

Terra Nova Times

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Terra Nova High School

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Vaccinations are a must for college

By Luke Avery
Times staff writer

Terra Nova graduates planning on going to a four-year university in California, this article is for you. All CSUs and UCs have released a COVID-19 vaccine mandate for on-campus learning starting this fall, and although the plan is still being fleshed out, it is important to take notice.

It's not hard to figure out why the universities would opt for a vaccine mandate. Imagine 5,000-25,000 young adults, all living in the same block of buildings, going to the same rooms and lessons halls, using the same libraries and bathrooms, and being packed into the same hallways and paths. For most people this is just college, but in 2021, nothing works the way it used due to the COVID-19 pandemic.

According to The New York Times' research on the number of COVID-19 cases in colleges and universities, there have been approximately 700,000 cases of COVID-19 on campuses, with schools like Salve Regina Ridge in Rhode Island and University of Massachusetts Amherst having significant outbreaks. These schools had to



Courtesy of Shaniece Calderon

Shaniece Calderon (12) is eager to UC Merced while adhering to college mandates.

shut down for weeks to quarantine; college quarantines come with a cost, not only financially, but also publicly. Now consider that all of California's public universities were almost exclusively full-remote for the entire pandemic, which is certainly

the only reason our state wasn't hit with similar outbreaks.

The UC and CSU administrations have decided to be ahead of the future outbreaks by requiring vaccinations to not only keep the students safe, but keep the colleges running as

well. Many colleges all across the country such as Maryland, Pennsylvania, and New York, are instituting similar mandates. UC President Michael V. Drake puts it best: this mandate will be a "key step people can take to protect themselves, their

friends and family, and our campus communities while helping bring the pandemic to an end."

For the combined 32 UC and CSU campuses, one must be fully vaccinated before being able to work, learn, or live on campus. However, there are a few exceptions. If religious or medical reasons prevent an individual from receiving the vaccine, they will be exempt from the requirements. If, for some reason, California runs out of supply, individuals won't have to take it. These exceptions affect a very small percentage of college students, meaning that everyone else should get vaccinated now.

Senior Khrislenn Garino welcomed the mandate. "This was just another reason for me to get the vaccine. You get to see your family and friends, you get to go to college campus, and you don't have to wear masks outside. I don't see a reason why someone wouldn't get it if they had the time and didn't have a medical allergy," she said. Shaniece Calderon (12) agreed with Garino. "I think it's a good thing that they're making sure everyone's fully vaccinated. It's better to be safe than sorry," she said.

Hazel Kelly, a public affairs

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JUHSD staff housing under development

By Joe Murphy
Times staff writer

On Feb 5, 2020, JUHSD broke ground on its Faculty and Staff Housing project. Now, a little over a year later, it's time to check in on the project and see what progress has been made thus far and what the future holds for this bold and important undertaking.

The Faculty and Staff Housing project is a venture that the district has taken with the main goal of better retaining teachers and staff in our district. The high cost of living makes it difficult for many district staff to afford living in the area, which is why the district decided to build housing specifically designed for district employees. According to the district website, 122 units are being built, with 59 of them being single bedroom, 56 being two-bedroom, and 7 being three-bedroom units, all of which will be offered "at a rental rate at approximately half the typical market rate."

The construction is taking place at 699 Serramonte Blvd in Daly City, on property that the district already owns, which has helped with cost. Speaking of cost, the district estimates the total cost to be about \$61 million, a little over half of which will be financed through a Gen-

eral Obligation bond, approved with the passing of Measure J back in June 2018.

Obviously, the world has changed quite a bit since last February, most notably due to the global pandemic that arose just over a month after the project began. However, despite this, the district has been able to stay on track with the project. JUHSD Associate Superintendent of Business Services Tina Van Raaphorst said, "I would say that we were very lucky with this project with regards to COVID. We were only shut down for a few days at the beginning of the pandemic. We were able to keep the project running during the shelter-in-place due to the Board's quick action to declare the project as essential based on the fact that it is an affordable housing project, and it is affiliated with a school district. We provided all of the workers with letters affirming their affiliation with the project so they could get vaccines with other essential workers when supplies were still low and we have not had any outbreaks nor any need to quarantine in substantial numbers."

The project is still running right on schedule, even despite the pandemic. "We still hope to open by May 2022," Van Raaphorst said. Board President Rosie Tejada also gave an update on the status of the project,



Jenson Ho / Terra Nova Times

Teacher housing at Serramonte del Rey is currently under construction.

as she said, "The latest news is that the District approved the formation of a non-profit Housing Board, and we are in the process of filing the paperwork to establish the 'JUHSD Educational Housing Corporation,' which will oversee the management of employee housing. Examples of Housing Board

duties include the following: resolve or facilitate tenant disputes, set limits for tenancy, approve a budget annually, and oversee the property manager."

This development brings the whole project closer to completion, something that staff currently saddled with high rents are looking forward to.

Vaccines approved for ages 12-15

By Matthew Lim
Times staff writer

As of May 10, the FDA has granted emergency use authorization for the Pfizer/BioNTech COVID-19 vaccine for people aged 12 to 15, a move that was greeted with excitement by millions of parents and kids under 16.

The decision was publicly announced on the official government website for the FDA, with an evaluation at the end clearing up any concerns about the effectiveness of the vaccine. "The side effects in adolescents were consistent with those reported in clinical trial participants 16 years of age and older...while some individuals experience side effects following any vaccination, not every individual's experience will be the same," the announcement stated. FDA commissioner Janet Woodcock was quoted in the statement, reassuring par-

ents by saying, "The emergency use authorization for the Pfizer-BioNTech COVID-19 Vaccine to include adolescents is a significant step in the fight against the COVID-19 pandemic... Parents and guardians can rest assured that the agency undertook a rigorous and thorough review of all available data."

Parents like Terra Nova principal Megan Carey immediately booked appointments for their kids as soon as they were available; Mrs. Carey's son got his shot the day after the FDA announcement.

"It felt like the last missing piece for my family...it was a huge relief to know that my son is now protected, and my family is even more protected. He felt it, too," Mrs. Carey said.

For freshmen and sophomores, this provides a good opportunity for them to not only get immunized, but to feel safer at school. Ellen Rubinshteyn (10), said, "I feel really excited for the Pfizer vaccine being approved for



Jenny Zarate

13-year-old Xavier gets his first Pfizer shot last week.

a younger age group because it brings us one step closer to the end of the pandemic."

Dakota Pelletier (10) said, "I think, if everything is safe, it's a good thing. Considering younger people are the ones that want to hang out, it'll help the spread slow down."

As for the possibility of the vaccine being administered to people below 11, it's likely that the vaccine could be offered for children 2 and up starting in the fall, as evidenced by a study hosted by Pfizer and BioNTech on clinicaltrials.gov. However, this is still very early on in development, with the people behind the testing still looking for recruitment. It's likely that emergency use authorization will be given early on, but there's ultimately not enough data currently available to warrant it for the time being.

With vaccines being approved for all teens, high school will look much more normal for the upcoming Fall semester.

CDC releases new mask guidance for nation

By Naomi Sanft
Times staff writer

Last Thur. May 13, the CDC released a new masking guideline allowing people who are fully vaccinated against COVID-19 to stop wearing masks or social distance, both inside and outdoors. "Fully vaccinated" means having received both doses of the Pfizer or Moderna vaccine, or one dose of the Johnson & Johnson vaccine, and waited two weeks. Although the CDC no longer requires masks for vaccinated people, California guidelines will require masks until Jun. 15.

"Fully vaccinated people can resume activities without wearing a mask or physically distancing themselves, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance," said the CDC. In addition to not social distancing or mask-wearing, vaccinated people do not need to be tested before leaving the country, unless their destination requires it, or self-quarantine when returning. However, since the CDC does not make mandates for local and state health departments, businesses may still require

masking and social distancing. It is important for vaccinated individuals to continue bringing a mask when leaving home and looking out for "mask only" signs.

While this guideline is a long-awaited success for many people, it does present an issue for some. No matter what the reason, people who are unable or unwilling to vaccinate will be required to continue wearing a mask and social distance. How will those who cannot be vaccinated feel about wearing masks? And how will this affect returning to school in the fall?

Currently, schools are not tracking students' vaccination status because the vaccine is still on an emergency use authorization and not mandatory, although it could potentially become required in the same way measles vaccines are required once the vaccine receives full FDA approval. For now, though, the CDC's guidance may not change anything regarding masks in schools. JUHSD superintendent Toni Presta said, "In a nutshell, I think that we should continue wearing masks indoors in schools, since we do not know who is vaccinated and who isn't. If individuals share their vaccination status, and all in the room are vaccinated, then I think it's fine to follow the guidance and not wear masks."



Alyssa Jenkins / Terra Nova Times

Justin and Richard hope to put their masked days behind them soon.

Concerning teachers, Mr. Willems said, "I am personally okay with vaccinated people not wearing masks indoors or outdoors, and I'm cool with teaching maskless students. While I'm not an epidemiologist, I trust their expertise. But I also understand the concerns of others who might not be able to get the vaccine for le-

gitimate health reasons. We need to reach herd immunity to fully protect them."

"If people are fully vaccinated and wish to remove their mask in safe situations, great!" said Ms. Fil, "My only fear is that those who are not fully vaccinated will take advantage of this and another spike might develop."

What did the \$6.6 billion allocated for schools reopening mean for us?

By Maya Orsi
Times staff writer

Across the state, schools have reopened, providing education in person for the first time in over a year. With new guidelines and safety precautions, educators can finally start the process of returning to normalcy. Many schools have created a hybrid learning plan, allowing students and parents to make the choice to go back to in-person

learning or not. On Mar. 1, Governor Newsom announced a plan that he and Legislature agreed upon to encourage California schools to reopen.

The plan offered schools that reopen \$6.6 billion in financial incentives across the state if they opened their doors by Apr. 1. "We incentivize opening our schools by providing real resources to do it," Newsom said. However, immediately after Newsom's announcements, concerns arose that schools

would open prematurely because of the financial gain.

When asked about the extra funding and how it played a factor in reopening, Dorene Basuino, the Associate Superintendent of HR for Jefferson Union High School District said, "The money provided by the state allowed for schools to purchase protective equipment and pay for additional staffing that was needed by our district to prepare for a proper and safe return to campus. Without those

funds, we would not have been able to offer on-site learning, and I am sure other schools in the state would not, either."

\$2 billion of the \$6.6 billion has been separately set aside for safety measures, leaving \$4.6 billion in extra funding that districts could use to buy additional digital devices or other necessities. Funding will surely keep educators, parents, and students safe and informed. Basuino continued to address the issue of keeping educators

safe, especially if their home is vulnerable to COVID-19, "Staff had an opportunity to work with a site administrator regarding returning to on-site work. Requests can be made for work-related accommodations for a medical condition or disability. If there is a report of a positive COVID case on any of the JUHSD sites, the district follows the Case Contact Protocol. Our protocol follows all County Health and Cal OSHA requirements," she said.

Unrest rattles country of Colombia

By Samantha Guerrero
Times staff writer

Violent demonstrations began in Colombia on Apr. 28, triggered by a tax reform proposed President Iván Duque that would negatively impact the middle class' standard of living. With roughly 24 people killed, 800 injured, and nearly 100 missing, the state of Colombia is in turmoil.

Colombia's GDP dropped by 6.8% last year due to the pandemic, their most significant crash in half a century. This resulted in an increasing unemployment rate, according to Colombia's National Statistic Dept., from 9% to 16% in just a year. The proposed tax reform attempted to raise taxes by \$6.7 billion in order to pay the country's debt while perpetuating a basic income scheme for three million low-income people that began during the pandemic. Duque said, "The reform is not a whim. It's a necessity to keep the social programs going." However, it would decrease the level at which a person begins paying income taxes, affecting anyone with a monthly income of \$650 or more. This would eliminate exemptions and increase taxes imposed on businesses. This has led Colombians to express their outrage and take to the streets.

TN alumnus Kike Caamaño, who is Colombian himself, said, "The Colombian government is reforming by raising taxes to 19% on everything from water to electricity. This is having the biggest effect on the lower and middle class, making it impossible to live there. The government has failed the country by stealing citizen's resources, money, and only making decisions for the benefit of wealthy people."

