

President Trump impeached again

By Naomi Sanft
Times staff writer

RESOLUTION

On Wednesday, Jan. 13, the House of Representatives impeached President Donald Trump for the second time, with 10 Republicans joining 232 Democrats in voting for a single article of impeachment.

Calls were made to remove the president from office following the events at the capitol on Wednesday, Jan. 6. Speaker of the House of Representatives Nancy Pelosi called upon Vice President Mike Pence to invoke the 25th Amendment, which outlines the power to remove the president if he is “unable to discharge the powers and duties of his office.” Pence responded that he had no intention of invoking the 25th Amendment. “With just eight days left in the President’s term, [Nancy Pelosi] and the Democratic caucus are demanding that the Cabinet and I invoke the 25th Amendment. I do not believe that such a course of action is in the best interest of our nation or consistent with our Constitution,” wrote Pence.

The House moved forward with impeachment of President Trump for inciting insurrection against the government. The impeachment article referred to the

...hing Donald John Trump, President of the
States of high crimes and misdemeanors.



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The House has already voted to impeach Donald Trump for the second time in his term.

14th Amendment, which prohibits any officeholder involved in “insurrection or rebellion” from holding office. The House also quoted President Trump’s words at the rally, when he

told supporters, “If you don’t fight like hell, you’re not going to have a country anymore.” “If we impeached every politician who gave a fiery speech to a crowd of partisans, this cap-

ital would be deserted,” Representative Tom McClintock (R-CA) said, “That’s what the president did. That is all he did.” With support from ten republican House of Representatives,

the motion to impeach was approved. “To allow the President of the United States to incite this attack without consequence is a direct threat to the future of our democracy. For that reason, I cannot sit by without taking action,” said Representative John Katko (R-NY). The resolution to impeach was passed by a final vote of 232-197. “We know that the President of the United State incited this insurrection, this armed rebellion, against our common country,” said House Speaker Nancy Pelosi ahead of the vote. “He must go. He is a clear and present danger to the nation that we all love.”

For removal of office, impeachment must be approved by the Senate with a 2/3 majority vote, but the Senate will not be able to hold the impeachment trial until after Trump is out of office and President-elect Biden is sworn in.

While the impeachment trial is no longer needed to remove the president from office, a guilty verdict could prevent Trump from running in future elections. If the Senate were to convict him, the Constitution allows a subsequent vote that would bar Trump from holding “any office of honor, trust or profit under the United States,” which would likely be the goal.

ICU bed capacity pushes hospitals to the max

By Naomi Sanft
Times staff writer

With COVID-19 infection rates skyrocketing over the holiday season, California hospitals are approaching capacity and preparing to ration care.

Throughout this pandemic, hospitals have been struggling to keep up with the influx of COVID-19 patients. The Bay Area’s ICU bed capacity plummeted below 1% on Jan. 11 before rebounding to a still-concerning 6.2%. The eleven counties that make up the Southern California area have reached 0% availability for beds, causing hospitals to move patients to gift shops, cafeterias, and tents in the parking lots. In some cases, patients have been kept in ambulances for as long as eight hours until space is available.

Equipment and resources are also limited. “We are running low on oxygen tanks, due to a statewide shortage of bulk oxygen. We have been asked to be judicious on who gets oxygen. For those patients who need more than 6 liters of oxygen, we put them on high flow (30-60L/min) and those devices are scarce. When we run out, which we’re close to, a patient who is hypoxic, or low oxygen saturation, just won’t be able to

get the oxygen they need,” said Kaiser emergency physician Dr. Ingrid Lim. Meanwhile, LA County E.M.S. director Dr. Gausche-Hill issued guidelines advising emergency workers to use the “minimum amount of oxygen necessary” to manage the oxygen shortage.

