

Terra Nova Times

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Terra Nova High School

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CDC recommends use of masks

By Sophia Aylward
News editor

On Apr. 3, the Centers for Disease Control and Prevention (CDC) announced a recommendation for people to wear masks or other cloth face coverings in public in order to help curb the COVID-19 pandemic. This isn't intended to replace social distancing, but to act as another precaution, especially in places where social distancing is more difficult such as grocery stores and pharmacies. The CDC has also specifically stated that it's better to make cloth masks at home rather than buy surgical masks or N-95 respirators — these should be reserved for health workers in close contact with COVID-19 patients, as they are at the highest risk.

When people cough, sneeze, or simply speak, they release droplets into the air that can carry COVID-19; although cloth masks aren't as effective as surgical masks, they are still physical barriers against these droplets. Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said, "[If] a person who may or may not be infected wants to prevent infecting someone else, one of the best



Sophia Aylward / Terra nova Times

These shoppers are and following the CDC's advice by wearing masks in public.

ways to do so is by wearing a mask."

According to the CDC, cloth masks should do the following: fit snugly but comfortably, include multiple layers of fabric, allow for breathing without restriction, be able to be machine washed without damage or change in shape, and be washed after each use. The CDC recommends that everyone wear a mask regardless of whether they show

symptoms — this is because "asymptomatic" and "presymptomatic" people can transfer COVID-19 as easily as someone with symptoms can. In fact, the CDC has found that up to 25% of people with COVID-19 may be asymptomatic and that the virus could be most infectious when symptoms are mildest.

Although N-95 respirators filter out 95% of particles in the air and are more effective

than cloth masks, they are also in extremely short supply, and many health care workers are being forced to reuse them, despite the fact that they're designed to be single use, putting themselves in further danger. Prior to Apr. 3, health officials had been ambivalent about public use of face masks; Jerome Adams, U.S. Surgeon General, explained that recommending this might lead to hoarding masks and being overly confident in public, leading to decreased social distancing. The CDC has subsequently stressed that public use of cloth face masks is merely an addition to other safety precautions such as washing hands and staying inside.

COVID-19 can be transmitted simply by talking to another person, not to mention coughing or sneezing at them, so the idea behind wearing these masks is largely to protect others. Madison Haverland (12), who works as a cashier at Sun Valley Fine Foods, said, "It's always worrisome to have customers come in with no mask because without it, they're more likely to get infected and infect others. So although the masks are uncomfortable to wear please do it anyway because I wear them for five-hour shifts to protect myself and others, and people should do the same."

Minorities affected more by COVID-19

By Amelie Taylor-Binard
Times staff writer

On Mar. 24, 2020, ICE (U.S. Immigration and Customs Enforcement) announced the first confirmed case of COVID-19 to reach an individual being held in an ICE detention center. The patient is a 31-year-old being held in Bergen County Jail in Hackensack, New Jersey. A guard working in this county jail has also tested positive for the virus in the last week. As of right now, no new detainees will be accepted, and those who have been in contact with the individuals are being "cohorting and monitored" as the jail undergoes a lockdown protocol.

Deputy director of policy for the ACLU's Equality Division Andrea Flores said that, "The suffering and death that will occur is unnecessary and preventable. ICE must take immediate and drastic steps to reduce the number of people in detention. If it doesn't, it will be to blame for a humanitarian crisis."

In response to the outbreak,

medical experts and former Department of Homeland Security officials sent warnings to evacuate centers of people who are most at risk for the virus. Litigation director for the National Immigrant Justice Center Heidi Altman has stated that detainees are only learning of the virus from news reports and word through friends and family. Altman stated, "Learning of the pandemic through the television and correspondence with family and friends on the outside, but without reliable information or training on precautionary measures from staff, leaves our clients in detention with more questions than answers as to how to protect themselves and others." She has also highlighted reports of a lack of access to soap and hand sanitizer; meanwhile, inmates with flu-like symptoms have been entering the ICE facilities.

Addressing the harm, ACLU has sued ICE for the release of immigrants, primarily those most susceptible to the disease. Senior staff attorney at ACLU's National Prison Project, Eu-

nice Cho, issued the following statement: "Immigrant detention centers are institutions that uniquely heighten the danger of disease transmission. In normal circumstances, ICE has proven time and again that it is unable to protect the health and safety of detained people."

