

# Terra Nova Times

Volume 14, Special Edition

Terra Nova High School

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**This will be the last issue of the Terra Nova Times for the 2019-2020 school year. Thank you for reading, and stay safe.**

## Summer practices stuck in limbo

By Heidi Barrios  
Times staff writer

In preparation for their fall seasons, many of Terra Nova's sports teams begin practicing during the summer to make sure they're at the top of their game come fall. With the shelter in place order extended, many athletes have begun to wonder if their practices will still happen.

For TN's football team, summer training is a key part of their preparation for the season. Though there has been deliberation on what will happen for summer practice, there are no updates as of now. Mr. Piccolotti, the Varsity football coach said, "We have no idea when or if we will start practicing. Our principal has not heard any word on if or when we will even return to school. We would also use the time just as we would use any offseason. They would lift weights and condition like the hard-working players they are. That would keep them ready for whenever it resumes."

Regardless, many Tigers have been keeping in shape for their



Brooke Garrett / Terra nova Times

**Summer practices are an important way for TN's teams to prepare for their fall seasons**

future season. Luke Avery (11), one of the captains of the football team, said, "I usually stay fit for football. But right now, I am doing pull ups and a variety of YouTube exercises because we all need to keep up the good work." The football program also hopes to still run its traditional fireworks booth.

Cross country is luckily a sport that can be done pretty much anywhere. What makes it even better is that it is a non-contact sport, which means it is less likely to have major restrictions put on it. Cross Country coach Jared Steele said, "From what I've heard, there is a push to move all Fall sports into the

winter season. So XC, Football and tennis will be contested from November to February in the case that we don't go back to school right away in the fall. From now, all practices will be done virtually. All workouts, if allowed by the state, will be sent via email, and it will be up to the students to

complete them on their own."

TN band may not be a traditional sport, but during the summer, they have a two-week band camp, which trains new students how to properly march and helps veterans train for the season. According to band director Mr. Lewsadder, the plan as of now is to still continue with the normal band camp during the summer, although it might be canceled due to district/county guidelines. For the situation in the fall, he said, "During the fall season, we anticipate that the students will be back in school and that after school rehearsals and competitions can take place as they normally do. Again, we are at a 'wait and see' moment with all of this, but we are going to plan for the worst and hope for the best. It is important to remember that all schools, drum corps, and summer camps are facing these issues. The uncertainty is something that nobody is happy with, but is a necessary consequence of this shelter in place. The Terra Nova Band will continuously strive to do our best to perform and grow under the district guidelines."

## What is up with professional sports' seasons?

By Matthew Nuris  
Copy editor

In times of great struggle, people often turn to professional sports to clear their minds. Unfortunately, this global pandemic has been an unexpected challenge for professional sports. The 2020 Summer Olympics, which were supposed to be held in Japan, have been postponed to July 2021. The NBA suspended their season on March 11, just as teams were preparing for the playoffs. Basically every major sporting event in the world has been canceled or postponed in some way, leaving all fans with the same questions: how and when will sports return?

Nobody knows exactly when we will be able to return to normal life, but just like everyone else, sports leagues are working to adapt to the situation. The NFL Draft, which was supposed to be held in the Bellagio Fountain in Las Vegas, was swiftly moved to a digital format. The NFL is very optimistic that the regular season, which begins on Sept. 10, will be played and even released a full season schedule on May 7. Others are



Alyssa Jenkins / Terra Nova Times

**It may be a while before we can return to Levi's Stadium for the 49ers.**

much more skeptical; when asked at a press conference if the NFL will start on time, Gov. Newsom said, "I'm not anticipating that happening in [California]."

As for the NBA, players are eager to get back on the floor if the health experts condone it. On Apr. 27, the NBA notified franchises that by May 8, teams

can begin to open their practice facilities if they are in states that have eased stay-at-home restrictions. It is unlikely we will see any basketball games this year with a live audience, but something is certainly better than nothing.

Out of all the major professional sports, Major League Baseball might be in the worst position as their season was just set to start when things got bad. Although nothing is official yet, there have been rumors circulating that the league could have a delayed spring training in mid June with a season predicted to start early July. Once again, these are merely rumors, but it is expected that the MLB will release a schedule proposal within the week, and highly respected baseball reporters Ken Rosenthal and Jeff Passan are both "extremely optimistic" that baseball will come back this year.

In a press conference on Apr. 14, President Trump jokingly said, "We have to get our sports back. I'm tired of watching baseball games that are 14 years old." Public health and safety is the number one priority right now, but teams and league officials are working hard to bring back the great sports that we all love.

# Necessity is the mother of invention

By Juliana Wullenjohn  
Editor in chief

Humans are especially social creatures, and this is an undeniable fact. With the stay at home orders that have been enacted to combat the spread of COVID-19, socializing with people face-to-face has essentially become taboo. In order to briefly escape the confines of our homes and connect with other people, some neighborhoods in Pacifica have begun to hold small socially distanced get-togethers, one of which is mine.

I live on a small cul-du-sac on the north end of town, which I haven't left since the stay at home orders were put in place. My parents knew that it was important for us to maintain some sort of contact with the outside world and decided to organize a weekly get together for our neighborhood. Petra Schumann, my mom and the organizer of "Friday-at-five, cocktails in the cul-du-sac," said, "When we were first ordered to shelter in place, I thought it was a mixed blessing — bad for obvious reasons, but also good because we could connect more with people near-by.



Courtesy of Anuhea Furuya

## Numerous neighborhoods have these small appropriate gatherings.

I figured everyone needed something to look forward to on Fridays." This event has become a weekly staple in our quarantine routine. Everyone who wants to participate gathers out on the cul-du-sac, six feet apart of course, with our chairs, snacks, and drinks (which we don't share) and talk and connect until we get too cold to talk anymore. "It's an op-

portunity to see real people I know outside of a computer screen in a low risk setting," said Schumann. "It feels good to know that our neighbors — many of whom are retired — are faring well."

Though we do have technology as a form of staying connected to one another while quarantined, it's important to remember the importance of face-to-

face connections. According to an article written by Shoba Sreenivasan, Ph.D., and Linda E. Weinberger, Ph.D., psychology professors at the Keck School of Medicine at USC, for Psychology Today, a lack of in-person social interactions can lead to feelings of loneliness. It seems obvious, but it can actually become a long-term condition that can lead to serious mental and physical conditions, some of which include social isolation, depression, substance abuse, poor sleep and appetite, suicidal thoughts and behavior, or impaired immune and cardiovascular functioning. While it may seem like a drastic jump from social isolation to serious medical issues, it is important to remember the roots of our desire for human connection: survival. We are hard-wired to need each other.

Sreenivasan and Weinberger said, "Humans, because of necessity, evolved into social beings. Dependence on and cooperation with each other enhanced our ability to survive under harsh environmental circumstances. Although the survival threats of these circumstances have lessened in today's world, people continue to have a need to affiliate with others."

## Plan for summer school begins to take shape

By Robert Ace Gonzales  
Times staff writer

With the school year ending, the district is trying to figure out how to make summer school work for all students who need it. The following details come directly from Karen Baca, JUHSD Associate Superintendent, as well as the discussions made from the Board of Trustees regular meetings, streamed and uploaded to the Jefferson Union High School District Youtube channel. At the very least, the platforms and dates have been finalized.

Students who were required to take summer school for graduation credits were previously notified of their class assignment. Unfortunately, typical summer courses such as Math Course 3 Acceleration, US History EL, World History EL, and Math Jump Start are not yet a



Victor Wu / Terra Nova Times

## Jefferson High School has been the site of summer school.

part of this year's schedule due to the districts' limited resources.

At the moment, JUHSD can only offer credit recovery courses, which are set to begin on June 8. Summer school principal Dr. Marengo is currently designing a flyer including the basic information stu-

dents need; it will be released within the next several days.

In-person summer schools are allowed to be conducted, albeit at a cost. No more than 12 students can be in a room at one time to follow social distancing precautions. For this reason, JUHSD has decided to

take a majority of their courses and make it accessible digitally through APEX. The only class that's an exception to this would be the English Language Development 1 class. The class would be a combination of both AHL and in-person learning. Students will be scheduled to report to their teachers in-person for a short time during the week to allow teachers to give more intensive support for students who need the opportunities to practice their skills.

