

JUHSD restarts sports

SEASON 1 SPORTS:

Cross country, Volleyball, Football, and Cheer

SEASON 2 SPORTS:

Golf, Track and Field, Soccer, Baseball, Softball, Badminton, Basketball, and Wrestling

SPORTS CLEAR FOR

RETURN: Football, Golf, Track and Field, Soccer, Baseball, and Softball

SPORTS CLEAR FOR

OUTDOOR CONDITIONING ONLY: Basketball, Wrestling, and Badminton

By Miles Palmer
Times staff writer

On Friday Feb. 19, California governor Gavin Newsom announced that outdoor sports, including ones with contact, were being given the green light to resume and compete. The old system, which only let certain sports be played in counties in a certain tier, was thrown out. According to an LA Times article, outdoor non-contact and contact sports can now be played in counties that have COVID-19 case rates at or under 14 per 100 thousand people. However, at the time that Newsom's decision was made, Jefferson Union High School District had already opted out of the Season One

sports that were now approved. After a five-hour long board meeting last week night in which many different parents, students, athletes, and alumni spoke in favor of resuming sports, the Board of Trustees gave the approval for Season Two sports and football to start up starting on Mar. 8.

Only football is being included out of the Season One sports, the reason being that all other Season One sports have already been playing since Feb. 16 with each sport ending either Mar. 18 or 23; therefore, it is too late for schools in JUHSD to begin even an abridged season for those Season One sports. Teams need two weeks of practicing before they are allowed to compete, and given that teams cannot start practicing until Mar. 8, there is not time for JUHSD teams

to fit in any games or meets. However, the Peninsula Athletic League, which includes both Jefferson High School's and Terra Nova's football team, has its football season starting Mar. 12 and ending Apr. 17. Although Jefferson and Terra Nova won't end their two weeks of practice until 10 days after the Mar. 12 start date, the PAL will still be able to fit Terra Nova and Jefferson into the previously made schedules. Instead of having a bye week, other schools will now play Jefferson or Terra Nova on that week in each respective division.

As for our student-athletes, they are more than excited to be playing the sport they love after being out of the game

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Victor Wu / Terra Nova Times

Johnson & Johnson shot approved by FDA

By Kyle Gossage
Times staff writer

On Feb. 27, 2021, the single-dose Johnson & Johnson COVID-19 vaccine was formally approved for use in the United States. It was formulated by the Janssen pharmaceutical company, which is owned by the umbrella company of Johnson & Johnson. The vaccine has gone through all the necessary trials and has recently been authorized for emergency use in America for ages 18 and up.

The J&J vaccine has many benefits over the Moderna and Pfizer ones, as it does not need to be kept as cold to be effective and can be stored in a fridge instead of a freezer. This allows easier distribution of the vaccines across the country, especially in more rural areas. The vaccine also requires just one dose, unlike the previously approved vaccines, which required two separate doses spaced apart.

The vaccine is slightly less effective than its previously approved counterparts, but still prevents nearly all severe cases. Dr. Fauci said, "If you go to a place and you have J&J, and that's the one that's available now, I would take it."

While some may be put off by J&J's slightly lower effectiveness rate, no participants in the trials had to be hospitalized, and there were no deaths. Additionally, unlike the Pfizer and Moderna vaccines, the J&J vaccine was tested in countries like Brazil, the UK, and South Africa, all of which have particularly concerning variants.

The Food and Drug Administration said, "The trials found the vaccine was 85 percent effective at preventing any serious illnesses caused by the coronavirus, and it was 66 percent effective at preventing moderate cases." Johnson and Johnson plans to provide over 100 million doses in America alone by the end of June. The European Medicines Agency said, "We could approve this vaccine for the EU in early March, with a speedy rollout to follow."

The Covax Scheme, led by WHO to support vaccines for poorer countries, plans to order 500 million doses for distribution, and yesterday, the Biden Administration announced that it had brokered a deal for Merck, another pharmaceutical giant, to partner with Johnson & Johnson to boost manufacturing of the J&J vaccine, allowing President Biden to announce that all American adults will have access to the shot by May.

Private schools start reopening

By Sophie Phelps
Times staff writer

With restrictions constantly fluctuating, it has been hard for schools to determine whether or not it is safe for them to reopen. You may have heard about a few private schools going back to in person learning, which poses the question: will Jefferson Union High School District schools be reopening, too? The answer is yes, but not so fast.

Public schools face a lot more restrictions and must follow state and county guidelines in order to reopen. Private schools, on the other hand, not only have more money at their disposal, but have more leniency in terms of guidelines and can adopt their own protocols that allow students to safely return to school.

These procedures and planning that private schools are able to implement are often very costly and require a lot of coordination, as well as funding. Due to this, it makes it extremely hard for public schools to follow suit with these same procedures. High tech temperature scanners and extra janitorial services are expensive, but these costs are not issues for private schools.

In addition to the lack of funding, public schools tend to have a much larger



Courtesy of Peggy O'Brien

Schools like St. Ignatius are now able to have some students on campus.

student body. This not only means more students on campus, but it also means larger class sizes and more logistical issues. Creating a safe environment for a private high school with 400 students is much easier than trying to figure out how to keep 900 students safe and socially distant, let alone schools like Jefferson that have well over 1,000 students.

In a recent message sent out by the JUHSD superintendent Toni Presta, she expands on this idea. "Once finalized,

the plan [the Return to School Plan for Hybrid Instruction] will be approved by the San Mateo County Office of Education, the Board of Trustees, and agreed to in a Memorandum of Understanding (MOU) with our employee union."

San Francisco is beginning to reopen private high schools and finding ways to work around the numerous issues that the pandemic has caused. Lick Wilmerding

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Tiger Woods crashes, in recovery

By Jack Gillen
Times staff writer

Tiger Woods is one referred to by many as the greatest golfer of all time. He is a 15-time major champion and has won 82 PGA tour tournaments. He has also won five green jackets over his career, winning his first Masters in 1997 as a twenty-one-year-old and winning his most recent one in the 2019 Masters. Unfortunately, at 45 years old, Tiger Woods will face one of the toughest challenges of his career after a severe car accident that completely totaled his car and required emergency surgery on Woods's leg.