In and outside of detention centers, it is already easy to see that the economic impact of COVID-19 will hit minorities the hardest. CEO of Culture-Banx Kori Hale stated, "According to the Bureau of Labor Statistics, only a third of the workforce in the country is able to work from home. Roughly 8% of Black and Hispanic workers earn wages below poverty level, compared to just 4% of white workers. Even more alarming is that 10% of Black women and 9% of Hispanic women are classified as the working poor."

In addition, the LGBTQ+ community is at a dangerously high risk; statistics prove their vulnerability: The LGBTQ population has tobacco rates 50% higher than the general population, putting them at a greater



Caroline Celaya

Homeless people are also at an increased risk, as recently evidenced by a large outbreak in an SF homeless shelter.

risk for respiratory diseases. This community also endures higher rates of cancer and HIV, both able to compromise the immune system causing a person

to become vulnerable. Discrimination against this community still occurs in health care settings, causing individuals to be hesitant towards seeking care.

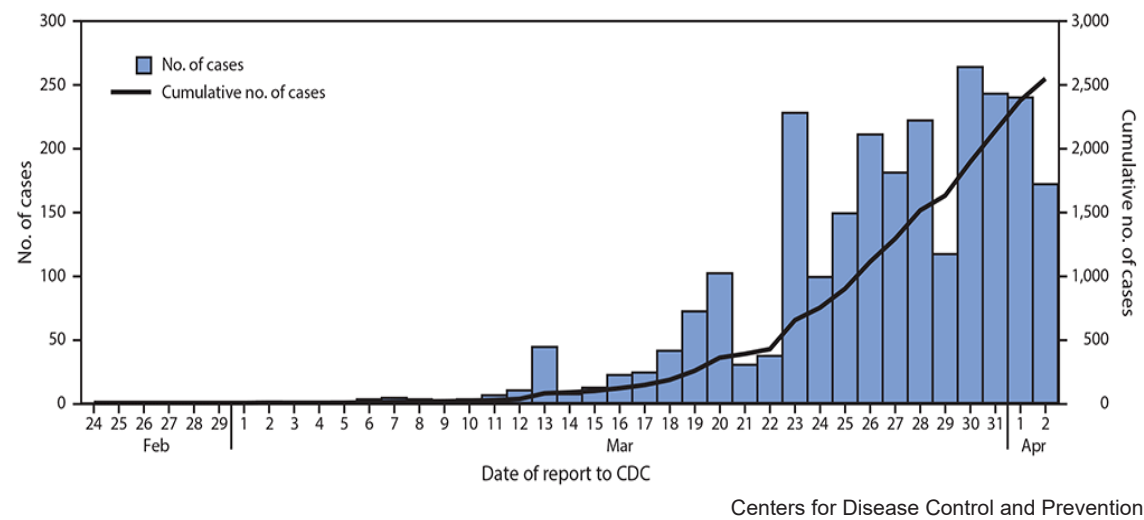
COVID-19 affects younger people

By Mackenzie Pelletier
Times staff writer

As stories and statistics circulate on the internet, it's becoming increasingly apparent that COVID-19 is not only afflicting the elderly, but also younger people. Many young people have been staying in quarantine for the sake of older people in their family or to help stop the spread in the world; however, it should be noted that staying inside is also necessary for their health.

When the virus first broke out in China, most media showed only older people being significantly affected by COVID-19. Although fatalities are highest in people over 80 years old, once the virus hit the U.S., 48% of people admitted into intensive care were reported to be under 60 years old, with 12% of those being in their twenties and thirties.

Director-General Tedros Adhanom Ghebreyesus from the World Health Organization said, "Although older people



Number of United States COVID-19 cases in people 18 and under as of Apr. 2 2020

are hardest hit, younger people are not spared. I have a message for young people: you are not invincible, this virus could put you in hospital for weeks or even kill you."

Vox News broke down statistics on the risks each age group faces with COVID-19. Children under ten who contract the virus have a 26% hospitalization rate, and the CDC said at least three children have died as of April

7. As for people ages 10-19, they have a 7% hospitalization rate and a fatality rate of 0.4%. Young adults, ages 20-29, have a hospitalization rate of 14%, a 0.6% rate of going into intensive care, and a 0.3% fatality rate. People ages 30-49 have a much higher rate of being hospitalized in comparison to those younger than them, with one in five cases being hospitalized. Although these percentages may seem

small in comparison to those over 70 years old, who have a 20.2% fatality rate in China, Italy, and South Korea, the effect of this virus can cause extreme lung pain in severe cases.