The disorder has reached 247 cities and



Daniel Martin

Protesters have taken to the streets over tax increases and corruption.

towns, according to Colombia Interior Minister Daniel Palacios. They became so violent that President Duque was forced to withdraw the proposed reform; however,

anger has only kept growing. Multiple videos of anti-riot policemen throwing tear gas and using other violent force have gone viral on social media, rapidly spread-

ing across the whole country. According to ABC News, "Human rights nongovernmental organizations say the real death toll could be much higher." The Colombian people are now calling for an independent inquiry into the deaths. "Colombians have been suffering from government corruption for a long time, so they are protesting in hopes to inform the entire country on these issues and collectively vote to make change towards a fair life," Caamaño said.

"We in Colombia have a very independent system of counterweight and these institutions work. They are not under siege, and as a result there've already been three warrants for three police officers involved in the death of three protesters. Our system works under the rule of law," stated Interior Minister Palacios. President Duque has blamed much of the violence on "drug-trafficking mafias" who have been taking advantage of the situation "The vandal threat we are facing consists of a criminal organization that is hiding behind legitimate social aspirations to destabilize the society, generate terror and distract the actions of the public force," he said.

The UN has urged Colombia's government to protect the rights of protesters. "Law enforcement officers should abide by the principles of legality, precaution and necessity of proportionality," said U.N. High Commissioner for Human Rights in a statement after being "deeply alarmed" from seeing extreme violence being used against protesters in Cali. Duque has issued a "national dialogue" in which the government will hear the country's concerns. He said, "I want to announce that we'll set up a place to listen to the citizenry and build solutions aimed for these purposes, in which differences in ideologies shouldn't prevail, but our most profound patriotism."

Body cameras protect police and the public

By Maya Orsi
Times staff writer

Last month, Roger Allen, a 44-year-old San Francisco local, shot and killed by Daly City Police. Allen was sitting in his vehicle with two others when an officer approached to offer help for a flat tire. While the circumstances are not clear, when other officers arrived at the scene, they reportedly spotted a gun on Allen's lap. This led to an entanglement as the officer tried to gain control of the alleged gun, and a fight for it led to the officer using his own gun. Allen was pronounced dead roughly an hour and a half after the altercation. The conflict left Allen's family desperately looking for answers, but clearer evidence is not available, since the Daly City Police Department does not wear body cameras. The DCPD could not be reached for a statement.

Pacifica has significantly less crime, yet the department's officers are equipped with body recording devices. Sergeant Riley Tomas from Pacifica Police Department said, "It is one thing to try to describe an incident that officers are involved in; it's another to be able to view it with video and audio. The Pacifica

Police Department started audio recording contacts in the 1990's and was the first agency in the county to record all citizen contacts. In the early 2000's, Pacifica Police Department was the first agency in the county to outfit all of their vehicles with dash cameras. This, along with the officers all having body cameras, allows for a better understanding of how an incident progresses from start to finish from multiple perspectives."

Sargent Tomas elaborated on the benefits of body cameras. With cases like Roger Allen's, body cameras would allow for accountability, on both sides. Tomas stated, "Body cameras allow for a recording of the event with no influence or partialness. Even with that, it must be understood that cameras only provide the perspective from where they are mounted and the quality of the camera's video, which could be better or worse than the officer's vision. With these limitations in mind, we must understand when viewing any video of an incident, the camera might see or not see something that the officer does or doesn't. Ultimately, body cameras are a benefit to officers and citizens, but like any item of evidence, must be viewed as a portion of the whole pic-



Courtesy of Fremont Police Department

Body cameras allow officers and the public to gain a better understanding of interactions.

ture and not the sole source." According to an article by Ja'Nel Johnson from ABCNews in June, funding for California police departments is considerable, but some departments still struggle to find the budget for recording devices. She wrote, "In 2017, state and local governments spent \$115 billion on po-

lice, according to the Urban Institute. In the same briefing, the institute said California spent \$387 per person on police."

When asked why some departments still lack body cameras, Sargent Tomas had a similar explanation, "My experience has been that most departments that haven't adopted body cam-

eras are because of cost and resources. Any department that gets body cameras has to be able to store the footage and respond to public records act requests which can be a drain on personnel and budgets. Some departments have gotten rid of their body cameras due to the costs associated with that."

Valedictorians: Victor Wu & Jenson Ho



Courtesy of Victor Wu

At the end of the road of high school, Victor Wu is still smiling.

By Kaitlynn Lamb
Times staff writer

As the year comes to an end, Terra Nova bids farewell to Victor Wu. Whether you know him as your friend, editor, or the boy who took just about every AP and Honors class Terra Nova has to offer, Wu surely left his mark on this year's senior class. Even with his busy class schedule, Wu has been just as involved in clubs and extracurriculars. To many teachers he's a smart, hardworking, and overall tremendous student and a role model to his peers. With a weighted GPA of 4.272 and attending UCLA in the fall, Victor Wu has taken the title of Valedictorian.

Wu attributes some of his success to his older brother, Jason, who graduated from Terra Nova three years ago. "My brother has been a big inspiration to me, he was just the smartest person I knew," Wu shared. With a three year age gap between the brothers, Victor always found himself learning small bits of knowledge from his brother. "I think

him just putting down pieces of knowledge in front of me had made me excited to chase after learning whatever he would be learning, even though he was three years ahead of me," Wu explained.

The path to valedictorian was no walk in the park. "I learned a lot over the past few years about what I wanted to do and who I wanted to be," Wu said. "Especially in high school, you're finding yourself, and experiencing new things." Among the new things Wu got involved with were mock trial, journalism, Asian Club, and Students in Action, eventually earning a leadership role in all of them. "Victor is an amazing leader — not only is he incredibly organized, but he is kind and has such a calming presence. This has been so critical for mock trial and journalism, especially this year. I will miss him so much next year," said Mrs. Jenkins, the journalism and mock trial advisor.

Last year was definitely a rough time for Wu, as he was taking all kinds of classes and running on a tight schedule.

See Victor on page 16

By Katalina Huazano
Times staff writer

Jenson Ho: this name may sound familiar, and it's no surprise because not only was he awarded JUHSD student of the month, but he is also one of this year's valedictorians. With an admirable weighted GPA of 4.272, Ho has been dedicated to his studies through all of high school and taken every AP class at Terra Nova except for AP Art and AP Music Theory.

Ho is no stranger to hard work, though — at his middle school, he was salutatorian, and he knew that when he went to high school he wanted to become valedictorian. Ho's journey through high school started with an eagerness to learn as much as possible and challenge himself. Robert Ace Gonzalez, one of Ho's closest friends, said, "Jenson is inhuman. While he's explained that his drive is derived from wanting to make an impact and that he's first generation, his actions speak larger than words. I think

all of people say that sort of thing, but Jenson's the type of dude who acts on it. He's gone out of his way to help his peers, including but not limited to students, family, strangers, or even teachers... He's got a fire in his soul and he's not going to let anyone extinguish it."

Ho began putting this drive into action by taking math over the summers so that he could have the chance to take both AP Calculus and statistics during high school. Ho went on to take other rigorous courses that Terra Nova offered; his hardest class being AP Calc, but that was also one of his favorite classes. Ho's APES teacher, Ms. Gutierrez, said, "What has impressed me about Jenson is how focused and clear he is on what his goals are... He has well defined study and work habits and he knows how to prioritize tasks."

Every great explorer on their journey to meet their end goal has a partner to help them through it, and for Ho it was his friend (and co-valedictorian) Victor

See Jenson on page 16



Ashley Ng

Jenson is smiling despite getting buried in homework and AP test prep.

This year's salutatorian: Connor Uter

By Justin Arnaudo
Times staff writer

As we finish off this school year and celebrate those who are graduating and moving on to great things, it is also important that we recognize those who did great things while in high school. The salutatorian is the student who finishes with the second highest overall GPA throughout their four years of high school, and for the Class of 2021, that student is Connor Uter.

Uter attributes many of his accomplishments to his desire to succeed. "Being a salutatorian has taken pure motivation. It is easy to put things off in the long four years of high school, but being able to motivate yourself to complete work is necessary... There were many times along the road where I would have loved to go to sleep earlier or play video games, and I



Courtesy of Connor Uter

Salutatorian Connor Uter is outstanding in any field.

did some of the time, but being able to push that away, get rid of distractions and just complete work was the key," Uter said. However, his success doesn't mean he's lost his sense

of humor or humility. "Being salutatorian also takes having one or two people who are better at that than you," he joked.

Uter is just as successful on the field or the court as he is

in the classroom, and he says that the relationship between sports and school is a mutually beneficial one. "For me, school and sports actually aided each other. Having a schedule within a day is something that is necessary for me to stay on task, so knowing that homework had to be completed when I got home from practice or I wouldn't finish forced me to do my work. On the other hand, being responsible in the classroom sets the framework for being a responsible teammate and player in whichever sport you play," Uter explained.

While Uter is proud of what he's accomplished, he says he couldn't have done it alone. "The most important thing that helped me keep my grades up were my parents," he said. "They made it very easy to do most of the things in my life so I can spend more of my energy on my schoolwork. They also set

high expectations for me, which made me set high expectations for myself." That doesn't mean he hasn't faced challenges along the way. "The most challenging class for me in high school has to have been Ms. Jenkins' sophomore enriched class. The workload was something I was not anticipating after a very laid back freshman year," he said.

Uter exemplifies what it means to be a great student, athlete, and person, and that is reflected in his advice to other high school students. "My advice would be to challenge yourself outside of the classroom. Grades mean a lot, but the experience of the teenage years as a period of finding out who you are as a person is the most important thing in high school in my opinion. That's a lot easier said than done, but getting out in the world and trying new things is something I will never regret. Also, just pay attention in class."

Focus On: Will Melton & Nikka McGahan

The smartest future firefighter you'll ever meet

By Isabella Copeland
Times staff writer

Will Melton, like almost all seniors, is getting ready to head off to college in the fall. He has worked hard throughout high school, taking AP and honors classes and earning honor roll grades. However, Melton has decided to take a different path than a four-year university. He has decided to go to City College of San Francisco to study fire science in hopes of becoming a firefighter.

Melton said, "I choose to go to CCSF because I'm hoping to get hired in San Francisco as a firefighter, and it has better connections, being a college connected to the city, as well as it doesn't require too much schooling to get hired, so I don't have a need to go to a four-year [university]. There's requirements for becoming a firefighter that this college offers."

Melton's inspiration is his big brother David, whom he has watched become successful through being a firefighter. "My older brother is a SF firefighter, and he influenced me a lot, and it just seems like an amazing job, being able to help people, get paid well and a good schedule," Melton continued. He also felt that City College could be a better fit for him — "I just personally wasn't interested in going to a 4 year, I didn't think it was the right environment for me." Melton explained that he is happiest when he is working, especially when his work can help someone else. Although he is a great student, he prefers taking action rather than studying actions to take.

Melton has established a great relationship with Terra Nova's school community. He has worked hard in school with a good attitude while participating in class, school activities, and sports. One of his previ-



Courtesy of Will Melton

Will Melton (12) with his mom, brother, and dog at the fire station.

ous English teachers, Mrs. Meskin said, "Will was a very hard worker — he was very funny in class. He was always really supportive of his fellow classmates, and he always took a lot of accountability for his own work, and I really appreciated having him in class." Melton put lots of effort into his schoolwork and dedicated time to achieve the good grades he earned. His AP Chemistry teacher, Ms. Gutierrez, said, "His lab reports show really good critical and analytical thinking skills in my AP chemistry class."

Melton is known for his humorous and lively personality, as his girlfriend and Terra Nova senior Leila Vuskovic explained. "My favorite quality of Will is how witty he is! He's always so quick to make a joke," she said. Another good friend of Melton's, Connor Uter (12), added, "My favorite quality about Will's is his goofy attitude and ability to light up every situation with humor."

In addition to his involvement in the classroom, Melton also dedicated a lot of his time to sports, with water polo being his favorite. "Water polo is by far one of the most fun sports I've ever played. It taught me that hard work pays off and it helped me to build my confidence," he said.

Melton also has a desire to travel the world. "I want to visit countries in Europe such as France, Switzerland, and Greece, along with countries in Asia such as Vietnam, Thailand, and Japan, and Morocco in Africa," he said. "I've been lucky enough to accompany my brother on trips in Costa Rica, Alaska, and some of the other States and I hope to have more experiences in new counties."

From his studies in fire science to his travels around the world, Will Melton has a busy future ahead of him.

