

# Terra Nova Times

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Terra Nova High School

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## Joe Biden takes Presidential Office

By Justin Arnaudo  
Times staff writer

Last week, on Jan. 20, 2021, Joe Biden's presidential inauguration was held. The ceremony featured guest speakers and celebrations, but one of the highlights was Biden's inaugural address. His address was about 20 minutes long and covered multiple important topics that he hopes to tackle during his presidency. His address was not limited to just a few issues; while Biden's main focus was the unity of our country, he also spoke of his hopes for the future and the challenges the United States must overcome in order to achieve progress.

Following the breach of the U.S. Capitol building on Jan. 6, 2021, the country was in a state of shock, as a sense of division became even more apparent. Biden alluded to this in his speech, but used it as a rallying cry for unity, saying, "So now, on this hallowed ground where just days ago violence sought to shake this Capitol's very foundation, we come together as one nation, under God, indivisible, to carry out the peaceful



The White House

Official White House photo from the day of Joseph R. Biden's inauguration on Jan. 20.

transfer of power as we have for more than two centuries."

Biden also went on at great length about how the United States has been challenged as of late but still remains unified, and he made clear that he wanted to strengthen the

sense of American unity even more during his presidency.

Tied into his message of unity, Biden addressed his hopes for the future of our country. Biden stated, "We look ahead in our uniquely American way – restless, bold, optimistic –

and set our sights on the nation we know we can be and we must be." Biden also brought up how racial inequity and the threat of the pandemic are problems that Americans must unite around and conquer together in order to form a better country.

In addition to his message of unity, Biden mentioned several challenges our country must tackle, such as climate change, racial inequity, and the COVID-19 pandemic, and he laid out his plans for how he hopes to solve these issues. For example, in order to combat climate change, he announced the return of the United States to the Paris Climate Accords and said his goal for dealing with the pandemic is to vaccinate 100 million people over the next 100 days. He acknowledged how lofty all of these goals are, but then assured the audience that if America is united and strong, then we will be able to conquer these challenges in the future.

Social studies department chair Alek Butler watched Biden's speech and noted, "It is the first time I saw a consistent theme throughout the whole inauguration. Moving out of the dark into the light. They started the theme the night before, when Biden visited the COVID memorial. As for the speech itself, I...was amazed with how perfect it was considering Biden has a stutter. He didn't even cough once, which I believe is how he copes with his stutter."

## Biden starts off term with new executive orders

By Elliott Song  
Times staff writer

Following his recent election and inauguration, President Joe Biden had a busy first day in office. Ranging from plans and orders on pandemic safety, to immigration laws and orders, President Biden wasted no time in issuing a number of executive orders and announcing his plans for the near future.

Starting with his policies on COVID-19 safety, Biden has halted the USA's withdrawal from the WHO (World Health Organization), which the Trump Administration no longer wanted to be a part of, and has placed Dr. Anthony Fauci at the head of the U.S. delegation to the WHO. This move is also made in an effort to reinstate the USA's position as a global leader in COVID-19 response.

Biden has also shared that he wants to improve how the nation collects, processes, and shares data on COVID-19 — to aid in this, he has created the position of a "Response Coordinator," who directly reports to him and also manages

and oversees efforts to produce and issue vaccines and medical equipment. President Biden has also made it mandatory to wear masks when frequenting different modes of transportation such as at airports, maritime vessels, or public transportation.

Biden's executive orders and directives don't end there. In addition to the ones regarding the pandemic, he has made multiple changes when it comes to immigration policies. One such action is halting the construction of a southern border wall by stopping the national emergency declaration that was funding it. Additionally, Biden intends to reinforce DACA (Deferred Action for Childhood Arrivals), which the Trump administration had previously fought to dismantle, as well as undoing Trump's attempts at bolstering immigration enforcement in the US.

One of his more notable orders is the end of the so called "Muslim" and "African" travel bans, which came into fruition early in the Trump administration. Previously, these travel bans restricted travel and immigration from a large number of Middle Eastern and African countries,



Victor Wu / Terra Nova Times (Original photo: E. Vucci)

President Biden has been busy signing executive orders daily since his inauguration.

including Syria, Iran, Iraq, Sudan, Libya, Somali, and more. And although it's not necessarily concerning immigration, Biden has also required non-citizens to be included in the census, something Trump had fought, despite it being in the Constitution that all persons be counted.

President Biden took his orders another step forward

and issued directives concerning environmental issues, the most notable of these being the USA's pending rejoining of the Paris Agreement, which the Trump Administration had previously withdrawn the United States from. Additionally, Biden has cancelled the Keystone XL pipeline by revoking permits that were given out dur-

ing the previous administration.

Biden's climate advisor Gina McCarthy also stated that the Biden administration will attempt to "discard or redo" more than 100 previous actions made during Trump's presidency that are deemed injurious to the environment. Clearly, President Biden has many plans for the future and is wasting no time.

# When you'll get your shot at a shot

By Samantha Guerrero  
Times staff writer

Towards the end of last school year, COVID-19 dominated the news; this school year has mostly been filled with talk about the heavily-desired vaccine. Last month, we were pleasantly surprised as two vaccines — Pfizer-BioNTech and Moderna — were developed in record time and approved by the FDA, but there are many questions. How does San Mateo County's vaccination program truly work? Where do adolescents fall into this program; moreover, when will teens be able to receive the vaccine?

In accordance with CDC guidance in December, California divided its vaccine distribution plan into phases with phases being divided into sections and then separated into tiers (phases, sections, tiers). San Mateo County is currently in Phase

1a, while simultaneously transitioning into Phase 1b. Phase 1a is separated into three tiers: medical first responders, residents in long term care settings, dialysis centers, inpatient behavioral health centers, and psychiatric and correctional hospitals. Tier 2 includes home health care, community health workers, public health field staff, primary care, and urgent care. Tier 3 consists of specialty clinics, lab workers, dental/oral clinics, pharmacy staff, and mortuary service workers.

Phase 1b was originally divided into two tiers: older adults (75+ or 65+ with risk factors,) and those in education and childcare, emergency services, and food and agriculture in Tier 1, and those who are incarcerated or homeless as well as workers in transportation, industrial, commercial, residential, and sheltering facilities and services industries, and critical manufac-

turing in Tier 2. However, as the virus began to rage out of control, the CDC recommended that states move those 65 and older into Phase 1a, as they are the most likely to become seriously ill or die from the virus.

Phase 1c, which concludes Phase 1, includes more essential workers, individuals 50-64 years of age, and adults 16+ with high risk medical conditions. A teen is only included in Phase 1 if said teen has medical risks.

Because of the slow roll-out of vaccinations in California, the state is actually considering scrapping the phases altogether in favor of an age-based

distribution; however, that has not been finalized.