Kerry Meltzer, a New York physician, wrote about six young patients she consulted in one night who most likely had COVID-19. Due to limited hospital beds, she had to send all but one home. The patient that

was admitted had extremely inflamed lungs and could hardly breathe, and the next day, the patient was put on a ventilator to stay alive. Melzer said, "The fact is that young people with no clear underlying health conditions are getting seriously ill from COVID-19 in significant numbers. And young Americans — no matter how healthy and invincible they feel — need to understand that."

While the intense effects of COVID-19 can typically be fought off by a young person with a healthy immune system, different strains of the virus affect everyone differently. As virologist Michael Skinner at Imperial College London spoke about young deaths from COVID-19, he said, "It is very possible that some of us could have a particular genetic makeup that makes it more likely that we will respond badly to an infection with this Coronavirus."

Though COVID-19 news may not be certain, one thing is and that's that no one is invincible, including young people.

UC changes admission requirements

By Rose Kleinfeld
Times staff writer

On April 1, the University of California announced that they would be easing admissions requirements for the freshman classes of 2020 and 2021, most notably suspending the requirement for SAT/ACT scores for fall applications. Additionally, they are allowing students to opt out of submitting their spring, summer, and winter grades from the 2020 school year on applications.

These suspensions were implemented because the UC board recognized the unfairness in requiring students to submit tests and grades during the COVID-19 pandemic, which has forced many schools and testing centers to be shut down. For the incoming class of 2020, the UC stated that the deadline for deposits would remain due on May and June 1, but would provide flexible deadlines for students depending on their campus.

With all the extra flexibility with admissions, many people wonder how UCs will maintain their competitive admissions process. According to Sarah McBride, Media & Communications Strate-



Courtesy of Sarah Harvey and Tiana Cole

Tiana Cole and Sarah Harvey are both excited to go to college next year.

gist at the University of California Office of the President, it seems the UC admissions process will not be affected by the ease in requirements. McBride said, "... [The] requirements that are being temporarily suspended only comprise a portion

of the 14 factors that UC considers in its comprehensive review of applicants... no single factor is given a fixed weight, and applicants' academic achievements are balanced with other pertinent qualifications in the context of the resources

and opportunities available to them."

But, will applicants who submit their standardized test scores and grades for 2020 gain an advantage? The answer is no. McBride said, "...students will have other years of academic and/or other achievements from high school (or community college, if they are a transfer student) for the university to consider, not just spring and summer 2020. Additionally,...providing standardized test results will not provide any unique advantage to those students who wish to do so." However, UC is encouraging applicants to submit their non-required information if they are able. This information can help UCs better gauge college readiness and eligibility.

Based on McBride's responses, it seems the admissions process will remain competitive despite the UC's easing of requirements. McBride stressed, "Becoming part of our world-class public university takes academic achievement, personal talent and a drive for discovery and transformation. Our admission requirements, even with the temporary measures in place, are designed to ensure students are well-prepared to succeed at any UC campus."

In light of COVID-inspired shutdowns, DMV extends deadlines

By Christina Arakelian
Times staff writer

If you made an appointment at the DMV or needed a service recently, you might be out of luck for a long time. As of Mar. 27, all of California's DMV field offices have been shut down, cancelling all in-office appointments with online services beginning on Apr. 2.

Since you can't go into the DMV anymore, extensions

have been granted on a number of services. In California, seniors ages 70 and up are granted a 120 day extension to renew driver's licenses that expired from March 1 to May 31. Seniors will receive a paper license extension in the mail in the upcoming weeks. Additionally, Governor Gavin Newsom recently signed an executive order stating that those "with safe driving records whose last DMV visit was 15 years ago will not be required to renew in

person for the next 60 days and will be able to renew online or by mail." The deadline for Real-ID has also been extended to October 2021, so if you don't have your Real ID yet, don't fret. The only major situation that you need a Real ID for is flying, but since no one is really flying these days, you will not need it until they reopen again.

To combat this situation, DMVs have taken to online services. For those in need of title transfers, renewals, replace-

ments, and other registrations, they can be completed online through the virtual DMV website at virtual.dmv.ca.gov. Documents can be submitted through this website, and they will be processed in the order received. Once processed, a DMV agent will contact you through your phone number to complete your transaction. New services will be added as time progresses.

