

Terra Nova Times

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Terra Nova High School

May 1, 2020

States move towards reopening

By Catherine Raman
Times staff writer

With the curve starting to flatten, some governors have been pushing to open states early. Lockdowns are very detrimental to economies, and as such, states are eager to begin to take the first steps in reopening the economy. Multiple states are opening up as early as May 1, which has proven to be a controversial decision.

The states looking to reopen are Georgia, Oklahoma, Tennessee, Mississippi, Texas, Florida, and Colorado. Georgia's stay at home order expires on Apr. 30, after which hair salons and gyms will be allowed to open. After initially saying that he hoped the country would be reopened by Easter, President Trump has shifted gears and has criticized Georgia for reopening, stating he "strongly disagreed" with the governor's decision. According to Vox, Georgia Governor Brian Kemp said, "In the same way that we carefully closed businesses and urged that operations end to mitigate the virus' spread,

	Retail Stores	Theaters	Salons	Beaches	Restuarants	State Parks	Gyms
Georgia		✓	✓		✓		✓
Oklahoma		✓	✓		✓	✓	✓
Tennessee	✓		✓		✓	✓	
Mississippi	✓						
Texas	✓	✓			✓	✓	
Colorado	✓		✓				
Florida	✓				✓		
South Carolina	✓			✓			
Utah			✓		✓		✓
North Dakota		✓	✓		✓		✓

Jefferson Ho / Terra nova Times

These states are reopening, but there will be restrictions to encourage social distancing.

today, we are announcing plans to incrementally-and safely-reopen sectors of our economy."

Oklahoma has also begun letting businesses reopen in a similar fashion and has even opened state parks. Oklahoma's governor, Kevin Stitt, said during an interview with Fox News, "We peaked at hospitalizations with

560 across the state. Today, we have 300 across the state in our hospitals. And so we think it's time for a measured reopening."

Tennessee Governor Bill Lee said that most businesses in his state will be able to reopen as soon as Apr. 30. State parks and even dine-in restaurants will be included, but with re-

stricted capacity. Despite this big step, social distancing will still be enforced. Mississippi has also announced a "safer at home order," and it will go into effect Monday. It will allow a gradual reopening for some businesses, but many will still remain closed. Meanwhile, in Texas, some state parks have

opened as well as certain businesses, but they will have restrictions, and their customers are required to wear masks. Businesses such as restaurants and movie theaters will start reopening on May 1. Texas Governor Greg Abbott said it would be done in a safe way and in accordance with the Centers for Disease Control and Prevention.

Florida, which has also seen rising case numbers, will also be reopening on May 4. Restaurants can open with only 25% capacity, while businesses such as movie theaters and gyms will reopen later. Colorado's stay at home order also expires April 30, and while people will still be recommended to stay home, they will not be required to do so. Businesses will be allowed to reopen as long as they follow restrictive guidelines. Alaska is also allowing businesses to reopen if they follow restrictive guidelines and mandates and has already started letting dine-ins and retail shops reopen on Apr. 24. In Montana, schools and churches are set to open in early May while maintaining social distancing rules.

Important district positions open to students

By Joe Murphy
Times staff writer

On Apr. 27, the JUHSD sent out an email to students with an application for the Student Advisory Council and Student Trustee Program. Although we're in the midst of a pandemic and our future looks uncertain, the JUHSD and current Advisory Council members are determined to have a thorough admissions process as they prepare for the next school year.

The Student Advisory Council has only been established for the last two years and is composed of juniors and seniors from all five JUHSD schools. These students meet about once a month to discuss concerns about their respective campuses and collaborate on solutions, while also planning projects and events. Although the group may be relatively unknown, the hard work that they have done cannot be ignored. Last year, the Council undertook their largest project to date with a district wide student survey. "The survey covered the topics of counseling, mental health, school culture, and programs and opportunities," said Amanda Mrad (12), who is one of the members of the board. "We received responses from about half of the students in the district, which gave us a great amount of data to analyze and then present to the board."

This year, the council has also been hard

at work, exemplified by a presentation they gave to the District Board in January that outlined concerns that had arisen at all campuses and the proposed solutions the students had come up with. The council also planned the district-wide beach cleanup that took place earlier this year. One of the most rewarding experiences so far, though, was when five council members were able to attend the California School Board Association Conference in San Diego, where they gave a presentation on their activities as a council and why student voice is important.

