

Terra Nova Times

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Terra Nova High School

April 28th, 2021

Freshmen are back on campus



Counterclockwise from top-left: Freshmen in Ms. Meskin's English 9E class; Freshman tours in the theater; Students conducting a socially-distanced fire drill; Savannah C. (9), Emily B. (9), Sierra C. (9) posing for their first in-person day; Freshmen visit with Ms. Bosinoff while on a tour.

By Isabella Copeland
Times staff writer

On April 15, 2021, Terra Nova High School finally reopened its doors to seniors and other prioritized students for in-person learning after thirteen long months of learning at home. Then, on April 26, freshmen came onto the campus for their first real high school experience in person.

Because not everyone can come back at once, everyone is split into two cohorts: A and B. Cohort A (last names A-H) attends in person Mondays

and Tuesdays, while Cohort B (last names I-Z) attend in person Thursdays and Fridays. So far, students have been enjoying in-person learning despite the requirements of Covid-learning.

Blayk Citrino (12) missed out on a lot of his senior year, but he was excited to be back for the end of his high school experience. When asked about the difference between home and school, Citrino said, "It's definitely different from going back normally, it shows me that school actually wasn't that bad when being in person. It's made a little difference in my life from seeing the people I see

everyday, and it's getting better, though." Other seniors also feel this way and are just as happy to have some form of normalcy for the end of their senior year. Justin Quinn (12) is ecstatic to be back at Terra Nova. He said, "Going back in person [brought] back lots of memories, and it impacted me with all the fun times I had in high school."

Online school has reminded us that going to school really wasn't the worst thing in the world; it not only brought us education but also memories, lifelong friendships, and good experiences.

The freshmen just returned

and are already having an amazing time attending high school in person for the first time.

Emily Banta (9) opted to attend school in person. "I'm excited to be back on campus and be in class learning. I've been here before, but I didn't know how many classrooms and how much stuff there was. It's exceeded my expectations," she said.

Despite having to navigate a little more on their own this time, Molly Nappi (9) said, "I feel a lot better now that I know where all my classes are. The tour was fine, I found all my classes, which was my original goal. I also learned a

lot more about the campus."

Karina Roman (10) has been on campus for a couple weeks, and she said, "It has been really good. I love meeting my teachers and seeing my friends again."

Terra Nova is following CDC guidelines for the health and safety of the staff and students, including masking, social distancing, and sanitation. This may be hard for students to adjust to but it is absolutely necessary.

Roman said, "A negative thing can be wearing a mask for like three hours, but it's okay. I missed my teachers so much and the campus...so happy to be back."

Say goodbye to the California color tier system

By Naomi Sanft
Times staff writer

With the decline of COVID-19 cases and 25,328,774 vaccines administered, California announced a full reopening of the economy starting June 15 and an end to most restrictions set by the tier system.

In agreement with state officials, Governor Gavin Newsom outlined the state's plan to reopen and move past the Blueprint for a Safer Economic tier system. Only two criteria must be met in order to reopen according to the new schedule: sufficient vaccine supply for Californians over the age of 16 and low and stable hospitalization rates.

"California has made incredible progress controlling the spread of COVID-19 by staying home, masking, and getting vaccines out quickly to Californians in every corner of the state, including in those communities hardest hit by this pandemic," said California Health

and Human Services Secretary Dr. Mark Ghaly. Currently, no California counties are in the most restrictive purple tier, and the vast majority are in the moderate, or orange, tier. Additionally, 52% of Californians have received at least one dose of the vaccine, and 31% are fully vaccinated.

If the state meets the criteria on June 15, all businesses will be allowed to open, and everyday activities will be permitted. Efforts to mitigate the spread of COVID-19, such as mask wearing and contact tracing, will still be required.

Health officials urge everyone 16 and over to get vaccinated. "With more than 20 million vaccines administered across the state, it is time to turn the page on our tier system and begin looking to fully reopen California's economy," Newsom said. "We can now begin planning for our lives post-pandemic. We will need to remain vigilant, and continue the practices that got us here – wearing masks and getting vaccinated – but the light at the end of this tunnel has never been brighter."



Naomi Sanft / Terra Nova Times

This color coded map will now be gone and serve to remind us of a past.

Biden's plan to attack student debt

By Matthew Lim
Times staff writer

On Mar. 18, President Biden and his administration announced an action that would effectively cancel about \$1.3 billion in student loan debt across the nation. Later on, the President's Education Department followed up with an extra billion dollars in relief, this time aimed at disabled students, followed by a report by Undersecretary of Education James Kvaal on the plan for forgiveness moving forward.

The move for this comes after Biden signed the second stimulus package, also known as the "American Rescue Plan." Within the text of Biden's plan is legislation that would make student loan cancellation exempt taxation from 2021 to 2025, saying that "any loan provided expressly for postsecondary educational expenses" would be exempt from taxation. This is important because otherwise, if the government forgave your \$5,000 loan, you would be taxed as if you had earned \$5,000 in income.