Pfizer's vaccine has been approved for ages 16+, while Moderna's has been approved for 18 and up. Young adults typically aren't at high risk for severe illness from COVID; therefore, teens who are old enough to take the vaccine will likely be in the last group to receive it — the time frame from now to then is un-



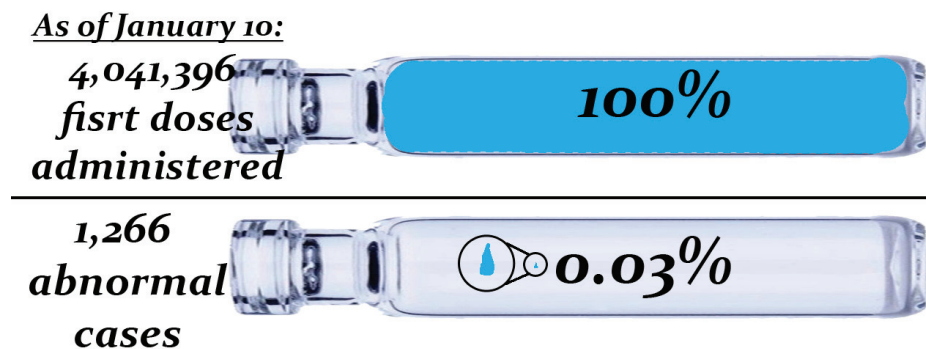
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## There is no good reason to avoid this vaccine

By Isabella Copeland  
Times staff writer

The COVID-19 vaccine has been approved for those 16 years and older and is currently being administered among healthcare workers and seniors across America. Although this vaccine could be the solution to our year-long problem, there are some who are extremely hesitant to take this vaccine because of this short time it took to develop it. Registered Nurse and Pacifica local Amy Gubser (pictured above, receiving her first dose of the vaccine) has received the Pfizer vaccine and is encouraging others to get vaccinated when they can and if they are healthy enough to.

Some may be wondering why it is important that the average person gets vaccinated as soon as possible. Gubser said, "We have to achieve herd immunity to the virus, which means 85% of the population is vaccinated." Herd immunity is important because it protects the people who are ineligible for the vac-



Victor Wu / Terra Nova Times

cine, which include people who are too young or who cannot get the vaccine for health reasons, a group which includes Terra Nova's Mrs. Karkazis, who cannot get the vaccine due to her immunocompromised status; herd immunity is the only way to protect people like Mrs. K.

Of her own vaccination experience, Gubser said, "I was confident that I would be fine taking [the vaccine] because I have never had an allergic reaction to a vaccine, and I have not known anyone else who got the vaccine that had a serious reaction." She was not nervous about

getting the vaccine because "they have gone through the appropriate amount of trials." This means that the vaccine has been tested on tens of thousands of different people of different demographics and has proven to be safe and effective.

The vaccine hesitancy that some are experiencing is because they are turning towards unreliable sources for information. This can lead some to believe that they may be put in danger by receiving the vaccine, something which is patently false.

Gubser believes our current technologically advanced world is contribut-

ing to this issue: "The problem is our society can Google everything, they think they have the right information at their fingertips, they need to listen to the experts...A reliable source of information is your local health official in your county, every county has one," she said.

Registered Nurse and Pacifica resident Stephanie Hamilton has seen the devastation of COVID-19 up close and personal, both as a nurse working in a local hospital and as the grieving family member of a loved one who has died due to COVID-19; her own father-in-law died of it recently after his wife contracted the virus at work.

"As for the hospital, no one can visit, people are dying without seeing their loved ones. Unfortunately, COVID-19 can move very, very quickly. From needing a few liters of oxygen assistance a minute to 50 liters later in the next. It is horrible. You don't want to be a patient or be blaming yourself for the death of a family member. While it may not put you in the hospital, what about your mom, dad, grandparent or even neighbor," she said.

## Teens who are essential workers look forward to their turn for vaccines

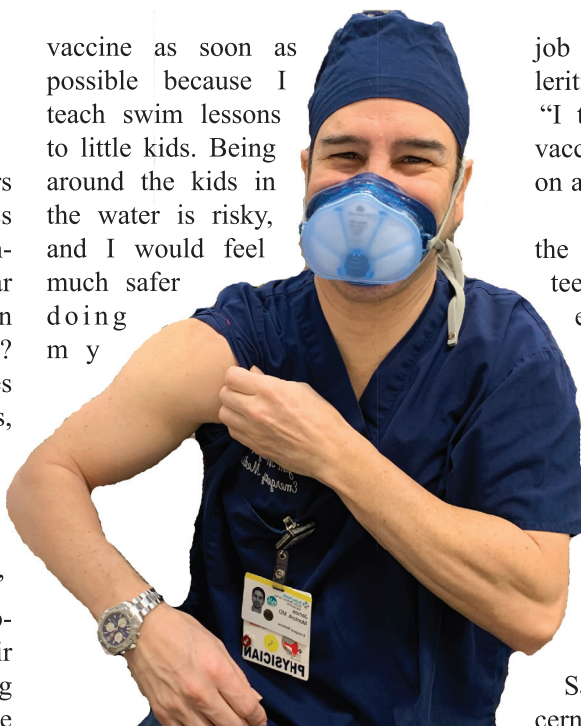
By Isabella Copeland  
Times staff writer

Healthcare workers and seniors have started to get vaccinated all across America, and other groups of essential workers will get theirs in the near future. This raises the question: when will teenagers begin to be vaccinated?

Teenagers tend to get jobs at places such as local grocery stores, restaurants, and clothing and retail stores which are all considered essential during COVID-19. Marisa Jaime (11) said, "I work at Macy's with other kids from [Terra Nova] and other [teens], too."

With the vaccine starting to be distributed, many teens are excited to get their shot. Anna Steinberg (12), a swimming instructor, said, "I really want to get the

vaccine as soon as possible because I teach swim lessons to little kids. Being around the kids in the water is risky, and I would feel much safer doing my



job after I get the vaccine." Sierra Pelletti (11), a Hollister employee, said, "I think everyone should receive the vaccine to reduce the risk of exposure on a daily basis to keep everyone safe."

Even healthcare workers recognize the importance of essential workers getting vaccinated. Many teenagers are working in retail jobs where they see a large amount of people in a day, and some are even working in places that aren't unionized, so taking a break from working during this time may not be an option if they want to keep this job. Public health nurse Nicole Copeland, a mother of two teenagers, said, "As a public health nurse working in the Covid-19 in San Francisco, as far as I am concerned teenage essential workers should

have priority to getting the vaccine. As far as I understand essential workers are high up on the list and will be getting their vaccines fairly soon this includes all essential workers including teens."

Although many are eager to get the vaccine, students like alumnus Sam Lee, who works at Hollister, are willing to wait so that those more at risk can get theirs. Lee said, "I'll get the vaccine once it's my turn because as a younger person, I have to be more considerate to the older people in my life and at least try to protect them or at least try to eliminate the possibility of exposing them. I don't think I should receive the vaccine first say over older people or people who work full time...I wish everyone could get it at the same time, but I really want people like my grandparents to have priority because they're at high risk!"

# What it means when the ICU is full

By Samantha Guerrero  
Times staff writer

There are 25 million confirmed U.S. cases of COVID-19 and more than 400,000 deaths in the US. But here's another very scary-number: zero. Zero percent capacity. As COVID-19 cases skyrocketed, ICU capacities maxed out. However, what does this truly mean, and how is it affecting hospitals and patients?

First off, what is the ICU? The Intensive Care Unit is the hospital's most equipped area to care for the sickest patients. It is set up to accommodate these patients' needs, as well as the doctors and nurses. It can include particular equipment that tracks and transmits information about a patient's condition including cardiac function, blood pressure, oxygen levels, breathing, etc. Staff is able to monitor patients visually because of the large windows set up in the ICU. Apart from that, there are fewer patients in the ICU because more care is required for each patient. ICU rooms are also larger to accommodate specific equipment and have special systems to ventilate the air.

Second, what does "ICU capacity" mean? Capacity refers to the percent of ICU beds available. Usually, an ICU is considered full when capacity reaches 85% of the ICU beds are occupied because they have to keep beds open for emergencies such as heart attacks or traumas.