Board Member Rosie Tejada attended the conference with the students, and said, "It was a great bonding adventure for all of us. Our five students prepared, rehearsed, and presented their entire presentation. They even tweaked it over dinner the night before. I simply introduced them at our workshop and answered a few questions — but our students ran it. The adults in the audience were in awe and asked so many questions of this impressive group. And some of those were tough questions. Many of the districts did not have student trustees. We were the envy of all the districts because of our Student Advisory Council. It was a really proud moment for us, and for me personally."

In addition to the Student Advisory Council, the application also allows students to apply for the position of Student



Courtesy of Joe Murphy

Terra Nova's Student Advisory Council is looking for new members

Trustee. This is a more selective position, with only two spots per school available, but it also comes with a lot more opportunity. Student Trustees attend regular district board meetings and sit with the rest of the elected board members on the panel. Here, Student Trustees give board

reports, or descriptions on what has been going on at their respective campuses since the board last met. Student Trustees are also able to comment or question any item up for discussion on the

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The science behind feeling nostalgic

By Heidi Barrios
Times staff writer

From 80's Snapchat filters to TV show remakes, it is obvious how much we all crave nostalgia. Looking back at when the most exciting thing was being tall enough to go on a carnival ride or eating an ice cream after a long day at school brings us all the warm feelings. But what is it exactly?

Nostalgia is the complex emotion we sometimes feel when we fondly recall old times — a “sentimental longing or wistful affection for the past” is how the Oxford Dictionary puts it. But science has a different explanation for nostalgia.

Back in the 17th century, yearning for the past was considered a mental disorder. According to Scientific America, Swiss physician Johannes Hofer was attempting to diagnose the need soldiers felt to return home when he coined this yearning “nostalgia.” Professor David Gerber, a member of the history department at the University of Buffalo said, “I’m not sure nostalgia can necessarily be called positive. It may be more complicated than that, because while it makes the past seem to glow, it prompts melancholy, because the past is gone and we know it to be gone forever. Nostalgia seems to be about what we have lost. It’s what people do with that loss that makes



them different from one another: some move on and use that past as a reference point for moving on, while others grow more deeply isolated in their memories.”

Smells are especially good at stirring up feelings of nostalgia. It turns out that your nose is connected directly to the limbic system of the brain, where emotions are housed, and any one of the 10,000 different odors an average person can detect can bring up a different reaction because different people will associate different smells with different experiences.

Then there is the amygdala, which is the portion of the limbic system that causes intense emotions and motivation. When odors feed directly into this portion of the brain, you are more likely to be overcome with intense feelings. The limbic system is also home to the hippocampus, which is involved in both memory and emotion. Since the nose is connected to areas of the brain that are important to memories and feelings, there is a very strong chance that nostalgia will be induced by odors. Just think “childhood baking.”

Other senses can play into nostalgia as well. Playing a song from a generation’s youth can get a crowd of people excited. For example, an otherwise forgettable Jonas Brother song that was popular in 2007 can take you back to being a Disney Channel addict. Lizzie Juni (12) said, “One that usually triggers nostalgia for me has to be music. Music like the Beatles or any older music reminds of times with my dad when we would just be grooving and living our best lives.”

There are also key parts between nostalgia, homesickness, and recollection that differentiate them. Professor Gerber also added, “Recollection is a more or less conscious process of recalling events and people usually in relation to one another. Recollection is narrativized often: in other words, it is a story we compose for ourselves and tell ourselves and others that follows a logical order of the first that happened and then that happened of variety.”

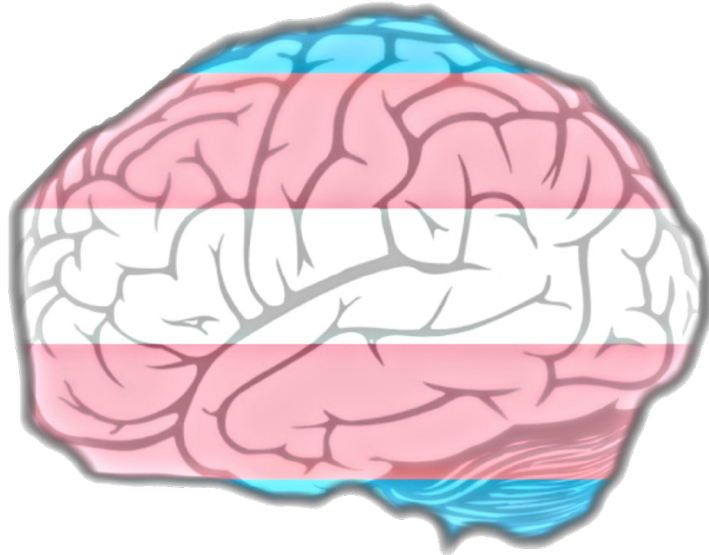
However, homesickness and nostalgia are very different. Nostalgia is caused by your senses and is usually a sudden experience, while homesickness lasts longer as it comes when we are in a strange place longing for our homes, which can eventually cause an obsession and possibly leading to depression. The next time you hear a song for your childhood and think, “Ahh, the good old days,” now you’ll know why.