Ready for a whole new world

By Shayla McCann
Times staff writer

Many seniors choose to pursue their college education out of town or out of state, but Terra Nova student Nikka McGahan has decided to go a little further: she will be attending Duke Kunshan University in Shanghai, China.

Duke Kunshan University is a relatively new college. It opened in August 2014 and recently opened its four-year degree program for undergraduate students. The University website stated, "The core of our educational offering is a four-year undergraduate degree program featuring an integrated and multi-disciplinary curriculum, with an effective blend of Chinese, American, and global techniques and values and a culture of academic excellence and freedom."

One of the reasons why McGahan chose DKU was the financial aid. McGahan said, "The biggest factor that made me choose DKU over UCSD is that they awarded me \$44,000+ in financial aid. This would cover over half the tuition costs, and

the average that they give out is \$24,000, so I felt they really wanted me to attend. I also wanted a global experience, learning a new language, and earning two degrees in China and the US. Plus, I'd love to meet new people from all walks of life."

Nikka McGahan has been an active student at Terra Nova, pursuing numerous passions outside of the classroom. She has played soccer, participated in the marching band, and been in the Anime Club for all four years, and meeting all the people she has through those activities has prepared her for a much bigger world.

When anyone travels out of their country, the culture shock can be scary and frightening, but McGahan is excited for a new experience. She said, "I definitely think it will be a BIG culture shock, especially because I'll be starting from scratch having to learn Mandarin and adapting to China's societal/political rules. I'll also be meeting many people from different countries so it will be a double culture shock; however, I'm sure it won't be too much for me to handle...I'll absolutely enjoy this experience, but, of

course, I'll have to get over the initial fear of such a big change."

When the graduates leave for college, homesickness is inevitable, and when they start to miss their loved ones, they just hop a flight or get in the car for a couple hours, and they're home. However, McGahan doesn't have that choice. She said, "I'm going to miss my family tons, but I think I'm ready to create and meet my new family at DKU."

McGahan already has an idea for the university. Apparently since the school is so new, they don't have many extra-curricular activities. So, she's planning on making a couple of clubs and participating in some sports. She said, "DKU is a very new university so many extra-curricular activities have not been fully developed. I am planning on starting a women's soccer club when I get there, and I'll possibly join the orchestra or start a percussionist group."

She's got some fun plans for Duke Kunshan University. Going out of the country can be difficult and terrifying for some people, but McGahan's got it all under control and is ready for the big change. She's going to change DKU for the better!



Courtesy of Nikka McGahan

Nikka McGahan's Class of 2021 senior portrait.

Senior Plans

Adrian Jaimes- CCSF
 Aiden Selli- CSM Fire Academy
 Aimee Heimann- UCR
 Alana Andres-Bray- Skyline
 Alexis Nguyen- Seattle University
 Alyssa Chan- UC Davis
 Angelene Rojas- Sac State
 Angelique Blanco- CSM
 Anna Kathryn Julian- UC Berkeley
 Anna Steinberg- UC Berkeley
 Annika Cale- CSM
 Anuheaikekaimoana Furuya-
 University of Oregon
 Arianne Herrera- San Jose State
 Ashton Hanford- Arizona State
 Blayk Citrino- Electrician
 Brandon Paige- CSM
 Brandon Vintero- Firefighter
 Brook Osullivan- Skyline
 Cameron Meyer- Skyline
 Camryn Ward- Skyline
 Catherine Raman- San Francisco
 State
 Charles Lomes- Chabot College
 Charlie Hilder- Professional
 Wrestling
 Cheyenne Tham- SF City College
 Chris Luo- Skyline
 Chris Martin- Union
 Christian Guido- SF State
 Christina Arakelian- UC Berkeley
 Claire Schaeffer- Skyline
 Clara Bellinger- Skyline
 Connor Seyer- Skyline
 Connor Uter- CSM
 Crystal Mezynski- CSM
 Crystal Yip- University of the Pacific
 Damian Greenwood- CSM
 Daniel Fryslie- Work
 Daniela Barajas- UC Santa Barbara
 Dimitri Fabiani-Wyatt- Colorado State
 Dom Reed- Skyline
 Dorian Holmes- CCSF
 Eduardo Escalon- CSM
 Ella Sisser- Gap Year
 Emily Galicia- SF State
 Emma Bradshaw- Skyline
 Emma Perez- Nursing
 Emmanuel Auelua- CSM
 Erik Bogren- Skyline
 Ethan Shives- Work
 Fagaoalli Tulolemotu(Nana)- Skyline
 Faith Esparza- CSM
 Faviola Delgado- Westcliff University
 Flora Barrett- SBCC
 Finnegan Felts- Work
 Francis Young-Tayag-CSU Fullerton
 Gabriel Spratt- Community College
 Gianna Guterres- Skyline
 Ginger Grochowski- CSM
 Grace Duncan- Southern Oregon Uni-
 versity (SOU)

Griffin Dunhill- Gap Year
 Hayley McVanner-Rogers- Skyline
 Heidi Barrios- Cal Poly SLO
 Helen Eichensehr- Skyline
 Helene Kleinfeld- UCSC
 Hyacinth Sandagata- Skyline
 Isabell Alyssa Medina-Galvan - Skyline
 Isabella DiDonato- Cal Poly Pomona
 Isabella Gaines- CCSU
 Isaac Stumps- Fullerton College
 Jacob Pena- Skyline
 Jacqueline Garcia- University of San
 Francisco
 James Mendoza- Skyline
 Jared Patino- Skyline
 Jason Ricos- CSM
 Jayden Betts- Skyline
 Jaydon Galindo Lovell- UCSD
 Jenson Ho- UC Berkeley
 Jessica Fahnhorst- University of Reno
 Nevada
 Jessica Fry- Skyline
 Jessica Marie Ruiz- CSM
 Jessica Mosher- Skyline
 Joe Murphy- University of Notre Dame
 John Torres- Skyline
 Juan Gutierrez (Nando)- Work
 Juliana Georgina-Vetari Davis- San
 Jose State University
 Justin Stoltz- Work
 Justin Tsang- Cal Poly Pomona
 Kaitlyn Menjivar-Esquivel- CCSF
 Kapua Wong Hin- Electrician
 Katherine Gonzalez- Madera
 Community College
 Kenneth Huynh- San Jose State
 KhriSlenn Garino- UC Berkeley
 Kiana Cable- Skyline
 Kurt Quiambao- CSM
 Kylee Clother- CSM
 Kyle Sherman- Skyline
 Lauren Devry- UC Davis
 Lauren Dew- Butte
 Lauren Nevin- Chico State
 Laythia- Navy
 Leila Vuskovic- Whittier College
 Lila Franco- UCSC
 Lillah Madden- SF City College
 Lilliana Caruso- Junior College
 Lindsey Nuckolls- Vocational
 College
 Lloyd Basnillo- Air Force
 Luka Goncharov- SDSU
 Luke Avery- San Jose State
 University
 Lurrise Freddy- Airport
 Mackenzie Pelletier- Berkeley City Col-
 lege
 Marcos White- College of Marin
 Marissa Camacho- Canada College
 Marissa Del Rio- Skyline
 Matt Ghione- UC Riverside

Matthew Avelar-Wendt- Trade
 School
 Mary Shanley- CSM
 McKyra Petersen- CSM
 Michael Cauteruccio- CSM
 Michael Reyes- University of Ne-
 vada Reno
 Naomi Sanft- UC Irvine
 Natalie Gladioux- Skyline
 Nicholas Fernandez- University of
 Hawaii at Manoa
 Nicole Hata- San Diego State
 Nicole Lavorini- Skyline
 Nikka McGahan- Duke Kunshan
 University
 Nola Zimdars- Santa Barbara City
 College
 Norman Jayden Fernandez- CSU-
 Fullerton
 Olivia Cabral- Gap Year
 Ophelia Sio- CCSF
 Patrick Harmon- Cal Poly SLO
 Patrick Hurley- Skyline
 Peyton Dulay-UCSD
 Pierce Chu- UCSD
 Preston Woodworth- CSM
 Rahil Kadir- Community College
 Reina Patane- Skyline
 Richard Baglio- Chico State
 Riley Dohrmann- UC Davis
 Robert Ace Gonzales-Skyline
 Ronnie Alexander- Community Col-
 lege
 Roxy Merlot Trade- Santa Barbara
 City College
 Rylan Jimenez- CCSF
 Sabina Surmaitis- Pitt Johnstown
 School of Nursing
 Sahil Kadir- Community College
 Samantha Harvey- Gap Year
 Samuel Padilla- CCSF
 Sarah Alderson- University of
 Portland
 Savannah Sky Escobar- Skyline
 Seth Mills- Marines
 Shaniece Calderon- UC Merced
 Shannon Carew- UC Santa Barbara
 Sierra Arakelian- Skyline
 Sierra Koloamatangi- CCSF
 Simon Dong- San Francisco State
 Surraya Morrow-Mahasin- Southern
 Oregon University
 Sydney Gallant- San Jose State
 Sydney Seyer- SF State
 Talia Rosen- CSM
 Tatiana Del Rio- Skyline
 Tristin Leark- Skyline
 Victor Wu- UCLA
 Vitoria Lopes- CSM
 Vincent Garcia- CSM
 William Melton- CCSF
 Zachary Hernandez- Skyline

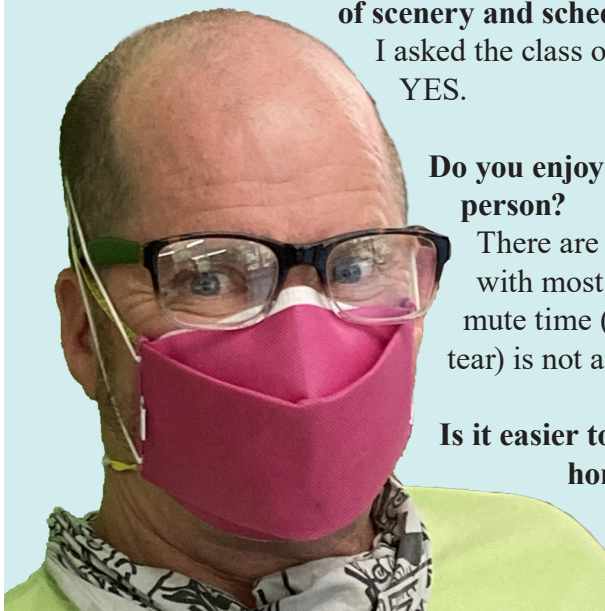


What's it like to be back in person?

MR. MULLEN

Have the freshmen been doing well with a change of scenery and schedule?

I asked the class of 8 freshfolks..... all said YES.



Do you enjoy being back at school in person?

There are pluses and minuses as with most things in life. The commute time (costs of gas + car wear/tear) is not a plus.

Is it easier to teach at school than at home?

I actually think it's easier at home in some ways, although I think that might not

be a popular response. I separate 'teaching' from chatting with other teachers and the social aspects of it all. When I'm at home, it is quieter, few interruptions from folks talking... I will admit that many folks might say that students are on their phones, doing other thing.

Are there any challenges that you have had to face since returning to school?

I miss our new cat, Bunny, that we got two months ago.

MR. CHAN

Are there any funny things freshmen have done since arriving?

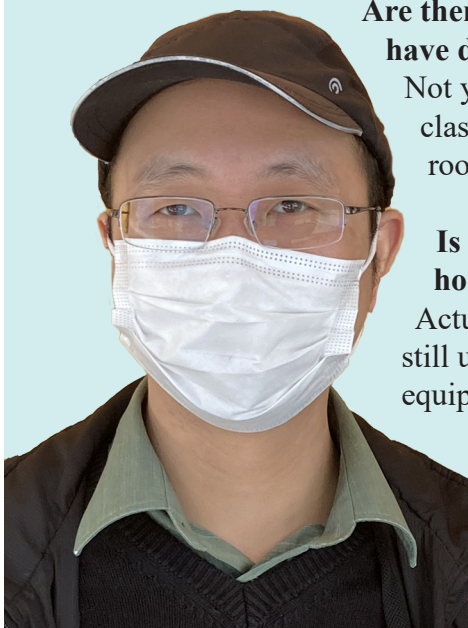
Not yet... some of them were late to my class as they were finding my classroom on their first day back.

Is it easier to teach at school than at home?

Actually, it's about the same, since we still use the same laptop and the same equipment both at home and at school...

What has been the best part about being back?

Best part... the teachers received a bonus and then a raise since we have returned to school... lol.



MS. WOODHULL

Is it more difficult this year being in person with freshmen because of their lack of experience in high school?

