

Terra Nova Times

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Terra Nova High School

April 21, 2021

A strange end to a strange season

By Miles Palmer
Times staff writer

On Friday, April 16, the Terra Nova Varsity Football Team took on the Half Moon Bay Cougars. The annual rivalry game happened like it had never before, and playing in it made me realize just how crazy everything is that is happening right now.

The most unusual part of this match-up was the timing. For one, the “Skull Game” always takes place in early November, right around the time daylight savings ends. When the initial kickoff takes place, it’s already dark outside. This game was much different from all the other games that happen during the high school season because it did not become dark until around the second quarter, unlike November when it is dark soon after the game starts.

When the game is not played in the middle of a pandemic, both sides are packed with fans no matter where the game takes place. Due to the Covid restrictions, each player could only invite four of their family members attend the game, but some things about the Skull Game still remained the same. The shivering weather that the coast gets during the fall still managed to be there in Half Moon Bay Friday night. As al-



Karen Valdes

Running back Dimitri Fabiani-Wyatt scored a touchdown, a bright spot in a tragic game.

ways, the game was the last regular season game of the year. Normally, both teams would be preparing for the CCS playoffs after the game, but Covid forced the CIF to cancel all high school football playoffs.

Due to this, all the seniors on both teams knew that this would be their last time playing

in a high school football game. To make matters weirder, our Terra Nova seniors also had their senior night — on Half Moon Bay’s field. All three games that our football team played this year were away games, so we did not have an actual senior night planned. Lucky for us, Half Moon Bay generously al-

lowed our seniors to get their special night with their families. Being there and cheering my teammates on as they were greeted by their families felt very surreal, since we were doing it on our bitter rivals’ turf.

Despite the celebratory acknowledgement prior to the start of the game, from the first play,

there was an electric atmosphere created between the two teams, and the select number of fans that were allowed in, and it got everyone’s blood pumping. I could tell right from the kickoff that this would be a long game and would be won by the team that could out-work the other.

The first half was highlighted by a Nathaniel Bendo touchdown. “Scoring that touchdown really brought our whole team’s energy up,” Bendo said. After the first half, we were only down by a score. The whole team knew that we were going to be in for another long and gritty two quarters. When we came out into the second half, we just could not put a halt to Half Moon Bay’s run heavy offense. As the Cougars’ score increased and the game clock wound down, the realizations that it would be many players’ last high school football game kicked in. By the time the scoreboard indicated that there was no time left and our team huddled together one last time, we all relinquished our moments as one team together. It was a sad time for many. “I listened to Boyz II Men on the bus ride home,” Dimitri-Fabiani Wyatt reflected. Despite one of the strangest seasons ever, everyone prevailed and showed their determination and dedication to the sport they love.

College Board rolls out new plan for AP tests

By Isabella Copeland
Times staff writer

The College Board has introduced a three-tier administration system that includes different test dates, different media to take the test, and different locations. Their website states, “The 2021 exam schedule provides 3 testing dates (Administrations 1, 2, and 3) for each subject between early May and mid-June. Paper or digital exams are offered, depending on the subject and exam date.”

Despite the wide variation in school settings for students, the College Board did not modify the course content for any AP course. This means that regardless of which style of test you take, paper or digital, you will be expected to know the course’s full material. That has led some students, like Terra Nova senior Will Melton, to opt for the digital version of the exam — “I’m taking my AP Calculus exam online because it gives me an extra month to prepare, which I feel I need since Covid hasn’t given us the best education,” he said.

The digital exams have slightly different formats than the paper exams. Some

April 19-29

AP Daily: Live Review

Preparing for the 2021 AP Exams

YouTube

In person testing: May 3-17
At home: June 1-11

The College Board is hosting nightly review videos for all of their classes in preparation for upcoming exams.

students prefer to not have to deal with the digital format at all. “I’m choosing to take the tests in person. I don’t want to adapt to computer testing. I like old school testing,” said senior Pierce Chu. In a recent memo, Mr. Pofahl detailed that in-person exams will take place in the cafeteria with each student at their own table.

One way you can prepare is to visit the College Board website, find your course, and watch the Daily videos posted. These videos break down the subject matter, which helps students review for their exams. “I think the review videos are a very helpful resource that are easy to access,” said AP Lit senior Leila Vuskovic.

“I do like the idea that they’ve given you an option to take it online or in person based on what you’re more comfortable with, but other than that I don’t have any concerns or hesitations. From what my students have shown me so far, I feel they’ll be ready,” said Mr. Butler, AP Gov teacher.

