

## Anthony Gordon signs with Chiefs

By Miguel Valdes  
Times staff writer

Terra Nova's own Anthony Gordon gets his shot at the big leagues, after signing a future contract with the Kansas City Chiefs. Gordon graduated Terra Nova in 2015 and was a three-year letter-winner for coach Tim Adams. As a junior, Gordon was named Peninsula Athletic League Offensive Player of the Year and All-Metro League Second Team. He had a seven-touchdown game as a senior and was named the Medium School State Player of the Year by Cal Hi Sports. Gordon was also named All-State and All-Metro League First Team after setting a Central Coast Section record with 4,899 passing yards and 49 touchdowns, helping TNHS to a Division 3 Title.

Although he did not receive scholarships from any D1 colleges, Gordon decided to take his talent to City College of San Francisco, where his dad Ryan Gordon also played quarterback for the Rams when he was younger. As a freshman, Anthony was named All-California Community College Athletic Association Region 1 First Team and Bay 6 League Offensive



Courtesy of Anthony Gordon

**Gordon's impressive success at WSU caught the attention of many, and now it seems as if Anthony's hard work will finally pay off as he gets his shot at cracking an NFL roster.**

Player of Year. He helped CCSF to a 12-1 overall record and CCCAA Championship and led the CCCAA with 3,864 passing yards and 37 touchdowns. After winning the championship game, he was named CCCAA Championship Game Offensive Most Valuable Player after going 20 of 26 for 176 yards and two touchdowns. However, after not receiving any other col-

lege offers, Anthony was ready to finish up school and hang up the cleats to become a plumber.

That is, until he got a call from Washington State's head football coach Mike Leach. "It was summer of my freshman year going into sophomore year, and it was about almost the end of the recruiting period," Gordon said. "I didn't receive any calls and was sure I was gonna be-

come a plumber until later that night, I got a call with an area code titled Pullman, Washington. At the time, I had no idea where Pullman, Washington was. Nevertheless I picked up, and it was Coach Leach asking me if I wanted to play for the Cougars — the rest was history."

During his time in WSU, Gordon elected to redshirt his sophomore year to learn

behind Luke Falk, and then lost the starting spot his junior year to Gardner Minshew.

Gordon's senior year was finally his year to show his talent. He threw for 5,596 yards and 48 touchdowns his senior year and was named to All-Pac-12 Second Team after setting WSU and Pac 12 single season records for passing TD, passing yards, total offense and completions. He finished second behind Heisman winner Joe Burrow on most touchdown passes in a season in all of college football.

Despite his efforts, Gordon went undrafted. He was signed by Seattle after the draft, but was cut on final cuts before the season started. After his short stint with the Seahawks, Gordon was invited to workout and show his skills to multiple teams such as the Browns, Titans, 49ers, Raiders, and Chiefs. The Chiefs decided to take a chance on the young quarterback and signed him to a future contract, which means he will be joining the team in the 2021 season. Gordon will have a real shot to compete with Chad Henne for the backup job, a spot from where he can learn the Andy Reid system and have superstar Patrick Mahomes as his mentor. Best of luck to our fellow Tiger.

## Russian opposition leader jailed, sparks protest

By Eleanor Jonas  
Times staff writer

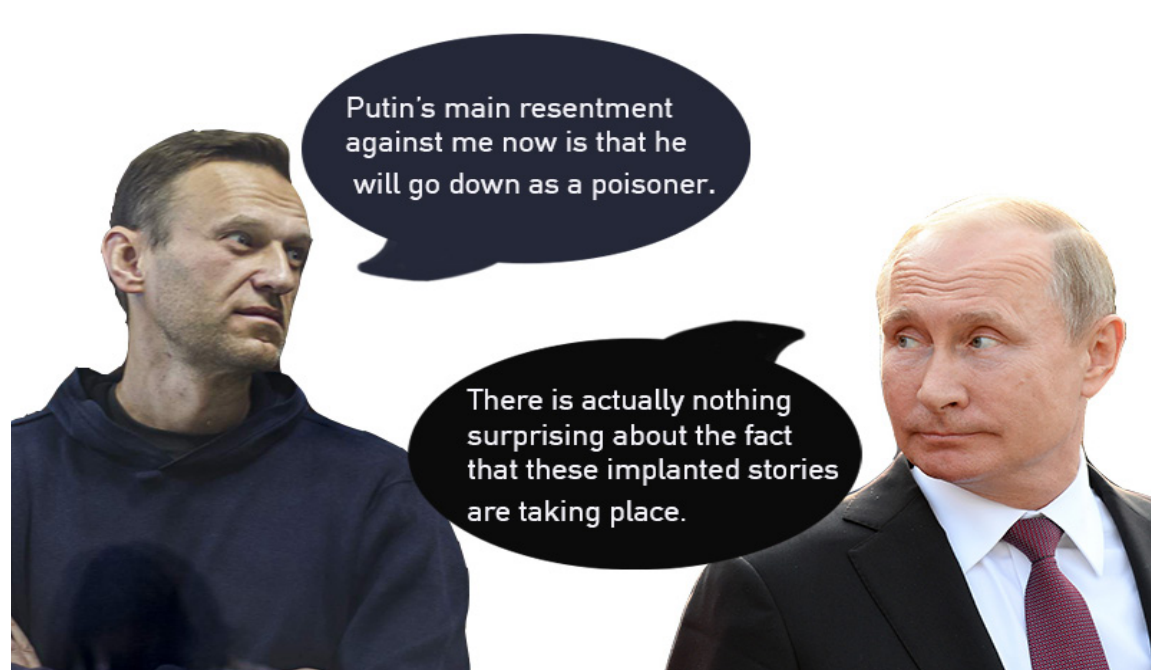
On Jan. 2, the most prominent opposition leader in Russia, Alexei A. Navalny, was sentenced to more than two years in prison, prompting massive protests across Russia. Navalny, who uses YouTube to publish reports on corruption within the Kremlin, is Vladimir Putin's main political challenger. Authorities have repeatedly attempted to subdue him with jail terms of a few weeks, but this is the longest sentence he has received.

In August, Russian agents attempted to poison Navalny with the military-grade nerve agent Novichok, though the Kremlin denies involvement. He was airlifted in a coma to Berlin hospital and returned last month, only to be arrested for violating parole by not reporting to the authorities on several occasions, some while he was recovering in Germany and others because he reported on the wrong day of the week.

Navalny was serving parole for a suspended sentence he received in 2014 that convicted him and his brother of stealing \$500,000 from two companies, a ruling that the European Court of Human Rights called "arbitrary and manifestly unreasonable," according to the New York Times. His new sentence has inspired widespread condemnation among international governments and the Russian people.

The day of his sentence, riot police were deployed in Moscow to contain protesters, at least 1,377 of whom were arrested. For the last two weekends, tens of thousands have rallied for Navalny in various Russian cities. However, many people are afraid to attend protests, according to Ali Agrashokov, a high school student in Russia. She said, "Many people worry about their work, they are afraid of losing it...I heard one professor from the institute was fired for going to a rally."

She describes the amount of police in the streets and metro increasing following the protests and writes, "I feel



Eleanor Jonas / Terra Nova Times

**Navalny seeks to undermine Putin's authority, while Putin seeks to maintain his image.**

touched because this situation with Alexei Navalny shows that there is no law in Russia."

Though the majority of protesters are younger, not all youth are supportive of Navalny. Anna Ivanova, another high school student, wrote, "We believe that the verdict against Navalny is

fair and even not enough for him...those who supported Navalny are irresponsible citizens."

During Navalny's hearing, he proclaimed, "Hundreds of thousands cannot be locked up. More and more people will recognize this. And when they recognize this — all of this will

fall apart, because you cannot lock up the whole country."

In his speech, he blamed Putin for locking him away and the attempted poisoning, which Western officials have called a state assassination attempt. Even after

**See Navalny on page 14**

# Biden's cabinet confirmations start

By Eleanor Jonas  
Times staff writer

Biden pledged to make his cabinet the most diverse in history, a promise that he seems intent on keeping.

Five of his nominations for his core cabinet have been confirmed by the Senate thus far. First, Antony Blinken, Secretary of State, also served in the Obama administration, in which he helped unite more than 60 countries to fight ISIS. Since taking on the role of Secretary of State, Blinken has spoken out about the Uighurs in China, an ethnic minority group where one million have been detained in camps since 2016, saying, "My judgment remains that genocide was committed against—against the Uighurs and that—that hasn't changed."

Second, Janet Yellen, previously the 15th chair of the Federal Reserve, was confirmed as Secretary of the Treasury. Yellen is the first woman to hold either position. Prior to her confirmation, she

tweeted, "...we must restore the American dream—a society where each person can rise to their potential and dream even bigger for their children. As Treasury Secretary, I will work every day towards rebuilding that dream for all."

At 74, Yellen is the oldest cabinet member, confirmed or nominated. Only four of Biden's picks are under 50, a stark contrast from the Obama administration, when Biden was the oldest at 66.

Third, General Lloyd Austin was confirmed as Secretary of Defense, the first Black person to lead the Pentagon; Austin also served as the commander of the US Central Command. His first directive was ordering a thorough review of efforts to stop sexual crimes and misconduct in the military. Regarding this issue, Austin was reported in the Washington Post saying, "We simply must admit the hard truth: we must do more. All of us."

Fourth, Pete Buttigieg, who gained prominence during the Democratic primary, was confirmed as the first open LGBTQ cabinet member as the Secretary

of Transportation. He is also the youngest member of Biden's cabinet at 38. The fifth confirmation, as of Feb. 2, was Alejandro Mayorkas, for the Secretary of Homeland Security, the first Latino and immigrant in that position. Mayorkas oversaw a program during the Obama administration that protected young undocumented immigrants from deportation.

Biden's other nominations include four women: **Deb Halland** for Secretary of the Interior, the first Native American member of the cabinet. **Marcia Fudge** for Secretary of Housing and Development — she was a previous chair of the Congressional Black Caucus. **Gina Raimondo**, the first female governor of Rhode Island, for Secretary of Commerce. And **Jennifer Granholm** for Secretary of Energy. Granholm worked with the auto industry during her time as the governor of Michigan, and she may be influential in assisting Biden's goal of moving towards electric vehicles.

If confirmed, several of Biden's nominees would be making breakthroughs as

the first Latinos to hold those offices. Xavier Beccerra, currently California's attorney general, has been instrumental in defending the Affordable Care Act in court and is nominated for Secretary of Health and Human Services. Miguel Cardona, who has advocated for sending kids back to school because so many are falling behind, is nominated for the Secretary of Education.

Many of the nominees have worked closely with Biden, especially during the Obama administration, such as Tom Vilsack for Secretary of Agriculture and Denis McDonough for the Secretary of Veterans Affairs. The two nominees to complete Biden's fifteen-member core cabinet are Merrick Garland for Attorney General, and Marty Walsh for the Secretary of Labor.

The Senate moved slowly to schedule confirmation hearings in late 2020, but as the Senate is now led by Democrats, Biden's nominations can be confirmed without Republican support, although bipartisan support is still a goal.



## Biden's address to his staff sets tone of respect

By Justin Arnaudo  
Times staff writer

On Jan. 20, Joe Biden's inauguration was held. Out of the many that day, one speech that stood out among the rest was his address to his new staff. During this speech, he set a very different tone than the president before him. In Biden's address to his staff, he talked about unity, his future goals, and respect.

It is no surprise that one of Biden's major themes in his speech was unity. Ever since the Capitol building was stormed, Biden has made it one of his top priorities to restore unity in the United States. He told his staff that they must remain united in order to work effectively while

he is in office. Biden emphasized that, with unity, he believes the American people can achieve almost anything; he also talked about how their unity should set an example for the rest of the country. Biden said, "The only thing that I expect with absolute servitude is honesty and decency, and the way you treat one another, the way you treat the people you deal with." After about another minute of talking, he said, "We ran on a promise that this administration would look like America looks." Biden wants to unify more people around causes that will better the United States such as the fight against climate change. A goal of his is not just maintain and repair unity in the United States, but to grow it and nourish it dur-

ing his entire presidency. This then led him into what he wants to accomplish during his presidency once unity is restored.

Joe Biden has a lot of work to do when it comes to dealing with future challenges. He stated that he wanted to first deal with the pandemic, because if he does not, he will not be able to follow through with any of his other plans. He wants to vaccinate 100 million people within 100 days of his presidency. He then wants to get kids back to school and everyone else back to work. Then, he told his staff they will then need to address racial inequity in the United States. He does not want any incidents like what happened to George Floyd to occur again.

When talking about why

he ran, Biden said, "To root out systemic racism."

Lastly, he wants to face the threat of climate change. In fact, he has already taken action to help reduce the effects of climate change. He reentered the Paris Accords, which is an international agreement to fight climate change. He said, "The American people, given a chance, they have never ever ever ever let their country down." He wants to do all this in four years united as a country, and he believes it can be done if the United States stays united.

The last topic of Biden's address was respect. He felt the administration before him lacked respect, and as a result, he told his staff that if he sees or hears anyone disrespect someone else,

they will be fired on the spot.

He said, "But I'm not joking when I say this, if you're ever working with me, and I hear you treat another colleague with disrespect, talk down to someone, I promise you I will fire you on the spot."

This statement generated a lot of content for news stations, but more importantly set a new tone in government, one of no tolerance for disrespect in government. Many were pleased with this, especially mothers. Lily Hart, Pacifica mother of two young boys, said, "I am relieved and encouraged by Biden's words. As I sit here teaching my children how to treat others with respect and dignity, I expect the leadership in this country to do the same."

