

Terra Nova Times

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Terra Nova High School

March 17, 2021

CA clears indoor sports to resume

By Miles Palmer
Times staff writer

After announcing that outdoor sports were allowed to play again in California, the state made another move for its athletes, letting indoor sports resume as well. The steps that are being taken to ensure that outdoor sports players and coaches stay safe will also be done for indoor sports, including weekly testing, limiting contact between people, and wearing masks when directed. Coaches and players who are on the bench will have to wear masks during games, but those who are playing will not be required to wear them.

Some are skeptical about the return of indoor sports. Director of Sports Medicine at Stanford Children's Hospital Kevin Shea said, "Indoor sports, I think we have to look carefully at them. You may have to limit the fans in the stands indoors. The athletes, when they're participating at a high level, allow them to potentially have their masks off,



Terra Nova Times Photographers

Terra Nova's basketball, badminton, and wrestling teams await word of their potential starting dates for the season.

but not while on the sidelines." A lot of measures will be needed for indoor sports to come back, just like other sports, restaurants, schools, and other places that are now opening back up.

As for those Terra Nova students who play indoor sports, a recent email from TN said,

"Keep an eye out for more information on basketball, badminton and wrestling coming soon!"

Many are eager to return. Terra Nova basketball player Dominic Tuiasosopo (11) is ready to return to the court, saying, "I'm very happy that they found a safe way for us to play

again." Tuiasosopo remarked. "I think it is really important to let the kids play and have them run around exercising instead of just being stuck at home. It will be nice to have some fun before the school year ends."

Indoor sports will only be allowed in counties with less than

14 Covid cases per 100,000 people, just like outdoor sports are. Luckily, many counties, including San Mateo, are meeting this criteria, not to mention vaccination rates are increasing. With students returning to campus for sports and in person learning soon, the future is promising.

Jenson Ho is JUHSD Student of the Month

By Joe Murphy
Times staff writer

On Tuesday, March 16, during the JUHSD Board of Trustees meeting, Terra Nova's own Jenson Ho was named the JUHSD Student of the Month. A huge honor, Student of the Month is only awarded to a Terra Nova once per school year. From his unparalleled academic success to his countless extra curricular activities, Jenson's resume is incredibly impressive, but that's no secret. There's much more to Jenson than just his grades and awards, and so I wanted to take this chance to try and show a side of Jenson that maybe not as many people know: who he is as a person. And I truly hope I can do him the justice he deserves.

My father always taught me that a rising tide lifts all ships, and it is a motto that I have tried to apply in my life. However, I've never been able to, nor seen anyone else, ever emulate that motto more than Jenson. Throughout the past four years here at Terra Nova, nothing has stood out to me more about him than his selflessness and his desire to help others. He's the one creating class group chats so everyone can stay informed and



Victor Wu / Terra Nova Times

Jenson is outstanding in his field. In any field, actually, but especially Terra Nova's.

in touch. He's the one creating Quizlets for his classmates to utilize, despite not always needing them himself. He's the one offering math tutoring for students because he understands how challenging the subject can

be. And he's been the best right hand man I could've asked for this year with the Times. Jenson, I know some of your work may seem thankless, but I speak on behalf of myself and every other student you've taken the

time to help when I say none of us would've gotten as far as we have without your help. Thank you for being our tide.

However, Jenson's altruism is not just found in his actions, but rather his personality is en-

tirely defined by it. Throughout high school, never have I found someone who, day in and day out, always has such a positive outlook on life. His positivity and chipper demeanor not only reflect his own feelings, but they have a great influence on his classmates. Whether it's a heartfelt compliment, a hilariously sarcastic comment, or simply a smile, Jenson's big heart truly does have an impact on those surrounding him. But he doesn't do any of those things for the attention. That's just who he is.

Although Jenson and I have been classmates for a long time and although we all get along, we don't necessarily spend much time together outside of school. Sometimes, it can be hard to build relationships with people when that's the case. But not with Jenson. I feel I can be just as open and honest with him as I can with my closer friends because he is such a kind and welcoming person. Jenson, knowing you, you are probably very outwardly calm about this award. But inside, I hope you know how special this is and how proud you should be of yourself. You're a good student and a good man, and you make more of an impact than you realize. Cheers pal, you've earned it.

