

Terra Nova Times

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Terra Nova High School

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Vaccine trials begin for children

By Jack Gillen
Times staff writer

Every day, more and more people receive a COVID-19 vaccine; in fact, as of Mar. 30, nearly 45% of San Mateo County residents ages 16+ have received at least one shot. But it's easy to get lost in the headlines, so where are we with vaccinations now?

There are different vaccines, such as the Pfizer-BioNTech, Moderna, and Johnson & Johnson's vaccine, but only the Pfizer vaccine is approved for ages 16 and older, while the rest of the vaccines have only been approved for ages 18 and up. Children's immune systems can vary greatly depending on age, and that is why multiple clinical trials are underway for children of all ages.

Most companies that have created a vaccine for adults have already started clinical trials for children over 12. Companies are in different stages of testing, but Pfizer and Moderna have had the most effective vaccines in adults and hope to have a vaccine just as effective for children over 12 years old.

Many students are eager to get vaccinated. Gabriel Harmon



Courtesy of Alex Schulz

As of April 15, all Terra Nova students ages 16+ are eligible to get a Covid vaccination.

(9), a 15-year-old at Terra Nova, said that he was "Probably going to get the vaccine as soon as it's ready. I might get sick temporarily, but it's better than risking the alternative." The hope is to have a vaccine approved in the summer to ensure that kids

are ready for the next school year in the fall, but what about kids under 12 years of age?

On Mar. 16, Moderna announced their phase 2/3 study of their vaccine in healthy children across the United States. The goal is to enroll approxi-

mately 6,750 pediatric participants in the U.S. and Canada from ages six months to less than 12 years for the trial. Pfizer also began testing their vaccine on the 25th. They will be testing three doses of the Pfizer vaccine in sizes of 10, 20, and

30 micrograms in 144 children to determine the correct dose needed. After the correct dose is determined for the different age groups throughout ages 6 months - 12 years, 4,500 children will have the vaccine tested on them. AstraZeneca, whose vaccine has been approved in over 70 countries but not the U.S., also began testing their vaccine on young children, and Johnson & Johnson is planning on doing the same.

Dr. Yvonne Maldonado, chair of the Committee on Infectious Disease of the American Academy of Pediatrics, elaborated on the importance of testing in children, saying, "The idea there will be to start at a very low dose of vaccine and see if the children tolerate it. And by that, I mean, do they get high fevers? Do they get significant pain or swelling at the site of injection? Could they have other allergic symptoms that we're not aware of that might be different from what adults found?"

Untested vaccine can potentially lead to adverse reactions, which is why testing and approval are crucial. We need 80% of the population vaccinated to reach herd immunity, and children would need to be vaccinated to reach that 80% goal.

Shooting at Boulder, CO supermarket; 10 dead

By Elliott Song
Times staff writer

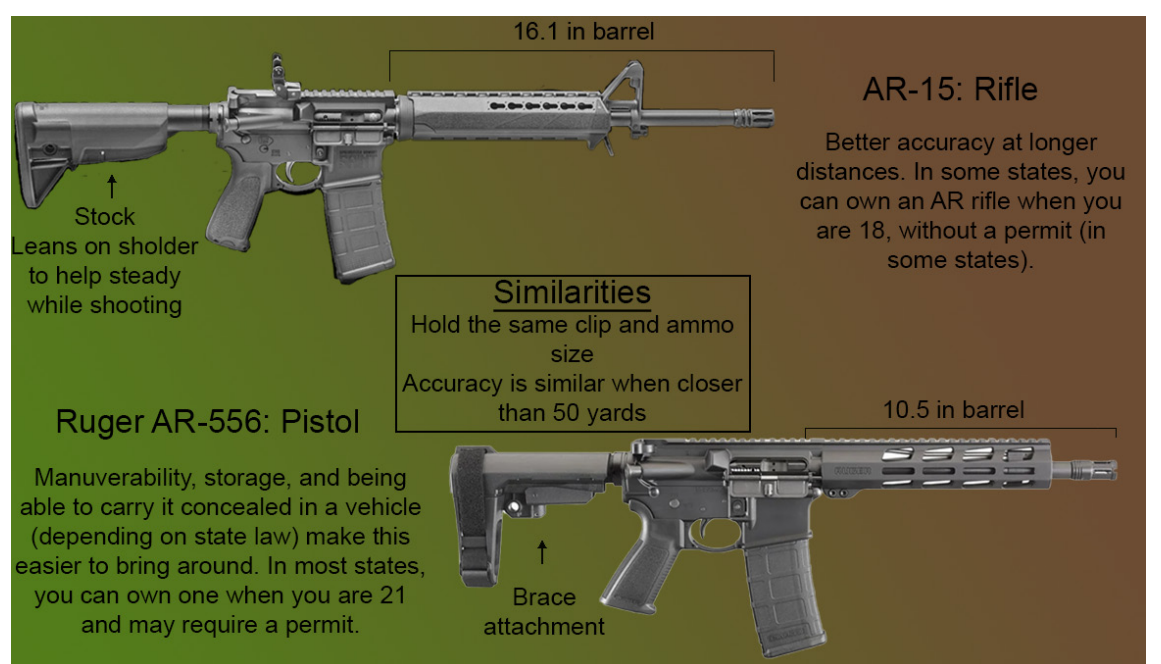
On Mar. 22, 2021, 10 people were shot and killed in a grocery store in Boulder, Colorado. The suspect responsible for the shooting is 21-year-old Ahmed Al Aliwi Alissa. During the time of the shooting, he allegedly was in possession of a Ruger AR-556 pistol and a 9 mm handgun. Officials have stated that he had just purchased the AR-556 six days before the incident after passing his background check, but do not know how he acquired the other weapon. A motive, while under investigation, is still unknown.