The reason for the plan's late arrival is because of the district's concerns for the accessibility of students, current resources, and following social distancing guidelines. Karen Baca added that "The issues had been getting confirmation from parents that students will be able to attend summer school virtually. Through a Google Form survey, we only heard from about 18% of the parents."

So, the Summer School Office actually made personal phone calls to the parents of students to confirm their attendance instead. And with that, about 800 students are confirmed to partake in this year's summer school.

For those to have hoped to take Math Course 3 Accelerated this summer to get a year's worth ahead in math, not all hope is lost. According to Ms. Baca, "I received a correspondence from Skyline a few days ago that they may have found a teacher to teach Math that is equivalent to Math Course 3 and students would be able to use this class as the Math Course 3 acceleration course. If this course is offered, it would be through dual enrollment, meaning that students will earn both high school and college credit."

The current proposed method would be offered through Canvas, a Learning Management System akin to programs like APEX.

## Congress proposes hazard pay for essential workers at risk from virus

By Peyton Dulay  
Times staff writer

Amidst the pandemic, we have been ordered to stay home to protect both ourselves and others. However, there are those of us who can't due to our jobs being deemed "essential." There are hundreds of thousands of essential workers who risk their health and the health of their families to do their normal jobs.

Doctors, nurses, grocery store employees, food distributors, delivery personnel, bus drivers, hospital janitors, nursing-home employees, food service workers; these are some of the many examples of essential workers who go to work and put their lives on the line to

help people survive or find normalcy in an abnormal time. And as this pandemic spreads to communities large and small, these essential employees are contracting the virus and sometimes even dying, all while performing vital services to society. An issue that has arisen is whether these workers should be getting extra pay for the risks they are taking.

Dr. Molly Kinder, a Professor of Economic Development from Georgetown University, said, "We owe our essential workers federally mandated hazard pay, on top of stringent safety measures and life-saving personal protective equipment to shield them from the virus. I've talked to dozens of front line workers, and they'll all say the same thing — they're scared of put-



Courtesy of Helena Achziger

## Helena on the job at Coldstone.

ting their families at risk of getting sick, but they need the money to survive."

There is a large portion of front line

workers that get less than adequate pay and are struggling to support their families. That's where hazard pay can help. Hazard pay is essentially extra hourly payment for workers in dangerous or uncomfortable environments. It's often used for people working physically hazardous jobs in which safety equipment and devices is not enough to ensure their health. However, with the pandemic bringing about a new class of essential workers, hazard pay is now being considered for those putting their health at risk by coming in close quarters with the virus.

In Congress, there have now been two new proposals to provide extra pay for workers during the pandemic. One,

**See Hazard on page 10**

# LA county extends lockdown

By Emily Galicia  
Times staff writer

On May 12, it was announced at the Board of Supervisors meeting that Los Angeles county public health officials “with all certainty” will extend their Stay At Home orders by three months. Though it has not been made official yet, this three-month extension will be subject to change if there is a “dramatic change to the virus and tools at hand,” said LA county Public Health Director Barbara Ferrer. The last day of L.A county’s stay at home order was supposed to be today, but due to the rise of cases and deaths, L.A officials are likely to extend the order. Once the county sees a change in the incoming data of the virus, they will consider opening more public places during these three months, but it will be a while before any changes actually happen.

In Southern California, like the rest of California, cases and deaths have continued to rise, but L.A County decided to lift restrictions on hiking trails, golf courses, parks, and even curbside pickups for non-essential businesses. Gov. Gavin Newsom revealed last week that changes will be made to the stay at home



David Jenkins

**Summer of 2020 will look a lot different than usual in Los Angeles.**

orders, allowing for some retail stores, in-restaurant dining, and car washes to reopen if health officials can conclude that, according to California’s Phase 2: no more than one new COVID-19 case per 10,000 residents in the past 14 days,

no COVID-19 deaths in the past 14 days, essential workers must have access to protective gear such as masks, a minimum of 1.5 tests per 100,000 residents being conducted daily, at least 15 contact tracers per 100,000 residents,

ability to temporarily house 15% of the county’s homeless population, hospitals are equipped to handle a 35% surge at minimum, nursing facilities have a two-week supply of protective gear, and finally, continue to monitor metrics to potentially re-enact restrictions.

On Wednesday May 13, beaches in L.A county began to reopen, but only for active recreation such as surfing, swimming, walking, and running, and facial masks are required if not inside the water. According to Colleen Shalby and Sarah Parvini at the Los Angeles Times, “The update to L.A.’s stay-at-home orders come as officials try to satisfy two needs: restarting the economy under a new normal while also ensuring that the resurgence in activity doesn’t upend progress in the fight against the coronavirus.”

Slowly but surely, social distancing has helped ease the spread of the virus, but as counties start to reopen, easing restrictions will also continue to increase the number of cases and deaths. Ferrer said on Monday, “It’s safer to stay at home. COVID-19 has not changed.” So far, the Bay Area has been postponing reopening anything non-essential such as retail curbside pick up, but that will be allowed starting Monday.

## Studies show dogs could help detect COVID-19

By Peyton Dulay  
Times staff writer

We know police dogs who can smell drugs and explosives, but now their sense of smell has expanded into the medical field. Dogs are being trained to learn to sniff out COVID-19 as well as cancer.

Over the past few decades, various studies have been conducted to see whether dogs can smell cancer within the blood and breath of patients. Since dogs have a sense of smell that is over 10,000 times stronger than humans, they’re able to tell the difference between good and bad cells. Heather Junquera, a researcher from BioScentDx, said, “We had the dogs smell a blood sample from a healthy person and one from a person with malignant lung cancer

and discovered that the dogs could differ between the two with about 97 percent accuracy. If we can turn this study into a new form of cancer-screening, it could up the chances for survival by so much since these dogs can detect these cancerous cells even in the earliest stages of the disease.”

Along with this study, dozens more have been conducted to see what else man’s best friend can smell with their keen noses. Various studies have indicated dogs can even detect Parkinson’s disease in people. In England, a study from Durham University showed that dogs can detect malaria in humans as well. A charity called Medical Detection Dog is partnering with Durham University as well as the London School of Hygiene and Tropical Medicine in order to train these dogs



Jessica Ruiz

**Dogs may prove valuable in the fight versus COVID-19.**

to smell COVID-19 in humans.

The group started the project in late March and is currently leading several dogs through an intensive six-week long training program. It’s believed that for dogs, each disease has

a specific odor that they can uniquely smell within humans. These canines are being trained to smell samples of COVID-19 to understand the scent and then track it within patients. Dogs have even been able to smell

the difference between body temperatures in humans and can detect when someone is running a fever, which is helpful to figuring out who has the virus as fevers are one of the symptoms. Claire Guest, the founder and CEO of the Medical Detection Dogs charity said, “We believe dogs can smell COVID-19 and will be able to screen hundreds of people very, very rapidly so we know who needs to be tested and isolated. It could revolutionize our response to the disease.”

The hope is to train dogs to detect the virus and create a fast and noninvasive way to screen people for COVID-19. Researchers have plans to deploy the canine detectives in airports. If these four-legged doctors can truly use their sniffers to detect the virus, man’s best friend could be the key to helping society reopen sooner rather than later.

## New symptoms of COVID-19 discovered as pandemic continues

By Catherine Raman  
Times staff writer

As the number of COVID-19 cases has continued to increase, new symptoms have been reported as doctors and scientists continue to learn about this virus. Along with the generally known symptoms such as a dry cough, fever, and heavy breathing, the CDC has identified new symptoms that can also appear 2-14 days after being exposed to the virus.

One of them is shaking with chills, but repeatedly. Chills are not seen in every case, but they are in some cases. According to CNN Health, “Not everyone will have such a severe reaction, experts say. Some may have no chills or body aches at all,”

but they still can appear in some cases.

Another new reported symptom: muscle pain. Even though muscle pain is a symptom that is less common in COVID-19 patients, it is still seen in some cases. In a study done by the World Health Organization, they tested 55,924 cases of COVID-19, and 14.8% experienced myalgia or arthralgia (term for muscle pain).

There has also been research done to test whether there are neurological symptoms. In a study conducted by JAMA Network, they found that out of 214 COVID-19 patients, 36.4% of patients with mild disease had neurological symptoms and 45.5% with patients in a more critical state did so. These neurological symptoms can be seen in the form of dizziness and even headaches. Along with these

neurological symptoms, some patients have experienced what is called “happy hypoxia.” This phenomenon occurs when people have low oxygen levels in their system, but do not feel out of breath.

