

# Terra Nova Times

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Terra Nova High School

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## Newsom bans gas cars by 2035

By Eleanor Jonas  
Times staff writer

On Sept. 23, Governor Gavin Newsom signed an executive order to ban the sale of gas-powered cars beginning in 2035 to combat climate change.

Newsom announced that all new passenger vehicles must be zero-emission, which includes electric and hydrogen fuel cell powered vehicles. However, gas-powered cars will remain legal to drive and to sell used. The order directs agencies such as the California Air Resources Board to create plans for distributing necessary infrastructure, including charging options.

This decision, which came as California struggles through several wildfires, was made during Climate Week, in which government officials and business executives discuss solutions to climate change. In 2017, the transportation sector was 40% of California's greenhouse gas emissions and areas such as Los Angeles are struggling with some of the worst air in the world. There is a huge amount of concern over how global warming, greatly exacerbated by tailpipe emissions, is affecting the environment and the health of its inhabitants. Banning the sale of gas vehicles will lead to a 35% reduction in these emissions.

In Newsom's announcement, reported by the San Francisco Chronicle, he said, "If you want to reduce asthma,



Jenson Ho / Terra Nova Times

**Electric cars like these will overtake gasoline powered cars.**

if you want to mitigate the rise of sea level, if you want to mitigate the loss of ice sheets around the globe, then this is a policy for other states to follow."

As California has the country's largest vehicle market, the order could influence the

type of cars available to the rest of the US.

Though there has been concern over the affordability of electric cars, by 2035, zero-emission vehicles should be cheaper and more reliable than gas cars, according to the CA.gov website. Ad-

ditionally, the cost of maintenance and powering the car for miles is much lower than fossil-fuel powered vehicles. For example, electric cars don't often break down or require regular oil changes.

The Trump Administration has already expressed its disapproval of Newsom's decision, arguing that California's state government has no authority to regulate tailpipe emissions. White House spokesman Judd Deere declared the ban a "job killer."

Terra Nova High's dual enrollment auto shop teacher, Mr. Behravesh, worries about on-the-go charging, as infrastructure for charging networks can be costly. Also, "Fast chargers cannot be put everywhere due to power capabilities at most locations. We talk about range anxiety in the industry — this is the driver's concern about being able to get a charge within a reasonable amount of time. Until we can overcome this obstacle the idea about going all electric is unreasonable," he said.

Additionally, electric vehicles have their own environmental issues. Mr. Behravesh believes Compressed Natural Gas vehicles, which run on natural gases, would be a better option, as their fuel is better for the environment than petroleum-based fuels. Additionally, natural gas is abundant and cheap, making CNG cars cheaper than gas cars, and fueling pumps can be installed everywhere. According to Behravesh, "The governor's proposal is premature and would not be good for the state or the citizens of California."

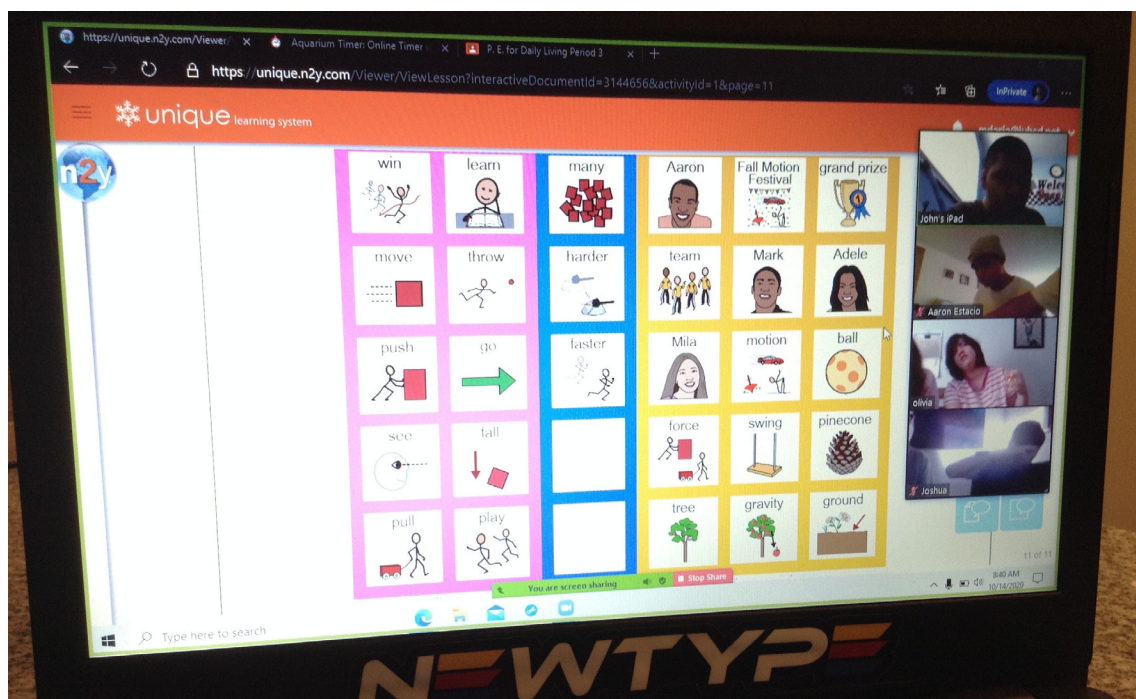
## Special education students need more support