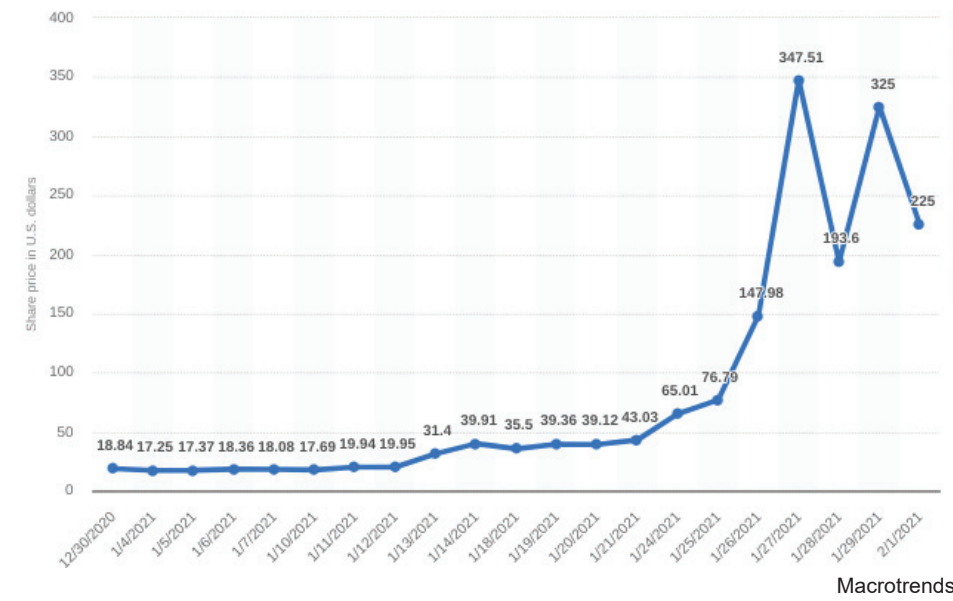
# What went on with Gamestop?

By Kyle Gossage  
Times staff writer

On Feb. 4, Robinhood, the popular stock trading app, released restrictions on the trade of GameStop (GME) stocks after a full week of limited selling of the inflated stock price. The stock market is a complex system of trading stock as different stocks rise and fall. But within the last month, WallStreetBets, a subreddit of individual buyers, went to town and brought the GME stock from a measly \$7 per share to the highest it's ever been, a whopping \$450 per share. But easy come, easy go: by Feb. 9, Gamestop stock was down to \$50, a 90% decrease from its all-time high. So what gives?

The stock market is an unpredictable system based on supply and demand. Each company has shares — a share is a portion of a company that can be bought and sold by investors through the stock market. The price of one share is dependent on the number of stocks publicly available and the demand for the stocks. This explains the price differences between the stocks of companies.

With Gamestop, there are two opposing sides: hedge funds and individual buyers. Hedge funds work by amassing funds from multiple investors to buy securities



Gamestop stock went up, up, up before tumbling down, down, down.

or other investment products like stocks — they pass the money they make onto their investors, and everyone (hopefully) gets paid. One way hedge funds make money is through short-selling, which is basically when an individual borrows shares from the owner and sells them immediately, hoping that the stock will drop and they can buy the same amount of stocks back for less than what they sold it for. In other words, you are betting that the stock's value will go down, not up.

Recently Gamestop became a major target for these short-selling hedge funds, and a subreddit, named r/WallStreetBets, wanted to retaliate; some journalists speculate that the Redditors had warm fuzzy feelings about Gamestop from their youth and didn't like seeing the predatory practices of short selling being turned against an icon of their childhoods. By turning GME into a trending stock and encouraging others to buy it, the prices rose over 1600% for GME

in just the past month. And this method had the desired impact: hurting hedge funds and making money for the little guy. Melvin Capital, one of GME's most prominent shorts and major Wall Street Hedge fund, was forced to take a multi-billion-dollar loan to cover their losses.

So you can imagine the outrage among Redditors (and their bandwagoners) when Robinhood removed the GME stock from their website because of lack of funds on Robinhood's part. Oscar Gonzalez and David Priest, reporters from CNET, summarized, "In short, regulations require [Robinhood] to have a certain amount of money on hand when people need to buy stocks, and it simply didn't have enough at the time." People quickly made their displeasure known by tanking the app's ratings. Robinhood is also being sued on accounts of, "purposefully, willfully, and knowingly removing the stock 'GME' from its trading platform... and deprived retail investors of the ability to invest in the open-market," according to the lawsuit itself. They are currently being slammed for interfering with the stock market's ability to be accessed publicly. The dramatic change of GME's stock was mainly due to the sudden popularity spike, but in the end, it caused a panic amongst Hedge Funds and enraged Robinhood users.

## GM announces its entire line will be electric

By Danrick Jamora  
Times staff writer

General Motors, more commonly known as GM, surprised people around the world on Jan. 28, 2021, by pledging to make all of their models electric by 2035. This shows a massive shift in the automotive industry. With electric cars proving to be fast, efficient, and less harmful to the environment, GM's move to electric vehicles makes sense; however, it is not without its downsides.

GM has been a long-standing name in the automotive world, operating since 1908, and having ownership of brands such as Chevrolet, Cadillac, and GMC. With the market demand for electric vehicles growing by the minute, more and more companies are trying to fill this growth in demand. GM is a main player in the industry with their Chevy Bolt full elec-



Victor Wu / Terra Nova Times

By 2035, these vehicles will be all electric powered.

tric and the Chevy Volt plug-in hybrid. Stewart Chevrolet sales representative Leonis said, "The Volt was quite popular when it was released; however, we are seeing more people buying and leasing the Bolt, Chevrolet/GM's fully electric hatchback.

I'd say that the popularity of fully electric vehicles is growing, and GM's promises seem to reflect that market change"

Retooling plants to accommodate newer car frames that support electric vehicles will be a costly endeavor, especially with

the amount of manufacturing that goes on in foreign plants. A major problem comes with keeping the foreign market for GM vehicles supplied with cars that are usable in those areas due to limited or constricted fuel supply, which is already a problem in some less-developed nations. Just funding organizations with the necessary infrastructure for electric vehicles will be a challenge. In some markets abroad, GM sells more flex-fuel vehicles than regular gasoline, because gasoline may be limited.

According to the US Bureau of Transportation Statistics and the US Department of Energy, in 2019, around 21 million new vehicles were bought or leased, and around 727,000 of those vehicles were hybrids or electric powered, with around 326,000 being plug-in electric vehicles. This market has been steadily growing because of the growing infrastructure in developed countries and the

government cutting the price on EV's by thousands of dollars.

GM has also been a pioneer in the industry, with the GM EV1, the first modern mass-produced electric car from a large manufacturer. GM also says that they have filed over 3000 patents relating to electric vehicle technology worldwide. In 2018, GM announced a \$28 billion expansion to their battery test plant in Warren, Michigan. This investment seems to have been worthwhile because GM's new Ultium batteries are much more resourceful.

GM's promotional materials claim, "The Ultium batteries are of a new cell architecture, in pouches instead of cylinders. Also, the cells use 70% less Cobalt, and less Nickel than previous designs."

With GM committing to making only electric vehicles by 2035, we are likely to see these cars more viable and cheaper to own within the next coming decades.

## The reasons why electric cars may well be the future of automobiles

By Kyle Gossage  
Times staff writer

Electric vehicles are becoming increasingly more popular in today's society; while they use more resources to build, electric vehicles use much less resources in the long run. With the rise of an electric age on the horizon, how far is this electrical revolution away from happening?

The main problem with electric vehicles is the price and maintenance. Electric cars can cost much more than a cheap gas-powered vehicle. This is due

to the initial cost of all components that are currently needed to make an electric vehicle; the cost of the battery can cost upwards of \$10,000 alone. As more resource-efficient batteries are made, the price of buying and repairing an electric car will relatively fall in price.

Another issue is charging stations. With electric cars being fairly new, many places have not yet invested money into creating charging stations for these cars. Additionally, charging these batteries to full takes much longer than filling in your tank with gas. In my interview with Jeremy Whaling, an electric vehicle sys-

tems engineer at EVgo, Whaling said, "High powered charging stations can take 30-40 min. for a charge that only lasts 80-100 miles from [a] 50 kilowatt charger. In the future, we hope to build chargers up to 350 kilowatts to charge a battery in 10 min. and last over 250 miles." To put that into perspective, the average phone charger emits 2 - 6 watts, and a kilowatt is 1000 watts. However, our current power grids are not equipped to handle this without adjustments.

An average house in America uses on average 877 kWh per month, one kilowatt hour being equivalent to using 1000

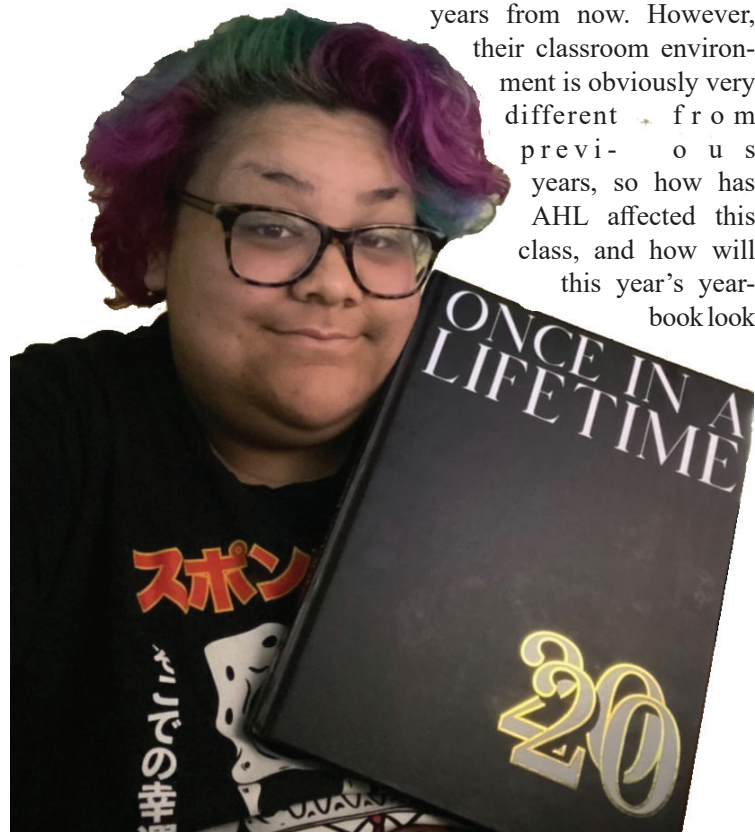
watts of electricity for one hour. So one of these chargers is the equivalent of adding hundreds of houses to the power grid. Companies such as EVgo, Chargepoint, and Tesla are working to make electric vehicles cheaper and more available for the average person within the next few years.

Electric batteries are getting stronger, as well as costing less to produce. Currently, electric vehicles are looking to use a battery known as a pouch cell. Pouch cells make the most effective use of space and can achieve 90%-95%

See Electric on page 14

# Yearbook staff adjusts to pandemic

By Samantha Guerrero  
Times staff writer



The Yearbook Staff is excited to capture the moment for us and allow us to look back many years from now. However, their classroom environment is obviously very different from previous years, so how has AHL affected this class, and how will this year's yearbook look

different from previous years?

With many key events such as school sports being temporarily canceled, clubs finding it harder to get their word around, and Zoom sucking the excitement out of everything, the Yearbook staff has had to find new ways to capture this wild year.

Co-Editor-in-Chief, Hyacinth Sandagata (12) said there has been a change in the yearbook's making. Sandagata said, "Although we usually use computers to make the yearbook, there's a lot of interactions the yearbook staff needs to get those spreads done. We had to completely get rid of the photographer role and have everyone hands-on working. It's even hard to celebrate the finalized deadlines because it's impossible to get excitement through Zoom sometimes." (We at the Times feel your pain, Sandagata!)

These spreads are usually created by taking pictures of

sports games, clubs, etc. Of course, this year isn't the same, but Sandagata and the rest of the Yearbook class have found positive sides to it. Sandagata said, "Everything being online has increased the difficulty of creating the yearbook, but also made it somewhat easier. Since a lot of activities aren't happening this year, the yearbook has been completely rearranged. Nick [Co-Editor-in-Chief], and I had to almost completely rewrite the table of contents as well as come up with a bunch of new spreads. The plus side is that we get a chance to include a bunch of new spreads that we've never done before."

One of these new spreads is an alternative to typical sports spreads: "We've included spreads having to relate to fitness as well as honoring each season's group of sports," she explained.

Marissa Camacho (12), mem-

ber of the Yearbook Staff, is excited about the Yearbook's creation. "You get to design your own yearbook, I think it's cool that you have a part in it, and it's something that's going to last with you forever. Online designing is also cool because you learn a lot of new stuff... Definitely take the class," she said.

Apart from that, the class has adapted to new ways of publishing. Yearbook advisor Mr. Colvig said, "We've been so lucky to have Walsworth as our yearbook publisher. They have an in-browser design platform that has allowed our whole staff to easily build great looking spreads and collaborate with one-another very smoothly."

This publisher has instilled hope in the Yearbook staff, and they are certain they will create a yearbook the entire Tiger community enjoys. "The whole

*See Yearbook on page 14*

## Many public schools suffer as enrollment drops

By Leila Eliares  
Times staff writer

While teaching and learning is the most prominent challenge for at-home learning, an overall decrease in enrollments poses another problem for public schools.