Alissa has not yet been convicted, but in his first court showing, he was charged with 10 counts of murder in the first degree and also with attempted murder of a police officer during the shooting. Prosecutors have added that in the following weeks, they will likely add several more charges against the suspect. Alissa's defense attorney asked that the judge

postpone the next court date on account of the possibility that Alissa has a mental illness, and he is known to acquaintances as someone who has a quick temper. Judge Thomas Mulvahill then stated that the parties would meet in the next 60 to 90 days to discuss the case.

This latest mass shooting has rejuvenated the conversation on gun laws, specifically concerning the Ruger AR-556. For starters, the Ruger AR-556 is an AR-style pistol that has become more popular in recent years for its size and maneuverability, but it uses the same caliber round as an actual AR-15 rifle and has a similar magazine size. However, the firearm falls under many of the regulations and criteria of a handgun because of its shortened barrel and lack of a stock.

This gun is not a newcomer to the many gun law debates in our nation, but it has brought back attention to the issue surrounding firearms. Some experts are concerned with AR-type pistols like the AR-556 as they open opportunities not only for the nefarious use of firearms, but



Victor Wu / Terra Nova Times

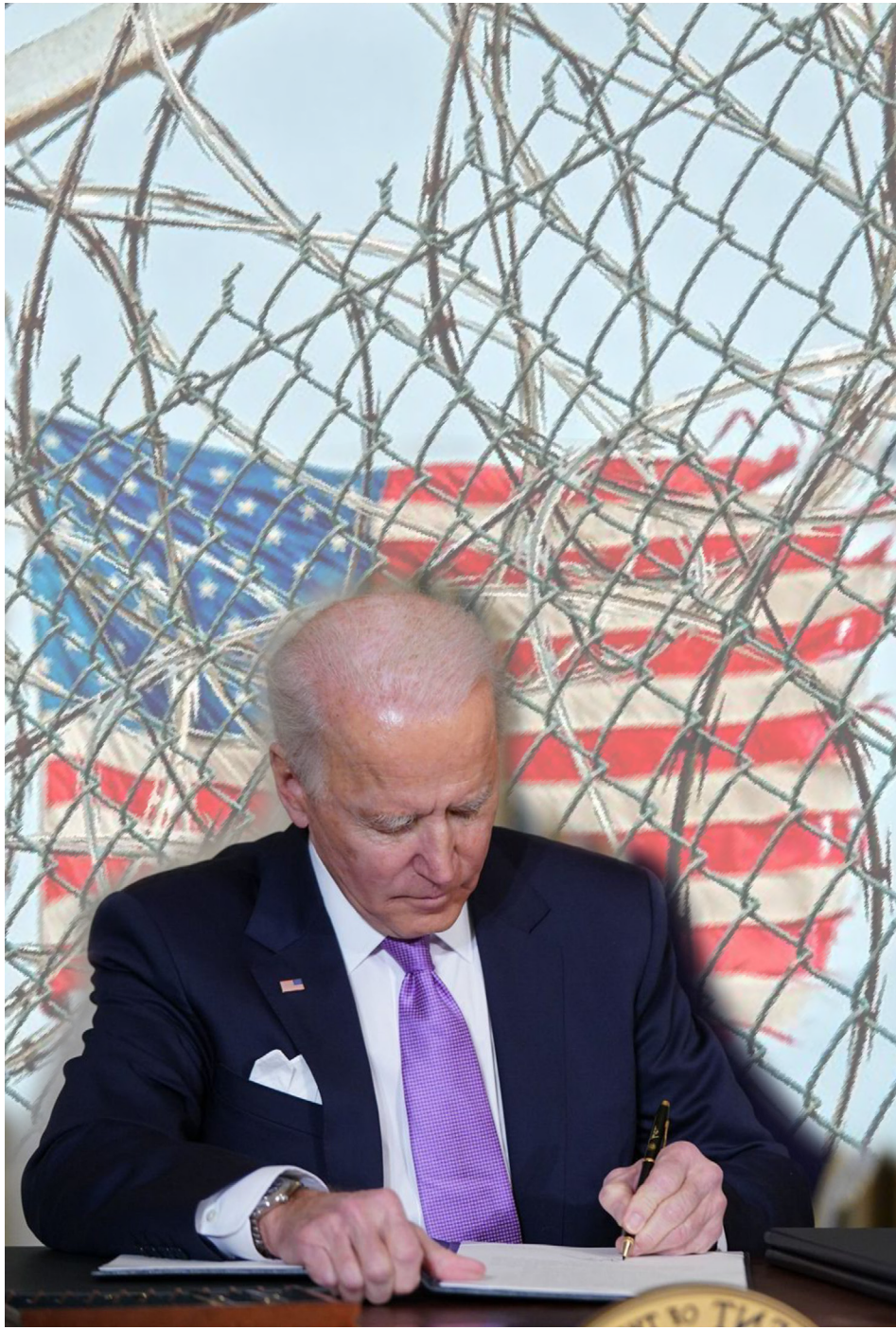
The AR-556 pistol shares many characteristics with the AR-15, the terrorists' choice.

also for the illegal manufacturing of them. One expert in the field, both a member of the National Rifle Association and an emergency physician, Garen Wintemute said, "The concern is that these weapons represent a very substantial increase in firearm power and lethality

over conventional handguns, on balance. There's a potential that they will be manufactured in large numbers by people with criminal intent, at home."