Woods has had trouble with driving in the past and pleaded guilty to reckless driving in 2017. The deputy that arrived on the scene first, Carlos Gonzalez, said "Tiger was able to speak to me lucidly" and was "incredibly calm." His ability to remain calm, however, was most likely due to shock, because when he awoke from surgery, he had no memory of the crash at all. Tiger Woods will be okay, and his condition is stable, but his future



Jack Gillen / Terra Nova Times

Tiger's crash shocked the golf community, but it could've been far worse.

in golf is very uncertain after his accident. He suffered a compound fracture of both bones in his right leg, but the leg was crushed by the impact of the accident, leading to foot and ankle fractures as well. He has already had multiple surgeries and had a rod inserted in his leg.

Tiger Woods has had five back surgeries, his latest being last December. He was already working on returning to the course before the accident. With the multiple leg surgeries and uncertainty on how his physical therapy will go, only time will tell if Woods will return to golf.

Dr. Jeremy Faust, the emergency physician working with Woods, said, "He is still in that acute phase where they may still have a lot of work to do in the present, in moments, in days to come... it's unclear to me whether he will be going back to the operating room or not." Woods has also already had leg injuries in the past, including an injury to his left Achilles tendon at the Masters in 2011.

It is unclear what will happen and other procedures he might need. Even if he recovers, it will be a long time before Woods can swing a golf club at full strength. Some people believe that his career is over and that no one could recover from something as significant, but people also said the same thing about Alex Smith after his devastating leg injury, but he was able to return to sports thanks to the advancements of modern medicine and therapy. Woods has proven to be one of the hardest working athletes in the world, and many believe he will fight to make it back to the golf course someday. His fellow competitors, friends, family, and fans wish him a full recovery and hope he can continue doing what he loves.

How COVID-19 affected sports scholarships

By Jack Gillen
Times staff writer

Getting an athletics scholarship during a regular school year can be hard enough, but it has been nearly impossible for high school senior athletes to get recognized by colleges because of how Coronavirus has affected the high school sports world. Some states have yet to allow student-athletes to play sports, while others had only a slight delay to their seasons. With some kids playing sports and some not, this created an unfair scouting process for students.

The NCAA has a list of requirements that student-athletes have to meet, such as their GPA, but meeting them does not guarantee that a school will offer a scholarship. The coaches of the colleges decide who they want to offer a scholarship, and they do this by evaluating talent from the athlete's performances in competitions. With some students compet-

ing this year and some not, the scouting process has not been fair for everyone. However, every high schooler's scholarship opportunities have been limited by the virus this year.

One of the obvious impacts that student-athletes have felt is the closing of schools and the cancelation of sports seasons. Not being able to compete drastically decreases any chance of getting a scholarship. Terra Nova senior Luka Goncharov had a good chance at getting a scholarship for swimming, but when he found out that he would not because of canceled and delayed seasons, he said, "It felt disappointing and I felt so powerless...to have that taken away from me made me feel very worthless, and I was very frustrated with the situation as a whole." Colleges are less interested in past years' performances unless someone had an amazing year, instead looking to schools that did not cancel their seasons. However, even though some student-athletes did com-



Courtesy of Luka Goncharov

When springs sports were canceled last year, Luka lost a chance to showcase himself.

pete, they might not get a scholarship when they would have obtained one in a non-Covid year.

Some colleges may not need new student-athletes because the NCAA has extended an extra year of eligibility in Division

I schools. Some athletes will move on from college, but spots that would open up for new students will be limited. West Virginia athletic director Shane Lyons, who is the chair of the Football Oversight Commit-

tee, said, "The eligibility piece, without question in my mind, this is a win for them(athletes)." It may be a win for the College athletes, but it is a huge loss for

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EA Sports announces new college football game, first since NCAA '14

By Miles Palmer
Times staff writer

After years of an Electronic Arts "NCAA Football" drought, the fan favorite game is returning, and video game and sports lovers everywhere are rejoicing. On Feb. 2, EA Sports and the NCAA announced that they had reached an agreement to continue the game after the NCAA chose not to renew its licensing contract with EA more than seven years ago. The NCAA ban on student-athletes making money from their name, image, and likeness in college is the reason why the game was discontinued in the first place.

As of now, the game will not include real-life rosters from the colleges. This is due to that same rule of how no student-athlete can make money off of their name, image, and likeness. In older "NCAA Football" games, there were no real-life rosters, but the players in the game were practically identical to those college football players in real life. It is near certain that there will not be as small of a difference between the real college athletes and those in the video game in the new EA game.

As of now, Notre Dame and Northwestern are the only two colleges that have opted out from being represented in the video game, but others may fol-

low in their footsteps. Another change that is being made is in the name. Instead of the original NCAA Football name, it will now be called "EA Sports College Football." Despite these changes, fans everywhere are just happy they get to play the game that they love, especially after years of begging for it.

"As we look for the momentum that we're building on in sports, it all starts with the passion of our fans and the opportunities of what they are interested in. I don't think there's a visit where I go outside wearing a piece of EA Sports-branded apparel that someone doesn't go, 'Hey, when is college football coming back?'" EA Sports General Manager and

Vice President Todd Sitrin told ESPN.

Fellow Terra Nova students enjoyed the game throughout their childhoods and are some of those who helped push for the new video game. Junior Tyler Parker expressed joy for the new game being released, saying, "I'm pretty hyped about the game coming out again. I'm really looking forward to playing the dynasty mode that they have." The dynasty mode was a staple of the game and a huge part of why fans wanted the game to be brought back.

Whether it looks like the game we remember or not, "EA Sports College Football" is on its way to video game consoles everywhere soon.

Trevor Bauer signs record contract

By Miles Palmer
Times staff writer

The MLB free agency period is off to a hot start after the blockbuster signing that happened in early February. Former Cincinnati Reds' Pitcher Trevor Bauer signed a 3-year, \$102 million dollar contract with the Los Angeles Dodgers, making him the highest paid player in baseball. Bauer was one of the biggest free agents on the market and is now headed to the reigning World Series champions.

Bauer is a huge addition to a Dodger pitching crew which is already loaded with players like Clayton Kershaw, Dustin May, and David Price. Bauer already had connections to LA, as he played high school ball in Santa Clarita and pitched at UCLA in college, but there was something more that furthered his decision. "I wanted to be on a team that had a chance to win a World Series," Bauer stated. "I wanted to be on a team that viewed me as

being [part of a] partnership and was willing to work with me on things, I'm willing to work with them on things and we can come together and do something great. So everything that I was looking for in a home is here."