By Katalina Huazano  
Times staff writer

As the pandemic hit us by surprise in March, students struggled with getting acclimated to the new routine, especially those with special needs. Although JUHSD has provided resources such as hotspots and computers, special needs students face unique challenges.

Various factors have played into the difficulty of virtual learning for students with special needs. One challenge is that students have varying levels of independence, so family members play a critical role in their students' success. This can become very hard on parents and siblings who have to work and/or go to school. Parents can receive help by asking other family members or hire caregivers to assist when needed for synchronous lessons, but they might not be available or extremely costly.

Michelle Daria, special education and life skills teacher at TN, said, "Parents have been helping them, they have to be



Michelle Daria

**Ms. Daria uses the Unique Learning System via Zoom to teach her students.**

with the students the whole time because my students just need that kind of support, and right now they don't have the paraprofessionals with them. So parents have been doing all the one-to-one stuff at home."

Dana Martinezmoles, a tran-

slation specialist at Oceana and Terra Nova High School said, "So it's not that any one thing is successful or not, it just lends itself to what were we working on? If we can't work on this part, can we work on something else that we can work on?"

Teachers have modified their curriculum by focusing on what they can reasonably cover at a distance. But for the most part, students are pretty familiar with the Unique Learning System program where general education subjects are taught

in any setting and conform to the students specific needs, since it had been previously used before the pandemic.

Despite the familiar curriculum, special needs students still struggle with reaching goals that were implemented prior to virtual learning. In Oregon, Paula Rose, a stay-at-home single mom, has dedicated her time to exclusively teaching her son Dylan, who has special needs. She said, "I've noticed the progress in basic skills (like holding a pencil to write or properly holding scissors to cut) Dylan made by the time the shutdown happened have backslid, so these activities are harder for him."

What has been recommended to parents from an interview in the New York Times with Dr. Costello, chief of ambulatory pediatrics at Boston Medical Center, is to help students with special needs create as much structure as possible. It can be as simple as waking up at the same time everyday, and by doing this it puts them back on schedule and normalizes the situation a little more.

# “The Jungle” gets a makeover

By Kaitlynn Lamb  
Times staff writer

Recently, Terra Nova students have all received an invite to join “The Jungle” on Google Classroom, but what exactly is this classroom? Well, with COVID-19 preventing us from attending school in person and enjoying the usual rallies and spirit weeks, The Jungle is designed to give students the opportunity to participate in all the fun events. The Jungle provides helpful information and updates about Terra Nova’s clubs, news, and extracurriculars.

Nick Fernandez is one of two students that help run The Jungle. He said, “I make announcements and send out information that I get from TNN, Yearbook, and clubs, or any other students or teachers who reach out to have some-

thing announced...We were inspired to create The Jungle because ASB and TNN really wanted to create a way to have the community of Terra Nova online and didn’t know how.”

Clubs and extracurriculars are such a huge part of Terra Nova, and students are missing the fun parts of school.

“We wanted to have all the clubs or at least most of the clubs back and create a way for announcements that people can just look at right away and we thought of the jungle,” Fernandez said.

