events, things became heated as time went on. According to a report by the Washington Post, "One pro-Trump man attempted to gouge the opposition with a flag bearing the president's name. Another grabbed a woman's neon orange poster and hit her with it."

One of the most extreme measures of violence even ended in a man getting stabbed in the back, a Forbes report alleges. In the same report, Forbes stated that at least 20 people had been arrested on different charges, including counts of assault and the possession of weapons. Ultimately, the march ended with acts of violence at night before police intervention eventually broke it up.

As the year comes to an end and Trump's lawsuits diminish, these protest only show the unrest and distrust of the current government system and the reluctance to give in to the undeniable truth that President Trump lost the election and lawsuits stemming from it.

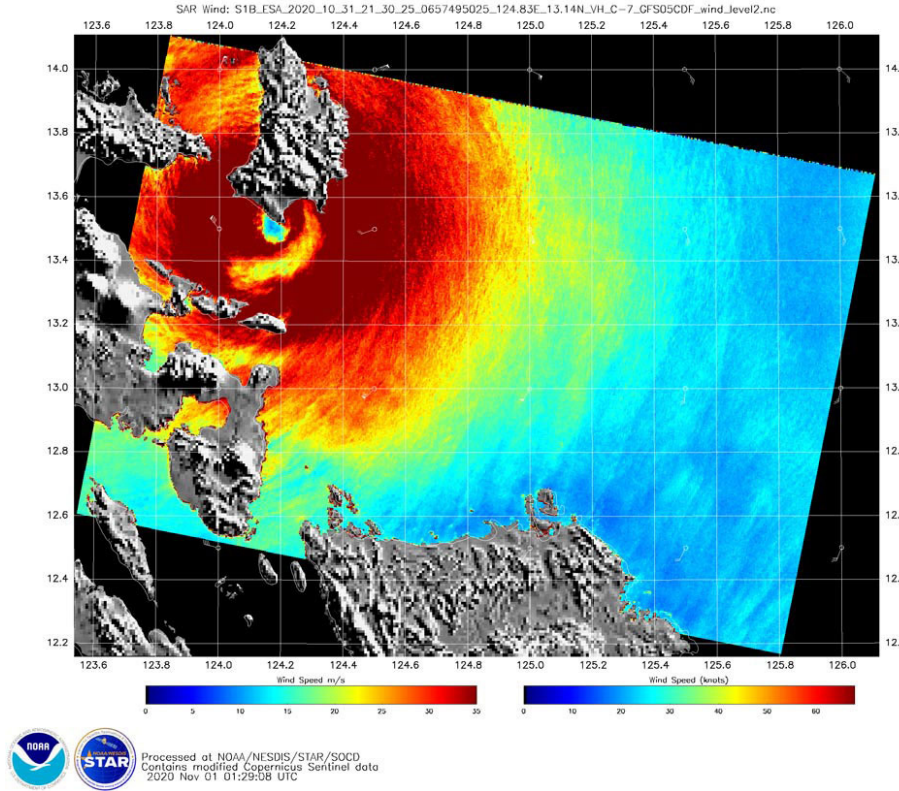
# Typhoon Vamco hits Philippines

By Samantha Guerrero  
Times staff writer

Places near the western Pacific Ocean, including the Philippines, are heavily affected by typhoon season this time of the year. This year in particular, typhoon levels have been extremely destructive to certain cities in the Philippines, with heavy rain creating floods across the islands, causing total damage to many homes and buildings. Due to these extreme hazards, people have had to resort to staying at local shelters, which is dangerous considering the potential for overcrowding, increasing the spread of Coronavirus. Although there are over a dozen smaller typhoons that hit the Philippines every year, Typhoon Goni (also known as Super Typhoon Rolly) and Typhoon Vamco (other known as Typhoon Ulysses) were 2020's most destructive.

On Nov. 11, Typhoon Vamco first struck Patnanungan Island, continuing to travel towards the island of Luzon, a city a little less than 100 miles away from the capital, Manila, which also was affected by Vamco's powerful winds that same day alongside heavy rains that created flooding throughout the whole area. American Science writer for NASA Earth Observatory, Kasha Patel, wrote, "Typhoon Vamco trashed the Philippines with sustained winds of 150 kilometers (90 miles) per hour and peak intensity winds equivalent to a category 2 hurricane."

Ten days before Vamco was Typhoon



NOAA.gov

## Massive typhoons have slammed into the Philippines this season.

Goni, which hit the country early on Nov. 1, the strongest storm to hit the Philippines this year as a Category 5. This caused the majority of homes and buildings in the northern Philippines to be completely destroyed, all roads to be cut off, and wind speeds higher than 156 miles per hour. Oxfam Philippines's Country Director Lot Felizco noted, "Goni knocked out mobile phone ser-

vice, power lines, uprooted trees, and caused damage to critical infrastructure, including hospitals and markets. Homes made of light materials, particularly those near Mayon Volcano, were engulfed in floodwater and volcanic mudflows."

Cities like Catadunae, Legazpi's Bicol region, and northern Manila were heavily affected by the winds. Goni has killed at least 16 people

with at least three people missing.

Filipino citizens are always prepared for typhoons as they are used to at least over a dozen of them yearly, but Goni was the strongest typhoon to hit the region since Typhoon Haiyan in 2013, which killed over 6,000 people. Currently, people are in need of urgent care and shelter after these big storms, and then there's the added burden of COVID-19 still being in full effect. Felizco added, "The threat of COVID-19 transmission means we need to be additionally vigilant in protecting both our emergency response teams and the people they are helping. The loss of critical facilities, vulnerabilities from lack of adequate food and shelter, poor conditions in evacuation centers, and ongoing displacement means we have to ensure response actions do not increase COVID-19 risks on top of other disease outbreaks..."

There are places to donate for the vulnerable people in the provinces. Organizations like the Red Cross and OCHA offer ways for everyone to help out. UN Resident and Humanitarian Coordinator Mr. Gustavo Gonzalez urges people to donate money and resources through OCHA (United Nations Office for the Coordination of Humanitarian Affairs). Gonzalez said, "With donor support, the UN and humanitarian partners are ready to translate solidarity into concrete support through a coordinated response that combines emergency relief assistance and early recovery efforts to help people get back on their feet."