In the past, Bauer has stated that he would only ever sign one-year contracts with teams, a decision that, according to insider Jeff Passan, was because, "[H]e made a bet with a friend: if he ever signs a multi-year deal, the friend gets to shoot him in the nuts with a paintball gun from 10 feet away." However, becoming the highest paid player in baseball has a way of shuffling one's priorities, and he will likely have no problem affording a couple ice packs with his new contract.

In the condensed 2020 season, Bauer hosted a solid 1.73 ERA on the Reds while earning himself the Cy Young Award for the National League. With the Dodgers already being one of the best hitting teams and having a solid pitching core even



Miles Palmer / Terra Nova Times

Bauer now joins an already star-studded cast in LA, much to the dismay of Giants fans.

without Bauer, it is scary to fans and teams around the country as to what Los Angeles will be able to do this upcoming season.

While fans who do not live in LA may be frustrated with the signing, Dodgers fans are rejoicing that their team landed such a big free agent target. Terra Nova's Kevin Lorencillo (11) is a die-hard Dodgers fan who was

exuberant at his team's signing. "Knowing that Bauer is a great pitcher and coming off a season where he won the Cy Young Award says a lot about him," Lorencillo remarked. "Adding him to the Dodgers rotation with two former Cy Young winners, Kershaw and Price, is like a dream come true." Lorencillo thinks the sign-

ing will heavily contribute to his beloved team's success: "After this, I'm pretty confident that they will win it all again this year," he boasted.

Despite many local Giants fans' dismay at this development, one can only hope that this just adds more fuel to the fiery rivalry and hopefully inspires the Giants to keep pace.

March Madness set to tip off amidst COVID

By Miles Palmer
Times staff writer

When the NCAA shut down their beloved March Madness Tournament a year ago, fans everywhere were devastated. Players were sad they could not display their talents and face competition unlike any other, and the brackets were busted before the first game was even played. However, this year, March Madness will happen, although it will be very different than it has any other year.

For one, there will be fewer fans. The NCAA is allowing 25% capacity in each game at its arenas. Most of the games will be played in Indianapolis, while all of the games will be played in the state of Indiana. Teams will be in a bubble-like setting, similar to how the NBA played their games last summer. All of the games happening in only one location is very different from what we have seen in the past, where games were played throughout the country.



Jack Gillen / Terra Nova Times

Despite the circumstances, the NCAA is still anticipating for a good tournament. "The 2021 version of March Madness will be one to remember, if for no other reason than the uniqueness of the event," NCAA senior vice president of basketball Dan Gavitt remarked. The teams for the

tournament will be selected on Selection Sunday, Mar. 14. The first game of the tournament will be played that following Thursday on the 18th, and the championship game happens on Apr. 5. Teams like Gonzaga, Baylor, Villanova, are looking to be the front runners of this year's

tournament. No matter who is at the top, though, previous tournaments have shown all of us that you cannot count out those Cinderella teams that can pull off insane upsets and make surprising runs.

"I am very excited for this year's tournament," junior Garrett Bauer said, "and I'm really excited to do well and hopefully better than my friends in our bracket competition." Filling out March Madness brackets is a traditional past time, and with not much else to do in a global pandemic, it is almost certain there will be an increase in completed brackets. Because of there being fewer fans in attendance, Bauer feels that the only thing that will change is the atmosphere at the arena between the players and coaches. "Other than that, the watching experience will not change," Bauer said.

Even though this year's March Madness will be different, teams will showcase phenomenal basketball. The intense late game showdowns will still happen, and most importantly, fans everywhere will still get to try and pick the perfect bracket.

Many NFL greats hang up the cleats and retire after 2020 season

By Jack Gillen
Times staff writer

Every year in the NFL, players retire. Most of the time, it's because their bodies can not continue to perform at a high level — they become injured to the point that it becomes too painful to continue or they can not compete like they used to. Although retirements are common in football, the end of the 2020 season had a significant amount of future Hall of Fame players walking away from the game. One player that has already

confirmed retirement and is almost guaranteed to enter the Hall of Fame is Philip Rivers. Rivers was one of the best Quarterbacks to play the game and was the face of the Chargers organization for 16 years before moving to Indianapolis for his final season. He gave everything he had for the organization and even played through a torn ACL at one point in his career. He is also famously known for his trash-talking — as JJ Watt, former defensive end for the Texans, said, "I'll never forget lining up for a play, and Phil pointing to one of our line-



Jack Gillen / Terra Nova Times

Many great NFL players have, or soon will, call it a career.

backers and telling him he was lined up wrong based off the blitz we were about to run and being 100% correct about it."

Another future Hall of Fame quarterback likely retiring from the league, although currently unconfirmed, is Saints Quar-

terback, Drew Brees. Zach Allen (11) is already preparing for Brees's absence next year. "I'm going to miss Drew Brees because he was always a good player and put everything on the field, everything that he's got and he has changed the game a lot," Allen said.

As one of the best quarterbacks of all time with multiple records in the record books, Drew Brees is locked in as a first-ballot Hall of Famer. He did not say he was going to retire, but after multiple injuries

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How those winds create the waves

By Justin Arnaudo
Times staff writer

Every weekend, hundreds of people flock to beaches across the coast to enjoy the surf, as it's a challenging solo sport that can be enjoyed all year long. While surfing is a great sport, there are some things people need to know before beginning. In order for proper waves to form, the weather has to be calm and the geography of the ocean floor has to have a certain shape for good waves to break. In our country's current state, it's also crucial to be aware of COVID guidelines and safety protocols to lessen the spread of this virus.

Waves are generated by storms hundreds or even thousands of miles away. There are two different kinds of swells. The first is a ground swell, which is where the energy that creates waves travels under water. These swells are typically the more powerful of the two. The second is a wind swell. This is when the energy that creates waves is generated by wind from a far-away storm.

Winds can be either onshore or offshore; offshore waves are ideal for surfing if the



Justin Arnaudo / Terra Nova Times

Shallow waves in Pacifica are the perfect catch for beginners.

waves are a little bigger with more power because it can make them barrel. An article from Surfer Today stated that offshore winds "have the ability to soften the face of the waves and make it easier for surfers to draw lines and perform tricks on

them." Local Pacifica surfer Donovan Potter (11) said, "When the wind is too onshore, it makes the water choppy, making the waves harder to catch and surf."

Waves break when a swell hits shallow water and builds the energy to cre-

ate a wave. When a swell suddenly goes from deep to shallow water, that allows the wave to barrel; when a swell gradually goes from deep to shallow water, this makes for an easy wave to catch. It's important to look for waves that move diagonally forwards in one direction because this means the bottom of the ocean is deep where the wave is not breaking and shallow where it is breaking. For a wave to do this, it must be next to deeper water than what it is breaking on.