Nevertheless, what happened in Boulder, Colorado on Monday, Mar 22, serves to be another tragic story of gun vio-

lence in America. 2020 alone was the year with the highest number of gun-related deaths in the last several decades in the US. Now in 2021, with so many people hoping for a better year, free of the pandemic, let's just hope that we aren't on track to breaking that record again.



Jenson Ho / Terra Nova Times

Biden signing Executive Order #14006 on Jan. 26, 2021.

Biden's #14006

By Maya Orsi
Times staff writer

From Biden's inauguration, his administration has promised changes in a variety of areas, including decreasing the prison population, especially of Black and brown people. Although they have begun to make good on those promises, there's a long way to go.

Executive Order #14006, signed Jan. 26 and titled, "Reforming Our Incarceration System To Eliminate the Use of Privately Operated Criminal Detention Facilities," strives to decrease incarceration by reducing privately owned prisons. These private facilities have financial incentives to lock more people up, thereby creating a system that monetizes human lives and prioritizes profits over human welfare.

The executive order makes the administration's intentions very clear. The legislation begins by stating, "More than two million people are currently incarcerated in the United States, including a disproportionate number of people of color. There is broad consensus that our current system of mass incarceration imposes significant costs and hardships on our society and communities and does not make us safer. To decrease incarceration levels, we must reduce profit-based incentives to incarcerate by phasing out the Federal Government's reliance on privately operated criminal detention facilities."

In an Aug. 2020 article for Vox, German Lopez, a political journalist who focuses on criminal justice, describes the plans this administration has: "It also in-

cludes many other ambitious goals: decriminalize marijuana, eliminate mandatory minimum sentences for nonviolent crimes, end the death penalty, abolish private prisons, get rid of cash bail, and discourage the incarceration of children. It even seeks to end policies that Biden previously backed...It's largely aimed at reducing incarceration and fixing the racial, gender, and income-based disparities in the system," he said.

Bay Area criminal defense lawyer Adam Gasner asserts that private prisons are inherently wrong. "The prison system in the US should never be private and for-profit. The US was founded on ideals of life, liberty and the pursuit of happiness. I think that the founders of our country believed that Healthcare (life), Prison (liberty) and Education (pursuit of happiness) should be publicly funded and not for-profit. If prisons are private, then rehabilitation would be non-existent and unimportant as prisons would have no financial incentive to help their inmates get out and stay out of custody," Gasner said.

Gasner continues on to describe the other main causes of the large incarcerated numbers we see today, "The war on drugs was a major factor in our huge prison population. But, at its core, drug use and abuse is a health problem not a criminal justice issue. Certainly, large drug sales and violence associated with drugs needs to be addressed by the criminal justice system. But, if we treated the problem of drug abuse through healthcare and rehabilitation and not through incarceration, our prison population would decrease significantly."

All eligible as of 4/15

By Matthew Lim
Times staff writer

Starting Apr. 15, everyone 16 and up in CA will be eligible to receive the COVID-19 vaccine. This amazing news was recently announced by Gov. Newsom as a push to get California vaccinated.

Just a week before that announcement, President Biden declared that the vaccine supply within America had reached the point where every adult within the nation could get vaccinated. Within his speech, Biden shared his vision on how he plans on getting families together by 4th of July. He said, "It will make this Independence Day truly special — where we not only mark out independence as a nation but our independence from this virus."

In order to achieve that goal, Biden outlined a plan to increase vaccinations, with more detail on the official White House website. This includes increasing the amount of places that people can get vaccinated at, specifically places that have been hit the hardest by pandemic. Biden's plan also includes the creation of 700 community health centers in order to address "low income and minority patients, provide services to rural communities and Tribal communities... many will utilize mobile vans to deliver services." Similar to this is the plan to also increase the amount of community vaccination centers to effectively increase accessibility, with a large number of the sites also being utilized as stations for mobile healthcare units. Locally, the Bay Area is getting another mass vaccination site in

Concord at the old Waterworld grounds.

The Biden administration has also announced the creation of services in order to make it easier for people to find the locations of COVID-related health services. The briefing states, "By May 1, as vaccines are available in more places, the Administration will launch a federally-supported website that will show the locations near them that have vaccines." There are also plans to launch a hotline for those who don't have access to the internet.

In relation to vaccination efforts, Biden also spoke on Mar. 18, projecting that the goal of having 100 million people being vaccinated will come "fifty-eight days into our administration. That's weeks ahead of schedule." In that same speech, he warned against the dangers of not taking COVID-19 seriously, saying, "I need all Americans, I need all of you to do your part. Wash your hands, stay socially distanced, keep masking up as recommended by the CDC, and get vaccinated when it's your turn. Now is not the time to let down our guard." According to the CDC, as of Mar. 27, a little over 143.4 million vaccine doses have been administered.

President Biden's announcement provides hope for people, especially essential workers. Marcial Catuar, an essential worker living in Pacifica, is optimistic. "I'm looking forward to it... [On Apr. 1] it'll be people 50 and older [who can get vaccinated], and on April 15th, everybody 16 and older can get it, including me. It'll help with my job significantly and lower the risk of people getting the virus and calling in sick."