For the People Act passes the House

By Elliott Song
Times staff writer

In recent events, numerous state bills aimed towards voter suppression have been introduced; as a response to these efforts at voter suppression, the House of Representatives has passed the “For the People Act,” otherwise known as H.R. 1. This bill passed the House of Representatives with strong backing from the Democratic party, but still has yet to gain the Senate’s approval. H.R. 1’s backers say its aim is to defend and expand voting rights, as well as change campaign laws to reduce the influence money has in politics.

H.R. 1 makes changes concerning things like absentee voting and voting eligibility, which has caused Republicans to claim that it promotes and makes it easier for people to commit voter fraud. However, this is false: even though H.R. 1 would ease the restrictions on absentee voting and mail in ballots, citizens would still be required to provide proper identification. In addition to this, mail in ballot applications would only be sent out statewide to registered voters, who should already be properly identified as eligible to vote as well.

That brings us to another controversy concerning this bill: the idea that this bill would allow people who are not eligi-



Elliott Song / Terra Nova Times

Democrats see HR1 as key to protecting democracy. Republicans balk at its changes.

ble to cast a ballot. Californian Republican Congressman Doug LaMalfa commented on this, saying that H.R. 1 “would force states to restore the voting rights of convicted felons — including violent felons convicted of murder or rape.” LaMalfa implied that HR1 would let people underage, non citizen immigrants, and convicted felons to possibly vote. Yet, a simple Google search would tell you that the claim that non citizens would be able to vote is simply false. Felons being able to vote is something that already rings true in

multiple states. Many states, including California and Florida (a state no one could accuse of being liberal), already restore a convicted felon’s right to vote upon their release, but if they are serving a term in prison, they would be unable to vote. Lastly, underage citizens would not be able to vote; rather, HR1 allows people at the age of 16 to be able to pre-register to vote for when they turn 18, something that is already happening in California.

These are just a few of the claims made against H.R. 1. Many Republican news sour-

ces and party leaders have been advocating strongly against the bill, but it remains to be seen whether or not it will even get through the Senate. As it passed through the House on a fairly thin party line, its odds of passing through the Senate aren’t looking too good, largely because of the filibuster, which allows the minority party in the Senate to block bills and something which is under attack in Democratic circles.

According to Professor Charles M. Cameron, Ph.D., a professor at Princeton University, “The

best press reports indicate that H.R. 1 was written as a ‘message bill.’ A message bill is a bill that the authors know is politically doomed – given the political configuration, it can never pass. In this case, H.R. 1 will be filibustered to death in the Senate. Instead, message bills are used to send a message to interested constituents, in other words, as a form of ‘virtue signaling.’ In fact, the numbering of the bill, H.R. 1, indicates that Nancy Pelosi and the House Democratic leadership want it to be high visibility. Well, what is in this doomed legislation? It is a jumble of ideas aimed at discouraging big dollar campaign donors, encouraging small dollar donors, some weak ethics provisions, and some very weak provisions about gerrymandering.”

However, if anything, this bill has opened doors to new bills and ideas that could help protect voters rights. Regardless of what you hear or see, try to educate yourself on the facts. H.R. 1 does not promote voter fraud; in fact, it mostly aims to make mail in voting more accessible, as well as reduce the partisan determining of district lines, also known as gerrymandering. For all of you following the news, stay attentive, regardless of what either party says, as there always be some form of bias mixed in, try to keep yourself informed with nothing but the facts.