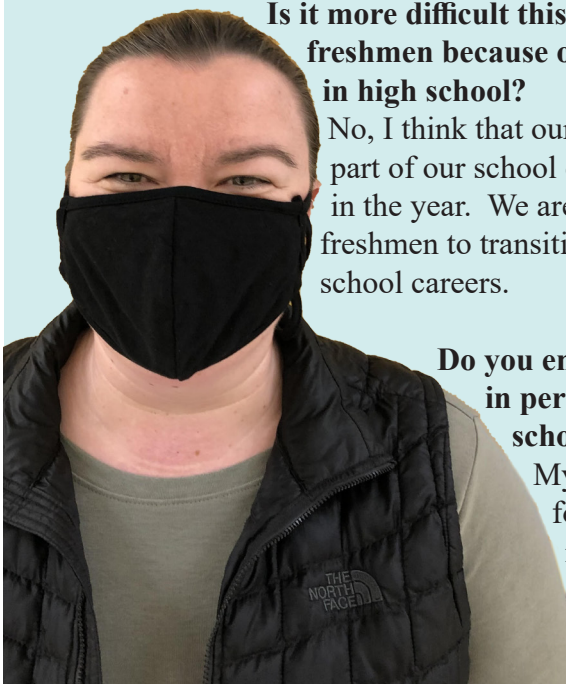
No, I think that our students are excited to be part of our school community, albeit this late in the year. We are doing our best to help our freshmen to transition to campus and their high school careers.

Do you enjoy being back at school in person? Is it easier to teach at school than at home?

My home setup is more comfortable for being tethered to my laptop. I miss my home desk chair.

What has been the best part about being back?

Seeing my English Department mates and other colleagues on the 3rd floor.



How is it being back with freshmen on campus?

It is nice to see the students whom I have never seen, the people behind the names on Zoom, behind the handwriting. You get a picture in your mind and then when you see the actual people, it's a trip how totally different from what you thought.

Are there any funny things freshmen have done since first arriving?

Not yet, but that's because it has only been one class meeting for them, and they are still very shy and quiet.

Do you enjoy being back at school in person?

Yes. Yes. Yes. It is nice to stand and teach in my room. Although imperfect, being half-way to normal is a mental relief.



MR. NAPOLI

How is it being back with freshmen on campus?

I was very excited about how many of my freshmen students opted to come back to school! The freshmen I have talked to seem to be very happy to be back at school... the freshmen students I have in Spanish 1 are doing really well and have risen to the challenges of distance learning as well as the hybrid model.

Is it more difficult this year being in person with freshmen because of their lack of experience in high school?

The challenges for me with returning to campus is to get my son and I out of the door in the morning, my long commute, packing all of my food for the day, and getting to campus on time!

What has been the best part about being back?

The best part has been to reconnect with all of the awesome teachers at TN and to welcome students back into our classrooms.



PROFESSORA BOSINOFF

How is it being back with freshmen on campus?

On one hand, I enjoy seeing and interacting with students again, but on the other hand, it is a bit odd, having some students live and others online.

Do you enjoy being back at school in person?

Absolutely! I like how safety has been prioritized. I would have been more hesitant had the safety not been taken seriously. School is absolutely more enjoyable in person.

Are there any challenges that you have had to face since returning to school?

Wanting to return to normal but knowing it's going to be a while.



MR. VILCHEZ

TN girls basketball taking wins

By Miguel Valdes
Times staff writer

Girls basketball was one of the season 2 sports allowed to play this year, although with a modified season. The girl's team looks just like last season's team, although they did lose four seniors. This year, they have ten returning players plus two sophomores playing their first season on varsity. The girl's basketball team does not have a JV team this year; instead, they'll be rocking with one varsity team. Kawann Summerville, the head coach, said, "We didn't have too many girls trying out this year, so I decided to just go with one team with twelve girls. As far as our season, games and practices are the same. Although we only play five, possibly seven games this year, I'll take it over nothing....I'm really happy to be out on the floor teaching these girls again."

The COVID protocols are the same for basketball as every other sport: get



Courtesy of Christy Julian

Terra Nova squaring off against Westmoor at home in a very close game.

tested weekly, wear masks at all times, and temperature checks before entering the gym. Jaidyn Goodin, a three-year varsity basketball player, said, "It feels

good to be back. I missed playing so much, especially playing with my teammates. It sucks we have to constantly wear our masks even while playing,

but whatever it takes to play, I'll do it." The team played their third game last week against Summit Shasta. Although it was a close one, Terra Nova pulled off the win.

Jocelyn Calvillo, also a three-year varsity player, said, "It was a tough game. I feel like we as a team didn't play as good as we wanted but were fortunate to get the W. We have a couple more games left, and I really wanna end it strong for the seniors who are leaving." The team has a 2-1 record with their only loss to Jefferson High School.

The team has two more games scheduled before the end of their season, with possible playoffs. Although all games are subject to change — if anyone on the team tests positive, they immediately forfeit the game and are required to quarantine for two weeks.

For now, the Tigers are poised to play Oceana and El Camino again before their short regular season is over. Hopefully, the can move onto the postseason and win a championship.

Terra Nova wrestling continues to work hard

By Miguel Valdes
Times staff writer

Terra Nova Wrestling is back at Terra Nova...kind of. Although wrestling is allowed to practice and condition, they will not be competing in any tournament this year. Wrestling was considered one of the most dangerous sports for the spread of COVID because it is high contact and indoors. Although the state considered bringing it back, it never happened, leaving senior wrestlers without any competitions for their last year.

Wrestling was given the option of practicing and conditioning for next year or skipping the season as a whole; the team opted to prepare for next year. Emiliano Olsen, a wrestler

for the Tigers, said, "Yeah, it's great to be back. I really missed the conditioning and running...It sucks that we were not able to compete this year, but I'm really looking forward to next year!"

Wrestling coaches have been pushing kids to get back in shape after the extended quarantine. Players run approximately four miles every other day, and when they're not running, they work on technique and fundamentals on the mat. As for COVID, all athletes and coaches must test weekly, wear a mask at all times, and have their temperature taken before entering any facilities. On top of that, everyone must fill out a COVID health screening form provided by the district. The coaches declined to be interviewed and did not allow Terra Nova Times writers to



Jack Gillen / Terra Nova Times

Even without a season, Terra Nova Wrestling is still training hard like every other year.

take pictures or enter the Mat Room. This was done out of the safety of the athletes and coaches, as they don't want to take any risk in contracting COVID.

"The coaches have been super strict on safety for COVID; they really don't want to get shut down because of an outbreak. We sanitize the whole mat room before leaving

practice every day," Olsen said.

Practice for Wrestling is Monday-Friday from 3 PM to 5:30 PM at Terra Nova. Hopefully, next year, all sports can go back to normal.



Joe Murphy / Terra Nova Times

The SAP Center, home of the San Jose Sharks, who, sadly, will not be in the NHL playoffs this year.

The NHL playoffs set up to be a wild ride

By Miles Palmer
Times staff writer

The NHL playoffs are about to begin and will happen in a way they never have before. The most significant difference between this year and others is how the playoffs are being formatted. Typically, the eight best teams from the western conference play each other in the seven-game series, likewise in the eastern conference. The winner of both conferences faces off in the Stanley Cup. This year, there are four divisions, East, West, North, and South. Each division has four different seeds, with the one playing the four, the two playing the three, and then the winner of those games playing each other. This unusual setup is because there needed to be a division with only Canadian teams (the North division) due to Canada's quarantine restrictions. After a winner is crowned from each division, the four teams will be reseeded based on their regular-season record. The four teams will compete in the Stanley Cup semi-finals, and the winners will go at it in an exciting Stanley Cup match-up.

Many are intrigued by the new playoff format. Colorado Avalanche forward Nathan Mackinnon thinks that the new format will be good for the league. "It's great that we can play

some meaningful games against the top teams in the West for seeding," Mackinnon said. "I think that's a pretty good format, how they're doing it. You know, there's no perfect way, everybody had to get creative, and it seems like a good place to start." The new format will take rivalry playoff games to a whole new level.

The playoffs got underway Monday, May 17. In the Central division, the Hurricanes beat the Predators, while the Panthers will take on the Lightning May 18. Over in the East, the Penguins will battle the Islanders on the 18th, while the Bruins will battle the Capitals on the 17th. Up North, the Maple Leafs play the Canadiens, with the Oilers and Jets playing the other game. In the West division, the Avalanche clinched the one seed, with the Golden Knights being the two seed, the Wild being the three seed, and the Blues being the four seed.

With all these division-rivalry matchups, fans everywhere are ready to see the best go at it. Jason Ricos (12) is anticipating some wild hockey games. "With the new format they have, I think it will make a lot of the games more interesting to fans watching," Ricos said. Despite not having a particular team he has in favor of winning, Ricos has the Maple Leafs as one of his front runners to win the Stanley Cup. Time will tell, but first, there's some exciting hockey to watch.

TN baseball forced to quarantine

By Miles Palmer
Times staff writer

The Terra Nova baseball team spent two long weeks under quarantine after a member of the JV team tested positive for the coronavirus. Both Varsity and JV faced a two week-long quarantine and had to have a negative test after the quarantine upon returning to both baseball and in-person learning.

This is very sad news for the team, who had last year's season cut short due to the pandemic. There is not much anyone can really do about this, and it is looking as if the team will just have to take this blow to the gut and keep on moving forward.

"It sucks we have to miss some games now," Zach Allen (11) said. The Tigers will be missing out on games against Woodside High School and San Mateo High School, meaning that this case of Covid has a lot more casualties than just TN's team. On the bright side,

Allen pointed out that while they are on this break, everyone gets to rest an arm that may be sore from all the throwing. Still, the circumstances of this year have once again caused these athletes to be disappointed.

Thankfully, the positive case was discovered and isolated before more damage was done. Tara Gallegos, a spokeswoman of the Sacramento City Unified School District who has dealt with players from one of their high schools being positive, feels the testing is a great improvement to give information to everyone. "With more of these tests becoming available, there are going to be more positive test results because there might have been someone who was asymptomatic, which is actually going to help track this and prevent further spread," Gallegos stated.

Unfortunately, this is the new reality for sports and schools everywhere. The Terra Nova girls water polo missed a game against Mercy after a



Jenson Ho / Terra Nova Times

The baseball field sits idle, waiting for the Boys of Summer to return to play.

Mercy player tested positive.

"It sucks having to miss a game because of Covid," Crystal Melton (11) said. "Luckily, it wasn't our team that had it."

With sports and in-person school coming back while the pandemic is still going on, many teams and schools everywhere are having to face their members testing positive for

the virus. Last month, Berkeley High School had numerous basketball players test positive, forcing them to reschedule their basketball team's tryouts. Many football teams around the state were forced to quarantine and miss crucial games in March and April. No matter what sport, high schools everywhere are affected by Covid-19 mak-

ing its way to student-athletes.

With more vaccines being administered, as well the Pfizer vaccine now approved for ages 12-15, hopefully teams will no longer have to worry about being sidelined by Covid. With walk-in appointments available at pharmacies all over the area, there is no reason to keep losing the game to Covid.

The 2021 NBA playoffs are on coming soon

By Miguel Valdes
Times staff writer

The end of the NBA regular season is right around the corner. Most teams have anywhere from three to five games remaining, and there are still playoff and play-in spots open. In the West, the Utah Jazz hold a two game lead over the Phoenix Suns for the No. 1 overall seed, with both teams having four games remaining. The Suns only need to finish in a tie with the Jazz to claim the top seed after sweeping the season series, but expecting the Jazz to drop two games down the stretch is a big ask. The Los Angeles Clippers and Denver Nuggets have each clinched playoff berths, with only seeding for the No. 3 and 4 seeds still left up in the air. Three teams — the Dallas Mavericks, Portland Trail Blazers and Los Angeles Lakers — are within two games of each other for the Nos. 5 and 6 seeds. At the moment, the Lakers are seventh in the West, meaning the defending champions would have to participate in the league's



Miles Palmer / Terra Nova Times

Superstars all across the league are gearing up for a championship run

new play-in tournament. With many key players injured during the season, like LeBron James, Anthony Davis, and Dennis Schroder, the Lakers are lucky to be qualified for the playoffs at all.

Mai Ly Noorda (11), an avid Lakers fan said, "I really hope the Lakers can get it together and get the final playoff

spot. They're such a talented team but the injury bug just hit them so hard, especially with LeBron and AD out it'll take a miracle. But I still have hope."