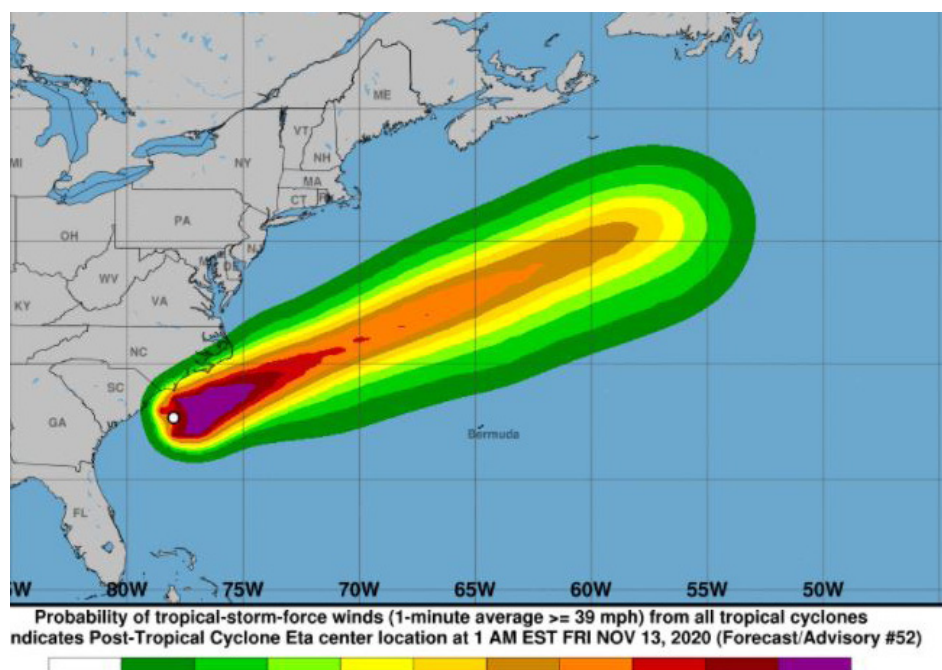
# Hurricane Eta becomes 13th storm to hit land

By Kyle Gossage  
Times staff writer

Hurricane Eta was a Category 4 hurricane by the time it hit Central America in the first two weeks of November. Hurricane season normally spans from late spring to late fall, but this hurricane season has been the worst one yet.

Hurricanes are named using both male and female names in an alphabetical order on a six year rotation. If a hurricane is exceptionally deadly or costly, its name is removed from the rotation forever. If more than 21 hurricanes occur in one season, the Greek alphabet is used for further naming.

The most recent storm is Hurricane Eta, which just made landfall and has left a devastating trail. Jennifer Collins, PhD, a professor at the School of Geosciences at the University of South Florida, said, "The 2020 hurricane season is forecast to have double the activity compared to average. We are only just over half way through the season and are already on the Greek alphabet for naming them. Also,



## Hurricane Eta stretched out across the Atlantic Ocean.

La Nina conditions just kicked in. La Nina tends to cause more hurricanes in the North Atlantic so this does not bode well for the rest of the reason." Collins

described the La Nina conditions as a result in the cooling of Pacific coast waters. This then leads to cooler breezes coming from the west into the Gulf of

Mexico. When these cool winds meet the warm winds and water in the Gulf, it leads to a perfect recipe for a hurricane.

Hurricanes are formed through differences in pressure. It starts as a pocket of low pressure air which gradually sucks more and more air until a hurricane forms around it. Hurricanes are fueled by the ocean, and they lose power when they transition to land. Hurricanes are ranked by the Saffir-Simpson System going from 1 being the lowest to a 5 being the highest and most dangerous.

Climate change is also affecting the amount of hurricanes we receive each year. The more dramatic our weather patterns, the more hurricanes we receive. Paul Dellegatto, the Chief Meteorologist at FOX13 News said, "Waters have been warmer than average that helps fuel hurricanes. There has also been reduced vertical shear which allows storms to organize easier." Warmer waters means longer, stronger, and more hurricanes in future hurricane seasons. On average, two hurricanes make landfall per year in the eastern United States. This year, 13 hurricanes made landfall.

# How do hurricanes actually get their names?

By Kyle Gossage  
Times staff writer

This year, there have been more named storms than any other recorded year in history. As if 2020 has not been catastrophic enough of a year yet, it continues to surprise. This year, there

have been 30 named storms, breaking the previous record set in 2005, which had 28, and shattering the average number of named storms coming in at 12. In order for a storm to be named, it needs to pass the minimum speed of 39 mph. Researchers and scientists at Climate Central said, "Hurri-

canes have been getting stronger and more frequent and it is likely to continue on this path." Before the year 2000, the average for the number of named hurricanes in a year was under ten. Since then, the average has risen to over 15 named storms per season. The consensus of climate scientists in 2012 was,

"that in most ocean basins, tropical cyclones are likely to become less frequent as the world warms, but that the storms that do occur are likely to contain stronger winds and heavier rains." However, Kerry Emanuel, a prominent hurricane researcher, said, "Storms are likely to get stronger and more frequent."

The data since then has provided evidence supporting Emanuel's theory that storms will indeed become more frequent and stronger. Since hurricanes tend to be stronger in warmer waters, and climate change is steadily increasing the water temperatures, hurricanes are occurring more and more often.

# High school sports delayed again

By Miles Palmer  
Times staff writer

On Nov. 2, the Jefferson Union High School District's school board discussed returning back to in-person school starting Jan. 19, assuming that the county continued to see a decline in COVID-19 cases. While the board said no form of athletics would take place in the first semester of this year, the returning of students in the second semester potentially meant the returning of athletics as well. "Student athletes would be part of the plan to bring small groups of students back on campus some time during Semester 2," recently departed JUHSD Superintendent Terry Deloria stated. However, the CIF's original start date for contact practices was supposed to be Dec. 12.

Terra Nova's student-athletes, who would have had to begin conditioning at a later date than Dec. 12, would have been less conditioned and ready for their upcoming season than their opponents. Luckily for Tiger athletes, they will most likely be starting contact practices as the same time as other schools. With Covid cases increasing, the CIF



Miles Palmer / Terra Nova Times

As we near the end of the semester, the gates to our field remains shut.

has decided to once again postpone fall sports, pushing the start of contact practices to at least Jan. 1, 2021. Despite contact practices not being held until the new year, many different schools across the Bay Area are being given the permission to have non-contact practices.

As for right now, no athletics

are allowed on campus. While Terra Nova may never have been allowed to hold any type of practices since last March, coaches and athletes alike have been sitting by the phone in case the opportunity to play arises.

"I keep my cellphone with me, waiting for the district office to call and tell me

the direction we are going," TN Varsity football coach Jason Piccolotti told Pacifica Tribune writer Horace Hinshaw, referring to the district giving him the green light to resume any form of practicing.

Junior Evan Leong expressed the dismay of all athletes about the lack of sports. "Yeah I miss sports, I really want to do them," he said. Leong said he hasn't played sports for school since his golf season was abruptly cut short about nine months ago in March. "I miss the social aspect for sure," Leong said.

Fellow Tiger athlete Joshua Ababseh also feels the absence of sports. "Sports are just an escape from school and life for me. I miss being able to get to hang out with cool people, while doing something I enjoy, and staying in shape," Ababseh said. Ababseh also feels that it is not very fair that Terra Nova was never allowed to have any type of practices while some schools in other districts did have some practices; however, he also said schools that did hold non-contact practices have faced some repercussions. "Schools I know that went back to practice have already canceled it again due to an outbreak of Covid on certain teams," Ababseh said.

## 2020 NBA Draft creates anticipation for 2021

By Miles Palmer  
Times staff writer

On Wednesday, Nov. 18, the 2020 NBA Draft took place via video conferencing at the ESPN headquarters in Bristol, Connecticut. The draft, which typically takes place in June during the offseason, saw some top talents get drafted to teams that will hopefully make the most of their impressive skills.

