

Terra Nova Times

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Terra Nova High School

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School starts to reopen tomorrow

By Leila Eliares
Times staff writer

Over a year ago, JUHSD campuses closed their doors and shifted to online learning. Some students have thrived in the distance learning environment, while others have found it boring and difficult. However, school is now back in person for the first time in over a year.

As excited as everyone may be to go back to in-person learning, not everyone is going back to campus all at once. Seniors will be prioritized first, followed by freshmen, juniors, and finally sophomores. Aimee Heimann (12) opted to return in person. "I think it will be fun just to see people when I go back, I really miss being able to socialize," she said.

The entire student body will be reintroduced to the A-B cohort system, and each student will be on campus for two days a week. Those who opted for hybrid instruction are required to fill out a health screening form online for each day they are on campus. As expected, masks will have to be worn at all times while on campus; according to the district's reopening plan, "Face coverings must



Leila Eliares / Terra Nova Times

This side of the school may be a sight for sore eyes after more than a year away.

be worn in classrooms, school transportation vehicles, parking lots, meeting rooms, and all other parts of the campus, but may be removed when alone in a classroom, office or cubicle. Face coverings may be removed for meals/snacks only if social

distancing can be maintained." Additionally, there will be random COVID-19 tests for students, while staff and coaches will be tested every week. Alexi Apolinario (10) said, "I want to go back to school so I can interact with people and also

to get out of the house. Also, keeping track of the work was difficult in distance learning."

In order to limit the spread of COVID-19, physical changes have been made in order to reduce the spread. Hallways are now one-way in order to allow

for social distancing. While students are on campus, classes will still be conducted through Zoom, as a majority of students will still learning from home. Lockers will not be in use, and water fountains will be shut off; instead, water bottles will be provided and students are encouraged to bring their own water.

Overall, students respect the changes being made. Jacob Reeder (10) said, "I feel like these changes make sense — honestly, I expected these. I'm choosing to go in person because I feel like it would be more helpful for me than distance learning has been, even though sophomores only get like a week of school."

Not all students opted to return to in-person schooling, which approximately half choosing to stay full-remote. Senior Talia Rosen said, "I'm choosing to stay home because I just honestly don't think it's worth it for me... a huge part of going to school [are] all the fun things like rallies and being able to talk to your friends, none of which are going to be happening when we go back... We'll still be on computers, so I don't see a point in going back to basically do the same thing we've been doing for the past year now."

Pfizer's vaccine trials looking very promising

By Matthew Lim
Times staff writer

Want to get vaccinated, but you aren't 16? Well, don't fear, Pfizer is here. Pfizer's vaccine showed a lot of promise in recently released trial data for kids.

In a positive turn of events, adolescents have been tested in trials for Pfizer and BioNTech's joint vaccine, sparking hope for younger people to get vaccinated. In a press statement by Pfizer and BioNTech, chief executive officer of Pfizer Albert Bourla stated, "We share the urgency to expand the authorization of our vaccine to use in younger populations and are encouraged by the clinical trial data from adolescents between the ages of 12 and 15." The same report contains data showing that the shots have demonstrated a remarkable 100% efficacy within the people tested, likely due to the multiple revisions of the vaccine through rigorous testing. This leaves students, especially freshmen and sophomores, more optimistic about going back to school.

"I'd say if the vaccine is available for ages 12 to 15, then I'd get it," said Ava Carrington (9), "It would definitely make me less anxious to go to school."

With Pfizer in the third phase of vaccine testing, the current consensus also shows that the shot will have long-lasting protection against COVID. In particular, the Pfizer vaccine has a 91.3% efficacy rate six months after it has been administered, according to a joint statement from Pfizer and BioNTech. Additionally, the Moderna vaccine has shown 95% efficacy after six months.

According to CDC and FDA standards. Pfizer's vaccine shows extreme effectiveness in lessening effects of COVID-19: "The vaccine was 100% effective against severe disease (disease leading to possible hospitalization) as defined by the CDC, and 95.3% effective against severe COVID-19 as defined by the FDA," Pfizer's press release says. Pfizer applied for emergency use authorization for 12-15 year olds last week.