The Warriors and Memphis Grizzlies are likely to finish as the Nos. 8 and 9 seeds, while the San Antonio Spurs are a couple games ahead of the New Or-

leans Pelicans for the final play in spot.

The Eastern conference isn't as messy as the Western, but it'll still be an exciting ending, with the Philadelphia 76ers holding a commanding three-game lead over the Brooklyn Nets and 3.5 game lead over the Milwaukee Bucks. With only four games remaining, the teams will battle it out for the top overall seed.

That top seed is important, as the Sixers would avoid facing either the Nets or Bucks until the Eastern Conference Finals. The Knicks' hot streak doesn't guarantee them a playoff spot yet, but if they keep it up, Madison Square Garden could host their first playoff game since the 2012-13 season. They remain in the fight for the fourth seed as Miami and Atlanta are only a couple games behind. The Celtics, meanwhile, are most likely locked in on the seventh seed, where they would have to play in the play-in tournament against either the surging Washington Wizards or the young and talented Charlotte Hornets. No matter the outcome, this year's playoffs are shaping up to be very competitive and entertaining.

Playing sports can have many effects on one's life, both good and bad

By Jack Gillen
Times staff writer

It is common knowledge that exercise is good for you, and a common way for people to get that exercise is through sports. However, not everything about sports can be beneficial to your body. For better or worse, competing in sports can affect an athlete's health in later years.

Sports that do not require as much physical contact, such as racket sports, running, swimming, and aerobics, can lengthen your lifespan. In a study pub-

lished by the British Journal of Sports Medicine, these sports are greatly associated with avoiding early death from heart disease. Racket sports athletes were also 47% more likely to live longer. Swimmers were 28% more likely, and runners were also 27% more likely to live longer than someone who did not exercise.

However, many sports that have hard-hitting and brutal contact have adverse effects on a person's long-term health. Fighting sports and football are some of those sports. The trauma that the brain takes over the years can ruin the rest of

someone's life. Concussions and constant hits to the head repeatedly add up over the years, for which there are severe consequences later in life. Muhammad Ali, who is regarded as the greatest boxer of all time, developed Parkinson's disease just three years after he retired.

One of Terra Nova's football players, William Wilder-Smith (10) was asked if he was worried about the effects that playing football could have on his body, and he said that, "Sometimes I may get hit in the head, but rarely does it hurt that bad as the helmets offer good protection. It's a

slim chance that I play professionally one day, so I'm not too worried as the hits in the pros are incomparably more brutal than the ones in high school."

A study conducted by the medical journal JAMA found that a career NFL player has a 38% higher chance of dying at a younger age compared to someone that just played in high school and college ball. Brett Favre, a hall of fame quarterback and one of the greatest players of all time, admitted that the only way to be safe is not to play the game. "Concussions will continue to be a

serious issue. There's only so much that helmets can do. So we'll look at it from a treatment standpoint. And the only other option is not to play," he said. Helmets have gotten better over the years, but they still have a long way to go. Still, regardless, the punishment the body undergoes throughout whole contact sports is something that will never be entirely avoidable.

In the end, sports can be a double-edged sword when it comes to long-term health, and for that reason, it is important to be aware of all the benefits and detriments that come with it.

Are meal-kits worth the new hype?

By Kyle Gossage
Times staff writer

Meal kits have become popular as the younger generation strays further and further from traditional cooking. Meal kits such as HelloFresh aim to make cooking accessible and easy. Meal kits are one of two things: either a premade meal that is immediately ready to eat or a box of ingredients for specific recipes that you make. Although the goal is an easy meal, putting in a little effort by mixing the ingredients yourself tends to end with a higher quality meal. HelloFresh is a popular meal box company that ships boxes of ingredients for you to prepare an easy and healthy meal.

HelloFresh has a 20-meal menu that you can choose from each week. They send you a box with all the ingredients and instructions you will need to fully

prepare your meals. Crystal Melton (11) said, “I have used meal kits at other people’s houses, and they are really convenient and taste good, especially HelloFresh.” These boxes provide an easy way to cook good meals at home, which has been especially useful during the quarantine. Even Mindy Kaling, the famous actress and sponsor, said, “HelloFresh makes cooking super easy for me—they shop for me, prep for me, and sometimes even pick my meals when I don’t have time.”

HelloFresh is not the only meal kit service around. Another popular company is called SunBasket. Sunbasket has a menu of 18 different dishes, and the majority of ingredients are non-GMO and organic. In addition, they use only sustainably and responsibly raised ingredients in their dishes. Sunbasket costs a little bit more than HelloFresh at about \$12 per



Lauren Devry / Terra Nova Times

It is like receiving a gift for the entire family to enjoy.

meal. For one person eating a HelloFresh meal every night for an entire year would cost about \$3,276, whereas eating a Sunbasket meal every night for a year would cost about \$4,368. The US Department of

Agriculture says that “the average annual food budget for one person is \$2,641,” which means that these meal kits are fairly expensive for the average American, but if you lack the ability to plan and shop for

your meals then it is definitely beneficial. One plus of the meal kits is that there are rarely leftovers, meaning less food waste.

While meal kit delivery services may seem like a good option for easy and healthy meals, they also have downsides. Both HelloFresh and Sunbasket meals use ingredients that you can find in most grocery stores, but if you purchase ingredients yourself, it will cost less for the same amount of ingredients, and you’re not limited to a menu of 20 or so meals. Furthermore, because meal kits send you pre-measured ingredients, there is a lot of plastic waste from all of the packaging. Dietary restrictions are also much easier to work around and incorporate into meals if you make them yourself. Overall, meal kit services are good for quick and healthy meals, but they also have downsides to consider when subscribing to one.

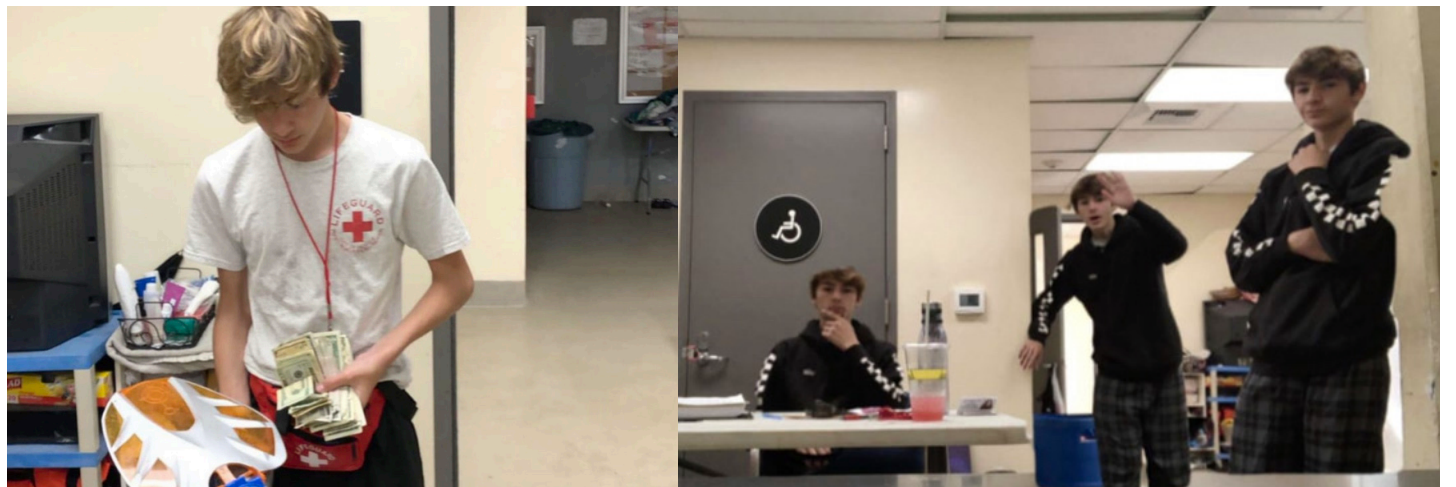
The right way to spend summer: employed

By Kyle Gossage
Times staff writer

With summer around the corner and school work finally slowing down, now is the perfect time to look for a summer job. These jobs can range from anything from working in a restaurant, to retail, to babysitting. Summer jobs can be a good way to save up for college, make some spending money, and develop necessary adulting skills.

Having a part-time job helps show future employers and colleges that you know how to show up on time and do a good job for an employer, the basics of “adulting” skills. It also shows that you are trustworthy and can be trusted with money or even people’s lives.

Many people’s first job is at a fast food restaurant or clothing store because these jobs tend to be plentiful. Most of these jobs require applicants to be as young as 16 years old, so they are ideal for high school students. These types of jobs require little to no prior experience and can be performed fairly easily.



Noah Friedman

Getting a job is a great way to use your summer break, not to mention the opportunity to make money.

There are also other jobs that require skills and have more responsibility like babysitting and lifeguarding. Babysitting keeps you on your toes because you can’t take your eyes off the kids, and if you know anything about kids, you know that there’s never a dull moment. Crystal Melton (11) said, “Babysitting is such a convenient way of making money be-

cause it is easy and fun, and when they are napping, you can do your homework.”

These jobs are appealing due to the fact that they can be different each time you go to a shift. These types of jobs also take place in a more relaxed and social environment, allowing for a more easy going attitude while performing the job.

Not only does having a job benefit

you financially, but it can also teach you skills. Class of 2019 alumna Sarah Lotti is a faculty member at Oceana’s pool office and said, “Lifeguarding is an amazing first job — it helps develop time management skills as well as helping you learn CPR and first aid skills. Lifeguarding has a great community, and you work as a team and can have lots of fun on the job.”

Use your online shopping addiction to leave a positive impact

By Maya Orsi
Times staff writer

With the countless global issues the world is facing, it’s more important now than ever to be conscientious of where we are putting our money. In the past decades, various brands and companies have popped up, creating ethical systems of charity in exchange for whatever you are purchasing. This is a great way to give back easily; rather than buy from just any brand, buying from certain brands can leave a good mark on the world.

Ever since its launch in the late 90s, Lush Cosmetics has been continuously praised for



Jenson Ho / Terra Nova Times

Newman’s donates all profit

its humanitarian work and ethical practices. In a 2019 article by Forbes, Celia Shatzman wrote, “Part of Lush’s larger mission, the brand has invested over \$5.1 million in agroforestry over the last six years to help communities that have suffered from climate change, deforestation and conflict.” The impactful company has multiple products that give directly back when purchased. Their Charity Pot lotion uses profit to donate to various charities.

Aside from direct charity, Lush has created corporate pressure on other organizations to improve working conditions and participate in more humanitarian efforts. The Manager

of the Sustainable Lush Fund, Gavin Hollett, stated in Forbes, “By having our own site, we are demonstrating to the broader industry that we are serious about this. In order to have a justifiable, successful project, we want to be the lead there, which will allow us to finance a much greater expansion and involve more people in turn.”

Separate from the cosmetics industry are countless other brands that work towards a better future with the profit they gain. The Business Insider senior reporter Connie Chen wrote that there are countless companies with missions to help the world: “Whether you’d like to gift athletic socks, hiking socks,

or dress socks, Bombas has you — and the feet of someone in need — covered. For every pair purchased, it donates a specially-designed pair to a homeless shelter. It has donated more than 43 million pairs to more than 3,000 giving partners in the US.”

Another commonly known company, 4Ocean, has been rising in popularity as it launched its campaign to make and sell bracelets made from plastic. The brand focuses on promoting cleaner oceans, and sustainable changes. Similarly, Rothys manufactures bags and shoes out of recaptured and recycled marine pollution, allowing you to clean up the oceans and look fashionable while doing it.

All About the Prison System

Understanding the death penalty

By Shayla McCann
Times staff writer

The death penalty is one of the most controversial topics in existence, but many people base their opinions on feelings rather than facts. This article is designed to inform students about the death penalty itself and of the reasons people support and oppose it.

Lethal injection is the most accepted way of carrying out the death penalty. With this method, the executioner injects three different drugs into the prisoner so they fall asleep and then die. The U.S. Sun states, "The three-drug protocol uses an anesthetic or sedative, usually followed by a paralytic like pancuronium bromide followed by a heart-stopping drug like potassium chloride." The United States usually uses lethal injection because it's more humane and the cheapest way to execute a prisoner.

