

# Terra Nova Times

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Terra Nova High School

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## JUHSD prepares to reopen school

By Elliott Song  
Times staff writer

After almost an entire year in quarantine, the idea of returning to school in person seems almost alien. Even still, the district, in a series of meetings and updates, has released the most up-to-date and realistic plan on how our return to campus will be carried out. Nothing is set in stone, but this is what we know so far.

Right out of the gate, it should be said that the idea of the entire student body going back to campus like we were in Feb. 2020 is not being considered. Instead, JUHSD Superintendent Toni Presta announced that the current return to school plan would mostly entail teachers returning to school first, then small groups of priority students, followed after spring break by the senior class. Priority students would be those in need of more help, such as special needs students, or those at risk of failing. As for teachers, due to the recent availability of vaccines for educators, it is expected that most of our district's staff will have been vaccinated within the next four weeks — that is, as long as they opt for it (nearly all have).

That doesn't mean other students would be unable to attend school — as long as conditions are met, the district has a hybrid school plan that will be enacted. This hybrid plan would be a "Room and Zoom" model; just like the name entails, students would follow teachers whether they are on Zoom or in person. Basically, students would be having the same lesson, just from different perspectives.



Jenson Ho / Terra Nova Times

**These murals have looked out onto an empty quad for the last year; that is about to change next month.**

This would prevent teachers from having to develop two different lessons, one for in-person and one for at-home. It also allows for a seamless pivot to at-home learning in the event of an outbreak.

No matter what in-person education looks like, everyone has strong opinions about it. Isabella Copeland (11), who has

been an outspoken advocate for reopening, said, "I'm glad the school has made the decision to open up, because I have seen a lot of the mental health impacts of COVID first hand. I'm also glad that the board is being so cautious of safety and making sure that people who need to go back the most are going to go back first."

Not everyone is eager to return to in-person school. "I am hesitant about [reopening] I don't think it's safe to send students back to school when not everyone is vaccinated because that's putting more people at risk of getting sick. Some

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## In a stunning move, Texas repeals all mandates

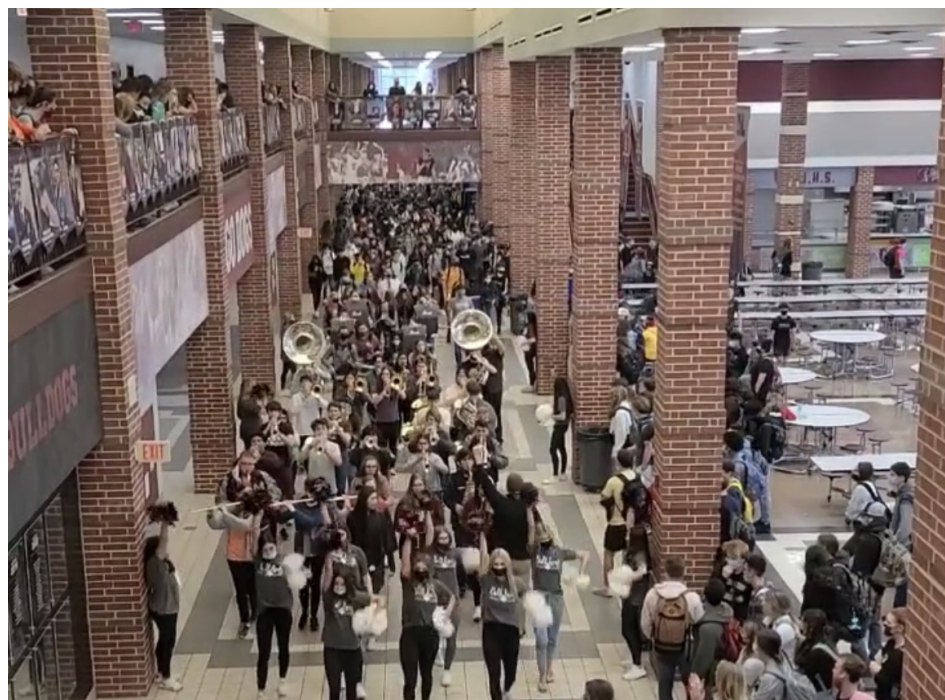
By Matthew Lim  
Times staff writer

"I just announced Texas is open 100%. EVERYTHING. I also ended the statewide mask mandate," Texas governor Greg Abbott tweeted on Mar. 5.

Last Friday's controversial announcement that he was lifting all mandates and restrictions to businesses sent shockwaves across the nation and drew ire from nearly everyone involved in public health. Rolling back restrictions is not new, as most states took measures to reopen last summer, triggering increases in cases. With restrictions in Texas becoming practically nonexistent, the entire pandemic could become much, much worse.

President Biden publicly expressed distaste at Abbott's decision, stating in a press interview that "the last thing we need is the Neanderthal thinking that in the meantime everything's fine, take off your mask, forget it. It still matters...It's critical, critical, critical, critical that they follow the science."

Texas residents are also concerned about the challenges that reopening could have. Kamio Lualhati, a high schooler living in Texas, said, "I think he should



@MagnoliaHighTX

**The hallways of Magnolia High School in Texas last week.**

keep the mask (mandate) on so we can end the lockdown quicker and make herd immunity a faster process...[lifting the mask mandate] could possibly make business slower, because people might not like to go inside with others that

don't have masks on. Abbott has already had issues this year, so I hear people are thinking of getting rid of him in 2024."

Texan teacher Schretta Stewart-Mays also voiced concerns for the lack of masks in the school environment, "I feel

that it is too soon to lift it, but I understand the desire and need to open businesses. I feel that this could be done while people are wearing masks. I am fully inoculated, but I will continue to wear a mask and avoid large indoor gatherings where people are not masked."

Abbott's announcement has also been challenged by reports from sources such as Dr. David Persse, an authority from the Houston Health Department. In an interview from KHOU 11 shortly following Gov. Abbott's announcement, Persse criticized his handling of the pandemic, saying "Every time we relax, a wave ensues and with these waves people die, the situation gets worse... This virus just keeps taking advantage of every opportunity that we give it and we keep giving it opportunities."

In a virtual town hall held by the United Food and Commercial Workers International Union, Dr. Anthony Fauci called the decision "Ill advised... right now, it's between 55,000-75,000 cases per day. In order to completely pull back on all public health measures, you want that level to be remarkably low. And 60,000-70,000 per day is not low. So I think that it's really risky to pull back on mitigation measures for public health."

