

Terra Nova Times

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Terra Nova High School

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JUHSD, teachers' union sign MOU

By Elliott Song
Times staff writer

On Jan. 26, the Jefferson Union High School District school board approved a Memorandum of Understanding (MOU) between district and American Federation of Teachers Local 1481 (AFT 1481). This agreement was made in the interest of the safety of both teachers and students, and unfortunately for those of you praying to get back on campus, that likely isn't happening this semester.

Simply put, given the current state of COVID-19 in our county, there is too much risk in pursuing a back-to-school plan for larger groups of students. COVID-19 numbers skyrocketed in November, and while they have started to drop, we are still in the "widespread" Purple tier. Trying to force any course of action that would bring large amounts of students into school would endanger the safety of countless people. Even allowing a small regulated number of students to undergo a hybrid curriculum of both distance and on-site learning could be the cause of countless hazards.

According to the MOU, it is effective until Jul. 31, 2021 or when "JUHSD students physically return to schools for



Alyssa Jenkins / Terra Nova Times

The silent hallways of Terra Nova will have to stay quiet a little while longer.

hybrid or regular instruction, whichever occurs first." However, getting students to return

is harder than you may think. The current plan for students returning to school requires San

Mateo County and San Francisco to both be in the Yellow tier. Currently, we are basically as

far as it gets, with both counties sitting pretty in the Purple tier. Even if we were to get to this point, only specific groups of students who require extra help, such as special needs students, would be allowed to physically attend. So even if students returned to school, it would be more like the small learning pods, similar to the cohorts we had at the beginning of the fall semester but on a smaller scale.

Nearly everyone who knows of a high school with in-person learning can also tell you stories about the disruption and risk COVID-19 still plays. TN math teacher Mr. Napoli said, "A mom whose kid goes to a school in Marin County that I speak with says the teachers keep getting infected and that her son already has gone through three teachers as a result. And still the curriculum is going to be reduced because we are looking at two, maybe 2.5, days per 5 day week. Even if we [ramp] up and [prepare] to implement a plan, we are looking at early to mid March. With about 8 to 9 weeks left, spending money, running a high risk of infections, plus students go home and give it to family members — all that for maybe 8 weeks at 2.5 days per week instruction."

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Capitol Hill rioters facing criminal punishment

By Eleanor Jones
Times staff writer

In the wake of the Jan. 6 Capitol Hill riots, hundreds of people are facing criminal charges. As of Jan. 20, there have been more than 140 arrests and 170 open cases, according to Michael Sherwin, the U.S. attorney for D.C. Many rioters are facing misdemeanors, such as knowingly entering or remaining in any restricted building or grounds without lawful authority, violent entry, and disorderly conduct on Capitol grounds. However, Sherwin stated that he and his prosecutors are "looking at significant felony cases tied to sedition and conspiracy," particularly against militia members and extremists. Sedition, the act of inciting revolt or violence in an effort to overturn the government, is punishable by fines and up to 20 years in prison.

Additionally, one of former President Trump's executive orders is working against his supporters. When Black Lives Matter protesters targeted federal monuments and statues in summer 2020, Trump issued an order authorizing up to 10 years in prison for "injury

of federal property." As a result, many rioters could also receive long-term sentences for their destructive activities within the Capitol. According to the Acting Attorney General Jeffrey Rosen on Jan. 7, "...we will continue to methodically assess evidence, charge crimes and make arrests in the coming days and weeks to ensure that those responsible are held accountable under the law."

On Jan. 6, Capitol Hill rioters wasted no time broadcasting their actions on social media, believing themselves heroes and even pioneers of the "Second American Revolution." Edward Jacob Lang, a 25-year-old New York man, was arrested by the F.B.I. on Jan. 16, following multiple social media posts. According to the New York Times, Lang wrote in a social media post, "I was the leader of Liberty today. Arrest me. You are on the wrong side of history." Federal authorities took him at his word, arresting him.

Many rioters did not expect consequences, a delusion that was swiftly shattered by the F.B.I., who have received over 100,000 tips regarding suspects and continue with arrests. Among the several well-publicized rioting is Jake Angeli, a QAnon conspiracy



Eleanor Jones

If you have any information on the Capitol rioters, please contact the FBI

theorist who appeared at the Capitol with a horned headdress and painted face, carrying a six-foot long spear. Angeli was arrested on Jan. 9 and charged with violent entry and disorderly conduct on Capitol grounds and one other count.

Klete Keller, an Olympic gold medal swimmer, has been charged with

three federal crimes. Richard Barrett, who stole an envelope from Nancy Pelosi's office, was arrested on Jan. 8.

Several extremists who garnered less notoriety on social media have also been arrested and charged. Robert Geiswin,

See Capitol on page 8

Sharing love to our first responders

By Kaitlynn Lamb
Times staff writer

With all that is going on today in the world, it is time to thank our first responders. With Valentine's Day coming close around the corner, Terra Nova's leadership is hosting a donation drive for Pacifica's first responders. The "Appreciation Letter Collection" drive is trying to reach out to local first responders and thank them for keeping the community safe. Instead of a digital letter, these notes should be handwritten and filled with kind words to thank our first responders.

This drive begins Feb. 8 and will be held through Feb. 12. You can drop off all letters in boxes in front of Terra Nova between 8am to 4pm. These letters will be going to Pacifica's Police Department, Pacifica Fire Department, nurses at Pacifica Nursing and Rehab Center, and nurses at Linda Mar Rehabilitation Center.

When asked about the inspiration for the drive, head of TN's outreach committee Leila Vuskovic (12) said, "I thought

SPREAD THE LOVE THIS VALENTINE'S DAY TO OUR LOCAL FIRST RESPONDERS

VALENTINE'S DAY LETTERS OF APPRECIATION FOR FIRST RESPONDERS

Letters can be dropped off in front of Terra Nova from February 8-12th, from 8am-4pm

Alana Heusser

Say thanks to local first responders for risking their lives to keep us safe.

it would be nice to spread a little love to the hard working essential workers in Pacifica and let them know that their community is there for them." Vuskovic

also hopes "that every student participating gets a little creative making their letters, it should be a cute and fun activity."