American Rescue Plan now is law

By Eleanor Jonas
Times staff writer

On Thursday, Mar. 11, President Joe Biden signed a \$1.9 trillion stimulus into law, which marked a major Democratic victory intended to boost the economy and end the pandemic. The relief package, known as the American Rescue Plan of 2021, authorizes checks of \$1,400 to be sent to most Americans, expands unemployment insurance, and allocates billions of dollars for COVID testing. Here's a breakdown of the American Rescue Plan.

Stimulus Checks: About \$400 billion will go towards another round of checks, the first check since Dec. 2020. The bill will send \$1,400 checks; moreover, according to White House press secretary Jen Psaki, "People can start seeing direct deposits hit their bank accounts as early as [Mar. 12,]" and payments will continue over the next several weeks. However, Biden narrowed eligibility for this new round; individuals earning more than \$80,000 and

couples earning more than \$160,000 will no longer be eligible, although they were in Dec. This change was made to appease more moderate Democrats.

Unemployment Benefits: The package lengthens the existing \$300 weekly unemployment benefit to Sept. 6. The stimulus package passed in Dec. provided the unemployed an extra \$300, but that package expires in Mar. Apart from that, it supplies a tax break on \$10,000 in unemployment benefits; moreover, people can write off \$10,000 of unemployment benefits on their taxes. Class of 2015 alumna Karina Ramirez, who was laid off her job at Ford dealership when the pandemic began, is grateful for the benefits provided by the package. "I would obviously like to be back at my job, it was very hard to lose my job, but it certainly is nice to at least know I will be getting those extra \$300 for a while longer. I think the tax break is especially nice," she said.

Child Tax Credit: Prior to the legislation, most Americans received a \$3,000 credit each year for each child ages 6 to 17,

and \$3,600 for each child below the age of 6. The allocation in the bill will last a year and will provide \$2,000 for children from birth to 16 years of age; the deposit will be sent on a periodic basis, moreover, there will be more regular payments throughout the year, which will amount to more than the usual \$3,600 annually.

Aid to state and local governments: \$350 billion will be provided for states, cities, tribal governments, and U.S. territories. Moderate Senate Democrats pushed to redirect some of those funds to infrastructure as well as the broadband network. However, some members of the Democratic party worry that some states will use the funds to cut local taxes instead of using it for COVID relief.

Pandemic Response: The week of Mar. 8, Biden announced that there will be enough COVID vaccines for "every adult in America" by the end of May; additionally, tens of billions of dollars will fund COVID testing, vaccine distribution, and increase the size of the public health workforce.

School Support: The bill allocates

\$130 billion to help schools reopen, improve ventilation, reduce class sizes, and buy PPE. Colleges will receive \$30 billion to help financial aid grants. Another \$1 billion is for the Head Start Program, which provides early-child-care education for low income families.

Other: The bill will also provide support to other areas such as housing assistance and aid for multi-employer pension plans. For example, the bill will provide \$30 billion to mortgage and homeownership assistance and relief for the homeless. It also includes an \$86 billion bailout for failing pensions; however, that has been criticized since it has little to do with the pandemic. TN history teacher Mr. K explained the rationale for this, saying, "Let me put it in a little phrase: you got to spend money to make money. Normally, I don't agree with the government taking money out, but the American people need it."

IRS' "Get My Payment" site <https://www.irs.gov/coronavirus/get-my-payment> has information eligibility and how to get deposits; visit for more info.



*Biden's
agenda
in
action*

Biden's response to sexual assault on campuses

By Eleanor Jonas
Times staff writer

On Monday, Mar. 8, President Biden issued two executive orders focused on gender equity in an attempt to reverse the actions of the Trump administration.

In the first order, Biden told his administration to review federal rules that direct colleges in handling campus sexual assaults and to "consider suspending, revising or rescinding" any regulations that do not protect students, according to Sec. 2 of the executive order.

26.4% of female undergraduates (and 13% of students over-

all) experience rape or sexual assault and experience a tripled risk of sexual violence compared to all women, according to RAINN (Rape, Abuse & Incest National Network).