# Exploring evidence-based grading

By Sophie Phelps  
Times staff writer

Have you ever done poorly on a test or large assignment, and it has brought your entire grade down? This scenario creates immense added stress on students because it makes a test the end all-be all. However, at home learning has allowed teachers to reevaluate the ways in which they teach and to possibly restructure their classes as a result.

Mr. Willemse used at home learning as an opportunity to improve his grading system, a change that he has wanted to make for a couple years. The newly adopted grading system is known as evidence based grading. It works by teachers evaluating students' work, giving them a grade, as well as feedback, and then returning the work back to the students so that they can revise it and resubmit to show that they can improve their skills. Students are graded on a scale of 1-4, 1 indicating emerging proficiency, and 4 indicating that a student has exceeded proficiency.

Many students and teachers alike can agree that at some point in their schooling, they were not focused on the learning aspect of things, but rather getting enough points to get a good grade. Mr. Willemse acknowledges this "point game" and says it was the main reason why he made the change.

"With distance learning, I found early on that it's really important to focus solely on what matters: learning. And the only way to learn is to keep try-

ing. Evidence based grading allows students to keep trying until they learn the skill," he said.

By making this adjustment, students no longer have to stress about one test making or breaking their grade. Each student's grade and their success is in their own hands, and it is up to them whether they want to keep the first grade they received or if they would like to improve and edit their work in order to get a better score. Mr. Willemse emphasizes how unfortunate the point game can be and reiterates that the only way to succeed with evidenced based grading is to learn.

Mr. Napoli has been using a system similar to the one Mr. Willemse has adopted for about four years and uses it to grade quizzes on a scale of either 1 or 2 points. In addition to a similar style, Mr. Napoli offers quiz retakes, an idea that is similar to Mr. Willemse offering revisions on assignments. Mr. Napoli explained, "I make these determinations on what success level the students have towards their representation of the solutions...Understanding a procedure but getting an incorrect result can be assessed as either resulting from a misconception or from a slippery silly error." By differentiating between a misconception and a calculation error, Mr. Napoli is better able to give students a grade that more accurately reflects their knowledge and skill level. This gives students the incentive to do better and try again because they are able to pinpoint their problem areas.

Students who have benefited



Sophie Phelps / Terra Nova Times

**Evidence-based grading means that students are graded based on skills demonstrated.**

from this change agree with Mr. Willemse that this new way of grading has allowed them to truly learn the material and improve their grade. Nikka McGahan (12) said, "I like the new grading policy because it provides students with the ability to improve and reinforce learning different concepts ... I am given the chance to get a better score, which motivates me to learn the

material." Rather than stressing about getting a perfect score on every assignment, students can take the time to understand and really grasp new material and then apply what they have learned in an assignment.

Adjusting to any new grading system can be tricky for students and teachers. For teachers, it can mean a lot more work to grade because they will see

many assignments more than once, something English teachers allowing essay revisions can attest to. For students, change is also hard. Chloe Humphreys (11) said, "It was confusing at first, but I definitely think it is helpful. It always works to help students do the best they can and grading us 1-4 on assignments makes it easy to understand how much you need to improve."

## Climate Committees' work continues on

By Justin Arnaudo  
Times staff writer

There's no doubt that the school environment (or "climate") impacts students, both with their learning and with their mental health. Terra Nova recognized this relationship and decided to do something about it. The result was the Terra Nova Climate Committee, run by Mrs. Carey. There is both a Staff Climate Committee and a Student Climate Committee.

When asked about the formation of the committee, Mrs. Carey said, "The climate committee was started a few years back as a way for staff and students to address some of the issues we were facing on campus that had become problematic and were impacting everyone, really the overall school. By having both groups work independently of each other, they each had an opportunity and the space to voice their concerns, identify solutions."

Mental health is a big deal in the U.S especially since the pandemic hit, forcing millions of teens inside away from others. Even before the pandemic, the statistics were bad. According to the CDC, "7.1% of children aged 3-17 years (approximately 4.4 million) have diag-

nosed anxiety. 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression." The CDC also stated that both depression and anxiety have increased over the years, "Ever having been diagnosed with either anxiety or depression" among children aged 6-17 years increased from 5.4% in 2003 to 8% in 2007 and to 8.4% in 2011-2012." With the evidence given by the CDC it only makes sense for Terra Nova to address the issue in order to help the students as much as possible.

While the Climate Committee is fairly new, they have still made Terra Nova more effective when helping students and their learning. Mrs. Carey said, "Last year, the student climate committee was really open and willing to talk and share their struggles, which led us to flex time. We have also worked on identifying norms/expectations all members of the TN community should be able to expect from each other. Right now, both groups are focused on anti-hate and discrimination."

The Climate Committee has plans to further improve the school climate in the future. The Staff Climate Committee whose members have included Mrs. Meskin, Mr. Butler, Mr. Sanchez, Mrs. Jenkins, and others, have dis-



Jenson Ho / Terra Nova Times

**What goes on inside these walls matters to the TN Climate Committees.**

cussed everything from staff morale and communication to anti-bias training.

Mrs. Carey said, "Going forward, the work never truly stops, so these committees will be where we can address issues head on and have TN continually evolve so that we can be a positive and effective place for students and staff."

Mrs. Carey is not the only one look-

ing forward to improving the school. Jordan Arnaudo, a freshman on the committee said, "I look forward to creating a place where the students' voices can be heard at Terra Nova."

If you are interested in serving on the Student Climate Committee, you should send an email to Mrs. Carey at mcarey@jeffersonunion.net to let her know.

# E.U. and U.S. sanction Russians

By Eleanor Jonas  
Times staff writer

Following the imprisonment and poisoning of Alexei Navalny, Russia's opposition leader, the U.S. and the EU have imposed sanctions on Russia and Russian individuals. These sanctions will restrict travel and freeze the individuals' assets.

The sanctions were announced on Mar. 2 and target Russian government officials, as well as entities involved in Russia's chemical weapons activities. The U.S. is sanctioning seven individuals and fourteen entities, according to a press statement from Sec. of State Antony T. Blinken. The EU announced sanctions on four Russian individuals. Some of the people sanctioned by the US were also sanctioned by the EU.