Rip currents are another thing to beware of while surfing. The National Weather Service said, "Rip currents form when waves break near the shoreline, piling up water between the breaking waves and the beach. One of the ways this water returns to sea is to form a rip current, a narrow stream of water moving swiftly away from shore, often perpendicular to the shoreline." When there is a reasonably big swell, never swim where there are no waves because it's most likely a rip current that can pull swimmers out to sea.

Social distancing is still crucial to prevent spreading COVID-19, so surfers must be more alert and conscious of others when paddling, surfing, and walking to the beach.

Makeup wipes: the bad outweighs the good

By Leila Eliares
Times staff writer

For centuries, men and women have used makeup to enhance their features, express themselves, and be creative. However, every makeup application eventually has to be removed. One common way to remove makeup is by using a facial wipe. While convenient, cosmetic wipes are not only detrimental to your skin, but they also negatively impact the environment.

First, makeup wipes do a poor job of properly cleansing your skin and effectively removing makeup. Amber Rambharose from Glamour said, "Mostly, they smear around whatever makeup, dirt, and dead skin is hanging out on your face, leaving a trail of irritated skin in their wake." Failing to remove oil and dirt from your face will create buildup, clogged pores, and breakouts.



Courtesy of Lauryn DelMoral

Micellar water is just one alternative to makeup wipes.

Additionally, these wipes have a variety of chemicals such as surfactants, which break down makeup, along with solubilizers and emulsifiers to help bring oil, dirt, and makeup out

of pores. These ingredients do not help thoroughly clean your face, and they leave behind a thin residue of chemicals. Some companies also use alcohol as a way to further clean, but alcohol dries out your skin and causes the body to produce more oil to compensate for what was lost. Lauryn Delmoral (11) said, "I didn't have any irritation using makeup wipes, but I noticed that my acne wasn't clearing up until I stopped using them."

Turns out that makeup wipes aren't good for the environment, either. Composed of polyester, polypropylene, cotton, wood pulp, or rayon fibers, they can take up to 100 years to fully break down since the material cannot be easily composted or recycled. Often flushed down the toilet, makeup wipes block sewer drainage and also pollute the ocean. According to Marlen Komar from Bustle, "There are 7.6 billion pounds of wipes thrown into the landfill each

year, which add up to 1.3 billion wipes tossed each day. That's 20 million makeup wipes a day being thrown into the trash. This makes wipes the third most wasteful product in the world."

But don't worry, there are many eco-friendly alternatives to makeup wipes. Micellar water contains surfactants and glycerin, a moisturizing agent, mixed into purified water. To use it, simply dip a cotton swab or pad and wipe away makeup, dirt, and oil. Micellar water not only cleanses more effectively, but the absence of harsh chemicals make it gentle on skin; cotton pads and swabs are also easily compostable. Another alternative is reusable, cotton makeup wipes, where the only thing you have to do is wet it with warm water, and it's ready to use. There are also reusable cloth wipes with microfibers to deeply deep clean off all makeup. These can be found at beauty and retail stores.

The science behind ASMR

By Matthew Lim
Times staff writer

Ever have trouble going to sleep? Relaxing? Or simply wanting to focus? By triggering ASMR in your body, it's possible to alleviate these problems and more. ASMR stands for Autonomous Sensory Meridian Response, which Oxford Languages defines as a "feeling of well-being combined with a tingling sensation in the scalp and down the back of the neck, as experienced by some people in response to a specific gentle stimulus, often a sound." Naturally, there should be some sort of biological explanation to why the phenomenon happens and why it affects so many people in the same way.

Considering how ASMR has risen in popularity over the last few years with over 200 ASMR-related videos being released every day, it's no surprise that questions have arisen about how the sensation actually works. So what scientific reason, if any, is responsible for ASMR?

One possible explanation could be found in the way people were brought up from childhood. According to an interview with Shenandoah University professor Craig Richards, who runs a website exclusively for ASMR research, the development of touch as a child is instrumental to why people get satisfaction and relaxation out of ASMR. "When a newborn is born, the sensation that is the most developed and they receive the most information through is touch, and

the one that's least developed is sight," Richards said in a recent interview. The article also explains that gentle motions such as coddling or stroking brings back memories of such events, especially when performed gently; this form of recalling memory is likely why ASMR is so pleasant to so many people. Some of the most triggering ASMR sounds are whispering, tapping, physical touch, scratching, personal attention, and eating, which are sensations we experience as children.

However, what does the brain do when ASMR is being experienced? According to a study done by Dartmouth College students, ASMR triggers parts of the brain's cortex. In particular, the medial prefrontal cortex is activated, which is attributed to feelings of self

awareness, social cognition, and behaviors including grooming and taking care of one another. The study also says that the chemical oxytocin could be partially responsible for the tingling sensation a person experiences while watching ASMR. The students who did the study stated, "Oxytocin has been shown to bind to receptors in the mPFC (Medial prefrontal cortex) and mediate relaxation responses. The activation of the mPFC during ASMR may also suggest a potential contribution of oxytocin to the relaxing sensations during tingles."

All in all, it seems like ASMR isn't just tied to relaxation; there are multiple other factors associated with why people enjoy it, both personally and, as shown, scientifically.

Secret ingredients in deodorant

By Samantha Guerrero
Times staff writer

One of the most harmful chemicals that we put on our body is through the application of deodorant. If you think about it, it makes sense. Deodorant hinders your body's natural scent through the use of toxins; an antiperspirant and deodorant will clog your skin follicles so you won't sweat as much as your body requires. Here is a guide on why you should avoid these toxins and tips on what to use instead.

Triclosan: kills odor-causing germs; however, it mimics hormones and interferes with hormonal signaling, causing many health concerns, which has led the FDA to ban its use in hand soaps, although it is still permitted in other products.

Phthalates: helps extend the life of fragrance, but has the

ability to disrupt the endocrine system (that produces hormones) especially in men and can cause early onset puberty in females, which has been associated with breast cancer.

Fragrance: the ingredients in this are often unknown; however, some confirmed ingredients are synthetic musks and other substances for concern.

Aluminum: a common ingredient in antiperspirants that "plugs" sweat ducts; it can cause genomic instability, which means it has the ability to increase our cells' tendency to mutate and can increase the chance of tumor growth.