Allison Wong, a member of Terra Nova's Class of 2019, says that though she "personally did not experience sexual harassment or assault on campus, the problem exists." Though the threat of sexual harassment is virtually everywhere, female college students are at a greater risk. Wong states that "If it weren't a problem, I'd probably feel safe walking alone at night there, but I don't."

The order was expected;

Biden emphasized gender equity during his campaign and promised to abolish rules established by former Education Secretary Betsy DeVos, who made enormous changes to policies on campus sexual harassment. Among these changes were provisions that allowed accused students to cross-examine their accusers via a representative at live campus hearings. DeVos also reduced colleges' legal liability to address sexual harassment reports and narrowed the definition of sexual harassment, which women's rights groups have said will discourage survivors from coming forward.

Legal experts predict that

Biden will seek a middle ground that equally protects the accused and accusers. DeVos's rule on cross-examinations will likely be eliminated, but any changes would take years, as the rules have to undergo a federal process. DeVos's change to Obama's policies took three years.

Biden's second order formally established the White House Gender Policy Council, which will focus on combating sexual harassment, barriers for women in the workforce, gender wage gaps, and caregiving issues that disproportionately affect women. Jennifer Klein, co-chair and executive director of the coun-

cil told reporters at a White House briefing, "The policy of this administration is that every individual, every student is entitled to a fair education — free of sexual violence — and that all involved have access to a fair process."

Both executive orders were issued before Biden's White House address for International Women's Day in which he commended the nominations of Air Force General Jacqueline Van Ovost and Army Lieutenant General Laura Richardson. If confirmed by the Senate, they will become the second and third women to serve as combatant commanders in the US military.

The roots of violence in football

By Jack Gillen
Times staff writer

Every year, an athlete will be charged with domestic abuse, but no sport has as many domestic abuse charges as the National Football league. Why does the NFL have more aggression at home compared to a sport like hockey that can be just as aggressive? The answer is that the aggressive mentality is groomed in many football players as young as five years old when they start playing pop warner.

Texas has the largest football community, with the most Division I recruits in the nation almost every year. Bob Shipley, a high school football coach in Texas, explained, "If you grow up in Texas as a kid like I did, it's preached in your household around the table from the time you know what's going on." Football is the most popular sport in the United States, so many kids are exposed to the game and want to play. When they start playing the game, which can be as young as five years old, coaches fire up



Jack Gillen / Terra Nova Times

Brown and Hill continue to play in the NFL despite Domestic abuse cases

their athletes to give everything they have and do anything to obtain a win.

"Coaches always tell us to have no fear and to set the tone with aggres-

sion. We're also told that our opponents aren't our friends and to treat them like they disrespected us," said Terra Nova receiver Nathaniel Bendo (11).

The aggressive mindset given to kids from ages 5-15 carries on throughout high school, college, and to the professional level. It shows results on the field, but it also carries off the field, leading to the potential for lots of violence in an athlete's home life.

Additionally, football players rarely seem to face consequences for their behavior. For example, Tyreek Hill, Antonio Brown, Kareem Hunt were all charged with domestic abuse cases and were able to play football not even a year later. Tyreek Hill was arrested for punching his pregnant girlfriend in the stomach and was taken in by another college. Kareem Hunt was caught on video kicking a 19-year-old girl on the floor, and was signed by the Browns the next year. Antonio Brown and Tyreek Hill got to play in the Superbowl this year, and their pasts have almost been forgotten. If football players are groomed throughout their whole lives to be aggressive, and there are no repercussions for their actions when they do something wrong, domestic abuse will continue.