Right now, capacities all over the state are well over 85% full, with some regions of the state still at or close to 100% full.

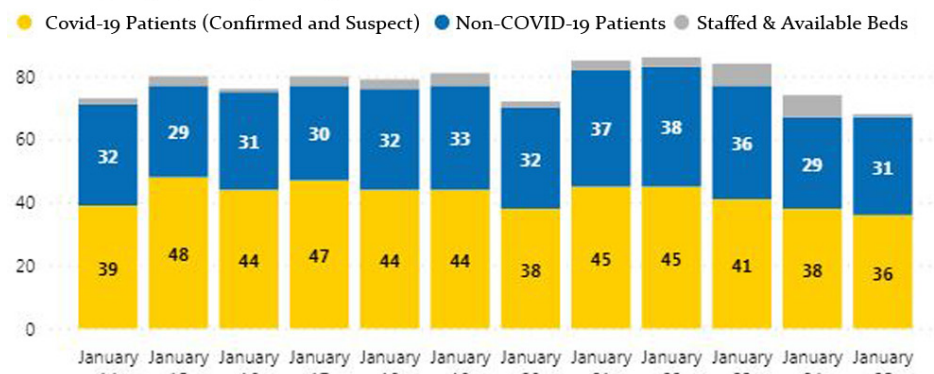
Jackie Fortier, a health reporter in Los Angeles, explains 100% capacity: "It means that intensive care unit beds are full. So hospitals go into surge mode. And that means that they put patients in open beds in other parts of the hospital, like emergency rooms or operating recovery rooms. Now, hospitals can accommodate a few more patients, but they really worry about being able to care adequately for the sickest patients."

When people with heart attacks, cancer, injuries, or surgical complications head to their local hospital expecting to receive high-quality care, a full ICU (from COVID-19 patients) may prevent them from getting the care they need, if any at all.

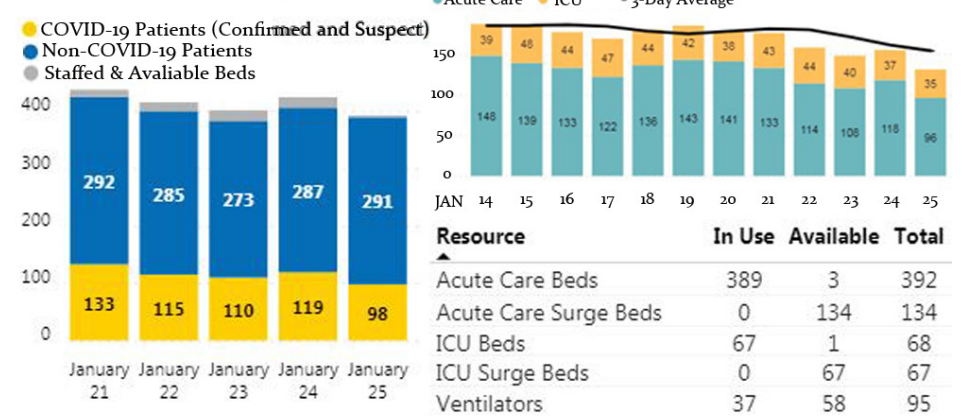
Dr. Vanessa Walker, a critical care physician at Sutter Health, explained that "the difference between an intensive care unit physician and a regular physician is usually about three additional years of training. You have to go to a fellowship program to become an intensive care unit physician... A regular floor nurse may not be able to manage that. It is also hard for that one nurse to take care of more than one or two patients. As we fill up these ICU beds, we're having to ask these very stressed nurses to see even more patients."

When ICUs fill up, non-ICU rooms, which are not equipped with all the

## ICU Daily Occupancy



## Acute Care Daily Occupancy



Victor Wu / Terra Nova Times

Recent graphs from the San Mateo County website show the ICU issues.

ICU functions, are used to serve ICU patients. Fortier said, "That's the dilemma the hospitals have. They're really at their tipping point, and they can only care for the sickest patients...It

means waiting, sometimes hours for care. Hospitals are trying to get patients out of recovery as quickly as possible to free up beds. They're trying to treat patients via telehealth as often as possible."

# Food banks work overtime to feed America

By Sophie Phelps  
Times staff writer

The pandemic has put many Americans out of work, and with the reduction of income, families have been struggling to stay afloat. Organizations that help those in need are being stretched thin with the new wave of people needing help.

More and more people have been turning to food banks for help. Ina Eaglin from the Pacifica Resource Center, which helps those in need, said, "We give out groceries every Tuesday to those who show up and need the extra help. We also offer other services like the Produce Mobile, which is every second Monday of the month, as well as Family Harvest where we give out fresh food to families."

As the pandemic has dragged on, food banks continue to face a high demand. Zuani Villar-



Sophie Phelps / Terra Nova Times

The Pacifica Resource Center serves local families.

real, communications director for Feeding America, a nationwide food bank, told VOA, "We're seeing about a sixty percent increase in the number of people going to food banks."

With such a large demand,

food banks are finding new ways to get food in bulk. Food banks who used to get donations from grocery stores are now contacting manufacturers or wholesale markets to get more food.

Families that struggled with

poverty prior to the pandemic are now finding it even harder to meet their needs, and those who have faced wage cuts or layoffs are now falling below the poverty line. With food banks being worn thin, the Jefferson Union High School District has stepped up to fill in the needs of our community. Tina Van Raaphorst, JUHSD Associate Superintendent of Business, said, "[W]e will provide food for anyone that is eighteen or under. They do not need to be a student at one of our schools... [and] food is provided free to all, regardless of their financial need." Between the four schools, an average of 250 packets of meals are being distributed each day. Distribution at Terra Nova occurs on Tuesdays and Fridays.

With the holidays and colder weather, there is a surge in demand for food in our school community. Van Raaphorst said, "On Tuesdays the packets

include six meals, breakfast and lunch for three days. On Fridays, the packets include eight meals, breakfast and lunch for four days." In addition, JUHSD has been able to provide a significantly more due to government reimbursement. "Also, on holidays, we send home fourteen meals (seven days worth of food)," Van Raaphorst said.

Additionally, there is a food bank at Jefferson High School which uses local volunteers to distribute food from Second Harvest of Silicon Valley to families on the 2nd and 4th Saturdays from 11am-1pm, as well as food distribution at the American Legion Hall in Rockaway in Pacifica on Wednesday afternoons.

If you want to donate to a food bank, Second Harvest serves San Mateo and Santa Clara Counties, while the San Francisco-Marino Food Bank serves San Francisco and Marin Counties.

# Prop 22 may have put the nail in the coffin for the taxi business

By Elliot Song  
Times staff writer

As with every election, voters weigh in on ballot initiatives. However, one of these in particular may have just set the final nail in the coffin for taxi businesses in California (specifically in San Francisco): Proposition 22.

Funded heavily by many app-based ride share and delivery companies such as Uber, Lyft, and DoorDash,

Prop. 22 aimed to legally classify drivers for these companies as independent contractors instead of employees. So how did this issue come about?

Assembly Bill 5 was signed by Governor Gavin Newsom last September, sparking a lot of debate on the status of rideshare drivers. In summary, AB 5 made it so these rideshare companies would have to treat their drivers as employees. This would mean Uber, Lyft and Doordash drivers would get employee benefits, like a minimum wage, paid sick

leave, and other protections. For taxi businesses, AB5 was a glimpse of hope; it would have pretty much leveled the playing field between them and companies like Uber and Lyft. Prop 22 sought to reverse AB5, and about 58% of voters voted yes. This insured that these ride sharing companies will maintain their dominance in the transportation industry.