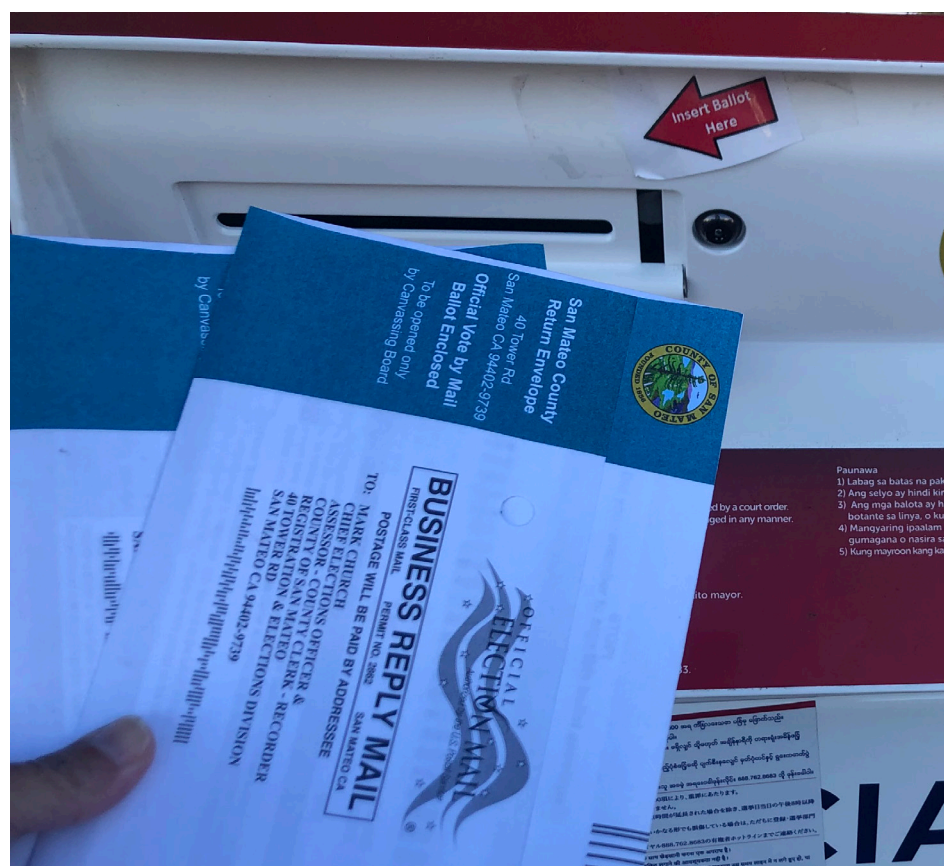
Georgia enacts new restrictive voting laws

By Matthew Lim
Times staff writer

On Mar. 31, the governor of Georgia, Brian Kemp, signed into law highly controversial legislation that put revisions and restrictions on voting within the state, becoming effective on Jul. 1.

One of the most significant restrictions the law that puts into place is extra voter identification measures for voting by mail. An article from the New York Times, two political correspondents, Nick Corasaniti and Reid J. Epstein, explain that “now [Georgians] will have to provide the number from a driver’s license or an equivalent state-issued identification...If they fail to follow all the new steps, like printing a date of birth or in some cases including partial Social Security numbers, their ballots could be tossed out.” Critics of this restriction in particular fear that this will be used to limit the range of eligible voters; even President Biden criticized the laws, saying, “Republicans in the state instead rushed through an un-American law to deny people the right to vote.”

Although there was initial controversy over the removal of Sunday voting, something that is extremely popular in Georgia as part of movement called “Souls to the Polls,” this provision did not make it to the actual bill that was signed. Instead, the bill states, “More than 100 counties have never offered voting on Sunday and many counties offered only



Alyssa Jenkins / Terra Nova Times

Mail-in voting is at the crux of Georgia’s new restrictive voting laws.

a single day of weekend voting. Requiring two Saturday voting days and two optional Sunday voting days will dramatically increase the total voting hours for voters across the State of Georgia.”

This legislation does allow for voters to vote in different precincts if the voter swears that they are unable to

make it to their own precinct on time, as long as their ballot is cast before the polling places close. Additionally, precincts that had hour-long queues in the previous elections or did not finish voting within an hour after the official poll closing times would be either split into smaller precincts, or more

voting staff will be provided to help facilitate the larger amounts of voters.

A separate section of the law also mandates that absentee ballots (ballots mailed in ahead of time) can no longer be automatically mailed to Georgia residents. Instead, they can only be given out if the recipient explicitly asks for them first and voters have a shorter window to submit the ballots. This is also in combination with a restriction on the number of available ballot boxes; the law itself states, “A board of registrars or absentee ballot clerk may establish additional drop boxes...but may only establish additional drop boxes totaling the lesser of either one drop box for every 100,000 active registered voters...any additional drop boxes shall be evenly geographically distributed by population in the county.” Simply, limited to 1 per county or 1 per 100,000 people) This could limit counties like Taliaferro, with a population of 1,537, and Bibb, with a population of 153,159, to have one early ballot box available.

This legislation also makes it a misdemeanor to “solicit votes in any manner or by any means or method, nor shall any person distribute or display any campaign material, nor shall any person give, offer to give, or participate in the giving of any money or gifts, including, but not limited to, food and drink, to an elector” within 150 feet from a polling place. This provision would not prohibit those waiting in line to vote to buy food or drinks themselves.

Tiger football is back for three games

By Miles Palmer
Times staff writer

After more than a year-long wait, the Terra Nova football team is back on the field. The team has been practicing since Mar. 5 and travelled to Burlingame on Apr. 2 to face the Panthers for their first game. The following Friday, TN played Menlo-Atherton, and the season ended with Apr. 16's Skull Game against Half Moon Bay at their field.