Public school student population numbers are decreasing because many have enrolled their child attend a private or charter school, many of which started the school year with in-person classes rather than at-home learning. Many parents need the child care, while others feel that having class through Zoom causes a gap in learning, especially younger kids.

TN principal Mrs. Carey said, "We have seen a decrease in our enrollment. 17 students have left since school started, and that doesn't account for the families who left TN over the summer...it is also a hit to our school when this occurs because it becomes harder and harder to provide vibrant electives and extracurricular programs with less students and teachers... Fortunately, we have been able to sustain our wonderful programs through the dedication of teachers, staff and our many volunteer groups like PTO, TNEF, Band

and Athletic Boosters who fund-raise and work to help keep these programs afloat and available to all of our students."

States like California use the Local Control Funding Formula (LCFF), where they set a minimum amount of money that will be used to help support a single student. Public schools receive funds mainly from local property taxes, but communities with lower property values are at a disadvantage because they get less money. In order to compensate for any missing funds, states fill in the amount of money needed to meet the minimum support requirements. For example, if a district raises \$2,000 from taxes, but the state requirement is \$6,000, the state can help fill in the remaining \$4,000. Most states use enrollment numbers and attendance rates to help send more support. Those districts are funded by a set amount per pupil or the average daily attendance (ADA) of students at the schools within a district.

Lower enrollment rates at public school districts can cause a deficit in the amount of money they receive through the use of per pupil funding and ADA. The more students that choose to go from public schools and into pri-



Jaydon Fernandez

**Here's hoping that all of these happy faces are with us in the Fall.**

ivate, charter, or even homeschooling, the worse it gets for those who need it most.

Although Terra Nova is dropping in our student population, we will still be able to have lots of funding. The district Superintendent, Toni Presta, said, "JUHS is a Community Funded district

since our property taxes exceed what we would receive based upon the LCFF... we do also receive grants and categorical funds...because our property taxes exceed the amount we'd receive, and we are a Community Funded District, it really doesn't make a difference."

## Terra Nova Band doesn't miss a beat in adjusting to at-home learning

By Elliott Song  
Times staff writer

With distance learning, we all expected changes in our classes, but how has the Terra Nova Band been carrying out their classes? As amusing as the idea of 30 plus squares on a screen full of people playing their instruments would seem, that simply isn't the case. It hasn't been that easy for Band Director Mr. Lewsadder to adapt the Band's curriculum into something suitable for an online learning format.

Mr. Lewsadder said, "Band has always been a group activity. Typically, in a band classroom, you would have all students playing their parts on their individual instruments to make one large

ensemble piece of music...Unfortunately, since Zoom and internet connections can have quite a bit of lag, we have been unable to continue making music this way. This has led to exciting opportunities to explore solo performances, small group playing, and recording strategies that we teach in class. Classes have changed from rehearsal time to guided instruction of rehearsal techniques, music theory, and music production."

For those of you who know a little about music, you know that tuning is very important to getting a nice sound. If instruments are tuned ever so slightly differently, there is a noticeable dissonance in the sound. The challenge that came with online classes is that it's nearly impossible to get everyone to tune

perfectly together. In addition to that is the issue of playing with each other. Band student Xiaolan Bisson-Yang (10) said, "Over Zoom, everything is off by a second (ish), and everyone playing at once ends up [sounding] like a circus."

Color guard has found it especially hard to adapt to distanced learning. Nick Fernandez (12), a section leader for color guard, said, "Learning via Zoom has been specifically hard for my section and me because we deal with dancing and movement, so making sure everyone is doing everything on the correct counts and timing, is very difficult. It's also a lot harder to teach other color guard members. As a section leader, you're responsible for helping your section, and Zoom does not help, as I wish I was physi-

cally with them to help guide them."

However one positive that came out of quarantine and at home learning is the Band's introduction to SmartMusic, a music learning software with a huge database of sheet music ranging from classical to modern pop songs.

Mr. Lewsadder has also taken this opportunity to teach students a little more about music theory. At the start of this semester, he went over the different types of phrases in music. Interestingly enough, the way music is written is comparable to the way essays have words, sentences, and paragraphs.

Currently the Band and Mr. Lewsadder have taken a different approach,

*See Band on page 14*

# Local businesses hanging in there

By Nicole Garrett  
Times staff writer

For about a year, many small businesses have been struggling to stay afloat. We wanted to check up on a few local businesses to see how our community has been faring.

I visited Florey's, a local book store at 2120 Palmetto Avenue. Florey's is owned and operated by Aaron Schlieve. Due to Covid-19, they did shut down at the beginning of quarantine; however, they made a strong comeback and have been open everyday since their initial closure. They luckily haven't experienced any new problems; however, some months have been better than others money-wise.

Back in Nov. 2020, I checked in with Schlieve about how COVID-19 was affecting his business. At the time, he said, "I was very worried for the business itself, and when the announcement of the proper lockdown first came out, I thought we're done for." Despite this fear, Schlieve adapted well and used his book supplier to deliver directly as well as offering curbside pick-up.

Since then, we checked up on Florey's, and Schlieve said that "We're doing alright. We have received lots



Nicole Garrett / Terra Nova Times

**Pacifica's favorite bookstore is hanging in there at its Palmetto location.**

of support from the community. Expenses-wise, we have been trying to reduce them as much as possible, and focus mainly on special orders."

Although money ran tight, he received an incredible amount of support from people in the Bay Area. He has been advertising through his online Facebook page and an email list to notify people

that they are still open for business. He has also been putting fliers in the windows of his shop to let people who pass by know that they are still open.

Another local business that had been affected by Covid-19 is Pacific Java Cafe located on 450 Dondee Way. Deborah Patterson, the owner, did not have to close due to the most recent lockdown, but they

are still struggling to make ends meet.

When asked how they have been doing, Patterson said, "It's battling for sure. In the beginning, it was absolutely terrible, and some days it cost even more money to stay open than to just close." It is also hard for them because some of their suppliers have shut down, so they had to find new ones. Patterson said, "I'm skeptical of us staying open still. It's taken so long for other places to reopen that it's hard to tell if we will even stay open." She said that another concern for their business are people moving out of the Bay Area, which is making it harder to rely on regulars.

Pacific Java has not been doing any advertising because it costs money, so they are only advertising on their Instagram and through events being hosted near their shop.

Breakers, located around the corner from Pacific Java, also weathered a lengthy closure, but the father-son duo of Steve and Robby Bancroft has come back strong, shifting from a go-to brunch hangout to take-out only. Check them out at [ilovebreakers.com](http://ilovebreakers.com) for online ordering.

Local businesses have been tested through the year long pandemic and even the businesses that are still open may still be struggling and need your help.

## Linda Mar Beach is on the state's naughty list

By Leila Eliares  
Times staff writer

One of the most popular places to hang out in Pacifica is Linda Mar Beach, especially on warm, sunny days. This iconic beach is also ranked as one of the dirtiest beaches in the state. According to the Pacifica Tribune, Linda Mar Beach is the seventh dirtiest beach in California. But what caused this beach to get that polluted?

It turns out that many factors contribute to Linda Mar's dirty ranking. One of them includes runoff from nearby sewers that flow into the ocean. "The reason for them usually is because of so much rain," said Lynn Adams, the president of the Pacifica Beach Coalition (PCB), going on to say, "It often causes a flood...there's so much sewage that it overwhelms the system... and so what happens is they have to release some that

isn't treated all the way." San Mateo County tests the water once a week to measure levels of harmful bacteria such as Coliform, E.Coli, and Enterococcus. Sewage spills and runoffs into the ocean make it easier for these kinds of bacteria to multiply and pose a threat to people and sea-life in the water.

Another issue that contributed to Linda Mar's cleanliness is litter, the most prominent being cigarette butts. Adams said, "The problem is that the cigarette butts are very light and small, so when there's rain, they wash down all of the streets into the storm drain. The storm drains flows into the ocean." Cigarette butts add toxins into the water making it harmful to wildlife. National Geographic said, "Trillions of cigarette filters... only an estimated third of which make it into the trash."

Cigarette filters in the ocean can also impact humans. Fish that accidentally consume fil-



Alyssa Jenkins / Terra Nova Times

**Visitors to Linda Mar Beach leave behind tons of trash.**

ters can transfer the toxins to humans when eaten. Since Jun. 1, 2020, the PCB has collected 96,000 littered cigarette filters. Chloe Humphreys (11), who visits the beach often and also picks up trash, said, "I feel like if more people knew

about how dirty the beaches get, then more people would help do something about it."

It's not too late for Linda Mar to recover and get off the list of the most polluted beaches in the state. Adams recommends keeping your streets

clean and avoiding single-use plastic items like straws, lids, and containers that end up being litter. Participating in beach cleanups and habitat restorations organized by the Pacifica Beach Coalition is another way to also help make a difference in the cleanliness of the beach. Although these events are currently cancelled due to the pandemic, picking up litter on the beach or streets will still benefit the ocean significantly.

The city of Pacifica is also constructing a new container to help hold sewage and prevent it from being released untreated.

For those looking to become more involved with beach cleanups, there is a Junior Pacifica Beach Coalition specifically for students; members of this coalition will help lead groups during cleanups. If you are interested in joining the Junior PBC, there is more information on the Coalition's website, [www.pacificabeachcoalition.org](http://www.pacificabeachcoalition.org).

## With new contagious COVID variants, it's time to up your mask game

By Leila Eliares  
Times staff writer

Wearing a mask has become a new addition to your outdoor needs since the beginning of last year. Since the new variants of COVID-19 can be spread more easily, mask wearing is even more important than it has been for the last year. Different masks have different levels of protection; the N95 is the most effective mask, although it is reserved for healthcare workers. Although N95 masks are not available for the public, double masking and other types of masks

can still provide the same protection.

Cloth masks are the most common mask, which can be easily found in stores. It is important to wear a cloth mask with multiple layers — the layers make it harder for air particles containing germs and COVID-19 to pass through. While cloth masks are very easy to purchase or make at home, the material of a cloth mask is very important. The Center of Disease Control recommends wearing a mask made of a material that is tightly woven and easy to breathe through like cotton. In order to tell whether a mask is made of a thick and durable fabric, hold it up to a light. The more light that

passes through indicates that the cloth of the mask is too thin and does not provide much protection. Be sure to check the fit of the mask on the sides of the face to ensure a snug fit — any mask that has a loose fit will allow exhaled air to escape through any openings instead of it filtering through the mask. Using a cloth mask properly also means that the mask is not too tight so that it does not become difficult to breathe while wearing it. A tight mask can result in air escaping or coming in through the sides of the mask, making it easier to spread germs. To increase your protection, consider wearing a surgical mask (those common dispos-

able blue ones) under your cloth mask.

Other masks include the KN95, KF94, surgical masks, and the FFP2. Each of these masks provides effective protection by blocking unhealthy air particles along with viruses by providing a tighter fit than a cloth mask. Deborah Fuller, a microbiology professor at the University of Washington School of Medicine, said, "Viruses are transmitted through fomites or small droplets released in the air when we breathe, talk, cough or sneeze... If you happen to walk into a situation where someone is in the room and not follow-

**See Masks on page 14**

# Tampa Bay Buccaneers win SB LV

By Miguel Valdes  
Times staff writer

Last Sunday was a battle of the two best quarterbacks in the league, as Patrick Mahomes took on Tom Brady in Super Bowl LV. Both teams appeared to be capable of capturing the title, but there could only be one team to hoist the trophy. Behind Tom Brady, the Bucs cruised past the Chiefs in a shocking blowout. With help from old friend Rob Gronkowski and a ferocious defense, Brady and the Buccaneers are now Super Bowl champions.

Brady threw two touchdown passes to Gronkowski and one to Antonio Brown, as the Buccaneers dominated Patrick Mahomes and Kansas City 31-9 on their home field in Super Bowl 55 on Sunday.

“You get this far and you wanna get the job done and we did it,” Brady said. “We just believed. I’m so proud of the guys.”

Despite moving from the Patriots to a new team and a new conference during this pandemic, Brady didn’t slow down at age 43. The “GOAT,” playing in his record 10th Super Bowl, took home his



Jack Gillen / Terra Nova Times

**Tom Brady now has more Super bowl wins than any single NFL franchise.**

seventh victory and earned his fifth Super Bowl MVP award. Brady broke his own mark for oldest player to win a Super Bowl and joined Hall of Famer Peyton Manning as the only quarterbacks to win one with multiple franchises.

After the Chiefs took a 3-0 early lead, the Bucs put their foot on the gas and never looked back. At halftime, the Bucs had

a commanding lead of 21-6, as the Bucs defense held the #1 rated offense to only two field goals and an interception from Mahomes. The third and final quarter were very much the same, with the Bucs defense holding their opponents to score only three points the entire second half. Last year, Mahomes rallied the Chiefs from a 10-point deficit in the fourth quar-

ter against San Francisco, leading Kansas City to its first NFL championship in a half-century, but Tampa’s pass rush gave him no such chance in this one. Shaq Barrett had one of three sacks on Mahomes, who spent most of the game trying to escape the seemingly tireless pass rush.

“There was nothing that was gonna stop us from winning this game,” Barrett said. “I knew we were going to keep the pressure up. Coach Bowles had a great game plan. We had the guys up there to make it work and we made it work, baby.” The Bucs defense really came to play, and it showed.

The change of scenery from New England and departure from Bill Belichick seemed to not hinder Brady as much as some had anticipated. He passed Michael Jordan in number of all-time championships won, and it doesn’t seem he’s ready to slow down, as he already said he might play past age 45 if he can. Mahomes is now 0-2 against Brady in the playoffs, despite being 6-0 against all other teams in his playoff career. Despite his disappointing performance, there is certainly more to come for his team as well.

