

Terra Nova Times

Volume 14, Special Edition

Terra Nova High School

May 8, 2020

Notice: Students may go to Terra Nova next Tuesday (5/12) or Thursday (5/14) between 10:30am and 1pm to clean out their lockers.

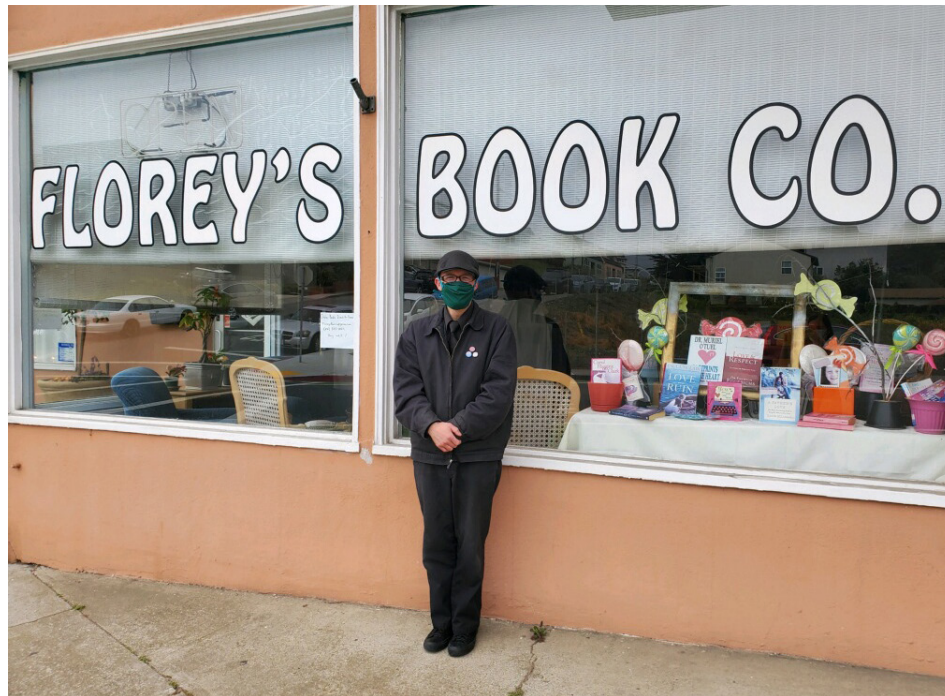
California begins to slowly reopen

By Peyton Dulay
Times staff writer

Starting Friday, May 8, California is moving into phase two of its reopening plan to ease the shelter-in-place order. Governor Newsom announced on May 4 that the state is going to begin working its way back to normality through a four-step plan that will hopefully rebuild the economy while still being cautious of the COVID-19 outbreak and infection rates and allowing each county to proceed at its own pace based upon the readiness of each area to move into the plan.

Phase two involves reopening smaller businesses that are least likely to cause large crowds or spread the virus to others. Bookstores, florists, sporting goods stores, music stores, toy stores, and smaller clothing stores are allowed to open up for curbside pickup only starting today. Certain counties have the go-ahead to begin working further into phase two, but have to meet the state's readiness criteria, which includes having low numbers of COVID-19 cases, adequate testing and tracing capability, and being prepared to handle any potential outbreaks.

When asked how the new modification to the shelter-in-place order would affect business, Aaron Schlieve, owner of Florey's Book Co. on Palmetto Ave. in Pacifica, said, "I am not entirely sure of all the details for the reopening limita-



Brooke Garrett / Terra Nova Times

Curbside pickup will help small business owners like Aaron Schlieve.

tions. As far as I know, more information will be given in the next few days. With that said, we have been taking orders via phone and email and our primary supplier has set up a program to ship books directly to the homes of our customers. As I understand it, the limited reopening will allow us to also do curbside pick-up of orders. No one is allowed in the store yet, of course. But being able to do 'to-go' orders will certainly help."

Though certain counties are able to move faster into the reopening plan, others have said they do not plan to work into phase two as of yet. In particular, many Bay Area counties have decided to hold-off reopening. Dr. Scott Morrow, the San Mateo County Health Officer, said, "In San Mateo County, and more broadly the Bay Area, we plan to stick to tracking progress on our five key indicators to determine when we're ready

to move on to the next stage of relaxing our current shelter-in-place restrictions, which we previously proposed to be in place through the end of May." These key indicators consist of seeing a consistent decrease in COVID-19 cases, having enough protective gear for health-care workers, enough testing for everyone (especially the more vulnerable population), the ability to contract trace every person who has tested positive for the virus in order to see who is at risk of contracting it from them, and lastly, a well-established tracking system for the rate of COVID-19 cases. In San Francisco County, the Mayor has also agreed that the Bay Area has yet to see an adequate drop or flattening of COVID-19 cases and plans to wait to begin phase two in order to keep the number of people going outside and into public areas to a minimum.

On May 4, Governor Newsom stated, "Millions of Californians answered the call to stay home and thanks to them, we are in a position to begin moving into our next stage of modifying our stay at home order, but make no mistake – this virus isn't gone. It's still dangerous and poses a significant public health risk. As we move into the next stage of reopening, we will do so with updated guidance to help qualifying businesses make modifications needed to lower the risk of COVID-19 exposure to customers and workers. Californians should prepare now for that second stage of reopening."

Gov. Newsom orders beaches closed in So. Cal

By Isabella DiDonato
Times staff writer

On April 30, Governor Gavin Newsom announced the closure of all beaches across California. This temporary closure came after large numbers of people flocked to beaches to escape the confines of their homes. An article in Newsweek noted that on one weekend, nearly 80,000 people went to Newport Beach in Orange County, and while most attempted to maintain social distancing, this high number caused a lot of worry about the spread of the virus.

Gov. Newsom's announcement was immediately met with backlash from both county officials and the public. Orange County Supervisor Don Wagner released a statement in which he objected to the closure, stating, "Orange County Citizens have been cooperative with

California state and county restrictions thus far. I fear that this overreaction from the state will undermine that cooperative attitude and our collective efforts to fight the disease, based on the best available medical information." San Diego County Supervisor Greg Cox stated in a letter to Gov. Newsom, "We remain steadfastly committed to following your Executive Orders, but actions that appear punitive when our residents have been faithful and fully compliant make this challenging."