Senior Nick Fernandez said, "I think it's really important to recognize our first responders and those in the front lines...we take a lot of things for granted and to take the time to just think about what is happening in this moment and give thanks to those who are constantly saving and losing lives everyday."

You may ask, what should I write in a letter? "The leadership class and I would like to see uplifting quotes and nice messages," explained Vuskovic.

"I really hope that people take the time to write these letters, as they can really make someone's day," Fernandez added. Leadership's goal is to have every student write at least two letters to show our appreciation.

Although not mandatory, you can make someone's day. "Making a letter is such an easy activity and a fun change from school work," said Vuskovic. "But you don't have to stop at 2 letters! You can make as many as you want."

Mock Trial is now in session over Zoom

By Matthew Lim
Times staff writer

Picture this: A social media influencer and conspiracy theorist uses her power and facing the consequences when a follower of hers steals the belongings of an FBI agent and socks them in the face...and it's up to a team of highly trained lawyers to decide her fate.

To somebody who's never seen a court of law before, Mock Trial might seem overwhelming and daunting at first (I know it was for me when I joined!), but the best way to think about it is to think about all the law-related media you've seen — "My Cousin Vinny"? "Law and Order"? "Judge Judy"? All of these are similar to the mock trial experience. The program, as of last year, is also split into JV and Varsity teams as well, allowing easier access for newcomers to get used to court proceedings.

Mock Trial offers more than

just acting material — it's an opportunity to get important life skills, too. TN Mock Trial Coach and alumna Ashley Lotti believes that Mock Trial not only benefits you in court but in life as well. "When Mock Trial students go to college, they'll have a leg up on some of their underclassmen classes that focus on teaching the skills they already gained... it's amazing to see the confidence in each student grow and grow," said Lotti.

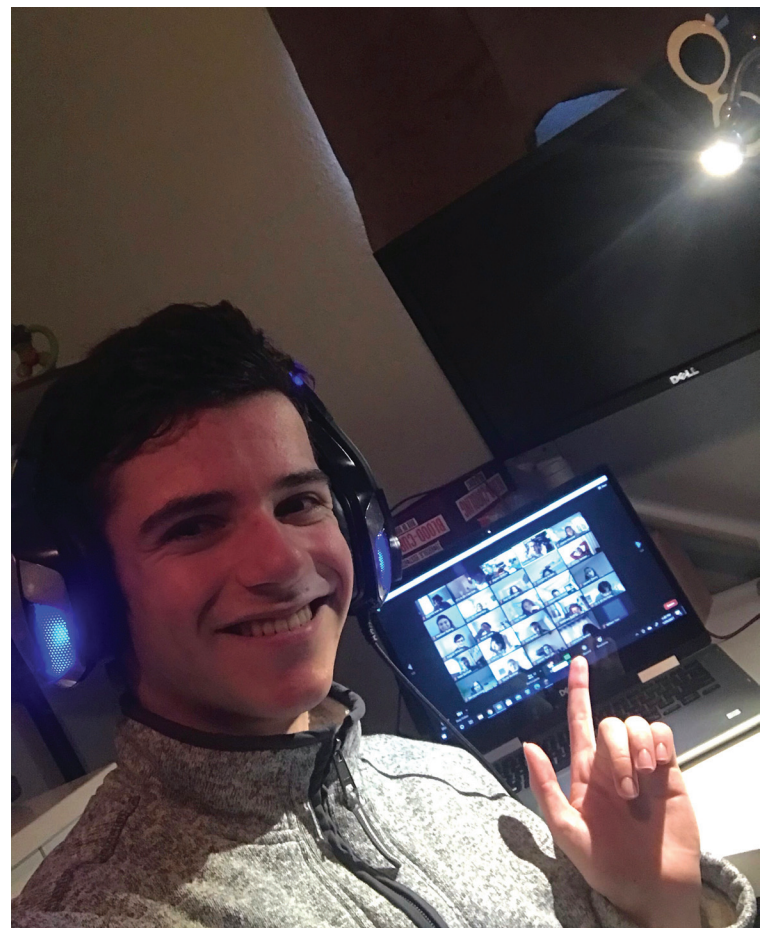
Although this season was not a murder trial, it was still fun in its own way. (Mock trialers can be kind of morbid — we love a good murder trial.) JV pre-trial lawyer Cian Eskinazi (10), said, "It's not as enthralling to me as would be a murder case like last year, but I still do find doing and participating in mock trial important to me since it teaches you a lot about preparation, public speaking, knowing important material, and overall just interacting with others."

Team Captain Robert Ace Gon-

zales, who has been on the team for the last three years, said, "Every year, I've always felt nervous and excited...While I believe the scenario itself isn't as engaging as it has been previous years, argument-wise, it leaves a lot of room for fighting between counsels. It's a whole lot of fun for the attorneys, witnesses, judges, scorers, and viewers; trying to outwit each other while trying out best the remain proper-mannered and confident in ad-libbing situations."

However, Mock Trial doesn't come without its trials (haha). Sev Armstrong (10), who has the challenging role of playing the defendant on the JV team, said that the "hardest thing is probably the improv. When you're doing crosses as a witness and you get asked a question you've never heard before, it can be really scary to come up with something off the top of your head." Lauren Devry

See Mock Trial on page 8



Cian Eskinazi

Mock Trial meetings are after school at 1:30 every Friday.

The school may be closed, but TN's Link Leaders are available to help

By Maya Orsi
Times staff writer

Terra Nova has always prioritized supporting our students and especially implementing the tools to help our incoming freshmen. One of the many supports put in place are the Terra Nova Link Leaders. The Link Crew mainly works to guide new students and help navigate the high school environment.

