

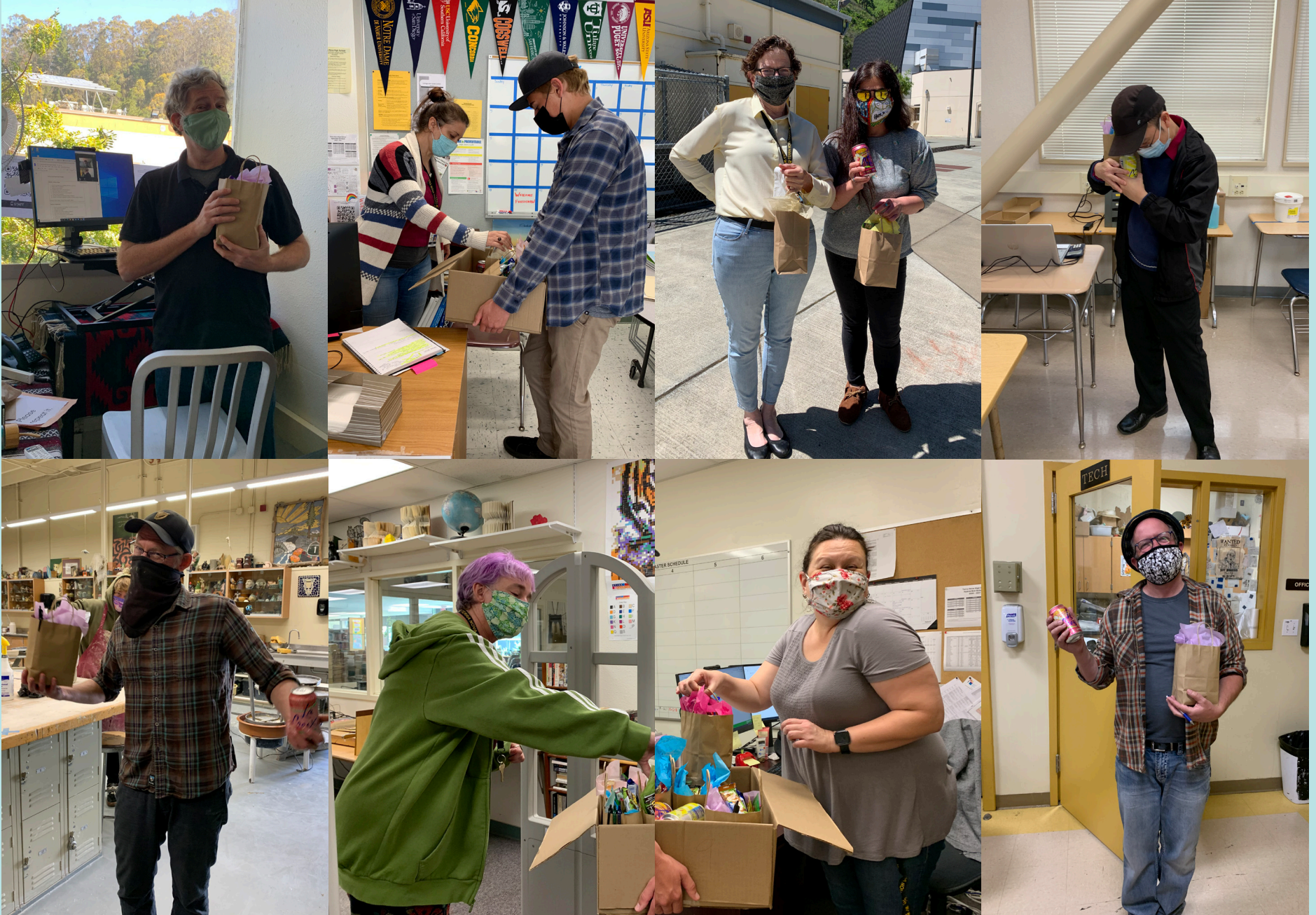
Terra Nova Times

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Terra Nova High School

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Showing our TN staff some love



Clockwise from top-left: Senor JR, Ms. Spasic, Ms. McNamara and Ms. Daria, Mr. Chan, Mr. Schneider, Ms. Seibel, Ms. Kesterson, and Mr. Carothers, enjoy their goody bags from Terra Nova's Students in Action club. The staff and teachers are what make TN possible — without them, our school would never be the same. Go send your teachers, counselors, and staff a simple thank you, gift, card, email, or anything to show how much we love and appreciate them for being awesome.