Artemi Panarin returns after extended leave

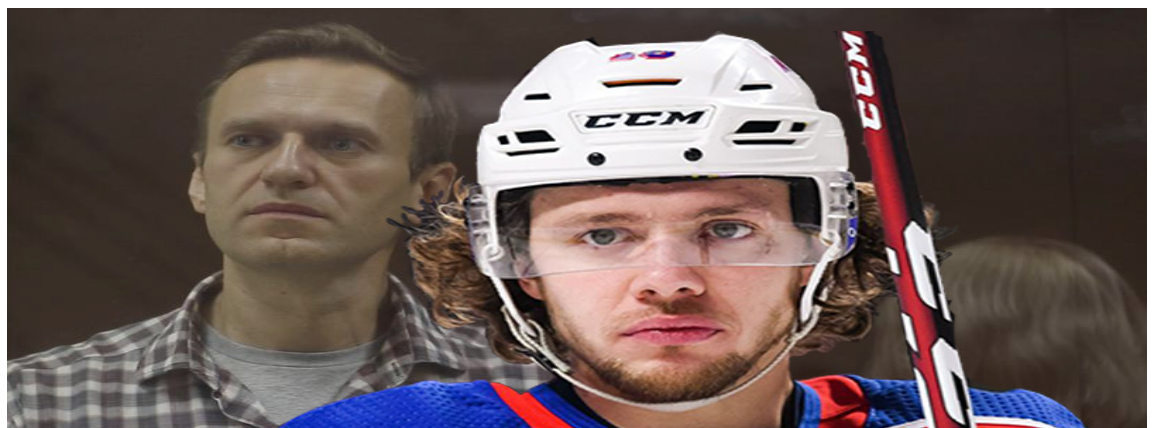
By Miguel Valdes
Times staff writer

New York Rangers star Artemi Panarin has returned to the team after taking a leave of absence in the wake of a seemingly politically motivated accusation from the Russian media, in which his former KHL club head coach alleged that the forward beat an 18-year-old woman in Riga, Latvia in 2011. A public announcement by the Rangers organization reads "Artemi vehemently and unequivocally denies any and all allegations in this fabricated story. This is clearly an intimidation tactic being used against him for being outspoken on recent political events. Artemi is obviously shaken and concerned and will take some time away from the team. The Rangers fully support Artemi and will work with him to identify the source

of these unfounded allegations."

In the article, Panarin's former coach Andrei Nazarov offered a detailed account about the events of Dec. 11, 2011. Nazarov, who was an enforcer for 12 seasons in the NHL, alleges that after his team lost a game, Panarin and other teammates were out at a hotel bar when he "sent the 18 year old citizen of Latvia to the floor with several powerful blows."

Latvian authorities have said there is no police report from the incident, and the KHL told ESPN they have not been aware of or received a complaint in relation to any incident involving Panarin in December 2011. Former teammates have come to his defense, including Panarin's old road roommate Mikhail Anisin, who Nazarov said was present on the night of the incident. Anisin told the Russian reporters when questioned that the "maximum that could be Pan-



Jack Gillen / Terra Nova times

Artemi Panarin shows support for Russian opposition leader Alexei Navalny.

arin slightly pushed one of the girls away," but insisted "there were definitely no blows."

Panarin, a native of Korkino, Russia, has openly opposed Vladimir Putin in recent years and has shown support for Russian opposition leader Alexei Navalny, something Nazarov has criticized him for in the past. Panarin posted a photo of

Navalny ahead of planned protests in Russia, with a caption that translated to "Freedom for Navalny." Navalny recently put out a message on YouTube to his supporters: "Don't be afraid. Take to the streets. Don't do it for me, do it for yourselves and your future."

Current teammates have also vouched for Panarin's charac-

ter. "He's definitely a leader," defenseman Ryan Lindgren said. "As a young guy, he's someone that we look up to. In the locker room, he's a guy that keeps it upbeat and gets us going." Panarin was reunited with the Rangers last Wednesday. After being gone for more than two weeks, he's now focused on moving forward.

Drew Robinson shows the mental toll baseball can have on athletes

By Miguel Valdes
Times staff writer

Drew Robinson, a member of the SF Giants organization, shared his path of healing after an attempted suicide that left him without his right eye. The 28 year old, who was drafted by the Texas Rangers in 2010, made his major league debut for the team in 2017, before being traded to the St. Louis Cardinals in 2018. He attempted suicide one month into the pandemic, on April 16, 2020. In a documentary by ESPN, Robinson discussed the 20 hours that followed after the attempt. "I'm here for a reason," Robinson said in an interview with ESPN following the premier of his documentary.