For certain services, however, a DMV visit is mandatory, such as outdated insur-

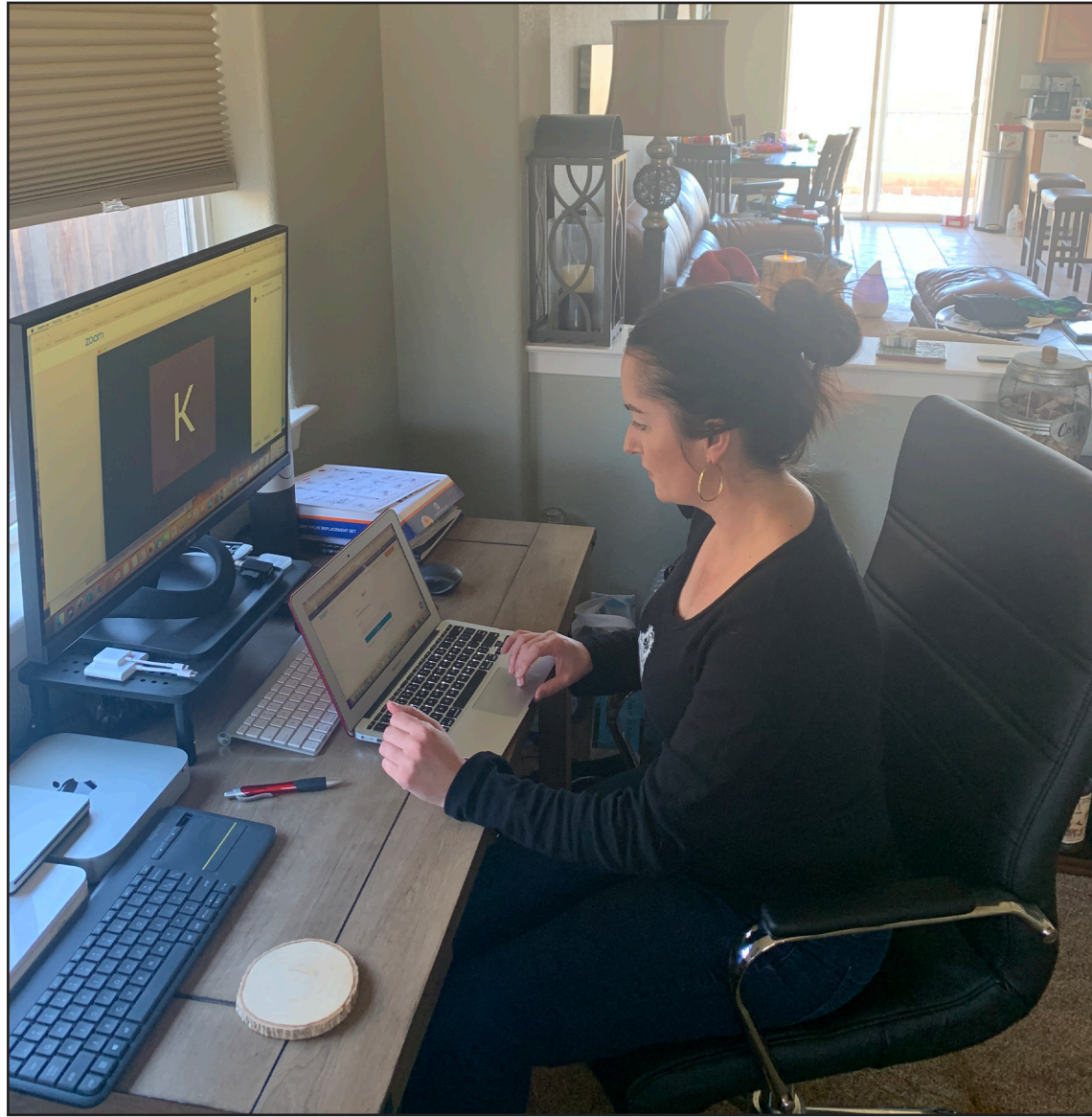
ance information, smog issues, expired registration, and etc. Because these services require a visit, the DMV has asked law enforcement to take it easy in terms of ticketing for expired registrations. But in case you do get pulled over by law enforcement, the best thing to do is to pay for your vehicle registration online and print out a proof of payment to keep in your car. For applicable situations, the DMV may also "waive vehicle registration penalties".