Navalny, known for investigating corruption in the Kremlin and posting his findings on YouTube, was sentenced to about two and a half years in prison on Feb. 2, a conviction that the European Court of Human Rights (ECHR) called "arbitrary and manifestly unreasonable." The Russian government ignored the ECHR's ruling that Navalny should be released.

These sanctions will be the first time the EU uses the "Magnitsky Act," which came into effect in Dec. 2020 and allows the EU to use restrictive measures to curb human rights violations.



Eleanor Jonas / Terra Nova Times

Some of the key players who recently sanctioned by the U.S. and E.U.

Josep Borrel, EU's high representative for foreign policy, traveled to Russia to plead for Navalny's release and calm tensions between the EU and Russia. While he spoke to Russia's foreign minister Sergei Lavlov, three EU diplomats were expelled from Russia without Borrel's knowledge. EU lawmakers believe

that this was a move to humiliate Borrel and keep the EU out of Russian affairs.

Borrel reported to the European Parliament that Moscow was not interested, "...in a serious attempt to reverse the deterioration of our relations and seize the opportunity to have a more constructive dialogue," and that President Vladimir

Putin's government was authoritarian and afraid of democracy. He warned that Russia could be facing sanctions, and three days later, on Feb. 12, Russia said it was prepared to split from the EU if economic sanctions were put on the Kremlin, something no one wants.

However, the EU was careful to not fully break ties with Russia. Leonid Volkov, a close aid of Navalny, told Deutsche Welle, a German international news organization, "The strongest answers that could be given would be personal targeted sanctions against Putin's closest allies...Unlike sectoral sanctions against [the] Russian economy, these personal sanctions couldn't be deemed by Russian propaganda for their favor."

The EU's sanctions target Igor Krasnov (Russia's prosecutor general), Alexander Kalashnikov (the federal prisons service head), Viktor Zolotov (head of Russia's National Guard), and Alexander Bastrykin.

Bastrykin, head of the Investigative Committee of the Russian Federation, has already been blacklisted for the death of Sergei Magnitsky, a Russian tax advisor, which motivated the creation of the original Magnitsky Act in 2012.

The US sanctioned Krasnox and Kalashnikov and five others, including the director of Russia's federal security service, Alexander Bortnikov. The EU is expected to discuss its relationship with Russia at a summit this month.

# Capitol Police grilled over Jan. 6 insurrection

By Eleanor Jonas  
Times staff writer

In the two months since the Jan. 6 Capitol Hill Riots, there has been speculation over the actions of the FBI and Capitol Police and whether they knew that a risk of violence existed.

Just three days before the attack, an internal Capitol Police report warned that "Supporters of the current president see Jan. 6, 2021, as the last opportunity to overturn the results of the election," could be targeting "Congress itself," according to the Washington Post. The memo claimed that extremists were encouraging Trump supporters to bring weapons and combat gear. Two people familiar with the memo reported that it was given to all command staff.

Former Capitol Police Chief Steven Sund, who resigned after the riot, told the Post that his request to the members of the Capitol Police Board to allow him to activate the National Guard a few days before the attack was denied. Members of Congress have expressed disapproval over this decision, putting the board under scrutiny and indicating its possible eradication, according to the New York Times.

According to Sund, "We knew we would have large crowds, the potential for some violent altercations. I had nothing indicating we would have a large mob seize the Capitol."

Officer Robert M. Rueca from the San Francisco Police Department, speaking on preparations for protests and gatherings, said that even if, "...initial assessments showed us that this

is going to be a peaceful gathering, that doesn't mean that we're not prepared for a violent gathering."

An important law enforcement policy for handling violent altercations is to "create time and distance... when it's feasible," said Rueca. However, the Capitol mob, filmed attacking officers, prevented time and distance from being maintained. Rueca states that it is "...extremely disturbing to see the threats that officers had to deal with from the angry, violent crowd." The

FBI also issued a report that warned of violence a day before the attack. Authored by the FBI's Norfolk office in southern Virginia and sent to their Washington field office, it reported people sharing maps of tunnels

at the Capitol and destinations to meet before Washington.

The document discusses an online thread that stated, "Get violent. Stop calling this a march, or rally, or a protest. Go there ready for war. We get our President or we die. NOTHING else will achieve this goal," according to the Washington Post.

Steven D'Antuono, head of the FBI's Washington Field Office, said the document was shared through the joint terrorism task force, which includes the U.S. Capitol Police. However, he indicated that there was little for law enforcement to do with the information, as the FBI could not attribute the online thread messages to an individual.

Sund said he never received the document and would have

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# The U.S. officially rejoined the Paris Climate Accord on Feb. 19

By Isabella Copeland  
Times staff writer

On President Biden's first day in office, he signed an executive order stating that the US would officially rejoin the Paris Climate Agreement on Feb. 19. But why does this matter?

The Paris Climate Agreement was created in 2015 by the United Nations framework convention on climate change, which focused on lowering greenhouse gas emissions and slowing down global warming. Former Terra Nova student Isabelle Burns who has a Bachelor's de-

gree in Environmental Protection from Cal Poly San Luis Obispo said, "The main objective of the Paris Agreement is to limit global warming to below two degrees Celsius above pre industrial levels. In order for this to happen, all major emitting countries have to make commitments to cut their pollution and emissions." As of Feb. 2021, there are 194 countries that have signed to this agreement, including China, India, and Russia.

The Biden administration rejoined this agreement so quickly because of the amount of air pollution and carbon emissions that have been increasing.

AP Environmental Studies teacher

Ms. Gutierrez explained, "Climate change is a global issue and requires the concerted effort of the entire world, especially countries who are the largest emitters of greenhouse gases. The US is the largest greenhouse gas emitter since the industrial revolution and currently second to China."

Historically, the United States has put the economy as a higher priority than the environment, yet others suffer for our gain.

"The poorest countries in the world experience the worst effects of climate change and yet their greenhouse emission is insignificant compared to the United States. I find it very unjust that

we will not be part of the concerted effort to help these countries when we are not only a top source of greenhouse gases but the country is also in a position to bring about change and help these poor countries," said Ms. Gutierrez.

Burns said, "Despite the US only comprising 4.25% of the total global population, we create about a quarter of the total global emissions. That is unacceptable. By joining the Paris Agreement, we are displaying a commitment to reducing our exorbitant emissions for the good of all the countries in the world. Up until President Biden re-joined, we were one of two countries that were not signed on."