The three-game schedule is definitely a bummer, but many are just happy to be back. "It's better than not having a season at all," junior wide-receiver Nathaniel Bendo said. Although some students may be upset that they can not watch a football game at their own high school, even if Terra Nova were to have a home game, most of the student section would not be allowed to attend. Schools across the Bay Area allowed each player on each team to bring a maximum of two relatives to watch them play. Another difference in the season will be that there is only a varsity team. With the minimal preparation Terra Nova has had due to the pandemic,



Courtesy of Karen Valdes

The Tiger offense lines up for their first offensive drive of the season.

having a junior varsity team would be too much in too little time. Instead, all grades will be a part of one big team.

Despite this season being one of the craziest our athletes have had to experience,

there were still high hopes for it. Senior wide receiver Connor Uter was excited to return to football. "It's great to be out there on the field again with all my guys. As a team, I think

we can do some damage this year despite the short season," Uter said. Most of the seniors have dedicated countless hours to the program over their high school careers. Three games might not seem like a lot, but to them, it is potentially the final football games they will play in their lives. Some of the seniors also have an excellent chance to play football in college. Even though it is a short season, there are enough games to earn an athletic scholarship potentially.

As well as the players, the coaches are happy to get things underway. "I'm excited to see how much the team has grown and how they can play as a team. I also want to see how they can handle adversity," defensive back coach Lisandro Espino remarked. Even though there will be no playoffs this year because of CCS rules, hopefully all football players will get a good season out of this, as they earn the opportunity to go out and play the sport they love. Despite hard-fought battles, the Tigers are currently 0-2 this season. The Skull Game was a chance at redemption, as the Tigers hoped to end their season on a high note with a victory over our rivals, but HMB was too much for us.

Track and Field ready for the new season

By Miguel Valdes
Times staff writer

With the school board allowing the majority of sports to come back to Terra Nova, athletes can finally compete after a long year. We take a look at track and field, one of Terra Nova's more extensive sports. Although many kids had to choose between baseball, football, basketball, and water polo, there are still many competing in track and field. Covid guidelines require athletes to test weekly on Saturdays. Athletes are also required to social distance when possible and wear a mask when they are not running or doing other exercises. Before entering the stadium, athletes need to scan a QR code, answer Covid-related questions, and receive a temperature check.

Coaches go through the same thing but are required to keep masks up for the practice's entirety. "I think there has been a big change with everything; I noticed we don't have too many people because they have to choose between four other sports, and some chose to not compete this year because of Covid. Fil and the other coaches have done a great job so far on keeping everyone

distanced and masked up. Definitely different this year, but I'm just happy to be out again," said junior Joshua Ababseh on his thoughts on how the track is going so far.

With Coach Steele gone, a familiar face took over the vacant track head coach spot. Courtney Fil, previously coaching cheer last season, is now coaching track and field. You may know Ms. Fil from history class or health class, but now she's out on the track. "I'm really excited that track is back, I really did miss it. Ms. Fil, as the coach is just awesome, too, I love Ms. Fil. It's really important they brought sports back like a track because I feel like it's an escape for people, especially with everything going on right now. For me, I use track for physical activity and to stay in shape as well as an escape from the troubling times. Running helps clear my mind, and plus, I get to see friends I haven't seen in such a long time. Track may be a little different this year, but I'm just glad to be out there again," said Nicole Tuason on track returning to Terra Nova. Track is preparing hard for their meet today at Woodside High School. They hope to maintain their lengthy undefeated streak throughout this season despite the much smaller than usual team. Win or lose, they've already won.



Miguel Valdes / Terra Nova Times

Joshua Ababseh getting ready for Track practice



Jack Gillen / Terra Nova Times

Darin Ruf, first basemen and outfielder, up to bat

The S.F. Giants start hot in the 2021 season

By Jack Gillen
Times staff writer

After an unusual season last year, many fans questioned how the MLB would play out this year. In 2020, there were only 60 games instead of the usual 162-game season. Stadiums were also emptied for health and safety reasons. Things will play out much differently this year as there is now a better understanding of how to keep fans safe from Covid-19 and people are getting vaccinated to make it safer to attend in-person events. The MLB has returned to a 162-game schedule this year. Unlike last year, teams will no longer be limited to playing teams within the same region. As far as how limited in-person attendance would be, it depends on each state and each team. For teams like the San Francisco Giants, attendance is still minimal because of California's strict Covid-19 protocol. However, Texas has very lax Covid-19 rules, and the Texas Rangers hosted a game at full capacity with 40,000 people. It was highly criticized by many, including President Biden, who stated, "Well, that's a decision they made. I think it's a mistake.