The Minnesota Timberwolves selected shooting guard Anthony Edwards from Georgia with the first pick in the draft. Edwards is an athletic guard who loves to finish at the rim. The Timberwolves needed an elite guard to help their big center, Karl Anthony Towns, and Edwards seems to be the fit. Edwards also will bring a defensive presence to Minnesota; as he told the media, "A

lot of people don't think I can play defense, but I feel like I'm a really good defensive player."

With the second overall pick, the Golden State Warriors selected James Wiseman, a towering center from Memphis. The Warriors have desperately needed a center for some time, and the addition of Wiseman could be the missing piece to the puzzle. The Charlotte Hornets had the third pick and selected LaMelo Ball, the lengthy point guard who has had hype around his name since he was just a freshman in high school. Ball will have to live up to a lot of expectations, as well as making sure his infamous and larger than life dad, Lavar Ball, doesn't say anything too outrageous, as he has in the past, especially regarding LaMelo's older brother, Lonzo.

Avid basketball fans among the Terra Nova student body

The Top 5 Picks In The 2020 NBA Draft			
Pick	Player	Team	College
1	Anthony Edwards	Minnesota Timberwolves	Georgia
2	James Wiseman	Golden State Warriors	Memphis
3	LaMelo Ball	Charlotte Hornets	Illawarra Hawks
4	Patrick Williams	Chicago Bulls	Florida State
5	Isaac Okoro	Cleveland Cavaliers	Auburn

Miles Palmer and Jack Gillen / Terra Nova Times

This year's draft class was full of talent and potential, so keep an eye on these players.

enjoyed the draft. Junior Tyler Parker is more than ready to watch some of his favorite players go at it. "I'm really excited to watch LaMelo Ball," Parker said, "And Big O (Onyeka Okungwu, Atlanta Hawks)...I feel like Cole Anthony (Orlan-

do Magic) and Tyrese Maxey (Philadelphia 76ers) are gonna have a great fit on their new team, and also LaMelo Ball."

Parker also noted that the selection of Kira Lewis, Jr. by the New Orleans Pelicans made them a much better team.

No matter who you are a fan of, the draft, along with the hectic trades and signings that have happened lately, have set up a lot of teams for success, and it will be fun to see both old and new faces on new teams when the NBA restarts.

## Miami Marlins make history by hiring Kim Ng as general manager

By Miles Palmer  
Times staff writer

On Friday, Nov. 13, Kim Ng became the general manager of the Miami Marlins, making her the first female general manager in Major League Baseball history. Ng is now the highest ranking female executive in the league, as well as the first Asian American GM. This fantastic hiring by the Marlins opens the door for more opportunities for women in a business dominated by men.

Ng has been working up in the ranks of front office baseball for years. Since 1990, Ng has worked for the Chicago White Sox, New York Yankees, and the Los Angeles Dodgers, as well as being

the senior vice president of the MLB. In 2005, the Dodgers had an opening for their general manager position. Ng, who had been working in the MLB for around 14 years at that time, was not selected to be their GM. Instead, she was offered the assistant GM position, which she took. However, it was not what she wanted, and Ng was let down by this, saying, "It is difficult going through that failure publicly, but you just have to put your nose to the grindstone, just keep going."

When she first entered the baseball business, she felt she would never have the opportunity she does today. "When I got into this business, it seemed unlikely that a woman would lead a major league team, but I am dogged in the pursuit of my goals," she said in a public statement

of her new appointment with the Marlins. Ng has also received plenty of praise from around the league, including from the commissioner, Rob Manfred, who said, "Kim's appointment makes history in all of professional sports and sets a significant example for the millions of women and girls who love baseball and softball. The hard work, leadership, and record of achievement throughout her long career in the National Pastime led to this outcome, and we wish Kim all the best as she begins her career with the Marlins."

This is a huge breakthrough in the sport, as it has historically been male-dominated. Junior Olivia Roberts said, "I'd say this is a pretty big breakthrough. It's cool to see a woman have such a huge role in a sport mostly run by men."

Roberts also noted how this can give more opportunities for women in sports. "I do think this will open up more opportunities for women in male sports. By her becoming a general manager in a world of mostly men shows that women can do the job just as well as a man could."

As the Marlins finished with a 31-29 record during this past shortened season, Ng has her work cut out for her in terms of turning the Marlins into a legitimate contender. Richard Lapchick, a race and gender expert at the University of Central Florida said, "I think this is the most noteworthy day for baseball since Jackie Robinson broke the colour barrier in 1947." In a time where everyone is working towards equality, Ng stepped up to the plate and hit one out of the park.

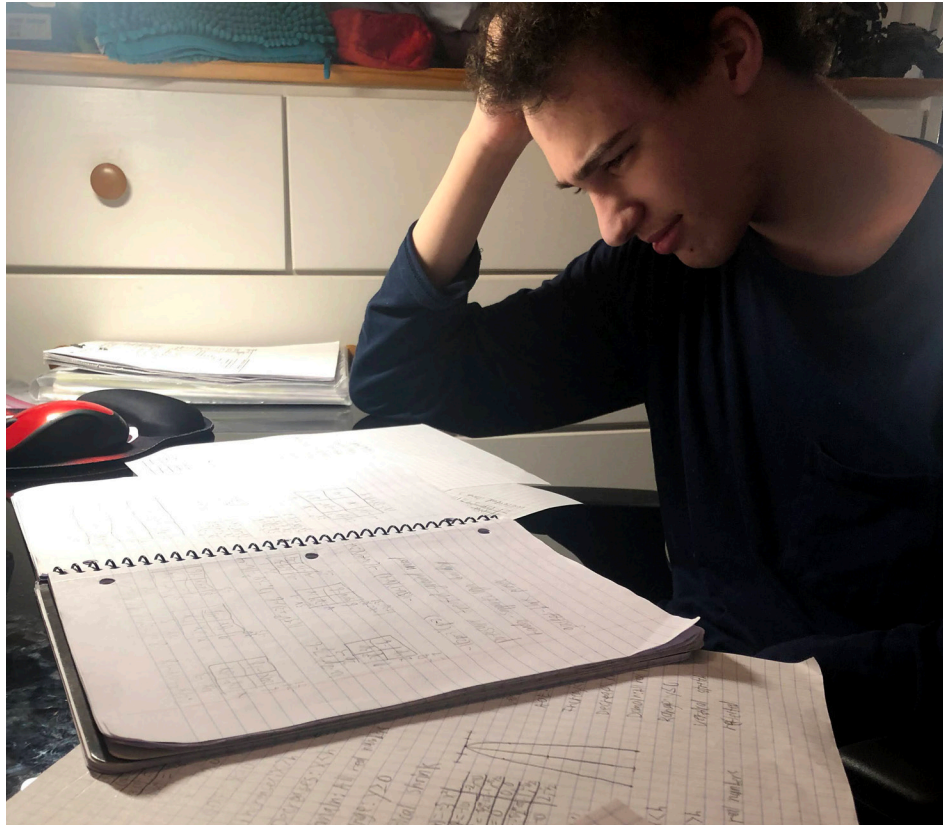
## Opinion

# We need to skip finals this year

At the end of each semester, the one thing we dread the most is finals week, an entire week full of tests that have a great impact on student's grades. But with classes being online, it is difficult to predict how finals week would work or if we will even have one. With the world and school looking extremely different from what we are used to, TN should not have any finals.