# Powerful women leading the way

By Samantha Guerrero  
Times staff writer

Although gender equality still has a long way to go, progress towards women's rights is being made with more women in politics than ever before. Here is a short list of some of the most powerful women in the current-day government.

**Kamala Harris** made history last August as the first woman, and the first Black and South Asian woman, to accept the vice-presidential nomination alongside President Joe Biden. She is a former CA senator, and also served as the attorney general of CA; she was sworn into office as Vice President on Jan. 20, 2021. After being confirmed as vice president-elect on Nov. 7, she addressed a crowd in Delaware, saying, "While I may be the first woman in this office, I will not be the last, because every little girl watching tonight sees that this



Samantha Guerrero / Terra Nova Times

**These leaders inspire and represent American women.**

is a country of possibilities." Seeing Harris assume the second-highest position in the land is inspirational for millions, including many at Terra Nova. Wellness Counselor Ms.

Calpotura said, "Seeing [Harris] on a national platform as a strong, powerful, unapologetic, woman of color was what gave me hope. I also think it hit home to me because growing up as an Asian American, you didn't see many icons of Asian descent in the public eye. Thinking how she will be that icon for so many girls, not even just Asian Americans, but girls of color all over, is such a good feeling."

**Nancy Pelosi** is the 52nd Speaker of the U.S House of Representatives, the third most powerful position in American government — the Speaker of the House becomes president if anything happens to both the president and vice president. In due course, she was ranked as the seventh most powerful woman in the world by Forbes. In 2013, she was introduced into the National Women's Hall of Fame, and in 2019, she commenced the fourth-ever impeachment process in U.S history against former Presi-

dent Donald Trump, which is part of the reason she earned her position on Forbes' list.

**Stacey Abrams** is another politician who, through her hard and dedicated work, landed herself on Forbes' most powerful women in the world list. Abrams is an American politician, lawyer, voting rights activist, and author who served the Georgia House of Representatives from 2007-2017. She is founder of Fair Fight, a voting rights organization based in Georgia. Fair Fight pursues to protect the right to vote in all states. "We changed the trajectory of the nation," said Abrams in Nov. after raising \$34 million in the last month of the 2020 general election. Many in Democratic Party leadership credit Abrams with the election of President Biden, as her work to extend voting rights resulted in millions more people being able to vote.

Exploding onto the political

**See Women on page 9**

## Why representation of women is important

By Katalina Huazano  
Times staff writer

When asked why women representation matters, TN student Callie Banta (11) said, "Having women and a more diverse representation helps even out the perspective and advocate for people who are often misrepresented. The best people to fight for women's rights are women, so having them in positions of power is really important." With the 2021 inauguration, Kamala Harris made history by being the first woman and person of color to hold the title of Madam Vice President. This was a major breakthrough for all women in America because not only were they going to have a representative who was second in command, but it was also evidence of something our parents told us from the time we were little: if you set out to accomplish something, it can be done.

Juliana Davis, a senior at TN said, "Representation of women holding political jobs and leadership roles is empow-



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**Some of the many female trailblazers that paved the way for today.**

ering and inspiring to many young girls, as there has always been a constant trend of women being overlooked in society."

Women representation is also vital to the development of children. It allows them to have something to strive towards

and look up to; without role models, growth and maturity is harder to attain.

A study held by psychologist Albert Bandura in 1977 about vicarious reinforcement (also known as his Social Learning Theory) tested to see how

physical and physiological elements shape children. The results showed how children learn what is "ethical" by observing the people who surround them and their role models' actions. Based on the outcome of that person's actions and if they didn't receive punishment, the children unknowingly would mimic them (even if the person did something wrong). So, when young girls see women in power, they are more likely to aspire to do the same and feel that it is possible because they saw someone else achieve it. Turns out that seeing really is believing when it comes to achievement.

This same logic applies to not only girls but boys — in a publication by the National Women's History Alliance, they said, "Recognizing the dignity and accomplishments of women in our own families and those from other backgrounds leads to higher self-esteem among girls and greater respect among boys and men. The results can be remarkable, from greater achievement by girls in school to less violence against women, and more stable and cooperative communities."

## The history of how March became Women's History Month

By Natasha Valdez  
Times staff writer

March is dedicated to the celebration of contributions women have made to our history, culture, and society. Women's History Month was started by the Education Task Force of Sonoma County in 1978 as a week-long celebration of women's history. Soon, word spread, and other communities started their own Women's History week — in 1980, President Jimmy Carter issued a proclamation declaring the week of March 8 as National Women's History Week. Six years later,

the National Women's History Project petitioned Congress to expand the week to the entire month, giving us Women's History Month in March.

For centuries, women have not received the same recognition for their accomplishments as men. History was mainly written by men; therefore, women were left out, and well-known, powerful women were seen as exceptions. Being denied education access, voting rights, working rights, and rights over their bodies put women at a disadvantage in society. Until their basic human rights were granted, women were hardly written about in history.

The United Nations General Assembly sponsors Women's History Month in effort "to acknowledge the contribution of women to the strengthening of international peace and security." Recognizing women's achievements in science, society, government, literature, arts, and medicine throughout history has a huge impact on the progression of gender equality, as these women have fought for the rights women have today. Anna Julian (12) said, "Women have been oppressed for centuries and this month being dedicated to uplifting and celebrating them is so vital to progress forward towards a more equal and society"