The first wave, announced by Education Secretary Miguel Cardona on Mar. 18, targets students who were eligible un-



Matthew Lim / Terra Nova Times

President Biden is seeking to cancel \$1.3 billion in student loan debt.

der the Borrower Defense to Repayment program, a program targeting those who were misled or treated with misconduct by schools in relation to their student loans. With the Biden administration's new program, they're able to receive full cancellation

on their student loan debt. The program, however, only applies specifically to for-profit schools, meaning approximately 72,000 people will be given the \$1.3 billion in forgiveness.

The second wave of student loan forgiveness, announced on Mar. 30, allows anybody categorized as disabled by a doctor to become eligible for student debt relief under the Borrower program. This includes army veterans who are unable to work due to disabilities and people who receive disability benefits from Social Security. Under this, an extra 41,000 people are able to have their student debt canceled.

While the amount of student loan debts canceled may seem like an exorbitant amount of money, it only covers roughly 0.1% of all accumulative student loan debt, leaving 99.9% of borrowers still struggling with student loans. However, Undersecretary Kvaal outlined the plan on April 15, saying, "One is a temporary form of loan forgiveness directed at people struggling with the pandemic... second would be for those in public service, and third would be for people with low incomes and high debts... there's a lot we can do together to make sure students get the benefits they're entitled to."

Legislation promises new beginnings for U.S.

By Eleanor Jonas
Times staff writer

Since the months leading up to the 2020 election, Americans and even teenagers have been more politically involved and knowledgeable than ever before. President Biden promised to make significant changes, but just as important are the events happening in Congress. Here are some of the bills currently being evaluated by the House of Representatives and Senate:

S. 937: COVID-19 Hate Crimes Act

This bill, which was passed by the House and introduced in the Senate on Mar. 23, is intended to stop hate crimes against Asian Americans, which have recently arisen as a result of ignorance about COVID-19. S. 937 defines a COVID-19 hate crime as a "violent crime that is motivated by two things: (1) the actual or perceived characteristic (e.g., race or ethnicity) of any person, and (2) the actual or perceived relationship to the spread of COVID-19 of any person because of that characteristic," according to the Congress.gov website.

The bill would require the Department of Justice to provide guidance for law enforcement on creating online hate crime reporting processes, as well as guidance on stopping discriminatory language.

H.R. 1333: NO BAN Act

The National Origin-Based Antidiscrimination for Nonimmigrants Act, or the NO BAN Act, puts limits on the President's authority "to suspend or restrict aliens from entering the United States." The bill would forbid religious discrimination in immigration-related decisions.

H.R. 1333 was passed by the House on Apr. 21. It will go the Senate next.

H.R. 1280: George Floyd Justice in Policing Act of 2021

H.R. 1280 would increase accountability for law enforcement misconduct, restrict certain policing practices, improve transparency, establish best practices and training requirements, and lower the criminal intent standard from willful to knowing or reckless to convict officers for misconduct.

This bill was passed by the House on Mar. 3 with a 220-212 vote, and will be considered by the Senate next.