The loss of either taste or smell is something new that is now being reported as a COVID symptom. The loss in smell is thought to occur due to the swelling in nasal passages that can block smell receptors, according to an article by Keren Landman, an infectious disease doctor. This could also cause an inability to smell even after swelling, even though you will regain it again. This symptom is usually seen early in their sickness and is relatively rare.

According to Healthline, a health information website, gastrointestinal

distress can be common in people who are infected with COVID-19. According to a study conducted by Stanford Medicine that the Stanford Medicine news center published, the researchers found that people with COVID-19 also experienced nausea, vomiting, and diarrhea, along with the more common symptoms accompanied by COVID-19.

Some symptoms, including trouble breathing, newfound confusion, blush in the face or lips, inability to wake or even stay awake, or lasting pressure or pain in your chest are signs that you should seek medical attention according to the CDC. And remember, it’s important to always wash your hands and avoid gatherings of over 10 people to prevent spreading or getting the virus.

# Asian giant hornets to come to US

By Robert Ace Gonzales  
Times staff writer

2020's challenges testing the strength of our society never end... Once we were concerned over being drafted in January, then the Pentagon released real UFO footage, and then a global pandemic that forced us to stay home. But 2020 is far from over. This time, 2020 is doling out two-inch-long, three-inch-wide Murder Hornets. Great, even more reason to stay inside.

The hornet making a buzz right now is the Asian Giant Hornet, native to temperate and tropical East Asia, South Asia, Mainland Southeast Asia, and parts of the Russian Far East; two of these insects were first sighted in Blaine, Washington December of last year. Although there is no confirmed story as to how they arrived in the U.S., Karla Salp, a spokesperson for the Washington State Department of Agriculture, told news source AFP, "It was unclear how the Asian giant hornets arrived in the United States [...] though, they are unwitting hitchhikers on something like shipping containers or someone."

It's highly suspected that there are more than the two so-called "Murder Hornets"



Alyssa Jenkins / Terra Nova Times

**Bees like these may-bee gone if the Asian Giant Hornet moves in.**

that were spotted last year. Salp said, "During this trapping season and with the help of public education and encouragement to report suspected sightings, we hope to have a better idea of where they are as well as to eradicate them if we can."

Scientists are concerned that unless the hornet is eliminated shortly, they could

easily spread and permanently damage and become part of the ecosystem. The reason they're called Murder Hornets isn't just because they've been reported to kill at least 50 people a year from sting-induced allergic reactions, but it is for their ferocious appetite for bees. The hornets can enter a state dubbed

the Slaughter Phase. When they're in this phase, 20-30 hornets are capable of killing between 5,000 and 25,000 honey bees in the matter of a few hours. Beekeeper Ted Mcfall whose farm is located near the hornet sighting told ABC News, "The beasts decimated my entire honeybee colony [...] Never have I seen a bee slaughter in a way that this hive has been slaughtered." These hornets can sting through most beekeeper suits and deliver almost seven times the amount of venom as an average honey bee, and they can sting multiple times.

Unlike the western variation of honey bees here in the US, Japanese Honeybees have built a defense mechanism to kill any hornets attempting to reveal the location of their hive to other hornets. When a hornet enters the bees' hives, worker bees wait until the hornet is too far from the entrance to escape and then pounce and besiege the hornet. Once engulfed, rather than sting the predator, the bees' thoraxes begin to shake, producing temperatures upwards to 117 degrees Fahrenheit, cooking the hornet alive.

In the rare case that you spot an Asian Hornet, use your social distancing skills to get as far away from it as possible. Then, contact pest control to handle the issue professionally.

## El Salvador's fight against violence and virus

By Laytithia Monzon  
Times staff writer

El Salvador is currently under stay-at-home orders due to COVID-19, but the government, facing problems from both the virus and gang violence, is taking drastic measures.

According to Los Angeles Times, President Nayib Armando Bukele Ortez sent military forces to towns that were accused of violating stay at home orders. According to the Pan American Health Organization, El Salvador, a country of 6.5 million, has only 1112 confirmed cases and 23 deaths as of May 14. Bukele attributes this relatively low infection rate to his quick course of action.

El Salvador is one of the deadliest countries with homicide rates seven times more than the U.S. due to the infamous gangs



Shealah Craighead / Official White House Photographer

**President Bukele meeting with President Trump last fall.**

called maras. These maras have been taking advantage of the fact that almost everyone has been in quarantine and busy controlling the pandemic, leading Bukele to declare war on the

country's most powerful gangs like the notorious MS-13. Currently, the country is in a state emergency and is approving use of lethal force on the terrorists. According to the Washington

Post, since Apr. 28, 2020 there have been more than 70 deaths due to ordered killings. Since then, Bukele has locked up rivaling gang members of different maras in the same jail cells. Bukele declared on Twitter, "They will no longer be able to see outside of the cell [...] They will be inside, in total darkness, with their friends from the other gang." This act was to intimidate the gang members to see if locked down together in the dark, they would eventually fight or even kill each other.

Due to COVID-19, jail crackdowns have been less frequent, but Bukele has restarted this process and also released photos of prisoners and naked gang members huddled together. Additionally, prisoners were not all seen wearing face masks or any other type of protection. Bukele's goal was to use this as a form of punishment for gang

members who were responsible for the recent killings of 77 people over the span of four days. Though this act was not a crackdown on the prisoners and was merely an act of humiliation, it revealed bigger problems.

Many people are concerned about the health of the inmates and the high risk of an outbreak due to Bukele's actions. In an interview with the Los Angeles Times, Director of Human Rights Watch's Americas division José Miguel Vivanco said, "Given the COVID-19 pandemic, prisons in El Salvador, as elsewhere, are a potential epicenter for an outbreak, and the Bukele administration's lockdown has exacerbated an already heightened risk. President Bukele's get-tough-on-crime discourse [...] is, ironically, putting more lives at risk of a potential contagion — inside and outside detention centers."

## Ireland repays the Choctaw tribe by giving a helping hand

By Heidi Barrios  
Times staff writer

The whole world is suffering through this tragic pandemic, but it is important not to forget about our Native American brothers and sisters. The people of Ireland have not forgotten about how the Native Americans have helped their people in the past and are now repaying a 170-year-old debt.

Inspired by an act of generosity taken by the Choctaw tribe during the Potato Famine in the mid-1840s, a 'GoFundMe' page has been started by people from Ireland. The money raised will be sent to help the Navajo and Hopi families.

The organizers of the GoFundMe campaign said Sunday that several recent donations were inspired by the 173-year-old act of kindness. The bond between the Choctaw and the Irish dates back more than 170 years. One of the worst famines in history, the Potato Famine, killed over one million people. This promoted one of the first types of relief. Back in 1847, the Native American Choctaw tribe collected \$170 (\$5000 now) to aid the Irish, who were devastated by the famine. Judy Allen, a Native American who grew up with the story of how the Choctaw people sympathized with the Irish said in a "The World" interview, "The Society of Friends, commonly known as Quakers today, had

told the story of the starving Irish during the year 1847. And when the Choctaws heard it, even though it had only been 16 years since their own Trail of Tears — [involving] dire impoverishment and starvation ... many of our people died along that Trail of Tears — our Choctaw people felt such tremendous empathy."

The Trail of Tears occurred between 1831-1877 when the main five tribes including the Choctaw were forcibly dragged by the U.S. government from east of the Mississippi River to modern-day Oklahoma. According to Choctaw Nation website, only 2,500 out of 14,000 of their tribe survived the Trail of Tears. That was because of the harsh conditions like supremely cold weather,

severe heat, and starvation. Allen also added, "Choctaw people had experienced such great loss. And when they heard about this other race of people that were experiencing the same loss ... That was not at their own hand, and it was unnecessary — just as the Choctaw people's loss was what they considered unnecessary — they wanted to help."

The relations between Irish and the Choctaw community have continued to reveal the best of humanity. In 1992, an Irish delegation walked the 600-mile Trail of Tears to raise money for world hunger. In 1990, the Choctaw did a hunger walk in County Mayo, Ireland.