According to Made Safe, a program of Nontoxic Certified, these are only some of the known, unhealthy ingredients in deodorants. When buying deodorants, they advise "avoid products with 'fragrance' on labels. Products labeled as 'antibacterial' or 'germ-fighting'



Kandice Besinga

Essentials is a great brand of safe deodorant to use.

might contain triclosan. Double check the label to see if the deodorant contains natural antibacterials like tea tree and clove or harmful chemicals like triclosan. Skip the anti-perspirant. Antiperspirants often contain aluminum to reduce sweat-

ing. Our bodies are designed to sweat; it's a means of cooling down. Look for the MADE SAFE seal. MADE SAFE certified products are formulated without ingredients known to harm people or the planet."

Dr. Jaliman, board-certified dermatologist and author of Skin Rules, has many recommendations for deodorants with natural ingredients. Some of these brands include Vanicream, Alamy, Crystal, Hello, and Native. She said, "I'm a big fan of the Native brand and actually use it myself...Tapioca starch keeps you dry, shea butter and coconut oil keep your underarms moisturized, and baking soda keeps odor away."

Terra Nova junior who swears by natural ingredients, Kandice Besinga (11), stated, "I use a deodorant with natural ingredients because I've heard it's just better for me and the environment, and it still smells good."

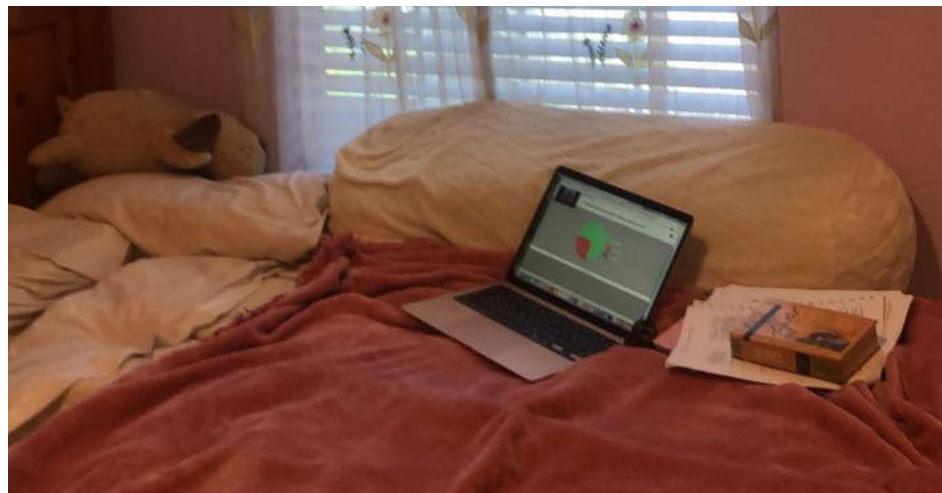
Want to clear your mind? Clear your space

By Naomi Sanft
Times staff writer

With the pandemic keeping people indoors, it may be time for many to declutter and redecorate as living spaces can affect mental health.

"A dramatic reorganization of the home causes correspondingly dramatic changes in lifestyle and perspective. It is life transforming," said author of "The Life-Changing Magic of Tidying Up," Marie Kondo. The KonMari method for decluttering is based on the idea that only items that "spark joy" should be kept. In other words, every item in your space should make you happy.

Switching to a minimalist lifestyle can boost energy and self esteem. A 2011 study at Princeton University found that physical clutter has a negative effect on both concentration and motivation. Additionally, materialistic values decrease gratitude, leading to unhappiness and dissatisfaction, according to Psychology Today.



Isabella Didonato

Even just making your bed can be the start to clearing your space.

A similar approach to living spaces can be seen in the Chinese art of Feng Shui. Feng Shui works under the same ideology, that physical space affects our wellbeing, but it goes even further than tidying up. Feng Shui, which directly translates to "wind and water," often incorporates nature into interior design,

such as having indoor plants, wooden furniture, or a fountain. While Feng Shui does have many complexities, most importantly, it teaches that changing your environment can change how you feel.

Psychology research has also found the colors of the rooms can have an effect on stress level, according to Psychology

Today. Some colors, such as shades of yellow, can boost optimism, whereas shades of blue can be calming. Others, such as deep red or orange, can be too harsh, but lighter shades can be perceived as warm. However, everyone reacts to colors and designs differently because perception is based on the individual and what they find to be comforting.

Isabella Didonato (12) said, "My room is a light pink color with lots of natural light which cultivates a very positive environment that helps me keep motivated throughout the day."

Living spaces should feel homey, whether that means a very minimalist look or more eclectic. "Your home and work environment are an important influence on your sense of wellbeing, but they are often overlooked," stated UW Health psychologist Shilagh Mirgain, "These are the environments we spend the most time in, so it's only natural they would have an impact on us."

Whether you get a plant or a coat of paint, improving your environment can promote your wellbeing.

Soft, silk sheets can take your sleep experience to a whole new level

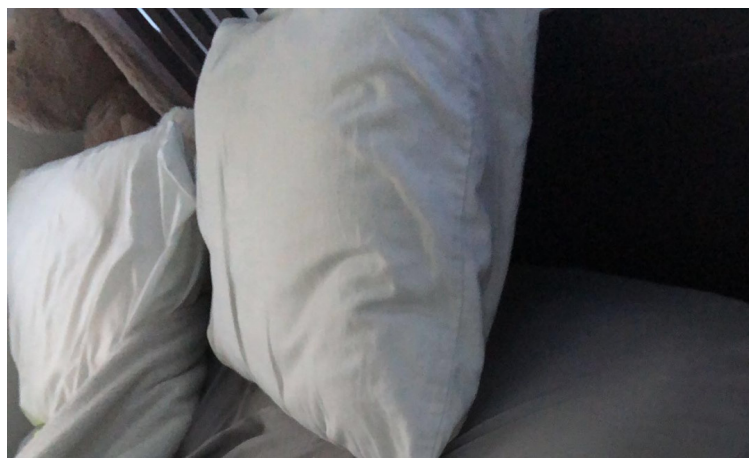
By Kyle Gossage
Times staff writer

We all love quality sleep, and our sheets are the secret ingredient. For a long time, cotton and silk sheets have been the two most popular materials for bed sheets, but the better choice of material is ultimately up to each individual. Kapua Wong Hin (12) has a clear favorite: "Silk sheets come off the mattress more often, but other than that silk is superior in every other way."