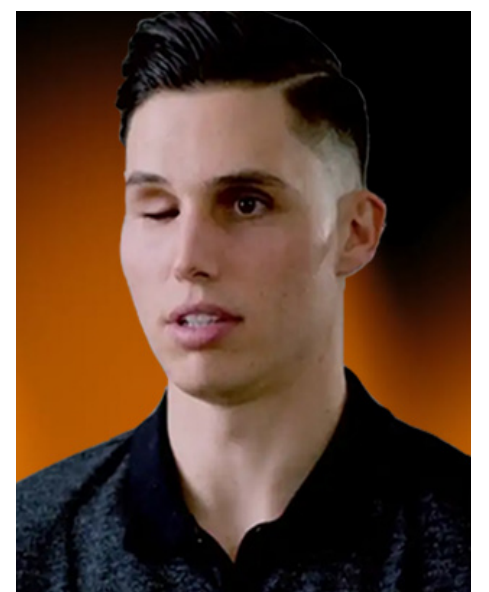
Robinson shot himself in the right side of his head at his home in Las Vegas, Nevada. He survived the gunshot,

but didn't reach out for help for hours. He detailed spending time laying on the floor, showering, and even brushing his teeth despite his head wound. He woke up the next day, spending hours deciding between calling 911 and shooting himself again. He told ESPN he ultimately realized, "I want to live."

Robinson struggled with his mental health for years. When he was drafted as a teen, Robinson said he wasn't mentally prepared for the toll professional baseball would take, particularly being promoted and demoted frequently from the Rangers and their minor league affiliates. Evidently, this led to more emotional distress. When he was released by the Cardinals in 2019, he said his depression and suicidal ideation worsened. At that point, he realized he needed to seek help and began seeing a therapist and reading self-development books. Still,

though, he questioned every decision he made and every relationship he had.

Robinson was signed to the minor league affiliate of the Giants, but due to the pandemic, the season was canceled. After his attempted suicide, Robinson was hospitalized for a ruptured right eyeball, a fractured frontal sinus, which caused leakage of cerebrospinal fluid that had to be repaired, and an exit wound above his left cheekbone. He'll now wear a prosthesis where his right eye was. Robinson is going to therapy and has developed wellness routines including meditation and began practicing baseball again in July. The Giants re-signed him for the minor league in November. Though he is still dealing with depression, Robinson said he's learned to not hold back from expressing his thoughts and feelings, and his story has given hope to both athletes and others struggling with mental health.



Jack Gillen / Terra Nova Times

S.F. Giants player Drew Robinson after his attempted suicide.

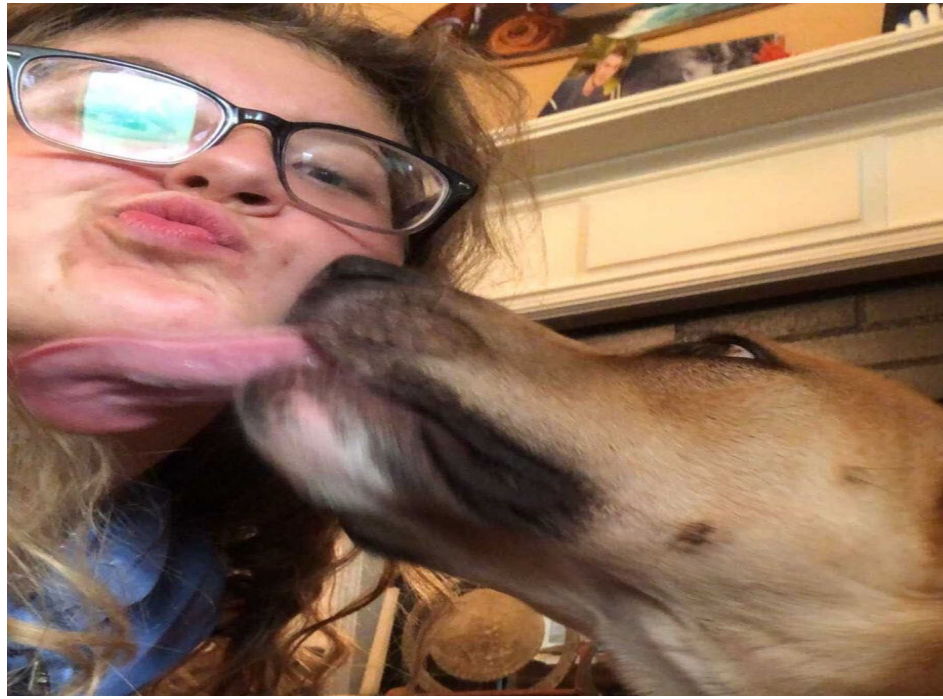
Start tiny to develop better habits

By Sophie Phelps
Times staff writer

Breaking old habits and developing new ones can be a difficult task, but there are ways to work around mental blocks to help you achieve your goal.