CDC introduces new masking guidelines

By Miles Palmer
Times staff writer

Good news has arrived for those who have been fully vaccinated. The CDC has come out with new guidelines regarding fully vaccinated people and masks. As of Apr. 27, those who have received and waited two weeks after getting either their second shot of the Moderna or Pfizer vaccine, or their one shot of the Johnson and Johnson vaccine, are now allowed to partake in actions that were previously discouraged.

The following are now acceptable: being indoors with other fully vaccinated people without masks or social distancing, being indoors with non-vaccinated people without masks or social distancing from ONE different household as long as no one is at "an increased risk of severe illness from COVID-19," being with others outdoors and holding activities outdoors without a mask except for crowded areas, travelling in the US without getting tested before and after travelling, not having to self-quarantine after travelling anywhere, not having to

test negative before travelling internationally unless required by your destination. Additionally, you do not need to self quarantine or get tested after being in contact with someone with COVID unless you are showing symptoms.

While this may be great news to those fully vaccinated, some have mixed feelings regarding these new guidelines. Ali Mokdad, a professor of health metrics science at the University of Washington, sounded skeptical about the new guidelines. "How could we send this message to everybody across the US that it's safe and you're equally safe, irrespective of your vaccination level? What about variants? We have the new variants that are making the vaccines less effective, but the masks do protect from these variants. So why are we sending this message saying, it's all clear for ditching the mask and encouraging people not to wear the mask?" Mokdad said.

Places such as India are being hit very hard by COVID as of now, and new variants have been discovered there. No one knows how these new rules will affect the rates of positive cases, but hopefully these rules give those



Isabella Copeland / Terra Nova Times

Skylar Berliner (11), Ella Boldt (11), and Maya Besedin (11) wearing their mask to protect themselves and others.

who are vaccinated more normally. Junior Dominic Gordon, who has received both his vaccination shots, said that he is happy to be able to not wear a mask but still remain safe. "It's good to know that I'm safe and

protected in public for the most part now," Gordon said. "And I encourage everyone to go get vaccinated." Many of our Terra Nova teachers who have been vaccinated are grateful to be able to see others again as well.

There is such a thing as a free lunch

By Samantha Guerrero
Times staff writer

Who says there's no such thing as a free (school) lunch? If you're at school in person, you might have noticed that the cafeteria is giving away snack bags and lunches to all students. On April 20, the U.S. Department of Agriculture announced that the Seamless Summer Option (SSO) that enabled social distancing and reimbursed schools and childcare centers with free meals during the pandemic will be extended through June 30, 2022, past its original end date of Sept. of this year.

Associate Superintendent of Business, Tina Van Raaphorst, who currently oversees JUHSD's food service, explained, "What [the USDA] did during the pandemic was lift restrictions on how we serve meals. There are a lot of rules — they lifted those rules so we could provide children and families with meals off campus."

The waivers continue the Administra-

tion's dedication to providing safe and healthy meals free of charge to food insecure families as the pandemic threatens the most vulnerable. Agriculture Secretary Tom Vilsack stated in a news release, "USDA will remain relentless in ensuring our nation's children get the critical nutrition they need... States and districts wanted waivers extended to plan for safe reopening in the fall. USDA answered the call to help America's schools and childcare institutions serve high quality meals while being responsive to their local needs. This action also increases the reimbursement rate to school meal operators so they can serve healthy foods to our kids."