**See Ireland on page 10**

# The violent story behind avocados

By Heidi Barrios  
Times staff writer

Let's be honest: we have all enjoyed some avocado toast, guacamole or some on your tacos. The truth behind these avocados is that drug cartels in Mexico are trying to make it their "green gold." Mexico is the biggest producer of avocados, and they make big bucks from it. However, violence and corruption has now plagued the avocado market all over Mexico.

Mexico's multibillion dollar industry has become a huge target for drug cartels on the rise, and Michoacán, the country's largest producer of avocados, is being avo-ruled. The Association of Avocado Producers, Packers, and Exporters of Michoacán (APEAM) reported, "The state produces more than half the avocados consumed in the world. Just in the town of Tancitaro, one of the main productive centers of the region, nine out of every 10 pesos can be traced back to avocado production." This state's rich environmental conditions are the perfect place for



Nina Young / Terra Nova Times

## The avocado wars in Mexico are having explosive consequences.

these plants to grow in large quantities.

Drug cartels see the popularity of the avocado industry as an opportunity to extract farmers from their land in order to get more cash. A small group of drug traffickers, known as the Viagra Cartel,

are particularly experienced in taking innocent farmers' lands. A Los Angeles Times article about the bloody cartel wars over avocados stated, "The cartel members showed up in this verdant stretch of western Mexico armed with

automatic weapons and chainsaws. Soon they were cutting timber day and night. When locals protested... they were held at gunpoint and ordered to keep quiet."

It is estimated that dozens of cartels are fighting for control of the avocado industry. Anyone who refuses to give the cartels a cut of their profits will either get taxed or have their land burned down. In 2014, the Knights Templar accumulated \$152 million a year from farmers they violated for money. In an interview done by the Los Angeles Times, Juan Madrigal Miranda, a 72-year-old professor, said, "Around the country, the cartels want land, forest, and water. Now they are fighting for the keys to life."

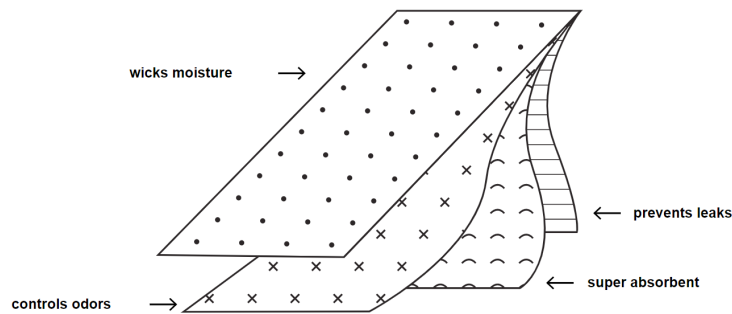
The corruption has reached the point that some people go as far as to compare it to Africa's "blood diamonds." There's good news, however: citizens have joined together against the cartels. Tancitaro, a state in Mexico, is experiencing something that possibly might be peace after locals organized against the gangs, but it's uncertain. Their peace might not be permanent but it is better than nothing.

# Eco-friendly alternatives to pads and tampons

By KhriSlenn Garino  
Times staff writer

Panic buying took hold of many people once they were told to shelter in place — essential items like hand sanitizer and toilet paper were some of the first to fly off of the shelves, and pads and tampons were right behind them. However, when it comes to period protection, there are plenty of alternatives to stocking up besides your local market.

It is no secret that girls get their periods, and menstrual products are just a necessity. As one founder of a nonprofit for girls puts it, periods simply don't stop for pandemics. People on the wealthier side are able to stock up on what they need, while those who live paycheck by paycheck or face unemployment don't get the same



A diagram of eco-friendly period panties

privileges. Previously, girls faced the difficulty of acquiring the products they need, often relying on shelters or their school nurse. As a countermeasure, certain organizations are distributing pads and tampons whether or not they have been requested, expressing

concern about the shame or embarrassment women feel about requesting the supplies they need.

Everyone has their own preferences when it comes to period protection, each product having its pros and cons. Pads come in a variety of sizes, allowing women

to choose what is appropriate for different days. The down side of pads is that once the blood reaches the air, there could be an odor or bacteria that could start to collect. Unlike pads, tampons absorb the blood before it reaches the air. But there's a downside here, too: if they're not frequently changed, there's a risk of Toxic Shock Syndrome, which is leaving a tampon in for so long that it lets bacteria build and cause a severe infection. Both of these methods involve the creation of waste, as tampons and pads have to be thrown in the garbage.

Menstrual cups and tampons aren't used as much as pads because of cultural disparities and being comfortable with placing them inside the vagina. Using a menstrual cup may seem like it would be painful or messy, but if used properly, it can stay inside

the vagina, catch all the blood, then be removed, and emptied as needed. Some may think that they would have to have had intercourse for a tampon or a cup to fit, or that they can't sleep with them in, both which are untrue.

New to the world of feminine hygiene alternatives are period panties, which are underwear that have a built-in absorption layer and can be used if the flow is not too heavy, but some girls and women are uncomfortable with wearing something while it is wet or moist with blood. However, the panties do come with different levels of absorption capability, so on days their period is moderate or light enough, women can feel more comfortable going without pads or tampons.

OBGYN Dr. Rebecca Levy-

*See Period on page 10*

# Are you successful because you're smart or because you work hard?

By KhriSlenn Garino  
Times staff writer

"Natural born talent" or just "working hard": these words will shape the way you react to almost everything you do in life. Julian Rotter is a psychologist that created the concept of locus of control, which is an individual's belief on how much control they have in their life.

There are two categories, an internal and external locus of control. A person with an internal locus of control attributes their success to their own abilities and hard work. On the other hand, a person with an external locus of control believes that there are external forces that influence what happens to them, like fate or destiny. Everyone has their own spectrum which they fall under,

In the '90s, there were six studies conducted on fifth graders that compared students' reactions to being told they were either smart or hard working. The students were given puzzles that ranged in difficulty, easy, medium, and hard. Those who were told their intelligence was the reason they succeeded would then focus on the easier puzzles. Each time the children failed, they would lose more of their motivation to overcome the challenges. Basically, because they were told that they were succeeding because they were smart, they became afraid to really challenge themselves for fear of determining that maybe they weren't as smart as they thought.

Those who were told they were diligent tended to focus on the harder puzzles. Their failure made them persist, increasing

their motivation to complete the task. Since the students were told they succeeded on their own terms, it created a sense of control in what they could or couldn't do. Because these kids were told that their success was connected to working hard, they were unconcerned about failing — they just worked harder.

In that same study, the psychologists determined that praising students for ability caused them to change their perfor-

mance goals. They would work to prove that they're smart by getting good grades and high scores, rather than truly understanding and knowing the material. People with these performance goals are more likely to sacrifice learning opportunities, as they believe that they would make mistakes and eventually fail. Being challenged doesn't appeal to those with this mindset, thus

leaving them unmotivated. Amber Paminiano (12) said, "I used to dance when I was little, and everyone there was talented. I had to practice a lot more just to get on the same level that everybody else was at. Even in the same class, I could tell that they had more experience. It makes me feel like I have to try harder than everyone else."

AP Psychologist Mr. Willemse said, "As a teenager, you're still considered a child, but you're getting small increments of control of your lives. ...They could be relying on external factors — their parents, their families, their teachers. The answer is both internal and external. There are things you cannot control in this world that will happen to you. But there's also this element of controlling how you react to the things you can't control."



# WHY MASKS ARE EFFECTIVE

By Mackenzie Pelletier  
Times staff writer

As COVID-19 forces society into a global shutdown, one of the most prevalent questions that still remains is, “Are masks effective?” Although many political figures have given advice on how to deal with COVID-19 from a personal stance, the only trustworthy source in navigating this virus are health professionals.

To start off, understanding how COVID-19 spreads is vital. According to the CDC, COVID-19 spreads between people who are in contact within six feet through respiratory droplets produced when an infected person coughs, sneezes, or talks. When these droplets land in

people’s airways (nose and/or mouth), they can be inhaled and continue the spread of the virus.

Because COVID-19 spreads so easily between people, the CDC has deemed masks to be effective in lessening the transmission of bodily fluids in human interactions. They stated, “CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission.”

Cloth face masks are recommended for the general public rather than surgical masks and N-95 respirators, as the CDC states, “Those are critical supplies that must continue to be reserved for health-care workers and other medical first re-

sponders, as recommended by current CDC guidance.” Cloth face masks can also be reused. The CDC advises cloth face masks to be routinely washed based on how often they are used, and using a washing machine to do so is a sufficient method of sanitization.