Courtesy of Anna Julian

**Terra Nova advocates at the 2020 Women's March in S.F.**

# Our slang may never be the same

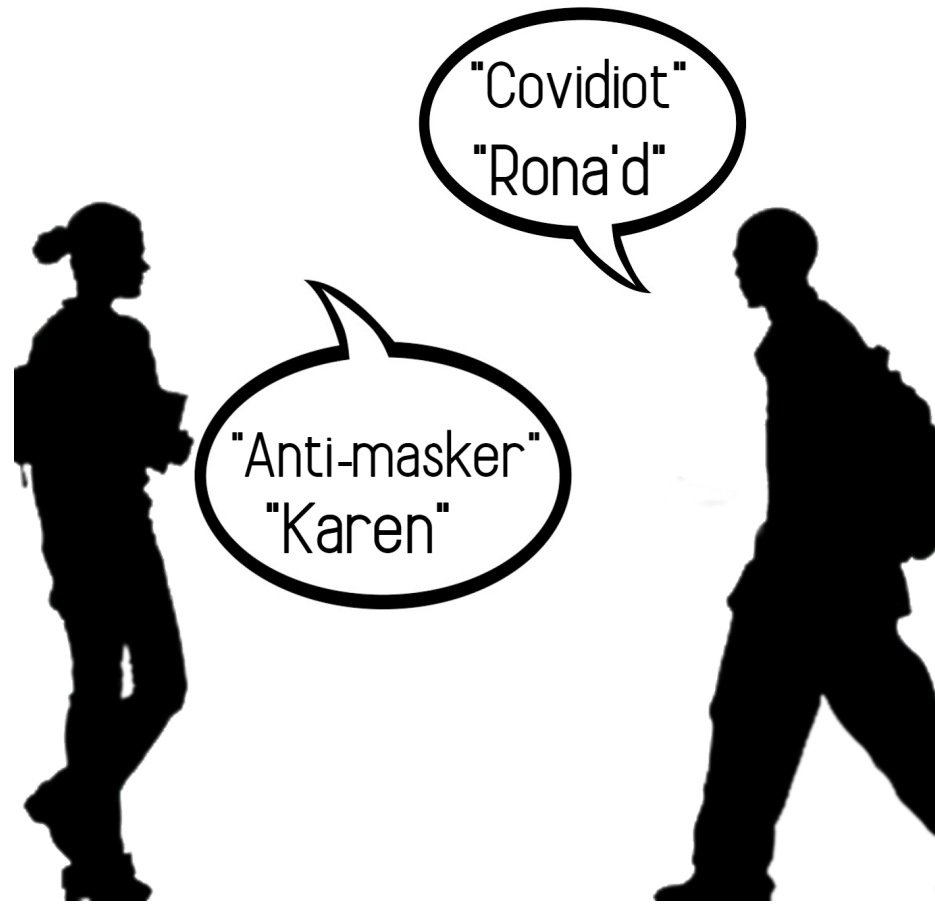
By Matthew Lim  
Times staff writer

The longer the pandemic goes on the more permanent it feels. Lots of things have shifted — not just the environments we face everyday or the tasks we get assigned in school or at work — the ways we speak have also changed.

As the pandemic continues, we barely notice that our lingo has changed significantly. It's obvious to everybody that "Rona'd" means somebody got infected, but explaining that to a person at the beginning of 2020 would be a hassle — how would you explain where the term came from and what led up to it? It's honestly wild to explain everything that happened and even harder to do it concisely.

More Corona-related terms have been coined in relation to ignorance on the pandemic as well. Lance Martin-Holle, a fellow student, cites terms such as "covidiot" and "anti-masker" having become more relevant due to anti-vaccine and COVID denialism conspiracies.

2020 also marks the year that every woman named Karen resents. "Karen" is a term often used for women who tend to pick fights, often over race, but possibly over minor issues like wearing a mask, for seemingly no reason. When asked



Matthew Lim / Terra Nova Times

Slang you may have heard during the pandemic this past year.

about why he thinks these terms have become more popular, Martin-Holle said, "I think they've become popular because people are bored during quarantine and really have nothing better to do."

On the more serious side of things, terms such as "social distancing" and "flattening the curve" are relatively new, yet they've perfectly fit into our lives as words we use to describe the nature of the pandemic and the precautions we usually take to help slow COVID down.

What's even more surprising is all the events that have happened in relation to the pandemic. How are people supposed to explain to somebody from early 2020 the reasoning behind hoarding toilet paper? Or the fact that there are people out in the world who genuinely believe that masks are useless at stopping the spread of an ongoing pandemic? We can chalk it up to people simply being dumb now, but a year ago? How would these concepts even get to people from a year ago?

As it stands, there are a lot of things we take for granted during the pandemic, especially all the crazy things that have happened and phrases relevant to the times we're living in right now. Looking back, it's strange to think about the world we live in and how much it's altered our way of life. Could "Rona'd" become a fixture in our vocabulary?

## Dentistry in a pandemic looks very different

By Justin Arnaudo  
Times staff writer

The COVID-19 pandemic has led to changes in almost every profession, but some professions involve more risks than others. Since COVID-19 is transmitted through respiratory droplets from the nose and mouth, dentists had to make changes to protect their patients and themselves during the pandemic.

Dental hygienist Julie Arnaudo at Cabrillo Family Dental said, "Dentists and dental hygienists have significantly increased their personal protective equipment (PPE), aerosol management, and patient screening."

Dentists and dental hygienists both wear PPE under normal circumstances, but due to the contagiousness of COVID-19,

dental workers have increased their PPE to keep themselves and patients safe. Arnaudo noted, "We are wearing N95 masks, face shields, and change our gowns after every patient." N95 masks significantly decrease the amount of germs the mouth exhales into the air. Face shields add to the protection offered by the N95 and protect the dentists and hygienists from the patient. Changing gowns after every patient decreases the risk of a patient inhaling germs that may have landed on the gown from the previous patient.

One of the main concerns during COVID-19 has been the spread of respiratory particles within enclosed spaces. These are a type of aerosol, a suspension of fine solid or liquid particles in air. In the operating room, aerosols consist of

water and germs from patients. This could be a potential super spreader for COVID-19. However, dentists have come up with a solution to this problem. By using high volume evacuation (HVE), dentists and dental hygienists use powerful vacuums to remove aerosols from the air. This process has allowed offices to continue to operate safely during COVID.

The last protocol that dental offices have doubled down on is patient screening. At Cabrillo Family Dental, they call patients a day before their appointment and ask them a series of COVID-related questions in order to determine if they have the virus. The day of the appointment, patients are then questioned again and have their temperature taken before the appointment can officially begin.



Courtesy of Julie Arnaudo

Example of a dentist wearing an N95 mask and face shield

## BART ridership way down, train cleanings and maintenance way up

By Justin Arnaudo  
Times staff writer

With everyone home all day, fewer people are using public transportation, especially BART. Even though the pandemic has made operations difficult, BART is doing its best to improve their service and keep riders safe. BART has released information to improve everyone's safety and used the pandemic as an opportunity to further improve the entire system.

BART has updated their website and released information. Anna Duckworth, BART's Communications Officer, said, "BART is now providing crowding charts and daily rider updates to

keep the passenger informed on what BART is doing during the pandemic."

Crowding charts show passengers what seating should look like to keep everyone socially distanced while on the trains. The updates also inform passengers about policies as well. BART has made it a priority to make physical changes to operations, such as mask mandates, fogged cleaning, all to keep passengers safe.