Pfizer's and Moderna's vac-



Jenson Ho / Terra Nova Times

Pfizer's vaccine may be the first COVID-19 vaccine available to people over 12 years old.

cines are also undergoing a trial being held by the National Institute of Health to test allergies and allergic reactions from both of the vaccines. The two vaccines are somewhat related; both were authorized by the FDA for emergency use, and therefore both are undergoing additional

testing in order to make sure immunocompromised people, such as individuals with mast cell diseases, can safely receive the vaccine. This goal is also stated by Dr. Anthony Fauci: "The information gathered during this trial will help doctors advise people who are highly al-

lergic or have a mast cell disorder about the risks and benefits of receiving these two vaccines. However, for most people, the benefits of COVID-19 vaccination far outweigh the risks."

Because the trial is currently ongoing, no results have been published so far.

Middle Easterners aren't White

By Katalina Huazano
Times staff writer

According to the Census survey section where Americans are asked to fill out their race, anyone who is descended from the Middle East, North Africa, and Europe are considered to be white.

In America, race not only allows people to honor their heritage, but it also plays into how they are viewed and the prejudices made against them. Being white in America is more than just the origin of where someone is from, but it also has to do with the “white privilege” that is obtained. The irony of people who descended from the Middle East and North Africa (MENA) being categorized as white is that they are often viewed as perpetrators in America, due to false prejudices held against them.

Terra Nova student Joshua Ababseh (11), whose fam-



www.census.gov

In the U.S. census, everyone's race should be reflected.

ily is Jordanian, said, “Growing up, I feel like I was seen and treated by others as nothing close to white, between the racial slurs that I was called and the stares my family is given in public. I constantly felt and knew I was different.”

Although the 2020 Census already passed and the next

one doesn't occur until 2030, the importance of creating a specific category for MENA descendants in the U.S. for the next census goes beyond the factor of discrimination. The main significance in not categorizing MENA descendants as white has to do with the whole reason why the cen-

sus asks for a person's race.

The United States Census Bureau uses the data collected from the survey not only to supply proper funding to a specific county, but also to “provide funds and services for particular groups.” The data is additionally used to “evaluate government programs and policies to ensure that they fairly and equitably serve the needs of all racial groups and monitor compliances with antidiscrimination laws, regulations, and policies.” Ababseh said, “Ironically, when it comes to anything where it can be beneficial to one for claiming as POC, it seems Middle Eastern along with other races are just swept under the rug, as ‘white.’”

When Middle Easterners and North Africans are neglected from having a race category like other races, the Census does not take into consideration what resources or potential adversities that community could

be facing. Many programs that help citizens who may have a language barrier use the census data to see what translators may be needed at polling facilities. Also, when MENA Americans apply for Pell grants and federal student loans, they lose access to funding allocated for them due to labeled “white” on the census. Additionally, Middle Eastern and North African American citizens' access to health care and other programs is not tracked since they're categorized as white, which means that they are losing out on other benefits or programs that target under-resourced groups.

Terra Nova student Wassem Batar (11) said, “I come from a Middle Eastern, Palestinian decent. I personally do not take offense in how it is labeled as white, but I believe there should be another option or if anything be under as other. Other races have theirs, why shouldn't we have ours?”

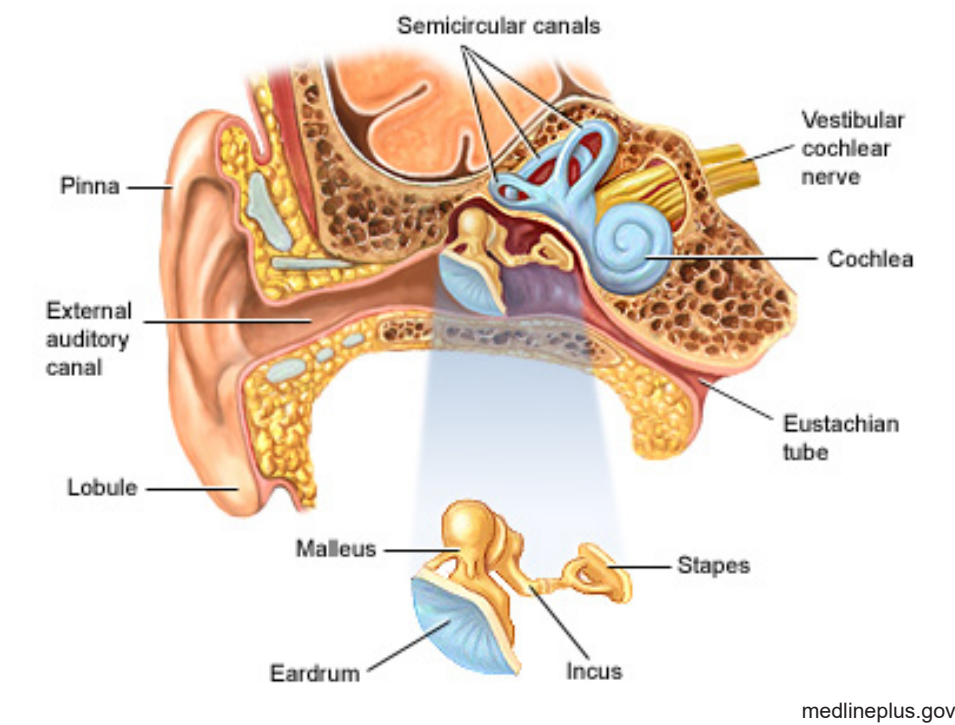
Keep falling over? Maybe you have vertigo