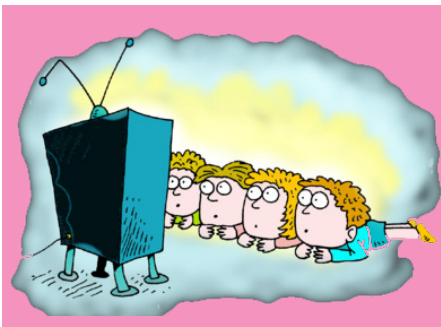
Wearing a face mask and taking it off properly is essential for the face covering to be effective. The CDC advises masks to fit snugly, be secured with elastics at the ears, have multiple layers of fabric, and allow for safe breathing. The safest way to remove a face covering is



the person to avoid touching their eyes, mouth, and nose in the process and wash hands immediately after.

Many people have struggled to find cloth face masks due to shortages; however, homemade face coverings are an option. In the CDC’s publishing of how to make a face covering, they stated the supplies that are necessary: “Two 10”x6” rectangles of cotton fabric...Two 6” pieces of elastic (or rubber bands, string, cloth strips, or hair ties)... Needle and thread (or bobby pin)...Scissors... Sewing machine.” Directions at [cdc.gov](https://www.cdc.gov).

Overall, face masks are effective in preventing the spread of COVID-19; however, that is only when it is combined with physical distancing, staying clean, and being mindful to cover coughs and sneezes.



# HOW TO STAY CONNECTED

By Catherine Raman  
Times staff writer

Although we cannot physically hang out with our friends, many people have resorted to using technology to stay in touch with their friends and keep relationships flowing.

One way people are utilizing technology to connect is through video-calling apps like Facetime, Zoom, Skype, Discord, and Houseparty. Many people use these apps to talk to their friends or even to collaborate on online assignments with each other. Video-calling apps replicate the sense of “company” we cannot have right now. Across all forms of communication, video-calling apps by far seem to be the most popular way friends

and family members are connecting during quarantine.

Netflix Party has also become popular way to stay connected and bond over watching your favorite TV shows and movies. You can download the extension if you have Chrome, and when you watch Netflix, you can create a “party” and send the link to your other friends so that they can join so you can all watch the movie or show together. There is even a chat feature on the side of the screen — perfect for the spectator of your group. It is a fun way to replicate a typical movie night with your friends — without someone stealing the popcorn.

Just look at the responses: Skylar Abellera (12) said, “Facetime and Netflix Party has really helped me stay in contact with my friends a lot. Netflix

Party gives us the ability to be able to do the normal things we would do when we all hang out together, all in the comfort of staying at home during this chaotic time in our lives.”

For those who don’t care for TV shows and movies, mobile games can be the perfect alternative. Many students are connecting over the popular trivia app Kahoot to study for their AP tests or to quiz their friends on Disney movies. iPhone users have the ability to lay iMessage games where you can choose to challenge and play at games like games pool, flip-cup, or Crazy 8s. Not an iPhone user? Try Photo Roulette. This underground-mobile game has gained some serious popularity during the shelter in place and allows users to send and guess photos from each other’s camera

roll. If you want to increase the tension, try video-chatting your friends for to amp up the competition.

Even with all the newer apps, some people still prefer just to connect over video games. Video-chatting over console games like Animal Crossing or computer games like Minecraft is a great way to stay in touch during shelter-in-place. Even games like Club Penguin have regained some popularity since friends can use its chat function to communicate. Online board games, much like mobile games, are another great way to keep in contact with and encourage healthy competition between friends.

Whether through video calls, mobile, console, or online games, people have taken to their devices to stay connected with their friends and family.

# CLUB QUARANTINE

By Mackenzie Pelletier  
Times staff writer

As COVID-19 continues to change all aspects of life, artists have no option but to get creative with how they express their form of art. Derrick Jones, who is more commonly known as DJ D-Nice, started his path to becoming an online sensation on Mar. 17 when he went on Instagram Live to play music and talk with around 200 viewers that mostly consisted of his friends and family. Within days, word spread, and he branded the concept of a virtual party as “Club Quarantine,” and by Friday, Mar. 20, he hit 100,000 viewers on Instagram Live.

Since then, D-Nice has been going live on Instagram every weekend for hours on end and frequently does sets on weekdays, also. He has done tributes to Prince, Michael Jackson, and Bill Withers, and he recently did a birthday celebration to appreciate the uplifting music



Courtesy of DJ D-Nice

DJ D-Nice reppin’ a set in his apartment on his Instagram Live.

of Stevie Wonder.

D-Nice plays genres such as soul, disco, funk, R&B, and rap. In an interview done by Shirley Ju with Variety, D-Nice said, “I play more of an uplifting set. Disco music always had a feeling of love and celebration, so I tend to find records that feel that way... For music to have the ability to take the focus off what’s going on in the world, for an hour or two or

however long you’re in that chat room, it’s extremely important finding a way to be happy right now.”

D-Nice’s Club Quarantine quickly began to attract A-List celebrities such as Mary J. Blige, Will Smith, Snoop Dogg, Missy Elliot, Jennifer Lopez, Common, Rihanna, Alicia Keys, John Legend, and Quincy Jones. Politicians such as Joe Biden, Bernie Sanders, Cory Booker,

and Michelle Obama have also taken part in D-Nice’s virtual party. When celebrities attend the live, D-Nice gives them a shout out, plays their music, or plays a favorite song of theirs. D-Nice has also used his newfound platform to advocate with Michelle Obama for the organization When We All Vote to promote voter registration.

D-Nice has expressed in an LA Times article by Jody Rosen that while starting Club Quarantine saved him from dealing with the halt of society, it is odd to DJ without seeing people dance and enjoy the music in real life. As he said in his interview with Rosen, “If you’re at a party and you throw on the wrong song, you can look at someone’s body language. I can’t do that now. So I’m just following my instincts. These are a special set of conditions.”

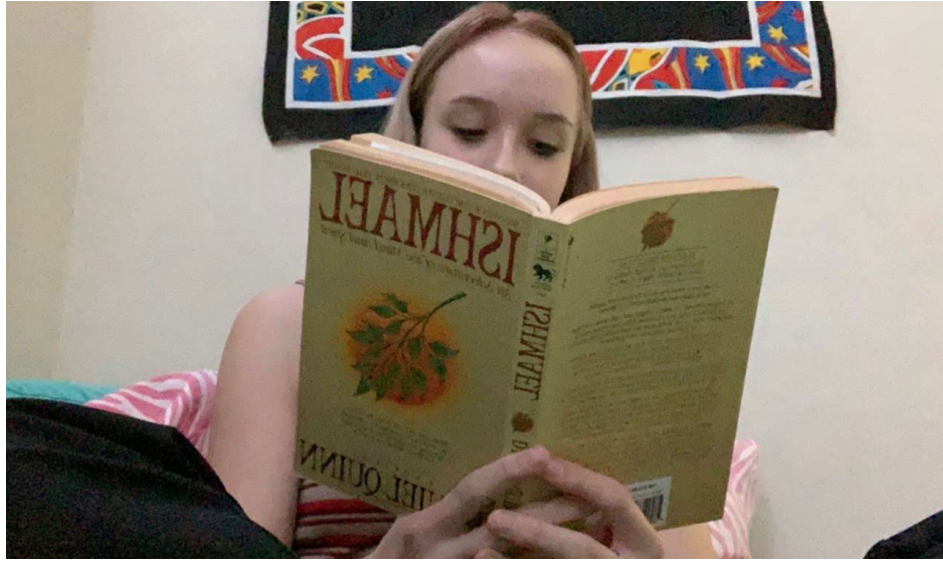
While he does not have a schedule for his Club Quarantine parties, you can always find him live and on his Instagram (@dnice) on the weekends.

# Students put free time to good use

By Lila Franco  
Times staff writer

Before COVID-19, free time was rare and impossible to fit into the tight schedules of constant busy bodies. Now that we're obligated to stay home, many are tackling their long-term to-do lists at the same time as committing to activities they've always aspired to incorporate into their daily lives, but could never find the time.