## A look back at the comeback of QB Alex Smith

By Miguel Valdes  
Times staff writer

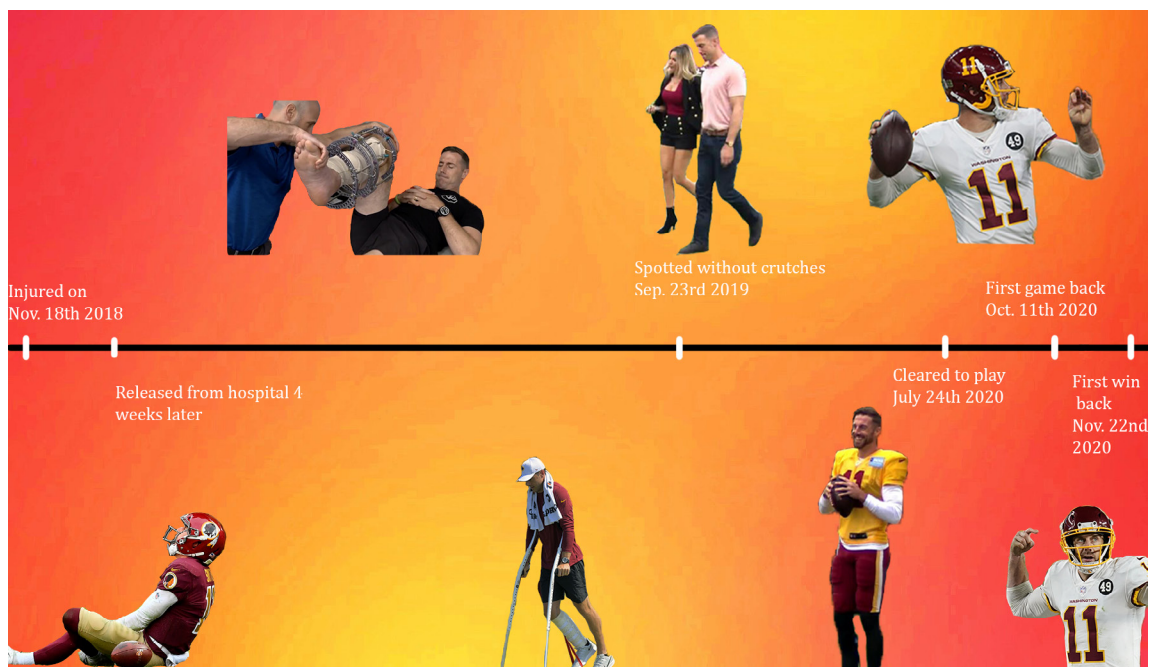
As the 2020 NFL season comes to an end, let’s take a look at one of the greatest storylines of the season: the miraculous comeback of quarterback Alex Smith.

The former number one overall pick in the 2005 draft took the field this season after being sidelined for one and a half seasons due to a compound fracture of his tibia and fibula. Doctors performed 17 surgeries after he developed life-threatening necrotizing fasciitis, a flesh-eating disease, that resulted in sepsis, which is when the body’s response to an infection damages its own tissue. Overall, he had four separate hospital stays over nine months. Before performing skin grafts and transferring muscle from his left leg to save his right, doctors suggested that amputation above the knee might be his only option. But

Smith refused, vowing to return to play the sport he loves. The recovery process took nearly two years, but the Washington football team kept his contract while putting him on the IR for the entire 2019 season.

After all the pain and struggle, Smith was finally able to return to the field, making his first appearance since the injury this in a Week 5 loss against the Los Angeles Rams, but he finished with nine completions for 37 yards. He made his second appearance in Week 9 against the NY Giants, after starter Kyle Allen suffering a dislocated ankle. Smith finished the game with 325 yards passing, one touchdown, and three interceptions. Despite this lackluster performance, Smith kept fighting and got his first start the following week, and his first win two weeks later against Cincinnati.

From then on, Smith played lights out. He went 4-1 as a starter and led Washington to the NFC



Jack Gillen / Terra Nova Times

**It’s been a long hard road for Alex Smith, but his incredible determination has paid off.**

East title. Smith was named the comeback player of the year.

Football player and superfan Dominic Gordon (11) said, “It’s just crazy how someone

who experienced such a gruesome injury like him comes back and completely carries his team. Honestly, I thought it was a career-ending injury

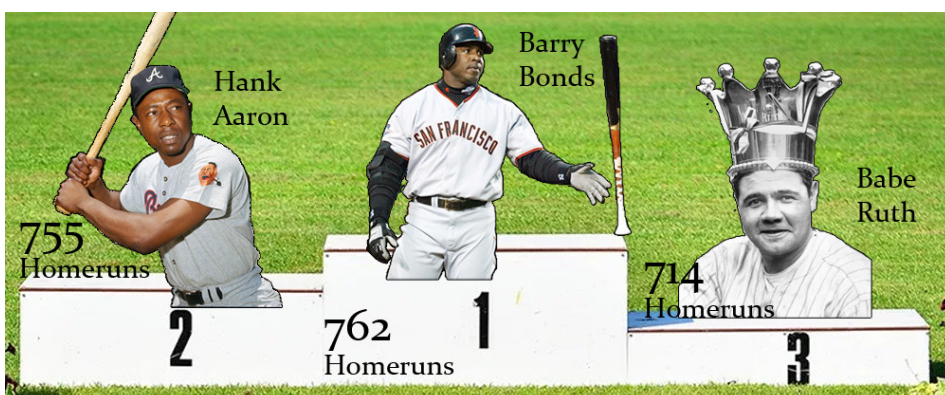
when I saw it, and I really felt bad for him. But it’s respect for him to overcome such a big challenge, it’s truly inspiring to see his determination.”

## MLB HOFer and 2nd place home run leader Hank Aaron dies at 86

By Miles Palmer  
Times staff writer

On Jan. 22, 2021, the baseball community lost a legend as 86-year-old Hank Aaron died due to natural causes. The Hall of Famer holds the record for the most runs batted in (RBIs) by any player and is also in second place for the most home runs hit ever with 755.

Former Yankee and Miami Marlins’ CEO Derek Jeter spoke on Aaron’s passing, saying, “Hank Aaron was a legendary athlete, an icon of the sport and role model for all. We will miss him, but his impact will continue to be felt on generations to come.” Current Houston Astros’ manager Dusty Baker, who was a for-



Victor Wu / Terra Nova Times

**Aaron’s home run total of 755 puts him 2nd all time, only behind Bonds.**

mer teammate of Aaron, told the Washington Post, “My father was the biggest influence in my life, and Hank was

the only other man who came close.”

Hank Aaron’s most recognizable and highest regarded achievement came in

1974, when he broke Babe Ruth’s seemingly unbreakable home run record of 714. Aaron would go on to reach a career total of 755, a record that would not be broken until Barry Bonds did so in 2007. (In the eyes of some baseball purists, though, Bonds’ use of steroids nullifies his milestone and still leaves Aaron as the all time champion.)

However, Aaron will also be known for what he has done off the field. As one of the first African-Americans to enter the MLB, he faced extreme adversity and prejudice, experiences which propelled him to work for civil rights. He and his wife Billye founded the Hank Aaron Chasing the Dream Foundation to help kids develop their talents and potential, serving low-income youth nationwide.

# NFL seeks more diversity at the top

By Jack Gillen  
Times staff writer

As the NFL offseason arrives, many teams look to improve their organizations, whether it is signing players in free agency, making trades, or hiring new staff. This year, the owners of the NFL passed a resolution that rewards teams that develop a minority head coach or front office executive position by giving them two third-round draft picks, one for this year's draft and one for next year's.

Multiple franchises have already acquired extra draft picks, such as the San Francisco 49ers, whose defensive coordinator Robert Saleh was hired by the New York Jets. Saleh is highly praised by players, who describe him as someone that connects with the players and can unify the whole team. In his introductory press conference, Saleh said, "Players really want



Jack Gillen / Terra Nova Times

The hirings of Holmes (left) and Saleh (right) represent a shift to a more diverse NFL.

two things from a coach, and I've always felt this way. One, they want to know that you care about their well being....and then obviously, can you help

them make plays on Sundays so they can get as paid as much as possible." After developing a top-five defense for two consecutive years, there was no doubt

he would earn a head coaching job somewhere in the league. Since the 49er's organization helped start his career, they received two 3rd round draft picks.

Other teams have already received incentives as well, such as the Los Angeles Rams, who sent Brad Holmes to the Lions to become their GM, and many other teams that have to replace their assistants will look to take advantage of this opportunity as well. The league's new incentive expands on the Rooney Rule, which states that teams must interview minorities in the hiring process.

"These steps will assure coaching and football personnel are afforded a fair and equitable opportunity to advance throughout our football operations," Art Rooney II, the Steelers owner and committee chairman, said. Given how many minority assistant coaches are starting to receive recognition such as Kansas City's Offensive Coordinator Eric Bieniemy or Buffalo's Defensive Coordinator Leslie Frazier, the new rules and incentives are working and will result in a more diverse league.

## Women making bigger mark in world of sports

By Jack Gillen  
Times staff writer

Throughout the history of major sports organizations, men have dominated everything in the industry, from being team owners and holding front office roles to being the athletes themselves. Although there are reasons why women don't compete as athletes against men, there are no reasons why women can not have jobs in the sports industry, and many women are proving that today.

Things are starting to change in the sports world, as there are teams hiring women to fill the roles of coaches, general managers, and other jobs that involve working for an organization. Major league organizations such as the NFL, MLB, and NBA have begun to hire female referees, commentators, and executive roles in their organizations.

Sarah Thomas has been a referee in the NFL since 2015 and made history on Feb. 7 by being the first female referee in the Super Bowl. Some of the women who now hold executive roles include



Jack Gillen / Terra Nova Times

Women have fought long and hard to break into the world of sports.

Lara Pitaro Wisch, executive vice president and general counsel for the MLB, Maryann Turcke, chief operating officer for the NFL, and Heidi Browning, chief marketing officer of the NHL.

Recently, the Red Sox have hired the first black female to coach in MLB history. Bianca Smith, only 29 years old, will join the Red Sox organiza-

tion as a minor league coach. She was an assistant coach and hitting coordinator at Carroll University in Wisconsin before receiving the historic opportunity to coach for the Red Sox.

"If people think, it's just because I'm a woman, well, then I'll just go out and prove them wrong," Smith said, and since she has coaching experience and has

proven herself as a capable coach, she has earned the job over others, not because of her gender, but because her success was noticed by the Red Sox organization.

While things are improving, they are still far from being fair for women in the sports industry. Sports journalism is another field that has been unfair for a long time. Up until 1978, women were not allowed to interview athletes in the men's locker room, and to this day, 90% of anchors, commentators, and editors are men. Terra Nova English teacher Diane Woodhull, spent many years working as a sports intern, working in television, and other jobs relating to sports. Woodhull said, "I was the only woman in the department at the television station that I worked for...I have routinely challenged the norms in the workplace, but I have had to prove myself in ways that men did not."

As time moves on, women in sports are finally starting to get the chances they deserve. Sports has always been about letting the best players play, and it is encouraging to see that message being fully realized.

## WNBA team takes stand against controversial owner for their beliefs

By Miles Palmer  
Times staff writer

With the rise of social justice and equality working its way into sports, many are questioning Kelly Loefeller and her credibility as a WNBA owner. Loefeller, the co-owner of the Atlanta Dream, is a Republican politician, and most recently lost her Senate seat to Democrat Raphael Warnock in the Georgia runoff. Not even her own team will support her.

During the summer, the WNBA announced they will honor Black Lives Matter, as many sports were doing so. Loefeller disapproved of this and wrote a letter to the WNBA about her feelings. She became the only owner of

a professional U.S. sports team to do so. In an interview with Fox News, Loefeller said, "The WNBA has embraced the Black Lives Matter political organization. This is a very divisive organization based on Marxist principles... This is an organization that seeks to destroy American principles."

Atlanta Dream players responded to this in a statement put out by the team that was signed by every player: "We are the women of the Atlanta Dream. We are women who support a movement. We are strong and we are fearless. We offer a voice to the voiceless. Our team is united in the movement for Black Lives. It is not extreme to demand change after centuries of inequality. This is not a political statement. This is a statement of humanity."

While many pleaded for Loefeller to sell her stake of the team due to her actions, she has not budged, and continues to hold her stake. Her players continue to not support her, and wore shirts during the Senate race that said, "Vote Warnock," supporting Loefeller's opposition, whom she ultimately lost to.

Months have passed since the summer when all of this went down, and no changes have been made to Atlanta's ownership. However, when Loefeller lost the election, LeBron James made an announcement via Twitter that he is interested in buying the Dream. "Think I'm [going to] put together an ownership group for The Dream. Whose in?" James tweeted beside a photo of Dream players in, "Vote Warnock" shirts. While the

WNBA has not forced the politician to sell the team, many believe they should.

Terra Nova basketball fan Aleisha Bray agrees that Loefeller should sell the team. "I definitely think it would send out a message. It is a very bold move, but it is what needs to be done for black lives. It could influence people to stand up for what they believe in and continue to have those conversations with others," she said. Bray also stated she agrees with the players and what they have done in response to Loefeller's actions and words.

Despite being done yet, many fans and players everywhere continue to call on the WNBA and Loefeller to take responsibility. With enough voices, change can be made to organizations and systems everywhere.