Zoombombing is hitting TN

By Laytithia Monzon
Times staff writer

Since everyone is now restricted to the confines of their homes, more and more people have been using Zoom to connect with family, friends, and even colleagues for work. Zoom has become a staple in the functioning of school and work during these tough times. But like everything else internet-related, there are trolls and hackers looking to ruin people's day. Recently, these people have been accessing public calls and using the share screen feature to present graphic or disturbing content. This forces hosts to shut down calls and causes interruptions in workflow. This act of trolling and hacking into random Zoom calls is known as "Zoombombing."

Unfortunately, Zoombombing has even reached some of our own TN teachers. Ms. Stockler, a victim of Zoombombing, said, "Last week, I had the unfortunate experience of 'Zoombombers' taking over two of my class meetings [...] What was the most upsetting to me was that I genuinely value the online time with my classes so much right now. We're all isolating and experiencing some sense of loneliness or boredom. Connecting with each other and feeling like things are a little more normal, even for just a short online meeting, is so important. I was so angry that someone felt like they



Courtesy of Korinne Stockler

Ms. Stockler is now enjoying a Zoombomb-free experience at home.

had a right to interrupt that time. Since that day, I've researched stronger security features in Zoom, which worked later in the week. In all honesty, as much as I like how user-friendly Zoom

is, I will probably be switching over to Google Meet so that it's a little easier to control." Zoombombings may seem funny, but they are actually detrimental to our learning envi-

ronment since they waste valuable time. Talia Rosen (11), who experienced a bombed meeting, said, "I think it's super immature and rude for people to do that because this is rough time for

everyone, including teachers, and they're still trying to give us an education to the best of their ability, and it's not making it any easier on them saying inappropriate things. Some of us want to learn and get good grades." Adrian Jaimes (11), who also experienced a bombed meeting, added, "They started to say inappropriate stuff to the teachers, and put graphic content on the teacher's screen. Many of us were just there to learn, but our valuable time was disturbed."

In an interview with The New York Times, a Zoom spokesperson said, "For those hosting large, public group meetings, we strongly encourage hosts to change their settings so that only they can share their screen. For those hosting private meetings, password protections are on by default and we recommend that users keep those protections on to prevent uninvited users from joining." To prevent this from happening, links and call passwords should only be shared to those in the meeting through private messaging or email, not publicly. To ensure a safe meeting, hosts should enable the waiting room feature, which creates a room that requires the host to check every person in before joining. Finally, hosts need to also disable participants from sharing their screens to others to put a stop to possible projections of disturbing images. Zoom is currently changing its default features to be more private.

Businesses are suffering from COVID-19

By Christina Arakelian
Times staff writer

Being a smaller or newer business during the COVID-19 pandemic is extremely difficult. Most businesses have been shut down or reduced to take-out only. This prompts the question: which businesses will survive?

Retail businesses are also being hit hard. Macy's recently announced that they would be furloughing a majority of their 125,000 employees. In addition, Macy's stock has gone down 70% percent in one year. Almost all non-essential retail businesses are closed, meaning that these types of stores are the ones with major losses. Department stores like TJ Maxx, Marshalls, and Macy's are already experiencing a decline in sales over the years, partly because of the increase in online shopping. While they are expected to overcome this situation, a prolonged shelter in place may lead to a few less stores the next time you go to the mall.

The food service and hospitality industry has also been slammed. San Francisco Mayor London Breed announced that there would be a 15% cap on restaurant fees for delivery apps and services. In a letter to Gov. Gavin Newsom from the California Restaurant Association, the group stated that 30,000 restaurants across California could close permanently as a result of the COVID-19 restric-



Sophia Aylward/ Terra Nova Times

Though Sun Valley is open, local business need your help to stay afloat.

tions. Furthermore 30% of the state's 90,000 restaurants could close, even with the \$2.2 trillion economic package. Currently, restaurants are only allowed to operate as a drive-through or takeout.

Small businesses are facing a lot more than they can handle. Small businesses employ about 47.5% of the total workforce in the U.S., which consists of 58.9 million people. Small businesses also contributed \$5.9 trillion to the GDP in 2014. Without these businesses, more

people will become more unemployed than ever, but there are ways for them to stay afloat for now. The Paycheck Protection Program, passed on Mar. 27, allows for small businesses to qualify for loans in order to pay rent, utilities, and etc. To qualify, the business needs to have less than 500 employees, and if a business acquires a loan and spends the money on qualified expenses, the amount used will not need to be paid back.