Protesters gathered in places such as Huntington and Newport Beach in order to voice their belief that the closures violated their constitutional rights and undermined health official's recommendations to exercise and get fresh air. In a picture from the protest at Huntington Beach published by the Los Angeles Times, protesters held signs stating, "My constitutional



Alyssa Jenkins / Terra Nova Times

Sgt. Bianculli and his partner keep an eye on the beach.

rights are essential" and "Open our beaches," while others carried the American flag. Orange

County Supervisor Don Wagner said, "[The protesters] did not feel unsafe at the beaches... If it

is good enough for business to trust our citizens to act responsibly and observe your rules, it is good enough for beaches."

Although some of the beaches have reopened, they are restricted to "active use," meaning that residents are allowed to access the beach, but only as long as they keep moving. A walk is fine, sunbathing on a beach towel is not. Currently, 66 state beaches have been temporarily closed to the public, though the list is subject to change. The list is viewable to the public on the California Department of Parks and Recreation's website.

None of Pacifica's beaches have been closed, but public access has been restricted in order to maintain social distancing. On May 4, Pacifica Police Department released a statement conveying the department's approach to enforcing

See Beaches on page 6

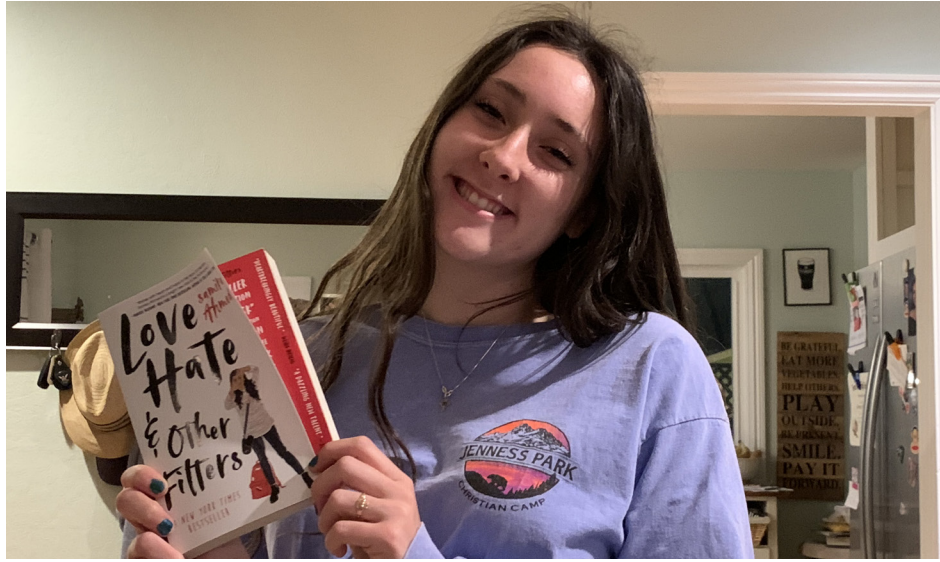
Summer reading book announced

By Laytithia Monzon
Times staff writer

Summer is almost here, and that means summer reading. In continuation of the One School, One Book tradition, this year's book is "Love, Hate, and Other Filters" by Samira Ahmed, an American woman who was born in Bombay, India, but was raised in Chicago. Ahmed's novel is the first time a Muslim-authored piece of realistic fiction has ever made the New York Times Bestseller list, marking an important milestone for the Muslim community. This amazing book was picked by our English department out of the five other books that were options.

Even though there was no student voting on this book, you have nothing to worry about. Ms. Jenkins, the English department chair, said, "I really like this book because it has a good story (that's the most important thing for a summer book), but it also has a bit of something for everyone. On top of that, it gets at some really important issues in our society, both on a micro and macro level."

This book is not only enjoyable, but also serves as the badly needed representation for Muslims. Surraya Maha-



Anne Carew

Shannon Carew has her hands on her copy — what are you waiting for?

sin (11), who read the book in February, said, "The book was such a nice easygoing read, the genre is realistic fiction, and it's about a Muslim girl trying to explore her identity and trying to explore relationships as well. She is a senior in this book going to graduate, and her controlling family finds it hard to let her try to explore the world on her own, to live life on her own. During this book the author

shows how people can be racist towards Muslims even in today's age, and how the term 'terrorist' is so loosely thrown around whenever people of Islam are involved. The book was lighthearted while touching on the subject of 9/11 and how people look at people that are Muslim, and her concern for her family just because of their religion. I am a black Muslim female, and I definitely

understood her worry for her family and the world she can not shield them from."

The book shows an often untold perspective of Muslim people and their experiences in America. Juliana Wul-lenjohn (12), who also read the novel, said, "I really enjoyed this book. Maya is quite the sympathetic teen, and it's easy to connect with her desire for freedom from the expectations of her parents. I think this book also handles the topic of Islamophobia and the media really well, and it made me think a lot about how different races are presented within the news. Overall, this book will spark great classroom discussion, and it's also just an enjoyable read on its own."

Similar to last year's book, "The Hate You Give," "Love, Hate, and Other Filters" gives a glimpse into the life of a completely different group, detailing the struggles of being a teen Muslim while simultaneously being an American.

"I personally really liked this book, I don't want to focus on the fact that it is an easy read but for a summer that we most likely will spend in quarantine I highly recommend this book even more to help get our heads out of our reality and into a more interesting one for a change," Mahasin said.

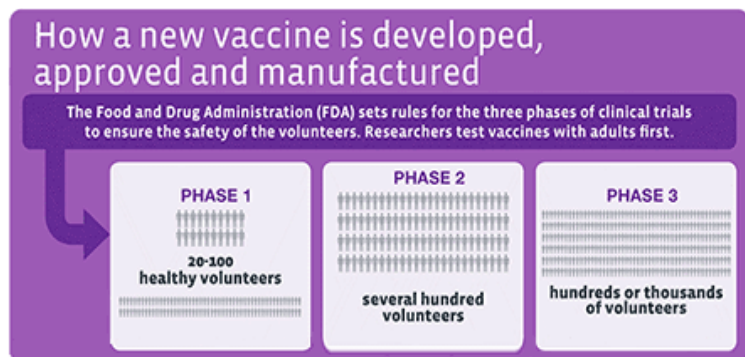
UK group shows progress towards a vaccine

By Catherine Raman
Times staff writer

Amid the total chaos of the COVID-19 pandemic, scientists around the world have been working hard to find a vaccine — and they may have found one. As of Apr. 23, scientists at Oxford began to move into phase 2 of testing with a potentially successful COVID-19 vaccine.