If rideshare companies had to treat every individual driver as an employee, it's a given that these companies would have to revolutionize their business model and

may have had to lay off drivers. Uber, Lyft, Doordash, and other app-based driving companies poured \$200 million dollars into their campaign for Prop 22 (the most funding for a ballot measure in U.S. history), all to convince the public that AB5 was unnecessary. Barry Tarranto, a representative of the San Francisco Taxi Workers Association (SFTWA), said voters thought that "they were approving the benefits and a guaranteed

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# A restructured NHL hits the ice

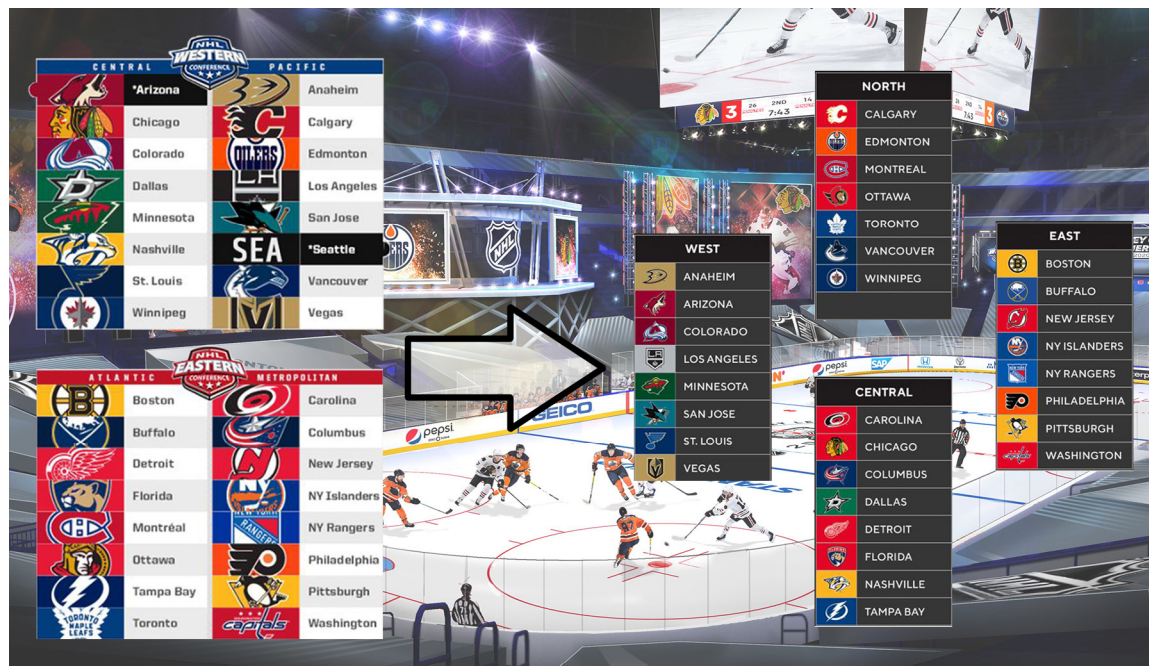
By Miles Palmer  
Times staff writer

Following a delayed season that ended with the Tampa Bay Lightning taking home the Stanley Cup, the NHL season is back. The season, which was originally supposed to begin in October, had its opening day Jan. 13, with five games being played. Many fans are just happy to have their beloved sport back.

Because of the circumstances, this season will look very different. First, the season has been shortened from 82 games to 56 in order to have next season start closer to the traditional opening in October. The biggest change this year is the division realignment. The NHL previously consisted of two conferences, Eastern and Western, with each conference split into two divisions: the Pacific and Central in the west, and the Atlantic and Metropolitan in the east. Because of COVID-19, the league wanted to limit travel

between teams to impede the spread of the virus. The divisions this year are West, Central, East, and North, the last of which consists entirely of Canadian teams in order to avoid issues crossing borders. The goal was to keep teams from traveling great distances, but that was a little easier said than done, considering the San Jose Sharks and Minnesota Wild both ended up in the West Division. Each team will play every team in their division eight times, with no games outside of their division. This way, the league has created four separate division “bubbles,” echoing their strategy last season.

Plenty of teams are already off and running this season, with the Vegas Golden Knights, Washington Capitals, Tampa Bay Lightning, and Montreal Canadiens all leading their divisions thus far. Big names like Edmonton’s Connor McDavid, Pittsburgh’s Sidney Crosby, and Colorado’s Nathan MacKinnon are picking up right where



Jenson Ho / Terra Nova Times

The traditional divisions (left) have been realigned this season (right) due to COVID-19.

they left off, racking up points and making ridiculous plays night in and night out. But it is also a lot of fun to watch a younger generation of players make an immediate impact on their teams, with New Jer-

sey’s Jack Hughes, Minnesota’s Kirill Kaprizov, and Ottawa’s Tim Stutzle all living up to the hype. Whether they’re rookies or veterans, it’s exciting to see these players put on a show.

Although the NHL looks dif-

ferent this year, fans are happy for its return. With over 100 consecutive nights of games played on multiple different TV and streaming networks, fans will have no problem getting their fill of action.

## Alabama takes home CFP Championship

By Miguel Valdes  
Times staff writer

The confetti cannons sent a crimson and white shower into the air on Jan. 11 as Alabama players ran to the sideline to grab their championship hats and T-shirts as the top-ranked Crimson Tide won the College Football Playoff national championship game 52-24 against No. 3 Ohio State. It was a season to remember for the Crimson Tide, beating top teams and going undefeated throughout the entire regular season and playoffs. Behind DeVonta Smith, Alabama was unstoppable and too much to handle for the Ohio State defense, as coach Nick Saban set a new record by taking home his 7th national championship title. Riding the high of his victory after the game, quarterback Mac Jones told reporters, “I think we’re the best team to ever play.”

Ohio State just couldn’t keep up. Justin Fields, playing in his last game before heading to the NFL, passed for 194 yards and a touchdown. Whether Fields was



Jack Gillen / Terra Nova Times

Nick Saban has now led Alabama to 7 Championships, 8 for him all time.

100% after taking a brutal hit during his brilliant semifinal performance against Clemson was uncertain and could’ve had an impact on the game. Additionally, the Buckeyes were at a disadvantage when they lost star running back Trey Sermon to an injury on the first drive. The Buckeyes couldn’t establish a solid running

game with Sermon out and were forced to throw the ball against the number one ranked passing defense. The Buckeyes kept it close in the first quarter, but it didn’t take long for Smith and Alabama to heat up and put the Buckeyes on their heels, trailing 35-17 at halftime. The third quarter didn’t change much, as Alabama

kept their foot on the gas and Ohio had no answer for the duo of Smith and Jones.

Gino Venturi (11), who watched the game, felt the game was out of reach for the Buckeyes: “Ohio State looked already defeated coming out of the locker room in the second half. They couldn’t handle Bama’s dominance, they were just simply too good. Props to Nick Saban for a heck of a good coaching job and recruiting job. He’s the reason Alabama is a top school for football year in year out.”

Smith finished with a College Football Playoff championship game-record 215 yards and three touchdowns. Running back Najee Harris was great as well, rushing 22 times for 79 yards and three scores. Mac Jones completed 36 of 45 passes for 464 yards and five touchdowns. Although Fields played his heart out and did everything he could to help his team, his 194 yards and one touchdown weren’t enough to stop the Tide. Running back Master Teague, who came in to replace the injured Sermon, rushed 15 times for 65 yards and two scores, but that wasn’t enough to get the job done, either.