They should listen to Dr. Fauci, the scientists, and the experts." For the Giants, they have followed the advice of many experts. Fans have had their capacity limited to 22%, which is only 8,900 people in attendance. As the season goes on, protocols may change, but Giants fans will have to deal with the limited seats for now.

As of Apr. 15, the Giants are 8-4 and second place in the National League West. They are off to a great start to the year, and fans are eager to see if they can continue this momentum throughout the whole year, including Zack Allen (11), who said, "I'm excited to see the team rebuild and that all the waiting has paid off. I'm also looking forward to how the team progresses this season."

So far, Donovan Solano and Evan Longoria are the team's batting leaders. Solano has a Batting average of .353 and an on-base percentage of .395. Longoria has four home runs and eight runs batted in. Hopefully, the Giants can continue to move up the leaderboards in stats as Longoria is tied for 8th in the entire league in home runs. However, for most teams, impressive stats don't matter and, the one goal that all teams have is just winning. The Giants will aim to do that throughout the entire season and win the World Series.

Tips to start your day off right

By Maya Orsi
Times staff writer

One of the best ways to maintain mental and physical health is by sticking to a productive morning routine, even if it is super simple. By starting your day with a productive routine, it's easier to get through the responsibilities that arise afterwards.

When you first wake up, it is important to take action towards your perfect day. Lorena Michel, a psychologist in Burlingame, said, "As psychologists, we tend to encourage behavioral activation, which is the process of moving your body. This helps with continued activity throughout the day. It doesn't matter what the specific activities are, but having a routine is helpful. This sort of practice helps reduce symptoms of anxiety and depression."

Although you've probably

heard it way too many times, make your bed as soon as you wake up. Doing this simple act can kick off your morning routine with the smallest amount of effort. Making simple tasks to accomplish within your morning routine can put you in a productive mood for the rest of the day.

Another great task to do for your mind and body is stretching. Studies have shown that stretching out your body when you first wake up is an effective way to set the tone for being active and healthy that day. Hope Kleine, a San Diego State University Health Education Specialist, wrote, "Not only does stretching help prevent injury, it also has numerous other benefits. Stretching increases blood flow to muscles and joints which can assist in the decrease of joint stiffness."

Taking time out of your morning to focus on your body is just as important as taking time to

focus on your mind. Whether it be taking a couple deep breaths or sitting through a ten-minute meditation, getting in touch with your mind in the morning can center you and leave you in a great mood. Michel explained, "Research states that starting the day with meditation or mindfulness exercises tend to help people continue with positive mood throughout the day."

Your mind and body cannot be at its highest potential without fuel, also known as food. We all know breakfast is the most important meal of the day, but sometimes it is hard to get the energy to even walk to the kitchen. Although it can be a struggle, the effects of filling your body in the morning are countless. It sets the tone for how your body will feel and your energy levels.

Noah Friedman (11) tries to start the day with breakfast, even if it's simple. "Sometimes I wake up and cook breakfast.



Noah Friedman (11)

Noah tries to start his day off with food in his mouth hole.

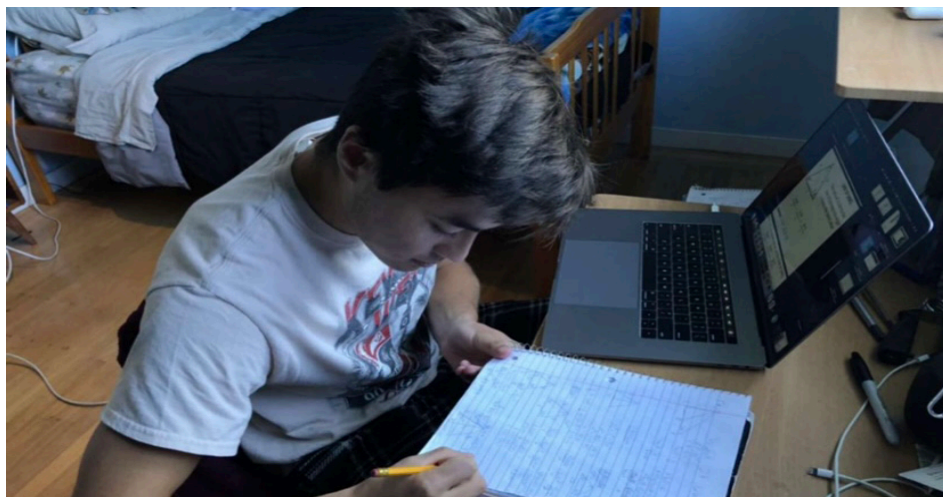
Not just grabbing a banana, but he said. Fueling your body is like making eggs and bacon and crucial to remaining productive and energized all day. all that. Making a whole meal,"

Study smarter, not harder with Pomodoro

By Kyle Gossage
Times staff writer

We are now in the homestretch of the second semester, and the Pomodoro study technique could be your key to finishing strong. Getting school work done can feel like an endless journey, but using certain techniques help make your productive time as efficient as possible. The Pomodoro technique, for example, was first introduced in the 1980's by Francesco Cirillo to maximize productivity while minimizing work time. It is called the Pomodoro method because Cirillo first used a tomato-shaped timer when using the technique, and "tomato" in Italian is pomodoro.