The way the brain perceives and develops habits is fairly simple. A habit begins with a cue, followed by the behavior, and then ends with a reward. For example, you most likely have one activity that you do immediately after logging off of Zoom, in which case logging off is the cue, whatever task or activity you perform is the behavior, and the reward at the end is what tells your brain to continue this behavior. Changing habits starts with identifying what you want to change and using cues that already exist (like logging off of Zoom) to trigger a new or modified behavior.

Dr. BJ Fogg, the founder of the Behavior Design Lab at Stanford, explains in his book “Tiny Habits” that the trick is figure out what you want to change and then where that new behavior fits. Then, reduce that behavior to its tiniest piece. “Take a behavior you want, make it tiny, find where it fits naturally in your life, and nurture its growth. If you want to create long-term change, it’s best to start small,” he writes. In a recent NPR



Courtesy of Ella Boldt

A cute dog is a great cue if you want to start a dog-cuddling habit.

podcast, he explained that he wanted to increase the number of push-ups he was doing, so every time he pees, he does two push-ups after. Going to the bathroom is his cue to do a tiny habit — two push-ups.

On a neurological level, your brain makes connections that tell it how much energy it needs to be exerted on a specific task. When these connections are

strengthened, by means of repetitive use, your brain recognizes that it must exert less energy on these frequent actions in order to conserve the overall health of your body and optimize energy use. In other words, the more often you do something, the less energy it takes and the more it’s just habit.

James Clear, author of the book

“Atomic Habits,” emphasizes the importance of starting small with habits. “The reason that we want to start incredibly small is that there is some type of friction in the beginning, and the bigger the habit is the bigger the friction is to start that behaviour,” he writes. If you try and go from not working out at all, to working out for two hours a day, you will quickly get discouraged. However, if you start small with ten minutes, and slowly build the time as you become accustomed to your new habit, you will see tremendous results.

History teacher Mr. Karkazis is a perfect example of the dedication to a healthy habit paying off. “One positive healthy habit I’ve developed during this time is in the morning I wake up and run 2 miles and do three sets of 25 push-ups. Do I look any better? No. However, I feel a lot better,” he said. Staying on top of his goal and supporting a healthy habit has benefited his overall health and allowed him to feel good.

Finding a beneficial way to develop a new behavior is extremely important because it will contribute to your overall happiness and healthiness. Terra Nova student Ella Boldt (11) talks about a recent resolution that she has been practicing, “I try and hang out with my dog for ten minutes a day, whether it be just cuddling or going on a walk.”

When mental health declines, take some action

By Nicole Garrett
Times staff writer

Society is now realizing the immense negative mental impacts on everyone during the pandemic. Mental health deterioration can lead to mental illnesses, such as anxiety and/or depression. Medication is a very common treatment for mental illness, but is not the only way to treat it. There is no specific correct way to deal with mental health troubles, but facing the problem is key.

Psychiatrist Daniel Irby mentions the correlation between COVID and mental health by saying, “I noticed fairly quickly that my schedule was getting filled much quicker, and I have started seeing a lot more patients during the COVID lockdown, and I do believe that there is a direct connection to declining mental health



Courtesy of Callie Banta

A gratitude journal can help you get in the right mindset.

rates, and the Coronavirus.” Medications can help. Antidepressants help combat the effects of both anxiety and depression. The main purpose of antidepressants is to try to re-

store the balance of serotonin levels in the brain. Antidepressants can come with side effects, including drowsiness, nausea, insomnia, dry mouth, and increased appetite, but these generally diminish over time.

For less serious situations, there are a plethora of other ways to deal with negative mental health. Therapy is an extremely useful resource to people that prefer talking through their situations in order to relieve stress and get help. There are many different types of therapy, such as meeting in groups of people who share similar problems to learn about their coping methods.