"Typically we can only serve lunch in a certain window of time, and it has to be eaten on campus...It is very important for students to get their nutrition — it's great to have free lunch and brunch for all students, no matter eligibility," said Van Raaphorst. Typically, the district is only reimbursed for free meals for those who qualify and participate in the USDA's National School Lunch Program,



Nicole Garrett /Terra Nova Times

Students pick up lunches at our cafeteria, no cash or eligibility required

but with the lifting of limitations, schools don't have to check students' eligibility.

The system of grabbing-and-going during the pandemic has made it much easier for many districts throughout the state. For example, districts are able to set up flexible meal times based on students' schedules.

"We do pick up meals, and it allows us to

serve multiple days of meals in one package so that families don't have to come out every day," explained Van Raaphorst.

TN's cafeteria staff serve our students with meals every Wednesday from 1-3 p.m at the front of the school near the flagpole, but you can pick up food at any JUHSD school, not just the one that you usually attend in person.

Despite a pandemic, the show must go on

By Maya Orsi
Times staff writer

For the past year, drama students have been acting through a screen. There is no play, so what exactly are Terra Nova's actors and actresses up to this year?

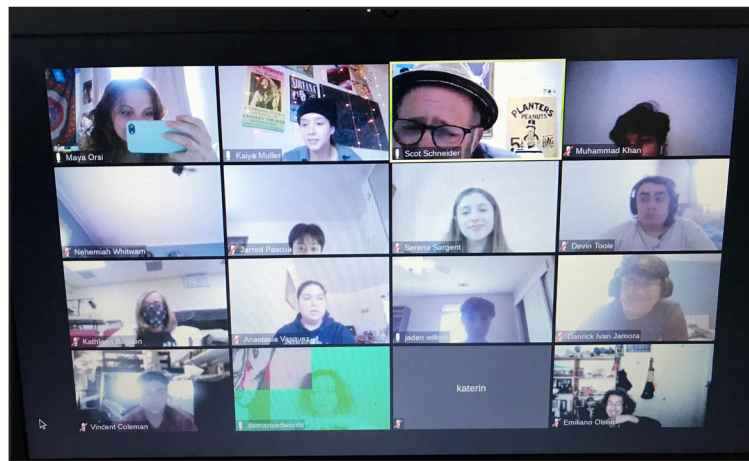
Without the incredible plays normally performed on campus, a vital part of the Terra Nova community has suffered. Mr. Schneider's dedication to the plays has inspired many students to try acting for the first time. Drama student Kaiya Muller (11) said, "I would always go see the plays with friends as freshmen. They were cool and like you could see the work that

went into them. I feel like art in schools should be a priority and it's really nice I get to be in the class, even if it is online."

At home learning has forced Mr. Schneider to get creative with keeping actors engaged.

Although all acting has been virtual, students find immense value in the class. Helene Kleinfeld (12) has "...learned that the key to acting is just drawing from your emotional experiences...It definitely taught me a lot more about acting than I'd probably could've imagined, like I kind of appreciate it a lot more."

Mr. Schneider's students have been using various exercises to practice acting, and drama has provided space to express the



Maya Orsi / Terra Nova Times

Drama has provided an important form of self expression

stresses of the last year. Mr. Schneider said, "We have been turning cameras on, warming up, playing games, running lines, and capturing the human condition in extreme close-up..."

We have had Poetry Slams and Brown Bag Monologue Theater events virtually, and I'm super proud of my actors this year. There will be a Scene celebration next week with Breakfast Club, Crucible, and more."

Though the drama department has done a great job of remaining positive, many are saddened by the loss of Terra Nova's theater performances. Schneider said, "I will miss my amazing seniors, and it breaks my heart I couldn't put on shows with them again this year. We have spent some quality time, and I hope they have the confidence to go out and conquer the world now. Terra Nova Drama will always live on!!!"

What is going on around campus?