# Time to give your eyes a break

By Leila Eliares  
Times staff writer

At-home learning has put students and teachers in front of a screen for many hours at a time. Due to this, many have begun to develop a digital eye strain, where looking at a screen for a long period of time causes the eyes to feel tired and heavy. Also known as computer vision syndrome, some common symptoms include having blurred vision, dry or watery eyes, or a headache.

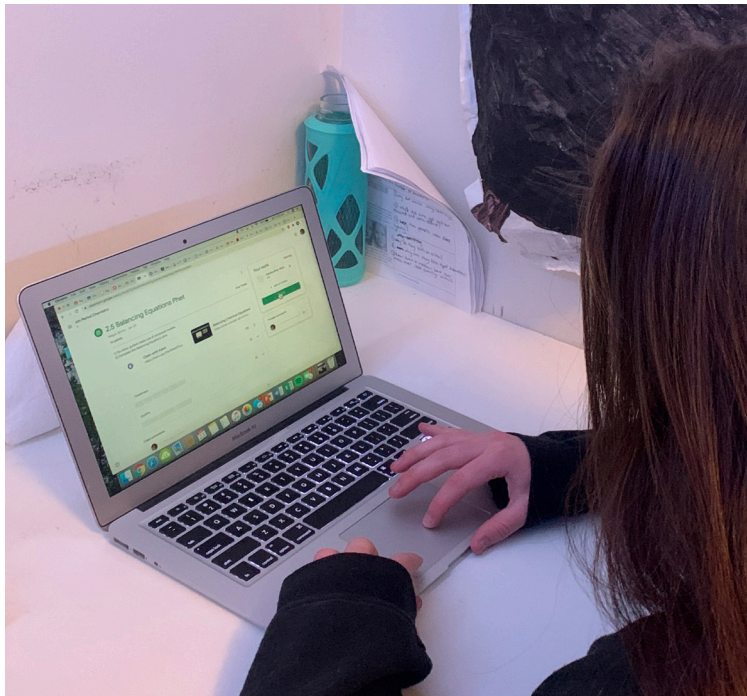
Dr. Susan Hsu, a local optometrist in Pacifica, said, "... With the stay-in-place, it's so common, even in young children. According to the Vision Council, 65% of Americans have digital eye strain. I believe the number is way higher as we are all on our devices like computer, lap top, tablet or cellphone, which are the

sources of digital eye strain."

While digital eye strain does not pose any long-term threats, it can bring discomfort and make it hard to concentrate. In order to prevent and resolve eye strain, there are some practices that can easily be done at home.

Digital eye strain can be caused by the position of the computer screen as well as the amount of light in the room. Be sure to keep the screen directly in front of you and not off to the side. It should be about four to five inches below eye level, so that you are looking slightly downwards to see the screen.

Too much light can cause glare on the screen and further strain the eyes. Keeping natural light from windows to the left or right of your workspace will help keep the glare off of the screen as opposed to having window light in front or coming from behind. Additionally, light from our desk lamps can



Leila Eliares / Terra Nova Times

**With hours on a computer, it's normal for eyes to get tired.**

also give a glare on the screen. Aleisha Bray-Montwill (10) said, "Whenever I would look at the computer screen, my eyes would hurt, I even developed a headache. So I turned

the brightness down, took a break, and drank some water before going back to work."

Another reason why digital eye strain happens is due to a lack of blinking. Blinking your eyes helps keep them moist and hydrated. Often, working on a computer can result in becoming lost in focus.

If you're spending lots of time on a computer, take breaks to reduce the chance of having computer vision syndrome. Every one to two hours, get up to walk around to lessen the chances of digital eye strain, and it also helps the body out by stretching muscles.

Elizabeth Lanuza (11) said, "After looking at my computer most of the day, everyday, my eyes get tired. They start to burn, and then it sometimes causes me to get headaches as well. I give myself breaks every here and there in order to give my eyes a rest."

## Abortion: know the facts, not the myths

By Eleanor Jonas  
Times staff writer

When it comes to something like abortion, literally everyone has an opinion, and while one is entitled to his/her own opinions, everyone needs to make sure their opinions are grounded in facts, not myths. Here are some common misconceptions and the facts that disprove them.

**Myth: Making abortions illegal will stop abortions.**

**Fact:** Criminalizing abortion does not actually prevent abortions, but it will prevent women from having abortions safely. According to the WHO, "Women, including adolescents, with unwanted pregnancies often resort to unsafe abortion when they cannot access safe abortion." Every year, between 4.7% – 13.2% of maternal deaths are the result of unsafe abortions—and this is with abortion still legal in the US. In countries where abortion is banned completely, abortion rates are no different than in countries that allow them. In Latin America and the Carib-



Eleanor Jonas / Terra Nova Times

**There are so many myths that surround the issue of abortion access.**

bean, where 97% of women live in countries where abortion is at least restricted, there are 44 abortions per 1,000 women of reproductive age, according to a study in the medical journal "Lancet." In comparison, the US had 13 abortions out of 1,000 women in 2012 and the worldwide average is 35 per 1,000. No correlation exists between bans and fewer abortions.

**Myth: Organizations like Planned Par-**

**enthood exist solely to end pregnancies.**

**Fact:** Planned Parenthood offers a variety of services, from breast exams to prenatal services. In fact, from 2018-2019, abortion accounted for only 4% of Planned Parenthood's services, according to their annual report. 354,672 abortions were performed out of 2.4 million patients and 9.8 millions services provided. A much larger percentage of their services, at

26%, focused on contraception, while STI testing and treatment account for half.

**Myth: Abortion is harmful to a woman's physical and emotional health, and is even linked to breast cancer.**

**Fact:** Anti-abortion activists have long maintained that abortions are associated with a greater risk of breast cancer. However, an overwhelming amount of evidence exists to disprove this myth, including several large-scale studies such as one published in the "New England Journal of Medicine" in 1997. In fact, abortions are very safe and rarely result in complications, just like any other medical procedure, according to the WHO, the National Health Service, and Planned Parenthood. When they occur, these problems are usually easily fixable. In regards to mental health, research studies have proven that legally induced abortion does not cause problems. Rather, a review of many studies by the Academy of Medical Royal Colleges in London in 2011 concluded that unwanted pregnancies increase the risk of mental health problems.

## Meet the latest nutrition craze: nutritional yeast — all protein, no fat

By Isabella Copeland  
Times staff writer

Nutritional yeast has been getting a lot of praise on social media lately, especially for its use in vegan cooking. Influencers have been displaying it as a factor to improve both mental and physical health, but what is nutritional yeast?

Nutritional yeast is a deactivated form of yeast that is made specifically for direct consumption. Rather than baking yeast or brewing yeast, which is made to be cooked, nutritional yeast is made to be eaten raw and can be used as a healthy seasoning.

The two types of nutritional yeast are unfortified, which



Isabella Copeland / Terra Nova Times

**Sprinkle this trendy topping onto all of your snacks.**

is 100% pure and natural deactivated yeast. There is also fortified yeast with synthetic vitamins added to it. This

kind of yeast can be used as a seasoning because it has a nutty and cheesy-like flavor.

Nutritionist Heather Gerrish

stated, "It also can be a tasty additive to entrees for those who opt to avoid cheese and is often used as an alternative to cheese in vegan dishes as it provides a nice savory addition and for some, even can taste like cheese!" It can be used as a topping on pasta, pizza, or anything that tastes good with a cheesy flavor. It can be consumed both cooked and uncooked.

The large part of why nutritional yeast is so popular is because of its vitamins and the fact that it packs quite a protein punch with 10 grams of protein for every two tablespoons consumed. Also, the protein in nutritional yeast is "complete," which means you don't have to consume another protein source

to get what your body needs.

Gerrish said, "I would recommend including nutritional yeast for those who are following a vegan diet, specifically as a good source of vitamin B12." B12 is especially beneficial for those who lack iron. It also has vitamin and several minerals, which can improve your energy levels, as well as antioxidants, which protect your cells and help prevent chronic illnesses. All of the vitamins and nutrients can help get rid of fatigue and balance sugar levels. Gaby Nickelson (11) can attest to the benefits of nutritional yeast. "I have been using nutritional yeast for a while and I have noticed I have higher energy levels and better mental health," she said.

# The history of Chinese New Year

By Katalina Huazano  
Times staff writer

Chinese New Year, also known as Lunar New Year or Spring festival, dates back to the 14th century B.C.E. during the Shang Dynasty, which lasted from 1600 to 1046 B.C.E. This was when the lunar calendar was created, which is based on the moon's phases, solar solstices, and equinoxes. Each Lunar New Year always falls between Jan. 21 and Feb. 21. This year, it will take place on Feb. 12, 2021.

The day is selected when the new moon arrives till the full moon occurs, which is a span of around fifteen days. There is also a legend about a mythical creature named Nian, (which means "year" in Mandarin) that would visit villages every new year's eve and eat crops, livestock, and humans. To prevent this, people would place food outside their homes. It was discovered that Nian was afraid of loud noises and red, which led to the tradition of burning



Katalina Huazano / Terra Nova Times

## China Town's 2017 Chinese New Year parade.

bamboo (which made a loud noise — later replaced with fireworks), as well as wearing red and hanging red lanterns to ward off the bad spirits.

That period was set as a time to honor the gods and ancestors through sacrificial offering at the start or end of a year, but later on in the Wei and Jin Dy-

nasties in 220-420 C.E., people started to create celebratory activities instead of just worshipping gods and ancestors. Chloe Humphreys (11), whose family celebrates Chinese New Year, said, "Celebrating Chinese New Year is important to me because it is a big part of my family's culture. It is tradition for us to have feasts and to make a lot of food to welcome in the new year."

Some traditions include cleaning the house to cleanse of any bad luck from the past year, displaying lucky messages in front of the house, and elders giving money to the young. There is also the feast, where long noodles are eaten to symbolize a long life, fish to show abundance, and many other foods. Humphreys said, "We always make dumplings (like pot stickers) because it symbolizes bringing money and good fortune into the new year. I really enjoy spending time with my whole family and learning new things every year."

Another aspect of the Lunar Calendar is the zodiac signs,

starting with the rat, ox, tigers, rabbit, dragon, snake, horse, goat, monkey, rooster, dog, and pig. The animals are based on the story about the God, Jade emperor who was hosting a race, and only those animals showed up. As a reward, the order of the animals that won the race became the zodiac signs. It is said that whichever animal corresponds with that year a child is born in, they inherit that animal's characteristics. This year is the year of the ox, who are strong, reliable, and fair. In 1912, the Chinese transitioned to the Gregorian (Western) calendar from the Lunar calendar, establishing their new year on Jan. 1.

Chinese New Year is not just celebrated in China, but all around the world — in fact, the largest Lunar New Year celebration held outside of Asia is in San Francisco. The Chinese New Year parade has been happening since the 1860's in the Bay Area, during the Gold Rush era, which lured many Chinese (and others) to California.

# The psychology behind love

By Natasha Valdez  
Times staff writer

The captivating concept of love is something we spend our lives pondering, seeking, and discussing. However, it can be hard to describe, and although many of us try to put the feeling into thoughts or words, love is so composite that we need the help of science to fully understand it. Moreover, what is this science and psychology behind the heavily-desired love?

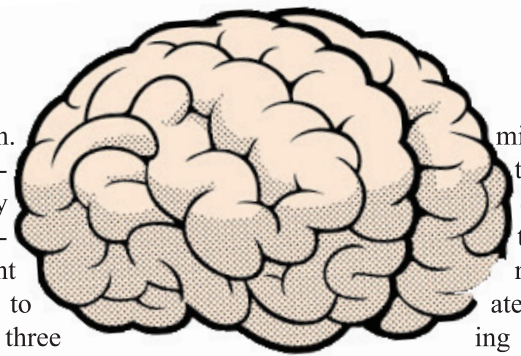
Falling in love is a feeling that can't be described; you feel butterflies in your stomach, smiles whenever you hear your significant other's name, and

so much more. It's a powerful feeling that not many people can fully put into words, due to the fact that we don't really know how and why we suddenly fall in love with someone. Essentially, falling in love is a dream, it's an experience that changes us inside and out. It leaves us questioning why we feel the rush of emotions and excitement.

The science behind this is complex and captivating. There are three stimulated chemicals in our brain that makes us initially feel the happy feelings of love: noradrenaline, dopamine, and phenylethylamine. Noradrenaline stimulates adrenaline, which causes our hearts to race and our palms to sweat. Dopamine is the chemical that makes us feel excited and eager to see our partner. The chemical phenylethylamine releases when we're near someone we love, giving us the feeling of

butterflies in our stomach.

Our brains support falling in love, which is why we have a strong psychological acknowledgement when we are attracted to someone. While there are three chemicals that stimulate our brain in the name of love, there is another called oxytocin. AP Psychology teacher Mr. Willemse explained, "Oxytocin is also a hormone and increases human bonding (Oh, and get this: it also repairs our hearts after periods of stress!). You actually release oxytocin when you pet cute animals, or hold babies. The neurological equivalent is serotonin, which also produces feelings of calmness, tranquility, and empathy. Essentially, when someone first falls in love, the brain experiences an explosion of dopa-



mine and serotonin, which explains the euphoria associated with being smitten."

Realistically, love is not always a euphoric experience. Willemse said, "From a psychology standpoint, a love-struck teenager's newfound source of serotonin and dopamine disappears once they get dumped. Naturally, you can infer what this does to someone's mood who is on the receiving end of a breakup. But from a humanistic perspective, breakups are a natural part of life, and great opportunities for us to learn resilience and evaluate the other important things in life that make us happy. So, when the vast majority of teenagers finally get that seemingly tragic 'it's over' text, it's important to lean on our other sources of dopamine, serotonin, and oxytocin: hobbies, friends, families, and pets."