BART has instituted a mandatory mask rule for passengers while riding the trains. For those who do not have masks, there are personnel to give out masks to those who really need them. BART has also been using a process called fogging to clean all of their trains every single night. Fogging is a form of clean-

ing that has become popular during the pandemic, which involves filling each train car with antibacterial spray to kill any germs that could possibly spread the virus. Even though BART is down 88% in ridership since the pandemic started, they are still trying to improve and keep as many people as possible safe from the pandemic, Duckworth stated.

Instead of letting the pandemic stop them dead in their tracks, BART is using the pandemic to create an opportunity. Since ridership is down and fewer trains are being used, BART can take time to work on capital projects. These projects are usually improvement to tracks and other mechanical components that allow trains to function properly.

To do this, BART has been working on getting funds in order to complete these projects. They recently received \$103 million from the Metropolitan Transportation Commission. With these funds, BART should be able to continue to bring service to those who need them, as well as provide a higher quality of service for people who resume riding the rails after the pandemic is over.

Students and others, especially those who don't drive or don't want to park in San Francisco, are looking forward to riding the trains again. "It makes me feel more comfortable about riding on BART, knowing that they are taking the appropriate precautions to keep everyone safe," said junior Donovan Potter.

# You only think you know coffee

By Kyle Gossage  
Times staff writer

Coffee is the substance that many rely on for energy throughout the day. Many students, like Terra Nova junior Olivia Roberts, love their java because of the jolt it gives. “I like coffee because it tastes good and it gives me energy for school,” Roberts said. But there’s a hidden side to the bean juice that those who enjoy coffee do not often look into.

Coffee at the bare minimum is coffee beans and water. Coffee beans are primarily composed of proteins, carbohydrates, caffeine, pectin, and other minerals. While these individual in-



Olivia Roberts (11)

**So many students and teachers start their day with coffee.**

gredients are not unhealthy in moderation, pectin and caffeine can have significant health and mental impacts if too much is consumed. Pectin, when taken

in excess, can cause diarrhea and gas. It can also interfere with the body’s ability to absorb certain nutrients and certain heart-related drugs. However,

pectin is not a main ingredient in coffee and it would be difficult to drink enough for it to interfere with your daily life.

Caffeine is the ingredient in coffee that makes some people believe it is unhealthy. Caffeine actually has many positive effects on the body and is a central nervous system stimulant, making you feel more awake and less drowsy. Diane Vizthum, a research nutritionist for John Hopkins University of Medicine, said, “Caffeine is the first thing that comes to mind when you think about coffee. But coffee also contains antioxidants and other active substances that may reduce internal inflammation and protect against disease.” Caffeine is also a psycho-

active drug, meaning it affects the way our brains function. It stimulates the brain and speeds up reaction time, thoughts, and generally improves motor control. However, too much caffeine can lead to anxiety, insomnia, and increased blood pressure.

While the amount of caffeine in coffee cannot kill you, an addiction to caffeine can lead to use of pure caffeine powder or tablets, which are very easy to surpass the lethal limit. The amount of caffeine for an average person to have a lethal overdose is 10 grams. Most cups of coffee only contain 100-200 milligrams of caffeine, meaning you would need to drink around 30 cups in succession to overdose by just drinking coffee.

## Getting outside can actually save your life

By Sophie Phelps  
Times staff writer

Let’s face it — it can be difficult to find the motivation to stay active during quarantine, but it is vital for both your physical and mental health. From Vitamin D to mental health, if you want to be and feel healthy, you have to get outside.

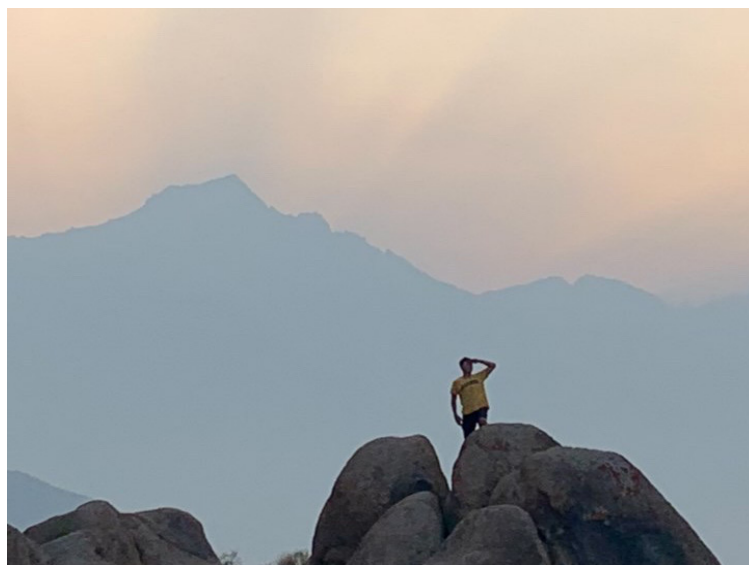
Being outside has a plethora of benefits, including increased Vitamin D levels, which can improve your mood and decrease your blood pressure. It is also tied to decreased levels of cortisol and adrenaline, which are two hormones that contribute to feeling stressed, something we tend to feel after being on Zoom all day.

Harvard Health reiterates the values of spending time outside: “In one study, people recovering from spinal surgery

experienced less pain and stress and took fewer pain medications when they were exposed to natural light.” Being inside constantly can lead to the deterioration of your mindset and unhealthy habits. On the other hand, being outside promotes your overall well being and can elevate your mood, resulting in a happier, healthy lifestyle.

While most of us enjoy going outside to get some fresh air, COVID-19 has made that task slightly more difficult. Some easy and safe ways to get outside during quarantine can include going on a walk, going to the beach or park, hiking or biking a local trail, or even just enjoying some time in your yard. Pacifica has a lot of accessible trails and outdoor areas in which you can easily spend time outside.

Corey O’Brien’s best days involve being outside. “It’s good to get outside during quaran-



Courtesy of Corey O’Brien

**Get inspired to get outside because it is worth it.**

tine cause you need to get some fresh air and exercise — it’s a good way to clear your mind and just enjoy the outdoors.”

In an effort to avoid frequent contact with people, pick times

that are less busy than others. Early in the morning or later in the afternoon are lower traffic times that would make enjoying outside activities less risky. Times like right after school or

mid-day on weekends tend to be much busier, thus they are times of higher exposure and more risk. Also, activities like biking pose less risk because if you get too close to someone while you’re on a bike, you’re probably going to crash.