Another way prisoners can be executed is through electrocution. This method

was first used in New York back in 1888, but has since been ruled as unconstitutional by the supreme courts of Georgia and Nebraska, who have ruled that use of the electric chair violates their state constitutional laws against cruel and unusual punishment. It's easy to see why the states ruled this way when you read Britannica's description of the electric chair: "The method applies one or more high voltage electrical currents through electrodes attached to the head and legs of a condemned inmate, who sits strapped to a chair. A typical electrocution lasts about two minutes."

Lethal gas can also be used for the death penalty. However, only seven states (Alabama, Arizona, California, Mississippi, Missouri, Oklahoma, Wyoming) have authorized this method of the death penalty. History.com describes the process, "During a lethal gas execution, the prisoner is sealed in an airtight chamber and either potassium cyanide or sodium cyanide is dropped into a pan of hydrochloric acid. This produces hydrocyanic

gas, which destroys a human body's ability to process blood hemoglobin."

Another way they executed prisoners was by a firing squad, during which a death row prisoner is placed up against a wall, and five guards shoot them with 30-caliber Winchester rifles. Again, only three states (Mississippi, Oklahoma, and Utah) have authorized this method of the death penalty.

The last way a prisoner can be executed in the US is by hanging. Britannica states, "Persons to be hanged stand on a trapdoor, and, when the trap is released, they fall several feet until stopped by the rope tied around their neck. The jerk breaks the cervical vertebrae and is thought to cause immediate loss of consciousness." This method has only been authorized by three states (New Hampshire, Washington, and Delaware).

If these methods of execution seem egregious and inhumane to you, you may be in the majority. Professor Alessandro De Giorgi, who teaches in the Department of Justice Studies at San Francisco

State is largely against the death penalty, stating that many who end up on death row are wrongfully convicted and then executed. "We can ultimately never be completely sure that the person who is executed is actually guilty of the crime. In fact, evidence shows that a significant number of people are wrongfully convicted each year, and some of them are exonerated after they have spent long periods of time in prison," De Giorgi said.

Looking at the last twenty years of Gallup polls of Americans and their opinions about the death penalty, more people are agreeing with De Giorgi that the death penalty is problematic. Overtime, more Americans are beginning to believe that the death penalty is morally wrong and has been imposed too often. In addition, people's opinion of how fairly the death penalty has been applied has almost reversed from 2008 to 2018, with 54% believing it was fair and 38% believing it was unfair in 2008 to 49% believing it was fair and 45% believing it was unfair in 2018.

The non-violent drug sentencing crisis

By Shayla McCann
Times staff writer

In America, there are 2.3 million people in jail. While that may seem like a large number, about 20% of prisoners, (450,000), who make up that statistic are non-violent drug offenders. But what is a non-violent drug related offense and how is someone convicted of it?

Essentially, a person is found guilty of a non-violent drug offense if they were found to have possession of or have consumed illegal substances and were considered to be not inherently violent.

Since non-violent drug offenders are not considered to be a large threat to society, it makes sense to charge them with community service and a fine rather than with heavier sentences, like with what murders receive...Right?

First, it is important to understand that not all drug-related crimes have the same charges. Hope Cannon, a U.S Magistrate Judge for the Northern District of Florida states, "In general, there are three main types of drug charges: infractions that do not typically involve jail time or major penalties, misdemeanors that involve minor penalties, and felonies that mean major jail time and harsh penalties." How-

ever, since most offenders possessing illegal drugs in California are charged with misdemeanors and felonies, they automatically face harsher sentencing than if they were charged with infractions.

In the recent decade, California voters have passed propositions to combat this phenomenon. In 2014, Californian residents voted for Prop. 47, which made changes to the Uniform Controlled Substances Act. Cannon writes, "This relaxed some of the drug-possession laws, moving them from felony charges to misdemeanors, essentially decriminalizing 'simple possession' of most illegal

drugs." In 2012, Prop. 36 was passed, which amended the infamous Three-Strikes Sentencing System established in 1994 that mandated long prison terms for those convicted of a third felony, and mandated a third-strike be charged only to those found guilty of a serious or violent felony and third-strike offenders to petition the court for reduction of their term to a second strike sentence.

The US still has a long way to go to solve the nonviolent-drug related sentencing crisis. In conjunction with passing legislation, bringing awareness to the issue (like this article is) is equally as important in putting and end to this issue.

Understanding the prison system

By Shayla McCann
Times staff writer

For some, the prison system may be confusing and hard to understand. How did the prison system come to be? What is mass incarceration? What is the difference between a jail and a prison? This article will attempt to clarify some of the questions you may have about the prison system.

Let's start off with the history of the prison system. Crime Museum writes, "The original purpose of confining a person within a prison was not to punish them, but was a means of keeping the perpetrator of a crime detained until the actual punishment could be carried out." It then turned to corporal punishment (physical punishment) or capital punishment (the death penalty). In 1790,

Philadelphia opened the first ever penitentiary. It was said that criminals were locked in there to reflect on the crimes they committed as well as their behavior. Modern imprisonment started off in London and by the 19th century, they started using prisons to house inmates.

Nowadays, the term "mass incarceration" is used a lot. But what does it mean? According to Medium.com, "The term 'mass incarceration' refers to the unique way the U.S. has locked up a vast population in federal and state prisons, as well as local jails." In America, there are more than 2.3 million people in jail for nonviolent crimes. Multiply that number by roughly \$65,000 a year per inmate, and you are looking at a much larger consequence of mass incarceration: the cost. In 2015, California spent roughly \$8.6 billion to covering expenses of food, security, and bills for the prison system in

the US.

But also how many different kinds of prisons are there? And what is the difference between a jail and a prison? First off, the difference between the two is that jail is a locally run short-term facility, whereas a prison is a state or federally operated long-term facility. Juvenile prisons are for people under 18 years old. The Crime Museum describes, "Anyone who is not of a legal age is never locked up in a general prison with adults."

In addition to traditional prisons, there are minimum security prisons, which are for white collar (nonviolent) crimes such as fraud and embezzlement. The Federal Bureau of Prison website states, "Federal Prison Camps (FPCs), have dormitory housing, a relatively low staff-to-inmate ratio, and limited or no perimeter fencing. These institutions are work- and program-oriented." Medium security

prisons have cage-styled living spaces and more armed guards.

Maximum security prison is scary because it is home to the many violent and dangerous criminals. According to Stop the Crime, "These prisoners have committed murder, robbery, kidnapping, treason, or over serious crimes." Psychiatric prisons are next on the list and the inmates within them are deemed mentally unfit. Crime Museum illustrates, "As with any prison that pursues methods of rehabilitation, psychiatric prisons are intended to try and help people as opposed to just confining them as a means of punishment." Lastly, there are military prisons. The Crime Museum describes, "Every branch of military has its own prison facilities that are used specifically for military personnel who have broken laws that affect national security, or to house prisoners of war."

Vegan diets aren't a cure-all

By Luke Avery
Times staff writer

"You know the U.N. just released a study that said we're gonna be okay if the vast majority of people go vegetarian immediately." This statement by Andrew Yang, made on live television with millions of people watching, is the perfect embodiment of the pressure put on the public to eat more "Eco-Friendly." Media influencers often condemn meat-eating, and it's hard to blame them because the argument makes sense on paper. Vegan diets can save the world because the meat industry produces carbon pollution and kills animals. However, looking more in depth, it is less obvious that a strictly plant-based diet is actually better for the environment.

It is no secret that beef is hard on the planet — cows require a lot of land and water and emit methane, a greenhouse gas. However, not all meat is bad for the environment, and not all plant-based foods are good for the environment. One issue is impact on the soil. Degradation of topsoil created by mass agricultural land production is a worldwide problem,



Luke Avery / Terra Nova Times

Plant-based diets are good for the environment...kind of.

as the U.N. Food and Agricultural Organization states that 25-40 billion tons of topsoil is eroded every year worldwide, significantly reducing crop yields and the soil's ability to store and cycle carbon, as well as water. However, light to moderate grazing has significant payoffs for the soil. According to an Aug. 2020 study

published in the research journal "Plos One," mixing sheep and cattle and reducing grazing intensity had positive impacts, but that there is also no "one size fits all" approach to soil and livestock management. The goal should be location-dependent sustainable practices, which may not require the abolition of livestock.

Also, shifting the whole planet to a plant-based diet comes at a cost. An increase in plant production would cause possibly permanent damage to the land we use to create food by way of over-farming. Other than causing significantly less crop yields, the destruction of ecosystems, natural disasters, and topsoil erosion also displace carbon. According to the National Academy of Sciences, worldwide topsoil erosion has released 133 billion tons of carbon emissions from the top 2 meters of soil within the last 200 years. This puts it on par with the estimated amount of carbon pollution created by deforestation, which occurs to make room for farmland.

Another large issue with vegetarianism is the excess need for transportation of exotic fruit, vegetables, and grains. Most vegetarians don't just eat the food locally grown in their state, and less temperate zones have much less selection of avocados and many other fruits and vegetables. This results in the mass importation of these "staple" vegetarian meals like avocado toast or quinoa from other countries with less strict farming

See Vegetarian on page 16

The impossible task of a universal language

By Kyle Gossage
Times staff writer

If the world were to ever unify as one power, there would need to be a universal language, but what would that universal language be?

There are thousands of languages and dialects spoken throughout the world, but the two most-spoken are English and Mandarin. Each of these languages have about 1 billion speakers. Abdulla Al-Babbagh, a professor of English at the United Arab Emirates University said, "The blueprints for the first ideas of a universal language began appearing in the 17th century, although none of them ever got much traction."

The best approach to a universal language would be to create a new one, taking elements from every current language. As easy



Kyle Gossage / Terra Nova Times

Humans have created thousands of languages

as that sounds, every language is unique in its own way. Each language has specific quirks that can make some languages easier to understand and form concise

thoughts with than others. One fairly common feature in many languages is the use of gender when describing objects. Spanish is an example of this with

the changes and use of "-o," "-a," "la," and "el" to genderize objects. To an extent, this holds languages back because it is an unnecessary complication that creates multiple words for one meaning. This feature eliminates about one fourth of the world's languages from being the superior language.

Alphabets are also a crucial part of every language; whether it be a short one, like English with 26 different letters, or a longer compilation, like Japanese with three separate alphabets with 40+ characters each. The most favorable alphabet for a universal language is one with the fewest characters, but the most phonetic sounds possible. The English language gets away with having a short alphabet by combining one or more characters together to make a different sound. This can be worse than having separate characters for

each sound because it can be harder to learn all the intricacies of combining multiple letters and making different sounds.

The International Phonetic Alphabet has 107 letters, one for each sound a person makes. Having an alphabet with 107 letters is no better than combining letters. The ideal alphabet would be something in between, having about 40 characters or letters and using different intonations to double the number of sounds. Eugene Nida, a cultural and linguistic expert, said, "Language and culture cannot exist without each other, and languages not only represent elements of culture, they also serve to model culture". There is no perfect language, and we will probably never create one, but the key to making it is to keep it simple yet comprehensive, all while preserving the different cultures around the world.

Snackers gotta snack, so here are some great options for you

By Luke Avery
Times staff writer

Being 6'3" teenage male and an athlete, I often find myself unknowingly bingeing on snacks. You can even ask my mom to testify to this: at one point, I actually started to make a fried egg while asleep. After some thinking, I've decided to bless you with some good snacks to make at home, as well as some nice places around Pacifica that especially hit the spot.

With everything that has happened this past year, snacking has become a routine in itself. My go-to recently has been the banana sushi roll. A lot of people are disgusted with the sound of that name, but the first thing you should

know is that, no, it doesn't have rice or fish in it. Critics far and wide enjoy the down-to-earth flavor and the sweet and savory aftertaste of this easy-to-make delicacy. A simple recipe for an enjoyable snack: all you need is honey, a tortilla, peanut butter, and a banana. First, spread peanut butter onto the tortilla. Then, place the whole peeled banana on the tortilla. Finally, pour honey on said banana, roll up the tortilla, and cut it into sushi-sized pieces. You can add honey drizzle on top for an extra touch. Cinnamon is also a good choice, but either way you're set for a good lunch. After trying this explosion of flavor, Terra Nova's infamous food connoisseur Matt Ghione (12), claimed, "Oh yeah, that's pretty good and surprisingly easy to make."