The transition to at-home learning back in March was quick and unexpected, and it is now easier for students to get lost with the material and harder to catch up. Even though it is the student's responsibility to seek extra help and ask the teacher for clarification, it is not always guaranteed that they will receive the supplementary aid. The main way students and teachers can connect is through emails. However, with teachers having so many students in their classes, it can be difficult for them to notice and reply to every email that is sent to them. West Faust (10) said, "I don't always get an email back from teachers. It's a 50/50 chance for a response." Students who feel they need more support and explanation on the material may not always be able to obtain it. Additionally, many students are also experiencing Zoom fatigue, a lack in motivation to get any work done or to review the day's information since most of the material is online; students are Zoomed out.

With all of this happening, learning and retaining content is even more chal-



Austin Schmidt

**Austin Schmidt (9), like many students, is struggling to study.**

lenging for students. West said, "Learning overall is harder during online classes...I don't believe that I would do well on finals — without regular school I've been unmotivated to do as well as I usually would." According to a study conducted by Virginia Clinton, an assistant

professor of education at the University of North Dakota, reading on paper helps students understand the material better than reading something online. The Hechinger Report stated, "Some experts think the glare and flicker of screens tax the brain more than paper. Others

argue that spatial memory for the location of a passage or a chart on a physical paper page can help a student recall information. Digital distraction and the temptation to browse or multi-task is an obvious problem in the real world."

Having the traditional huge test for finals this semester will only put more stress on students during a time where there is already so much stress. Well Beings is a project focused on mental health specifically for youth that works with the media and other mental health organizations. In early Oct., they conducted a survey in which they asked participants to select multiple answers of how the Covid-19 pandemic affected them negatively. According to this survey, 58.7% claimed that their quality of school work and studying was impacted negatively. Ameerah Medina-Mahasin (11) said, "Having finals this semester would stress me out more than it usually does. For me, it's harder to learn with online classes than it would be in an actual classroom." The last thing students need is worrying whether they will be able to pass a class this Fall semester.

Instead of a test, a final project or reflection could help determine what students are learning. Making finals optional could also give struggling students the opportunity to bring up their grade. Additionally, it would reduce the stress of students who are already satisfied with their grade and have demonstrated mastery.

## Schools are closed, but football goes on?

By Maya Orsi  
Times staff writer

As COVID-19 spikes across the nation, we are faced with a worrying question: why hasn't our country been able to contain the pandemic? In countries like New Zealand and Australia, society has returned to normalcy, so surely, we are capable of ending the health crisis and rebuilding our economy. Why haven't we?

Through their ability to influence others, celebrities, athletes, and other important figures in media play a crucial role in demonstrating the importance of health guidelines. And while the United States soars to over 200,000 new cases daily, football continues to go on. Our priorities are clearly skewed.

So far, multiple San Francisco 49ers players have tested positive for COVID-19, but nevertheless, the rest of the team still participated in a game



Brooke Garrett / Terra Nova Times

**Football is a sport that requires close contact of dozens of people.**

against the Green Bay Packers only a couple days afterwards. The Packers also reported three COVID-19 positive players, and inevitably, another

player tested positive the morning after their win against San Francisco. Other teams, including the Bears, Cardinals, Eagles, Bengals, and countless oth-

ers have reported cases within their teams.

Although there is an alarming number of players who have contracted the virus, few teams have postponed their games, events which involve close contact with players from separate families, areas, and even states. What does this say about the discipline, and more importantly, the values of our nation?

The National Football League is not alone in failing to recognize the severity of the pandemic. Celebrities and social media figures have openly advertised their traveling, disobedience of safety measures, and even throwing parties with hundreds of other well known influencers. It really is no wonder that cases in America are rising when commodities like football and media personalities don't model the importance of safety and self-sacrifice in a pandemic. Celebrities and especially football players need to represent a safer lifestyle or not post or play anything at all.

## Your life or your livelihood: it shouldn't have to be a choice

By Kyle Gossage  
Times staff writer

COVID-19 has forced California to go into two lockdowns, one in March and one now, but throughout all of it, the economy has been suffering. Is it time for a change?

The lockdown was needed in the first part of the pandemic to flatten the curve, but is it worth the negative consequences to reestablish lockdown? On pa-

per, a lockdown seems like a very good idea. Which it would be, if we truly could lock down everything. However, due to the necessity of essential workers and the unwillingness of government to pay people to stay home, Americans have failed to truly lock down. It has become a burden to continue with more negative effects than positive.

The economy in America plummeted at the start of the first lockdown. All sizes of businesses that couldn't function

while socially distanced were affected. Small businesses were forced to shut down or even close permanently. According to a Yelp Economic Average report, 19,200 businesses listed on Yelp within California have permanently closed. However, larger businesses in certain industries like the meat packing plants have also suffered greatly. In a report conducted by the CDC, over 16,000 cases of COVID-19 were reported in meat packing plants after open-

ing prematurely without precautions against COVID-19.

If people are trying to keep their businesses alive through the lockdown instead of following lockdown protocols, the lockdown has lost its purpose.

And then there's the behavior of individuals who ignore shelter-in-place protocols and thereby undo the benefits of the lockdown, leaving businesses to bear the cost of COVID. Jeremy Farrar, a director in the Wellcome Trust, said, "Unless we produce

drugs and vaccines, we are not going to have an exit strategy."

We should be able to curb COVID-19 without suffering from the economic downturn it may cause. Businesses should be able to stay open and operate, but with a higher emphasis on safety. Additionally, people need to do their part and protect themselves and others from the virus to lower the rates so we can go back into less restrictive times. We should do our best to stay safe and stimulate the economy.

# Feeling down? Drink water!

By Samantha Guerrero  
Times staff writer

The importance and health benefits of drinking water are often overlooked; however, drinking water is essential to a healthy lifestyle. It is important to acknowledge and understand the many positives in order to feel wholesome. This is achievable by drinking enough water every day, but how much is really enough and how do these benefits truly affect us?

According to dietician Joan Koelemay, the benefits vary and are extensive. First of all, drinking water helps maintain the stability of bodily fluids.

“Think of water as a nutrient your body needs that is present in liquids, plain water, and foods. All of these are daily essentials to replace the large amounts of water lost each day,” Koelemay said. Apart

from balance, it helps control calories. According to Penn State researcher Barabara Rolls, “What works with weight loss is if you choose water over a caloric beverage and eat a diet higher in water-rich foods that are healthier, more filling, and help you trim calorie intake.”

Moreover, water helps energize muscles. For example,



American College of Sports Medicine encourages athletes to drink water before, during, and after physical activity.

Another benefit most of us have probably heard is the clear skin that comes from the intake of water. Water lovers Rylan Jimenez (12) and Lauren Ryan (10) agree: “The more water I drink, the more my skin stays clear,” and “When I fall off my [water drinking] schedule, I usually break out,” they said.

Not only that, but drinking water can result in feeling more motivated and energized. Joshua Ababseh (11) said, “There is for sure a difference in my lifestyle if I drink more water, water is almost like a fuel.

You just feel better overall if you drink a good amount each day.”