Sun Valley Fine Foods is one of many

businesses affected by the virus. Owner Sam Qaru said, "I have to find gloves for my customers because I put them for free at my door. I had to find a way to buy masks for my employees because we started using them before they were mandatory. These things are just basic rules, but getting products is the difficult part. A lot of our customers are senior citizens, so they can't go anywhere else so we have to bring as much product for them for their convenience. As well as that we offer free delivery to them. My job right now as the owner is to go everyday to small wholesalers just to see if I can pick up products to bring to the store. It's a mess, but we're hanging in there. Our customers are really appreciating it, so we're happy as long as we're working as a family here."

While most businesses are having to furlough their workers or force temporary leave, Safeway is looking to fill an additional 1000 spots in states like Maryland, Virginia, Delaware, and Washington D.C.. Amazon is also hiring 75,000 workers to combat the new influx of deliveries.

These are tough times for small business owners and certain industries, and it is important to do as much as we can to support the local businesses around us. To support our local businesses, we can work as a community and spend our money in businesses around us. You can help right now by ordering delivery food from your local restaurant.

Ways to stay healthy every day

By Lila Franco
Times staff writer

Over the course of this year, you might have felt that everywhere you go, someone is sick or mentioning COVID-19. With the current pandemic taking the world by storm, it's becoming increasingly important for us to be smart and stay safe when it comes to the spread of germs.

Starting with the most common and obvious way to stay clear of sickness, you must wash your hands as often and as well as possible for at least 30-40 seconds. Wash your hands thoroughly at any opportunity in order to kill off the germs. As cleanliness advocate Kate Regennitter (12) explained, "Preventing a virus can't be done by only a few people. Everyone needs to wash their hands in order to stay healthy."

At the same time, make sure you keep your hands off of your face. Your hands carry bacteria, and when you touch your face, that bacteria is given a direct pathway into your body through your eyes, nose, and mouth. Touching a surface and then touching your face is the most common culprit of respiratory infections. If you're having trouble keeping your



Lila Franco / Terra Nova Times

Vitamin C comes in many forms and is an integral part of staying healthy.

hands busy and away from your face, place a rubber band on your wrist to play with or find something else to carry with you to keep your fingers entertained.

Maintaining a healthy lifestyle with adequate sleep is also crucial in prevent-

ing sickness. A lack of sleep reduces the functionality of your immune system by weakening T-cells. T-cells are white blood cells that work in adaptive immunity, acting as soldiers that destroy foreign invaders. If you don't

sleep, your T-cells won't be effective enough to block out infections. In addition to a lack of sleep, not exercising also suppresses the function of your immune system. When you exercise, it balances your stress hormone cortisol, which at a high level weakens the cells that fight off infection. Exercise also flushes unwanted bacteria out of your respiratory tract, which helps you prevent illness.

Your immune system needs all the help it can get right now, and fueling your body with the right foods is absolutely necessary. Eating more fruits and vegetables can increase your intake of important vitamins that your body needs to have a healthy immune system and feel good. The most important one is vitamin C, which increases white blood cell production. Make sure you also eat foods high in zinc such as legumes, nuts, and seeds to aid your immune system. Zinc fights off bacteria and helps make your body stronger. Supplements of both vitamin C and zinc are available in many forms, including powders, capsules, and gummies. Nola Zimdars (11) swears by zinc tablets. She said, "They give your immune system a little extra boost and really help me when I'm sick."

Importance of feng shui in trying times

By Mackenzie Pelletier
Times staff writer

As we strive to find normalcy while sheltering in place, we are spending more time in our home than ever before. As we transition our home to function not only as a place to sleep and eat, but also as a school and workplace, it can be a struggle to stay focused and motivated; however, feng shui is a helpful practice to ease this change.

Feng shui is a practice that was designed 6,000 years ago in China based on understanding how people interact and connect to their close surroundings. Feng shui consultant Sergio Yang (www.luminousfengshi.com), who was brought up prac-



Courtesy of Leila Vuskovic

Keeping a minimalistic room helps with productivity.

ticating feng shui in Taiwan said, "Feng shui is how to be in sync with the universe. Human beings are just guests to the Earth;

a tiny particle in the universe." The main goal of feng shui is to find harmony with your environment, which is some-

thing we can all benefit from as we work in the close proximity of our homes. For those who have to work and sleep in the same room, Yang said, "The best way to practice feng shui is to have an organized, neat bedroom, and when you do your homework make sure to eliminate distractions." When a room is being used for work and sleep, two opposite activities, it's important to find a time to end work and make your bedroom into a relaxing, stress-free zone.