Courtesy of Mark Musselman

Local resident Mark Musselman got his first shot at Moscone Center

Iglesia ni Cristo comes to town

By Sophie Phelps
Times staff writer

650 Cape Breton Drive, located in the back of the valley area of Pacifica, has been the location of multiple equestrian facilities, hosted hundreds of events, and has even been the home of a restaurant. The neighborhood surrounding it has become accustomed to the activity that circulates around an equestrian facility, considering the property has been horse stables since 1969, but the property was recently sold for \$3.49 million in Dec. 2020 to Iglesia ni Cristo, a Filipino church. Home owners nearby are deeply concerned about Iglesia ni Cristo's plans for the property.

The property at Cape Breton has two zoning classifications: single-family residential district and commercial recreational district. This means that only single family homes and commercial operations, such as the horse facilities that previously occupied the property, are permitted. Planning commissioner Helen Gannon who is working on the project, explains, "Churches are not a 'permitted' use in any zoning district... Churches are considered special use and could be allowed in any zoning distinct and general plan designation with a special use permit." Getting the special permit



Sophie Phelps / Terra Nova Times

The property at Cape Breton is not currently zoned for a large church.

can be done by submitting an application to the City's Planning Commission.

The common objections you might hear from the people living throughout the neighborhood are similar to those of Terra Nova senior Richard Baglio, who lives in the affected neighborhood. In a statement, Baglio explained his concerns regarding the church's plans to build a

new building. "Personally, I feel like it isn't the best place for a [church] as there are few roads that lead to that area, and it would probably cause a lot of traffic and overcrowded streets." Additionally, many are concerned that the church might cause additional noise and activity in the otherwise exceptionally quiet neighborhood. Not only are neighbors

concerned about the noise and activity once the church is established, but many have expressed unease with the noise that will come during the construction period.

There is also a process for residents to register any objections to the change in permitting. Gannon explained that any community member can appeal the Planning Commission's decision, which would lead to the application to be brought to the city council. The public does play a large role in the approval of the church; residents within 500 feet of the property are notified whenever there is a hearing.

"Anyone is able to submit written public comment, which we would then include as part of the project staff report to the deciding body, OR anyone can participate during the actual hearing," said Gannon. It is ultimately the Planning Commission's or City Council's decision on whether the special use permit will get approved.

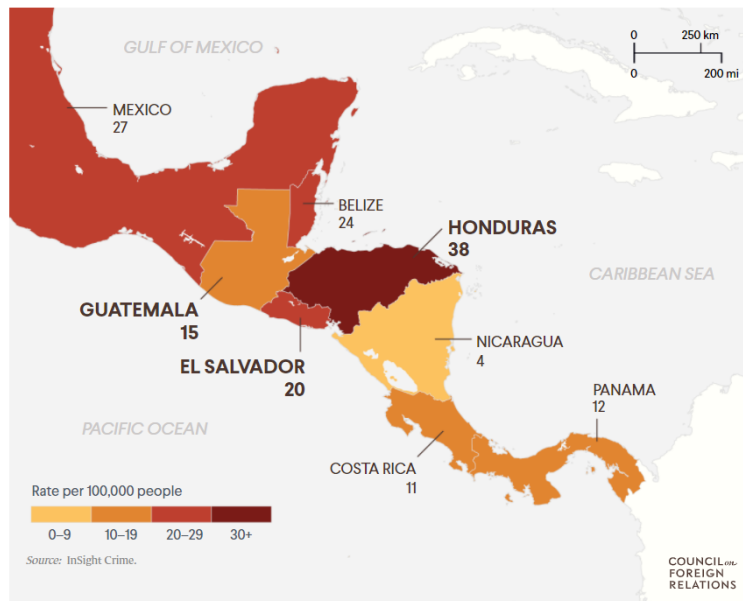
The church was established in 1914 by Felix Ysagun Manalo, who had previously been a part of the Roman Catholic Church, Methodism, and Seventh Day Adventism, until he finally decided to start his own branch of Christianity. Iglesia ni Cristo believes that God exists in one entity and follows very Unitarian theology. It teaches the Last Judgement and the church publishes a journal, Pasugo, or "God's Message."

The reasons behind the influx of migrants

By Samantha Guerrero
Times staff writer

President Biden is currently confronting his first political and policy crisis on immigration subsequent to the surge in undocumented entries at the US-Mexico border. According to BBC's Anthony Zurcher, "The overall number of undocumented migrants encountered on the US border is higher than at the same point in any of the previous three years — and growing at a faster pace toward the traditional peak entry time in late spring." Honduras and its Northern Triangle neighbors, specifically, have had a significant increase in migrants. White House press secretary Jen Psaki acknowledged the situation in a White House

Homicide Rates in the Northern Triangle and Surrounding Countries
Homicides per 100,000 people in 2020



briefing, stating that the surge has become a "big problem." The position of the admin-

istration is reflected in a statement Biden made in an executive order that said, "Securing

our border does not require us to ignore the humanity of those who seek to cross them."

Many are questioning why these individuals seek to migrate, often citing Biden's humanitarian approach as the cause. However, it is not that simple.

Honduras is a country where it seems everyone has, or knows someone who has, tried to migrate northward in hopes of improving their lives; people's motivation to immigrate are complex and often interconnected, ranging from financial instability to crime and corruption to a lack in women's rights. Two recent hurricanes and a pandemic have not helped the situation.

According to the World Bank, an international financial institution that provides loans and grants, Honduras is one of the poorest countries in

Latin America. Approximately six million of their nine million people live in poverty. In rural areas, one in five live in extreme poverty. Apart from that, their unemployment rate is very high and they have limited job opportunities due to their economy being mostly based on agriculture; furthermore, El Niño's effect, the warming of the ocean surface, has caused a water shortage, so many Hondurans have been forced to seek opportunities elsewhere.