Terra Nova senior Jayden Fernandez explains his role on campus as a Link Leader: "As a Link Leader, my responsibilities are to make sure students and mostly freshmen have a nice transition from middle school to high school that is safe and smooth as well as just having a great high school experience."

Fernandez offered this sage advice for how to thrive in the high school environment: "The work may be hard, but there's always a way to push through it...Since we are only in high school once, you don't want to miss all the opportunities and activities we have."

With this year's unprecedented twists and turns, freshmen have been dealt an arguably more difficult set of cards. With a whole new online platform of learning, it's easy for students to fall behind, especially with the lack of socialization we would normally receive in person. Fernandez recommends reaching out if you are struggling, "Asking for help and support from teachers is important because not all students know that teachers don't want you to fail. They want you to succeed. If you want to talk to someone who

isn't a teacher, talk to our Link Crew members or Peer Helpers. They are there for you even if it's for a little chat or for fifteen minutes. They are there for you."

The Peer Helping program is another pillar of support for students of all grades. With online learning, Peer Helper information can be found on social media or via email to help with any issues you might be having, big or small.

Reaching out for help, whether it's academic or mental health support, can be very intimidating. Especially as teenagers, it's difficult to admit when you are struggling. However Link Leader Izzy Morrow (11) said to try your best to get in contact with the Terra Nova community if you are feeling burnt out. "Reaching out may seem scary, but it's really beneficial to talk things out with someone, and

to just get that support and confidence from having someone there who will help you with anything you need!" she said.

Morrow wanted to remind freshmen that Link Leaders really do want to help. "Link leaders support freshmen by being someone freshmen can always reach out to for advice, help, and friendship," she said.

Mrs. Singh, one of the Link Crew advisors, said, "Link Leaders are available to provide support to 9th graders throughout the school year. They can provide check-ins, discuss challenges of distance learning, offer a listening ear and more! Ninth graders who need help connecting with their Link Leaders can reach out to either of the Link Crew Coordinators: Mrs. Singh aliah.singh@jeffersonunion.net or Mrs. Lozowski mlozowski@jeffersonunion.net."

Ray tracing comes to the masses



Jenson Ho / Terra Nova Times

By Danrick Jamora
Times staff writer

Nvidia, a massive company that designs graphics cards, upended the computing world in 2018 with their release of real-time ray tracing. Now PlayStation 5 and Xbox Series X also have ray tracing. But what really is ray-tracing, and how do you do it? To understand ray tracing, you have to know what most computers currently use to display lighting, and reflections, which is rasterization.

Rasterization relies on the modeled polygons, in which simple objects like a box could have hundreds of polygons, because of the desire for smoother

lighting effects. The lighting is calculated for each polygon and intersection, which is then displayed on your screen. According to product manager Hep Durham, who works with rasterization techniques at Adobe, said “While rasterization is good for less-powerful hardware, but when developers want more realistic lighting, it simply can’t be achieved.” This is where ray tracing steps in. In real life, the light arrives in rays, and the photons can bounce off of other objects before reaching our eyes, which create reflections. Ray tracing does exactly this. It takes into account how the light diffuses, or scatters after hitting objects, like the silhouette of a neon sign in fog.

Durham explains, “Ray Tracing uses real physical calculations to compute where the light goes and bounces and dulls. This way you get the most realistic looking lighting.” This also requires an immense amount of processing power. Animated movies use ray tracing, but their animators spend hours for a single frame, and have intensely powerful server farms to calculate the rays, but that wouldn’t work for games, which calculate anywhere from 30-144 frames per second.

Nvidia’s RTX series cards are built to counter this problem with special accelerators called RT Cores, which are specifically designed to do the calculations of how the light bounces,

where the light bounces, and then relays that information to the rest of the card, which then figures out how to display those rays. Now, people can enjoy actively ray traced gameplay, but there is a downside. Even with these specialized RT Cores, ray tracing requires so much processing that in higher display resolutions, like 4k or even 8k, the gameplay has to be rendered in a lower resolution like 1080p or 1440p, and scaled up.

This is where the technology of Machine Learning Upscaling becomes useful. Nvidia calls their version of this tech DLSS, or Deep Learning Super-Sampling. What DLSS does is render a game in a lower resolution than the display is and uses

A.I to fill in the missing pixels, which drastically improves performance while retaining image quality. To do this, Nvidia has included what they call Tensor Cores. These Tensor Cores are specialized processors that take care of the extremely long equations used in Machine Learning. By using these cores, DLSS is able to replace the missing pixels, and provide an image at the selected display resolution.

Ray tracing is not just available on Nvidia graphics cards. AMD 6000 series cards also have this ability. But don’t worry, console players, ray tracing is coming to you as well. As long as you have the new PS5 or Xbox Series X and a ray trace compatible title, you will be set.

Apple redefines the laptop industry with new Apple Silicon M1 Macs

By Danrick Jamora
Times staff writer

Since Apple’s announcement that they would stop using Intel processors in June 2020, Apple has been committed to creating a processor that can match, if not outperform, Intel’s offerings. With the hope of higher performance and efficiency, Apple has officially released their new line of Macbook notebook computers running on the new Apple Silicon M1 processor. This new processor is based on the A14 Bionic chip in the new iPhones, but is better equipped to deal with the workloads of laptops and small desktops.

Apple is marketing this chip to be the fastest iMac ever made, excluding the Mac Pro line of desktops, and the benchmarks seem to hold true. This new processor seems to be an absolute monster with an eight-core CPU, which puts the top of the line 2019 Macbook Pro to shame. It even trades blows with the entry-level Mac Pro desktop.

M1 also has a new graphics engine, which rivals dedicated graphics units that are larger and more power hungry. This processor, in the case of the Macbook Air, is also passively cooled, so



Danrick Jamora / Terra Nova Times

The new M1 Macs may look the same, but inside they are not the same.

there are no fans on the laptop whatsoever, making for a quieter experience.