If you thought I was going to skimp

out on the meat, I'm honestly hurt, but this next recipe will satisfy both your meat cravings and unrealistic standards for this article. The sausorgousborg, pronounced sauce-org-us-borg, is a personal creation. Despite the strange name, rest assured, the recipe is solid. You will need sausages, microwavable bacon, mozzarella cheese sticks, shredded cheese, a little bit of Italian seasoning, and a generous amount of marinara sauce. Preheat the oven to 425 degrees and grab as many sausages as you can eat. Cut a vertical slit in them and stuff the cheese stick in the sausage as delicately as possible. Proceed to drown it with a massive amount of marinara sauce and a bit of Italian seasoning. Throw that in the oven for 20 minutes, and while you're waiting, microwave the bacon.

Put some shredded cheese on the sausage and wrap two pieces of bacon on each link. Your hands will get saucy, but devouring the finished product is worth it.

The day wouldn't be complete without some late-night cheap bonus snacks. The \$5 Munchie Meal at Jack in the Box will always have a special place in my heart. Two tacos, a drink, a specialty burger, and some curly fries during midnight excursions really fills you up. Another place you don't want to skip is Shari's Cafe and Restaurant. Said best by Shari herself: "We're famous for our fresh Northwest comfort food, welcoming service, and grand selection of award-winning pies." No matter what the occasion, I could always go for a milkshake there. They blend whole pieces of pies in them, for an eye-opening journey to flavortown.

Cottagecore makes a comeback

By *Natasha Valdez*
Times staff writer

Cottagecore: an aesthetic that is more than what you would typically expect from a trend—an Internet fashion aesthetic promulgated by teenagers and young adults celebrating an idealized rural life. The aesthetic was developed throughout the 2010s and received that name on Tumblr in 2018, and while it might just seem a fashion aesthetic, it's much more.

Cottagecore is an idealized vision of a peaceful, minimalistic life in the countryside. This aesthetic shows the way of living in simplicity, meaning it encourages a lifestyle rooted in traditional skills, like baking bread, gardening, and sewing your clothes—a rural, relaxed, and delicate environment. Those who embrace the Cottagecore aesthetic love to read, have picnics, and be in harmony and nature. Instagram influencer Keri-Anne Pink said, "I think it gives people a little bit of escapism from their own world and busy life... Is so lovely to have all these people around the world who are similar. It makes me embrace every part of myself even more."

While Cottagecore can be a way of liv-



Courtesy of Ysabella Co

Senior Ysabella Co at her Cottagecore-inspired 18th birthday party.

ing, it is also a type of fashion aesthetic. The clothing itself is described as ethereal with a fantastical aura. Like the aesthetic itself, Cottagecore outfits should be

wholesome, unique, and kind to the earth. The color palette includes warm whites, neutral browns, mustards, deep greens, lavender, faded floral, and check prints.

Though it can be tricky to find pieces like this, every clothing piece is unique and why vintage stores, thrift stores, and Depop have become the best place to find those one-of-a-kind pieces. Ysabella Co (12) from El Camino High school said, "I think Cottagecore fashion has always been so timeless and simple, which is why I think the style has been through several generations. I also think it's great to see people revive and put personal twists to something that was once traditional."

Some clothing pieces are milkmaid dresses, pastel color tops, crochet tops, folk style stitching, flowy dresses, floral patterns, flower crowns, and vintage-style hats. Most Cottagecore clothing is eco-friendly and sustainable, and pieces and fabrics are best found in thrift stores, Etsy, and small boutiques or businesses.

Christina Loewen, an Instagram influencer, said, "When picking out clothes, I look for romantic and timeless pieces that bring a sense of nostalgia. Anne of Green Gables has always been my muse."

Cottagecore is not just an aesthetic, but a way of living and embraces a simpler, sustainable existence that is more harmonious with nature. It's also a unique way to express yourself through clothing in a welcoming community.

No need to go out of state for vacation spots

By *Kyle Gossage*
Times staff writer

With everything from dry deserts to snow covered mountains, California offers something for everyone in every season. With summer just around the corner and quarantine coming to a close, people are dusting off their travel gear. California, apart from its large cities, has expanses of wilderness and extensive coastline, ready for exploration.

Throughout the year, and especially during the summer, camping is a popular activity in California. The best spots are to be found in one of the state's many national and state parks. Among the most famous of these is Yosemite National Park,

known for its position in a glacier-carved valley between several large and distinctive domes. However, there are several other places that are much less touristy with beautiful trails and views, such as Muir Woods National Park and Sierra National Forest. These offer places to camp and hike, along with off-roading or long-distance backpacking.

We all know about California's legendary beaches, but close to the coast are multiple theme parks. Among these coastline attractions are Disneyland, the Santa Monica Pier, and Santa Cruz Boardwalk, all featuring a vast array of amusement rides and carnival stands.

Alexis Nguyen (12), who recently went to Disneyland with her family, said, "Disneyland is a

classic vacation spot that is perfect to visit with family because I have younger cousins and we can all have a good time there."

Many of California's largest cities are also along the coast including San Francisco, Los Angeles, and San Diego, all having plenty to offer in terms of entertainment.

During the summer months, places away from California's coastline can get blisteringly hot, but Lake Tahoe is a great place to vacation year round, in the winter being a center for skiing and snowboarding, and the summer, being a place for water activities on the lake. And if Tahoe is just a bit too far, try Folsom Lake, in the Sierra foothills, or Lake Berryessa, in the Central Valley.



Courtesy of Alexis Nguyen

Alexis Nguyen (12) visiting Disneyland with her family.

More than pickles and ice cream: pregnancy cravings explained

By *Shayla McCann*
Times staff writer

One of the most well known side effects of pregnancy is odd food cravings. It is such a common occurrence that we often don't question it, but why do these cravings happen?

Pregnancy cravings can begin at any stage in pregnancy; however, Family and Co. Nutrition stated, "In general, food cravings tend to emerge by the end of the first trimester. One study found that up to 76% of women in the U.S. experience food cravings by the 13th week of pregnancy."

When women are pregnant, they usually resort to comfort foods. North Pointe OBGYN said, "We consider comfort foods as those that are typically high in fat and calories. In many cases, these foods also contain salt and dairy." One

reason for pregnancy cravings is women experiencing low dopamine levels—dopamine is the feel-good chemical that influences our brain, mood, and motivation, and food can help to make us happy.

Studies have shown that we crave foods with the vitamins and nutrients we need. Ovia health said, "For instance, a woman who needs more protein in her diet may get quite the hankering for red meat." When she was pregnant, Mrs. Jenkins says she craved strawberries and oranges. "I sent my husband to the store for a pound of strawberries and ate them in a single sitting. My husband just watched, kind of stunned. After I finished them, he asked me in a surprised tone if I wanted more, which I did, so back to the store he went," she said.

Changes in the brain can also affect what pregnant women crave or cause pregnant women to experience a metal-

lic taste in their mouths when they eat, along with a heightened sense of taste or smell. Ovia health also added, "Some scientists believe that changes in brain activity that cause the other taste-interferences may also result in cravings."

Family and Co. Nutrition did a study and the number one craving was sweets, such as chocolate. They listed, "1. Sweets: chocolates and candies. 2. Savory high calorie carbs: pizza, chips 3. Animal protein: red meat, chicken. 4. Fruits. 5. Savory high calorie dairy: cheese, sour cream."

Some believe that pregnant women get different cravings in different trimesters. For example, the first trimester is savory foods, while the second is sweet cravings, and the third is salty foods. Babycenter wrote, "Alternative medicine practitioners believe that a shortage of magnesium can trigger a



wicworks.fns.usda.gov

craving for chocolate...a craving for red meat seems like a transparent cry for protein...consumed great quantities of peaches may have been responding to her body's need for beta carotene."

Get comfortable with credit cards

By Kaitlynn Lamb
Times staff writer

If you've ever gone shopping (online or in store), you've surely seen someone pull out their credit card and swipe it through the payment terminal. You might wonder how to get your hands on a card of your own and how to use it properly. Credit cards may seem like a tricky topic, but if you learn to manage your card responsibly, you will do just fine.

What exactly is a credit card? Credit cards, not to be confused with a debit card, are a form of payment. When using a credit card to make a purchase, you are asking the credit card company (usually a bank of some kind) to basically pay the store for you, and then you pay the credit card company back, either all at once or over the period of some months. In an article written by Mark P. Cussen, he explains the difference between credit cards

and debit cards: "Since a credit card is essentially a short-term loan, you'll have to pay back what you spend with interest. The interest rates and the fees the credit company charges are used to calculate your annual percentage rate. The higher the APR, the more it will cost you to carry a balance from month to month." So if you use your credit card to buy something that you can't pay off all at once, it will cost you a whole lot more because your monthly payments will include interest.

Lots of people fall into the trap of buying things on impulse with their credit cards, but there are ways to avoid that, such as only using your credit card to pay for something you absolutely need that you buy regularly, like gas for your car, and then paying it off at the end of the month.

Although this may seem scary, credit cards do come with benefits. Having a credit card builds credit, and in some cases, gives additional rewards



that can be used for traveling. For example, when you want to rent an apartment, you have to have a credit history — a track record of paying your debts — and a credit card can help with that. A credit card is valuable during any emergency, or when you need to put down a deposit for something like a rental car.

Additionally, credit cards offer more protection for consumers than cash — if you order something with a credit card and then don't receive it, you can call the credit card company and ask them to cancel the charge, whereas if you bought the item with cash, the money is already gone. Credit

cards also allow you to track your expenditures over time, such as how much money you spend on groceries or gas.

With all the ads on T.V. and social media, it's probably hard to choose the best credit card. Of course, you should start by checking your credit score, which determines how you get loans and other benefits. Then think what kind of card fits your needs. Claire Tsosie wrote an article about how to pick the best credit card for you. She wrote, "The best card for you is one with features designed to meet your specific needs. If you don't travel much, for example, then the best travel card in the world isn't going to do you a lot of good." There are cards out there meant for students, beginners, to save on interest, and even ones that help your credit score. Once you learn how to properly use your card and responsibly spend money, you can make your way through just about any purchase you may need.

How to interpret your credit score

By Kaitlynn Lamb
Times staff writer

Credit score is undeniably one of the most important parts of determining financial stability. If you ever want to take out a loan or make a big purchase, your credit score affects your ability to do so. Obtaining and maintaining a credit score can be easy as long as you are responsible with the way you spend your money.

So, what is a credit score? Essentially, it is a number between 300-850 that is given to an individual. It is important that you check your credit score, because you may have one. A few ways teenagers may have built up credit is if a parent or guardian has opened a savings or checking account in their name or has given their child access to a joint credit card. These actions then lead to the beginning of a credit history that shows what you've done with your finances.

Former editor of Consumer Reports Julia Kagan described the basics of a credit score. "A credit score depicts a consumer's creditworthiness. The higher

FICO Score	Rating	What the Score Means
< 580	Poor	<ul style="list-style-type: none"> Well below average Demonstrates to lenders that you're a risky borrower
580 – 669	Fair	<ul style="list-style-type: none"> Below average Many lenders will approve loans
670 – 739	Good	<ul style="list-style-type: none"> Near or slightly above average Most lenders consider this a good score
740 – 799	Very Good	<ul style="list-style-type: none"> Above average Demonstrates to lenders you're a very dependable borrower
800+	Exceptional	<ul style="list-style-type: none"> Well above average Demonstrates to lenders you're an exceptional borrower

Investopedia

Credit scores range from 300-850 — a score over 670 is considered good.

the score, the better a borrower looks to potential lenders," she wrote in a recent article. With a good credit score, you're more likely to be approved for a loan, apartment or car rentals, better insurance rates, and even more benefits.

FICO (originally Fair, Isaac, and

Company) is a commonly used system to assess different credit scores. Scores 579 and below are considered "poor" credit scores, 670-739 is considered "good," 740-799 is considered "very good," and 800 and above are considered "exceptional." If a parent or guardian did

not set aside a savings or checking account, or if you haven't filed for a credit card yourself, you're not out of luck. You can open up a savings or checking account of your own, and if you're living on your own, be sure to pay your bills on time and keep your debt low.

Now, here's why you want a good credit score: to save money on interest. When you take out a loan, the lender will take a "fee" as a result for borrowing their money. That fee is what you call interest. Ismat Mangla, senior director of content @LendingTree, writes, "Borrowers with the highest credit scores are generally able to secure the lowest interest rates available at a given time for a mortgage or auto loan." Insurance discounts are also a big deal. Mangla said, "You can't be turned down for insurance if you have a low credit score, but having a high score can help qualify for lower insurance premiums on car insurance."