The mysteries held in the transgender brain

By Heidi Barrios
Times staff writer

As American society comes closer to recognizing that gender is a construct, transgender individuals are feeling safer making themselves known to the world. The debate between names and pronouns for the transgender community has always been around, but the biological understanding of the transgender brain is pretty unclear.

Someone’s sex is defined as the biological difference between females and males, while gender identity is how a person views themselves. When a transgender person transitions, they are changing their gender presentation. The connection between this and the brain is what scientists and doctors are trying to figure out.



One hypothesis is that the brain activity in the brain of a transgender person is similar to the cisgender people they identify with compared to what they were born as. In a study done by the University of Leige, Julie Bakker used 160 MRI scans of

transgender people diagnosed with gender dysphoria when they were either kids or teens. Bakker stated, “Although more research is needed, we now have evidence that sexual differentiation of the brain differs in young people with GD,

as they show functional brain characteristics that are typical of their desired gender.”

One reason that the genitals might not match the brain is that they develop at different times. Researchers Bao and Swaab published a 2011 study which, in part, stated, “During the intrauterine period a testosterone surge masculinizes the fetal brain, whereas the absence of such a surge results in a feminine brain. As sexual differentiation of the brain takes place at a much later stage in development than sexual differentiation of the genitals, these two processes can be influenced independently of each other.” In other words, before a trans person is born, their brain received one set of signals, and their sex organs received another, leading to a difference between how the person viewed them-

selves (their gender) and how their reproductive parts caused them to be viewed (their sex).

One part of brain that is focused on when it come to the transgender brain is the cortical thickness. A person’s cortical thickness is closely associated with one’s general intelligence and describes the combined thickness of the layers of the cerebral cortex. Cortical thickness is slightly greater in women.

In a study done by a Spanish university, they discovered that, “The total cortical thickness of both transgender women and men was more similar to that of cis women than that of cis men.” However, in a structure in the forebrain known as the right putamen, which is involved in motor tasks and learning, cortical thickness in transgender men was more similar to that in cisgender men..

The benefits of journaling while you’re in quarantine

By Mackenzie Pelletier
Times staff writer

Dear Diary... Confusion, boredom, anger, stress, anxiety, and loss are all common emotions to be feeling at this time, but it can be hard to navigate those emotions when chaos has erupted in the world. Journaling helps to navigate emotions and life changes, manage mental health, and have moments of self-realization. When starting off, many people put a lot of pressure on themselves to be organized and perfect with each entry, but journaling does not have to follow a certain structure. The objective is to write whatever thoughts are wandering in your mind. By doing this, it can

help to prioritize problems, stressors, and concerns in your life, promote self-love, and identify negative emotions.

Lead researcher on expressive writing at the University of Texas at Austin, James W. Pennebaker, found that, “Expressive writing for 15 to 20 minutes a day three to five times over the course of a four-month period was enough to lower blood pressure and have better liver functionality.”

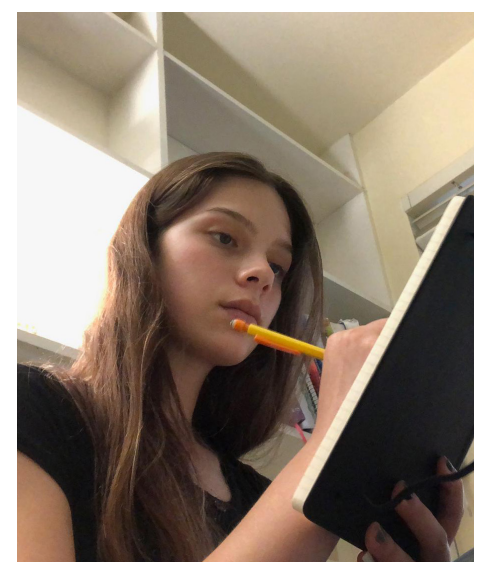
Talking to friends or family about experiences you have had or emotions you are feeling is beneficial; however, putting pen to paper will give you the biggest bang for your buck. Not only has journaling been found to lower blood pressure and promote a healthy liver, but it has also been found to strengthen immunity, heal wounds

faster, and decrease risk of illness.