Clockwise from top left: Sports are back on campus!; Stephanie, Sev, and Rosie form an in-person breakout room during English class (A. Jenkins); Yearbook shows off the goods on TikTok; Students return to school in person (L. Eliares); Mr. Karkazis dons full regalia to celebrate the defeat of Napoleon (A. Jenkins); Marissa delivers Students in Action goody bags to teachers for Teacher Appreciation Week (S. Carew).

Celebrate ethically this May 5th

By Maya Orsi
Times staff writer

As streets fill with bright colors and delicious food to celebrate Mexico's victory over the French Empire in 1862, too many Americans use Cinco de Mayo as an excuse for partying. The holiday represents victory for Mexicans and celebrates a historical time for the country and its people.

Cinco de Mayo is commonly misunderstood to be Mexico's Independence Day, which is actually in September; Cinco de Mayo commemorates the improbable win against Napoleon III. In a 2018 Bustle article, Mexican American woman Ruby de Santiago told Bustle, "Cinco de Mayo has become a day where my beautiful, vibrant Mexican culture depreciates to a day for Americans to gorge themselves on alcohol and food... Oftentimes, we are presented as taco-eating cartoon characters with big sombreros and mustaches. We



Austintexas.gov

Cinco de Mayo is known for its colorful costumes and delicious food.

are so much more than that."

There is also financial gain tied to cultural appropriation. Angela Johnson, a freelance writer for Insider, stated, "In the 1960s, Mexican activists saw the celebration of Cinco de Mayo as a way to honor their

culture. But in the 1970s and 1980s, things began to change. Manufacturers — particularly producers of alcoholic beverages — saw a way to capitalize on the holiday by marketing products to Latinx customers, and it paid off in a major way. Cinco

de Mayo means big business for the hospitality and spirits industries. According to the Distilled Spirits Council, margaritas made up 27% of cocktail sales in all 2011 and 2012. However, those sales nearly doubled on Cinco de Mayo, making up

42% of sales on the holiday."

There are plenty of ways to celebrate. KQED recommends various Bay Area family-owned taquerias to support on the holiday including El Buen Comer, La Canasta, and Nopalito.

Terra Nova junior Samantha Guerrero said, "I think Americans celebrate Cinco de Mayo more than Mexicans do, and I'm guessing it's because they might think it's our Independence Day or they just like Mexican food. Mexicans obviously acknowledge it, but since we know it's not our Independence Day, and we do go all out for Independence Day, we don't feel the need to go all out for this." Guerrero said there's only one city that truly celebrates Cinco de Mayo, "I've heard Puebla really celebrates it, though, with military parades and multiple traditional Mexican festivals, which makes sense because it's where the battle was fought, but that's really only one city of all of Mexico. It's great that Americans are interested and acknowledge the culture, though."

The ever-changing role of mothers in society

By Kyle Gossage
Times staff writer

Mother's Day celebrates mothers for their hard work and love. Mother's and fathers play different roles in a family that go beyond just the old-fashioned stereotypes. This stems from the differences in how children view the roles of each.

Mothers and fathers often play different fundamental roles. Earlier in history, fathers were viewed as supporters and protectors of the family, while mothers were viewed as nurturers. Although these views may seem outdated, especially with the loosening of gender roles, mothers and fathers do play different roles in a family. Brent McBride, a professor in the Department of Human Development and Family Studies at the University of Illinois, said, "Results indicated that mothers participated in childrearing activities at a significantly higher rate than father; however, mothers spent a significantly higher portion of their interaction time in functional and work-related activities, whereas fathers spent a significantly greater proportion of their interaction time in play activities." These results come from a study conducted with 100 families with children between the ages

of 3-5. On average, mothers spend more time with their children than fathers do; that time is spent learning and being productive, as opposed to children's time with fathers, which was more playful.

The difference in the way mothers and fathers play stems from how a child views them, especially when the child is young. Children experience rapid development early on, and parents are role models during this crucial stage as children develop a mental image of what their mother and father is to them. However, certain roles are not automatically assigned to father or mother, but rather learned through interaction with them.