Meditation is another common coping strategy. Student Callie Banta enjoys meditation. “Meditation really helps me relax, and while I meditate, I also burn my incense to stimulate my senses. Once I’m done, I do a quick mindfulness journal

to set me in a better mood,” she said. Meditation reduces stress, boosts one’s self-esteem, and improves concentration, and even short sessions just minutes long are helpful. Journaling can help you work through emotions and clear your head.

Keeping yourself busy with friends, family, or hobbies is also a healthy and effective technique. Isolation is what allows intrusive or negative thoughts to happen. Therapist Christina Balistreri explained, “Isolation now is very common because of COVID, and it has unfortunately caused many people to develop symptoms of depression. It is very important to be social, as it can cause one to feel lonely, and can lead to mental health issues.”

Call: National Suicide Prevention Lifeline: 1-800-273-8255
National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-6264

Mind over matter: positive affirmations actually do work

By Maya Orsi
Times staff writer

The idea that our mind controls parts of our destiny seems overwhelming and far-fetched to many people at first. However, psychologists everywhere have looked into the brain’s response to daily affirmations and have found that the power of positive thinking is real.

The muscles in our body all have memory. For example, if you keep teaching your body to cartwheel, it eventually remembers how to cartwheel on its own.

Many researchers point to this muscle memory when discussing affirmations and how we can train our mind. Wellness Author Megan Holstein states in a “Medium” article, “When you do affirmations, you are teaching your brain a new way to think about the world. This changes what your brain processes on your behalf, leading you to see different things and have different thoughts, until the landscape changes so much that you get what it is you affirmed.”

According to Leena S. Gupta from “Psychology Today,” a group of researchers hypothesized that self-affirmation

would activate brain reward circuitry during functional MRI (fMRI) studies, the section of our brain that recognizes when actions lead to positive outcomes. Their findings suggest “that self-affirmation may be rewarding and may provide a first step toward identifying a neural mechanism by which self-affirmation may produce beneficial effects.”

Students at Terra Nova have also noticed the benefits of affirmations in lives. Ana Santana (10) describes the routine she typically follows: “I usually do self love manifestations, and the long-term benefits I find are having more clarity and no-

ting more signs throughout my days.”

Terra Nova Junior Emma Hall, who has been practicing affirmations suggests, “I would recommend doing a slow start because it’s important to make mistakes and learn to do it your own way so it’s comfortable for you. It is a very good habit to get into, though, and I would encourage it for everyone.”

Many people subscribe to daily affirmations through social media, while others use their own prompts and place them around their space, such as post-its with positive messages; there are countless resources available to look into.

The dangers of a victim mentality

By Maya Orsi
Times staff writer

In the past several years, more focus has been placed on the mental health of our youth as issues regarding depression, anxiety, and other disorders are being normalized. Although this openness about mental health issues has helped to create a healthy dialogue, there are concerns of a dangerous victim mentality amongst younger generations.

According to National Vital Statistics Reports, “Between 2007 and 2018, the national suicide rate among persons aged 10–24 increased 57.4%.” While this increase is real and concerning, it seems the environment online has created a bad habit of glamorizing the issues; this concern isn’t new, though. Back in March of 2017, the controversial series “13 Reasons Why” came out on Netflix. Many mental health professionals warned that this series, following a young girl who commits suicide, spreads a victim mentality. Psychologist Sarah A. Benton for PsychologyToday wrote that “‘13 Reasons Why’ may have received a lot of media



Gina Lee / Terra Nova Times

Having a victim mentality stands as an obstacle to your own success.

attention, but it is unfortunate that it was not written and produced in a way that truly provided information about suicide prevention, mental illness, and substance usage that most often contribute

to suicide. Instead, the audience walks away with their head spinning in a cyclone of blame towards others, feeling haunted by a lead character that blamed all those around her for her choice,

and the idea that suicide is an effective way to communicate hurt feelings.”

Although the show agreed to add more viewer discretion warnings, its plot still perpetuates the concept self pity victimization, which can lead to the glorification of unhealthy habits and even suicide. Whereas before it was taboo to struggle with these issues, many disorders are now glamorized as the next trend or challenge.