Silk sheets are excellent insulators while still allowing breathability, which makes them good year round. It allows heat to stay in the colder

months, and naturally cools in the warmer ones. Erika Cellupica, Brand Manager at Mulberry Park Silks, explained, "Unlike cotton, which absorbs moisture, silk wicks away moisture to keep you keeps you cool and dry. In colder temperatures, silk's low conductivity means that the fiber is able to create a thin layer of insulation that will keep you warm."

High-end silk sheets can also come with numerous health benefits. According to a study conducted by Wake Forest University Health Sciences department, "Silk bed sheets can help treat and prevent Acne Vulgaris, better than 100% cotton ones." Silk can also help decrease skin wrinkles and hair tan-



Kapua Wong Hin

Cotton sheets are affordable and still great quality.

gling due to its natural smoothness; additionally, silk sheets are hypoallergenic and excellent for people with allergies.

Despite silk seeming superior in every way, it is harder to maintain and much more expensive. Cotton sheets can be purchased

as cheap as \$20 from most retail stores, although true Egyptian cotton sheets can cost anywhere upward of \$500 for a set.

While cotton needs to be washed more frequently, it can easily be thrown in with any other laundry and come out just fine. Silk sheets require special detergents and wash cycles to keep their coveted properties, which may be more upkeep than some people are willing to do.

Many companies that produce silk bed sheets, including Mulberry Park Silks, recommend hand washing in cold water and air drying. While this may not be that much of an issue for some, silk sheets are certainly harder to maintain and properly care for than cotton sheets.

Focus On: Ms. Z and Hyacinth Sandagata

The human embodiment of joy and love of humanity

By *Natasha Valdez*
Times staff writer

You've seen her walking the halls with her fun vibrant colors: Hyacinth Sandagata. As a senior, you might know Hyacinth from her smart, hardworking, and kind-hearted personality at TN, or she might be a familiar face from being a member of the Terra Nova Sex Ed Squad and one of the editors-in-chief for both Yearbook and TNN.

Born and raised in Pacifica, Hyacinth attended Vallemar for elementary and middle school. She has enjoyed spending time in Pacifica, as well as cities in the area such as Daly City and San Francisco; however, Pacifica holds a special place in her heart. "Lots of people always go to Daly City or San Francisco, but spending time at the beaches in Pacifica is so

worth living here. I feel like the beaches down here have more of a community vibe," she said.

Growing up, Hyacinth has been a naturally passionate person, as well as trying to excel in all her duties and responsibilities. For example, she has always excelled in math and has an extreme fascination with it. With that being said, she's noted that that is what she is planning to do for her future — she wants to pursue a teaching career in math and teach kids to love math the way she does.

In addition, Hyacinth began tutoring all ages, from kindergartners to seniors. However, her kindergartners have truly impacted her due to the fact that the growth she has seen in these kids' math skills is what helped her come to the realization that she loves to teach. Apart from this, she has an internship at a reproductive

health company and helps manage a youth advisory board.

Other than teaching and her internship, Hyacinth has always valued the relationships she creates. Hyacinth said, "I truly cherish the friendships I make and this pandemic has taught me to truly enjoy my time with others." With the pandemic, and taking a break from in-person school, being the creative and artistic person she is, Hyacinth has developed a great passion for making jewelry, specifically earrings. She and friend Kyle have an Etsy shop called "estabend. co"

Hyacinth says she has loved Terra Nova and our faculty since the day she became a freshman. She loves the community of our school, including the staff. She highlights, "You can tell that they truly care about their students and they just want us to succeed."



Courtesy of Hyacinth Sandagata

Hyacinth's joyful personality matches her bright hair.

In five years, Hyacinth wants to continue with school and have a job that makes her truly happy.

She hopes to be on the right track in order to teach. Maybe she'll come back to TN some day.

Destiny brought Destry to Terra Nova's Dancing Queen

By *Kaitlynn Lamb*
Times staff writer

It's been almost a year since Terra Nova has closed due to COVID-19, and it's been almost a year since students have seen Terra Nova's beloved staff members walk the halls. Giamaica Zeidler, better known as "Ms. Z," being one of those faces.

As Terra Nova's dance teacher, Ms. Z plays an integral role within our student body, as she has always been dedicated to helping and bringing out the best from them, "I can't think of a better way to spend my time than bringing the opportunity for fitness and self-expression to young people. I like working with high schoolers, they are full of personality and potential," she said.

Ms. Z also appreciates her colleagues and their optimistic attitudes during these tough times and thoroughly enjoys the extracurriculars she is involved with. "I love that TN



Courtesy of Ms. Z

Baby Destry is bringing tons of joy to her family already.

is a strong community, and I love all the extra curriculars in which I am typically involved: GSA, dance shows, and theatre arts. They help make TN an exciting place," she said.

Unfortunately, COVID-19

has made teaching a little harder this year. "Last semester, my students did a great job building community; it was the technology which failed us," she said. Dealing with malfunctioning devices/internet has been the

biggest challenge, she said.

While growing up in LA, Ms. Z was surrounded by the art of dance. "I began teaching dance at the studio at which I grew up, in fact, where I learned to walk," she said. Growing up at the Marge Patka Dance studio, her dance teachers have been the biggest impact on her life, "The owner, Marge Patka, is my hero," she gushed. "She is still dancing at the age of 90!" Ms. Z has nothing but great things to say about Marge Patka. "Marge Patka modeled good teaching and great choreography. She treats her students with kindness and encouragement and demands hard work and respect in return," she said. As Ms. Z continues to teach, she aspires to share the same energy with her own students.

Despite having grown up in SoCal, the Bay Area holds a special place in Ms. Z's heart. "I feel more at home in the Bay Area; there is less pressure to fit into a cookie-cutter ideal," she confessed.

Outside of teaching, Ms. Z spends her time a tad differently: "My favorite things to do for fun are practicing circus arts and performing in drag," she said. "I began performing as a back-up dancer in drag shows around eight years ago, after attending a dance class taught by the fabulous D'Arcy Drollinger." One of her favorite circus arts is flying trapeze, in which a performer grabs a trapeze bar and jumps off a high platform. "I really miss flying trapeze," she said, although there is a good reason she's been grounded.

However, Ms. Z has found herself busy with other exciting things. "I am proud to say I continued my handstand practice through my whole pregnancy!" Ms. Z gave birth to a little girl, something she was excited to talk about her newborn: "My personal good news is that I had a wonderful, healthy baby, Destry, on December 30th, 2020! She likes music and movement. We are having the best time getting to know her!"

What has our TN faculty been up to?