# Bizarre news

By Luke Avery  
Times staff writer

This week on bizarre news, we're addressing many important issues in the spotlight, such as will Dogecoin ever be worth anything, will Florida Man ever learn his lesson, and is hiding from the Coronavirus an option? I know none of you were thinking about these, but the public has a right to know the story and the truth, so all of that and more is about to be revealed to the whole 17 people reading this (hi, Mom).

First up on our list of insanity in current events: the

stock of Dogecoin just recently spiked at about eight cents, and huge controversy ensues. Yes, eight cents does not sound like a lot of money, but to put it in a percentage perspective, it was about a 9000% increase from where it was a few months prior. For those of you wondering, Dogecoin is an elusive crypto currency that is evading almost everyone's knowledge of how and why it's a thing. If you're actually looking for the answer, this is the wrong publication, but if you want to know what you can buy with it, you're in luck. There is absolutely nothing you can ever buy with Dogecoin, and these frantic per-

centage increases were all based on the popular meme known as "doge." Thanks, Capitalism.

Next up on our 2021 shenanigans, Florida Man is following tradition to make sure you never forget the stereotype by having a birthday gift gone wrong. Florida inmate Eduardo Cabana was accidentally freed from prison on his birthday, after fellow prisoners reported his "birthday party" plans weren't really working. He clearly decided to take "holiday getaway" to another level and booked a one-way dream vacation out of the penitentiary. Local authorities are still actively searching for him,

but his escape might be a piece of cake, which Cabana rightfully deserves for his birthday.

Finishing up our countdown of horrendously daft occurrences, we have a California man who was jealous of Florida having all the fun and decided to make his own headlines. The story goes like this: Aditya Singh, Cali native, was sick of the extremely long wait times from subpar airline service United Airlines, so he decided to stay at the terminal a little bit longer. Motivated by his fear of Coronavirus, Singh hid in the most Coronavirus-infested area you can imagine for three whole months, scavenging for

leftover Wetzel's Pretzels and laying low near baggage claim. The judge of his case, when Singh was finally apprehended, was clearly hating his impressive skills of being able to hide in a highly secured airport without getting caught and ruled Singh a "danger to society." The only thing he's a danger to is overpriced souvenir shops and United Airlines Yelp rating, where Singh's searing criticism resulted in one star and the tagline "Should of flown Virgin."

We're in for a wild 2021, but if only one good thing happens, it'll be this shocking answer to the questions raised at the beginning. The answer is: never.

# This Valentine's Day, show self love

By Maya Orsi  
Times staff writer

It is that time of year again: the season of chocolates and red roses that far too many people despise. With the extraordinary circumstances of this year's Valentine's Day, it is even more difficult to get into the spirit. However, whether you are spending this season alone or lucky enough to be quarantined with loved ones, there are still plenty of ways to celebrate.

Valentine's Day should never be limited to those in a relationship. Spreading love does not have to be with a significant other. Find loved ones all around you and send them gifts so they know that you care. You can get crafty or go to your local shop for flowers. Small gifts are the most wonderful way to send extra love to family and friends, whether or not you are single.

Serawit Ezra (10) emphasizes the importance of time with those you love. "I always make a card for my mom on Valentine's Day and just spend quality mother daughter time," she said.



Kaiya Muller

## Practice self love on the 14th.

If you or your loved ones are desperate to get out of the house for Valentine's Day, there are still options for you. Picnics with chocolates, flowers, and cakes are all the rage right now. Dropping off cards to loved ones can spread

warm feelings and give you a chance to get some fresh air. There are even some activities that seem normal, but can make the day special. Wasseem Bitar (11) has made quarantine accommodations to his Valentine's Day plans. He stated, "I plan on going on a nice hike somewhere, then later going home to watch movies."

Most importantly, you should show love to yourself this year, and there are countless ways to celebrate yourself. It can start with self care, such as pampering yourself or just a peaceful afternoon reading. It's especially nice to provide yourself with some love this time of year.

Senior Clara Bellinger (12) suggested, "Buy yourself some candy and watch your favorite movies! Maybe baking some heart cookies, too." This is a great way to be festive without needing a partner. Many dread Feb. 14 because of the misconception that it requires someone else as your Valentine; however, this is the year to focus on self love. Ms. Warner, one of Terra Nova's wellness counselors, stated, "In order to figure out exactly what your specific act of self-love might look like, simply ask yourself,

"What are three things that bring me pure joy? Are these things doable for me at this time?" If the answer is no, not to worry! Simply try and modify these acts to better fit your current lifestyle. For example, if going to the beach with friends is something that brings me pure joy, maybe FaceTiming a friend while I go to the beach with my dog would be a sufficient modification. Acts of self-love can be even smaller than that, too. Some examples could be engaging in meditation, baking a sweet treat, or brewing up your favorite cup of tea."

Ms. Calpotura also has a few suggestions to help yourself feel less isolated this year. She said, "Finding things about ourselves that we are proud of is so important. It boosts our ability to be resilient, self-reliant, and increases our ability to lift others. Being alone on Valentine's Day isn't a negative. Celebrate yourself for not settling with someone who you know was unhealthy or celebrate having great friends around you that you selectively picked because they bring happiness into your life. I would say that Valentine's Day is about love in general."

# Your taste buds will love you on Valentine's Day

By Isabella Copeland  
Times staff writer

Valentine's Day is coming up, and although it may be during a pandemic, you can still celebrate with other festivities, such as sweet treats. A fun way to show appreciation to loved ones is baking cookies, cupcakes, and other baked goods. You know what they say — "The stomach is the second heart." They still say that, right? Either way, baking at home is a great activity to pass the time at home with loved ones on a day full of love.

The first step to a great recipe is knowing where to look, which isn't that hard because the internet supplies copious tasty recipes for all seasons. Many social media platforms, such as Pinterest, Instagram, and Tik Tok can help inspire the whole family with all of the creative recipes. There are also so many helpful tips and tricks on how to make your dessert the very

best. Pinterest is great because of the helpful cooking videos.

Nicole Tuason (11) loves to bake and tries new recipes frequently. "I get most of my baking inspiration from Tik Tok because some desserts look like they would taste so good, so I try to replicate what I see," she said.

If finding and replicating recipes from scratch is not your forte, an easier way to go is making cookies from store-bought cookie dough. You can even look for cake mix and frosting to make cupcakes or a cake, or both. Making cakes opens the door to include so many more ingredients to maximize the fun. Imagine creating a masterpiece of sprinkles, food coloring, colored frosting, and fondant. The new Cake Boss is within you this Valentine's Day.

Alyssa Kristin (9) is baking festive treats for Valentine's Day this year and has found a personal favorite. "I like baking this cookie-based brownie. The bottom is cookie dough, then Oreos or any cookie and brown-



Anuheia Furuya

## Head over to Mazzetti's for some sweet treats this Valentine's Day season.

ie batter on top. When it's done baking, I put cute Valentine's Day sprinkles on it. Another way to eat it is when they are still hot add some ice cream, and it makes a pizookie!" she said.

Although we cannot all be professionals, one of our on Ter-

ra Nova Tigers, Anuheia Furuya (12), is. A dedicated employee at local bakery Mazzetti's, Furuya celebrates Valentine's Day through decorating treats. Furuya said, "Some years, we do chocolate covered strawberries, we always have smash cakes,

which are like small 4" cakes and bigger 8" cakes that feed around 10 people which you can get writing on. We also have cookies and donuts with Valentine's sprinkles. And on the counters, we have baskets and cups and filled with all kinds of stuff."

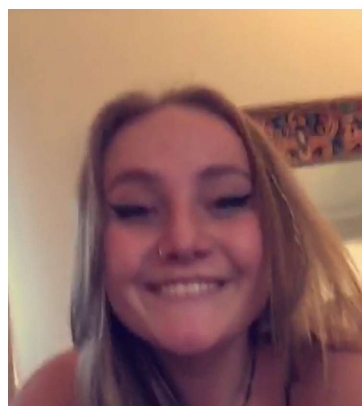
## What is your favorite thing to watch on Valentines's Day?



"My favorite is 'The Kissing Booth.'"  
-Shannon Hagemann (9)



"10 Things I Hate About You."  
-Olivia Eliares (10)



"I really like '50 First Dates.'"  
-Callie Banta (11)



"'Valentine's Day' is a good movie."  
-Erik Bogren (12)



"Love and Basketball."  
-Ms. Bosinoff

# Now is a great time to give back

By *Katalina Huazano*  
*Times staff writer*

Volunteering isn't just something to do because it "looks good on college applications," but rather to give back to your community. Volunteer work looks different during a pandemic, but there are still many ways to contribute.

One of the main concerns when volunteering during the pandemic is catching the virus. Contact the organization that you will be volunteering with and ask them what precautions they are implementing to follow the COVID-19 county guidelines.

Amy Yertzell, a mother of a TN student who volunteers at a homeless shelter, said, "I will admit that during this whole COVID pandemic I was a bit nervous about helping, but Street Life Ministries has taken all safety precautions to keep everyone safe such as making sure that there is six feet of distance between both the helpers and the homeless, all food is protected with a cover and placed in a to go box, and each person is asked to come one at a time to get their food from a separate table and then they are asked to leave."

It should be noted that if you live in a household with people who are at high risk of getting severely ill



Courtesy of Jacob Peña

## Jacob Peña helps with beach clean-ups at a local beach in Pacifica.

due to COVID, you should reconsider volunteering in-person. But if not, local food banks and homeless shelters are in need of volunteers.

Even during the stay-at-home order, volunteers are deemed essential workers, since their organizations rely on people to help out others.

If you can't/don't feel comfortable with volunteering in person, there are plenty of other ways of giving back. Ms. Spasic, who runs the College and Career Center said, "The Pacifica School Volunteers (PSV) has been offering a variety of virtual tutoring opportunities for TN students to participate in. If in-

terested please fill out the PSV application (found on Google Classroom) and email it to [dspasic@jeffersonunion.net](mailto:dspasic@jeffersonunion.net)."

Another thing to do is picking up trash. You can download the Clean Swell App and track your clean ups — you even have the option of choosing the organization that you'll be picking up for, like the Pacifica Beach Coalition. TN student Jacob Peña (12) said, "I think that picking up trash teaches people to be mindful of themselves and our impact on the environment and each other. It's a good deed that goes a long way, and not too many people go out of their way to do those things anymore, but it doesn't mean they're not important."

Ryanne Reynolds (10), who is a part of 4H, said, "This year my family has donated canned food, school supplies, and we are in the process of making valentines for the residents of the Linda Mar Rehab Center... Helping the community in these ways are important to me because it allows me to give back and use my resources to help others."

To help students find ways to volunteer quickly, Ms. Spasic said, "Volunteer opportunities are posted on the College and Career google classroom (4p7mnc) under the Volunteer/ Internships/Workshop tab. Not all volunteer opportunities posted right now are available due to the pandemic."



library.pima.gov

By *Samantha Guerrero*  
*Times staff writer*

February marks the start of Black History Month, a celebration of the contributions of African Americans and a time to reflect on the continuous struggle towards racial justice.

According to History.com, Black History Month began in 1915, after Harvard-trained historian Carter G. Woodson founded the Association for the Study of Negro Life and History (known today as the Association for the Study of African American Life and History.) The group sponsored a national Black History week in February to coincide with Abraham Lincoln's and Frederick Douglass' birthday. Over the years, the week evolved into a month. Presi-

dent Ford officially recognized Black History Month in 1976, saying, "Seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

For centuries, Black accomplishments have been left out of history books, which is why it is essential to now celebrate these specific accomplishments. Moreover, Black History Month is necessary because African and Caribbean backgrounds have played a fundamental role in our history, but their value to society is often overlooked.

Black History Month has become synonymous with prominent figures such as Martin Luther King Jr., Harriet Tubman, Rosa Parks, Muhammad Ali, Jackie Robinson, Langston Hughes, Maya Angelou,

George Washington Carver, and Barack Obama. However, there are innumerable other individuals who deserve recognition from making an important impact in American history, such as self-made millionaire Madam C.J. Walker, media mogul Oprah Winfrey, open-heart surgeon Daniel Hale Williams, astronaut Mae C. Jemison, and inventor Garret Morgan.

It is essential to be aware of Black leaders all year long, not just this month — we don't want to repeat the negative history of dis-acknowledging these important figures. Surrayah Morrow (12) said, "Black history isn't a month long, we've built this country... it should be more about Black people who are alive... It also hurts young Black minds to only see people be struck down when standing up."

## The double-standard between men and women persists year after year

By *Natasha Valdez*  
*Times staff writer*

Society has made progress in empowering women, but there is still much to be done, especially when it comes to double standards. The Merriam-Webster definition of "double standard" is "a set of principles that applies differently and usually more rigorously to one group of people or circumstances than to another," and this can be seen between men and women. Whether it's sexual stigmatization, wages, or body shaming, women face backlash in scenarios where

men are praised or rewarded.

Women are stigmatized for the amount of sexual encounters they've had, while men are rewarded. Goffmen Erving from National Center for Biotechnology Information noted that "if women and men are evaluated differently for engaging in the same sexual behaviors, then male sexual permissiveness would be tolerated, or even praised, while female permissiveness would lead to damaged reputations and 'spoiled' identities." This contributes to the double standard: women are oversexualized in the media, but admonished for having sex.