Getting these activities off the ground in a virtual world has not been without its challenges, Fernandez admitted. He said, “Some success that I have seen is that teachers and students really love the idea of being able to get all this information and the sense of community back. Some failures I have seen is that not everyone is on the



Terra Nova Times

The Jungle won’t be holding rally games anytime soon.

Google Classroom and getting announcements. For example, some people didn’t even know there was a rally, and what was going on with the spirit week.”

Information such as men-

tal health resources, club information, journalism and yearbook information, leadership announcements, TNN information, and much more will all be posted on the

Jungle Google Classroom.

Callie Banta (11), like many students, is feeling out of the loop. She was asked if she felt she was staying connected with the student body. In response, she said, “a little with the spirit days.” She said she learned you could submit your photos for spirit days by tagging Terra Nova Pride on Instagram. After asking about school-wide announcements, she said, “Most of the information on the classroom, I already knew about from emails or Terra Nova Pride.” To improve the Jungle, Callie suggested. “More frequent posts and more considering messages, because people are more likely to read the announcements if they’re short.”

All Terra Nova students have been given an invite, through their personal JUHSD email, to join “The Jungle” on Google Classroom.

# Tiger News Network goes live on YouTube

By Sophie Phelps  
Times staff writer

Have you heard about Terra Nova’s news network? The Tiger News Network, TNN, is a live-broadcast school news station that informs viewers on various topics ranging from school to international news. You can watch these live broadcasts on YouTube by looking up “Tiger News Network,” and clicking on our school’s channel.

At the start of summer, TNN launched their regularly scheduled broadcasts via YouTube, an obstacle that was not difficult to overcome for the network’s members. Mrs. K, TNN club leader, said, “We used summertime as trial and error runs before this school year began and were able to begin live broadcasting.” This meant that when it was ultimately time to launch their newly adapted program, they were more than prepared. Though TNN accomplished their long time goal, editor Nick Fernandez said, “The way we have been broadcasting is live, which has always been a goal for TNN, which is a positive, but the negative parts of it



Hyacinth Sandagata

Hyacinth Sandagata and Heidi Barrios are getting ready to broadcast.

are just not experiencing the same feeling of being in front of a camera and reporting.” TNN aims to provide students with important announcements and to promote unity between students and staff.

TNN also wants to keep students informed on a variety of topics worldwide, as Mrs. K explained. “Each week, we feature a special report in one of the following topics; pop culture, international

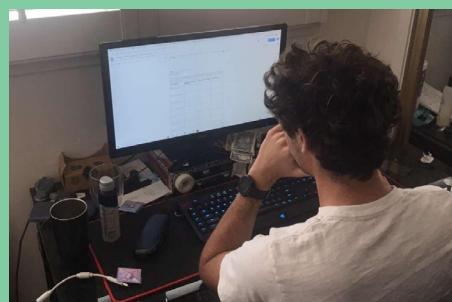
news, US news, California news, and local/Bay Area news,” she said. Members research various topics, which will be broadcast live on Tuesdays at 6pm.

With the start of the new school year, TNN has been working side-by-side with ASB to help reunite Terra Nova’s community. TNN has brainstormed new ways to include outside sources. Mrs. K said, “We have added guest in-

terviews from other TN organizations or staff members in order to bridge the gap of the TN community caused by the pandemic.” Additionally, Mrs. K values student input and encourages students to work on independent video projects for the community, as well as including school memories. She said, “To further engagement, my students have created highlight/recap videos from last year.” With the multitude of added stories and news, TNN has provided students with a well rounded, informative, and reliable network. TNN member Hyacinth Sandagata reiterated, “We went from doing prerecorded to now going live on YouTube. It’s helped more people recognize us as a media source and the main source for announcements, not just for TN, but also what’s going on locally.”

As we continue to battle COVID-19 and learn from home, TNN will continue to host live and engaging broadcasts. With the new expansions, it has enabled them to provide relevant and interesting news that students are excited to hear. If you are interested in joining the TNN team, you can email Mr. Karkazis at [Skarkazis@jeffersonunion.net](mailto:Skarkazis@jeffersonunion.net).

## What is going on around “campus”?



Clockwise from top left: Angelique Blanco (12) studies economics with Mr. Krupp; Jacob Sam (9) is excited to learn biology with Ms. Burns in third period; Kiana Meyers (10) takes some class notes from the comfort of her bed; Caterina Sardo (9) does homework for her next class; Wasseem Bitar (11) finishes up classwork for Ms. Woodhull’s English 11 class; Kira Gangi (10) learns new Spanish words and phrases with Señor JR in 6th period.