Everybody seems to have that one project in their house that's been looming for ages, but always gets put on the back burner and never finished. For example, decluttering and cleaning out your room has always felt futile to a busy teenager who doesn't have time to tidy up every day. Nevertheless, being stuck inside has motivated many to finally clear out their space, since it is where most of their time is going to be spent until quarantine is over. Clara Bellinger (11) just cleaned out her entire room, and she said, "Cleaning my room took so much weight off my chest. It was a type of self care that I feel everyone should do. Now I feel comfortable in my little



Kaiya Muller

**Kaiya enjoys slowing down and using her free time to relax and read.**

quarantine space, and I feel more motivated to do more for my mental health."

Others have always found it hard to find a hobby when all they have time for on the daily is schoolwork. Now that AHL allows students to work at their own pace, many feel like they can finally try that one activity they've always wanted to pick up with their new copious free time.

Students have been testing out the waters of a wide range of different ventures, anything from roller skating and skimboarding to making music and putting together puzzles. Kaiya Muller (10) has found a new love for reading while stuck at home, and many teens might wonder why she has taken a liking to literature in her free time instead of being glued

to electronics. Muller explained, "I've had ADHD all my life and it's gotten a lot worse as I've grown up, so a lot of the time being able to comprehend what I read is a challenge. Normally, I can't focus, but in quarantine, having time has allowed me to take things easy, and I've finally been able to enjoy books."

Hardworking students often lack the time to do one of the most important things when taking good care of your body: rest. Many teenagers stay up until the wee hours of the night juggling homework, extracurriculars, and a social life, and they don't get to sleep it off, leaving them sleep deprived. However, getting to make their own schedule and sleep as long they need has been beneficial for many teens in quarantine.

Samantha Harvey (11) feels like she can normally never get a good night's sleep, and she explained, "I am able to take a quick recharge nap after a hard and stressful class now that I'm at home and have the time, which has been helping with my anxiety because I am able to physically step away and let myself focus on something else. I can finally put myself first and make sure I get a good amount of sleep before I do anything else."

## Improve your health by being in nature

By Catherine Raman  
Times staff writer

These times can be mentally draining, but there are benefits to taking advantage of nature that may help ease the anxieties of today's global situation.

Being in nature improves memory functions. An article published by Business Insider described a study held at the University of Michigan, where the students in two groups took a short memory test. One group walked in the arboretum, and the second group walked on a city street. Then the students returned and took the test again. The study found that the students who walked by trees did 20% better than the first time they took the test. If you struggle with short-term memory, some walks outside surrounded by nature could possibly improve that for you.



Catherine Raman / Terra Nova Times

**Stephanie Raman (9) enjoying nature's beauty.**

Being in nature also reduces levels of stress. A Cornell University study published in the January 14, 2020 edition of "Frontiers of Science" indicates that as little as 10 minutes in nature can reduce stress in college-age students, as measured by blood pressure and heart

rate. "It doesn't take much time for the positive benefits to kick in — we're talking 10 minutes outside in a space with nature," lead author Gen Meredith, associate director of the Master of Public Health Program and lecturer at the College of Veterinary Medicine told Science Daily.

And that's not all — a study published by "Perspectives in Public Health" discovered that participants with mental health issues who exercised in nature had improvements in self-esteem and their mood levels.

Most of us can admit that going outside on a warm, sunny day gives a mood boost. Giselle Flores (9) said, "Nature is kind of a stress-reliever, so it allows me to leave my problems and be more with myself and with the other people around me."

Going outside can also improve your sleep schedule. Being outside regulates melatonin production in your body and can shift your internal clock earlier instead of farther back. An article published by TIME described a study done at the University of Colorado Boulder explains how being in nature can improve your sleep schedule. The study tested the sleep schedules of those who stayed home versus

those who went camping for the weekend, "Most who stayed home stayed up later than usual and slept in, and their internal clocks were pushed back even further. But on the two-day trip, campers' internal clocks shifted earlier," the study revealed.

Kate Martinez (9) said, "It actually helped my sleeping schedule just going on walks to the beach and hearing the waves, it's really calming."

Sometimes our brain needs time to take a break after stressful times like a test or after doing a lot of homework. Surrounding yourself in nature actually allows your brain to take a break and "recharge."

Ronique Louvier (10) also explained another point on how she feels more appreciative when she takes time to go outside: "So when you're walking outside just looking at everything, I feel like I start to appreciate more of what I am."

## Tiger Testimonials

**Sabina Surmaitis (11)**

I've found that I feel super put together most of the time, but about every three days, I wake up with my thoughts racing, and I know it's gonna be a rough day mentally. I usually try to counter it by taking it easy and watching movies, but on good days, I walk around the city and explore my neighborhood. I've also been doing random arts and crafts like beading and painting my woodshop project like Guy Fieri.

**Nola Zimdars (11)**

The transition from my every-day life to quarantine was hard because I'm really introverted. School was an opportunity to socialize every day, and every weekend, I would spend hanging out with friends, so it was a big change for me to have all of this alone time. I have been trying to keep busy in order to make the most of my time by cooking, painting, and surfing. I have also done some projects with my dad. We built a desk and replaced the starter in my car together. I miss hanging out with my friends, but one way I've been keeping in touch is by writing letters.



Sabina Surmaitis

**Sabina showing off her art project.**

# Horror movie recommendations

By Heidi Barrios  
Times staff writer

Luckily, when it comes to being stuck in quarantine, time is in your hands. We might find it hard to sleep or even think rationally but it's okay. There are a plethora of movies to watch from psychological thrillers to the basics of horror to watch. So why not put a halt to those cringey movies and throwbacks to watch some spine-chilling horror.

"Midsommar": Recommended by Nikka McGhan (11), "Midsommar" is nowhere near your basic summer film. Dani and Christian are an American couple on the verge of breaking apart. However, a tragic family event occurs in Dani's family that leads her to go with Christian and his friends to a mid-summer festival in the middle of a Swedish village. What seems to be a retreat to get their minds out of reality takes a swerve for the worst as they realize

their lives have fallen into the hands of a violent pagan cult.

"Train to Busan": Rated 96% on Rotten Tomatoes, "Train to Busan" has to be a 2016 Netflix favorite. Sok-woo, the father and main character that has little to no time for his daughter, Soo-

ahn, are taking the train from Seoul to Busan to see her mother. But as their journey begins, so does a huge zombie virus. During the journey, an infected woman attacks a member of the train staff, and soon all the passengers in the car are attacked,

turning into zombies. Seok-woo realizes that there's a zombie outbreak in South Korea, and together with the passenger Sang-hwa, who is traveling with his pregnant wife Seong-kyeong, they isolate the safe front cars from the infected ones. Along

their journey, the non-infected passengers have to fight the zombies and the selfishness of their fellow human beings. Stephanie Raman (9) said, "It might not be as scary for others, but for me, it was pretty scary. Also, it's a thrilling movie that had an emotional touch."

"The Platform": If you are ready to see some wacky stuff, this is your movie. An allegory for class and capitalism, "The Platform" is a Spanish film on Netflix that gives the viewers a hint of a dystopian prison. Composed of vertically stacked cells, Goreng enters the prison with the intent of increasing his social status. However, the conditions of this prison are incomparable. Every day, a platform descends through a large hole in the middle of the building, and it's the only chance for food for the entire day. Inmates live in a food chain where the food descends to the upper levels first, and those below them

See Horror on page 10



## The drone revolution is already here

By Victor Wu  
Times staff writer

Bzzzzz. First, you think that it's a bee, but it's coming from outside. It could be a plane, but it seems too close. What could it be? A bird? A plane? Nope — it's a drone.

Right now, people are optimizing every aspect of technology to make life more convenient, and drones are no exception; they are not only being transformed to fit the needs of online shoppers, but also for other reasons.

You may have seen drones used in vlogs to capture the birds eye's view of scenic landscapes or of a city skyline. But this bird's eye view is also utilized for a tactical overview of the environment. The military uses drones, called UCAVs (Unmanned Combat Aerial Drone) or UAVs (Unmanned Aerial Drone), that are human controlled, to either attack someone

or something with missiles in a "drone strike" or for general surveillance. Most recently, these types of drones were used to assassinate the Iranian General, Qasem Soleimani. These drones have been active since 2014 and have been useful in ensuring the safety of our soldiers by acting as a portable vantage point.

Other drones have been used to explore unsafe areas for humans, such as mapping radioactive spots near the infamous explosion of Chernobyl, a nuclear power plant in Ukraine. Drones can even have thermal cameras that can detect people in places it is hard to see from the naked eye, making it much easier to find missing people.