## Study out of Ohio State reveals potential COVID-19 effects on athletes

By Jack Gillen  
Times staff writer

A common belief about COVID-19 is that young and fit people are barely affected by the virus — only the elderly and unhealthy are susceptible to the serious symptoms that can be fatal. However, a study conducted at Ohio State University found that 30% of a group of student-athletes had heart damage as a result of contracting COVID-19

A total of 26 student-athletes were examined through cardiac magnetic resonance (CMR). Each person observed had tested positive for the coronavirus, and out of that group, 30% had cel-

lular heart damage. 15% of the group exhibited symptoms of heart inflammation caused by myocarditis. Cellular heart damage may not be fatal instantly, but the damage can lead to an irregular heartbeat and poor blood flow being delivered to different parts of the body.

Myocarditis can have some symptoms that can become apparent instantly. Chest pain, fatigue, shortness of breath, and arrhythmias are all noticeable, but blood clots can also form that can lead to potential heart attacks and strokes. As far as athletes returning to the field after suffering heart damage, Dr. Steven Erickson, medical director for Banner University Sports Medicine and Concussion Specialists in Phoenix, said, “You

don’t get sick with COVID-19 and stay home from school for a week and the next day go back and play two hours of soccer.” He emphasized that the heart damage sustained can lead to complications on the field, as everything is not yet known about COVID-19, and this could be dangerous to student-athletes who sustained some form of heart damage.

The Big Ten conference, the athletic division that Ohio State is in, wanted to cancel the college football season, but Justin Fields, the starting quarterback for the Buckeyes, led a petition along with parents, school officials, and other teammates. He did have a major impact on the decision to overturn the season as his petition got hundreds of thousands of

signatures. He said, “I definitely think it had an effect [on the Big Ten returning to play]. I don’t think it was the only thing that had an effect on it. If it didn’t end up having an effect, I don’t really care cause — at the end of the day — we all got what we wanted. I was doing what I could to get the season back.”

A lot of student-athletes’ lives depend on proving themselves in athletics to continue their careers professionally, but it may not have been as safe as they believed. The Buckeyes have dealt with COVID-19 among both coaches and players all season, and as more information continues to surface, the truth of how COVID-19 effects all age groups is still a mystery.

# 2021 Sundance Film Festival is a go

By Katalina Huazano  
Times staff writer

“Get Out,” “The Farewell,” “Napoleon Dynamite,” “The Last Black Man in San Francisco,” and an abundance of other film titles all have one thing in common: they were each entered and presented at the Sundance Film Festival.

The Sundance Film Festival takes place every year in Utah for ten days, premiering approximately 200 films in three different locations: Salt Lake City, Park City, and Sundance Resort. This year, due to the pandemic, the festival is only from Jan. 28-Feb. 3, with 139 films ranging from features, shorts, indie series, and other film projects.

There are three different ways to view the Sundance Festival films this year: in person, drive-in theaters, and virtually. Independent art houses around the U.S. which follow all health protocols for that specific area will be able to show the films in person, but that may not be an option around here. A safe alternative is drive-in theaters, one of which is located in San Francisco at Fort Mason and partnered with The Roxie Theater. (Viewers are not allowed to leave their cars.) There will be an adaptation of the



Film.utah.gov

“normal” Sundance Film Festival, but instead is a virtual experience with the use of Shift72 video player to project the films for those watching at home. This allows the audience to get a chance to join “lounges” and “bump” into other people to get the social aspect that they would normally receive prior to the pandemic.

Sundance Institute is a non profit organization that focuses on representing

American upcoming directors who are trying to make their mark in the film industry. Tabitha Jackson the new Sundance Festival Director, said in a letter published by Sundance, “Our vision for this year’s Festival...has been guided by the independent spirit of the artists in our community, who continued to make and share bold, uncompromising stories with us...We’re grateful they’ve entrusted

us with ushering their work out to audiences and screens across the country, and we look forward to the conversations and connections they’re sure to spark, despite the physical distance between us all.”

Amateur film maker Max Benham, Terra Nova Class of 2018, said, “I love making short films, and it’s pretty sick there is a festival that highlights and promotes independent filmmakers who are trying to get their name out there.”

Sundance also gives out awards: U.S. Grand Jury Prizes, World Cinema Grand Jury Prizes, Directing Award, Special Jury Awards, and Audience Awards. These allow the films to gain more traction in the competitive industry.

What makes Sundance so different is that they are willing to take risks with directors and their films — they are not looking to just make a profit, but instead aiding others to success. John Cooper who was the Sundance Festival Director for eleven years, in an interview with IndieWire, said, “We’ve rejected Liz Garbus. We’ve rejected Rory Kennedy. We’ve rejected Morgan Spurlock. They always go, ‘Yeah, I knew that wasn’t going to be at Sundance.’ Because Sundance has that level of integrity of quality, freshness, and originality. And we really want to keep new voices coming in.”

## There’s a reason you can’t put down TikTok

By Natasha Valdez  
Times staff writer

The social media app TikTok has attracted viewers of all ages, and most would agree that it can be addicting at times. The question is, why are we so obsessed with this app?

There many reasons why we are so captivated by the app’s variety of visual content. Tiktok is programmed to display 15-60 second videos upon opening the app, and it’s essentially a whirlwind of genres, from dance, comedy, singing, cooking, magic, and more. Every community has a place on Tiktok.

Tiktok is an app tailored to connect with its audience, causing individuals to become so involved that they are unable to give attention to people around them. Each post that catches your attention gives

your brain a hit of dopamine, causing you to crave more.

In an interview with Forbes, sociologist Dr. Julie Albright compared Tiktok to gambling, where the psychological phenomenon occurs known as “random reinforcement.” When someone wins a gamble, they typically continue in hopes to find luck again, and with Tiktok, one gratifying video leads us to stay glued to the app. We continue to scroll past less pleasurable videos in hopes of finding another one that catches our attention and gives us another jolt of that dopamine.

In a time of pandemic and greater isolation, TikTok can provide a sense of community. Senior Anna Julian (12) said, “It’s nice because there are a lot of people that I relate to, so it gives me a sense of safety and comfort, but on the flip side, it consumes my time and energy



Courtesy of Emma Hall

**There is a reason TikTok is so addicting for its users.**

when it shouldn’t, and I sometimes leave the app feeling worse than I did before. No app should make someone feel that way. It’s on me to stop using

it, but it’s so enticing it’s hard.

Dr. Julie Albright noted another down side of apps like TikTok. “Our brains are changing based on this interaction

with digital technologies and one of these is time compression. Our attention spans are lowering.” The implications for this are fairly negative since lots of things in our current lives demand more attention than 15-60 seconds at a time.

Another concern is that TikTok’s main demographic is 16-24 year olds. In this group, the frontal lobe is still developing. The frontal lobe helps people to focus, organize, plan, and make decisions, and the overstimulation of this region of the brain can have damaging effects on its development of neurological pathways. Dr. Julian Dimastromatteo noted, “A large core of studies has already demonstrated that the use of ... social media is linked to the heightened preference for an instant reward, creating an impatient population having a hard time planning for the future.”