Not only do financial hardships plague Honduras, but according to Insight Crime and the Council of Foreign Relations, it is one of the deadliest countries in the world. Gangs have always played a key role in violence in Latin Ameri-

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Hackers attempt to gain access water supply in Oldsmar, Florida

By Danrick Jamora
Times staff writer

On Friday, Feb. 6, hackers attempted to gain access to the water supply of Oldsmar, Florida. With more computer-controlled systems supporting America's infrastructure, the dated hardware and antiquated technology is becoming a concern to state and federal agencies. This hack was a warning to local governments to invest more into cyber security.

On Feb. 6, all was normal until some unknown entity took control of one of the computers controlling the chemical dispensing in the city's tap water treatment plant. They then proceeded to open

up various programs and attempted to increase the amount of sodium hydroxide (aka lye) into the water supply, from 100 parts per million to just over 11,000 parts per million; sodium hydroxide is one of the main ingredients in household drain cleaner. In the amounts attempted to be distributed, it would have been quite dangerous to the residents of Oldsmar. Luckily for the town, the employee controlling the computer noticed the attempted changes, and the plant had redundant checks to monitor pH and chemical levels. If the water was contaminated, it would be over a day until it reached the city's drinking water supply.

One of the main problems with the control computers for these areas of criti-

cal infrastructure is the software that the computers use. Oftentimes, these computers run outdated operating systems, many of which no longer receive updates to reinforce possible security problems. Although these computers may have firewalls and cyber protection, there is a type of hacking that can bypass these measures: social hacking. This type of hacking utilizes the ignorance of people to gain access to a network of information.

In a segment from CNN Business in 2016, David Kennedy, founder of a company focused on information security, was hired to hack a company to detect vulnerabilities. After a quick call with an IT employee and some subtle manipulation, Kennedy said, "[In] under two

minutes, [I] took over [the employee's] entire computer and think of it as not just this computer, but it's pretty much a downfall of the entire company." Social hacking combined with IP spoofing (artificially changing your IP location), the perpetrators are quite difficult to find. Olivier Amato (11), a techie and informed internet user, said, "[Hacks are] a threat that could lead to major issues, so we need to have better security systems in place, and an analog backup if the systems ever are breached."

Since the attack has happened, no other instances of this happening have been reported. The FBI is still investigating the attack; however, no suspects have been found within the U.S. or abroad.

The latest in the AstraZeneca saga

By Elliot Song
Times staff writer

On Mar. 23, U.S. Health officials expressed concern over the data provided by AstraZeneca, a UK-based pharmaceutical company, for their vaccine. In a press release on Mar. 25, AstraZeneca remained confident in their data, stating that “the vaccine was well tolerated, and no safety concerns related to the vaccine were identified.”

Former president Donald Trump pledged to fund AstraZeneca \$1.2 billion so they could provide the U.S. with 300 million vaccines last May. AstraZeneca teamed up with Oxford University, and the research team managed to produce a vaccine in just nine months. The relatively cheap price combined

with much easier storage and shipping requirements, when compared to Pfizer and Moderna vaccines, made it one of the better options for accessibility across America. Currently, according to a Reuters article written by Jeff Mason, a White House Correspondent, “AstraZeneca has millions of doses made in a U.S. facility, and has said that it would have 30 million shots ready at the beginning of April.” A fairly large number of countries have approved the vaccine; however AstraZeneca has yet to apply for FDA’s emergency use approval process.

One reason for this delay in approving the vaccine has to do with the efficacy reports that they released of their vaccine. In a statement released by the National Institute of Allergy and Infectious Diseases (NIAID), “...AstraZeneca may have included outdated information

from that trial, which may have provided an incomplete view of the efficacy data.” AstraZeneca claimed their vaccine to be 79% effective in their initial press release on Mar. 22, but reviewed and updated this information to 76% effective on Mar. 25. Dr. Anthony Fauci, director of NIAID, in an interview with Good Morning America, said, “The data that was in the press release [on Mar. 22] were somewhat outdated and might in fact be misleading a bit...If you look at it, the data really is quite good, but when [AstraZeneca] put it into the press release, it wasn’t completely accurate.” This criticism of the data by the NIAID is completely separate from the FDA’s process of accessing the data, but lowers the public’s trust with the vaccine.

In addition to this, a number of delays in conducting trials have also plagued

AstraZeneca’s COVID-19 vaccine. One of these delays is due to a short scare over the vaccine possibly causing blood clotting in patients. A dozen plus countries halted the distribution of the virus before later having the EU rule that it was safe to use. Additionally, issues in their clinical trials, from dosing errors to testing a smaller number of people ages 65 which is not representative of the population, AstraZeneca has made many preventable mistakes that have potentially cost it the trust of the general public, despite the vaccine’s efficacy.

In an interview with the Wall Street Journal, Andy Slavitt of the White House Covid-19 response team said, “It will be very promising if a fourth vaccine is approved... I don’t think anyone should jump to any conclusions till we get through the FDA process.”



How do you get a vaccine appointment

1

Go to the California Department of Health Website “MyTurn.ca.gov” or the vaccinefinder.org website.

2

Confirm eligibility. Currently San Mateo county is in the 1B phase of vaccination meaning anyone who is 65 or older, individuals experiencing homelessness, anyone with a medical condition that puts them at high risk for extreme complications from COVID-19, workers in agriculture and food, education and childcare, or emergency services can get a vaccine if you are at least 16 years old.