Enabling this massive increase in efficiency is the switch from an x86/x64 platform to an ARM based chipset. ARM

stands for Advanced RISC Machine, which means that the actual processor can only run certain instructions. However, most applications are coded for an x86 instruction set, which make them unable

or very unstable to run on ARM. Apple has planned to solve this issue with the Rosetta 2 translation environment. Rosetta 2 is a translator for code and binaries from x86_64 to ARM64. But it’s not as simple as you think — Hep Durham who works at Adobe translating apps to ARM, said, “Having to manually translate between the two is a difficult task, as usually applications don’t directly translate to hardware, but instead to a higher-level language, and so the language itself may just be missing certain parts on ARM, compared to x86, so developers constantly have to go back and forth”

But all this performance comes with a hefty price tag. The basic Macbook Air is priced at \$999 with a less powerful M1, but the full-fat version is \$1249, including a larger storage drive. The 13 inch Macbook Pro is even pricier, but both versions include the more powerful version of the M1, at \$1299 and \$1499 respectively. The Mac mini is cheaper than both laptop versions, due to the lack of a display, keyboard, microphone and webcam. It is priced at \$699 and \$899 for upgraded storage. As per usual, Apple is bringing changes to the table and is forcing the competition to step their game up, in this year’s battles for speed and efficiency.

Introducing the real Mexico

By Samantha Guerrero
Times staff writer

Whether it's the people, culture, geography, or political and economic state of Mexico, I'm sure we've all heard a negative stereotype about our southern neighbor. Maybe it's the news and social media outlets, movies, past generation biases, or political views that have impacted Americans' perception of Mexico. But Mexico and its people are much more than the stereotypes; however, it is nearly impossible to understand the falseness of these stereotypes unless you're a permanent resident or have lived there for a significant period of time. Nonetheless, I am here to, hopefully, help you comprehend some of these stereotypes and appreciate a culture that has impacted us in many ways.

"It's really dangerous. There's a lot of crime." Just like every other country there are unsafe areas; however, Mexico is overall very safe. Millions of tourists safely travel to Mexico every. Carlos Barron, a 25-year veteran of the FBI and founder of US Traveler Assist told Forbes, "Millions of Americans go to Mexico on vacation every year, so if we play the numbers game, the number of incidents is very small... When I'm asked if Mexico is a safe place to go travel on vacation, my response is yes." Nonetheless, tourists should always research their destination and be cautious of petty crimes, just like in any other country.

"Mexicans only eat tacos and burritos." Mexican food is very misunder-

stood, and Mexican restaurants in America typically bear little resemblance to authentic Mexican restaurants. Burritos weren't invented in the U.S; however, the burrito that has become increasingly popular in America was invented in the San Francisco mission in 1961, not in Mexico. Estephany Hernandez, a Mexican-American, said, "As a Mexican citizen, I can confirm that burritos are not typically eaten in Mexico, they are more of a U.S dish. Real authentic Mexican food consists of tamales, mole poblano, pozole, homemade tortillas made with homemade masa, and a wide variety of other dishes. Of course, they will always be made more authentically in Mexico."

"Big cities are very polluted." Mexico City and Guadalajara are huge cities with millions of people, so it is expected that these cities in particular experience serious pollution issues. However, this is also the case with other tourist cities in other countries. Spending a few days in such cities will most likely have no affect on your vacation. Señor J.R, who has spent time in Guadalajara said, "I remember as if it were yesterday how dirty Lake Chapala [in Guadalajara] was. However, the people were very kind and wanted to help with my Spanish. The city seemed clean and safe to me."

"Small pueblos are dirty and poor." Of course, small pueblos can be unkempt, but these are typically not tourist sights. However, there are small pueblos known as "pueblos mágicos," translated to "magic towns," which are known to promote heritage and culture because of the many Mexican legends and symbols



Courtesy of Miguel Ángel Davalos

These photos are only a glimpse into the beauty of Mexico and its culture.

located there. Alex Guerrero (12) went to San Sebastián del Oeste, a pueblo mágico, and said, "It was a beautiful town. All the buildings were the same color and had the same architectural design. Nowhere in my mind did I ever think it was dirty or poor. On the contrary, my only

thoughts were that there were beautiful people and a beautiful culture." If you are looking to go to a small pueblo, I highly recommend going to one of the pueblos mágicos located throughout Mexico — they will definitely give you an insight on real Mexican culture and history.

Cultural appropriation manifests itself fashion

By Natasha Valdez
Times staff writer

Cultural appropriation is a term that encompasses the inappropriate adoption of another culture's practices, ideas, and traditions without acknowledgement. Through the years, there have been a myriad of occasions where people have appropriated different cultures — from jewelry, fashion, dance, music, food, rituals, and hair styles — it can be seen in everything. This is why it's crucial to be aware of each culture's stance on how others can appreciate their traditions and customs.

Appreciating and appropriating a culture are two different things. To appreciate a culture is to understand, respect, and learn about it to broaden your perspective; however, appropriating occurs when someone takes an aspect of a culture without acknowledging the disrespect in their actions. Nadra Kareem Nittle from ThoughtCo. explains that appropriating a culture "robs minority groups of the credit they deserve and often the capital owed to them as well... [and] the dominant group is deemed innovative and edgy, while the disadvantaged groups they 'borrow' from face negative stereotypes, implying they're lacking in intelligence and creativity."

Today, it is common to see individuals on social media wearing Buddha amulets and jade for fashion, not understanding its cul-



Gina Lee / Terra Nova Times

tural history. Buddha necklaces are a symbol of the god in the religion that is known to bring positive energy and wisdom. Wearing the symbol of a religion that you don't practice is an example of cultural appropriation, and it lessens the value of the symbol for those who do practice the religion.