## Turns out that “pandemic fatigue” is very real for many worldwide

By Isabella Copeland  
Times staff writer

Throughout quarantine, people have defied COVID-19 protocols to enjoy graduation parties, vacations, birthday celebrations, Thanksgiving gatherings, holiday reunions, weddings, and more. This has resulted in COVID-19 cases surging several times in America, with over 25 million cases in the past ten months. Many of us have those friends who seem to have forgotten we are in a pandemic, and we might have fallen victim to this at times, too. According to the World Health Organization, the new term “pandemic fatigue” is defined as the

“demotivation to follow recommended protective behaviors, emerging gradually over time and affected by a number of emotions, experiences and perceptions.” The World Health Organization also stated that this was “an expected and natural response to a prolonged public health crisis.” Basically, if you are feeling just *over* it, you’re not alone, although the public health consequences for our collective pandemic fatigue are dire.

Many people have experienced feelings of discouragement, irritation, loss of motivation, and despair as a result of the prolonged pandemic, which have caused people to put themselves and others at risk. One Terra Nova junior confessed that they have not been properly

social distancing the entire pandemic.

“I had to look out for my own mental health because I was getting so depressed and unmotivated. Although I have hung out with people, I have kept a small circle of people, and we have only been hanging out with each other. It is the only thing that has kept me doing okay during these times,” they said.

This is a normal response to a worldwide pandemic; however, it is crucial to find safe outlets to ease the exhausting effects of pandemic fatigue. Terra Nova wellness counselor Jacqueline Warner recommended to “take a second to be present with your thoughts. Close your eyes, take a seat, and breathe with intention. Check in with yourself

by asking, ‘How am I truly feeling in this present moment?’” She went on to explain, “When those thoughts and feelings start to come up, whatever they may be, let them be, without judgement. Once you are able to identify how you are truly feeling, only then can you begin discovering ways to help yourself. The most widely used term for this is called ‘self-care,’ and self-care looks different for everyone! Sometimes, all it takes to cheer yourself up is to ensure your basic needs are being met.”

Senior Nola Zimdars has discovered that staying busy helps: “I have coped by trying to keep myself busy with reading, art, surfing, and also hoping that things will get better soon.”

# Six easy ways to get better sleep

By Naomi Sanft  
Times staff writer

Being full-time online students, we are all more than used to being tired. More than 70% of high schoolers report not getting enough sleep according to a study conducted by Stanford Children's Health. Sleep is essential for memory consolidation, proper immune response, physical health and many other functions. Getting enough sleep is very important for a successful day, and there are many factors that can contribute to your quality of sleep.

**Stick to a stable sleep schedule.** Throughout the day, our bodies rotate through a sleep-wake cycle known as our circadian rhythm. It's important for our bodies to stick to this routine; going to bed and getting up at the same time each day makes it easier to fall asleep at night and wake up in the morning.

Peyton Dulay (12) said, "Giving myself a strict routine to stick to helps me coordinate my sleep schedule, and I'm able to give myself enough time to get a full



Courtesy of Peyton Dulay

## The cozy set-up for a good nights' sleep

eight hours or more of sleep most nights!"

**Exercise daily.** Regular exercise helps to align your circadian rhythm. Exercise also promotes the produc-

tion of melatonin, the sleep hormone. It is recommended to do 30 minutes of activity — any type of aerobic exercise — at least five times a week.

**Limit Napping.** Napping during the day makes it harder to fall asleep at night. If you like napping, try to nap earlier in the day and keep it limited to 30 minutes or less.

**Avoid caffeine late in the day.** Caffeine is a stimulant that can cause difficulty falling asleep at night, which can be disruptive to your sleep schedule. According to the Division of Sleep Medicine at Harvard Medical School, caffeine can remain in the system for six to eight hours. If you're a caffeine lover, try switching to decaf after lunchtime.

**Lights off.** When your eyes are exposed to a light your brain stops producing melatonin, making you feel more awake. On the flipside, darkness tells your brain to make more melatonin, which causes you to feel drowsy and fall asleep.

**Keep it cool.** When you're ready to fall asleep your body temperature drops. Temperatures between 60 and 67°F (15 to 19°C) are ideal for comfortable sleep. A study done by the National Institutes of Health found that the temperature of your bedroom is one of the most important factors in getting quality sleep.

# Dyeing your hair at home takes extra planning

By Leila Eliares  
Times staff writer

While many go to the salon for a simple trim, another reason to go is to have your hair dyed by a professional. Through TikTok, dyed hair has become more popular, especially with bright and vibrant colors. Although salons have been forced to close their doors during the pandemic, dyeing your hair can be done at home and still look professional.

One key part to perfecting your new hairdo is choosing the right kind of hair dye. Daniela Lopez, a professional hairstylist at AV Hair and Makeup in Pacifica, recommends using professional dyes. "Try not to use any box dyes like the ones you would find at Target, Walgreens, or any other drug store," she advised. Reading the ingredients in the hair dye will also help you



Leila Eliares / Terra Nova Times

## Read the ingredients on your hair care products first.

dodge harsh chemicals. Lopez said, "Non-professional ones usually have a lot of ammonia that can cause lots of damage to hair." Additionally, professional

dyes can last longer than the cheaper drugstore brands and can easily be found at Sephora, Ulta Beauty, Sally's, and other beauty stores. "Be prepared for

a mess — having paper towels around can help as well as wearing a shirt you don't care about," Audrey Schmidt (11) cautioned.

Darker colored hair often has a more difficult time showing colors. While bleaching is an effective way to lighten hair, it is not recommended to bleach your hair at home. Bleaching extremely dark hair can result in an orange color instead of a lighter, blond look.

"Never bleach all your hair all at once... if you have black hair and want to be blonde, it will take multiple sessions to achieve that look... Bleach is a tricky tool to work with and it often takes time to get good results," Lopez warned. Using bleach on one or two strands of hair to get dyed curtain bangs can be very risky — using too much can cause the hair to fall right off. To prevent orange hair from bleach, consult a professional hairstyl-

ist before starting the journey.

After dyeing hair, it is important to keep it healthy. Using conditioner frequently will help add and retain the moisture in hair. Additionally, Lopez recommends using a conditioning mask. "After washing your hair with shampoo, towel dry it, and put the conditioning mask in your hair for about 20 to 30 minutes before rinsing it out... It's always a good idea to use it once a week to two weeks," she said.

Coconut oil works just like a conditioner and can be put directly on hair before or after a shower. According to Healthline, "Coconut oil reduces damage to your hair caused by day-to-day wear and tear. Using coconut oil in your hair care routine could help you grow longer, healthier hair." Lots of stores carry coconut oil, and many hair products and conditioners have coconut oil as an ingredient.

# Save some money and make an awesome smoothie bowl at home

By Isabella Copeland  
Times staff writer

Delicious and healthy, smoothie bowls have been trending for the last couple years in juice bars, cafes, and even home kitchens. Smoothie bowls are blended fruits topped with berries, nuts, granola and other nutrient rich foods. A fairly recent trend, you can find smoothie bowls in local cafes, restaurants, and even juiceries. Although smoothie bowls are sold at numerous locations, they can be quite expensive, costing up \$15 to \$20. This has encouraged people to save some money and learn how to make this delicacy at home while still getting all the vitamins that high quality smoothie bowls contain.

Small tips and tricks on perfect smoothie bowls can make all the difference — knowing how to get the right taste, the

correct ratios, and the correct textures can help you perfect your smoothie bowls.

Alana Huesser (10) enjoys smoothie bowls and has picked up a couple of important tips. "Frozen bananas are the key! They are important because they get the smoothie bowl creamy, and it helps it stay thick and not liquidy," she recommended.