By Katalina Huazano
Times staff writer

The sight of walls spinning and feeling off-balanced are familiar feelings for those who have experienced vertigo. Recently, late-night talk show host Stephen Colbert was diagnosed with Benign Positional Vertigo. In an interview with ET, Colbert said, “It's almost entertaining, until I forget, and then I go to stand up, and then I just fall down... So, I'm coming to you right now from a very weird angle, slightly listing to port.”

According to a UCSF overview on vertigo, almost 40% of American adults have experienced vertigo, and women have a slightly higher chance of experiencing it than men, although the reason why is unknown. It usually occurs due to an issue in a person's vestibular system, which includes the inner ear, vestibular nerve, brainstem, and cerebellum, which is a section of the brain that unites sensory perception, coordination, and motor control and controls balance, posture, and the body's orientation of space.

Dr. Eddy Haro, a chiropractor at Eureka Square Chiropractic in Paci-



medlineplus.gov

fica, said, “They're canals inside your ears, and they have little crystals. Normally, those crystals move around, and they should be flowing freely (they are just liquid in your ears that control your balance and coordination). But sometimes those little crystals can get stuck

in those canals, and that sends signals to your brain that it does not know kind of where it is in space. Making people dizzy, causing people to feel like their world is spinning, nauseous, and not comfortable so that is a problem.”

Vertigo is most often a symptom

and not a condition, since the majority of the time it is temporary and is caused due to a bigger issue such as frequent migraines, an inner ear infection, Labyrinthitis (inflammation of the inner ear), or prior head injuries.

Every so often, vertigo can be a somewhat chronic condition, and this is called Benign Positional Vertigo, which is more common in people ages fifty and older and is what Colbert was experiencing back in November. People with BPV experience vertigo more often, putting them at greater risk of falling and injuring themselves.

A way to treat vertigo is by going to a chiropractor. As Dr. Eddy Haro said, “We can check those canals, and which way those people feel like they are spinning, and then can help with the adjustments. By kind of moving those crystals out of those canals, and get them flowing again. Once those crystals get moving, then people no longer feel dizzy. We give exercises as well — there is an exercise called the Epley maneuver that helps move the head around and moves those canals to dislodge the little crystals out of the canals.”

Finding a place to sit or lay down is the most immediate solution to vertigo.

Who is the most influential Person of Color to you?



Bessie Coleman
-Abby Dodson (9)



Thomas Sowell
-Frank Ward (10)



Jessie Leroy Brown
-Danny Ortner (11)



Mary Ellen Pleasant
-Abby Moore (12)