In addition, traditional Vietnamese and Chinese clothing is becoming more common in mainstream fashion, despite its models often being from a different ethnic group or culture. The traditional Vietnamese dress "Ao Dai," is typically worn by women and

men on important occasions such as weddings, funerals, and Tet, which is the new year celebration. Today, these dresses are being worn by celebrities, artists, and models who are not Vietnamese; rather, they have taken this cultural aspect as their own — uneducated on the effect they have on the way this tradition is viewed. Traditional Chinese dresses known as "Qipao" are also worn for important occasions, ceremonies, and celebrations. These oriental print dresses coming into mainstream fashion continues the oppression of Chinese and

other non-dominant cultures, as the dominant culture claims ownership of traditional aspects.

We have all seen Native American culture blatantly disrespected with their ceremonial attire being used as mascot and Halloween costumes. Headdresses are worn by Native American tribe leaders to represent strength and bravery, so when dominant cultures treat it as a costume, this reduces its significance.

In regards to the appropriation of Native American culture, Nikka McGahan (12) said, "As far as mainstream fashion, it gets tricky.

What is allowed is taking pieces and styles of Native American fashion to integrate in your fashion. This could be taking beading techniques, feather patterns, and sewing styles. A prime example of what not to do is the Victoria Secret show where a model wore a headdress. This is because taking a large representative piece such as a headdress is a blatant steal of Native American culture most likely done by a person who does not understand who it should be worn by, when it should be worn, and how it should look. The point is to consult or involve a Native American individual and artist before wearing or creating a Native American inspired piece."

Originating from African culture, Bantu knots, cornrows, box braids, and fulani braids are just some of the beautiful and protective hairstyles that have been appropriated by people outside of the black community. Celebrities, models, and influencers that are not in the Black community have taken it upon themselves to use protective hairstyles as fashion. Black people with textured hair tend to use protective hair styles such as braids to protect their hair and help it grow. Many individuals take these braids as their own, but do not give credit to these beautiful styles of braids or fully embrace Black culture. This leads to the mainstream culture taking credit for these century-long hairstyles, while Black culture is viewed in a negative light as they embrace it.

Combating the effects of isolation

By Isabella Copeland
Times staff writer

Because of the Coronavirus pandemic, the world has been on lockdown and people have been sheltering inside their homes. Quarantine has deprived people of seeing their relatives and peers, traveling, working in a workplace or school, and even leaving the house at all, and this has serious implications for teenagers' mental health.

Psychotherapist Diane Marquez said, "In my small sampling of teenagers I would say it has increased some level of depression. One of the joys of high school is the social activity and the learning that comes from that. Social activity has been greatly diminished."

Isolation can cause people to feel depressed and/or worsen the condition of those who already struggle with any type of depression. One Terra Nova student who suffers from depression said, "[The isolation] made me more depressed

because I couldn't see my friends and couldn't go outside, so it was easier to stay in bed and be depressed because the alternative was to try, but we can't do anything anyways so it's easier to be sad."

There are professionals who agree that depression is linked to social isolation, especially during teenage years. Marquez explained, "Adolescence is a time when social connection is deepening and the restrictions that teenagers feel now, the inability to meet new people and build those connections has been greatly hampered."

Some who struggle with depression have also been very impacted by being around their family. Another student who struggles with depression explained, "Spending more time with my parents and being unable to see my friends added to the pressure I put on myself. The isolation of the pandemic combined with difficult family matters pushed me to recognize these feelings. The pandemic is not the only



Gina Lee / Terra Nova Times

Recognize your negative feelings during the pandemic.

reason I feel depressed, but it does trigger my mental illness."

Teenagers start to gain independence from their parents during this age, but the pandemic is interfering with that natural process of development. Marquez continued, "Also ado-

lescence is a process of separating from the family. During the pandemic, adolescents are with family much more than they normally would be. And if they don't get along with their family, it could be very stressful."

For some students, they

may not struggle from depression, but may experience depressive feelings, thoughts, or emotions due to the pandemic. One junior at Terra Nova told me, "I feel like I have developed depressed feelings from the pandemic. I lack motivation, have constant fatigue, and a loss of appetite. I [consider] this is a result of the pandemic because I did not struggle with these things before."

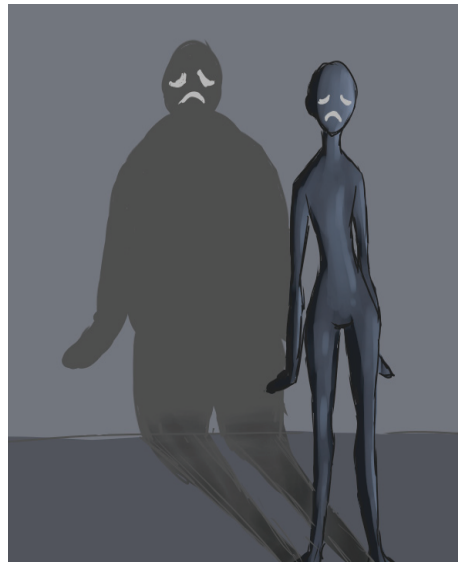
Any depressive thoughts or feelings you are experiencing may be the result of social isolation and losing connection from the world around you. If that is the case, perhaps the best thing you can do is to reach out to your friends. Talking on the phone can be especially soothing because just hearing a friend's voice can perk you up. However, if you are thinking about hurting yourself or have hurt yourself, please call the Suicide Hotline 1-800-SUICIDE (784-2433). If you need someone to talk to, don't forget the Peer Helpers and Ms. Calpotura at ccalpotura@jeffersonunion.net.

What you need to know about eating disorders

By Nicole Garrett
Times staff writer

One of the common misconceptions about eating disorders is that they are caused solely by social media's portrayal of the "perfect body." This may be true in some cases; however, there are plenty of other factors that contribute to an individual's eating disorder. Some, but not all, eating disorders include anorexia nervosa, bulimia nervosa, purging disorder, binge eating disorder, night eating syndrome, and OSFED. An eating disorder is actually a mental illness where the person becomes obsessive about eating, food, or body shape/image in an unhealthy way.