Ellen Perrin, a medical doctor and professor at Tufts University School of Medicine, said, "Children who grow up with one or two gay and/or lesbian parents fare as well in emotional, cognitive, and social functioning as do children whose parents are heterosexual." This study was meant to prove that mothers and fathers do not have auto assigned roles, but rather those roles are formed by how they interact with their children. It highlights how a father can take on a stereotypical role of a mother and vice versa. However, even in cases with same-sex parents, children often view them in different ways based on interactions with their parents.



The roles of parents have changed over time. Kind of.

The differences between the Western and Chinese Zodiac

By Natasha Valdez
Times staff writer

The concepts of Western and Chinese astrology are increasingly entering the mainstream population, but it's crucial to understand the difference between the two.

Chinese astrology was identified during the Han Dynasty 206 B.C.–9 A.D., over 2,000 years ago. Western astrology originated from Babylon, which began to develop their horoscopes around 2,400 years ago. From there, it spread throughout the Eastern Mediterranean.

The Chinese Zodiac has twelve zodiac signs (tiger, rat, rabbit, dragon, snake,

horse, goat/sheep, monkey, rooster, dog, pig, and ox), which first appeared in the Zhan Guo period. The zodiac became a popular way to determine a person's birth year during the North Zhou Dynasty and is still commonly used today. The zodiac is calculated by a cycle of sixty years in which each animal signifies a different year. Each animal represents unique personality traits. The Western astrological calendar is based on the Earth's orbit around the Sun and resulting celestial alignment, which gives every zodiac month a set date lasting between 29 and 31 days. That is why Western zodiac star signs are also known as Sun signs, whereas Chinese zodiac signs are animals.

With Western astrology, the signs are divided by month, while Chinese signs are divided by year. In China, they believe that those born in the same year have similar traits, and in Western culture, those who are born in the same month share similarities. Chinese astrology has three pillars that create your fate and make four pillars in all: birth year, birth month, birth day, and birth hour. Western astrology focuses on alignment of constellations with planets, stars and the moon.

Westmoor student Ranielle Kayla Ruiz (11) said, "Although both are really interesting, I personally prefer Western astrology because of how it correlates with the stars. I grew up always know-

ing that I was an Aries because my mom was into that type of stuff, but I never really resonated with some of the descriptions people had for Aries. As I grew up, I learned about my astrological birth chart... I find it fascinating that the sky and stars were positioned in a unique and specific way when I was born."

Chinese astrology has five elements: fire, earth, metal, water, and wood. Western elements are categorized by water, earth, air, and fire. In Western astrology, each element is associated with three signs with psychological features. Each sign has one element associated with it, while Chinese astrology elements are linked to motivating forces in your life.

AP Exam Corner

In Person Vs. Online Testing

By Naomi Sanft
Times staff writer

In School AP tests

The Pro's:

1. All testing is done before the school ends. The last day of school is May 27 for sophomores and juniors and May 21 for seniors. The in-person AP exams will occur May 3-17, whereas At Home exams will occur June 1-11. This means students who take the In Person exams can be completely done with testing when summer break starts.
2. On paper exams. This is good for people who work more efficiently when they can annotate and write on paper. The exam will also benefit those who are not confident in their typing skills. The In School exam may also be favorable for math and science exams. Online exams do allow images of paper to be submit-

ted; however, turning in physical paper is often easier and more efficient. Additionally, those who are prone to technical difficulties should consider taking the test in person.

3. In Person Testing environment. Those who feel they work and focus better in the classroom may benefit from the In School tests. It may also help students who experience household distractions that are not conducive to test-taking.

Thus far, it appears that more students are opting for the at-home exams this year for a few different reasons, but the biggest one is the ability to take the test later. Skylar Berliner (11) said, "[Online AP testing] gives me a little more time to review especially since a lot of my classes are still teaching curriculum that I haven't learned." Others are opting to take the tests in person for similarly valid reasons. Lauryn Delmoral (11) said, "Honestly I had no choice because when

the online AP exams were going to be held online I was going to be out of state and I didn't really want to do three AP exams when I'm on vacation."