When experiencing emotional distress, it has been found that stress hormones such as cortisol increase. In her article “Writing can Help Injuries Heal Faster,” Tori Rodriguez writes, “The British Journal of Health Psychology indeed found that writing about an emotional topic lowered participants’ cortisol levels.” High cortisol levels can cause a number of health problems such as weight gain, muscle weakness, high blood pressure, and even stroke. So if a 15-minute journal session can prevent that, it’s definitely worth your time.

Stress has the power to deteriorate one’s physical, mental, and emotional

See Journaling on page 5



Lia Warnke

Lia writes in her new journal.

Focus On: Piper Stangeland & Mr. Colvig

A horse of a different color

By Amelie Taylor-Binard
Times staff writer

You've seen her in her glitter Doc Martens: Piper Stangeland. This artistic and eccentric individual is rightfully known as thoughtful and loyal, priding herself on being kind to people, not passing judgement, and being understanding.

A Pacifica native, at eight years old, Piper started attending horse camp, beginning to compete six years ago. Growing up drawn to horses, Piper always thought they were really cool and interesting, but it all started when she went to a horse camp with her brother. The instructors would tell her brother how he was such a natural, and Piper wasn't allowed to go faster than a walk for the whole week. After that, she thought, "Well, shoot, I don't want my brother to be better than me?" So she started taking lessons and practicing, then began actually competing once her mother got a horse to share.

It has been a little rough ever since Piper's trainer of seven years retired. It was a big struggle for her to find a new trainer who understood her and her horse Riley and was willing to put



Courtesy of Piper Stangeland

Piper and her favorite pair of homemade earrings.

forth their best intentions in mind. Luckily, she finally found someone perfect for her and Riley, and they've been working on dressage together.

Piper said, "We're hopefully going to compete this show season (once

the whole coronavirus scare is over.)"

Before having to stay inside all the time, Piper's weekends were full of riding lessons on Saturdays and hanging out on Sundays. Now that we're inside, she's unable to take any lessons and is mainly

just looking for things to kill time. Piper decided to start making earrings as it was a great way to stay productive. She has always enjoyed making earrings, and decided that now is the perfect time to focus on her creations. Piper said, "I don't know about anybody else, but I always get super happy when I buy something affordable, and I wanted to spread good feelings." DM @stinkdinksx for a pair of fun and colorful earrings.

Abigail Holden (12) has known Piper's since second grade. As one of her best friends, Abigail said, "She has this wonderful ability to get along with anybody she meets; I can't name anybody who dislikes her. She is super caring and doesn't really need anything in return." Senior Sara Then, having been friends with Piper since their sophomore year, said, "Piper always brings a lighthearted kind of energy with her. Every time we hang out, I know I'm going to have fun no matter what we're doing. She's just so positive and makes life so great. She's one in a million and I feel really lucky that she's in my life." Their favorite memory with Piper is from the 2019 Europe trip, as Abigail fondly remembers how Piper dropped her ice cream in Monaco.

The man behind the yearbook

By Mackenzie Pelletier
Times staff writer

Whether you know him as a diehard Oregon Ducks fan or as a passionate English teacher, you know Mr. Colvig.

After growing up in the East Bay, first in Pleasant Hill, then in Orinda where he graduated from Miramonte High School, Colvig attended the University of Oregon, where his life took off. He had a really good college experience, as he met most of his close friends and wife there. Colvig said, "I majored in English, and I minored in history. My wife and I both wanted to be teachers and enrolled in SF State's Teacher Credential Program, where they placed me at Terra Nova and my wife at IBL."

Colvig and his wife Ellen met in a tutor prep class in college.

They slowly figured out that their similar interests followed the same career path. Their synchronized lifestyles and school calendars allow for them to have life-changing traveling experiences on their journey to becoming teachers and also for the adventure and exploration.

Colvig said, "[We travel] both as a way for adventure, but also to make real money, because my wife and I are public school teachers in the Bay Area. We went to South Korea where they value education very differently than we do here, and it was a really good experience." He continued, "We taught at a private language academy in a suburb north of Seoul and taught English to elementary school kids. It was a different type of schooling environment, not their official school, but an after-school program for kids who wanted



Courtesy of Mr. Colvig

Mr. Colvig and his wife enjoying a Ducks game.

more exposure to English." By teaching through pictures and visuals, Colvig and his wife were able to catch help their students catch up in their English vocabulary and fluency.