Some people experience feeling unwarranted fears of being overweight, which causes them to excessively exercise or refrain from eating in order to stay under the "normal" weight; this is known as anorexia nervosa. If an individual eats an excessive amount of food in a small time frame, has a feeling that they are unable to stop eating, then proceeds to purge that food by vomiting or through laxatives, it is identified



Gina Lee / Terra Nova Times

What you see may be different.

as bulimia. Purging disorder is similar to bulimia; however, it does not include the bingeing episode and consists only of getting rid of any substance in the body.

When feeling a lack of control to stop oneself during bingeing episodes, one may feel that they are unable to stop themselves from eating a lot of food in a short

period of time. They also do not use any purging techniques like calorie counting or physical purging — it is classified as binge eating disorder. Night eating syndrome is mixed with sleep problems, and it causes people to wake up during the night and binge a large amount of food. This can be caused by insomnia and/or coping with the restlessness. OSFED means "other specified feeding or eating disorders," which is when someone has the conditions or symptoms similar to an eating disorder, but does not fit into any of the categories of an eating disorder.

There are a plethora of causes that can trigger eating disorders. One cause is hereditary genes being passed down. If one of your parents has or has had an eating disorder, you are more susceptible to developing one over the years. Healthline.com stated that even in twins, it is 50% more likely that if one of them has an eating disorder, the other one will develop one as well. Environmental/living conditions are also major contributors to eating disorders. Local therapist Brooke Barnett stated, "When people grow up in unhealthy households with bad parental figures, it

can put a stress on their mental health, which can lead to them using eating disorders as a form of control in their life."

It is also very common for people to develop eating disorders because of what they see around them. There are plenty of cultures that adopt unhealthy eating habits such as being extremely thin or overweight. Perception of men and women in the media is a huge factor in triggering eating disorders in the youth. Disney princesses are common role models for young girls, and seeing their unnatural body shapes may make many children question why they don't look like that and become obsessed with their body shapes. When asked about the amount of young adults experiencing eating disorders, Dr. Christina Balistreri said that "around 14% of people will develop at least one eating disorder before they're 20." For men, many of their role models are extremely muscular or skinny, and many young boys will unfortunately starve themselves or abuse supplementation to get abs faster.

If you or someone you know has an eating disorder, please call the eating disorder hotline: (800) 931-2237

How are you feeling about this year?



"It's hard on us. The worst part is not seeing friends."
-Dane Potter (9)



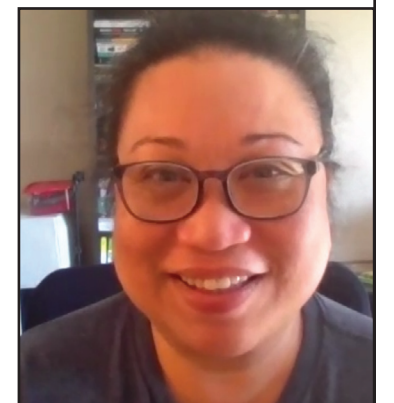
"I'm super stressed and trying finish all my work."
-Cate Reiker (10)



"I like being able to spend so much time with family."
-Izzy Morrow (11)



"I'm feeling good because I've been very productive."
-Pierce Chu (12)



"I miss in-person teaching."
-Ms. Gutierrez



COVID-19 HAS ALTERED THE BEHAVIOR OF STUDENTS

By Kaitlynn Lamb
Times staff writer

It's been over 10 months since everyone's lives have changed due to COVID-19. The thing is, how have people, more specifically students, changed their behavior during this time period? Did lack of interaction and schedule changes impact students and their habits? It is time to reflect on these questions and understand how students have changed over quarantine.

Mary Kreitz, author of "The Impact of COVID-19 on High School Students," had written about the lack of a normal schedule for students. "At first, this

greater amount of freedom and choice feels good -- 'Finally, I get to decide what I want to do!'" Kreitz notes. However, it is clear that the feeling of freedom does not last. "In short time though, it is easy to fall behind, to be distracted by other more desirable options (Netflix, video games, social media), or become bored," Kreitz said. Additionally, Kreitz notes that social interaction at school is just as important as academics for students. "Many friendships are started by sitting next to each other in class," Kreitz says.

Kreitz is certainly on to something. Stephanie Im (11) said, "Having online school takes away all the fun parts about school. Although all I do is sit at my laptop for school, online school is so drain-

ing," Im later explained, "I'm less motivated to do my work because it's just one assignment after another. I feel like a robot, and it's hard to find motivation."

Greyson Hunt (11) has experienced something similar. "Yes, it's been harder to do simple things like exercise everyday. I prefer in-person school because it's more engaging, and I get to see my friends. I find it harder to focus in class and through a screen." The feeling is mutual (at least for upperclassmen). Jayden Betts (12) said, "I definitely prefer at school learning, because I pay attention more, and I can socialize more."

Despite the academic challenges, quarantine has given many a chance to try or find something new to soak up their

time. Hunt said, "I've started to grill and cook." Im notes, "I've reconnected with a childhood game of mine and have been playing together with friends."

However, one question still remains: has anyone been able to see their friends? The answer appears to be yes. Im said, "I've hung out with a couple of friends and kept a small circle. We usually go outside to a park and stay away from crowded places and keep our masks on. I also don't hang out with people in large groups. Other than that, I stay home."

Betts said, "At the beginning of quarantine I went out a lot, but after it got more serious, I have to communicate with my friends through FaceTime." Hang in there: a vaccine is on the way.



IT IS A TOUGH TIME TO BE A DENTAL HYGIENIST

By Shayla McCann
Times staff writer

Dental hygienists have a very high risk for contracting COVID-19 during this tough time. Since they are essential healthcare workers, you would think that they would be in the first tier for the vaccine, but they are in the third tier along with lab workers and pharmacy staff. I interviewed two working dental hygienists to get a better understanding of their protocol, how they clean after patients, and what it feels like to be a healthcare worker.