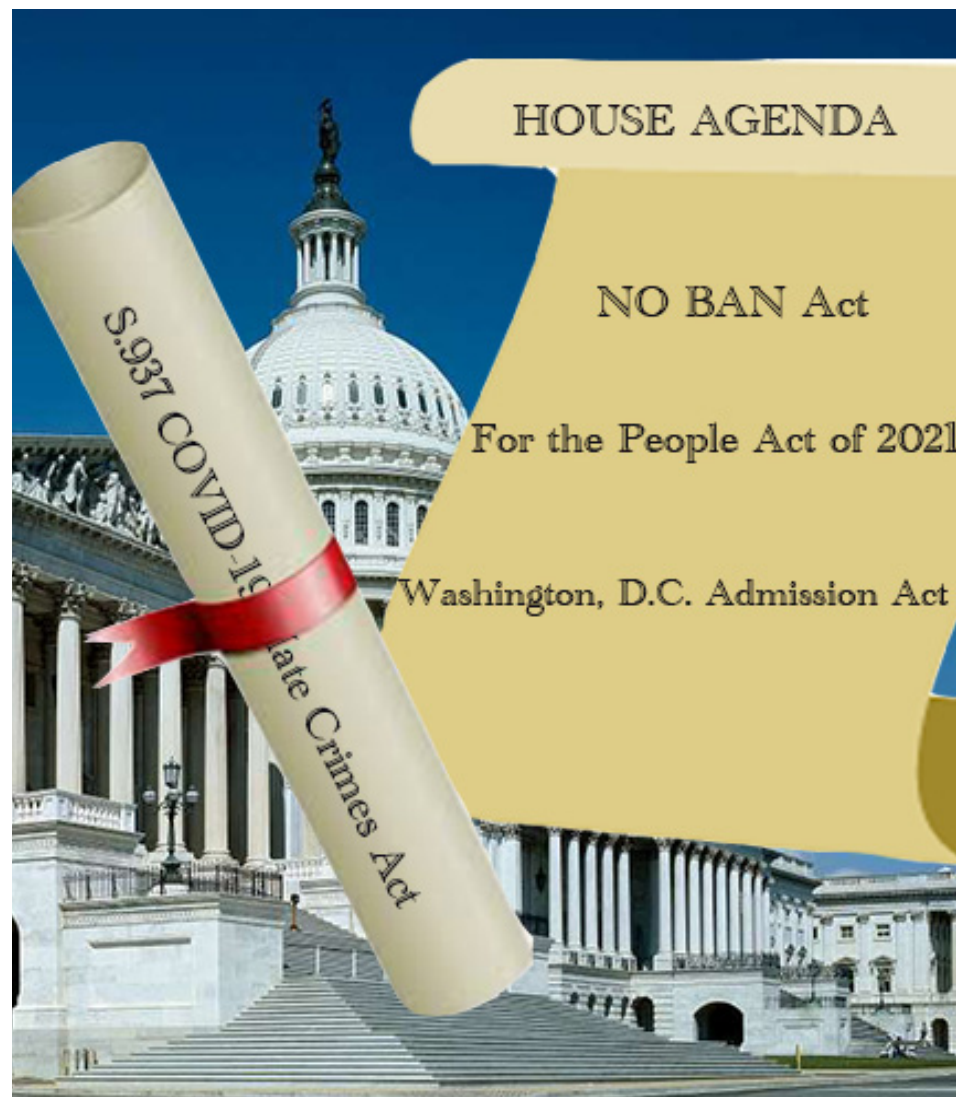
H.R. 51: Washington, D.C. Admission Act

H.R. 51 would allow the admission of Washington, Douglas Commonwealth as a U.S. state. This would include most of the Washington, D.C. area, excluding federal buildings and monuments such as the White House, Capitol Building, and Supreme Court Building.

Passed in the House on Apr. 22, the bill comes amidst arguments about whether D.C. inhabitants are fairly represented in Congress, given that more people live in D.C. than in Wyoming, which has two senators, while D.C. has none. It was introduced in the Senate on Jan. 26 and is in the first stage of the legislative process.

H.R. 1: For the People Act of 2021

H.R. 1 would expand voter registration and voting access, addressing "election integrity and security, campaign finance, and ethics for the three branches of government," according to Congress.gov. The bill would require a code of conduct for Supreme Court Justices, prohibit House Representatives from serving on a for-profit entity board, establish



Eleanor Jonas / Terra Nova Times

Legislation is being passed in the House — will it die in the Senate?

a new campaign funding system for some federal offices, and create additional ethics provisions for federal employees.

Additionally, the President and Vice President would be required to share 10

years of tax returns. This was a high-profile conflict during Trump's presidency.

H.R. 1 was passed in the House on Mar. 3 and introduced in the Senate on Mar. 11, where it will be reviewed.

TN softball is ready to play ball



Eleanor Jonas / Terra Nova Times

#16 Presley Matteucci practicing at shortstop

By Eleanor Jonas
Times staff writer

On Feb. 23, the JUHSD Board of Trustees voted to allow season 2 sports to return to campus, including softball as one of the minimal contact sports.

Sarah Lotti, who coaches the softball program, said, "... we were able to come together and make a plan suitable for all athletes and coaches, and the board had a very big part in doing that." The varsity softball team, composed of 14 players, had their first game against Castellija on Apr. 1, two weeks after practice began. As a result of such a short preparation time, TN found themselves down by three runs. However, the game ended with a comeback in the final inning, facilitated by an impressive triple by Myeva Dejean, the third baseman. The final score was 7-6. As a result of girls leaving for other sports or opting out due to COVID, not enough players joined to have a JV team.

Safety precautions are a significant part of this year's season, including daily symptoms and temperature checks. Additionally, players are required to take CO-

VID tests biweekly, the same as all other TN sports teams. Of course, masks and social distancing have also been implemented. Alexandria Gonzalez (11), the catcher, said, "I haven't experienced softball practice any different than I used to before the pandemic. The only inconveniences I can think of are having to constantly wear a mask and having my temperature taken."

On the whole, practice and games have resumed as they usually would, despite a few minor changes. Practice is also earlier in the day as a result of shorter online school days. According to Gianna Tassio (10), who pitched all seven innings during the first game, "It gives you time to put in the work to get better." The season will consist of only league games, meaning the softball team will only get to compete 12 times. Rather than the beginning of May, the team's final game will be played in June due to the postponed season. Lotti said, "I think the game of softball does not have to change in terms of the pandemic as a team. We are able to adapt and do well with any obstacles thrown at us." Despite COVID's challenges, the team looks forward to the rest of their season.

What to expect in this year's 2021 NFL draft

By Miguel Valdes
Times staff writer

With the NFL season over and free agency well on its way, we look forward now to the NFL draft. It's set to begin on April 23. Among the prospects, coaches and general managers have their favorites. We take a look now at the top five projected picks.

Undoubtedly, the **Jacksonville Jaguars** are selecting **Trevor Lawrence** with the first pick in the draft. It took a 1-15 season to secure the No. 1 overall pick and a chance to land Trevor Lawrence as their franchise quarterback. He's an accomplished three-year starter who won a national title, ending his collegiate career with 10,098 passing yards, 108 total touchdowns, and only 17 interceptions. In terms of desirable traits at the position, Lawrence checks multiple boxes. He moves the pocket, throws on the run, diagnoses coverages before the snap, and scans the field when going through his progressions. It's no doubt Lawrence will be the 1st overall pick, especially since the Jaguars hired his former college coach.