Having a good credit score keeps you on your feet. By maintaining a good credit score, you'll have access to more financial benefits and opportunities and save money at the same time.

Buying a used car can be nerve-wracking, but it doesn't have to be

By Nicolas Garrett
Times staff writer

Buying a used car can be a fun process, especially if it's your first time. Picking the right car is essential to help you get through the endless tasks of life. Whether it's for leisure or commuting, knowing what car you need is the first step of the process. From there, it's onto the online searching.

Some great and reliable websites to search for your perfect fit are Carvana and Carfax, or you can search your local dealerships websites. Shopping for

a used car is best to do online, rather than in person, because you are able to look at pictures and information about the car before contacting the seller. You'll be less likely to fall victim to external pressure.

So, you're a 16 year old who's looking to buy their first car. While you would love for it to be a McLaren P1, those cost \$1.3 million, and that birthday money you have been saving up since you were five is only \$8,000. First, browse craigslist, dealership sites, and beg your mother to stop trying to get you to buy her coworker's old Ford Taurus. In the process of shop-



Jenson Ho / Terra Nova Times

ping for a used car, know what kind of car you want before you start looking and narrow down the choices that are within your budget. And don't forget to factor in the cost of car insurance

when looking at your budget.

Once you are set on a car and have contacted the seller, the Federal Trade Commission advised to "Test drive the car under varied road conditions... Ask for the car's maintenance record... Research the upkeep costs for models you're interested in... [and] Examine the car using an inspection checklist [which can be found online]." Although this may sound over the top, it's important to know what you're getting into and these are crucial precautions to take. Otherwise, you may find yourself with a very expensive hunk of junk.

There are even car vending machines in Vegas. You heard me right — near the strip in Vegas, Carvana has a car vending machine, where you buy the cars with special coins. The vending machine process is an option, whereas your other option would be to have your car delivered. The reasoning behind this comes from a Carvana spokeswoman who said, "It's just a fun experience."

Whether it's buying a car for the first time, or getting one for the second time, buying a car is an exciting experience and this vending machine makes it that much cooler.

The endless benefits of matcha

By Miguel Valdes
Times staff writer

From shots, lattes, teas, and even desserts, matcha products are everywhere from health stores to coffee shops. Matcha comes from the *Camellia Sinensis* plant, which is in the green tea family, but is grown differently and has a unique nutrient profile.

Farmers grow matcha by covering their tea plants thirty days before harvest to avoid direct sunlight. This increases chlorophyll production, boosts amino acid content, and gives the plant a dark green color. Once the tea leaves are harvested, the stems and veins are removed, and the leaves are ground into a fine powder known as matcha, which contains the nutrients from the entire tea leaf, resulting in more caffeine and antioxidants than found in green tea and coffee.

According to nutritionist Cynthia Sass from the New York



Courtesy of Sebastian Vuskovic

Sebastian Vuskovic enjoys the matcha-making process.

Times, matcha can help protect the liver, promote heart health, and even aid in weight loss. Matcha is rich in antioxidants and reduces cell damage within the body. Additionally, matcha contains more caffeine than green tea and some types of coffees, packing in 35 mg of caffeine per half teaspoon (about 1 gram) of matcha powder.

Caffeine consumption has been linked to improvements in brain function, faster reaction times, increased attention, and an enhanced memory. Matcha also contains a compound called L-theanine, which alters the effects of caffeine and "... has been shown to optimize brain function to enhance working memory, cognitive performance, and elevate mood," as Sass wrote. L-theanine has also been shown to increase alpha wave activity in the brain, which may help induce relaxation and decrease stress levels.

Matcha is a cleaner source

of caffeine in comparison to coffee, which appeals to students like Jordan Arnaudo, an avid matcha drinker, who said, "I used to drink so much coffee throughout the day, but with matcha, I could go the whole day without feeling tired or sleepy. It really is better than coffee, even towards the end of the day I don't feel a crash at all."

Green tea is known to detoxify the body and stimulate metabolism, and since matcha is made from the entire leaf, it contains a more concentrated amount of antioxidants and plant compounds. Best of all, the tea is simple to prepare, so it can be effortlessly incorporated into your diet to give any food or drink an extra note of flavor. Terra Nova alumnus Sebastian Vuskovic said, "When I make matcha, I use a bamboo whisk to create air bubbles, which gives it the milky consistency of a latte because milk tends to ruin the flavor."

The long and colorful history of chocolate

By Leila Eliares
Times staff writer

Chocolate is one of the most universal ingredients around and incorporated in dishes around the world, both savory and sweet. Grown mainly in Southern and Central America, chocolate comes from the cacao beans inside of cacao trees. These beans then undergo a long process to become the form everyone loves.

According to the Smithsonian Magazine, "The earliest linguistic evidence of chocolate consumption stretches back three or even four millennia, to pre-Columbian cultures of Mesoamerica such as the Olmec." The ancient civilization of the Olmec used the cacao bean to create a bitter drink used during ceremonies. Their knowledge was then believed to be passed onto the Mayans who continued to produce the chocolate drink. Afterward, the beans became highly valued and became a currency for the ancient people that followed the Mayans.

There is much debate when it comes to



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The bean that started it all.

how and when chocolate was introduced to Europe. Some believe that Christopher Columbus brought the cacao beans to

Spain in 1502, while others say that Hernan Cortez, a Spanish explorer, took them to Spain in 1528. Regardless, chocolate

spread like a wildfire across the continent of Europe where it was mixed with sugar to offset the bitter taste. Later, it would go into the colonies of European nations.

Even though chocolate is known as a solid block that easily melts, it was first a powder. Dutch chemist Coenraad Johannes van Houten developed a process in 1828 that turned cacao beans into powder. Known as Dutch cocoa, this allowed it to be mixed into water easily and would be able to incorporate it into desserts. It wasn't until 1847 that chocolate became a solid bar, due to Joseph Fry. Powdered milk, also known as dried milk, was later added into Fry's creation to birth milk chocolate. Modern companies like Nestle, Cadbury, and most famously Hershey's continued to innovate the way chocolate was made. For example, Hershey's used regular milk instead of powdered milk that gained popularity. Kyle Zheng (11) said, "I personally don't like chocolate. Even though it is beloved by many, for me it is either too sweet or too bitter. But I think that the history behind it is really cool."

What is that new car smell?

By Leila Eliares
Times staff writer

The first thing most people notice when sitting down in a brand new car is the smell. Some find that new car smell to be so refreshing that scented sprays are manufactured to keep your car smelling brand new. On the other hand, some find it downright disgusting. "I hate it so much, it gives me a headache. I'm not really sure what exactly is in it, but if I had to guess it's probably the leather seats or maybe whatever's in the floor," Lauryn Delmoral (11) said. So what is in the new car smell?

It turns out that the new car smell is made up of a mixture of chemicals. These chemicals are grouped as volatile organic compounds, generally known as VOCs. Exposure to VOCs happens when materials inside the car release chemicals, giving off an odor. This group of chemicals is dangerous and especially toxic in high concentrations. Continuing to inhale them can potentially lead to cancer and other terrible health effects. According to UL, a company who sets safety standards and reviews products, "Numerous studies have found the measurable presence of anywhere from 30 to more than

250 separate VOCs in a single vehicle..." Some chemicals within the cars include benzene and formaldehyde, which are both known carcinogens.

There are some ways to mitigate the time you are exposed to the new car smell. First, try to avoid purchasing cars that have a strong interior smell. If not, roll the windows down. This will let ventilate the inside and circulate the air in order to push out the VOCs. Another thing to keep in mind is to keep the vehicle out of the sun for long periods of time. By keeping it in the shade, less VOCs will be released.

Even though the new car smell may not irritate you, it



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That new car smell can be hazardous to your health.

is important to remember that they can cause problems down the road. Different car manufacturers may have different

levels of VOCs inside vehicles, but keeping the windows down and the interior cool will help prevent any health effects.

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Wu
Continued from Page 3

He said, “I juggled AP classes, journalism, and three different clubs. I definitely felt overwhelmed and stressed all the time.” Some teachers and classes were extra hard on him, and Wu took this time to think. “The stress was really building up, and so I had to take a step back and reassess what I wanted to do

in life, and whether it was worth going through all this stress to achieve it,” he explained. “And in the end, after realizing that this is something I did want to do, I had found the motivation to enjoy what I was learning.”

Wu has also pushed his friends to succeed as well. His best friend (and, not coincidentally, the other valedictorian), Jenson Ho, attributed a lot of his success to Wu. “Victor has been there from the beginning. He

has always had my back, and we did so much together. Whether it was spending late nights building a trapezoid Halloween costume or putting way too much effort into an English project, he always pushed for the max. Victor Wu was like having a second brother,” Ho said.

Not only is Wu well liked by his fellow peers, but his teachers love him, too. Mrs. Meskin, who taught Wu both freshman and junior years, said, “Victor is

one of the kindest people I have met. Of course, he is also an excellent student, but his sweet disposition sets him apart from everyone else.” Meskin elaborated that she’s never heard him complain or speak ill of anyone. Meskin added one last final note: “Victor is super responsible. He takes school seriously and makes good choices. I hope other students look to him to lead, because he has so much potential to do good things.”

College
Continued from Page 1

manager at the California State University Chancellor’s Office stated that handling the details of the mandate such as punishments for breaking the rule and partial vaccinations are currently being worked out.

When asked about these unanswered questions, she reassured, “The policy is still under development. It’s impossible to say today. However, the implementation of the policy will vary across the campuses, depending on the unique needs of

each community. Campuses will continue to work with their local public health agencies as they have throughout the pandemic.”

Based on the numerous universities implementing these same mandates, the odds are that, even in the yellow tier, colleges will require this vaccine for at least the entire school year. Moreover, the vaccine is free and widely available on a walk-in basis at many pharmacies. It doesn’t take more than 15 minutes, and you’ll be able to enjoy the pleasures of college life without worrying that you’ll get yourself or others sick or have to quarantine.

Vegetarian
Continued from Page 10

practices like Peru or Mexico. Not only does this importation create massive issues with countries’ soil quality, which according to the United Nations Convention to Combat Desertification (UNCCD) has indicated that 60% of Mexico’s soil is strongly affected by the desertification of bad soil, but also produces millions of tons of carbon in the air through transportation, as produce is shipped from areas that grow it to areas that consume it. Given

that produce spoils quickly, this means flying your fruit halfway across the world, generating greenhouse gases all the way. Research on the environmental impact on food from the University of Oxford shows that plane-imported fruits and vegetables create more greenhouse gas emissions per kilogram than meats like poultry.

Eating lower down the food chain is undeniably better for you and better for the planet, but it is critical that people remember that all food comes at a climate price, and the grass isn’t always greener just because you’re eating plants.

Ho
Continued from Page 3

Wu. The iconic friendship of Terra Nova enabled both to not only meet their own goals of becoming valedictorian, but help each other along the way.

Ho says Wu helped push him and that their choices of classes were so identical that, for two years in a row, they had the same schedule — not just the same courses, but even the same periods together.

Ho said, “It’s nice to have your friends, be your study mate...what makes it more fun

when you have your friends studying with you, if you’re hanging out at the same time... So just try to have fun and make friends with the people in your classes, get to know them.”

The thing about Ho, though, is that he didn’t just work for his success or his friends’ success — he legitimately cared about all of his peers’ success, too. Whether it was organizing group chats or reminding classmates about deadlines, Ho always acted as though he and his classmates were a team, and each person’s success was important.

“Jenson Ho is an inspiration, not just to me, but to so

many people. Yes, he is ambitious, but he is ambitious for everyone, not just himself. He cares deeply for his friends and classmates, but his dedication to his parents is what really shows his character. This year, I have felt like Zoom allowed me to be a part of the Ho family sometimes, whether it was seeing Mom and Dad eating lunch in the kitchen or Jenson stopping during class to translate something for his parents. He speaks to and of his family with such love and dedication — it makes me want to be a better daughter, mother, and teacher,” said Mrs. Jenkins, who has

taught Ho the last three years.

Next year, Ho will be attending UC Berkeley and studying mechanical engineering. As for his future, Ho said, “I guess my American dream, as some people like to call it, would be to have my own company, just be the head of it, have something that I made myself from the ground up, and something that I could be really proud of. I also want to make a product or a building that you can see with your own eyes that will have an impact with the people, like people are going to use it, and it’s just going to be something that will be like a lasting legacy.”



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