Jose M. Hernandez
-Mr. Vilchez

The history behind political parties

By Kyle Gossage
Times staff writer

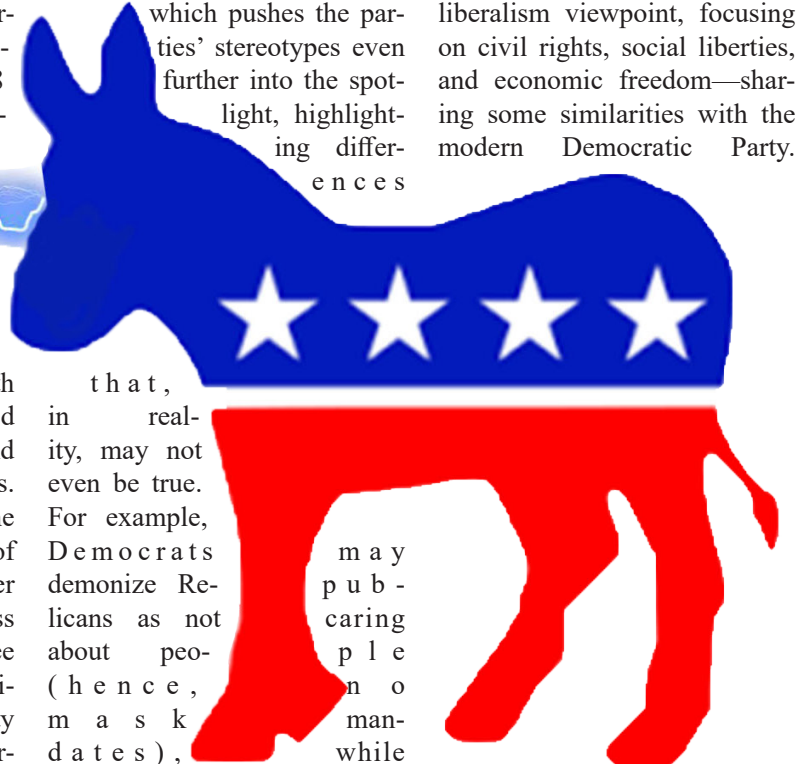
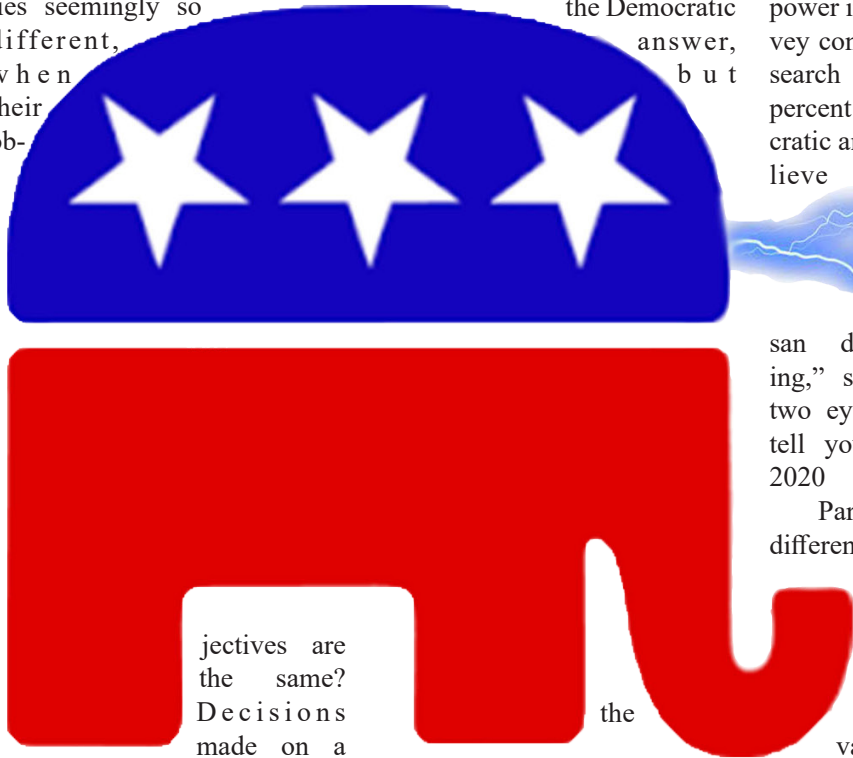
In America, we have two main parties: the Democratic Party and the Republican Party. But why are these two parties seemingly so different, when their ob-

balanced and accounted for, and having several different approaches to the same issue can effectively work to find the best outcome. John F. Kennedy, the 35th President of the United States, once said, "Let us not seek the Republican answer or the Democratic answer, but

values social rights, civil rights, and the environment, and in some cases, it prioritizes those above the other factors. On the other hand, the modern Republican Party values and prioritizes the economy, individualism, religious rights, and balance of power in the government. A survey conducted by the Pew Research Center said, "Over 78 percent of people, both Democratic and Republican, be-