The second overall pick belongs to the **New York Jets**, and since they



Jack Gillen / Terra Nova Times

The 2021 NFL draft occur in Cleveland where the Jaguars will pick 1st

recently traded starting quarterback Sam Darnold, the Jets might get a new quarterback. Ohio State quarterback **Justin Fields** seems most equipped to fix the current situation in New York.

The No.3 pick belonged to the Miami Dolphins, but they traded it to the San Francisco 49ers. It is a mystery as to what the 49ers will do. Since GM John Lynch took over, he has made some tremendous but unpredictable moves in the draft and free agency. "I'm a big Detroit Lions fan, but I still like the Niners. I think grab-

bing a quarterback at the 3rd spot is a good decision. You never know, though. Lynch is a big defense guy, and he might just make a shocking move and take a linebacker, or maybe he will take a new quarterback like everyone expects," said Terra Nova 49er enthusiast Justin Quinn.

With a solid incoming class of quarterbacks, the **Atlanta Falcons** can take advantage of their draft spot at No. 4. General manager Terry Fontenot should plan for the long-term future as Matt Ryan prepares for his age 36

campaign. Critics may knock **Zach Wilson**'s limited starting experience because of past shoulder and hand injuries. However, he wouldn't have to start right away in Atlanta with Ryan still capable of playing at a high level. Once Ryan declines, Wilson can step in.

At No.5, the **Cincinnati Bengals** are set to make a pick come April. As last year's No. 1 overall pick Joe Burrow recovers from a torn ACL, the Bengals should think about his long-term future. The rookie QB was pressured on 24.1% of his dropbacks through 10 outings. The Bengals can use the fifth overall pick to select **Penei Sewell**, one of the best college lineman prospects ever, and then shift Jonah Williams to right tackle, which would move Bobby Hart to a reserve role. At 6'5 and 325 pounds, Sewell plays with a mean streak that the Bengals need in the trenches. He goes on the attack and clears space beyond the line of scrimmage. Despite his size, the Oregon product can shift his feet and mirror speed rushers as well. Cincinnati shouldn't pass up an imposing talent in favor of keeping the status quo. Sewell possesses the traits of a potential All-Pro player. Although these are just all projections, nothing for sure yet. Come April, and we will know the future of these high leveled athletes.

Curry passes Chamberlain for most points scored in Warriors history

By Miles Palmer
Times staff writer

On April 12, Steph Curry passed Wilt Chamberlain for most points scored for the Warriors. It is an astonishing feat for Curry, passing Wilt's 17,783 point mark that has stood there since 1964. Head coach Steve Kerr feels that "He's changed the game. He's inspired all the young NBA point guards who have come up to become much better shooters. He's changed the game. So as awesome as this accomplishment is — passing Wilt — it's just one of many for Steph," Kerr remarked. Many Warriors fans knew this day would eventually come. Frank Ward (10) said that he always

had a gut feeling that Steph would be the highest scorer in Warriors history. "Ever since Steph won his first finals, it was pretty easy to tell that he would be the greatest scorer to be a part of the team," Ward expressed. Frank also knows how Curry has changed the game so much.

"Steph is definitely a player I and a lot of others look up to," Ward said. "Many kids want to shoot just like him these days." Wilt Chamberlain was one of the greatest scorers of all time, scoring 100 points in a single game, the most ever, and Curry was able to surpass him. With the loss of Klay Thompson and injuries plaguing other Warriors members, not to mention losing players due to Covid quarantines, Curry



Miles Palmer / Terra Nova Times

Steph Curry is now the all time point leader in the Golden State Warriors history

has needed to step up this season — and he has done just that. The point guard is first in the whole league in points per

game this year with 31.4. He's had 11 straight games scoring over 30 points, per ESPN. With a historical past behind him

and a brighter future ahead, the Bay's beloved shooter shows that he will continually do what he does for years to come.

Black influence on American music

By Maya Orsi
Times staff writer

In our culture, music is crucial to understanding different time periods. Even during the most traumatic war-torn times, art was created. We owe much of the diversity in American music today to the countless Black artists who suffered at the hands of racism, but shined nevertheless. Today's musicians in rock, rhythm and blues, jazz, and hip hop have all been influenced by the trails blazed by the incredible Black artists before them. Back in the 1800s, many slaves used music as a way to get through the long days. Instruments like the banjo and the drums migrated from Africa and found their way onto the hot cotton fields. Many of the first songs from Black Americans were passed down generation to generation, making the original artists completely unknown. Many of these ballads focused on freedom, work, and religion. These songs typically included clapping, stamping, synchronized

singing, and, when available, string instruments and drums. Post-civil war, Black Americans had more opportunity to create art that could be appreciated by the public. This new freedom led to the introduction of Ragtime music, a classical yet upbeat style made with piano, often found in operas at the time. With this development, the "King of Ragtime," Scott Joplin, became one of the first successful Black musicians. Joplin wrote over 100 original ragtime pieces, opening the door to a new wave of music: jazz. Louis Armstrong is praised as one of the most influential Black jazz artists of all time. Emily Vidal from The Concordian explained, "Armstrong influenced some of the greats with his singing and trumpet-playing, including Frank Sinatra, Bing Crosby, Miles Davis and Dizzy Gillespie. Armstrong is known as one of the most important musical figures in American history, and was inducted into the Rock and Roll Hall of Fame in 1990." Following the rise of jazz, music gradually became more diverse. Although art rapidly developed across the states, the religious ballads sung by working slaves still found