Energy cleansing is one way to meditate. You can set goals for yourself, and by vacuuming your room or home, wiping everything down, and using plants such as sage or palo santo, you can help boost your motiva-

tion to carry out these goals. Yang said, "This quarantine, in some ways, is mother nature saying earth needs to be reset."

It can be extremely helpful to practice feng shui and declutter, or try to minimize your life. Junior Leila Vuskovic said, "I like to declutter my room because whenever my room is messy, it stresses me out. I decorated my room with pictures of fun memories because I get a feeling of happiness looking at them."

Working in an environment that resonates with you helps to promote motivation and positive energy. Will Melton (11) also finds neatness helps him work: "Keeping my room minimalistic, simple, and clean helps me focus on my homework and increase my productivity."

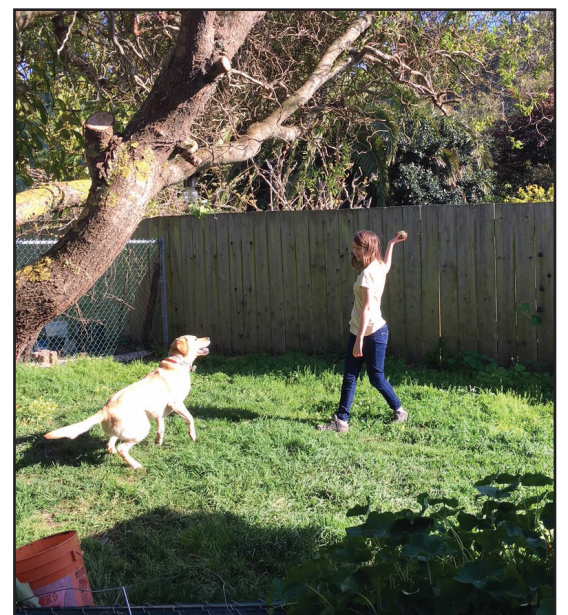
Tiger Testimonials: how are you spending quarantine?

Rebecca Wilson (12)

I try to spend some time either going outside in my backyard or walking my dog around the neighborhood (while trying to stay as far as I can from strangers). Sometimes I even take my cat in our backyard with a harness on. It's a nice way to get out of the house, and it's also an excuse to get dressed in actual clothes and not spend days at a time indoors. Even if I don't feel like doing that, just opening up a window can help too and cleaning up my room. It also helps trying to renew hobbies that I haven't been doing because of school. During Winter Break, I started learning how to knit, but that never really took off. I'm starting to give it another go. In general, I've seen people recommending different free websites or streaming services give people stuff to do or watch during quarantine. A couple weeks ago, me and some friends used a Chrome extension called Netflix Party, which allows you to watch something with other people who have Netflix accounts.

Skylar Berliner (10)

During quarantine I've mostly just been doing schoolwork and watching TV. The at-home learning thing that has been going on for the past couple of weeks has actually been good for me, and I'm being more productive than I usually am. I enjoy being able to make my own schedule at home and finishing all my work pretty early in the day. After I finish my school work, I try to do some kind of exercise, which I usually do whenever I'm bored. I also like making art like paintings and drawings and stuff. I'm usually not a very social person, but I really miss my friends. Sometimes we FaceTime each other to catch up, but it's not the same as seeing each other in person. I mostly feel like I'm wasting my time just staying at home doing nothing. However, being home everyday all day has also motivated me to do chores like clean my room and do laundry more often. Most of the time, I just watch Netflix and eat too much. Overall, I miss talking to people that aren't my family.



Courtesy of Rebecca Wilson

Rebecca (12) playing outside with her dog.

BENEFITS OF AN OPTIMISTIC MINDSET

By Peyton Dulay
Times staff writer

Having an optimistic versus pessimistic mindset is a debate we all have within ourselves: do we look on the bright side, or do we look at what's wrong? But does it really matter which way we think? The short answer is yes. Let me show you how believing the glass is half empty or full has a bigger impact on your overall health than you'd think.

Let's start by defining what a positive mindset is. There isn't any one exact definition of what positive thinking is as it takes on many forms and affects a lot of different aspects of your behavior and mentality. However, there are two main ways that psychologists define

positive thinking within people: the explanatory style and the positive illusions style. Psychologists find that optimistic people who exhibit the explanatory style tend to give themselves credit when good things happen and think of negative situations as temporary and out of their control. As for the other style, Psychology Professor Segerstrom from the University of Kentucky said, "One definition that I think of is called 'positive illusions,' and it refers to the fact that most people think about themselves, their future, and their world a little more positively than they really are." This essentially means that positive thinkers tend to look beyond events and see a more optimistic version of reality.