The optimal amount of time to be outside each day is 120 minutes. Researcher Mathew White focuses on the benefits of being in nature and said, “120 minutes in nature seemed to be good for just about all groups.” Additionally, it is advised that you get 10,000 steps a day, which is much easier to do outside.

10,000 may sound like a lot of steps, but it is very achievable as long as you find an activity that you enjoy. Apps such as the pedometer or health app on phones can help you track your daily activity, or you could create a handwritten log where you keep track of your activity.

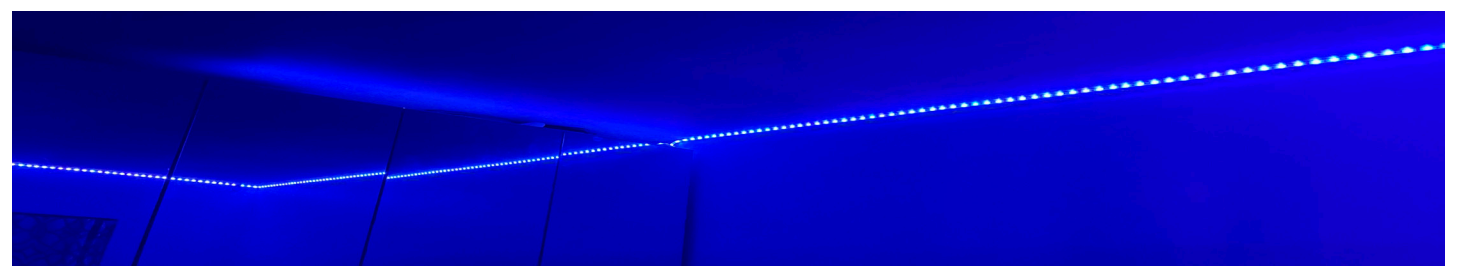
## Everybody else is doing it, and you will, too. Here’s why that is.

By Leila Eliares  
Times staff writer

Remember that phase when everyone had a kendama? Or when rubber band bracelets were found pretty much everywhere you went? As with both of these, popularity rises and ultimately makes a certain item, idea, or even app, into a trend. The thing about trends is that they are so easy to follow and become a part of, but what is it that helps trends stick around?

Commonly thought of trends are actually called “fads.” The difference between the two is that a trend is “a general development or change in a situation or in the way that people are behaving,” according to the Cambridge dictionary, like the lean toward buying more environmentally-friendly products. On the other hand, a fad is similar to a trend, but instead it is only popular for a short period of time like Pokemon Go or fidget spinners (remember those?).

Falling into trends can date back to the time of tribes. Psychologist Dr.



Bianca Del Mundo (10)

**LED lights cover the walls of every teen’s room lately, but will this fad suddenly pass, too?**

Betsy Kassoff stated, “A major group dynamic is of membership; who is in, and who is out. It’s a leftover of tribal affiliations, which defined where people felt safe. If you looked like, smelled like, and talked like your tribe members, you were accepted. Those that acted outside of those norms could be shunned or expelled.” Participating in a fad or trend gives feelings of safety and inclusion.

Influence from others also plays a key part in why people follow a fad or the crowd. Following the crowd also dates back to tribal and survival instincts — for example, you would most likely want to steer away from a plant that no one

is eating because it may be potentially harmful and unpleasing. Dr. Kassoff explained, “The rush of feeling inside ‘the club’ of a trend probably stimulates oxytocin, a hormone that creates feelings of safety, relaxation and contentment. Being outside the club can stimulate the sympathetic nervous system, or fight/flight. It can feel lonely, scary, and anxious.”

Trends usually start from one person or a small group and then spread to a population. Celebrities play a huge role in creating and deciding what’s popular — their status and own popularity causes others to be influenced by what they do or wear. After a trend has been

created, it spreads from one person to a small group, who keep it going by getting others involved in the same trend.

According to WTOP, a radio station centered around Washington D.C., “Trends emerge and evolve depending on a variety of factors, including film, art, street style and socio-political movements.” While trends often start from influencers, the people in your own life also help push you into trends or stay away from them. Bianca Del Mundo (10) said, “I participated in the LED lights trend because I’ve seen the way they make rooms look and I thought it was really cool. I think they just give out good vibes, too.”

# STUDENTS' RESPONSE TO MASS-VACCINATIONS

## WHAT HAVE YOU LOST/MISSED DUE TO THE PANDEMIC?

*"I miss being able to go to the beach with my friends and talk to people at school."*

*-Ava Carrington (9)*

*"I've really missed spending time with my friends and family, travelling, school activities, hugging, going to school, and so much more."*

*-Skylar Berliner (11)*

*"I have lost the ability to hug my friends...I miss seeing the people that I am friends with."*

*-Ella Boldt (11)*

*"I miss socializing, sports, and having the full high school experience."*

*-Mia McCann (11)*

*"In person sports/band, hanging out with friends, amusement parks, job opportunities."*

*-Xiaolan Bissou-Yang (10)*

## HOW DOES THE THOUGHT OF GETTING VACCINATED IN THE NEAR-FUTURE MAKE YOU FEEL?

*"It makes me excited that if everyone gets vaccinated, things will open back up again. However, it is a little scary because you do not know the long-term effects that the vaccine may cause."*

*-Devon Benham (11)*

*"My grandparents just got vaccinated, and they're doing great, so I'm excited."*

*-Hannah Araquistain (11)*

*"With the vaccine, I feel like we would be closer to a solution, but I also am worried as to what the side effects of the vaccine can be."*

*-Faviola Delgado (12)*

*"The thought of getting vaccinated in near future makes me really happy because I know that I will be helping the community and as well as myself stay safe and healthy."*

*-Sophia Zygarowicz (11)*

*"Scared because I don't like needles."*

*-Ameerah Mahasin (11)*

## WHAT ARE YOU EXCITED TO DO ONCE YOU AND YOUR FAMILY/FRIENDS ARE VACCINATED?

*"I'd probably still keep my distance a little bit. I wouldn't act like COVID isn't a thing, but I'd be excited to see the people I haven't seen this past year."*  
-Izzy Morrow (11)

*"I am excited to be able to go to theme parks again."*  
-Ava Carrington (9)

*"Go on vacation and play sports."*  
-Tony Burton (9)

*"To travel and hangout with large groups of people again!"*  
-Devon Benham (11)