Double standards also come in

to play with body shaming. Society pressures women to constantly worry about their weight, whereas men are deemed to have "dad bod's" if they put on weight. On the other hand, men are judged for being skinny and non-muscular. Mona V. Mogus from the Frontiers Organization said, "The media and society convey a thin ideal for women's bodies, which is internalized by women and men in Western societies. Women often experience a discrepancy between their own body and the — often difficult to achieve — ideal female body, leading to the emergence of body dissatisfaction In the last few decades, however,

the ideal male body has also attracted attention. In Western societies, the ideal of a more lean, muscular and V-shaped male body has developed."

Daniela Barajas (12) said, "Double standards are detrimental in the way that girls often put a lot of pressure on themselves, despite having lower standards for others. The media's expectation of what a woman 'should' look like are unattainable and of course not applicable to everyone as genes and physical health play a role. Oftentimes, these standards are harmful for one's mental health as girls, especially young vulnerable girls that become fix-

ated on how they look. These standards can often lead to body checking, food issues, and dangerous eating disorders."

Double standards also prevail in pay wages between men and women. Dina Gerderman from Harvard Business School explained a possible cause for this issue as she stated, "Employers favor men not because they are prejudiced against women, but because they have the perception that men perform better on average at certain tasks." Women often have to work harder than men to prove their diligence and credibility in the workplace, making larger salaries hard to attain.



# SCHOOL

- COVID-19 EDITION -

## TO TURN ON THE CAM...OR NOT TURN ON THE CAM

By Isabella Copeland  
Times staff writer

Ever since March of this year, students and teachers all over the world have been participating in at-home learning through Zoom classes. In addition, teachers seem to be constantly battling students to turn on their Zoom cameras in class. There are several reasons why some may or may not turn on their Zoom camera, but what are the actual benefits and detriments of having your camera on? I asked students and teachers to share their thoughts about why students should have their zoom cameras on.

Being on camera may help students pay more attention during class, especially since now they are facing additional distractions at home. Zoom cameras help them remember that they are in a class, and it gives them something

to focus on. Gabe Lanier (10) keeps her camera on in class and said, "When my camera is off, it's a lot easier for me to lose focus and not work on my assignments, but when my camera is on, I don't check my phone as often because the teacher can actually see me and it holds me accountable."

Teachers also believe they have seen students become more involved in the class when students turn on their cameras. Terra Nova Science teacher Ms. Gutierrez is in favor of students keeping their camera on and said, "There are pros and cons, but one benefit of having your camera on is it provides one way for teachers to see if the other students are engaged."

There is also a sense of class community that is lost during distance learning, and turning on your camera can help create that communal feeling. Gutierrez said, "It also is one way to increase face-

to-face interaction and helps establish a relationship between teacher and students and between students themselves."

Some students feel it is respectful to turn on your camera because most teachers appreciate when students are on camera. Katherine Feldmen (10) turns her camera on because she said, "I think it's better to have your camera on especially when a teacher is talking to show them your listening."

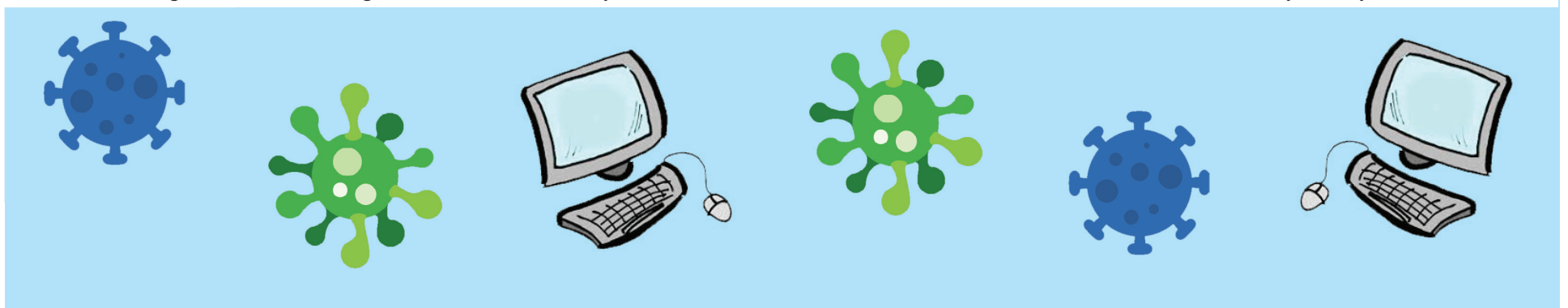
Teachers also seem to appreciate when students turn their cameras to make sure there is comprehension of the material among the students. Terra Nova social studies teacher Mr. Willemse said, "I appreciate when students turn their cameras on because it helps me know who is engaged and who is not, and I can see if people are understanding the lesson."

Although students can benefit from turning on their Zoom cameras, there are also some detrimental effects and con-

cerns among students. Stephanie Im (11) said, "When I turn on my camera, I get insecure and self-conscious about how I look, and I feel like everyone is staring at me. I put on makeup even when I'm not going outside at all, just for online school to try to help. I can't really relax because I feel like people are watching me."

Some students are also concerned with the technological power Zoom may hold and choose to keep their camera off for privacy reasons. Ari Dulos (11) is a firm believer that technology is powerful and it's important to protect yourself. "I just leave it off because for one I'm not very familiar with Zoom, we all just found out about it in March or sometime this year. And I've been in a Zoom where hackers have joined, and I was weirded out, so therefore I don't trust Zoom."

If you are camera shy, it's good to engage with your teacher and class through chat so they know you're there.



## TEACHING FROM HOME IS NO PICNIC FOR TEACHERS

By Maya Orsi  
Times staff writer

Getting adjusted to this new online lifestyle during quarantine hasn't been easy for anyone, and finding ways to still learn through screen has required incredible patience on all accounts. While this struggle has been felt by millions, educators might arguably have it the hardest. Many teachers are finding difficulty connecting with their students and feeling as though their work is less rewarding than it was in-person. As screens turn black and students fall silent, teachers continue on, doing their best to educate the next generation while under the deep stresses that only a global pandemic could bring.

Learning to adapt to Google Classroom, Zoom, and countless other online

applications has proven time-consuming and exhausting. Mr. Walker elaborates on the preparation for lessons and how teaching such complicated material is an even harder when done virtually: "Distance learning is more difficult than in-person learning because there is much more preparation that needs to be done to prepare all the material online via the Asynchronous Assignment documents as well as finding and organizing videos in support of the lessons. Assessments take quite a long time to create, let alone grade. Since I need to be careful that an electronic aide that can 'do the math' is limited in what I want students to show me of their understanding of the mathematical standards being taught," he said.

Although teachers are very focused on the curriculum and the workload of their job, many are also feeling the ef-

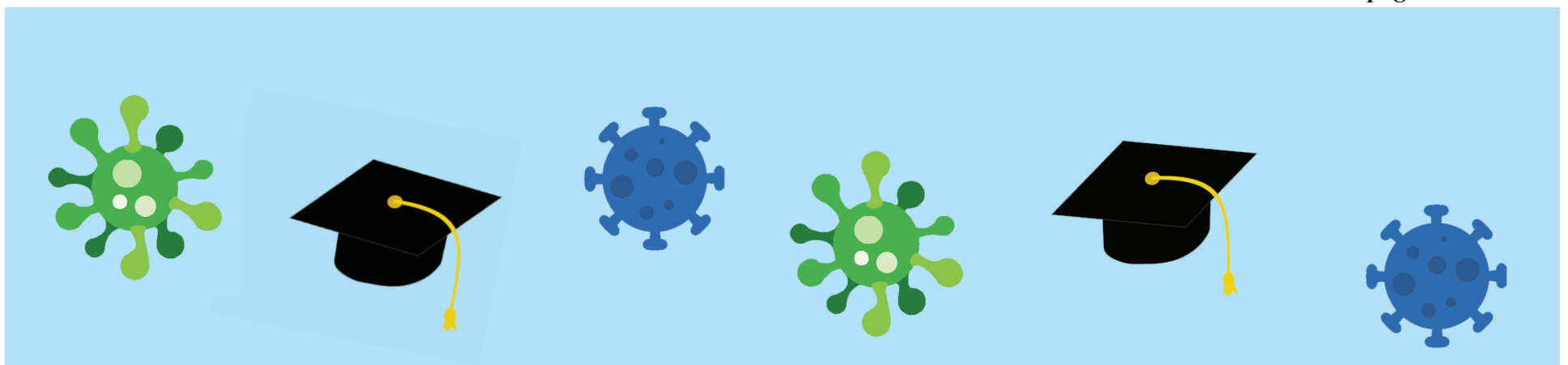
fects of isolation during this period. After all, even the hardest working educators still have a soft spot for seeing us students grow into young adults. Terra Nova ceramics teacher Mr. Carothers spoke to this: "Distance learning makes it much harder to connect with students. For instance, I don't even know what some of my students look like — they are just a black screen that never participates. In addition, it is pretty impossible to make any sort of meaningful relationship with students since we don't really have much of an opportunity to talk to and get to know our students and what their interests are, who they are, etc. I play this game where I greet every single kid who I let into class, and I am lucky if I get 25% students saying hello or good morning. It is pretty sad."

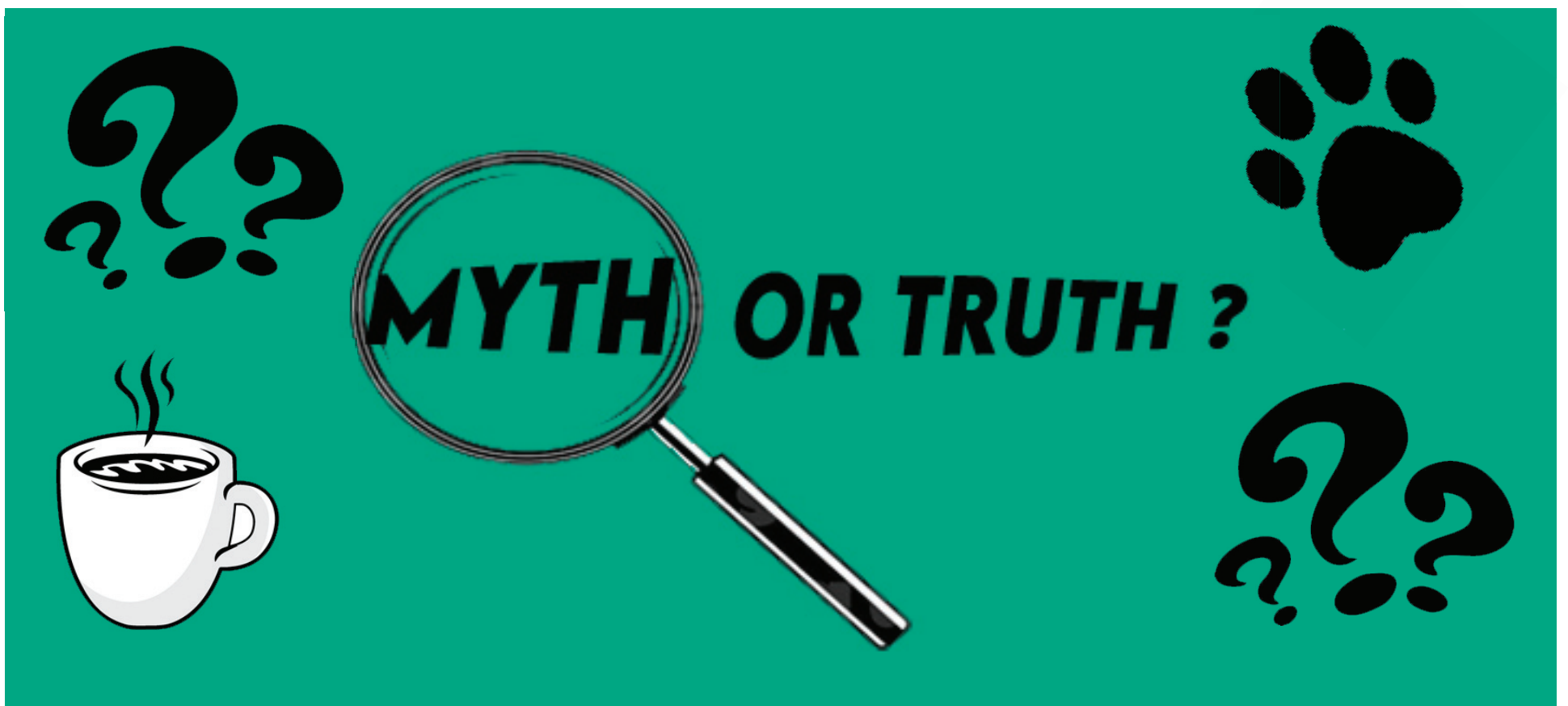
Participating in class used to be an

expectation, but the online environment makes it seem like an option to many students. It doesn't come without consequences, though. The impact this isolation has on teachers is apparent, and it ultimately affects the quality of our education as well. Teachers across our campus report feeling overwhelmed, exhausted, and just plain sad.

Mr. Carothers goes on to say that he misses the rewarding aspect of teaching: "I miss the interaction with my students and watching their creative process, watching their problem solving skills develop. It is why I love my job so much. I see their artwork through photographs, but ceramics is such a tactile experience that I literally miss handling the artwork. It is tough trying to remain positive,

*See Teachers on page 14*





## MYTH OR TRUTH: DOES COFFEE STUNT YOUR GROWTH?

By Shayla McCann  
Times staff writer

Coffee is one of the most caffeinated and addictive beverages in the world, and ever since we were kids, we were told by our parents say that it stunts your growth. Even Cher in “Clueless” said she wouldn’t drink coffee because she wants to be 5’10” like 80’s supermodel Cindy Crawford. But does coffee have any effect on height? This article will uncover the truth about coffee stunting your growth.