# A little gratitude goes a long way

By Maya Orsi  
Times staff writer

The past year has been mentally exhausting to say the very least. With the spread of COVID-19, wildfires ripping through homes, high levels of unemployment, and a looming contentious presidential election, it has become more important than ever to practice both mindfulness and gratitude in our day to day lives. Taking just a few minutes daily to appreciate what we have instead of what we want can shift our perspective on empathy and healthy living.

It shouldn't come as a shock to anyone that the way we take care of our mental health directly impacts our physical state as well. Melissa Ambrose, the Wellness Coordinator for Jefferson Union High School District, said, "There are healthy levels of stress and unhealthy levels. Healthy stress helps motivate us and helps us to do things that are hard for us (study for a test, run for exercise, etc.) However, we are concerned about long-term stress that can



Maya Orsi / Terra Nova Times

**One way to practice gratitude is to simply appreciate natural beauty.**

become toxic to the body. This is because stress produces hormones (cortisol, adrenalin, etc.) that in large doses over time can cause numerous health issues."

When we move too quickly throughout the day without paying attention to our mental health, our lack of mindfulness catches up to us and ultimately im-

pacts our physical well being. By finding ways to incorporate gratitude and compassion into our daily routines, we can slow this harmful process down.

Meditation is one of the many powerful tools to practice gratitude, even when everything feels like it is coming apart. When we take time to acknowledge our fortunes through meditation, instead of focusing on the ills of our existence, we can live a more centered lifestyle. Meditation can be achieved by so many different techniques, including mindful thinking. If you take a few moments a day to focus your appreciation for simple things, like the breeze passing by, or even the oxygen in your lungs, you will find more positivity in your days, regardless of all the gloom. Lila Franco (12) fits gratitude into her life by staying appreciative of the people around her. She said, "I think more people need to tell each other 'I love you' more often because you never know how much that could mean to someone in a bad time or if it could be the last time. Just showing gratitude for the people in some way every day."

# Out of eggs or butter? We've got you covered

By Nicole Garrett  
Times staff writer

The baking phenomenon has swept over society since the beginning of quarantine, but limited baking supplies can leave many without the basics. To achieve success in baking, you sometimes have to stay very close to what the recipe calls for; however, although ingredients like eggs and butter seem like irreplaceable essentials, there are a plethora of ingredients you can use as substitutions to achieve equally delicious desserts.

Eggs are used in almost everything and can make or break your baked goods. Fortunately, the issue of running out of eggs



Nicole Garrett / Terra Nova Times

**Simple baking substitutions await right under your nose**

can easily be solved by ingredients including blended tofu, mayonnaise, applesauce, and the mixture of banana and bak-

ing powder. In order to replace eggs and still get a thick consistency, you can use ¼ a cup of applesauce or blended tofu for

each egg that the recipe calls for. Real Simple writer Taylor Eisenhauer said, "I believe that although the final product

may not come out exactly how you want, the replacements are able to be used, and work very well with most recipes."

Butter is another very common ingredient in most baking recipes, but some people are not able to eat butter and must replace it. Every ½ cup of butter can be replaced with ½ of a cup of lard, shortening, coconut oil, or margarine.

Callie Banta (11) has tried butter substitutions and optimistically commented, "When I tried this with my mug cake, I used coconut oil, and it worked very well. The consistency was the same as the one that my sister tried when she used butter! The only difference was mine had a slight coconut flavor and was less salty."

# Showers provide much more than cleanliness

By Leila Eliares  
Times staff writer

People take showers with the goal of becoming clean, but taking a shower can do more than just make you smell good. Showering with different temperatures can have different effects on the body, not to mention the millions of philosophical ideas that arise in the shower.

Showering with hot water allows pores to open up, making it easier to clean out dirt and oil buildup in the skin. It also helps unclog the nose and throat if you have a cold, which can lead to better sleep at night. According to Medical News Today, "...a warm bath can help us relax, but also because our body temperature tends to drop after a warm bath, which can induce better sleep."