While Terra Nova students recognize the problem, they don’t want to speak on the record for fear of being perceived as insensitive. One senior said, “I am happy more people our age can talk about their mental health struggles, but there definitely is a victimization problem. On TikTok, I always see jokes about serious things like that, and it seems like everyone just wants to struggle in a way. It kind of makes it harder to reach out when you are in a bad place, because it’s no longer taken seriously.” A sophomore said, “I see it in my friends too. Like they aren’t ready for life to be unfair to them because they get offended by every little thing.”

This toxic environment is a failed attempt at creating a safe space. There is a fine line between having open discussion and glamorizing very dark topics.

A solar future is a bright future

By Justin Arnaudo
Times staff writer

The financial and environmental benefits of solar energy have led it to worldwide popularity, and within the next decade, it’s expected to become an even larger business, advancing the energy and technology industries.

Solar panels capture light from the sun and convert it into energy that can be used to power anything, from home appliances to company power grids. The sun acts as a giant nuclear reactor that releases things called photons, which are light. After the sun creates these photons, it takes approximately 8.5 minutes for them to reach Earth, where solar panels can then capture them and convert them into usable energy. Solar panels are primarily made of silicon, so when the photons hit the solar panels,

the electrons in silicon generates usable electricity. Once this process becomes more refined, solar panels could very well become the number one source of electricity in the world.

In recent years, solar energy has made major strides as a business. According to CEO of NEXTracker Dan Shugar, “In 2019 solar was the most installed new energy source in the world... All of PG&E produced 20 giga watts, NEXTracker founded in 2012 produces 40 giga watts.” Companies like NEXTracker have been able to make incredible feats in a relatively short amount of time with just solar.

Solar has also overtaken other energy sources, such as coal. Shugar continued, “Twelve years ago coal produced over half the power in the U.S. Now coal only produces 15% ... In 5 to 10 years coal will most likely be gone.”



Texas.gov

From home panels to entire to solar plants — solar is the future.

That is a big deal considering the fact that the energy industry is the largest in the world and the biggest source of greenhouse gasses. Even though it may not

be visible to everyone, solar has made a massive impact on the world and will continue to do so.

With climate change being a real threat, hopefully solar will

become cheaper and more efficient, allowing it to not only become the number one source of clean energy, but the number one source of all energy.

Drive-in movies: a COVID-safe outing in Pacifica

By Kaitlynn Lamb
Times staff writer

In the myriad of accommodations made due to the COVID-19 pandemic, Beach Break Entertainment opened up a Drive-In Theater to give people the movie experience we all miss, and luckily, they have come locally to Pacifica Sea Bowl lot. Their attraction has sold plenty of tickets for friends and families to enjoy quality time with one another, all while staying safe.

Julie Mell, owner of Beach Break Entertainment, spoke about running these theaters during the pandemic as she said, “We are thrilled the city of Pacifica has embraced us, and we are



Courtesy of Julie Mell

BBE at the Sea Bowl Parking lot.

working closely with local community groups to help them raise money since Fog Festival is no longer bringing them the income they were used to receiving.”

Opening up a drive-in theater had al-

ways been a dream of Mell’s. “Offering a drive-in that safely allows our community a fun night out for a bit of nostalgia and joy seemed like the perfect marriage to my career and dreams,” she said.

So far, students are intrigued by the drive-in. Jessica Causey (11) said, “I have never been to a drive-in, but I do think it would be really fun, because it’s not that common anymore. And the most important part of a movie is definitely the snacks and the people, it’s part of the experience!”

Being in a pandemic, Mell has made customer safety a top priority. “We not only require masks for anyone outside of their cars, but use of gloves for any concessions we might sell,” Mell assured. “We have also noted

social distancing signage and markers for anyone exiting our restrooms.”

Alongside caring for her customers’ health, Mell also cares for their physical safety. Her drive-ins also have private security at all events and give police and fire departments notice before each screening.

Beach Break Entertainment works with the city and county to decide the best way to position cars in their drive-in movies, so once you settle into your parking spot, you can let the theater do the rest. Additionally, Mell explained, “Our audio is all projected through FM car stereos and an FM transmitter.” Be sure to check out Beach Break Entertainment’s website for additional information about showtimes and movies at <https://www.beachbreakentertainment.com>.