However, how much is “a good amount?” According to Harvard Health, the amount depends on each person. Harvard Health experts stated, “It’s possible to take in too much water if you have certain health conditions... Water intake must be individualized, and you should check with your doctor if you’re not sure about the right amount for you... even a healthy person’s water needs will vary, especially if you’re losing water through sweat because you’re exercising, or because you’re outside on a hot day,”

For example, for Terra Nova students, the intakes vary. Savannah Lawson (11) said, “I set a goal for myself, so I drink one hydro flask before every meal and then after dinner. So that’s over a gallon.” Jimenez has a slightly different approach: “I try to drink the same

amount of ounces of water as my body weight.” Furthermore, the amount of water that might work for you depends on you, your body weight, physical activity you partake in, and any health conditions.

We all know how hard it is to keep track of the amount of water you’ve drank in a day or to simply drink water at all, so here are some tips from Terra Nova students who describe themselves as water lovers: “Honestly, the best tip I have is just to always have water around you, the more opportunities you give yourself to drink water, the more you are going to drink,” Ababseh said.

Ryan agreed and said, “Always keep a filled water bottle with you.” Lastly, Jimenez encourages others to keep a consistent water drinking routine: “Whenever you find yourself hungry before dinner, drink water instead of eating a snack.”

## The stomach: your second heart

By Leila Eliares  
Times staff writer

Ever eaten ice cream to lift your spirits when you feel down? Various studies suggest that digesting certain foods can do more than just give you energy, but can also actually make you feel better. It’s not just ice cream — there are many other foods that contribute to the way someone feels.

Food can loosely be broken down into two main categories: healthy and unhealthy. Healthy foods have been found to increase feelings of happiness more than unhealthy ones. According to Kaiser Permanente, “...healthy eating helps keep your blood sugar stable - which can help maintain your mood throughout the day.” Unhealthy foods usually contain additives and other chemicals that make them seem more appealing. Instant noodles, fast food, and canned food are all examples of unhealthy, processed goods that are associated with increasing the chances of

having depression and anxiety. Dr. Betsy Kassoff, a psychologist, stated, “...Fruits, vegetables, and complex carbs are easier to digest and provide consistent energy. High sugar carbs provide quick energy and then an abrupt crash, creating mood swings and depression. High fat content creates indigestibility and weight gain.”

Practicing the right eating habits includes knowing the proper food groups to consume throughout the day. In addition to consuming processed carbs, cutting out meals and whole food groups will bring down your mood. Going through the day without eating a meal can lower blood sugar levels, which will make one more irritable, especially if the meal missed was breakfast.

“Comfort food” is a term used to describe food that brings a soothing and happy feeling when consumed, but it may not necessarily be a healthy kind of food that can boost happiness, although it can still momentarily lift your spirits in a comforting way. Dr. Kassoff explains, “Once they are digesting, they may make you feel sick (too much fat), hyper (due to



Leila Eliares / Terra Nova Times

**Healthy food will actually make you feel happier than junk food.**

sugars), tired (simple carbs), indigestion (too spicy), or remorseful (because you have deviated from a healthy food plan). So they feel good initially, but negative as time goes on. When people stick to whole foods, their mood is more constant.”

Eating healthier foods will not only

help the body, but it will also benefit the mind. They help reduce chances of having depression or anxiety and also help put you in a better mood overall. Emily Banta (9) has good advice: “Usually when I eat fruits and vegetables, I’m happier throughout the day than other food.”

## You can do a lot for lunches, even with only 30 minutes to eat

By Isabella Copeland  
Times staff writer

Having a sustainable amount of food to eat is critical for students to succeed and be able to focus throughout their school day. But finding the time to make and eat lunch is a new struggle that has emerged because of the short breaks between Zoom class. Most students end up not eating lunch at all throughout the day, leaving them tired, unfocused, and hungry.

Establishing ways in your life to make an easy and quick lunch is very important in order to have a healthy eating schedule throughout the school day.

The short 30 minute lunch period is actually plenty of time if you plan accordingly. Easy recipes to make in a short period of time are what all students need right now. Sienna Romero (10) has no problem eating lunch on school days because she has found simple lunch meals to make. “I just make a sandwich with bread and the meat and cheese that we have in the fridge, I’ll put lettuce on there sometimes and it only takes about five minutes to make,” she explained.

Other easy lunches include leftovers from last night’s dinner or even frozen meals such as frozen burritos, pizzas, frozen burgers, chicken tenders,



Isabella Copeland / Terra Nova Times

**Savannah Copeland (9) enjoying her quick eggs on toast.**

or even breakfast foods. These foods are super efficient because they only need to be

heated up in a toaster or microwave in just a few minutes.

Connor Uter (12) has learned

how to make a time-efficient lunch with frozen food. He explained, “I put two Eggos waffles in the toaster, I put peanut butter on one and jelly on the other one. Then combine the two waffles, and it’s a healthy snack in less than three minutes.”

Life coach Cecilia Jones knows the importance of a healthy meal during a work day. She said, “I tend to keep food in my refrigerator that I can grab and eat in between calls: a prepared salad - with chicken strips. So, there you have your breakfast and a snack on your desk. When the afternoon comes - get out of class, pour your salad, dressing, and chicken in a bowl, and take it to your desk.”

# Say hello to a new you in 2021

By Miguel Valdez  
Times staff writer

It's here again: the new year is coming up and more New Year's resolutions are on deck. Although 2020 may have derailed some of your resolutions, 2021 is another year to try again with a fresh start. New Year's resolutions can be anything, but usually consist of continuing good practices, changing undesired behavior, accomplishing a personal goal, or other things to improve your lifestyle. It's time to leave all the regrets and heartaches of 2020 in the past and start the new year with positivity, looking forward to committing to something new this year.

Especially with COVID-19 still around, most people are staying home, bored out of their minds, and sitting on their phones. These days, it's easy to find yourself glued to your phone or computer, so your resolutions this year may include something surrounding



Courtesy of Mai Ly Noorda

**Noorda is ready to embark in her resolution journey.**

your screen time or technology use. You can also make a resolution of spending only a certain amount of time on your phone or just giving yourself

time to just step away from the screen. This process can include picking up a new hobby or trying something new to keep you away from the screens.

Whether it be learning to play a guitar, understand a new sport, or take up knitting, there are many types of resolutions that stray away from the traditional tasks. Mai Ly Noorda (11) said, "Next year, I'm hoping to focus on being healthier and happier. I want to start working out more, spending a lot more time outdoors, and overall try new things as much as possible." Noorda keeps it simple, but isn't scared to try something new and out of her comfort zone.

New Year's resolutions don't have to be complicated; they can be as simple as committing to drinking eight glasses of water a day. The key is to stay on track by doing the task everyday and reminding yourself why you committed to it in the first place: to improve yourself. Usually people start strong with commitment in the beginning and slowly fade away from it. That's why doing something simple that works with your lifestyle is key. Simple ideas like getting thirty minutes of

exercise a day to help maintain your health can be a great place to start. Michael, an employee at Uforia Studios, said, "The gym usually gets a good amount of new enrollment. Mostly, I think, because people like committing to their resolutions. We are more than happy to accommodate everyone in our outdoor cycling class safely. Although our classes get filled fast, so I suggest planning a week before."