their way through gospel and soul music hundreds of years later. Aretha Franklin, widely known as the Queen of Soul, popularized this genre. After growing up singing gospel, Franklin spread this genre and helped create a platform for Black musicians. Franklin's impact went farther than musical influence, though — she worked as a civil rights activist and advocate for women in the industry. Afro-American Studies Professor at the University of Wisconsin-Madison told NBC News, "There's no way to overstate what Aretha meant to the generation that came of age during the Civil Rights Movement...She helped us make sense of experiences, insisting with enormous grace and fire that women's voices had to be a part of every conversation." Jimi Hendrix, crowned by music experts as the Greatest Guitarist of All Time, made his mark in rock and roll in the 70s. A decade later, pop music was redefined as Prince released classics like "Purple Rain" and "When Doves Cry." American music today is clearly derived from many influential Black artists throughout history.



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Some of the greats have been immortalized on stamps.

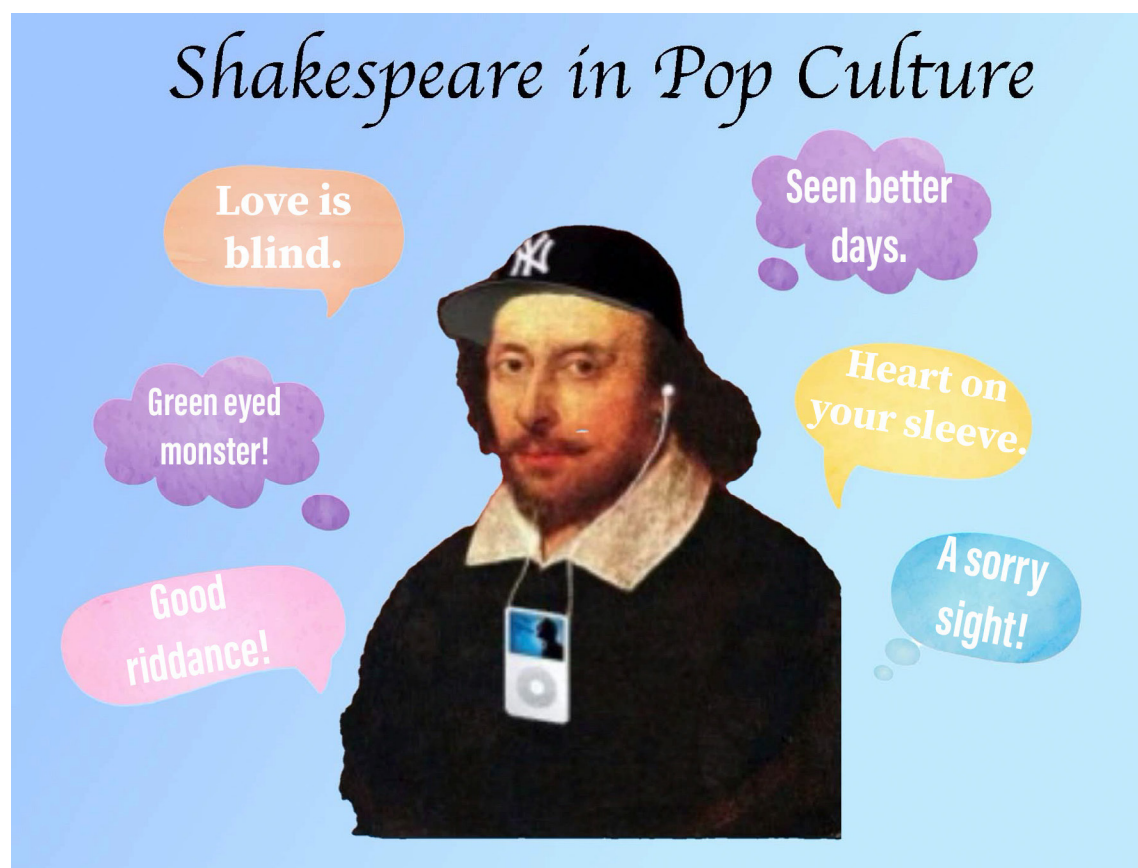
Shakespeare's influence on pop culture

By Samantha Guerrero
Times staff writer

William Shakespeare, the famous English poet, playwright, and actor from the 16th century, remains relevant today in English language and literature. His timeless themes of love, death, ambition, power, and free will have kept him relevant, despite the centuries that have passed. From phrases to ideas, Shakespeare has influenced today's popular culture in numerous methods — here are just a few examples.

According to Stephen Lidell, an English writer and historian, "Approximately 1 in 100 words we speak today was invented by Shakespeare or around 1,700 with the total number of English words in 2nd Edition Oxford English Dictionary: 171,476." There are a great deal of commonplace words we acquired from Shakespeare, including the following: eyeball, critic, worthless, tranquil, puking, fashionable, lonely, excitement, elbow, gloomy, champion, and more.