The Pomodoro method is a time management technique used to accomplish a large task by breaking it down into smaller steps and completing them one by one. The most important part is taking small breaks in between each interval of work. While the Pomodoro technique's goals may seem complex, the method itself is very simple. All you need to carry out this method is a timer. The increments for work time and break time are changeable, but people often see the best



Corey O'Brien (11)

With the Pomodoro method, studying does not have to be a difficult task.

results while working in intervals of 25 minutes with 5 minute breaks in between. In simple terms, break down the work that needs to be done by focusing on one thing and accomplishing as much as you can in twenty-five minutes. Henrik Kniberg, a consultant and coach focused on helping businesses optimize efficiency, said, "The Pomodoro Technique is similar to Agile methods... It feels sort of like being a single person team doing 25 minute iterations."

One of the psychological aspects of the Pomodoro method is reducing or removing time anxiety. Time anxiety is the feeling of time slipping away when faced with an important deadline. According to the work of Henri Bergson and Eugene Minkowski, both French philosophers and psychiatrists, "Time anxiety occurs due to a very complex dimensional aspect of time known as 'becoming,' which gives rise to the habit of measuring time in increments or on an axis, and

introducing the concept of being late."

This feeling is increased when faced with a deadline. Francesco Cirillo, the original creator of the Pomodoro technique said, "[The Technique] aims to alleviate time anxiety, enhance focus and concentration by limiting interruptions and distractions, increase decision awareness, boost motivation, refine estimation process both in qualitative and quantitative terms, improve study and work progress, and strengthen to apply yourself better in the face of complex decisions." However, these goals are only met if three basic assumptions are met as well. First, it shifts how the employer of the technique views time, from a dimensional and linear progression to a task oriented approach, so as to alleviate time anxiety and enhance personal effectiveness. Secondly, that by limiting and removing distractions and anxiety, the mind is clearer with sharper focus, therefore facilitating learning. Lastly, the tools used while engaging the Pomodoro method aim to remove distractions and improve efficiency without being too complicated. Corey O' Brien (11) said, "The Pomodoro Method has made studying easier and more effective for me when preparing for a test."

Are you affected by daylight savings?



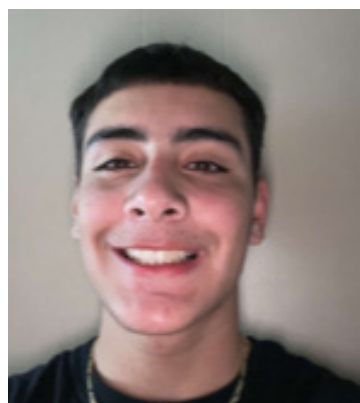
"Yeah, I like having more time during the day."
-Cameran Poggy (9)



"Yes, and in a good way."
-Atilla Tivadar (10)



"Yes, it gives me more time to hang out around town."
-Crystal Melton (11)



"Yeah, my sleep schedule is off for a couple days."
-Rylan Jimenez (12)



"I do like when...it is light outside for longer later in the day."
-Mrs. Meskin

Focus On: Connor Uter and Mrs. Karkazis

An athlete, a scholar, and a gentleman



Courtesy of Connor Uter

By Luke Avery
Times staff writer

If you've seen him recently, it was probably pitching on the mound, running routes on the field, or answering the hard questions on Zoom: it's the esteemed Terra Nova senior Connor Uter. As the man of the hour, this piece could list through all of his great achievements, but it's only one article, so it'll only cover as much as we can fit.

Connor Uter performs the great balancing act of playing three demanding

sports, maintaining above a 4.0 GPA, and spending time with friends and family. This sounds very quickly overwhelming, but Uter's got it down to a science.

"I know playing three sports sounds overwhelming to compliment schoolwork, but it actually helps me. When I have practice everyday and know I have to get schoolwork done when I get home, I am able to focus much more easily," Uter explained.