3

Search for a location. Appointments will open at different times of the day, so make sure to check as often as you can. Currently, the Moscone Center in San Francisco, the Oakland Coliseum, and several pharmacies are offering vaccination appointments.

4

Set up an appointment. Appointments can be difficult to find, so if you are able to get an appointment, be quick! Most of the time, if you do not confirm your appointment within the first 30 minutes, it may be given to someone else. The form will ask for your general information, allergy information, and health insurance information.

5

Step 5. Get your vaccine! At the site you may be required to show an appointment confirmation QR code and/or proof of employment.

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If you are not currently eligible for the vaccine, it is only a matter of time before it’s your turn. Everyone 16+ will be eligible by Apr. 15. As of Mar. 28, in San Mateo county, 44.2% of individuals over age 16 have been vaccinated. It is estimated that herd immunity can be achieved when between 70% and 90% of people have been vaccinated.

What can you do when you get vaccinated

By Kyle Gossage
Times staff writer

Vaccinations are rolling out across the country, and more and more people are becoming vaccinated. Here’s what you can and cannot do once fully vaccinated.

There is a very small chance you could contract Covid, even if you are vaccinated, especially with COVID-19 variants, so you should still use caution when planning indoor activity or gatherings. The CDC has stated that “people are only considered fully vaccinated after two

weeks after their final dose, before this time, you are not completely protected.” So even after you have received your first dose, you should not change your activity until you are considered fully vaccinated.

However, according to the CDC, when you are fully vaccinated, you can gather with other fully vaccinated people indoors without wearing a mask or gather indoors with unvaccinated people from one other household without masks. For example, if you’re vaccinated and your close friends are fully vaccinated, you’re in the clear for maskless gatherings with those people. But

if two of your friends are unvaccinated, only one of them can come, too. One caveat: if any of the unvaccinated people are at an increased risk for severe illness from COVID-19, gatherings are a no-go.

Additionally, if you are exposed to someone with COVID-19, you do not need to quarantine or get tested unless you get symptoms. It is important to maintain social distancing, wear masks in public, avoid medium to large groups, and refrain from visiting unvaccinated people from multiple households. With Pfizer vaccinating students from 16 and up, many are excited to get vac-

inated. Goodrich Asral (11) said, “After vaccination, the first I would do is go hug my girlfriend.” Joshua Ababseh (11) said, “After vaccination, I would go to a public park and play basketball with others.” Arden Chen (10) said, “The first thing I would do after I was vaccinated is go to a restaurant.”

The truth behind the vaccine is that it is only strong if everyone has it. Herd immunity is important to reduce transmissions and make everyone safer. According to the California Department of Public Health on Mar. 27, about 298,000 people are vaccinated per day in California.

Boys Water Polo is back in action

By Justin Arnaudo
Times staff writer

Due to the pandemic, Terra Nova has had no sports for months, but now that San Mateo county is doing better with case numbers, Terra Nova has been able to start sports such as water polo again.

Lily Hart, the boys water polo coach said, "I am 100% on board to be back coaching water polo, and we have a lot of interest this year. I'm just grateful to be able to offer a season to the seniors who have dedicated themselves to the team for four years. This season, we are checking temperatures and filling out daily health screenings before every practice. On deck, we wear masks. And of course our hands are very clean!"

The boys are glad to be back in the water. Senior Luka Goncharov, one of the captains, said, "The way practice works is not too different except we have to wear masks on the pool deck,

take a survey before every practice, and get our temperature taken too. Besides all that not much has changed. It is also good to be back at school doing something everyone enjoys." Junior Zach Kafka added, "I feel that the school has done a good job getting the sports started. The boys water polo team has started practice. I am very glad that we are able to start sports again. All the athletes get tested for COVID once a week so I feel safe being near others. Can't wait to dominate this season."

Sophomore Attila Tivadar said, "It's working great, it is really nice having free time after school to hang out my friends before practice. The school schedule is really nice, too. I enjoy shorter days because it allows me to feel less cooped up in school, and I feel less exhausted from school work. It's been great to go from school to practice and get exercise."

The verdict of players and coach is unanimous: it's good to be back doing something they love.



Justin Arnaudo / Terra Nova Times

Win or lose, the boys water polo team is excited to be back in the pool again.

TN baseball is ready for a homerun season

By Miguel Valdes
Times staff writer

High school baseball and other youth sports has finally be allowed to resume play in the state of California for the first time in nearly twelve months. California's Department of Public Health announced the news on Feb 19, although it took time for the Jefferson Union High School District to create a plan on how to execute playing the sport safely. Thanks to the hard work of Board members, parents, and volunteers, including those giving their time to test student athletes for COVID-19, all of this is possible. The CDPH has added a few requirements as well in order to play sports like baseball. Face coverings are to be worn when not participating in the activity or on the sideline. Face coverings to be worn by coaches, support staff and observers at all times, observers must maintain at least six feet from non-household members, no sharing of any personal items or equipment, and limited indoor activities



Joe Murphy / Terra Nova Times

Someone should remove that "Field Closed" sign because it's game on!

such as conditioning, weight training, and film study. As for spectators, it's still unknown on how the district is going to handle fans watching games this season.