Apart from using drones for vision, with a little tweaking, they can be used to carry a variety of things. You might have heard about the online shopping tycoon, Amazon, testing drone deliveries to directly deliver packages to people's

doors. Although this may seem like sci-fi, using drones to carry things is not new. The up and coming "Prime Air" is being developed to eventually be able to ship and deliver lighter weight items in 30 minutes. This technology not only uses more powerful propellers, but it is also fully autonomous. The drones have computer-based navigation and can detect any dangers, like planes and birds, that could potentially damage the drone and the people below.

Danrick Jamora (10) a technology enthusiast, said, "I think that drones can be seen as a benefit to society because you can make a lot of people's lives easier with drones like... some people who are disabled or cannot go out to get the stuff they need, they can have a drone help them... I would love to see a future with drones, but maybe we should skip the full autonomous side."

So why should we care? The



Victor Wu / Terra Nova Times

Drones are becoming integrated into our modern world.

reach of technology is growing, and limits are being redefined. The new tech now will soon become the tech that we use everyday. While you may wait

for a time where you can buy your Peppa pig telephone and receive it in less than an hour, check out the innovations and threats of the rise of drones.

## Some random thoughts in these trying times

By Heidi Barrios  
Times staff writer

At times, we might have thoughts that we would rather prefer to not be stuck in our heads such as worries or small concerns. But other times, the craziest and most random thoughts just pop up. Especially now that we have every second to ourselves stuck at home. Here is a list of things you might or might not have thought of.

Think about this. How about we open stores in each city exclusively for people who don't believe in social distancing, staffed by people who don't

believe in social distancing, and when they get COVID, they'll go to a hospital staffed by people who are self-educated via Google. This would be a great idea because there are states who are considering or already suspended some restrictions when the overall cases in the U.S. have reached over 1.4 million according to worldometers. If these people want to go outside and protest in groups, by all means, but don't be stepping into places where there are strict social distancing rules. It defeats the purpose.

Another random thought is how everything that has made 2020 a dreadful year to live in will most likely be in the future's high school curriculum. It might

not feel like we are living in very important moments of history right now, but just like our sister counterpart the Roaring 20's, this will go into history textbooks. Our kids are going to see their teacher's Google Slides on how people went to the extreme to go and buy the whole stock of toilet paper. They will also learn or fail tests about the similarities that people experienced from the 1920's compared to the 2020's. Especially if they go into APUSH. Luckily, if we are parents, we can give our kids a hand.

Now, before this ends, let's leave this on a crazy note. Here are some quick random thoughts that may or may not have ever occurred to you. A differ-

ent version of you exists in the minds of people who know you. The only part of your reflection you can lick is your tongue. Dragons would think it's cool that we can make water in our mouth. If wookies have over a 400-year-life span, then Han Solo is probably Chewbacca's third dog. You know you've reached adulthood when your bed moves from the corner of your room to the middle of the wall. Fitbits are like Tamagotchis, except the stupid creature you have to keep alive is yourself. Corrupt cops are just undercover criminals. The word nun is just the letter n doing a cartwheel. Every mirror you buy is in used condition. Orchestras are just 1800s cover bands.

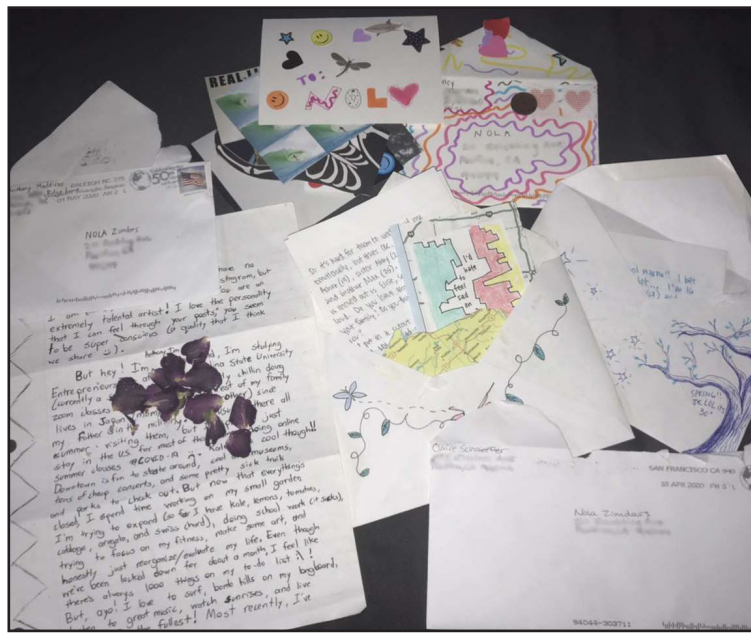
# Trends of the Times

## Letters are in, texting is out

By *Khrislenn Garino*  
Times staff writer

Living in the age of technology, it's easy to forget about the things that used to be norms to bring us joy. Quarantine has physically separated us from our loved ones whom we do not live with, and there is only so much you can do through a screen before your eyes get tired. Wanting to do something meaningful for their friends, people have begun to send letters and gifts.

The action is small, but the intent is what moves people. Nadia Lee (12) sent letters to people, hoping to show how much she cares. "The inspiration came after my friends and I were having a conversation about how much we all missed hanging out with each other. So, I thought it would be nice to show them that despite not being able to physically see one another, we all still



Nola Zimdars

**Nola Zimdars shares some of the letters she has received.**

care for each other," she said. Kei Nakamura (12) was one of the recipients of her letters and, inspired by her friend, later decided to follow Lee's

lead. Warming her heart and feeling the love from receiving the letter, Nakamura said, "I was really amazed by how I felt from getting a physical let-

ter, I realized how important it is to actually write. I gave the letters and a set of masks to 10 other people and went around Pacifica and Daly City to give them out. I also wanted to see some of their faces. Many of their family members decided to wear the masks as well."

Bummed about having her birthday during quarantine, Hyacinth Sandagata (11), along with Kyle Sherman (11), made rounds to drop off gift baskets to a bunch of friends. These baskets contained a written note, a party hat, a toy, popcorn, face masks, and candy specific to the recipient. The goodies paired with interactive activities online made her birthday more fun and special. Delivering everything seemed to be one of the more memorable moments. Sherman said, "The actual delivery was really fun for everyone because no one really had any interactions with friends. Even though

we couldn't necessarily be close to each other, we were able to talk a bit within distance."

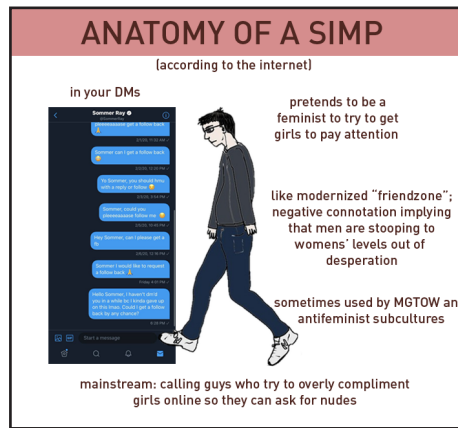
Shelter in place has brought back value to things that seemed trivial. Since people were able to go out and see each other previously, there was no real point of sending letters to people. It was easier to hand something over to people at school. Currently, texting is the most reliable and fast form of contact, but receiving something physically will pull at your heartstrings differently. It's a tangible reminder that people still have each other's backs. Like Nakamura, people have been making masks to help one another. Others like Sherman and Sandagata have dropped off their friends' favorite snacks, something that now requires extra effort. Going out of your way, whether it's to write a letter, making masks, or dropping off goods, will always be appreciated.

## "Simp": The new controversial term

By *Khrislenn Garino*  
Times staff writer

"Simping" is a term you may have become familiar with lately as it has taken over social media, but what exactly does the term mean? While in the past, simping has been used interchangeably with the phrase "being in your feels" or sad, there are a whole lot of interpretations that you may not have known about.

The top definition of a simp on Urban Dictionary is a man who sucks up to women or degrades himself when talking to women in hopes of winning them over, but gets nothing in return. That definition was written in 2012, making this term older than most of us thought. It gained traction on TikTok late 2019, a trend that told people they were a part of the "Simp Nation" if they've done something remotely nice for another person. Matthew Parina (11) describing the



Nina Yong / Terra Nova Times

**There are many meanings behind the word simp**

term's popularity, said, "TikTok definitely blew up the word 'simp' because it's an easy label to put on someone. The people around me have always used it synonymously with being in your feelings, so now that TikTok blew it up, it's hard to even use it in that

context anymore. To me, a simp is a person who compromises their character in pursuit of a romantic partner."