He takes academics into overdrive with the various AP classes he's aced over the years and his hardworking attitude, along with his helpful personality, all of which

makes him a favorite of most teachers. AP Chemistry teacher Ms. Gutierrez can vouch for this. "What strikes me about Connor is his ability to think outside the box. He is not only a critical thinker, but also a creative thinker who always has a different way of looking at problems. He also has good rapport with his classmates and takes time to help them when they aren't able to follow a lesson. He is a gentleman; respectful and kind," she said. What sets Uter apart is the fact that he's not only smart, but also just plain nice.

Uter didn't grow up in Pacifica, instead

he was born in Santa Barbara and lived in Utah for a few years when he was very young. He and his dad tried everything from baseball to snowboarding, and his love for sports followed him to today. Fast-forward to today, and you see the dedicated athlete with a passion for learning. Uter said, "Baseball, being my true love, was a big part of my life, so for the off-season football and basketball were perfect choices because they didn't overlap with each other." Now, he's a team captain for all three sports, a true leader on and off the field. Even with the COVID-19 sports restrictions, Uter has just resumed football and is looking forward to playing his missed baseball season from the year prior.

Off the field, Uter still is the funny, charismatic, and kind person we all know. He snowboards and mountain bikes and plays even more sports with his friends, but never loses his competitive spirit. He agrees himself as he admitted, "My friends can tell you that if you don't care about winning, you won't be on my team for anything. I'm very competitive." Not surprisingly, the video games he plays are all fast-paced competitive multiplayer games, like Rainbow Six Siege, Rocket league, or Warzone.

Uter's secret to his dedication: his friends and family, with his biggest motivation being his little brother, Dylan. Uter explained, "My brother and I play the same sports, which is beneficial for both of us to get better and have someone to compete with." Uter is also extremely thankful to have his girlfriend, Talia Rosen (12), by his side in this "whole mess of a couple of years." They often go out to San Francisco restaurants and parks and watch movies at home.

Uter wants to continue his academic pursuit in college, applying under mechanical engineering and biochemistry. His plan is to play baseball at the City College of San Mateo, and go from there to a four-year university, but no matter what happens or where he goes, we all know Uter is going to get things done.

The embodiment of Terra Nova's Tiger Spirit

By Katalina Huazano
Times staff writer

Whether you know her as Mrs. Karkazis or Mrs. K for short, there is no doubt that if you were here before the pandemic, you've seen her in the hallways, greeting people with a smile that'll brighten your day. Mrs. K is behind the scenes of just about everything that goes on at Terra Nova.

Mrs. K grew up in the Peninsula and went to school at Burlingame High School, where she played water polo, a sport she would later go on to play in college. She met her husband, Mr. K (TN history teacher), one summer at the Burlingame Aquatic Center where she was teaching swim lessons and lifeguarding, and he had shadowed her. However, Mr. K is not her only family at TN, as auto shop teacher Mr. Behravesh (Mr. B) is her dad, who taught her to repair cars and other things around the house.

Mrs. K took hold of her mechanical skills through quarantine by building a fence around her house, redoing a trailer, and even building her own vocal studio in her "harmony hut." With the creation of her vocal studio, she has been able to participate with her performing group, where they have recorded a holiday album, a Broadway album, and in the near future, an 80's album. She wants to get into voice acting and has most recently joined an actor gym, where she'll be doing table readings of movie scripts and working on expressing emotions through her voice.

After being diagnosed with cancer, Mrs. K sang to pass time, recording herself on the phone and even singing with nurses in the hospital. With cancer preventing her from working full-time, in 2018, she started volunteering for Terra Nova tech and drama department, her first production being "Guys and Dolls," and she has been involved ever since. Mrs. K said,

"Volunteering at the school with you guys, it brought me back to my education degree, and how much I loved working with students... I look at performing and being on campus with you guys as a form of working on myself, giving back, and helping you guys with whatever you need." In addition, she was the Glee Club supervisor, helped coach last year's girls JV water polo team, is co-advisor of the Class of 2021, and also helped the current seniors to create Terra Nova News (TNN), TN podcast, and hopefully turn TNN into a CTE class.

Mrs. K's love for Terra Nova is easy to see in the work she puts into volunteering, whether it's drama, TNN, or something else. "I've had the ability to see the school in a different lens unlike a lot of other people, because I've been fortunate enough to pretty much be welcomed in any of the departments... it's been really nice... the whole school has been a nice little home base for me," she said.



Courtesy of Mrs. Karkazis

Mrs. K's generosity radiates through her bright smile.

History of Earth Day + how to help

By Katalina Huazano
Times staff writer

Earth Day brings awareness to climate change, endangered species, and anything pertaining to the Earth's well being. The idea is that Earth Day should be every day, but having a specific day dedicated to the Earth allows for people who may not be educated on the subject to have the chance to learn something new and hopefully use that knowledge to make an impact, even if it's small.