Sometimes, political leaders use false or unreliable data to tell their voters what their voters already believe. This is known as confirmation bias and is an attempt to gain more votes. These actions are often aimed at the more radical people in the party, which pushes the parties' stereotypes even further into the spotlight, highlighting differences

have these core beliefs. When the Democratic Party was formed, it was focused around individual liberties and less government involvement, similar to the Republican party values today. The Republican Party, on the other hand, had a classical liberalism viewpoint, focusing on civil rights, social liberties, and economic freedom—sharing some similarities with the modern Democratic Party.



that partisan divisions are growing," something anyone with two eyes and two ears could tell you after the 2016 and 2020 presidential elections.

Partisan divisions are the differences in perspective of each party. The farther away they are, the less each party can agree on. These disparities in what each party values creates different approaches to every issue. For example, consider the pandemic. While Democrats favored mask mandates, Republicans fought against them. However, this is not the only reason for these disparities.

that, in reality, may not even be true. For example, Democrats may demonize Republicans as not caring about people (hence, mask mandates), while Republicans accuse Democrats of not caring about small businesses like bars and restaurants, which lost tons of money due to mask mandates and limits on indoor dining. These parties did not always

jectives are the same? Decisions made on a national level can affect the economy, social rights, civil rights, the environment, foreign affairs, and balance of powers, simultaneously. It is crucial that all of these political and social issues are kept

answer." In this, Kennedy acknowledged the existence of two opposing parties and advised them to balance out all factors by meeting in the middle. The modern Democratic Party

Throughout each party's existence, they essentially swapped core beliefs with the other party and made it their own, a result of how each party viewed the expansion of power in the government.

There are many pathways to a golden ticket

By Luke Avery
Times staff writer

As college decisions come out, and people post the prestigious colleges they got into, some people have FOMO (Fear of Missing Out) in their college life. Well, you can ignore all those spam mails from Whittier College because life isn't black and white, and there are many options to continue with your life without going to a four-year college.

Attending a four-year college is not the golden ticket to success; in fact, if you aren't careful, the only thing it's a ticket to is debt. According to the National Educational Data Center, 40% of undergraduates drop out in the first year, a daunting number for incoming freshmen. Not only that, but the average student loan debt is around \$32,000 with 6% interest, which traps many people in jobs they don't like because they have no other ways to pay it off. Based on these surprising statistics, many people opt out of the classic four-year college that is said to "hold your key to success," and instead go to junior college or trade school.

A much cheaper alternative, JuCo (Junior College) is an often free way to obtain a the first two-years of a four-year college education, without the outrageous fees. Advocates of the JuCo route typically mention that the first two years of college is mostly finding out what you really enjoy, as well as general education credits, two things that you can do without racking up tens of thousands of dollars in debt. Also, for athletes who may not be ready for D-1 schools, junior college offers a chance to play the sports they love while getting

a solid education. Former Terra Nova Athlete Shamus Johnson has pursued his sports career at City College of San Mateo. Johnson said, "I went to JuCo to play sports and get cheap college credits, but when COVID-19 hit, I felt like I made the most 200 IQ move. 4-year college freshmen were doing almost the exact same Zoom meetings, but I was paying maybe a few hundred dollars for the year when they were paying thousands." JuCo can also offer almost a guaranteed transfer to a good college to specify the major you want, as long as you keep up good grades. If you had your heart set on UCLA, but didn't make the cut as a freshman, transferring is a great option.

Another great choice is trade school — not only is it something different than college all together, but it also provides cheap alternatives to developing skilled labor. Skilled workers such as construction managers and landscapers are in high demand, with CNBC reporting that just this year alone, 6.7 million jobs have opened up in this area. Trade schools are much less expensive than the average college and takes less half the time to complete. In recent polls of thousands of young adults looking for education after high school, 41% of Americans would choose a trade school over college for career opportunity, pay potential, and meaningful work. Another Terra Nova scholar, Seth Mills, said that he's very interested in going to trade school, and plans to be an electrician. He said, "I've seen the facts, and the four-year college route just wasn't for me. The Trade School sign up process is relatively easy, and the work is way more enjoyable than a lot of the stuff I had to do in high school." It pays better, too.



Courtesy of Seth Mills

Seth Mills (12) on a car that he built himself. Mills has opted to pursue skilled trades rather than a four-year university.