For those of you who aren't familiar, phase one of testing only allows a small group of humans to be tested with the potential vaccine. If the vaccine is proven to be effective, it continues to move through more testing phases (2, 3, 4), that test its effectiveness on larger and larger groups.

In order to support their efforts, Health Secretary of the United Kingdom, Matt Hancock, announced that the UK



CDC.gov

Drugs must go through three phases before FDA approval.

will fund 20 million euros toward Oxford's COVID-19 vaccine program and 22.5 million euros to phase two of testing a potential vaccine. This money is going towards a research group composed of Sarah Gilbert, PhD, Andrew Pollard, PhD, Teresa Lambe, PhD, Sandy Douglass, and Adrian Hill, PhD. They began research towards developing a vaccine on Jan. 10,

2020 after they were previously working on a vaccine for SARS, a virus in the coronavirus family.

The team first began with phase one on healthy people in between the ages of 18-55. Their main goal was to observe if their test subjects would become infected from the COVID-19 virus given the potential vaccine they created. According to the University of Ox-

ford, the test vaccine is named "ChAdOx1 nCoV-19" after a virus named "ChAdOx," which is a genetically modified version of a weakened type of cold virus in chimpanzees that can never spread to humans. Several vaccines have been safely made and tested from this virus, which makes it a go-to option for beta vaccine development.

How will phase 2 be conducted? 1102 people will be chosen to receive the ChAdOx1 nCoV-19 or MenACWY (a vaccine that protects against inflammation and blood poisoning caused by selected bacteria) as the control variable. A separate group of ten volunteers will receive the ChAdOx1 nCoV-19 vaccine in two doses which will be given four weeks apart according to the University of Oxford.

Dan Jenkins, a biochemist who has worked in vaccine development, discussed how

there are four phases in human clinical trials. He said, "Phase III studies involve randomized and blind testing in several hundred to several thousand patients. Once Phase III is complete, a pharmaceutical company can request FDA approval for marketing the drug...Phase IV studies, often called Post Marketing Surveillance Trials, are conducted after a drug or device has been approved for consumer sale...Phase IV studies can result in a drug or device being taken off the market or restrictions of use could be placed on the product depending on the findings in the study."

These experiments are a glimpse of light at the end of the pandemic tunnel. Although this will not solve all of our problems, a vaccine and preventative measures will lessen the impact of COVID-19 and help lead towards normalcy.

COVID-19 forces stores to make the shift to an online platform

By Isabella DiDonato
Times staff writer

With websites such as Amazon, online shopping has been popular for a while now. With all of the non essential stores closed, many retail shops have converted to online-only stores.

Locally, some stores have joined this conversion. Plato's Closet, which is a thrift store where you can buy and sell used clothes located in Eureka Square, and Florey's, a very cute book store near IBL Middle School, have created a new system in order to continue their sales. Plato's Closet's voice message states, "You can shop with us online, visit us at our Instagram page @platoscloset-

pacifica. We are taking orders over direct message as well as text message." Florey's has a different online system according to the website: "We are still taking orders via phone or email, if you would like to order a book we can work out a way to get it shipped to you." Their phone number is (650) 355-8811.

Aaron Schlieve, the owner of Florey's, said, "It has been challenging, but the support from the community has been good...I'm pleasantly surprised because I wasn't sure if we were going to be able to do anything...my book supplier offered to do shipping which really saved us."

In addition, many popular stores are having huge sales and clearance items on their websites. Well known places such as Old Navy, Best Buy, Macys,

H&M, Forever 21, Pacsun, and many other stores are marking down some of their items to help their sales since their physical stores have temporarily shut down. For example, Macy's currently has a large clearance section where one of their Michael Kors bags went from \$298.00 to \$111.75, and many of Forever 21's tops and dresses are around 40% off in their sale section. This adjustment has hit the majority of retail shops and creates a great opportunity for people to go online shopping. Utilizing websites like retailmenot.com can be very useful because it gives out coupons and codes to lower the prices of items for specific stores. For example, currently if you use the code FORYOU on Macy's website you can get 30% off an item.

There are other lesser-known sites out there, too. Freshman Tyler Yumi said, "I love Shein because they sell cute clothes that are affordable for decent quality." There are many online shops such as Shein that sell cute clothes, shoes, swimwear, and accessories that are quality but less known than bigger industries. Anuhea Furuya (11) said, "I like this store called Depop because like thrift stores, it is a second hand store, except it's online so it makes it easier... by buying used clothes I am helping the environment by reusing." Another small online store for quality shopping that Gabe Lanier (9) recommends is Zaful, a clothing store similar to Shein. Lanier said, "I like Zaful because they have cute swimsuits and they're really cheap."

Meafua: A powerful force for good

By *Khrislenn Garino*
Times staff writer

Rowena Meafua, better known as Reyna, has been serving the JUHSD community in a multitude of ways, from hosting events to being a leader for the Jefferson Sports Boosters. In recent years, she has helped Jefferson High School host a food bank, which is now serving thousands each week as this pandemic is causing massive unemployment and food insecurity in our local area. For all of her efforts, Ms. Meafua has been named Senator Scott Weiner’s 2020 Woman of the Year for the 11th Senate District. She has also been honored with the title of Daly City’s Citizen of the Year in 2018 by the Mayor and City Council, but she doesn’t need those titles for people to see everything she has done for the community.

Ms. Meafua is the founder and director of the community organization Pacific Islanders Together (PIT), whose mission is to serve Pacific Islanders and all families with art, culture, and raising



Courtesy of Kalimah Salahuddin

Reyna Meafua (center) with Mark Beshirs and Kalimah Salahuddin.

awareness about health and wellness. Based in Daly City, this non-profit began in 2012 and holds many annual events that are free to attend, such as SHINE, Backpack Giveaway, and Christmas

in the Park. SHINE is a multicultural day where families can seek health and wellbeing resources as well as food and clothing. The Backpack Giveaway occurs before each school year and of-

fers supplies to young students to make sure that they feel better prepared for school. Christmas in the Park provides toys and other goods for kids 0-18. PIT also provides the opportunity for youth to apply for scholarships, along with hosting sports clinics for those who play football, volleyball, rugby, and soccer.