At Home AP tests

The Pro's:

1. Longer time to study. At Home AP exams allow as much as three additional weeks to study the material. At Home Learning has been an adjustment that has put some classes behind schedule for covering all the material for the exam. The extra time may help students perform better on the exam.
2. Online exam. The At Home exam may be good for students who prefer typing over writing on paper. Some students may feel more comfortable with the online format.
3. Home environment. A home environment may be more comfortable and conducive to focus for some students.

Those who experience test anxiety may perform better on the online exams.

Students taking their AP tests from home have a number of different reasons. Some explain that taking their AP tests at home lessens their test anxiety. Peyton Dulay (12) said, "I plan to take the online exams mostly because I struggle from test anxiety...It would feel stressful to go back in person for the final test." Students also have chosen to take their AP tests home due to the fact that they are used to the online platform. "We have already done all of our practice and learning online anyways so I'm used to the platform," said Dulay.

"I'm taking the online option because I feel more comfortable with it since I have been learning everything online as well," said Berliner. "I'm taking my test online because I want more time to study and feel that at home I will be able to focus better," said Helen Eichensehr (12).

How To Manage Test Anxiety

By Naomi Sanft
Times staff writer

With AP testing in full swing, it's time to start making preparations for exam day. While some students may be confident test takers, the vast majority experiences some form of stress when it's time to take a test. Here are a few ways to help manage test anxiety:

Understand your anxiety. While preparing for any test, it is important to first accept your test anxiety and understand that it can be a friend, not a foe, on test-day. "Knowing that some anxiety is expected and can help with test taking can be the first step to de-catastrophizing it," said Dr. Jenna King, a psychologist at Kaiser Permanente. Wait, what? Did I read that right? Anxiety can help with test tak-

ing?! Yes, in fact, it can. "Anxiety...can increase our motivation to study, stay focused, and perform," said Dr. King. But again, too much anxiety can make for a disaster on test-day. With this in mind, Dr. King recommends planning ahead with some healthy coping mechanisms to be able to utilize your anxiety effectively. Some examples include getting plenty of rest the night before your test and eating a healthy breakfast the morning of your test. While planning your healthy breakfast, try to avoid sugary foods that can cause your blood sugar to rise and drop and avoid caffeinated drinks like coffee, which can worsen anxiety.

Study effectively. Set up a consistent study schedule and practice the material. "But don't forget to take breaks while studying to practice relaxation techniques (deep breathing muscle re-

laxation, music, personal relaxation)...", said Dr. King. In addition, try to study over a longer period of time to enhance your ability to remember information.

Try to reframe and accept. Think of the test in a positive light. This test is an opportunity for you to show what you know rather than highlight what you don't. It's important to remember that the administrators of the test want you to pass. Also, try to understand your position. You have already studied, and the exam questions have been chosen, and at the point when the test is open in front of you, what will happen, will happen. Work through the questions focusing on one at a time. Try to start with the questions you feel confident answering and then go onto the more challenging ones.

Ask yourself how you would cope if you failed. While this may seem coun-

terintuitive and pessimistic, try to imagine what you would do if you failed. Think of how you would tell people and how they would react. "The goal of this process is for you to think about how you'd feel distraught, and perhaps embarrassed, but that you would cope," explained Dr. Alice Boyes in PsychologyToday.

And some current AP students have some test anxiety tips. Alex Shultz (11) said, "I just try to reassure myself that taking the AP exam is not the end of the world." Even veteran AP test-takers say something similar "I tell myself 'I will do good on this' and take death breaths and just try to zen out if I'm nervous," said Lila Franco (11). "When I am about to take a test, I remind myself 'I will do my best' and that is all I can do at this point," said Isabella Didonato (12).