Here is how Shakespeare was able to repurpose some of these words for us. For "elbow," see King Lear: "A sovereign shame so elbows him." The word had existed about 600 years before as a name for a body part, until Shakespeare got a hold of it, repurposed it, turning it into a



Samantha Guerrero / Terra Nova Times

Clearly, Shakespeare was ahead of his time.

verb. Consider the word "gossip." From All's Well That Ends Well: "With a world of pretty, fond, adoptious christendoms, that blinking Cupid gossips." And in Comedy of Errors: "With all my heart, I'll gossip at this feast." The Oxford English Dictionary dates both of those to 1616 while giving him credit for first use of the word "gossip" being used as a transitive verb.

Not only do we utilize Shakespeare's common words, but phrases as well. Here are some phrases you might be using without realizing that you're quoting Shakespeare. First off, "Green-eyed monster." In Othello, he quotes "O, beware, my lord, of jealousy! It is the green-eyed monster, which doth mock the meat it feeds on." Prior to Shakespeare,

the color green was associated with illness, but he turned the idea of being sick to being jealous. Secondly, "Seen better days." In As You Like It, Shakespeare writes, "True is it that we have seen better days and have with the holy bell been knolled to church." It is said that the first recorded use of this phrase is from Sir Thomas More; however, Shakespeare was the one to

popularize it. Some other phrases include "forever and a day," "good riddance," "fair play," "lie low," and "love is blind."

Apart from that, many stereotypes are derived from Shakespeare. For example, Romeo is a romancer, Lady Macbeth is an ambitious female, and Hamlet is indecisive. Theater enthusiast Jayden Fernandez (12) described this stereotype: "The first idea that comes to mind are love stories. Everyone knows the idea of what Romeo and Juliet are like, and I think that impacts the way we see love stories through movies and videos."

Theater arts teacher Mr. Schneider pointed out prevalent quotes from Shakespeare that are especially relevant during the pandemic: "What is a man, if the chief good and market of his time be but to sleep and feed, a beast, no more! This came to mind because of our repetitive existence in a pandemic, where we have been struggling to find our passions strapped to an endless wheel of monotony. 'How weary, stale, flat, and unprofitable may seem all the uses of this world,' in times like these, but Shakespeare encourages us to take courage: 'Take arms against a sea of troubles, and by opposing end them!' No matter what adversity we may face, we have the power to make this world a kind of magic, and the journey is all that matters."

Notice next time our moon changes

By Nicole Garrett
Times staff writer

The phase of the moon constantly changes, and each time we look at the moon, it is illuminated differently. The stages of the moon refer to the distinct shapes appearing in the sky while it is approaching or descending from a full moon. Each phase connects to different concepts within reflection and change, influenced heavily by what many believe to be the energy of the moon.

A new moon represents the start of a new lunar cycle, which, in a plethora of cultures, symbolizes new beginnings. Emotions and energy psychic Victoria Moore said, “Each moon phase affects our minds and bodies, so during new moons, many people tend to wake up early and sleep less. Some people even experience an increase in appetite and more energy.” People often take advantage of the new start by creating new projects, reflecting, and even setting new goals.

A waxing moon is the second phase, also known as a waxing crescent moon, which



Nicole Garrett / Terra Nova Times

Which phase is your favorite?

is the moon’s first step to becoming a full moon. People often experience changes in behavior during the different moons. Moore even explained, “The meaning of a waxing crescent moon is to encourage faith and positivity. This leads to people even on the more cautious side to take

leaps of faith, and do risk type behavior.”

Similar to a waxing moon, a first quarter moon appears in the sky as a half lit moon. This moon signifies decision making and leads people to feel more balanced with their energies. First quarter moons can allow one’s dreams to feel like a reality and allow people to become more outgoing towards their goals.

The final phase before a full moon is a waxing gibbous, right before the entire moon is illuminated. Gibbous means that it is more than half, yet still less than a full moon. This phase symbolizes refinement in your goals. The moon’s energy expands as the date of the full moon approaches, allowing us to expand our energy and achieve our goals.

Full moons have the most amount of energy out of all of the phases in the moon cycle. Oftentimes, because the energy is so high, tension and emotions become heightened and erratic. This is why it is believed that people act very abnormally for the duration of a full moon. People should take the time during full moons to reflect on how far they have come and celebrate their ac-

complishments, growth, and progress.

After the full moon, the waning moon phases begin. Waning moons are what happens when the moon is becoming less illuminated. This part of the cycle starts with a waning gibbous moon. Some common themes of a waning gibbous are surrounded by gratitude. This means that people should be more thankful, enthusiastic, and caring. Many use this time to reflect on how their goals went and what they can do to improve themselves.

The next part of the waning phase is the third quarter moon. This is when the opposite side of the moon from the first quarter is now illuminated. The symbol of forgiveness is shown by this type of moon. It is a time to reflect, give forgiveness, and let go of the past.

The final part of the moon cycle before the new moon begins again is a waning crescent moon. The energy has been gradually decreasing, so now is the time to restore yourself and prepare for the next moon cycle to begin. People should start to think about their intentions and recuperate, as our energy is slowing down.

What is the rundown on stick-and-pokes?

By Isabella Copeland
Times staff writer

Although they’re more associated with bored teenagers and prison gangs, stick-and-poke tattoos actually have their roots in ancient Egypt — the oldest known stick-and-poke tattoos date back to 1450 B.C. These days, this form of at-home tattooing has become a trend within teenagers.