Ms. Meafua said, “My parents served God for over 60 years, I watched and helped them serve so many families by lending out a helping hand in any way that they can. Not once did I hear my parents complain about how tired or stressed they were, instead all they wanted to do was help. I love what I do by helping and serving — it makes me feel good, especially when I see the community come together. There’s a sense of accomplishment for my team when others show gratitude for the help that the PIT organization provides them. I am so grateful and humble to God for his blessings.”

On top of this, inspired by her strong connection to Jefferson High School (JHS) as a graduate and current Health

See Meafua on page 6

Francisco Martin makes it to “Idol” top 10

By *Christina Arakelian*
Times staff writer

When you think of notable alumni from Terra Nova, people like Rob Schneider and Keith Hernandez might pop into your mind. The list of professional athletes and CEOs from Terra Nova is noteworthy, and Francisco Martin is another name that can be added to the list. A class of 2018 alumnus, Francisco Martin has made it into the Top 10 of “American Idol” and is following his dreams.

Terra Nova students have been receiving emails from principal Ms. Carey almost every Saturday at 8 pm. This is when “American Idol” airs every week and shows Francisco performing from his Daly



YouTube

Francisco Martin performing from his home.

City home. Ms. Carey said, “It always feels good to see a former student pursuing their passion. I am proud of [Francisco] beyond words. Every time I watch, I am smiling, not only because he is a beautiful

singer and amazingly talented, but also because of how far he has come since he graduated.”

Countless Terra Nova students and alumni are showing their support for Martin. Class of 2019 alum Frank Mirabella said, “We

shared a class together in theater tech and all around, he was just a really humble and nice guy, and I’m glad to see him getting to where he’s wanting to go.”

Just in case you don’t know what “American Idol” is, it’s a singing competition series that has been airing since 2002, bringing success to celebrities like Kelly Clarkson, Carrie Underwood, and Adam Lambert. Right now, 19-year old Martin is currently in the top 10, and the finale for the season is airing on May 17. During an episode in Hawaii, judge Katy Perry compared Martin to Bruno Mars, and judge Luke Bryan even told Martin that he “checks every box.” Overall, judges Perry, Bryan, and Lionel Richie have been backing Martin with much support and with the belief that

he will make it into the top 5.

Although there have been questions raised about whether the show will be postponed due to COVID-19, the show has continued to air with the change that contestants are performing from home in keeping with social distancing. Each contestant has had to set up recording equipment to be able to broadcast their performances. During a Facebook Live event, Katy Perry said, “I think we’re all gonna have to be really creative. You’ll just have to be tuning into that creativity that we are probably going to create from our individual homes. ... We’ll see how this goes.”

For now, the entire TN community hopes Martin will keep going...straight to Number 1. Check him out on ABC.

Anthony Gordon signed as undrafted free agent by Seattle Seahawks

By *Lauren Devry*
Times staff writer

Reaching the NFL is the ultimate dream for many players, but this dream has become reality for Terra Nova’s Anthony Gordon. Terra Nova sports fans and players have been ecstatic since the news came out. Although he was overlooked in the 2020 NFL draft, Gordon signed with the Seattle Seahawks as an undrafted free agent. Gordon’s road to success has been rocky and is certainly not over, but he has worked hard to be where he is today.

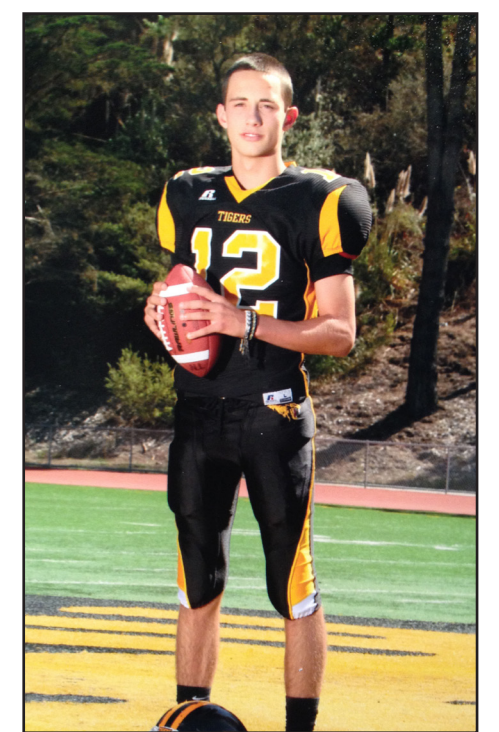
Gordon started playing football in his freshman year of high school, but was primarily a baseball player. His decision to explore football instead of baseball after high school was influenced by his experiences in both sports. Gordon said, “Football is a lot more fun to compete in, and there isn’t a better feeling than running onto a football field and winning a game with your best friends.”

During his last year as a tiger, Gordon threw for 4,899 passing yards and 49 touchdowns. His outstanding playing earned him All-state and All-metro league honors. Coach Gray, Gordon’s High School Football Coach, said, “Anthony had a positive influence on his fellow players and made everybody around him better. He was a great example to others, that if you buy into the coach’s program, you will succeed. He continued Terra Nova’s QB legacy of excellence by following in the footsteps of his father, Ryan Gordon, and his uncle, Greg Reynolds; both of whom were on championship football teams at Terra Nova and went on to great success in college athletics.”

Despite Gordon’s achievements, he did not get much attention from colleges. This led him to spend a year at City College of San Francisco and use the 2015 season to improve his game. As the starting quarterback, he led his team to a record of 12-1, winning a California Community College Athletic Association Champion-

ship, largely attributed to Gordon’s 37 total touchdowns and 297.2 yards per game. After that successful season, he took his talents to Washington State University. Gordon said, “[Washington State University] was the only offer I got. I always wanted to play in the pac-12 and I wanted to play for Coach Leach.”