Joining a gym early in the year is a popular trend (and you can get deals on gym membership at this time of year, too), but with the pandemic ruling our lives, this year, it may not be possible. That is when we can turn to improving at-home hobbies, such as reading a certain amount of books throughout the whole year, spending time with family for a certain amount of time each day, staying on top of school, or even taking your dog for a walk everyday. It can be the simplest task as long as you are able to keep up with it and see improvement overtime.

## Improve your gifting this holiday season

By Miguel Valdez  
Times staff writer

The season of giving has come again and, due to COVID-19, this year, it may not be as traditional as most, but it doesn't mean the spirit is gone. Families around the world will be opening gifts all month long, and there are so many gift options for all of your friends and family members.

Most people value gifts not for the item itself, but for the gesture of having been given something. Christmas cards, tree ornaments, candles, or even just a picture with you in it wishing them a Merry Christmas can warm anyone's heart for the holidays. Jessica, an employee of Bath and Body Works, said, "During Christmas time, we usually have lots of customers come in and get hand sanitizers. Candles are usually the ones that go first, so I suggest coming a couple weeks before Christmas."

On the other hand, if you don't know what to get your immediate family members, clothes are a reliable choice. Buying your loved ones things like beanies,

sweaters, or some fluffy socks will keep them warm throughout winter. If clothes aren't up your alley, try other gifts like shoes, kitchen appliances, or home decor.

Treat your siblings with something nice this year. Even if you don't get along all of the time, the gift-giving gesture will guarantee a truce. Simple things like clothes, perfume, makeup, a blanket, or maybe give them something they really wanted will remind them that you care. Get in the spirit of giving and surprise your loved ones with gifts this year — it will be much appreciated.

Garrett Bauer (11) said, "I usually get small stuff for my cousin and grandparents. For my parents, though, I like to get them something a little big, but not too big, just to show my appreciation to them."

It's never too late to go to the store and pick something up — it doesn't have to be anything big, just a little something to show appreciation to loved ones.

Unique home-made gifts are also a great option that includes your creativity. Lauren Dew (12) said, "I am excited for the gift giving season because I recently been getting into making jewelry with pressed flowers and resin. Spending so much



Lauren Dew

**A valuable gift comes straight from the heart, especially if it's homemade.**

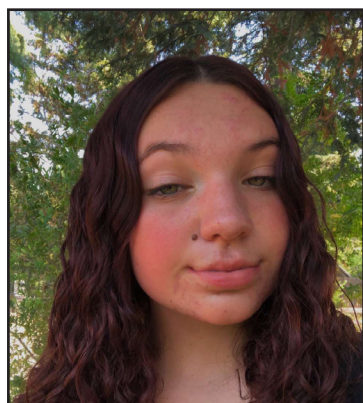
time inside has given me the chance to become more creative with the jewelry I make." Making jewelry at home can also consist of easier items to work with,

such as some string and beads. And if you can't make jewelry, try baking. Any kind of gift is sure to warm the heart of your loved ones this holiday season.

### What are you looking forward to this holiday season?



"The festive music coming soon."  
-Katelyn Hy (9)



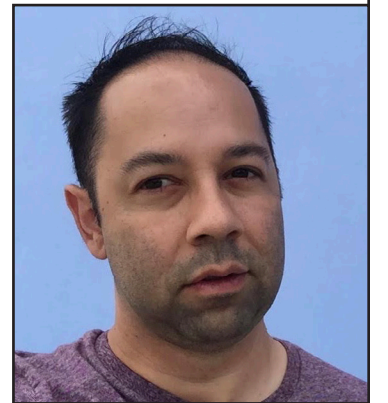
"Ice skating and New Years."  
-Gave Lanier (10)



"Christmas and going to the snow."  
-Kandice Besinga (11)



"For riding season to start."  
-Seth Mills (12)



"Holiday lights and decorations."  
-Mr. Vilchez

# Real trees are better for the planet

By Leila Eliares  
Times staff writer

Christmas is right around the corner, and one of the key elements to decorating your home for the winter holiday is a Christmas tree. While real, live Christmas trees are traditional, there is also the option of an artificial tree for the holiday season. Making the decision between a real or artificial tree may be difficult, especially when considering which will be better for the environment.

A real tree may seem damaging to the environment; however, the trees that are cut down were specifically planted and grown in order to be used for Christmas. According to the American Christmas Tree Association, “A small number of wild trees are cut down to be used as Christmas trees. However, in federal forests, this type of removal is strictly regulated by the U.S. Forest Service, which limits the number of trees that can be removed.” Christmas trees are not coming from forests; rather, they are grown on farms the same way



Leila Eliares / Terra Nova Times

**These live trees are actually better for the environment.**

corn, strawberries, or any other crop is.

It takes four to fifteen years to grow a good sized Christmas tree, and during this time, the tree absorbs carbon emissions in the atmosphere. Live trees are also biodegradable, which

will help reduce waste on the planet.

However, on tree farms, pesticides and fungicides are used to keep the trees healthy and free of any harmful bugs. Katie Filar, UC Berkeley alumna who majored in forestry (and Terra Nova Class

of 2014), said, “These chemicals can become washed into waterways or ecosystems and can disrupt natural processes.” Buying an organic tree brings its own issues. Popular Science said, “Consumers who cut down their own trees or buy from farmers who use no pesticides sometimes complain about ‘honeydew,’ a sticky liquid secreted by aphids in infected trees.”

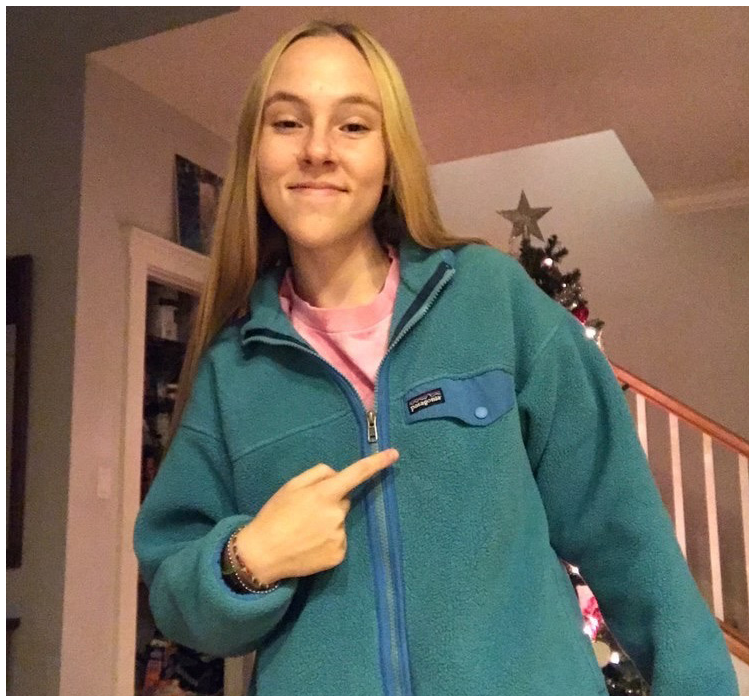
Many argue that artificial trees are better for the environment because they can be used for years. Artificial trees also have no risk of welcoming bugs and pests in a household. While this is true, artificial trees are not biodegradable because they are mainly made of a plastic called polyvinyl chloride (PVC) and metal. PVC can also contain lead, which is dangerous and toxic. 85% of fake trees in the U.S. are imported from China, which means that there is a large amount of carbon dioxide being released into the atmosphere in order to transport it. In order for artificial trees to help make the planet healthier, they have to be used for at least six to nine years. Although they are reusable, these artificial trees will ultimately end up in a landfill.