First and foremost, COVID-19 has shifted the dental hygienist's protocol

a lot. The CDC recommends that dental offices "limit the number of visitors accompanying him or her to the dental appointment to only those people who are necessary." Mrs. McCann, a dental hygienist practicing in San Mateo said, "Before COVID-19, patients could wait in the waiting room waiting for their appointment. But now, we have to screen everyone and ask a series of questions to see if the patients have any symptoms. In addition, they have to wait in the car until we come to get them."

Following the CDC protocols, dental offices stay clean by "having air purifiers in every room, new N95 masks, shields, and hair bonnets for hygienists, and by switching rooms so they can be

cleaned after each patient," according to McCann. While they have PPE (personal protective equipment) and other safety supplies, many have yet to receive the vaccine, and their patients may or may not currently have COVID, which is stressful for the hygienist.

McCann said, "I would like [patients] to have a COVID-19 test before coming in, but that's not the case." When asked about how she feels about this protocol, she said, "My work protocol is as good as it could get realistically." And other dental hygienists across the Bay Area agree. Mrs. Reader, a dental hygienist working in both an educational clinic as well as a personal practice in San Francisco describes why she wants patients

to be thoroughly screened before coming into the office. "I feel we are at high risk and put our patients in a vulnerable situation with no mask for 45 mins...Even with the filters and windows open I feel this is why patients should be screened thoroughly," Reader said.

Of course, a dental hygienist's main concern is their patients' health. When Reader was asked about her patients' safety being a main concern by the government, she said, "This is something I feel they overlooked...The truth is a COVID-19 test three days before they come in is not enough. There should be rapid COVID-19 tests provided in the office so we know they are safe the moment they open their mouth."



All eyes will be on Superbowl LV this Sunday

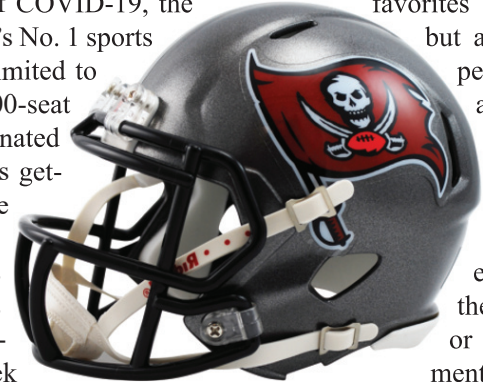
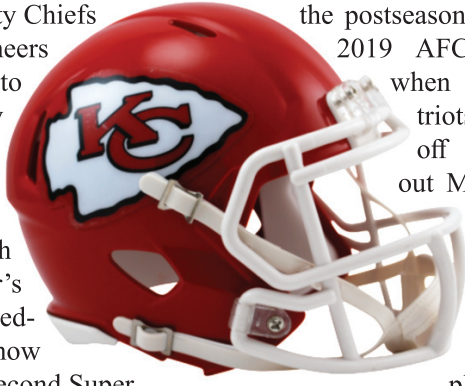
By Miguel Valdes
Times staff writer

With the season wrapped up and one final game left, the Kansas City Chiefs and the Tampa Bay Buccaneers look to battle for the right to hoist the Lombardi trophy in Super Bowl LV. Representing the NFC, the Bucs finished the season with an overall record of 11-5 and 5th seed overall entering this year's playoffs, but defeated top seeded teams in the playoffs and now look to win the franchise's second Super Bowl. In the AFC, it's the Chiefs representing for a second straight year, aiming to be the first team to win the Super

Bowl in consecutive years since Brady and Patriots did it in 2003 and 2004. The biggest story of Super Bowl LV is going to be Mahomes vs. Brady II. The first time these two faced off in the postseason came in that 2019 AFC title game when Brady's Patriots walked it off in OT without Mahomes even touching the ball in the extra period, and it's still the only playoff loss Mahomes has ever suffered in the NFL. The showdown will take place at Raymond James Stadium in Tampa,

Florida, where Brady's Bucs will be the first team in the 55-year history of the Super Bowl to play on home turf. "Whoever would've thought of a home Super Bowl for us? But we did it," Brady said after his NFC championship victory. Because of COVID-19, the crowd for America's No. 1 sports spectacle will be limited to 22,000 in the 75,000-seat stadium, with vaccinated health care workers getting 7,500 of those precious tickets. In the end, this has the makings of a good match-up. Receiver Tyreek Hill and tight end Travis Kelce are standouts for KC, and former

Patriots tight end Rob Gronkowski is on Brady's long list of options for Tampa. Both teams have established themselves as great, but at the end of the day, there can only be one. Kansas City clearly has more than enough talent and are clear favorites to go back-to-back, but after a record 10 Super Bowl appearances and seven victories, it's almost impossible to count Brady out. Will Brady and his Bucs have enough to take down the defending champs, or will this game cement Kansas City as the newest dynasty to dominate the league for years to come?



JUHSD

Continued from Page 1

For those of you wondering about vaccination, there really is not much to say. All that was said in the MOU concerning COVID-19 vaccination was that "The district and union advocate for all employees to receive the COVID-19 vaccine and shall support the process." At this point, vaccination for employees is still up in the air, and teens are pretty much still out of the question. President of AFT 1481, Monica Casey, said, "Even if they try to force us to go back to schools without a vaccine that

just isn't happening, and even if we do have a vaccine, that still doesn't make it safe. People who have the vaccine can still carry the disease, and also students under 16, as of right now have no means of getting vaccinated."

All that we can do as a school, and community is to continue to follow guidelines in hopes of lowering the number of COVID-19 cases. If you know anyone who goes about their daily life without following the necessary precautions, talk to them, ask them to stay safe in order to keep others safe as well.

Now is not the time to slack off— if everyone followed health protocols, going back to school, whether it's late this semester, or next fall, wouldn't seem so unrealistic.