They spent two years in Korea, but although his time in Korea was amazing, he did not find it as fulfilling as life here. In Korea he was not able to dig into literature to the extent that he

can in a high school teaching environment, and his relationships with students were not as impactful for kids as they are with high schoolers. Korea's loss is Terra Nova's gain.

"With Colvig, I like that he connects our lessons with modern things," said Hyacinth Sandagata (11), who was in Mr. Colvig's class last year. "Like when we were learning about Shakespeare, he connected it to rap culture and rap that he likes. He also connects a lot of things to big celebrities, which makes students more interested. He is a really down-to-earth person, and I like that he treats us like people that are the same as him."

With more happy news, Mr. Colvig announced earlier in the year that he and his wife are expecting their first child. How

See Colvig on page 5

Would you rather have a personal chef or massage therapist?



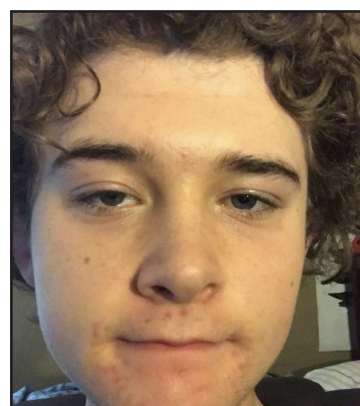
"I would rather have a personal chef because I cannot cook at all."
- Stephanie Raman (9)



"I'd choose chef so I wouldn't have to deal with cooking."
- Owen Peters (10)



"A personal massage person. I can cook for myself...but I can't really massage myself."
- Sheyn Muncada (11)



"I would choose personal chef because I love food."
- Wyatt Johnson (12)



"I would chose personal chef. I love delicious food, but I lack the patience it takes to be a top notch cook."
- Ms. Stockler

Trends of the Times

It's time for the comfy clothes

By Laytithia Monzon
Times staff writer

The days of skinny jeans and dressing to impress is over. Now-a-days, it's all about new in-home trends that come straight from your home and don't ever leave it. Trendy new tiers of comfort such as pajamas, sweatpants, and leggings provide comfort while getting through each quarantine-filled day.

With the new AHL program, the need to change out of your pajamas before class has vanished. Now it is possible to wear PJs to "school" without bothering teachers. There is a new hype around the classic comfortable dressing, and now we can all shamelessly embrace our pajamas in the comfort of our own homes. Ka-ah-shun Laiwa (12)

said, "If I do join [class zooms], then I wear the same thing I do to school, which are PJs. I wore PJs all the time. Only thing I don't wear is a jacket." For many the PJ wear was already a daily occurrence, but now others are hopping on the trend.

Some people don't like being in PJs all day as it makes them feel drowsy or lazy, but it is still possible to wear something comfortable while being around the house. For a more put together look, many teens have turned to sweatpants. Nike sweatpants are pretty common amongst AHL students across the country. Freshman Hailey Ward said, "When we do Google Meets or Zoom, I normally just change out of my PJs and put on sweatpants, so I can still be comfy while we are doing the video chat. I like that I can still be

comfy while doing my work."

If you want to go one step further, yet still comfy, a fancier alternative to pajamas has been leggings. Leggings are a go-to for many, especially the Lululemon leggings. "Lulus," as common wearers say, are made with incredible fabric made of luon and have been perfect for AHL. Emma Perez (11) said, "I like wearing either leggings or Lulus because I can do my homework comfy, but with class. Also, if I have to run an errand or something quick outside, I don't have to change out of PJs at 5pm. I just wear my leggings." Whether you stay in bed all day for AHL or have a working area, comfort is always possible with PJs, sweatpants, or leggings. All that matters is that you are staying comfortable to enjoy your day at home for AHL.