## This holiday season, try to shop ethically

By Maya Orsi  
Times staff writer

As everybody’s favorite time of the year approaches, big corporations continue to profit off the materialism that comes with holiday shopping. Although it is hard to believe, many mainstream brands still use sweatshops and prison labor to cater to consumers. So as we all fill stockings and wrap presents this year, here are some brands, businesses, and ideas for how to spend money ethically.

One of the biggest holiday shopping categories is clothing. Between ugly Christmas sweaters and warm winter jackets, it’s important that shoppers research and understand where exactly their money is going. Adam



Courtesy of Nola Zimdars

**Nola Zimdars (12) sporting a sustainably made jacket.**

Hayes wrote in Investopedia’s April article about what exactly fast fashion is, as he states, “Fast fashion is the term used to describe clothing designs that move quickly from the catwalk to stores to meet new trends.” Hayes then explained why many find that this rapid production of new clothing is entirely unsustainable: “Critics contend that fast fashion contributes to pollution, poor workmanship, and poor working conditions in developing countries, where many of the clothing is manufactured. Because the clothing is made overseas, it’s also seen as causing a decline in U.S. manufacturing,” he said.

In an Ethical Brand Review by The Laurie Loo, top brands like Forever 21, Dior, and Urban Outfitters can all be found

in a list of “8 Fast Fashion Brands to Avoid at All Costs.” The article explains Forever 21’s concerning business practices as it calls the company, “The epitome of American Fast Fashion, and it shows. The fabrics used in most of their clothing is subpar and produced in a way that harms the environment (like cottons that rely heavily on pesticide usage).” The writer also touched on the treatment of workers making the clothing: “Workers are also not paid a living wage and their environmental policies are non-existent.”

As disheartening as these reports are, there are ethical and sustainable clothing brands that are better to support this holiday season. One article by

**See Holiday on page 12**

## Make the best of your two weeks off from school for winter break

By Elliott Song  
Times staff writer

The holiday season is here, but with COVID-19 looming over our shoulders like a nosy aunt or uncle, things will be a little different. With the majority of California stuck in the purple tier of COVID-19, general restrictions and curfew have put a limit to the extravagant holiday activities many of us like to spoil ourselves with at this time of the year. But don’t feel down, there is still a surplus of things that you can do to occupy your time during the upcoming break.

First of all is the obvious thing on a lot of people’s minds: video games. I’m sure many of you are already planning to sit yourselves down in front of your TV and play games 24/7 for the whole two weeks. COVID-19 can’t stop you from playing Among Us with your friends and having a good time. There are thousands of games

that are free to play on the internet, and if you don’t mind paying a little money, there are thousands more that are guaranteed to provide you with a good time.

As fun as games are, there are a couple more productive things that you can do during the two week long break. For example, cooking. Now is the perfect time to help out in the kitchen, whether it’s baking some cookies or helping your family cook a nice Christmas dinner. I’m sure your parents would be pleasantly surprised to see you taking interest in something new. TN junior Goodrich Asral said, “I’ll be spending good time with my close family, and learning some new recipes too.” Cooking is not only an educational experience, but a practical life skill that yields some delicious results.

Two weeks may not seem like a long time, but if you’re looking to work on self improvement, it’s definitely a good time to start. Some of you may not have done more than 15 minutes of physical activ-

ity since your last P.E. class. Not to say you’re unhealthy, but maybe it’s time to go out for a little walk. You don’t need to be running five miles a day at a six-minute pace. Simply staying physically active through regular walks or slow jogs is really all you need. Going outside can be exactly what you need to feel refreshed, not to mention that going out for exercise is within the purple tier restrictions.

If you’re looking for a good way to sit back and relax for the two weeks of break, try watching some popular shows as a good way to get a good laugh out. Whether you have Hulu, Netflix, Disney +, HBO, or any other streaming service, there are plenty of engrossing shows that will have you biting your nails in suspense, laughing nonstop, or even crying from a touching story.

TN student Leyna Sharpe said, “Over winter break I’ll probably be watching movies over Zoom with my friends.” If you’re looking for some recommenda-



Unsplash

tions on what to watch there’s always “Solar Opposites,” available on HBO, made by the creators of Rick and Morty. Or you could rewatch some classic comedy gold like “The Office” or “Community,” available on Netflix. If you want to look into something a little more sentimental, “Spirited Away” is a good movie to watch and is available on multiple platforms. Whatever you do, savor the time.

# IT'S A DANGEROUS WORLD

## Social media isn't all fun and games

By Kaitlynn Lamb  
Times staff writer

The internet is a big deal in today's society. It's a source for breaking news, keeping up with the latest trends, entertainment, and enjoyment. It is without a doubt that COVID-19 has increased screen time, but how has that impacted your online experience? With algorithms tracking what you view on the internet, social media may seem harmless, but it leaves more of an impression on you than you may think.

Lyndsey Duerden is an Associate Marriage and Family Therapist in Santa Clara, and she provided some insight on

how social media has affected both teens and adults. When asked about what impact the internet and media have on an individual, Duerden said, "Social media seems to be a reality for people, and they have trouble differentiating social media from reality." She continues on with the disadvantages that this reality may produce. "The media has a massive impact on anxiety and depression such as reading into small things and feeling excluded."

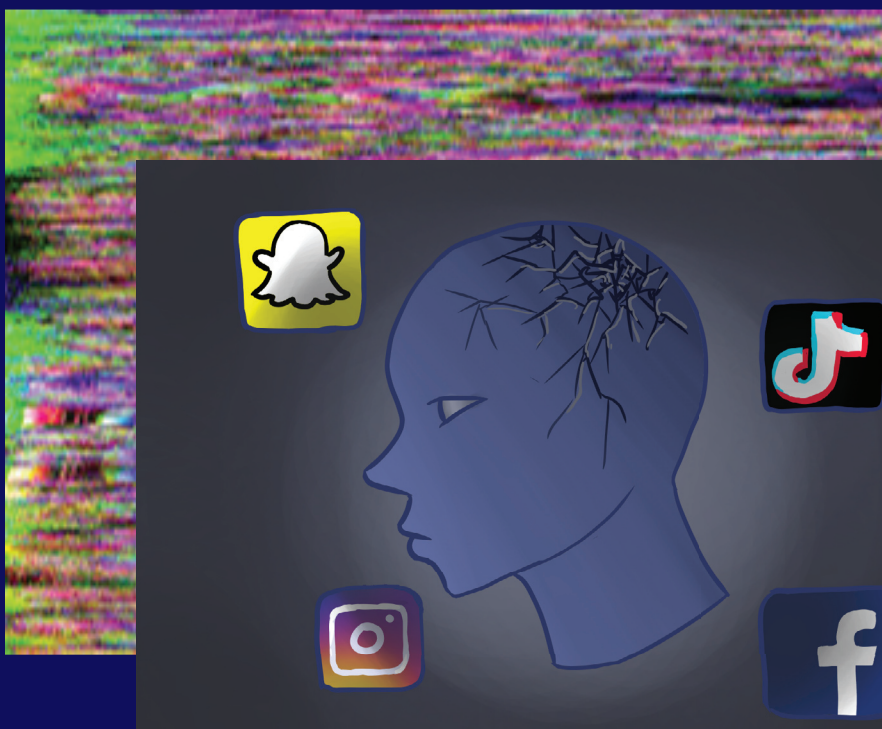
Duerden continued by expanding on friendships and relationships portrayed through the media. She explained how people are given a false impression of being connected to one another. Taking a look at someone's follower count or

friend count places the idea that they truly have that many friends and have spoken to that many people, when in reality that just might not be the case. "This makes it harder to identify contacts when you're in trouble or need someone to go to," she said.