There are an abundance of

benefits that having a positive mindset gives you. Some of them seem like common sense, such as lower rates of depression and stress and better coping abilities in times of hardship. However, there are also bigger impacts such as resilience to the common cold and flu, less risk of cardiovascular (heart) disease related death, and an increased life span. These are all things that mental positivity make happen.

Many researchers are still trying to pinpoint an exact reason why a positive mindset affects us this way, although there is data and many theories. Research has discovered that the areas in our brain that cause negative emotions weaken the body's immune response to the flu vaccine when activated, and the parts that caused positive



emotions are the opposite. Many psychologists believe that those with an optimistic outlook on life are simply more likely to have healthier lifestyles. Professor Segerstrom explained, "Positive people tend to act in healthier ways. For instance, if you see yourself as healthy in the future, you might be more motivated to exercise, eat healthy food, and avoid heavy substance usage — so that you can help that future self come about."

For those who are pessimists, switching to a positive mindset can seem impossible, but it's not. Professor Segerstrom said, "One of the best ways to change the way you think is by replacing your negative thoughts. Switch harsh words like 'I hate this' with milder ones such as 'I

don't like this.' Try changing negative ideas into neutral or positive ones. Replacing self-limiting statements with open-ended questions that lead to solutions is another method. The best way to get rid of a bad habit is to replace it with something better."

Psychologists generally refer to these methods as "self-talk." It's the inner voice we all have telling us our thoughts both consciously and unconsciously. Negative self-talk causes a lot of problems and causes us to become pessimistic. Positive self-talk helps get rid of the unnecessary stress and anxiety that damages our perspectives on life. So, the next time you find yourself being negative, re-think your wording and replace negativity with positivity.



THE BENEFITS OF GOING OUTSIDE

By Lila Franco
Times staff writer

In order to stop the spread of COVID-19, California Governor Gavin Newsom ordered the entire state to "shelter-in-place." Although staying inside is the right thing to do during a global pandemic, being forced to stay at home has caused many to feel like they're trapped with nothing to do except watch Netflix and try to cope with immense boredom. The inability to go outside can make people anxious, restless, and absolutely stir-crazy. If being inside for too long causes us to freak out, what is it that makes the outside so beneficial, and how do we still incorporate it into our everyday lives when we're stuck at home?

The answer lies in your

body's need for vitamin D, also known as the "sunshine" vitamin. Sunlight hitting the skin activates the production of vitamin D in your body. When the sun's ultraviolet B (UVB) rays reach the cholesterol in skin cells, energy for vitamin D synthesis is produced. Vitamin D is essential for good health, as it helps the body absorb calcium, which keeps bones strong.

The best source of the vitamin D is sunlight, so if our time outside during the pandemic is limited, our bodies are bound to react. According to an article written by Harvard Health, "The average American spends 90% of his or her life indoors, and as we get older we become even more inclined not to venture out." Thus, vitamin D production slows down as you get older, therefore making

it harder for the elderly to stay healthy. A common symptom of a vitamin D deficiency is getting sick easily, which is not something you want with a virus going around, and is common in those who don't get outside much.

However, you can still receive vitamin D from the comfort of your own home by taking supplementary pills and eating foods rich in the vitamin, like fish, egg yolks, and cheese. Nevertheless, these alternatives don't compare to the vitamin D your body produces after being in the sun for ten to fifteen minutes. Try sitting outside in your backyard for a bit, since you can still practice social distancing while getting your daily dose of vitamin D.

Being outside is also beneficial for stress relief, which a lot of people are experiencing

right now. Getting some fresh air after being cooped up inside for a long period of time will help alleviate an tension you might feel. If you are starting to feel restless, try doing something outside. Many people have started to walk their dogs, go on runs, and ride their bikes more frequently in an attempt to combat their woes. Avid runner Wasseem Bitar (10) explained, "When I'm running outside, I feel happy. It's a time where my stress doesn't 'run' after me."

However, practicing social distancing when doing these activities outside is extremely important. Putting an end to the spread of the virus is necessary, and the more we stay at home and away from people, the sooner that will be. So during our Coronacation, spend a bit of time outside and stay safe.