Showering with cold water also has multiple benefits, like improved blood circulation. When cooler water hits the

skin, blood starts to be pumped faster in order to keep the body at its regular temperature. Taking colder showers can also help improve your mood. Healthline says, "Taking a cold shower for up to 5 minutes, 2 to 3 times per week, was shown to help relieve symptoms of depression...Endorphins, which are sometimes called happiness hormones, are also released. This effect leads to feelings of well-being and optimism."

During a shower, ideas of all different sorts seem to pop into mind. Is the "s" or "c" in "scent" silent? If we can't see air, can fish see water? There are endless unanswered questions that just happen to emerge in the shower. Olivia Eliares (10) said, "I would just think about things that happened to me throughout the day...it'll lead to one idea and then another. The cycle repeats until I come up with a crazy thought."

The term "shower thoughts" emerged to describe these strange realizations that

occur while taking a shower. According to a study conducted by psychologist Scott Barry Kaufman, 72% of people think up their creative ideas in the shower. But why?

The shower is the ideal setting for coming up with ideas. High dopamine levels, feelings of relaxation, and distractions from regular thoughts all contribute to maximizing the flow of ideas. Although there are many activities that are relaxing and cause happiness, showering also serves as a distraction from daily tasks.

Dr. Amanda Castro, a local psychologist, said, "The shower can make you feel calm — that allows a free flow of thinking. Being out of a stressful environment also helps contribute to being calm...There is something soothing about taking a shower and being alone with your thoughts."

The shower is the perfect place to



come up with ideas. "I get shower thoughts sometimes," said Stephanie Im (11), "Like one time I just thought, we have fingertips but no 'toetips' and yet we can tiptoe." The next time you're stuck and need an idea, try taking a shower. It's also a great way to improve your health.

## Opinion

## Get the facts before you publish

With how much we are on our phones nowadays, the media is as influential as ever. Whether it is a CNN clip on your Youtube-recommended feed or a FOX segment trending on Twitter, there is a lot of information to consume. There are plenty of positives to having easy access to digestible information, but when you see the information on a big name news source that your family and friends follow and share, it is very easy to skip the fact checking and jump to conclusions. The sad truth is that the national news is too often inaccurate, and it is their moral obligation to correct and retract outdated or false information, as much as it is your responsibility to fact check for yourself.

The mistakes we are seeing from national media are so glaring that the only possible excuses are ignorance or bias, and when these mistakes are corrected, the updated piece never gets nearly as much attention as the original story and often comes off as unapologetic. A good example of this happened with CNN's reporting of the Jacob Blake shooting. Instead of holding off on reporting the incident, CNN ran the story ASAP based on cell phone video without waiting for evidence and context, thereby inflaming an already tense national situation. CNN originally reported the story with the headline "Police in Wisconsin shoot



Victor Wu / Terra Nova Times

The story is more complicated than what first appears on the news.

unarmed black man seven times as children watch." They portrayed a complex situation (Blake did reach for a knife in the car) as one of cold-blooded attempted murder. Instead of investigating what led to Blake's shooting, they ran with incendiary half-truths. CNN has released a follow up to the story on Sept. 25, 2020, with more info on the case and the subsequent lawsuit between Blake and the officer that shot him.

But why so late? By utilizing the confirmation bias (when people pay attention to the information they already agree with to confirm their beliefs) that ACAB, these

stories go viral without the whole truth.

The national news is supposed to be reliable and honest, but in the last few years, it has become biased and polarizing. A study conducted by Shanto Iyengar, a Stanford researcher, and Sean J. Westwood, a Princeton researcher, in 2014 shows the growing influence of partisanship in our lives. This study found that people are now perceiving political parties like tribes, where the relationship can be similar to that of people of the same race or gender. This tribalism has caused the spread and promotion of bad news, with Westwood saying, "You want to

show that you're a good member of your tribe. Social media provides a unique opportunity to publicly declare to the world what your beliefs are and how willing you are to denigrate the opposition." Partisan bias in the news is the fuel for misinformation and increased tensions.

A study by the Shorenstein Center on Media, Politics and Public Policy at Harvard University and the Project for Excellence in Journalism found disparate treatment by CNN of Republican and Democratic candidates during the presidential primaries in 2007: "The CNN programming studied tended to cast a negative light on Republican candidates — by a margin of three-to-one. Four-in-ten stories (41%) were clearly negative while just 14% were positive and 46% were neutral. The network provided negative coverage of all three main candidates." A 2018 study by Kathy Ensor found that the same could be said about FOX, just reverse the party affiliation.