The media is also prone to spread false and inaccurate information. Although some people may not be able to find the time or energy to read an article, they may have read the headline. The headline might have included little to no information on the topic, or the article itself may be filled with false information, leaving impressionable readers vulnerable to misinformation. Duerden was asked how this phenomena impacts how people are

perceived. She responded, "They think they're well read and educated, when really they've read one article with no other background or source," she said. Duerden also warned of the impression spreading false information can give to employers. "Jobs may look into your social media to get a better understanding of who they could potentially be hiring," she cautioned.

Lastly, Duerden reminds us, "Think before you post. It is permanent, it's like a digital tattoo." Even though you may hit the delete button, it will always still be somewhere out on the internet. Always keep in mind that not everything you read on the internet is true, and once it's on the web, it's forever.



## The dangers of social media

By Shayla McCann  
Times staff writer

Most teens use social media as a way to connect with people whom they would otherwise never see or talk to. Although we commonly associate social media as a platform made for fun entertainment and connecting with others, it can be misused and abused by individuals looking for fame or to prey on others, which can cause irreversible damage for users.

Teen suicide has been an ongoing problem in society, and since social media gained popularity in the late 2000s, there has been a sharp increase. Time magazine states, "Between 2009 and 2017, rates of depression among kids ages 14 to 17 increased by more than

60%, the study found. The increases were nearly as steep among those ages 12 to 13 (47%) and 18 to 21 (46%), and rates roughly doubled among those ages 20 to 21. In 2017—the latest year for which federal data are available—more than one in eight Americans ages 12 to 25 experienced a major depressive episode." Many researchers, such as Dr. Jean Twenge, have found correlations between this rise in depression and the wide availability of smart phones and social media.

Body dysmorphia is also magnified through social media, contributing to teens developing eating disorders or body dysmorphia. Social media was made to be entertaining and enjoyable, but with all of the Instagram models showing off their heavily edited and posed bodies, it

takes a toll on teens' mental health with the unrealistic body standards. While some influencers rely on editing apps, others sadly use eating disorders or body dysmorphia to fit the "perfect body." According to the Toleda Center for Eating Disorders, "In the past decades, people are accustomed to seeing heavily edited images in advertisements. The fact that individuals in these ads have been airbrushed either physically or digitally is not a surprise. But now the technology has advanced to a level where the common social media platforms like Instagram, Facebook and Snapchat all have heavily edited photos." These images can portray an unrealistic and unattainable reality, which can damage users' self esteem since they grow to dislike how they look based on influencers' edited,

unattainable bodies.

There are also cyberstalking risks due to how easy people can access your posts and stalk their accounts to see what they do on a regular basis. Forbes.com reinforces this idea: "For example, California police arrested a 21-year-old man last September after he broke into the house and bedroom of a 13-year-old girl, whose address he'd discovered by studying her posts on Instagram and other social media sites." This is dangerous because stalkers can easily find pictures of you, find where you live, and harass you. According to Internet Safety 101's website, "They discuss ways to contact and lure children online and exchange tips on seduction techniques, as well as tips on the avoidance of law enforcement detection."

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# Holiday

*Continued from Page 10*

The Good Trade provides a list of 35 brands with fair business practices. The list praises Patagonia, stating that, "Patagonia was one of the earliest defenders of environmental ethics in the activewear fashion indus-

try, and one of the first adopters of using recycled materials and switching to organic cotton. Patagonia is expanding its commitment to labor ethics and works with US factories as often as it can, including in Texas and North Carolina. We admire Patagonia for the positive personal impact its fair trade factories have around the world." Among Patagonia, other

brands like Tentree, Alternative Apparel, and Girlfriend Collective are also encouraged by sustainability experts. This holiday season, clothing might not be your first choice for gift shopping; however, there are ethical options for all your Christmas desires. Lush Cosmetics supports environmentalism and fighting against animal testing. For home goods

and family gifts, try the online shop The Little Market. Along the lines of ethically sourced and made jewelry, Ten Thousand Villages offers artisan made items. Regardless of what you are looking for this season, there is an alternative and more consciously sustainable option. In the end, consumers have the freedom to support the causes they truly care about.

# Monolith

*Continued from Page 1*

Odyssey," similar monoliths are erected and meant to trigger huge leaps in human progress. Some speculate that aliens have put these monoliths here to bless us with advancement after the disaster

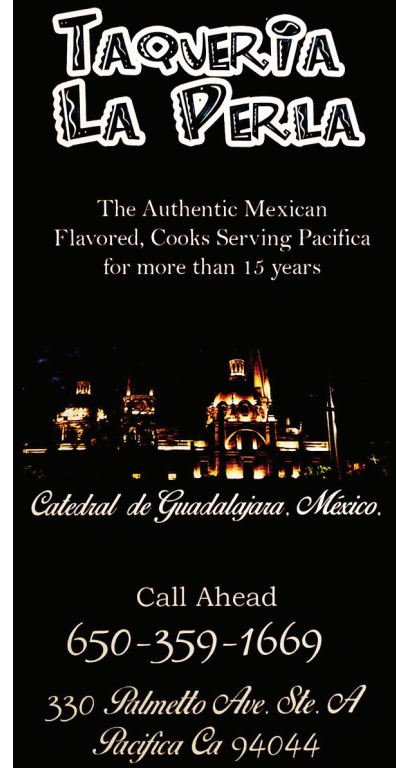
of a year we have faced so far. However, the most widely held theories is that this is all a prank or a complex marketing stunt. No matter the reasoning behind these events, to many people, these monoliths just symbolize all the weirdness that this year has been, and regardless of their meaning, they certainly got the public's attention and piqued the interest of many.

# Kobe

*Continued from Page 3*

view... Leaked photos can create rumors and speculation and can also be damaging to the police department for not controlling these important documents, which can lead to public distrust in some cases." When officials leak photos to the media without permission, it makes them appear to be extremely unprofessional even if it is used to help inform the public. Docu-

ment and photo leaks jeopardize investigations and can prevent the law from being fully carried out. "If photos of a crime scene are being leaked, then the public might also suspect that other evidence is not being handled properly," Lotti added. While photo and document leaks to the press may benefit gossip columnists, they make investigations and prosecutions more difficult. The Kobe Bryant Act looks to prevent leaks and hold officials accountable for their actions as well as keeping families of victims safe.



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