As for players, they are doing their best to adjust to these new guidelines, but are overall enjoying being on the field again. Dillon Arrastio (11) said,

"Practice is going well so far — it's good to be finally out of the house and playing baseball again. It's a little harder with Covid since we have to wear masks and stuff, but overall, it's better than being stuck in the house." It's not easy for anyone with a pandemic going on, but coaches and players are making the

best of it. Ashton Jones (11) said, "I'm happy to be playing baseball again, but it's different this year. We have to wear masks the whole time, they take our temperature before entering the field, and we also have to fill out an online form every time asking us questions about covid related things. On the field, we're not allowed to give high fives or anything like that, but I'm happy to be playing again, so it doesn't really matter to me."

Head Coach Victor Messer said, "This year's a little difficult coaching-wise because of the pandemic, but we're taking everything one step at a time. I'm still having a hard time adjusting to the new rules. Wearing my mask makes it difficult for me to talk and have my players hear me, but regardless, I'm happy to be out here with the kids again."

Baseball is required to test for COVID-19 every Saturday in order to continue playing, with testing being held for all athletes from 9-12 on Saturdays at Terra Nova. They played their first game this past Monday. They lost, but they'll be back at it again soon.

NFL free agency sees massive deals and new signings, excites fans

By Miles Palmer
Times staff writer

The NFL free agency has kicked off, and many big names will be wearing new uniforms next season, while others will be staying with their same teams a little longer. The official start date of Mar. 17 kicked off with former Tennessee Titans tight end Jonnu Smith signing with the New England Patriots. The Patriots were not done there, however, signing a handful of other players to their team, including tight end

Hunter Henry, wide receivers Nelson Agholor and Kendrick Bourne, and defensive end Matthew Judon. All these players will hopefully provide a spark to New England, who finished last year with their first losing record since the year 2000. The Chicago Bears signed veteran quarterback Andy Dalton, while their former first-round quarterback Mitchell Trubisky signed with the Buffalo Bills. After a blow out loss to the Buccaneers in Superbowl 55, the Kansas City Chiefs added guards Kyle Long and Joe Thuney, as they are looking to give more pro-



Miles Palmer / Terra Nova Times

Washington was a popular destination for free agents.

tection to MVP quarterback Patrick Mahomes. The Miami Dolphins made some big moves as well, adding wide receiver Will Fuller and quarterback Ja-

coby Brissett. Ryan Fitzpatrick, who started numerous games for the Dolphins last year at QB, signed with the Washington Football Team. Along

with Fitzpatrick, wide receiver Curtis Samuel and cornerback William Jackson III are joining Washington as well. The Las Vegas Raiders also got in the mix, with the addition of defensive end Yannick Ngakoue and running back Kenyan Drake.

Avid football fan Corey O'Brien (11) is excited about seeing players go to new teams. "A lot of these players that are going to new teams have been with the same team for many years now, so I feel like its going to be weird seeing them

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Snuggle with a weighted blanket

By Justin Arnaudo
Times staff writer

Living during a pandemic can induce both anxiety and stress, and sometimes, all people need in order to deal with these feelings is a hug. Weighted blankets are weighed down by small plastic spheres inside of the blanket and can help with that hug. They are often used to help people with anxiety, depression, and stress in their lives; and during a pandemic this may just be what some people need.

For those who undergo anxiety daily and find it negatively affecting their lives, a weighted blanket could be useful, although the actual science is inconclusive. Local therapist James Thatcher did some of his own research on the effects of using a weighted blanket. “To be honest, I have not had much experience in prescribing nor treating patients with weighted blankets. When looking at randomized control study, the results were inconclusive, showing no statistical differences, especially in quality of sleep. Although parents and patients both, sub-



Sophia Sargent

The heaviness of a weighted blanket provides relaxation.

jectively said it seemed better. In the other study, they purported that there was a difference in sleep quality, although they did not use the gold standard in research-

ing the issue by using a control group (like the first study),” Thatcher said.

Weighted blankets can emulate the feel of physical contact with another

person, which can provide feelings of comfort and lower heart rate or breathing back to a normal pace, alleviating anxiety or calming down an upset child. Thatcher said, “And, just from my own practice and experience, from the several parents of children with autism I’ve worked with, some of them have said that it helps calm the kids down if they are overstimulated.” This can also be helpful for people who experience anxiety in their sleep and may not even realize it. According to pennmedicine.org, around 20 million Americans have trouble falling asleep and 40 million Americans have long term sleeping disorders. These can be a result of anxiety and stress that is unchecked, weighted blankets can mitigate these issues similar to how they help anxiety and stress.

However, weighted blankets can just be a personal preference when sleeping. Sophia Sargent, a Pacifica teen, stated, “I like that it’s heavy, and it makes it easier to fall asleep.” Weighted blankets can do different things, but mainly slows the heart rate and breathing patterns to soothe the mind.