Gordon had loads of potential coming into his first year at WSU, but his first three years on the team weren’t as exciting as his previous years starting. Gordon redshirted in 2016 and was a backup in 2017. The next year, he played in two games and completed three passes, but in 2019, Gordon finally got the chance he had been waiting for since City College — his chance to start. He took full advantage of this opportunity, finishing the season with 5,579 yards and 48 touchdowns. Although the team had a record of 6-7, Gordon set single-season records for both his school and the conference in



Courtesy of Gina Gordon

Anthony Gordon in his old Terra Nova uniform

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What it's like to be a girl in Scouts

By Peyton Dulay
Times staff writer

My entire life, I have been hearing about my brothers' experiences as Boy Scouts. My grandfather, father, and brothers had all learned so much from Boy Scouts, and after the organization decided to accept girls (and rename itself "Scouts"), now I was able to have the same experiences.

There are 216 countries around the world with scouting programs, all of which are coed, meaning you don't have to be a specific gender; the United States is one of very few nations that has segregated scouting programs, alongside Iran and China. Even after the program became co-ed, we had to start out slow and work our way up to become known as Scouts; the first program in scouting to become coed was the Cub Scouts, then a year later, Scouts came around.

When I found out I would be able to go into Scouts, I was really excited. I mean, I spent literally my entire life hearing about the amazing experiences my brothers got to have, and now I could too. Joining my troop was honestly a lot of fun. Our troops scout master Mike



Courtesy of Peyton Dulay / Terra Nova Times

Peyton, Anuhea, Isabella, and Naomi have all joined the Boy Scouts.

Pranza said, "For a hundred years now, it's been the Boy Scouts of America. Now the opportunities have been afforded to everyone, which is the way it should be. Now girls also have the option to participate in some of the highest adventure opportunities out there."

So far, my experience in Scouting has

been really fun. For the high school girls that are in the troop, everything is slightly more stressful because we only have two years until we age out of Scouting. If we don't get our Eagle scout rank (the highest rank and ending honors) before we turn 18, then everything we've done will feel essentially useless. Other than

the time crunch, the experiences we've had have been insanely cool and joyful.

I used to be in Girl Scouts, but I quit because my troop never did anything outside of cooking. In Scouting, I've had the opportunity to learn archery, skiing, and go on late-night boat rides to learn about the constellations. I have learned how to build wild structures from absolutely nothing but rope and logs, and also compete in skill-based games that challenge our teamwork (and beat the boys). I've been able to learn to rock climb on the side of an actual granite cliff and also become CPR certified.

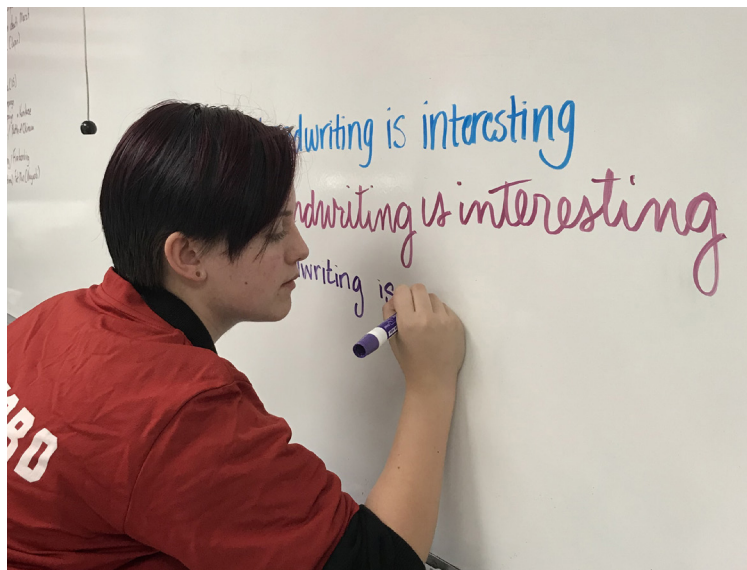
Scouting has allowed me to learn skills I never thought I'd be able to and visit beautiful parts of California. I've learned insanely valuable skills and values that I wouldn't have been able to outside of the program. Another girl in my troop, Anuhea Furuya (11), said, "I've found it really cool to be able to learn more about things with people who I usually wouldn't hang out with." Being together gives scouts the opportunity to branch out and work alongside people we don't know. If you are interested in getting involved with Scouting, contact Mike Dulay at dulayfam@pacbell.net.

Handwriting can tell a lot about a person

By Catherine Raman
Times staff writer

Believe it or not, somebody's handwriting can reveal a lot about their personality. According to research from the National Pen Company in the U.S., "Your handwriting can give away clues about 5,000 different personality traits based on the way you space your letters, how you sign your name, and even how you connect the letter 'o' and 's' to other letters in a word."

Graphology — the analysis of handwriting — has been shown to accurately determine psychological and physical attributes. According to the British Institute of Graphology, "The truth is that appearances can be deceptive, but handwriting never lies. Handwriting reveals how the writer thinks, feels and behaves, and it does



Catherine Raman / Terra Nova Times

Kyle Sherman compares his handwriting with others.

so directly and immediately." So what handwriting types correspond to which traits? According to the DailyMail.com, if some-

one writes in big font, that means they are most likely outgoing and extroverted; however, if you write in small letters, that means that

you are probably reserved and exhibit introvert traits. Handwriting that is neither big nor small means that you are well-adjusted. Angelic Blanco (11), who writes in small handwriting, agreed with the traits associated with that type of handwriting. Blanco said, "Yeah, I definitely feel like I'm to myself most of the time."

National Pen Company also noted that if the space between the words in your writing are far apart, that means you enjoy freedom and not feeling crowded; however, if the spacing between your words is closer, that means you don't like feeling alone, and you tend to seek out people. If the space in your "e" is narrow, that means you tend to be skeptical of others and are not affected by other's emotions; however, if the space is bigger, you are likely to have open-minded tendencies. Also, the way people dot their "i"

can tell you about their personality. If the dot in your "i" is very high above the "i," that means that you have a great imagination. If it's perfectly on top right above, that means you are detail orientated and organized. Blanco (11), who dots her I's above the line, said, "I agree with that because I things like a specific way."

If you write with rounded letters, that might mean that you are creative, while pointed letters mean you are aggressive, intelligent, and curious. People who write with heavy pressure means are good at commitment, and people who write with low pressure are more sensitive. Even the speed of someone's writing could predict their personality. For example, if you write fast that means that you are impatient and don't like delays, but if you write slowly, that means you are self-reliant and organized.