*"I'm looking forward to not being scared of getting the virus or passing it on to others and having the ability to go out and do things with other people."*  
-Jessica Causey (11)

*"I am excited to get back to the old normal, and I mostly want to travel a lot with my family and see my friends regularly again once this is all over."*  
-Molly Nappi (9)

*"I don't think getting the vaccination means to instantly start going into highly populated areas, but later on when everything is safe, I would love to play sports again."*  
-Sophia Zygarewicz (11)

*"I can't wait to go on hikes with my friends and have sleep overs."*  
-Hannah Araquistain (11)

*"Mainly travelling with friends and family."*  
-Alex Schulz (11)

*"To go on vacations, get boba with friends, and go to the beach."*  
-Sev Armstrong (10)

*"Stay in a quiet corner and just do something."*  
-Wilson Tran (10)

*"I'm excited for everything to get back to normal."*  
-Mia McCann (11)

*"I can't wait to go to concerts with my friends, have sleep overs, and visit my family in Minnesota."*  
-Ella Boldt (11)

*"I am excited to see others and have bigger social events, like sleep overs or parties, as well as having the ability to spend time with extended family."*  
-Callie Banta (11)

*"I'm excited to spend time with others, sleep overs, hugging, etc."*  
-Skylar Berliner (11)

*"Being able to travel to see my family who live far away."*  
-Sophie Byrne (11)

*"I am excited to hang out with my friends more freely and be able to hang out with them more often."*  
-Faviola Delgado (12)

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**School**

*Continued from Page 1*

concerns I have again would be putting students and teachers at the risk of getting themselves and or their families sick. My mom isn't able to get vaccinated yet, and my sister is pregnant, so I have some high risk people in my bubble, and I don't want to risk bringing anything home and getting them sick," said senior Samantha Harvey.

Kapua Wong Hin, also a senior, echoed Harvey's concerns. "My biggest concern is that people don't follow the rules when they go back to school, thus putting their families and others at risk of catching COVID-19," she said.

Senior Jacob Pena said, "I feel that it is a good opportunity for people to be optimistic about school and learning and reconnecting, ... but realistically, I do not think that it will happen or persist since people tend to get to comfortable and promote the spread of COVID-19 because of it. I hope I am wrong and people have the determination to return safely finally after a whole year."

Teachers are both excited and concerned about the reopening. "[It's] exciting and daunting. [It's] been a long time since I've felt so unsure about myself, but when I look back on those moments, I remember what it took to shine on. Let's all shine on," said Activities Director and English teacher Ophny Escalante.

Mr. Poling, chemistry teacher, said, "While I am eager and



Jenson Ho / Terra Nova Times

**Soon, this quad may see an influx of students again.**

excited to return to school, I want also to be sure that we are doing everything we can to keep all of the TN family safe. Hopefully, the majority of us will be vaccinated by the time we return, for the safety of all the students, teachers, administrators, and everyone's families."

Band director Mr. Lewsadder expressed the feelings of many staff members when asked how he feels about reopening: "That's a good question. In short — I don't know." Because of the tentative nature of all of the plans, staff aren't sure yet what will be required of them, only when. "When the district puts out a Memorandum of Understanding, I will meet with the other band directors in the district and come up with some classroom procedures that we can use

for band," Lewsadder added.

For teachers who live with medically fragile family members, reopening means heightened anxiety. "I'm scared," said Social Studies Department Chair Alek Butler. "I, along with some other staff members, live with unvaccinated family members whose lives could be upended by COVID. I cannot bring COVID home."

Before students return to school, issues related to space and the amount of time that we have must be resolved. The students who would be prioritized in returning to school will likely be 12th graders, because they are in a critical year of their education and are best suited to help schools work out any kinks involved with the transition to hybrid learning. The remaining grades would

be phased in two weeks after the seniors' arrival on campus.

Even if we did all return to school on a hybrid learning schedule, things will bear little resemblance to Feb. 2020. Superintendent Presta remarked on this in her Tuesday, Mar. 2nd, webinar, saying, "Hybrid is going to look very different. It's not going to look like how school looked last February — there will be social distancing, no cafeteria style lunch, no rallies, no socializing in the halls. It's going to be limited interaction." Furthermore, classrooms will have to be properly ventilated and measured to space out students and guarantee that proper airflow is coming in and out of rooms.

Many things are still up in the air. Currently, the school staff union AFT 1481 and the district are negotiating a new MOU. If you want to stay up to date on the district's return plans and policies concerning COVID-19, the date to look out for is March 16, which is when an updated MOU will be released concerning our return to school plan.

Like Pena, the whole district is mulling over best and worst-case scenarios: "I am concerned that everyone will not take the severity of this virus to heart, because we are young and healthy, yet lack a certain self control that can jeopardize our safety. This is my worst case scenario thinking, but since Pacifica is pretty tight knit, I have faith that people will try to hold this opportunity up until it gets better," he said.

**Women**

*Continued from Page 4*

scene in 2017, **Alexandria Ocasio-Cortez** is very popular among TN's generation. AOC made history in 2018, becoming the youngest woman ever elected to Congress in the House of Representatives. Prior to this accomplishment, she worked in education and as an organizer for Bernie Sanders' 2016 presidential campaign, as well as being

a bartender to support her struggling family. Her humble background has given her insight on whose voices need to be heard in society. Katherine Gonzalez (12) said, "I find [AOC] inspiring because she uses her power to fight for all people no matter their gender, race, or sexuality."

Last on this short list: our female Supreme Court Justices: **Sonia Sotomayor**, **Elena Kagan**, **Amy Coney Barret**, and **Sandra Day O'Connor** (who retired in 2006).

**Capitol**

*Continued from Page 3*

taken the warning seriously.

Three officers died following the attack, including two by suicide. Capitol Police Officer Brian Sicknick died from injuries he sustained during the riot. Jeffrey Smith, a D.C officer, and Howard Liebengood, a Capitol Police Officer, "took their own lives in the aftermath of that battle," according to Acting Met-

ropolitan Police Chief Robert Contee, quoted in POLITICO.

Contee reported that around 850 members of the Metropolitan Police Department responded to the attack, and about 65 had documented injuries as a result. As of Feb. 18, 35 Capitol officers are being investigated, and six have been suspended with pay. Others have been applauded for their response to the riots, such as Officer Goodman, who led rioters away from the Senate chamber.

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