Stick and poke tattoos are done by taking a single needle dipping it in ink, and sticking it in the skin past the dermis to form a permanent mark. These tattoos tend to be smaller and more minimalistic because of the delicate and very time-consuming method that is used.

Jason Harless, owner of DC tattoos and professional tattoo artist, is familiar with stick and poke tattoos, saying, “I personally don’t care for the quality of stick and poke tattoos. The lines will never be as cleanly done and last as long as a traditional

machine tattoo.” As an artist, he knows the precision that is done with a tattoo machine will never be achieved with the stick and poke style of tattooing. He continued, “These tattoos have gained popularity amongst underage kids who do not have the equipment to perform professional tattoos, so they have turned to stick and poke.”

Due to stick-and-pokes often being done by unprofessional or self-taught tattoo artists of dubious skill levels, they can carry risks that tattoos done professionally don’t usually have. These risks can be a result of unsterile equipment or environment, unsafe chemicals from inks, and bacteria.

Harless said, “You will see them on social media doing these tattoos without even the basic minimum of sterility such as gloves. Anytime you are dealing with someone’s blood, you should be taking all precautions to keep both parties safe from disease and infection. At home, non sterile tattoos of any



Alyssa Jenkins / Terra Nova Times

The definitely cringe-worthy tools of the amateur tattooist.

nature are extremely dangerous and can spread disease and even cause death in extreme cases through antibiotic resistant strains of MRSA infections.”

Stick and poke tattoos are viewed by teens as a memorable thing to do, to remind themselves of the good in your teen-

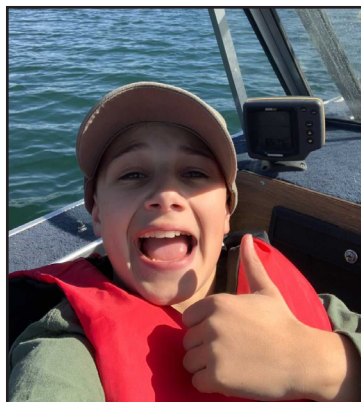
age years. However, because parents don’t typically condone body modification, most students won’t go on the record about their tattoos. One senior that has a stick and poke tattoo said, “It was kind of a spontaneous thing. I thought it’d be fun to just get a little tat on my foot.

Just something to remind me of my crazy teen years.” On the other hand, a student who has a professional tattoo said that there are other reasons that stick-and-poke tattoos are so popular. This Junior stated, “I think getting a tattoo or a stick and poke can be a lot more to a person than just doing ‘something crazy.’ It can help them remember a person, memory, or time in their life.” A student artist who has experience in stick and poke tattooing said, “I use stick and poke needles (3RL) and tattoo ink. I make sure to sterilize everything and work in a clean environment. I have a tattoo transfer paper for designing and tegaderm for healing. I’ve done a lot of research, of course, and practice on fake skin as well as actually tattooing myself and others, which I’ve been doing for over a year now. Please always remember to use proper materials and do research before tattooing yourself and others, as there is a higher chance for things to go wrong when you do it yourself.”

What is your dream vacation?



“Somewhere with a lot of animals.”
-Jordan Arnaudo (9)



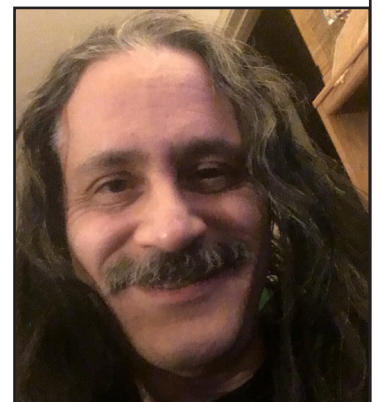
“A month long trip to Sicily, near the beach.”
-Joey Colombo (10)



“Bora Bora.”
-Crystal Melton (11)



“Probably Japan.”
-Kapua Wong-Hin (12)



“Touring France and Italy, ending up in Messina.”
-Mr. Napoli

Goats aren't just for petting zoos

By Katalina Huazano
Times staff writer

If you've seen goats on the hillside behind the townhouses of Terra Nova Blvd, you may be wondering, why is there a herd of goats just roaming around behind the hill? Well, it's not a petting zoo — those goats are actually keeping us and the native wildlife safe.

Goat grazing has become an environmentally sustainable practice that has been gaining traction in the past few years. In the Bay Area, there are a few companies that specialize in goat grazing. City Grazing, for example, has been at the forefront of it all for the past ten years and became a non-profit four years ago. They are located in San Francisco and have been combating fire hazard removal and invasive weed and brush reduction with their 92 adopted and rescued goats.

When you choose goat grazing, you cut out the cost of paying human workers hourly, equipment/ machinery used, composting the cuttings, and the risk of injury, since goats often can climb to areas that humans can't. The only costs are for fencing, transportation of the goats, and the amount of goats, which depends



Courtesy of RYANNE REYNOLDS

Goats like these do a great job mowing down fire hazards on hillsides.

on the amount of land being cleared.