Lauren Ryan

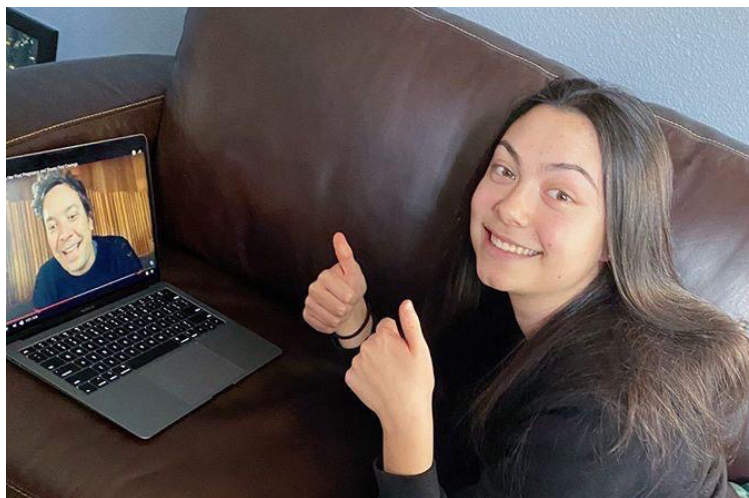
Lauren Ryan taking AHL on with comfort and style

TV hosts bring laughs from their living rooms

By Catherine Raman
Times staff writer

COVID-19 has caused talk show hosts to cancel their studio audiences, but that has not stopped them from taking on different forms of streaming to reach a wider audience. By creating at-home versions of their shows, hosts including Trevor Noah, Jimmy Kimmel, Jimmy Fallon, and Stephen Colbert are promoting social distancing while keeping the audience smiling. Many hosts have been able to feature guests on their shows through video calling and keep coming up with interesting ways to entertain an audience through YouTube.

Trevor Noah, who hosts "The Daily Show," started "The Daily Social Distancing Show with Trevor Noah," safely continuing interviews through video calling with people such as Bill Gates and Dr. Anthony



Ella Sisser enjoys a break with her favorite late night host.

Fauci, the director of the National Institute of Allergy and Infectious Diseases, who you have probably seen on the news giving updates on the coronavirus pandemic in the U.S.

Jimmy Kimmel has also kept up with trying to make people laugh during this hard time. Kimmel has been record-

ing from his home and posting what he calls "Quarantine Monologues" on his late night show's YouTube channel. He has also hopped on the trend of video calling to keep up with interviewing celebrities, including Jennifer Aniston, Samuel L. Jackson, and Tracy Morgan.

Jimmy Fallon has taken a sim-

ilar path by also creating an "At Home Edition" of his "Tonight Show" through his show's YouTube channel. Fallon said during one of his at home videos, "We wanna give you some type of content every single night for as long as we are gonna do [social distancing]." He has also interviewed celebrities via video call, featuring Jessica Alba, Miley Cyrus, and Demi Lovato.

Other comedians, such as Seth Meyers, Stephen Colbert, and Samantha Bee are still making an effort to bring joy to their viewers at home. Meyers, who hosts "Late Night with Seth Meyers," has been doing segments from his home while also commenting on recent news regarding the coronavirus. He has also interviewed Elizabeth Warren, Bernie Sanders, and Amy Poehler through video calls. Stephen Colbert, from "The Late Show with Stephen Colbert," has also found ways to bring laughter to people during

this hard time. Like most of the other late night show hosts, Colbert has been interviewing celebrities through video calling, including Ryan Reynolds, Alicia Keys, and Daniel Radcliffe.

Samantha Bee, who hosts "Full Frontal with Samantha Bee," also started filming an at-home show called "Bee-ing at Home With Samantha Bee." Bee films her at-home show in her backyard in collaboration with her husband.

These talk show hosts are continuing to entertain us in this hard time through different ways that promote social distancing. Ella Sisser (11) said, "During my free time, I enjoy watching clips from late night talk shows because I feel as though it gives the audience a new perspective on the hosts and their everyday lives. It gives people the opportunity to feel like they can relate to the person and it is cute to see all of their kids running around."

Bizarre news

By Robert Ace Gonzales
Times staff writer

Recent studies suggest that the infamous Colombian drug lord, Pablo Escobar's cocaine hippos are helping save the environment. After his death in 1993, his four original hippos were released in the wild in Colombia. Although it was thought that the hippos would act as an invasive species, they actually filled up a vital role that had been needed for hundreds of years. As reported by John Rowan from the University of Massachusetts Amherst, "The feral hippos in South America are similar in diet and body size to extinct giant llamas. While hippos

don't perfectly replace the extinct species, they have helped restore parts of important ecologies across several species."

So, a pig's poop caused its own home to catch fire. The pig in question is a free-range pig. These pigs wear pedometers to prove that they are free-range. Supposedly, the pig swallowed another's pedometer and eventually pooped it out. After the copper from the pedometer's batteries reacted with the pig's excrement and dry bedding, the pen caught fire. The fire service shortly arrived and extinguished the flames. No pigs were harmed in the fire, even the troublemaker.