Separating the fact from fiction about blue light glasses and LEDs

By Rose Kleinfeld
Times staff writer

Now that we are confined between four walls, many people are filling their days by going on screens. Whether it be from a TV, laptop, phone, or tablet, everyone's screen time has gone up. Many of us can't help but notice the numerous pop-up ads or social media posts advertising these so-called "blue light glasses" that supposedly protect your retinas against blue-light wavelengths being emitted from your screens. And as the concerned consumer you are, you decided to purchase those glasses in order to protect yourself against the "invisible enemy." Let me be the one to let you down gently — you may have fallen victim to false advertising.

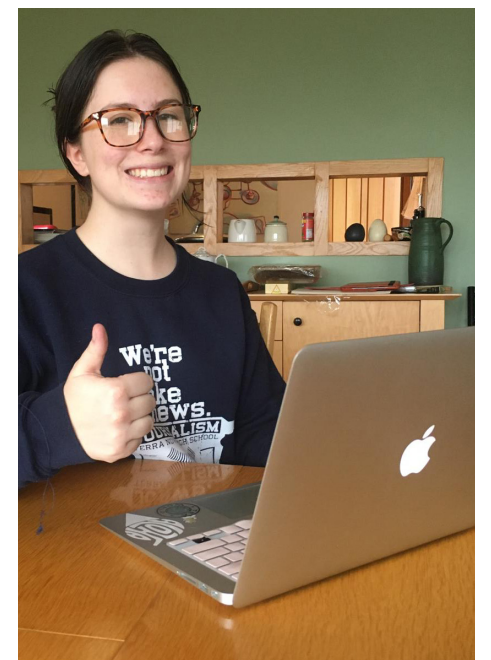
For those of you who aren't familiar, blue light refers to the visible wave-

length of blue light seen between a certain wavelength on the visible light spectrum. Unlike other colors on the light spectrum, blue light emits more energy, and can thereby cause more damage to our cells if we are exposed at high enough doses. While we don't physically see blue light, along with the other colors in the visible light spectrum, they are emitted by every source of light — whether from the sun or the LED lights in our screens. LEDs ultimately emit more blue light than other light sources.

So aren't we damaging the retinas in our eyes from the LEDs in our phone? According to studies, probably not. According to Dr. David Ramsey in an article from the Harvard Medical School's health blog, "...the typical levels of blue light from consumer products is negligible in terms of increased risk of [damage to our retinas]. Furthermore, the cur-

rent evidence does not support the use of blue light-blocking lenses to protect the health of the retina, and advertisers have even been fined for misleading claims about these types of lenses."

However, studies have shown that blue light can disrupt sleeping patterns and keep you awake for longer. According to the AAO (American Association of Ophthalmologists), "Blue light does affect the body's circadian rhythm, our natural wake and sleep cycle." Optometrist Dr. Jennifer Quirante at Rockaway Beach Optometry said, "There is no definitive study that shows that blue light from electronics causes damage to our eyes. I do recommend blue light coatings in addition to UV coatings on glasses for outdoor use for protection and to reduce glare [from the sun]. For indoor computer glasses, blue light coatings can help reduce glare that can cause eyestrain."



Juliana Wullenjohn / Terra Nova Times

Juliana wears blue light glasses.

Emily's Kitchen

Easy recipes for Level 1 bakers

By Emily Galicia
Times staff writer

Looking for something to do while stuck at home? Want something to eat, but you lack cooking skills? Well, here are some recipes to try out since there is time to try new things anyways.

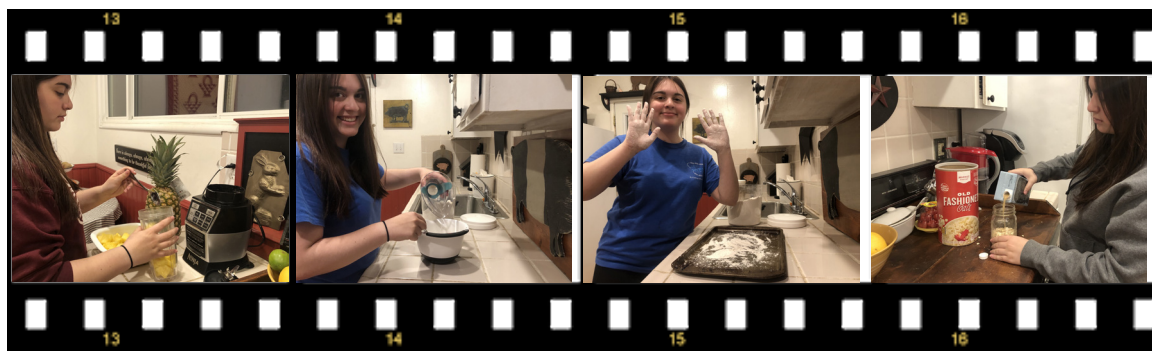
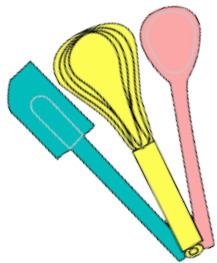
Cinnamon Roll Waffles: If you ever want to spice up your cinnamon roll breakfast, heat up your waffle maker. While you wait for it to heat up, get yourself a tube of the refrigerated jumbo cinnamon rolls. Once the tube is open, take one of the rolls and put it in the middle of the waffle maker and close it. Wait for the cinnamon roll to golden, about 2-3

minutes. For the icing, you can use what is given in the package, or make your own. For homemade icing use 2 ounces of cream cheese, softened, 7 tablespoons of butter, softened, ½ teaspoon of vanilla extract, 2 tablespoons of milk, 1 ½ cups of confectioners' sugar, sifted, and ¼ teaspoon of salt. Beat the cream cheese and butter together. Then add in the milk and vanilla. Lastly, gradually add in the confectioners' sugar and salt. For more recipes, check out @Newt on Tiktok.