Certain combinations of fruits, nuts, granola, and seeds can also make quite delicious toppings. Caterina Sarado (9) also makes her own smoothie bowls and said, "A good combination is frozen strawberries, plain greek yogurt, and french vanilla granola."

Granola is an extremely popular ingredient found in smoothie bowls. It contains high amounts of protein, which makes smoothie bowls fulfilling. These items can be found for affordable prices at your local grocery store or farmer's market. Eating a smoothie



Isabella Copeland / Terra Nova Times

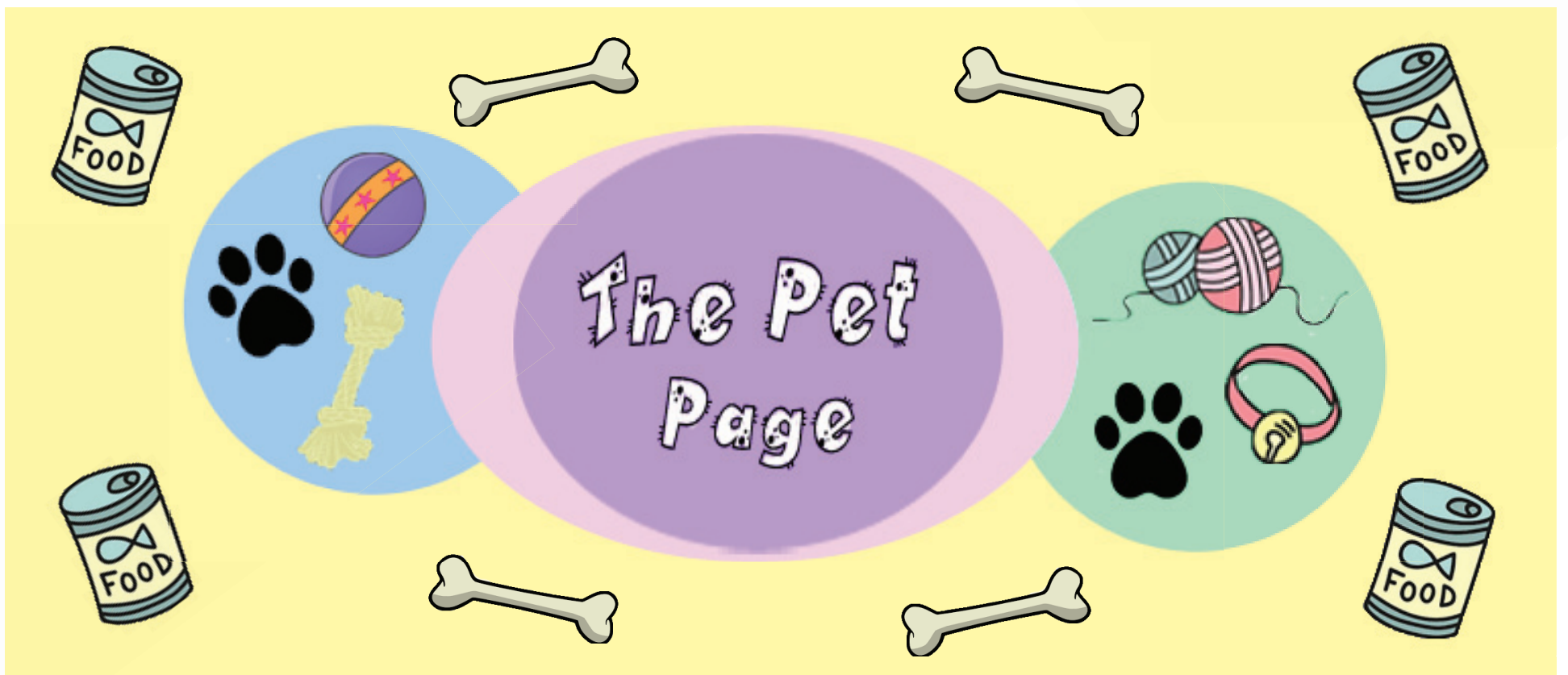
## Start your day with a smoothie bowl

bowl is an easy way to consume natural sugars and vitamins. They also can contain an array of nutritional values such as natural sugars from fruit, protein

from yogurt and granola, and healthy fats and fibers from nuts and seeds.

Zoe Kapp (11) eats smoothie bowls regularly for her own health benefit. "I have anemia, so smoothie bowls are an easy way to eat a lot of spinach," she said. Spinach contains high amounts of iron and can be difficult to eat in large quantities, so smoothie bowls can allow you to consume spinach easily.

Registered dietitian nutritionist Heather Gerrish also recommends smoothie bowls. "Smoothie bowls are a great way to incorporate additional servings of fruits and vegetables while maintaining the integrity of the fiber content of the produce selected. Increasing our intake of fruits and vegetables can sometimes be challenging, but by incorporating them into a fun and trendy treat, smoothie bowls are an easy way to enjoy fruits and vegetables," she said.



## Obese Cats: A Warning

By Justin Arnaudo  
Times staff writer

Just like humans cats can also be obese. My cats are no exception. I have two American short hairs, one is a 17 pound black cat named Squirt and the other is a gray and white cat named Boots. However, Squirt recently had to go to the vet, which is when my family found out she was too fat to clean some parts of her body and needed to lose five pounds in order to be at a healthy weight again. To resolve Squirt's predicament, I needed to understand why she is so fat in the first place. By doing so I could then

better help her lose the weight and keep it off.

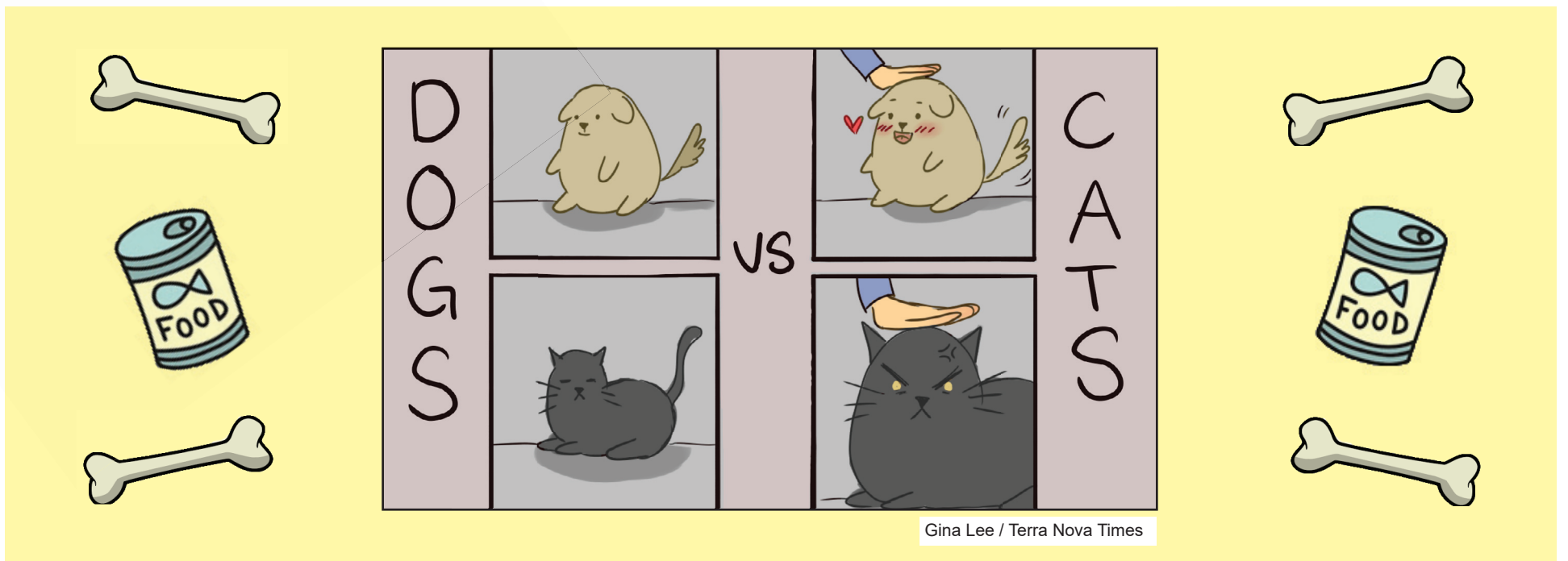
According to Dr. Thea Couture at the Coastal Cat Clinic, my family and I had been feeding her more calories than she should have been eating. The doctor recommended that my cats each eat 250 calories, but it turns out that we were dramatically overfeeding our cats. They should have had about two cans of wet food and half a cup of dry food, but instead, my cats were eating one cup of wet food every day and about four or five cups of dry food every day. Oops. Cat owners beware: leaving out dry food for your cats can be the culprit to cat obesity. My cats' excess snacking was causing