Preceding its rise on TikTok, the title "simp" was heavily used by members of an anti-feminist movement called MGTOW, or Men Going Their Own Way. They have completely ditched the idea of having women in their lives, and those who continue to live alongside women are considered simps by default. Misogyny at its finest; they portray women as beings who simply leech off of men and control their assets because the simps are too weak to deny them of it. Using that as an extreme example of how vast the definitions are for a simp, many of those definitions have a couple things in common: it's someone trying to get the attention of another person, often by doing too much, and essentially becoming a lost in their feelings for another person even if it gets them nowhere.

On the flip side, using simping as a

meme has been pretty controversial. It was generally okay to call yourself a simp — after all, that's for you to judge. Calling certain behaviors, such as laughing at a girl's joke, 'simp behavior' implies that the nice gesture is only occurring to get the recipient to like them, which is not the case in platonic friendships.

Nowadays, it seems that teens have used it in a more harmless way, often referring to themselves or their friends as a simp when they're obviously in their feelings and can't do much to hide it. Some people have gone as far to say that it's a title for anyone who has been friend-zoned. Many of the simping jokes have been made by boys, but it's not limited to them. There are a plethora of interpretations that make it out to seem like it's only boys simping over girls, which is not the case. Everyone has their own definitions and with all the different meanings of what a simp is, there will never be one definite answer.

## Make your quarantine morning more exciting with Dalgona coffee

By *Laytithia Monzon*  
Times staff writer

The now famous "whipped coffee" is heaven for the coffee lovers who want something special during quarantine. This "whipped" coffee became popular when it came on Korean TV after Jung Il-Woo tried it. The unique aesthetic appeal allowed the coffee to garner attention on the TikTok app. Jung Il-Woo gave it the nickname "Dalgona coffee," for its resemblance to the traditional Korean sponge candy of the same name.

Dalgona coffee is actually really easy to make. The coffee is made with instant coffee,

sugar, hot water, and any kind of milk. Tasha Valdez (10), who loves the frothy beverage, recommended, "Whip the instant coffee for like five minutes, until nice and thick. Grab milk, I use almond milk because it tastes way better, and I top the whipped coffee on the iced milk. I let it sit until some mixes in." You'll want to mix with a wisp or electric mixer. Add 2 tablespoons of instant coffee and as much sugar you want, with 3 tablespoons of hot boiling water. If it's not fluffy enough, add more water. Now mix until it is that super spongy brown consistency. Anna Julian (11) said, "It was a very tough arm workout, so I decided to use an electronic

mixer... It took about ten minutes and the process and pouring and mixing was satisfying."

After you have your fluff, pour half a cup of milk of any of your choice and scoop the fluff into the cup with the milk. Your drink is now finished and hopefully delicious.

Asia Mae Santos (10) said, "I tried it and it was seriously good, the fluffiness made it 10 times better than regular iced coffee. I drink it maybe once a week."

There are inventions coming out related to the Dalgona coffee. There is a matcha flavored one that has the same process: just change the instant coffee to one tablespoon of matcha powder, 2 tablespoons of sugar, 2

egg whites or you can also use aquafaba or heavy cream. First mix the egg whites until thick and foamy using your whisk or electric mixer. Then add your sugar and use a sifter to add the matcha powder. Mix until perfectly blended. Get a cup of milk and simply add your matcha whip on top. Santos added, "Once I added matcha powder into it, and honestly it tasted pretty good." Emma Perez (11), a barista at Linda Mar's Starbucks, said, "The drink was really easy to do. It obviously is not gonna be your typical cold coffee from Starbucks, but it's good enough to do at home. I recommend you do it with almond milk, it



Nicole Celentano

**The most aesthetic coffee.**

tastes a little better. Besides that use the electric mixer unless you wanna get the muscles!"

# Horror

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get whatever remains. Ravenous and delirious, each pair of prisoners gets to see who is above them and below, commenting on social hierarchies.

“Eli”: For a few years now, Eli has lived under the impression his immune system was attacking itself. With that in mind, his mother, Rose, had him live the life of a bubble boy, and since being exposed to the air caused him to turn red and hurt, it was assumed that she was telling the truth. With husband Paul, who found Dr. Horn, she takes him to a secluded place to get better. However, as he goes through the stages of treatment,

Eli learns what is really ailing him and how many played a role in that. Kyle Sherman (11) said, “As you start to hit the climax of the movie, you start really questioning all of the characters. It messes so much with your brain, and I think that’s what I really enjoyed about it. It was less scary and more of a mess with your head, and by the end of it, I was pretty much yelling at the screen.”

Even though we are all going through rough times, let’s not forget we have Netflix and all the streaming services ready for us to explore. Expand your horizons with new genres and new films that you can start conversations about so that you and your friends don’t die of boredom waiting for this to end.

# Ireland

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The Navajo and Hopi nations have been hit hard by COVID-19. As of May 13, Rachel Martin of NPR reported that the Navajo Nation has over 3,000 active cases of COVID-19 and over 100 deaths, more cases per capita than almost anywhere in the United States. Part of the reason the Navajo Nation is suffering disproportionately is that the conditions on the reservation are crowded; social distancing is not possible. Furthermore, much of the reservation is without running water or paved roads, and the population was struggling economically long before the pandemic took

root on their land. However, the Navajo elders have been extremely aggressive in their approach to the virus, with widespread testing of the population — 8% compared to the anemic 2% testing rate of the rest of the country. In the meantime, the money coming from the GoFundMe.com is more than welcome. The amount raised has gone up to \$2,840,000 out of their \$3,500,000 goal, which has helped Navajo and Hopi elders plus families with children that live out of the Arizona area. With this money, they will be able to deliver food baskets designed for an entire household. If you want to help, you can go to the GoFundMe page of “Navajo & Hopi families COVID-19 Relief Fund.”

# Hazard

Continued from Page 2

called the Hero’s Fund, is a proposal that, if passed, would provide up to \$200 billion for front-line workers. It is equivalent to a \$13 hourly raise for essentially workers from the start of the public health emergency to Dec. 31, 2020. The more recent proposal is called the Patriot Pay is meant to provide up to \$1,920 a month for workers and maxes out at \$5,760 after three months. It essentially means that workers receive a \$12 hourly raise for a three-month period from May to July.

When asked about the Patriot Pay proposal, Dr. Kinder said, “I’m glad to see that Congress has finally provided some form of federal pay for our essential workers. It’s the least we can do. The proposal mostly impacts essential workers who earn less than \$90,000 a year, which is good as there are so many front-line workers making less than the national minimum living wage. Though it could be better, it’s a start, and I sincerely hope the proposal gets passed soon. These workers are risking themselves and their families in order to help others and keep society functioning; the least they deserve is a \$12 raise.”

# Period


Continued from Page 5

Gantt said, “I do recommend instructional videos on using menstrual cups or on period-panties for them to be used correctly. There are companies like Thinx and Modibodi for period panties, and Diva cup and Lunette are some types of menstrual cups. Menstrual cups and period panties are more eco-friendly as they are reusable, whereas tampons and pads need to be thrown away after use. Anyone who is uncomfortable with any of these methods or who needs to learn how to become more comfortable with them can go online or visit

a women’s healthcare provider. While using pads and tampons are conventional, menstrual cups and panties are often overlooked.

Due to the intimate nature of the topic, students and staff alike were hesitant to have their names published in quotes about such a personal topic. One student who uses menstrual cups said, “I use them because I wanted to lower my amount of waste and not have to worry about being out of anything, since it only takes a few minutes to sanitize the cups. The amount of waste produced is different — tampons and pads absorb while cups just collect. I don’t even think a lot of people know about things like cups, reusable pads, etc.”

**CONGRATULATIONS**



**2020 SENIORS!**

From TN Alumni Vince '64, Marie '66, Nick '91,  
and Janelle '93

Thank you to all of the students who made this paper possible. You make me proud beyond measure. You stepped up in the midst of anxiety, uncertainty, and constantly changing conditions, and you did so with professionalism and a can-do attitude. You are the GOAT.  
~asj

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