No Yeast Pizza Dough: If you want to make homemade pizza, but the recipe calls for yeast, or you used up all the yeast in the house to make bread, this is for you. First, preheat the oven to 425 degrees. While you wait, begin prepar-

ing the dough. Start with 2 cups of all-purpose flour, 1 Tbsp of baking powder, and ¾ tsp of salt in a large bowl. Then add 1 Tbsp of olive oil to 1 cup of water. Then pour them into the bowl of dry ingredients. Stir until a dough consistency and there isn't any flour remaining at the bottom. If the dough doesn't stick together, add a little more water (1 Tbsp at a time), until the dough comes together. Lay the mixture out on a floured surface and let it sit for 5 minutes to let the gluten become flexible. Stretching the dough makes a slightly lighter, fluffier crust rather than over rolling. Transfer to an oven-safe pan and add any desired toppings and pizza sauce. For more recipes, check out Beth Moncel on Budget Bytes.

Chocolate Mug Cake: This recipe is a very simple and quick way if you are looking for a chocolate fix on short notice. You need a microwave safe mug, ¼ cup of all-purpose flour, ¼ cup of white sugar, 2 Tbsp of unsweetened cocoa powder, ⅛ teaspoon of baking soda, ⅓ teaspoon of salt, 3 tablespoons of milk, 2 tablespoons of canola oil, 1 Tbsp of water, ¼ teaspoon of vanilla extract, and chocolate chips(optional). Start off with mixing all the dry ingredients into the mug. Then add in all the wet ingredients to the mixture. Next, put the mug into the microwave for about 1 minute and 45 seconds or until the cake is done in the middle. Let it cool and then enjoy. For more recipes, check out Allrecipes.



How to get the flavor of Disneyland at home

By Emily Galicia
Times staff writer

In mid-March, Disney closed its famous parks across the nation, and thousands were robbed of their awaited vacation. In return, Disney decided to bring a little bit of magic into people's homes by releasing park favorites, calling it "Cooking Up the Magic at Home." They first announced the recipe for their infamous Dole Whip frozen treat. With only three ingredi-

ents, it's a very simple treat to make. It consists of 1 big scoop of vanilla ice cream, 4 ounces of pineapple juice, and 2 cups of frozen pineapple chunks. Put all of the ingredients into a blender until it's smooth. Once blended, put it into a piping bag, and enjoy your homemade Dole Whip.

Another fan favorite that Disney released recently was their delicious churros. Though this recipe requires more steps, many have loved recreating this cinnamon sugar coated dessert. The full ingredient list

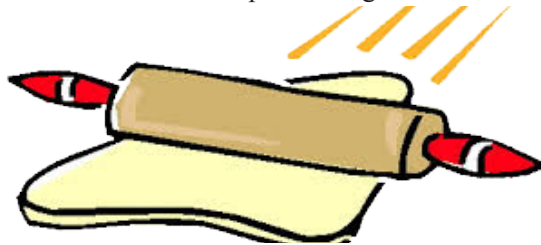
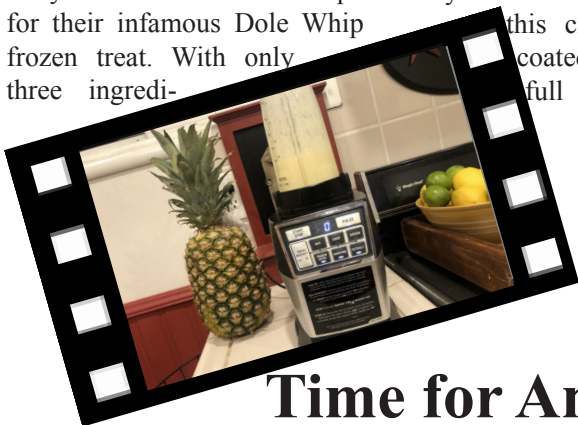
and directions are available on the official Disney Theme Parks mobile app and the Disney Parks blog online. Disney fans can also enjoy the exclusive Disney cookies fries, which are only sold at Walt Disney World Resort in Florida, along with the savory grilled cheese sandwich sold in Woody's Lunch Box in Toy Story Land.

Alex Dunlap, Food & Beverage Communications Coordinator said, "From our family to yours, we hope you enjoy this little taste of Disney magic. Keep checking back to the

Disney Parks Blog for even more #DisneyMagicMoments in the near future and perhaps a few more magical recipes. Happy snacking, Disney fans!"

Disney isn't the only one releasing their recipes, McDonald's, Boba Guys, The Cheesecake Factory, and DoubleTree by Hilton hotels have released some of their customer's favorites. Boba Guys have started daily Instagram lives from 3-4pm, re-creating some of their most popular boba drinks for people to try out at home to ease their crav-

ings. The Cheesecake Factory compiled a list of 19 recipes found on their website, including their famous Cinnamon Roll Pancakes, salads, and a variety of chicken dinners. DoubleTree recently released their most iconic chocolate cookie recipe, which only takes about a half an hour to make for their 26 cookie recipe. If you lack cooking skills, you can always try the simple breakfast from McDonalds. All you need is an English muffin, sausage meat, egg, and cheese to recreate their Sausage and Egg McMuffin at home.



Time for Amish friendship bread

By Emily Galicia
Times staff writer

Amish friendship bread is a type of bread or cake made from a sourdough starter that is most often shared between friends or anyone in your neighborhood. With yeast in short supply, this starter is a welcome addition to anyone's baking repertoire.

The starter is a substitute for yeast and can be used to make many kinds of yeast-based breads. It originated decades ago in the U.S. and gets its name from the endless chain of passing it down from one friend to another. The starter is usually good for 10 years and can be frozen for future use. It's good

to leave it out on the counter at room temperature as this bread baking technique was made before refrigeration. If you don't have a starter, here is the recipe for making your own.

Some important things to know before making the starter is that metal bowls and utensils should NOT be used, as sourdough is acidic and can dissolve some metals. Make sure to use glass, plastic, or wood. Make sure to have all the ingredients before starting this recipe. This is a very long 10-day process, but since there's a lot of time to spare in quarantine, it's worth it.

Start with a small bowl and pour ¼ cup of water about 110° with 1 packet of active dry yeast or instant yeast. Let it stand for

5-8 mins to allow it to dissolve. While waiting, in a different larger bowl, pour in 1 cup of all-purpose flour and 1 cup of granulated sugar. Then slowly mix in 1 cup of milk (2% or higher fat), along with the yeast mixture once finished settling. Once that is done and mixed well, cover it loosely with plastic wrap and allow it to bubble. Prepare a gallon sized ziploc bag — some prefer to write the instructions to the 10 day cycle on it for easy reference. After it bubbles, pour the mixture into the bag with the cycle instructions and seal. DO NOT refrigerate, leave at room temperature. This is Day One.