Healthcare workers are scrambling to handle the escalating load of new cases. In an L.A. Times interview with L.A. County Health Services Director Dr. Christina Ghaly, Dr. Ghaly said, “We have enough beds, supplies, and equipment for now, but we don’t have enough trained staff for the number of patients who need care. We have brought in new staff, retrained and redeployed staff from other areas of the system, and have requested additional resources from the state.” Doctors are anticipating care rationing. The mindset will be to save as many lives as possible, meaning those less likely to survive will not receive the same level of care as more resources will be pushed to healthier patients. Additionally, paramedics are being advised on whether critical patients be taken to the hospital.

“It’s a scary time right now, and I am not looking forward to having to make ethical decisions and weighing which patient deserves to live more than another, but it might come down to this,” said Lim.



Courtesy of Stephanie Hamilton

Nurses are working night and day in overcrowded intensive care units.

Gentrification takes a toll on S.F.

By Maya Orsi
Times staff writer

It's no secret that living in the Bay Area costs a pretty penny, and San Francisco continues to show worrying signs of gentrification. Cultural diversity is one of the most important and unique aspects of the beautiful city, but as rent prices sky rocket, many small businesses and historical areas of distinctive ethnic contrast have begun to fade away.

According to the Bureau Labor Statistics, the cost of living in San Francisco has been rising 20% faster than the national average. This isn't new, though; this rapid growth has been continuous all the way back to 1997. The effects of the rising cost have been devastating.

San Francisco is home to many cultures that shape the landscape of the entire city. For example, Mission street's taquerias, Chinatown's fortune cookie factory, and Haight Ashbury's Tie Dye store — the city has just about everything, but as rent prices skyrocket, the outcome of financial struggle becomes very apparent. The National Community Reinvestment Coalition recorded that San Francisco and Oakland have become the most gen-



Mackenzie Pelletier / Terra Nova Times

An overview of a gentrified region of the Bay Area.

trified out of twenty metropolitan cities. Their reports showed that lower income communities are being pushed out as big technology companies move in and the cost of living becomes unsustainable.

The diverse landscape of San Francisco will continue to change if the investments made in these culturally rich

neighborhoods do not improve. KQED interviewed Frank Chui, the co-owner of Hang Ah Tea Room in Chinatown, who spoke on how the Covid-19 crisis hasn't helped the already overwhelming cost of owning a small business in the bay. The ruinous drop in business has led to fears of the first dim

sum house in America having to close.

Diane Matsuda, a staff attorney with Asian Pacific Islander Legal Outreach (APILO), spoke about the effects gentrification has on the Japanese community of San Francisco, saying, "The biggest challenge here is that you have two really big mega landlords and those mega landlords control a lot of the cultural and economic hub of Japantown. Should they not want to negotiate or have any kind of rent abatement...you're really talking about us losing literally a whole ethnic community that has been here since the start of the 19th century."

The stakes are very high for the many cultures in the Bay Area. The diversity of the city makes it an incredibly unique and inspiring place to live. Small business owners are faced with the responsibility of preserving the ethnically rich environment and protecting their financial stability at the same time. Until lawmakers find a solution to the massive growth in rent, local businesses will struggle to thrive in this economically depressed area. As of now, business-owning families rely on the citizens of San Francisco to participate in supporting their local shops and restaurants in order to preserve the culture of the bay.

Intro to crystals and their various properties

By Natasha Valdez
Times staff writer

People who love them say that crystals emit positive, energizing, calming, and healing vibrations that help us with stress, anxiety, sleep, gratitude, self love, confidence, and much more. Today, we're going to focus on four crystals: rose quartz, citrine, amethyst, and agate.

Rose quartz is said to promote love, forgiveness, compassion and peace. This crystal also reduces stress and tension while allowing joy, sensitivity, and empathy towards ourselves and others. Aside from promoting unconditional love, rose quartz is said to heal and strengthen the heart and circulatory system. This classic crystal aligns with the heart chakra and is often used in meditative practices to achieve gratitude and love in one's life.