Traditional brush reduction uses machines and harmful chemicals that ruin the land and isn't sustainable. Genevieve Church, the executive director of City Grazing, said, "There is a real environ-

mental advantage in terms of keeping that unwanted vegetation, in the form of topsoil amendment because of the goats' droppings from eating all of that invasive vegetation going right back to the topsoil." This process not only returns the

nutrients of the weeds back to the land, but also eliminates having to transport that vegetation elsewhere to be composted. Church added, "That enhanced topsoil both holds more water so that helps in terms of drought resistance, and in terms of fire resistance, you're not only removing the stuff that is going to dry up, but you're also making the soil more stable so that it can hold more water."

It takes goats from five days to as long as fifteen days to do their job, depending on the size of the land and the well being of the goats. Goats need time to adjust to new surroundings, so keeping the goats on the property a few extra days after the vegetation is cleared is vital for their health. There are pros to having the goats stay on the property longer as well. As Church said, "The [goat] urine will kill off new sprouts, and then their tromping back and forth helps to kill off some plants like ivy that spread via runners, it's great to have them tromp around on it...Our motivation is giving back to the Earth — one of the few things that is actually an environmentally sustainable beneficial form of business is goat grazing. So we've loved being able to give back to the planet, even if it's just in a small way."

The hidden benefits of procrastination

By Leila Eliares
Times staff writer

Procrastination is a notorious habit that is easy to fall into and often difficult to get out of. However, delaying tasks can have surprising advantages.

The behavior of procrastination can be split into two categories: passive and active. Passive procrastination is the most recognizable form of procrastination. This is when you push off tasks simply because you don't want to do them. Sam Gomez-Henry (10) explained, "I procrastinate because I'm lazy and just don't want to do my work. Instead, I stay in bed and watch Netflix or YouTube." However, passive procrastination can lead to more self care, as Faith Olivier (11) explained. "I try to take care of my mental health to relieve stress. When I

procrastinate, I use the time to take care of myself," she said. Taking a moment to relax after a long day or taking a nap helps to recharge your energy.

On the other hand, active procrastination is when tasks are delayed, but there is still productivity. For example, instead of studying for a test, you clean your room or do some chores. With active procrastination, one type of work is substituted for another, but goals are still being accomplished.

Dr. Clarise Blanchard, a psychologist at StarVista, said, "When you are considering something that needs to be done, and you put it off a bit, it is still mindfully held in our brain, and I believe we continue to give it consideration. I personally refer to this process as letting something 'simmer.' It may not be in my conscious awareness, but I am still giving it thought."

Postponing tasks gives time for creativity to kick in, especially when talking to other friends or surfing the internet.

In addition, procrastination helps priorities to emerge. According to Susanna News-omen from Psychology Today, "After procrastinating on a task for some time, you might look at it and not remember why it's even on your to-do list. This gives you an opportunity to reevaluate whether it's still important you do it."

While there can be positive aspects to putting off work, it is important to remember that there are still negative impacts. Procrastination can cause important tasks to fall behind and pile up, causing more stress. Dr. Blanchard reminded us, "Sometimes procrastination... can cause anxiety, stress, blame, shame, and cognitive dissonance... Some wonderful cop-



Courtesy of SAM GOMEZ-HENRY

Sam finds his phone to be a tool for procrastination.

ing strategies or mindfulness and reminding oneself that meditation, positive self talk, you will embrace the task, but engaging in an enjoyable task, need time to let it 'simmer!'"

A look at the differences between high-end and drugstore make-up

By Natasha Valdez
Times staff writer

The polarization of makeup sold at drugstores and high end outlets can be confusing at times. Makeup ingredients throughout the years have evolved, with certain brands having incredible natural ingredients to brands that have synthetic ingredients. Nevertheless, let's find out what the difference is between high end and drugstore cosmetics.

Makeup in Ulta, Sephora, and Macy's is deemed as luxury, whereas CVS, Target, and Walmart offer more affordable options, with less prestige in the industry. Often, high-end aficionados claim that their makeup is high quality



Cami Ward

Cami shows off some of her faves.

due to the ingredients used in it, leaving drugstore makeup to be portrayed as

insubstantial. Cosmetic worker Soraya Ali-Hope explained, "There are definitely differences in ingredients and formulations for high-end brands over drugstore brands, particularly in the clinical quantity used in the formulations." Make-up aficionado Cami Ward (12) also added, "I think that there are definitely great drug store products and brands, but a lot of the cheaper drugstore makeup is made with harsh chemicals. Higher end is more expensive because it isn't made with harsh chemicals."

Brands such as Mac and Bobbi Brown are likely to have premium formulas, higher quality ingredients, and more pigment, whereas drugstore brands such as Revlon or Maybelline are infused with synthetic ingredients. Neal Kitchen,

chief geneticist and COO at makeup brand HydroPeptide, said, "Peptides are a great example of ingredients where the type of peptide and the quantity of the peptide are both essential for how effective the ingredient will be on your skin."

Higher end cosmetic brands involve professional artists in the creation of each collection from start to finish, whereas drugstore brands make use of professional makeup artists to promote their products after the product has actually launched.

Overall, if you're looking for full-coverage and long-lasting face makeup, then higher-end brands are often the way to go because drugstore alternatives can lack coverage, pigmentation, and an inclusive range of skin tones. However, your mileage may vary.