Why is that bush walking? During this quarantine, some are trying to sneak out of their house as if they were sneak-

ing out of jail. Madeline Mai-Davies and Nicholas Murray caught one of their neighbors trying to sneak out in a creative disguise. The video posted to TikTok showed a man covered in leaves sneaking left and right camouflaging with surrounding shrubbery. Shortly after, the man covered in foliage returned with grocery bags, no longer sneaking around. Must've been weird being behind the counter selling vegetables to a bush.

In New Hampshire, the police reported a man accused of taking a 2.5 foot-long metal sword to hunt down a neighbor. The victim had knocked on the door of Benjamin Layland to ask him to turn down his music. Layland reportedly became upset and grabbed his sword,

allegedly chasing the man. Luckily, the man got away and there were no injuries.

In what should have been a simple attempt to exterminate a roach nest, a man poured gasoline into it. Cesar Schmitz told FocusOn News, "My wife complained that there were a lot of roaches invading our garden. She is scared of them and begged me to destroy their nest under the ground once and for all." After pouring what he thought was an appropriate amount of gasoline, he threw a match on it. Nothing happened for five seconds. He threw a second, and a third. Nothing. After his fourth, he took a step back and only three seconds afterwards, the few matches and gasoline caused a few cubic feet of his garden to fly up in the air.

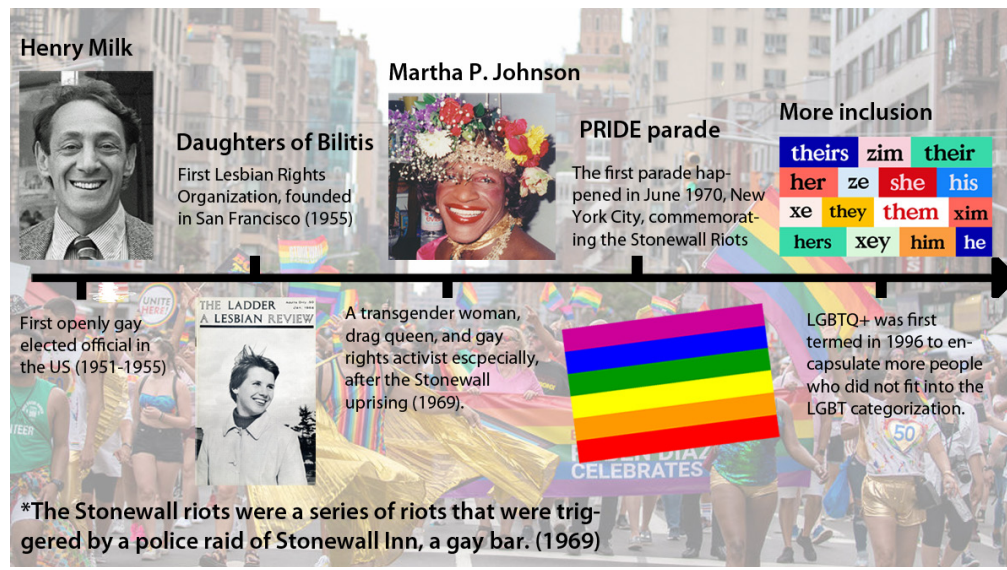
New history unit in progress

By Khrislenn Garino
Times staff writer

At Terra Nova, the history department is in the process of implementing an LGBTQ+ unit in their curriculum. US history teacher Mr. Krupp said, “We’re looking at the best way to approach it, but at the bare minimum, we want to raise awareness of a community that has been marginalized for a long time by mainstream society. They have always played a role in the American way of life.”

The Gender-Sexuality Alliance club (GSA), working beside the history department to figure out how to properly represent the community. Co-President Eli Compin (12) said, “During a collab meeting between the history teachers, the other Co-President Amelie Taylor-Binard walked in to listen and helped them with links to some curriculum. We’re going to set up a meeting with the history department to talk about what they could implement in their curriculum.”

In 2011, California was the first state to pass a law that would require schools to teach LGBTQ+ history; however, the law has not yet been fully implemented because of the negative response from state officials, parents, and conservative groups. Many schools don’t use the textbooks with the curriculum, which results in the implementation taking even longer. The six states that still have laws that prohibit the “promotion of homosexuality” are Alabama, Louisiana, Mississippi,



Victor Wu / Terra Nova Times

Some of the vast history of LGBTQ+ people in America.