"I got an electric scooter in Oct. I already have 280 miles on it!" -Mr. Napoli



"I got a puppy! Her name is Panini, like the sandwich. I'm also becoming quite the chef." -Ms. Fil



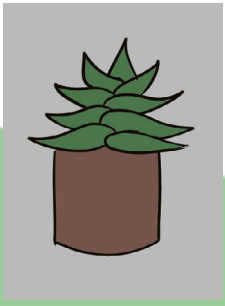
"I have been spending a lot more time with my daughter, and doing math with her." -Mr. Chan



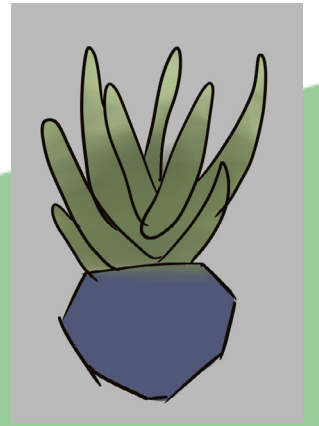
"My bf and I moved to a new place in SSF after staying in Daly City for 21 years." -Ms. Gutierrez



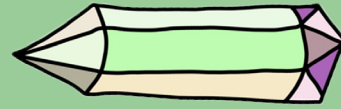
"My son Jamison was born July 9th. Most of my free time is spent with him." -Mr. Poling



The Wellness Page



Gratitude Journaling: Does it Work?



By Naomi Sanft
Times staff writer

In the past few years, psychology research on the benefits of gratitude has gained more attention. Gratitude journaling is simply writing down things you feel grateful for. There are no rules; you don't have to write everyday, or even every week, and there isn't a set number of things you have to feel grateful for. Gratitude journaling is about being genuine and finding the positive aspects of life, and that has no limit either. You can jot down everything from, "I'm grateful for my supportive family" to "I'm grateful for opening the perfect avocado this morning." But does it make a differ-

ence? The short answer is yes.

One study done by psychology professors at UC Riverside suggests that gratitude journaling once a week boosted happiness for the participants, but journaling three times a week was too much. Fostering gratitude is best done naturally without having to grasp for things to feel grateful for.

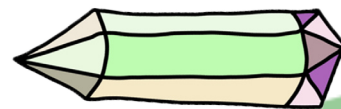
Evidence has found that gratitude journaling can have positive influences on both psychological and physical well-being. A study done by the American Psychological Association led by Dr. Paul J. Mills, professor of family medicine and public health at UC San Diego, found that gratitude lowered the risk of heart disease for some. "We found that more gratitude in these patients was asso-

ciated with better mood, better sleep, less fatigue and lower levels of inflammatory biomarkers related to cardiac health," said Mills. In addition to promoting positive physical health, gratitude journaling has been found to be effective in improving mental health. In a study done by ScienceDirect, high school students reported eating healthier when keeping a gratitude journal. Other studies have also found that gratitude helps reduce stress and lower symptoms of depression for some people. Overall, gratitude journaling has only positive impacts on one's mental and physical health.

Even some of our very own TN Tigers have found benefits from journaling. "Journaling has really helped alleviate my mood in the past after just

writing down every thought running through my mind and my emotions/feelings and it always leaves a nice relieving feeling afterwards," said Abby Moore (12). Having had a similar experience with journaling, Grace Duncan (12) adds, "It's a safe spot to just let everything out. You don't have to tell anyone what you wrote so you can be as blunt as you like... and it distracts you from the situation that created the [negative] emotions..." Izzy Morrow (11) encourages the journal-hesitant to give it a shot: "Growing up, I used to think journaling was really stupid, but now that I've started to do it, I realize it's the best place for me to reflect, hear/understand my thoughts, express my feelings, practice gratitude, and find peace."

Herbal Supplements for Wellness



By Naomi Sanft
Times staff writer

Despite recent medical advancements, the global market for herbal remedies continues to flourish, grossing around \$60 million annually. Many people prefer to use natural remedies as it aligns with their personal health beliefs. Herbal medicine is also sometimes more affordable and accessible than conventional medicine. Similar to conventional medicine, herbal supplements can cause serious side effects or negatively interact with other medications. It is important to check with a doctor before starting any herbal supplements.

Chamomile: Everyday chamomile, while it may be a common night time tea, has been shown to be beneficial for

mental health. "Chamomile is an herb that you can take large amounts of on a daily basis without risk of side effects, and it works relieving nervous tension and also soothing digestive problems," said certified herbalist Cherie Grousset. An exploratory study conducted by Dr. Jay D. Amsterdam in 2012 found that chamomile may be helpful in managing anxiety and depression. "Chamomile is so safe you can give it to babies diluted with water, but it's often overlooked as a remedy for adults to ease nervous stress and tension," said Grousset.

St. John's Wort: St John's Wort is a flowering plant that is typically taken in a tea, capsule, or extract. While it is not used in the U.S., medical professionals in parts of Europe frequently prescribe St. John's Wort to treat moderate depression. A meta analysis study led by Dr. Qin Xi-

ang Ng in 2017 found that it is effective in treating mild to moderate depression and is comparable to some conventional antidepressants. St. John's Wort does interfere with other medicines and should not be taken with antidepressants, birth control, blood thinners, and certain pain medications or cancer treatments.

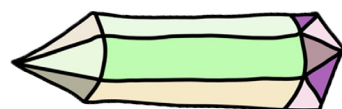
Passion flower: Passion Flower has been used as a medical remedy since the 16th century, and scientists have found that it is because of its effect on the GABA neurotransmitter. Increased levels of GABA creates a calming effect. "Passion flower isn't something you would want to take in large amounts every day, but it's very effective in breaking a cycle of increasing tension and anxiety or stress," said Grousset. A study led by psychologist Mijin Kim published in 2017 concluded that passion flower can

help treat both anxiety and insomnia.

Kava: Kava is a tropical plant that has been used in ceremonies and rituals in the Pacific Islands for centuries. Kava extract has been studied since the late 90s due to its effectiveness in treating anxiety. Kava can be taken in tea, capsule, and powder or liquid form. A meta-analysis review in Germany published in 2005 reported that Kava can be used as an alternative to anxiety medication and other antidepressants. Kava has a similar calming effect to passion flower as it also increases levels of GABA. Kava has also been shown to reduce stress and insomnia.

While herbal medications can help with a lot of common health concerns, it is vital that you start first with your medical doctor before starting any new herbal medications.