First, where did this myth start? Like most old wives’ tales, nobody really knows. Some say the myth started a couple decades ago when a study linked peo-

ple drinking coffee to being deficient in calcium, which leads to a low bone density, which, if you’re elderly, does lead to bone compaction and a loss of height. Some researchers from the University of Hong Kong found that caffeine reduces bone mass and causes osteoporosis. The Roasterie website says, “The exact origin of this myth is unknown, but it’s thought to have something to do with the caffeine that is naturally found in coffee. Early research suggested an association between caffeine intake and reduced calcium absorption, which is necessary for bone strength and health.”

To verify if this myth is true, I interviewed Dr. Cheung, who works at Kaiser Permanente. “Coffee (really caffeine) has many negative effects on kids/teens.

It can increase your heart rate, blood pressure, diuresis (peeing- which can lead to dehydration) and temperature,” said Dr. Cheung. When asked about coffee stunting growth, Dr. Cheung said, “Coffee does not stunt your growth. If you’re not sleeping well because of your coffee drinking, then you’re not resting and growing because that happens a lot during sleep.” Bottom line: coffee might not be good for kids and teens, but it won’t hurt your chances of being 5’10”. Your genetics might do that, though.

Although parents might not want the myth to be busted, there has to be an end. Coffee does not stunt your growth. Even though there has been no scientific study to tell it does or doesn’t, there is no way that it could stunt kids’ growth. Accord-

ing to the Smithsonian Magazine, “That said, there isn’t strong evidence that coffee doesn’t stunt growth, simply because the long-term effects of coffee on children haven’t been thoroughly studied (in part, presumably, because it’d be hard to find a parent willing to make his or her kid drink coffee daily for years at a time). There has, however, been research into the long-term effects of caffeine on children, and no damning evidence has turned up. One study followed 81 adolescents for a six-year period, and found no correlation between daily caffeine intake and bone growth or density.”

There you have it, coffee isn’t scientifically proven to stunt your growth. Your parents probably said that so you wouldn’t drink their coffee.



## MYTH OR TRUTH: DO DOGS SEE ONLY IN BLACK AND WHITE?

By Shayla McCann  
Times staff writer

Dogs are some of the most loving animals in the world, and there’s no doubt that they see the world differently than humans do. But what do they see? Do they see the colors or is it true that they are colorblind? Do they see better in the distance or closer? Read on for the truth about what dogs see.

This myth once started because veterinarians used to believe that dogs could only see in black and white. They were proved wrong when a Russian scientist did an experiment. Daily Mail’s web-

site said, “Russian scientists have now proved not only do dogs have a limited colour range, they use this visual spectrum to distinguish between objects and select certain items from a line-up.”

Dogs do see color, but it’s just not as vibrant. Once again, the myth was not true. Before, we didn’t have any science to prove what colors they could see, but now, the science has proved that dogs can see color, just not the same as humans. According to The Conversation, “While most people see a full spectrum of colors, dogs lack some of the light receptors in their eyes that allow human beings to see certain colors, particularly in the red and green range. But

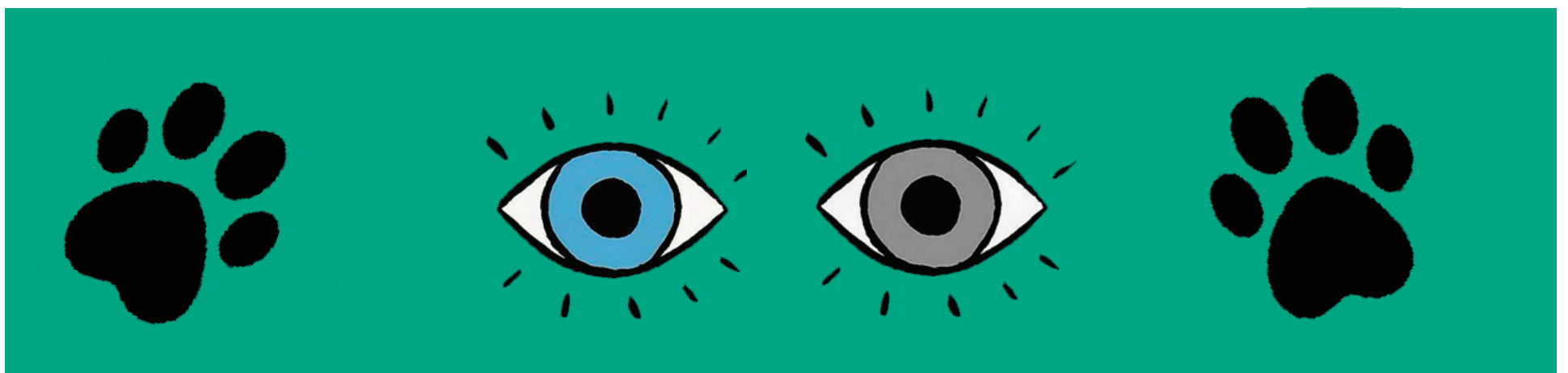
canines can still see yellow and blue.”

Dogs don’t only see different colors, they have bad eyesight. Dogs have a typical vision closer to 20/75 rather than 20/20. According to The Conversation, “Not only can dogs see fewer colors than we do, they probably don’t see as clearly as we do either. Tests show that both the structure and function of the dog eye leads them to see things at a distance as more blurry. This means that what a person with normal vision could see from 75 feet away, a dog would need to be just 20 feet away to see as clearly.”

However, what dogs lack in sight, they make up for in their ability to smell. First, their nose is actually structur-

ally different — while humans breathe and smell through the same nostrils, dogs actually have a flap in their noses that separates these functions. According to the Phoenix Veterinary Center, “They possess up to 300 million olfactory receptors in their noses, compared to about six million in us. And the part of a dog’s brain that is devoted to analyzing smells is about 40 times greater than ours. Dogs also have something called neophilia, which means they are attracted to new and interesting odors.”

These olfactory superpowers are what allow dogs to sniff out bombs and drugs and help prevent diabetic comas and epileptic seizures in humans.



**Terra Nova Times Staff:**

Editor-in-Chief:  
Joseph Murphy

News Editors:  
Jenson Ho  
Victor Wu

Features Editors:  
Lauren De Vry  
Mackenzie Pelletier

Opinion Editor:  
Victor Wu

Sports Editor:  
Joseph Murphy

Layout and Graphic Editor:  
Rose Kleinfeld

Photo Editor:  
Jenson Ho

Times staff:  
Justin Arnaudo  
Luke Avery  
Isabella Copeland  
Leila Eliares  
Nicolas Garrett  
Nicole Garrett  
Jack Gillen  
Kyle Gossage  
Samantha Guerrero  
Katalina Huazano  
Danrick Jamora  
Eleanor Jonas  
Kaitlynn Lamb  
Gina Lee  
Matthew Lim  
Shayla McCann  
Maya Orsi  
Miles Palmer  
Sophie Phelps  
Naomi Sanft  
Elliott Song  
Miguel Angelo Valdes  
Natasha Valdez

Advisor:  
Alyssa Jenkins

Contact us:  
terranovanewsgroup@gmail.com

**Subscriptions available.**

We welcome letters to the editor. They can be sent to our email or dropped off to Ms. Jenkins in Room 330. Anyone can write for the Terra Nova Times.

Without our advertisers, we would have no newspaper. Please patronize the local businesses who are supporting this paper and program..

# Masks

*Continued from Page 5*

ing the guidelines or wearing their mask properly and is infected, then a cloth mask is less effective in that situation than an N95 mask.” These masks are best used in a setting with a large crowd or in a space where the air circulation is poor. After going out wearing a KN95, FFP2, or surgical mask, they should not

be reused. Unlike one made of cloth, these heavier duty masks have to be replaced in order to keep any germs from spreading.

So what masks should you start wearing? Mrs. Jenkins, who describes herself as “extremely COVID-cautious,” has started following medical advice of wearing two masks. “When I go to the grocery store, I wear a KN95 and a surgical mask on top of it — the KN95 fits the face more snug-

ly, and the surgical mask provides more protection, so I feel much safer in a more crowded indoor space,” she said.

Wearing two masks provides more security than wearing just one if it is done correctly. A surgical mask underneath a cloth mask is “over 91% removal efficiency for particles,” Joseph Allen, an associate professor at the Harvard T.H. Chan School of Public Health told CNN. This way, there is a dou-

ble filtration system between the surgical and cloth mask. The general rule when it comes to double masking is to put the tighter fitting mask on first and then layer it with a slightly looser or cloth mask on top. Double masking can also work with a KN95 or FFP2 mask on the bottom. However, layering more than two masks can muffle speech or make it difficult to breathe, and it may become tempting to remove the masks.

# Yearbook

*Continued from Page 4*

making this the most normal thing of this year, and treat this yearbook as if we were in [person],” Sandagata said. Sandagata encourages eve-

ryone to get involved: “We always accept photo submissions for the yearbook! It’s really easy to take any photo and include it in a spread. Students can submit using the Yearbook Snap Mobile app and entering access code ‘Tigers.’” Students are encouraged to send in any

type of picture taken throughout the year, such as a socially distanced gathering with friends.

Mr. Colvig added, “It has been more difficult to get quotes and photos, but we’ve been able to overcome it in large part because of how helpful the Tiger community has been in meeting

our requests. That said, if someone from yearbook emails you or DMs you, PLEASE respond! This is going to be a very special yearbook that reflects on the ‘positive’ aspects of a very difficult year, and when we reach out it’s because we want YOU to be a special part of it.”

# Navalny

*Continued from Page 1*

his imprisonment, Navalny still poses a threat to Putin’s political hold. According to Professor D’Agostino at San Francisco State University, “You should not be surprised if something bad happens to Navalny in jail.”

Following his return to Russia and subsequent arrest, Navalny’s team released a YouTube documentary on Putin’s palace, an enormously extravagant and costly premises that Putin denies owning. The video has garnered over 100 million views, fueling anger over presidential corruption and greed.

Navalny’s allies, including Leonid Volkov, his top aide, have committed to continue organ-

izing protests and investigating corruption. Imprisoned, Navalny has become a sort of martyr, inspiring the Russian people to rise up against Putin’s regime. Professor D’Agostino believes Putin intends to “...keep Navalny in jail until 2024,” the year of the next Russian election, and “...Navalny might try to run against him from out of jail.”

However, Professor D’Agostino points out that, “There is no real programmatic difference between Navalny and Putin.” Though he condemns Putin as a thief, desperate for wealth and power, he has no “ideological opposition to Putin.” On foreign policy affairs, he seems to agree with Putin, which raises questions about whether his leadership would affect relations between the US and Russia.

# Electric

*Continued from Page 3*

Due to this, these batteries have a good way to scale, and the energy density is getting better everyday.

Logan Goldie-Scot, the head of clean power at Bloomberg New Energy Finance, ran a survey and found “In 2010, Lithium-ion batteries in electric cars cost about \$1,100 per kilowatt-

hour — as of this year, that cost has dropped by 89% to \$137 per kilowatt-hour, and will be cheap enough for the general public by 2023.” Gas is getting consistently more expensive while electric is getting cheaper. According to Tesla, the average price of a full charge is around \$16, lasting for around 250 miles, compared to gas which costs around \$45 for a 12-gallon tank lasting between 200-400 miles depending on the gas mileage of your car.

# Teachers

*Continued from Page 12*

but on the flip side I get to spend more time with my two-year-old baby girl and have been able to truly watch her grow and evolve each day, much more so that I could have if I had to teach in a physical model.”

While teaching from home means more time with their little ones, it also means...more time with their little ones. For teachers of school-aged children like Mrs. Meskin, distance learning means that not only is she trying to teach her classes, she is trying to help her daughters with their classes, too. “The biggest challenge for me

has been the fact that my children have been out of school and having to manage so much of their distance learning,” she said.

Teachers are also noticing a shift in the way their students comprehend material. Mr. Butler said, “It’s a mixed bag... some students are performing at a higher level, ...,but for the other classes...kids that have to be told everything, they are struggling, and no one is participating in breakout rooms.”

Fortunately, online learning is only temporary. Soon enough, we can all return to driving our teachers crazy again. Until then, don’t forget to show your educators, coaches, and school staff members a little extra gratitude.

# Band

*Continued from Page 3*

adder have taken a different approach, and instead of focusing solely on playing, they have also begun to look into the production aspect of music. Considering the fact that we are strictly online now, it only seems fitting. Learning how to mix and edit


music has been nothing short of experimental chaos for many students, but for some, it has been a new and refreshing experience. Lewsadder said, “I’m having students work on this to build practical skills that can be applied to a more broad career in music. This will also help by building the foundation for later this year or next year if we continue distance learning.”



**TOM'S**  
AUTO BODY & TOWING  
SERVING THE COASTSIDE FOR OVER 40 YEARS

|           |         |
|-----------|---------|
| Monday    | 8AM-5PM |
| Tuesday   | 8AM-5PM |
| Wednesday | 8AM-5PM |
| Thursday  | 8AM-5PM |
| Friday    | 8AM-5PM |
| Saturday  | Closed  |
| Sunday    | Closed  |

(650) 557-9900  
2085 Coast Hwy 1  
Pacifica, CA 94044



we've got your back.

and your books.

and your college degree FREE.

skyline college  
**PROMISE SCHOLARS PROGRAM**

**WHO** can be a **PROMISE SCHOLAR?**

- First-time college students
- Students who can commit to attending full-time (12 units minimum per semester)

Apply early, space is limited!  
[skylinecollege.edu/promise](https://skylinecollege.edu/promise)