Oklahoma, South Carolina, and Texas. Most of the laws were enacted in the late 80s and early 90s, primarily to exclude sexual health education connected to HIV/AIDS, but ultimately ended up with students being taught that being a part of the LGBTQ+ community is unacceptable. Some laws required the teachings of false information, claiming that LGBTQ+ relationships are actually a criminal offense.

Not having a curriculum that includes the LGBTQ+ community is harmful, in part because it deprives the community of the representation that it needs. Compin said, “The community’s always been around, and

it will continue to be around -- it needs to be taught. It was just ingrained in people that it was okay to be homophobic.” The lack of representation leads youth to feel ostracized. If the teachers are there to support and validate those students, it makes them feel less alone and invisible. Students need to understand the discrimination, difficulties, and successes the community has faced throughout American History.

Realistically, the curriculum would be implemented in the next few school years. It takes a lot of time to plan and refine, as well as figuring out what’s historically appropriate to include.

Advisory

Continued from Page 1

agenda and can bring up ideas or concerns brought forward in Student Advisory Council meetings, acting as a liaison between the council and the board. This allows for opportunities to learn more about how local governance works and how decisions are made in our district.

TN Student Trustee Tiana Cole said, “It can feel like a big responsibility at times, but I’ve always felt that being a trustee was very fulfilling. It’s an amazing opportunity to help the dis-

trict identify and address student needs and provide feedback on what’s working and what isn’t.”

Although the position comes with more responsibility than the Advisory Council alone, it is certainly a worthwhile experience.

If you are a current sophomore or junior and are interested in one or both, of these positions, check your email and fill out the application by Monday. The board will be holding virtual interviews on Wed. May 6 via Zoom, so check for an email confirming your time slot once your application has been submitted.

Journaling

Continued from Page 2

health, something we all struggling with. Akin to meditating, journaling is an excellent way to wind down at the end of the day and give you a greater sense of well being and gratitude.

From a historical perspective, journaling on paper is the most useful to contribute to history books because handwriting gives insight to the severity of the world’s situation in relation to you. Professor of history at Northeastern University, Victoria Cain said, “As historians,

we rely on those daily reports to figure out what actually happened on the ground. It really offers us insight into how society and culture worked at a time of tragedy, or crisis, or just chaos.” Even if your accounts of self-quarantine are not used for the benefit of historical documents, having documentation of your experience during this time will be appreciated by your future self and/or family later on. Lia Warnke, who has taken up journaling in self-quarantine (12) said, “Being able to keep account of what is going on will be really interesting to look back on.”

Colvig

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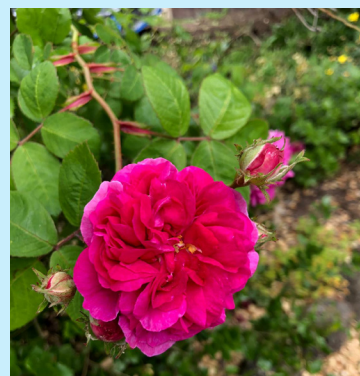
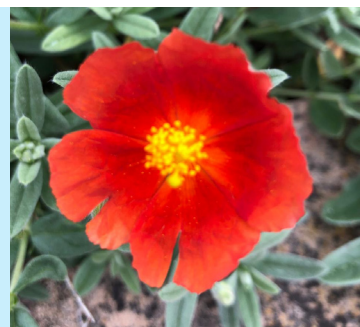
ever, now that the year was cut short, dealing with a pregnancy has its challenges. Colvig said, “In a lot of ways, it’s a scary time to bring a child into the world, and as a soon-to-be-parent, the hardest part is simply worrying if this is the ‘new normal’ for the direction humanity is headed, which in no way is the life I envisioned for my son.”

However, dealing with pregnancy during shelter-in-place has posed several benefits to the health of Mr. Colvig, his wife, and the baby, as their sleep is not cut short by normal work hours. Colvig also added, “My

wife and I now get to spend our last four months ‘not as parents’ completely together, which has been very special.”

The great outdoors also holds a special place in Colvig’s life, as he frequently visits his family’s cabin in Shasta and hikes with his wife. Colvig also has a broad appreciation for music, with one of his favorite bands being The Roots, and a hobby of his is collecting records and making improvements to his sound system. An additional hobby of his is cooking, as he said, “I love to cook — which is by far my favorite hobby because you can eat it. Asian cuisine is one of my favorites to cook because my wife and I lived in South Korea for two years.”

Guess That Flower!



A)
B)

C)
D)

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