Amethyst is a quartz stone that

helps to stimulate our thought process and intuition. In Yulia Van Doren's book "Crystals: A Modern Guide to Crystal Healing," she stated, "A stone of protection, Amethyst creates an ultraviolet bubble of protective light around people and spaces, and is very helpful for insomnia and nightmares." This crystal is also said to heighten psychic powers and protect its wearer from all types of harm, including geopathic or electromagnetic stress and ill wishes from others. Amethyst also has strong healing and cleansing powers to help soothe irritability, balance mood swings, as well as dispel anger, rage, fear and anxiety. This beautiful crystal's healing properties also include easing headaches and strengthening the immune system.

The citrine crystal is described as revitalizing and cleansing, activating creativity, encouraging self-expression, raising self-esteem, and boosting self-confi-



Mackenzie Pelletier / Terra Nova Times

A starter kit of crystals accompanied by a sage bundle.

dence. It enhances concentration and revitalizes the mind, while easing depression, fears and phobias. Doren says, "Citrine is

a classic stone of prosperity and luck, and a must-have for workspaces and offices to keep creative ideas flowing brightly and

abundantly." Citrine's healing properties promote good circulation, healthy digestive organs, and detoxification. Carrying citrine is said to attract love and happiness, while shielding against spite and jealousy.

Agate is a strengthening and courage-building crystal. According to Doren, it helps to protect the mind and body in vulnerable situations. Its healing and cleansing qualities eliminate negative energy, stabilizes the aura, and calms the mind, body and spirit, while protecting and healing the eyes, stomach, and uterus. Emma Hall (11) stated, "Crystals are grounding to me, I'll resort to them when I need them and keeping them around me makes me feel better. I just recently started getting into them because I thought it was super interesting...Each crystal has its own specialties and you can 'program' them to do what you want them to do, and if you practice right they do work."

Bizarre news

By Danrick Jamora
Times staff writer

Do you ever feel like you were saved by the weirdest things? A Dutch train ran past the end of its track, which is about 30 feet in the air, but was saved by a statue of a whale tail. Luckily, damage to the surrounding area was minimal, and the only person aboard that train was the driver.

In Ripley's Believe it or Not recap of 2020, they reported a terrifying story of a woman whose innocent nap in the sun

turned into a trip to the emergency room. Locals in Russia are now warned against taking naps outside because a serpent snuck into this woman's mouth as she was sleeping. The doctors were able to extract the serpent and found that it was a whopping four feet long. Luckily, the woman returned to good health, but it is safe to say that she will not be sleeping outside again.

Alien occurrences are claimed to have happened almost everywhere in the United States, but on Nov. 23, officers from the Utah Department of Pub-

lic Safety were in a helicopter when they spotted a giant metal monolith in the Red Rock Country area of the state. At around twelve feet tall, this giant triangular metal monolith was just sitting in a remote area. Then on the 27th, the structure mysteriously disappeared, leaving nothing but a hole and metal top plate in its wake. As strange as that is, on Dec. 1, an almost identical monolith was found in Romania. Nobody is truly sure who or what did this or if the two incidents are related, but it is striking

gold in the minds of conspiracy theorists around the globe.

As if infecting 94 million people was not enough, ice cream has just tested positive for COVID-19. To be specific, the victims were chocolate, strawberry, and taro ice cream samples in an ice cream shop in Northeastern China. It is said that the virus may have persisted in the ice cream's fat from its cold temperature storage, and at 39 degrees Fahrenheit, the virus is able to survive for 28 days. With ice cream being many people's source of sanity in these times,

this was hard news to swallow.

Many people would risk their life for their pets, but this Florida man really did. Richard Wilbanks saw his puppy, a three month old Cavalier King Charles Spaniel named Gunner, caught in the jaws of an alligator. Wilbanks jumped into the waist-high water and pried open the jaws of the alligator to free the pup. Gunner had a small puncture wound, and Mr. Wilbanks had injuries to his hands, but both have recovered. This whole incident was caught on a wildlife camera.