Home Remedies for Colds



By Kaitlynn Lamb
Times staff writer

It's that time of the year again. Cold weather brings... well, a cold. Although you can not "cure" a cold, it never hurts to ease the symptoms. Many of the remedies can be done from the comfort of your own home. It is also important to keep in mind, if you feel sick or think you may be sick, check in with your doctor and stay away from others.

For a start, always drink the proper liquids. Water is always important! The Mayo Clinic wrote their own instructions to get over a cold — Quick and easy! The Clinic website says, "Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration." As a follow up,

they also mentioned, "Avoid alcohol, coffee and caffeinated sodas, which can make dehydration worse." Try to consume liquids with little to no sugar, to prevent dehydration. In addition, to ease a sore throat, mix together salt and water, then gargle the mixture. (Remember not to swallow the salt water.) "You can also try ice chips, sore throat sprays, lozenges, or hard candy," recommends the Mayo Clinic.

Similar to liquid, try water vapor to temporarily get rid of congestion if liquids do not get the job done. "A cool-mist vaporizer or humidifier can add moisture to your home, which might help loosen congestion," the Mayo Clinic states. For those who may not have a vaporizer, a hot shower will do just fine. The steam from hot water is vapor and will work just as well to ease congestion.

Most importantly, although this should already be a part of the daily routine, get lots and lots of rest. This could mean taking time out of your day to practice a calming activity or getting some actual sleep. "Giving your body the rest it needs can help your immune system fight off the cold virus," Kaiser Permanente says. Taking time to rest is a natural remedy and gives your body time to heal.

Laura Rockefeller, a Senior Surgical Technician with Kaiser Permanente, shared her favorite natural at-home remedies. She said, "Steam, eucalyptus, and peppermint open up the airways, and turmeric in tea always helps too, even zinc," and she adds, "You want something that is a natural synergistic, something that will help the other element perform." Rockefeller also recommends a combination of honey, lemon, AND peppermint

mixed into tea. "The drink is a great mix of nutrients, but definitely puts you to sleep," she said.

Coupled with these tips and at-home remedies, your cold will be gone (or at least eased) in no time. However, what are the best ways prevent a cold? Washing your hands is number 1.

"If you wash your hands with warm water and count to twenty, and use soap of course, that's your body's 'first defense' to stay away from any bacteria or viruses," Rockefeller said. "It also helps to keep yourself from touching objects in public, keep your clothes and bedsheets clean, and maintain a healthy diet...Especially washing your clothes, bedsheets, bath towels, etc., bacteria multiplies exponentially!" Overall, keeping up with a healthy routine can easily help you prevent yourself from catching a cold.

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Sports

Continued from Page 1

for a year. Terra Nova varsity running back and linebacker Dimitri Fabiani-Wyatt has been waiting for this moment for quite some time and cannot wait to get back on the field.

“I’ve been working really hard in this time that we had off, so I can’t wait until we get back on the field,” Fabiani-Wyatt said. “For a while, I thought

we weren’t even going to have a season, which would be really sad since this is my senior year.”

Varsity football head coach Jason Picolotti is among those who are ready to conquer the battlefield and is trying to get his players on the field before the Mar. 8 start date. Principal Megan Carey also said she is glad to see her students return to some normalcy and feels happy for those who are getting the chance to play.

Unfortunately, there are still

some athletes who are being forced to miss out on their sport’s season. For one, Newsom made it clear that it is still undecided whether indoor sports will be played, while other sports have already lost their season. Junior volleyball player Lauryn Delmoral is amongst those athletes who are not getting a season this year.

“I think it’s a bummer that volleyball is cancelled this year,” she confessed. Delmoral feels the loss of her volley-

ball affects her physically, but also has some negative mental impacts. “I just get a little sad thinking about what kind of fun season I’d be missing out on — also I miss the social interaction between teammates.”

Despite some getting to play sports and others not, the fact that we are all getting closer to returning to how life was pre-pandemic is a step in the right direction. Good luck to all student-athletes that are getting the chance to play this year.

College

Continued from Page 1

high school athletes. Even if a school’s sports season continued this year, recruiting a freshman and coaching them for years is a lot more difficult than just keeping a senior that has already had years to fix their mistakes and is ready to start when training camp begins. Even someone who would have gotten a scholarship in a normal year where every senior in a college moved on might not obtain one this

year because students with an extra year of eligibility will take that spot. Students who did not even have a sports season will feel this effect even more as the limited spots will be taken up by people that played this year.

Every high school senior has suffered from the Coronavirus, but it is especially damaging the futures of many kids around the country that relied on sports to earn an education. Thankfully, as the JUHSD moves towards restarting sports, kids will once again have a chance to prove their worth to colleges.

School

Continued from Page 1

has adopted a hybrid schedule that allows for half of their students to be on campus on certain days and remote learning on the off days. Lick Wilmerding will be setting up designated entrance and exit doors and using the “Visit symptom screening app as students and faculty staff enter campus,” according to Lick Wilmerding’s Head of School, Eric Temple. This system consists of digital scanners and mobile apps that dictate whether or not a student appears symptomatic or not. Technol-

ogy like this is not very attainable for public schools due to financial and time constraints.

Despite the differences, both private and public schools are continuing forward with both the students’ and teachers’ well being in mind. Temple states, “The health and safety of our community is our highest priority ... we have safety measures that will be in place, regardless of our alert level.” A similar statement was made by Presta in which she wrote, “We remain committed to the safety and health of our students and community while determining the best way to bring students back to campus as soon as possible.”

Retirement

Continued from Page 7

including a torn rotator cuff, torn plantar fascia, a collapsed lung, fractured ribs this season, and being 42 years old, he will most likely hang up the cleats.

Other great players that will be retiring include Greg Olsen and Larry Fitzgerald. Olsen cemented his legacy as a dominant tight end while playing in Carolina, while Fitzgerald will be remembered as one of the game’s greatest receivers. With only

Jerry Rice ahead of him in career receiving yards, Fitzgerald is one of the best off all time, and even Rice himself called him the GOAT at one point. Fitzgerald was not only spectacular on the field, but put in just as much work off the field, and is a past winner of the Walter Payton Man of the Year award for his contributions to his community.

Lots of fans will miss their favorite players, but new talent is always emerging to keep the game just as exciting as it was when the legends of the past were in their prime.



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Book Drive

March 8th-12th

New and gently used books can be donated in front of Terra Nova's campus from 8am to 4 pm from March 8th to March 12th.

This drive is being hosted by Terra Nova High School in partnership with the Students In Action Club!




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