Mock Trial

Continued from Page 2

(12), who plays the Varsity defendant, Lee Croddy, said that "the hardest part is truly the strategy of it all. We have so much information to get out in a small amount of time. It's a mind game, but it's super fun!"

As for the future of the teams, members have high hopes. Gonzales said that Coach Ashley Lotti has made this year possible. "Each year, our coach Ashley Lotti builds such a welcoming environment as well as a better 'curriculum' if you will. Each week this year, we learned a skill after skill that worked in conjunction with each other until we had a fully prepared case... even then, we looked at what we had and built stronger cases," he said, a sentiment Eskinazi shares. "Hopefully we can get back to being in the actual courtroom and not in your bedroom while wearing pajamas under a suit. I always think there's room to improve and eventually we can get better. There's always room for that," he said.

Although Mock Trial is coming to an end this week, the Mock Trial team is always recruiting for next year. If you are interested, contact Mrs. Jenkins, the teacher coach, at Ajenkins@jeffersonunion.net.

Capitol

Continued from Page 1

who is connected to an extremist gun-rights militia group called the Three Percenters, fought with police when entering the Capitol and has since been arrested and charged. Robert Keith Packer, who wore a "Camp Auschwitz" sweatshirt with the Nazi phrase "Work Brings Freedom" was also arrested on Jan. 13.

Most notably, three members of the Oath Keepers, a far-right extremist group, have been charged with conspiracy to commit federal crimes. Thomas Edward Caldwell, who organized a group of militia members for the attack on the Capitol, was arrested

along with Donovan Crawl and Jessica Watkins. As those already charged hail from at least 31 states, it is unsurprising that a San Francisco man, Daniel Goodwyn, was arrested for his involvement. Goodwyn, a member of the Proud Boys, was reported by the San Francisco Chronicle as saying, "I believe that this whole pandemic is a false religion."

Though the rioters believe they were justified in their attempt to overturn a democracy in favor of Trump, they are now dealing with the repercussions. Two other members of the Proud Boys were indicted for conspiracy on Jan. 31.

During an inauguration security briefing at Federal Emergency Management Agency headquarters, FBI Director Chris Wray said, "We know who you are if you're out there, and FBI agents are coming to find you."

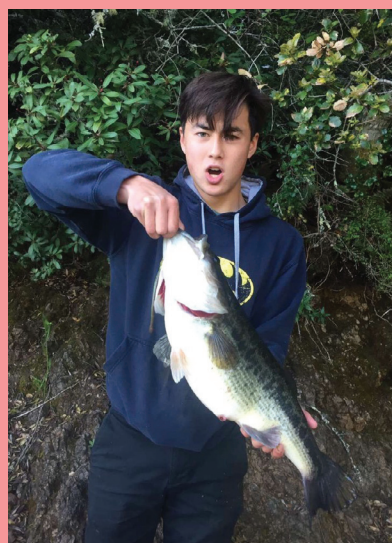
WHAT ARE YOUR NEW YEARS RESOLUTIONS?



"My New Year's resolution was to try and be a little more organized with school, starting healthy habits and getting rid of the unhealthy ones, and focus on my mental health more than I did last year."
-Abbie Dodson (9)



"My New Year's resolution is to try and reconnect with old friends and rekindle old friendships that faded over time."
-Steven Roque (10)



"My New Year's resolution is to not go on my phone so much"
-Corey O'Brien (11)



"My New Year's resolution is to be more independent and learn more about taking care of myself."
-Kaitlyn Menjivar (12)

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2020 WRAPPED RALLY RECAP

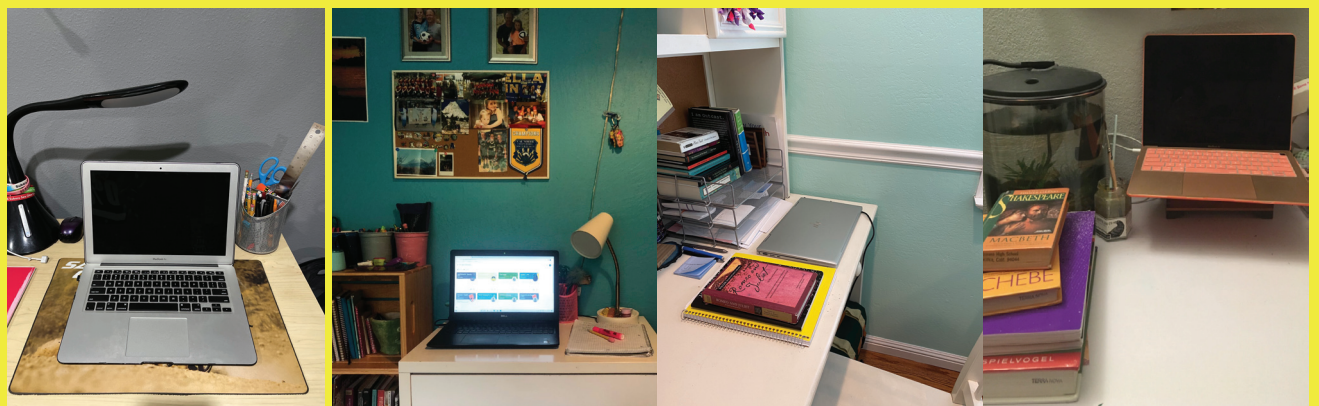
Mask Day



Hobby Day



School Set Up Day



2020 Memories Day



What We Miss Day



From left to right, row 1: Molly Nappi (9); Savannah Copeland (9); Richard Baglio (12); Joshua Ababseh (11)
Row 2: Jacob Pena (12); Aleisha Bray-Montwill (10); Sydney Seyer (12); Christian Yertzell (11)
Row 3: Savannah Copeland (9); Molly Nappi (9); RYANNE REYNOLDS (10)
Row 4: Abby Moore (12); RYLAN JIMENEZ (12); Evan Leong (11)
Row 5 Mia McCann (11); Dimitri Fabiani-Wyatt (12); Chloe Humphreys (11)