According to eathday.org, April 22, 1970 was the first Earth Day. It all started with the release of the book "Silent Spring" in 1962, bringing environmental awareness to human neglect of the Earth, and inspiring Democratic Senator Gaylord Nelson of Wisconsin to want to make a positive impact. Senator Nelson gained help from Republican Congressman Pete McCloskey and young activist Denis Hayes to aid him in arranging teach-ins about air and water pollution at colleges. They called the day

Earth Day and put it between spring break and exams dates in hopes of getting more students involved. The day received support from 20 million Americans, caught the attention of politicians, and later that year, the United States Environmental Protection Agency was created, along with laws enacted, not only to benefit the environment, but the health of Americans.

In 1990, Earth Day became a global phenomenon. Earth Day brought awareness to the importance of recycling and also helped bring about the 1992 United Nations Earth Summit. In 2000, Earth Day harnessed the power of the internet to reach over 180 countries, and today Earth Day is celebrated by a billion people where communities are able to come together and educate one another about their negative impacts on the Earth and what they can do to change that.

In spite of the pandemic putting many Earth Day festivities such as Eco-Fest on hold, there are still ways to make a positive impact on Earth Day this year. Fran Quartini, a volunteer with



Courtesy of Crystal Melton

Melton (11) picking up trash on a local Pacifica trail.

assisting groups for the Earth Day Linda Mar Beach Cleanups and member of the Ed Committee, said, "This year's animal

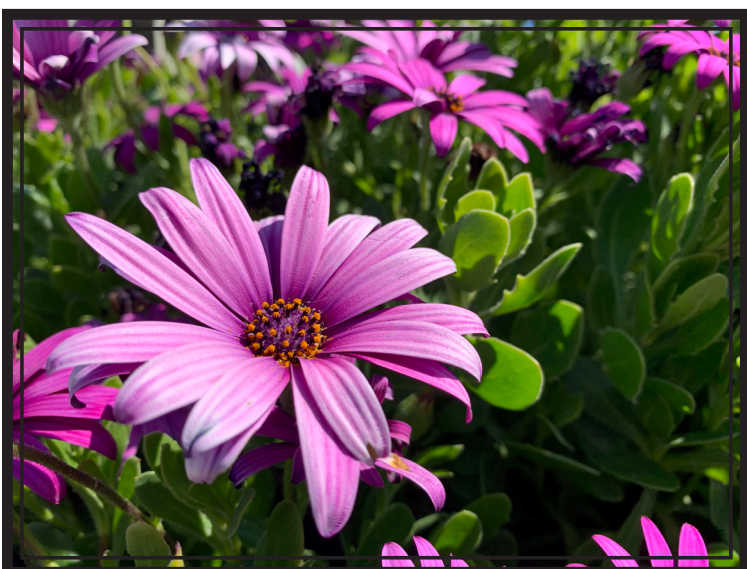
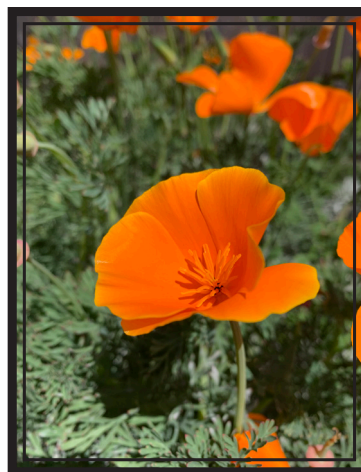
honoree is a seabird called the Albatross! The Pacifica Beach Coalition encourages the community to go on the Pacifica

Beach Coalition's website to find videos and facts about the Albatross, along with other Earth Day and community resources." The Pacifica Beach Coalition also encourages people to go out and pick up trash and track it while using the Clean Swell App, which is partnered with the SurfRider Foundation.

Terra Nova AP Environmental Science teacher Ms. Gutierrez is contributing to Earth Day by holding an on-campus clean up on Earth Day and is encouraging other staff to join her. She also has assigned a Step-Up assignment to her students, which allows her students to put into action what they have learned. The current Step-Up is for her students to pick up litter. By doing this, her APES class will be a part of the Great Global Clean Up and also support the Pacifica Beach Coalition.

Earth Day is an opportunity to make a difference whether big or small, so use this to your advantage and take the time to educate yourself on the environment, start conversations about what you learned, and think of ways to help the Earth.

Stop and appreciate nature this Earth Day



Photos by Leila Eliares, Chloe Humphreys, Stephanie Im, Karmela Madarang