As major news suppliers to millions of people, blatant bias and cherry picking information is only eliciting further polarization of America. While the reader has a personal obligation to research for themselves and identify the bias of their sources, the major news providers owe it to the public to get the facts before they write the headlines.

## Is it too much to ask that politicians be honest?

By Shayla McCann  
Times staff writer

We expect our elected officials to be honest, have integrity, and be model citizens, but time and time again, many have disappointed us. Although most are good people, too many — both Democrats and Republicans — have no moral compass and have been found to be predators instead of protectors. We need to do better when choosing our elected officials.

Rick Nelson, a Democratic Mayor of Stillwater, New York and was charged with possession of child pornography of children less than 16 years of age. Nelson was charged with five felony counts of downloading child pornography and was sentenced from five to 15 years in state prison. According to Times Union, "he didn't realize that his 'addiction hurt anyone.'" Merrill Robert Barter, a

Republican County Commissioner in Maine, was charged with unlawful sexual contact and assault on a teenage boy. Barter only got two years in prison, a mental evaluation, was told to have no contact with the victim as well as to pay for the victims counseling.

Republican State Senator Ralph Shortey was charged with four counts of child pornography and five counts of human trafficking. Judge Timothy D. DeGiusti offered Shortey a plea deal where he would drop all of the child pornography charges in exchange for 10 years of supervised probation after serving his sentence. He took the deal and was sentenced to 15 years in prison and 20 years of supervised probation.

Democratic New York Congressman Anthony Weiner was convicted for transferring pictures, or sexting, via Twitter to girls as young as 15 years old. NBC reported

## Disgraced Lawmaker Gets 15 Years for Soliciting Teen



Victor Wu / Terra Nova Times

It's time to kick morally bankrupt politicians to the curb.

that at his trial, Weiner said, "I convinced myself my behavior wasn't really a problem."

The people that we trust to make decisions for our country and craft our laws are abusing their powers to take advantage of kids for their sexual pleasure. How can we trust them to make moral decisions when they are unable to tell what is

right or wrong for themselves?

According to The National Center for Missing and Exploited Children, there were over 16.9 million reports of various child sexual exploitation and abuse on the internet. This tremendous amount of material suggests that there is widespread distribution occurring. The psychological effects of

sexual child abuse are shown throughout many studies, like one published by the British Journal of Clinical Psychology on May of 1991 named the "Long term effects of sexual abuse which occurred in childhood: A review." In just the introduction, the various authors from the Branksome Clinic in the UK, state that "These long term effects include damage to the victims' emotional reactions and self-perceptions, relationship problems, problems with sexuality and difficulties in social functioning."

Government officials that are hurting, scaring, and abusing children should never hold office. If they are unable to see the damage that they could do to children, it is unlikely they would be valuable for the community or state. We as citizens and voters should be wary of who we support and elect to prevent many of these criminals from ever holding office.

## Tiger Testimonials: New Year, New Perspectives

Maya Orsi (11)

The country, and the world really, feels so divided. This division is a result of leaders who use fear to win votes. When people feel desperate or fearful, they tend to search for a group identity, and we like to segregate ourselves and point fingers at certain ethnic or religious groups as scapegoats for our own unemployment, lack of opportunity, or even issues as global as terrorism.

This concept of separation has played the leading role in every conflict humanity has faced. Division and fear are the fuels that have started just about every war. Territorial conflicts, the religious battles — all of it — have more or less been about our lack of recognition that we are all human, regardless of our need to feel "better" than another country, religion, ethnicity, or political party.

I am just as guilty as the next person of tuning in to the media outlets with same agenda as me, but what if we all changed that habit? If we all became educated on both sides of a topic — wouldn't that be more productive than approaching problems assuming we are right? By having conversations instead of arguments, we can come to conclusions instead of leaving the dialogue hating one another. If we changed political conversation to a space of compassion and sympathy, more people would feel open to discuss the problems we are facing.

We can't only read, watch, and write about things we agree with. Democracy starts by creating a space of listening and understanding, instead of awkward family arguments and rolling our eyes at those we oppose.