On the gallon sized bag write instructions for days 1-10. For Day 1, you make the start-

er above. On Days 2-5, once a day, mash the bag around a little bit. On Day 6, add 1 cup of flour, sugar, and milk until it's mixed well. Days 7-9, continue to mash the bag around. On Day 10, pour the sourdough into another nonmetal bowl and add in ½ cup each of all-purpose flour, granulated sugar, and milk. Mix well. If you decide to give out the starter to friends and family, divide out the mixture into 1 cup portions, placing it into separate ziploc bags. For this recipe, get about 4-5 bags of starter. If air gets into the starter bag, take it out.

If you have your starter, it's time to bake it into a loaf, cake, or even muffins with this Cinnamon Sugar Friendship Bread.

Preheat oven to 325° if you are making a loaf. For the batter, mix in 1 cup of Amish Friendship Bread starter, 1 cup of oil, 3 large eggs, ½ cup of milk, ½ teaspoon of vanilla extract, 1 cup of granulated sugar, 2 cups of flour, ½ teaspoon of salt, ½ teaspoon of baking soda, 1 ½ teaspoon of baking powder, 2 teaspoons of cinnamon, and 2 boxes of instant vanilla pudding in a large bowl. Mix all the ingredients well. Spray the loaf pans with cooking spray. Mix 1/2 cup of sugar and 1 1/2 teaspoon of cinnamon into a small bowl. At the bottom of the pan, spread half

See Bread on page 6

Family Student Webinar May 12 at 6:00 pm: <https://us02web.zoom.us/j/89963949196>

Beaches

Continued from Page 1

social distancing. Officers monitor beaches on bicycle and using an all-terrain vehicle to make sure people are not gathering, coming from further than 10 miles away, or violating parking restrictions. The statement notes that “During the period of Friday through Sunday (May 1-3), officers contacted 1424 individuals over this three day period, ordering 295 to leave after determining

they resided more than 10 miles away. Warning citations were issued to 8 subjects for violation of the health orders.” As of May 4, the use or possession of “umbrellas, shade structures, tents, BBQs and grills, coolers, chairs, hammocks, and any other conveyances designed to sit and or lounge” is prohibited. Those found in violation are subject to parking citations or criminal arrest. For Pacificans, the beaches are still a way to enjoy the outdoors, as long as they maintain the social distancing protocols and keep moving.

Bread

Continued from Page 5

of the cinnamon sugar mixture to make a crust at the bottom. Pour the batter evenly into the pan and sprinkle the remaining sugar mixture on top of the batter. Bake for one hour and or until the toothpick inserted into the center of the loaf comes out clean. Let it cool for 10 minutes before serving, and enjoy.

To make muffins instead of a loaf, put the friendship bread batter in a muffin tin, and pre-

pare the pans the same way, but set your oven to preheat at 425° and bake them for five minutes. Then reduce the baking temperature to 375° and bake until 13 minutes has passed. Let it cool again and enjoy.

Check out more recipes from Julie Clark and her daughters Maddie and Kinslee for not only different ways to utilize all of the Amish Friendship Bread Starter recipes, but also countless other dishes to spice up and impress at your next breakfast, lunch, dinner, and more on their website at TastesofLizzyT.com.

Meafua

Continued from Page 3

Aide, Ms. Meafua approached JHS principal Mark Beshirs with the idea of starting a food distribution program at the high school in partnership with PIT. Assisted by Mr. Beshirs and Second Harvest Food Bank, PIT hosted the first food distribution in the cafeteria of JHS in January of last year, not only serving JHS students, but also catering to anyone that’s in need.

Rosie Tejada is Vice President of the JUHSD Board of Trustees, as well as a parent of a JHS student. Ms. Tejada, who has worked on events and fundraisers with Ms. Meafua, said, “Reyna’s impact on the community is immeasurable. She is a



Courtesy of Kalimah Salahuddin

true public servant who believes in giving back to her community. Deserving of every accolade, she is one of the most humble and tireless people I’ve ever met. She is soft-spoken, but you feel the strength in her words and actions. I think her heart

drives her, and she has a way of bringing people together.”

COVID-19 has been hitting families hard, and Ms. Meafua took initiative to help the community immediately, starting with plans to start a drive-through food distribution twice a week at JHS. Recipients drive into the parking lot and volunteers in masks and gloves put the food directly in the trunks of people’s cars. But this only supplied about 300 families, so Ms. Meafua invited the directors of Second Harvest Food Bank to attend a distribution day to witness the need for themselves. Once the directors saw the number of people they had to turn away, they began donating far more supplies. They are now serving over 1,000 families twice a week with help from PIT and volunteers

from throughout the Jefferson Union High School District.

School Board member Kalimah Salahuddin, who has volunteered at a number of the JHS food banks, said, “We are so fortunate to have an employee and community partner like Reyna in the Jefferson Union High School District. As President of Pacific Islanders Together (PIT), she has brought a variety of cultural and community-building programs to Jefferson High School, [including] the Second Harvest Food Bank that she manages. This has been vital during the crisis, going from serving 600 families per month to 9600 families per month. Per month! The Jefferson High Food Bank has become a model for the region with Marin County visiting her this Thursday to learn from her model.”

Gordon

Continued from Page 3

passing touchdowns and yards that blew everyone away. He led the nation in completions and finished the season with more passing yards per game than any other quarterback in the nation.

Following the draft, Gordon signed with the Seattle Seahawks as an undrafted free agent. This move has been considered a steal for Seattle, as a player of Gordon’s caliber


could easily have gone in the late rounds of the draft. Gordon said, “I feel good about it. It’s an opportunity for me to go and compete for a spot on an active roster.” He will be Russell Wilson’s backup, who hasn’t missed a single start through seven seasons. Gordon is the Seahawks only other QB, so he stands to see some playing time in the event of an injury. As Ms. Carey said in a recent staff meeting, we all may have to become Seahawks fans this season...as long as they’re not playing the 49ers.

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