them to eat about four or five times their calories every day, landing at a whopping 1,000 calories per day, which is about four to five times the calories they should have been consuming.

On Tuesday, we took Squirt back to see the vet for a check-up, and somehow, she had gained even more weight. After my cat's appointment I spoke with Dr. Couture about the dangers of cat obesity and how to prevent it. Dr. Couture said some common effects of cat obesity are the same as human obesity: arthritis, diabetes, and mobility issues as they get older. She also said that cats should have a primarily protein diet, and the most common cause for cat obesity is too much

dry food in their diet. Dry food is primarily a carbohydrate, which means it has a lot of calories -- think of the difference between eating pasta all the time versus eating a steak. Basically, cats should be on a version of the human keto diet, but instead, we were feeding them the equivalent of an all-you-can-eat pasta bar.

If you're worried that you might be accidentally plumping your cat up, Dr. Couture said that weighing their food is the most accurate way to find out how much your cats are being fed. Dr. Couture also suggested more wet food than dry food just because of how many calories it has and the lack of real nutrition in dry food.



Gina Lee / Terra Nova Times

## Do your homework before getting a puppy

By Shayla McCann  
Times staff writer

Puppies might be fun to own, but many people don't understand how hard, expensive, and time consuming puppies can be especially if you're training them alone. It takes a lot of commitment, time, and attention to make these adorable animals your dream dog. Here are some tips you should know before getting a puppy.

Puppies can be extremely time consuming, especially when you're potty training them. Terra Nova junior Devon Benham just got her first puppy, and potty training has been one of the first major challenges. "Potty training has been going good, since we are home all of the time because of the shelter-in-place, so it's been easier to teach him," she said.

To potty train your pup, you will need

a pee pad, a towel, some cookies, and a bell (you need the bell to train the puppy to ring it when he/she needs to go potty). They need to be brought outside to use the bathroom every thirty minutes to an hour, they need to be fed three to four times a day, and if they are in their playpen, they need a pee pee pad just in case.

Another thing to remember is that different dog breeds require different things and have different energy levels. Dogs breeds such as pugs, bull dogs, and chow chows have low energy levels and are capable of sitting around the house all day. Conversely, the Australian Shepard, Jack Russel Terrier, Boxers, and other dogs are very high energy and need to be taken out and played with. Big dogs require more food, which is more expensive, and they do better in larger spaces. Smaller dogs require less food and are fine to live in smaller spaces. Benham's new puppy

is a rescue dog rather than a pure bred. "They call him a super mutt because he is a bunch of different breeds," she said. Pure bred dogs tend to have a lot more medical issues like hip dysplasia, so a rescue dog can save you a lot of pain and money.

Also, if you don't want your puppy to destroy your house, you might want to puppy proof. Destructive puppy behavior is common, so don't sweat it, but it is a lot of work to keep one eye on them at all times. Since puppies like to chew on almost everything, make sure electrical cords and other hazardous materials are safe and not in your pup's reach. When you are gone or if they are left unsupervised, you should keep your puppy in small, safe spaces such as crates or playpens. They should not be allowed to openly roam your house until they are well trained. "Jax likes to chew up

our clothes, so now we have to be really careful and make sure he can't reach anything anymore," Benham said.

Puppies also need to be well trained and socialized to be healthy happy dogs. According to Akc.org, "Proper socialization can prevent a dog from being fearful of children, for example, or of riding in a car, and it will help him develop into a well-mannered, happy companion." To help socialize your dog, it is best to emit a positive, calm energy. Dogs sense other animals' energy, including ours. When you are uptight and anxious, dogs can become nervous and anxious, which can cause them to act out against other dogs or yourself.

Benham loves her pup, but he can be demanding. "He really likes attention, so sometimes it can be hard when I'm in class. But overall, he has been really fun."

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**Shots**

*Continued from Page 2*

ever, U.S. Surgeon-General nominee Dr. Vivek Murthy told NBC's Chuck Todd that it is realistic to assume that the time frame will be closer "to mid summer or early fall when the vaccine makes its way to the general population."

A pediatric vaccine for younger teens, infants, and kids is expected to be available by late 2021. Dr. Patel, a pediatric hospitalist, told ABC7, "Children tend to have a very active immune system. And the reason that matters right now is children may react differently to these vaccines than the adults. They may have a stronger response, those responses may last longer, instead of one day of joint pain, they may experience two to

three." Moreover, the research done on ages 16+ on COVID-19 has to be repeated on younger ages as well. Dr. Maldonado, a vaccine expert at Children's Hospital of Philadelphia also tells ABC7, "And as [Pfizer and Moderna] feel comfortable with those studies, they move into younger and younger ages. So I suspect over 2021, we'll see more and more trials in younger and younger children. And our hope is that by the end of 2021, there would be vaccines available for children as young as six months of age, if that's possible." Pfizer and Moderna have both begun vaccine trials on children as young as 12, and if successful, the data will go through the FDA, and produced and distributed. However, the procedure can take some time owing to the fact that young ages are usually tested last.

**Taxis**

*Continued from Page 3*

wage for gig workers, especially ride-hailing and delivery drivers." With the passing of Prop 22, these companies saved their business from having to employ their drivers, but that only put a death timer on the taxi business.

Here in the Bay Area, ride-share companies and taxi businesses often face off for customers. With the passage of Prop. 22, app based driving services seem to have kept the competitive edge.

Taranto said, "Prop. 22 will definitely embolden large companies like the Transportation Network Companies (Uber and Lyft) and the delivery apps (e.g. Postmates, DoorDash, Instacart, etc.) to seek passage of similar 'independent contractor' legis-

lation in other states and counties. Its passage will make it even more difficult for the taxi-cab industry to get a level playing field with the ride-hailing companies... We have observed a gradual increase in the number of ride-hailing vehicles on San Francisco streets and at the airport. The full effect of Prop. 22 will be felt when the pandemic is under control and a vaccine is being widely administered."

Rideshare companies hold a competitive edge against the taxi business because of accessibility. In addition, Uber often charges, on average, less than taxis because Uber doesn't have to account for the additional costs that come with maintaining a vehicle or other regulation costs that cab owners do. If Prop. 22 had not passed, Bill AB 5 would have changed this. But the reality is that it didn't.

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