No water? No problem if you have succulents

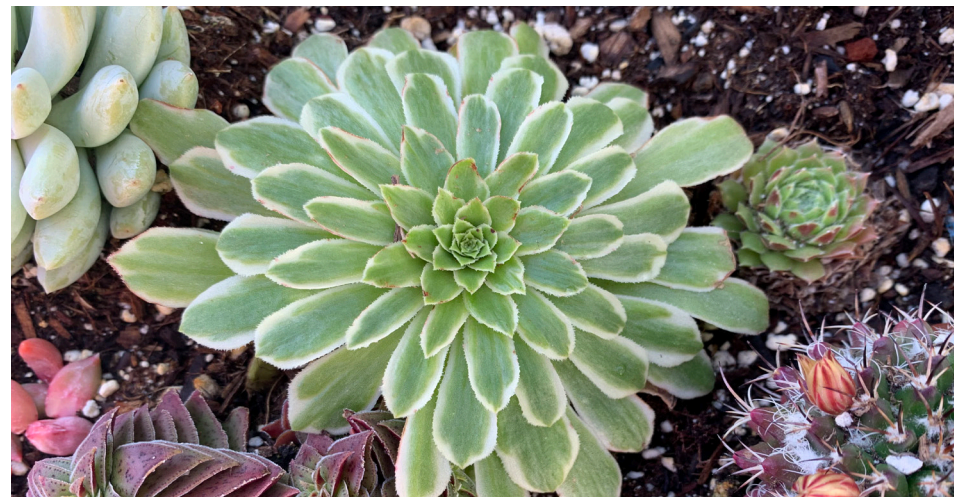
By Luke Avery
Times staff writer

In these trying and decisive times, Terra Nova Times is here to give you the best information, but this article is a break from the big scoops. If you’re looking to start a garden that’s easy to keep up and saves water for the Earth, low-water plants are what you need.

There are three solid choices recommended for cool, low water-need plants. Marris Falvey, a professional gardener from Redwood City, confirms that one of the best and common low-water demand plants is the succulent. Falvey stated, “Succulents are so easy to raise here in Pacifica with the constant moisture — you just have to make sure the succulent isn’t under direct sunlight. All succulents are good picks for an addition to your garden that are easy to upkeep, but my personal favorite succulent is the string of pearls.” Succulents are very colorful and geometrically diverse in nature, with many different varieties

that all require little water and effort to grow. Usually priced around \$2-20, they are a quick and easy way to start your garden off or add a nice new decoration to your existing one. Terra Nova student Jaydon Galindo endorsed this recommendation, stating, “Yeah, I used to have a few succulents as a kid. Those things lasted forever, and I only noticed they were there like once a month.”

Another great addition to the low water requirement plants are referred to as “air plants.” More specifically called Tillandsias and mosses, air plants are a generalization for plants that require no soil and virtually no water. These plants are vertically orientated and can be live places without soil such as the roof and walls. These plants come in many spirally shapes and a few different colors as well. Falvey raves about moss walls, a giant, vertical, entanglement of various mosses that looks awesome, but warns against leaving them for long periods of time, saying, “Moss walls are relatively easy to upkeep, but unlike succulents where you pretty much wa-



Leila Eliares / Terra Nova Times

Succulents will look beautiful without much watering.

ter them once a month, these walls need to be sprayed probably once a week.”

The final recommendation for a low water plant placement in a garden that is new or old is bamboo. Fast growing and interesting, bamboo needs very little water and soil. However, Falvey explained a potential problem with bam-

boo: “Bamboo needs to be cut pretty often as it grows so fast. It needs very little water, but having to maintain its height every weekend of defeats the purpose.” This may be a problem, but bamboo is also usable for recreational objects outside of gardening, so this plant maintenance could have a silver lining.

The ancient hobby of hacky sacking

By Luke Avery
Times staff writer

Modern society revolves around screen time; social media, television, and video games have made it increasingly difficult for many hobbies and activities to stick. Fads come and go, such as drones, spikeball, and sorry sliders, but some have stood the test of time. One hobby has dated back to the B.C.E era as the common pastime of the everyday person and has endured many hobbies fade in and out of obscurity. The newest iteration of this game has established itself as a hacky sack, information about its history, objective, and social relevance today is all here.

According to Discovery Magazine historian Marlene Zukk, iterations of the hacksack have been dated all the



Lauren De Vry / Terra Nova Times

The hacky sack has origins from around the world.

way back to cavemen times, where an easy curiosity around small objects lead to the attempt to keep said object up in the air for as long as possible. This is the same curiosity and compelling force that causes people to occasionally toss up and down items in their hands, or repetitively

kick things across the floor. This hobby resulted in many versions of the same game ranging from training for soccer games to keep guards awake on the ancient Chinese Great Wall, but for convenience purposes the object became a sack. The modern version was started by

a rehabilitating athlete, whose goal was to create a fun and relaxing game that warms you up for activity. A multiplayer game of hacky sacking has no defined goal, other than to keep it up in the air. This aspect can confuse some newcomers with playing this game, but avid players will swear by its success. Bruce Grueth, president of the World Football association, tells the ironic story of hacky sack, saying, “People ask ‘Why play hacky sack when there is no winning or scoring?’, but for many people that’s exactly why they love it, and it’s also the same reason hacky sack is selling about 2 million bags a year.”

This game is a unique deviation from other games and is fairly simple. The goal is to simply keep the sack in the air with or without friends, and through the process, it is hard to help yourself from feeling joy and satisfaction.



Conspiracy Theories: Are They Real?

The Poltergeist Conspiracy

By Shayla McCann
Times staff writer

Everyone knows the classic movie “Poltergeist” with the little girl talking to spirits. But not many people know what happened behind the scenes and the hauntings that went on.

The movie “Poltergeist” is about a family that moves into a suburban neighborhood whose house has supernatural activity, and their youngest daughter starts speaking to the spirits. She gets sucked into the third dimension with the supernatural phenomenon they called The Beast, so her family decides to hire a psychic to get rid of the ghosts. Not only

do the characters experience supernatural activity on screen, but so does the cast backstage.

In one of the scenes near the end of the movie, the mom gets dragged into the pool and a bunch of skeletons come out. The cast was playing with the skeletons while filming, not knowing they were real skeletons. According to Cheatsheet.com, “After all the tragedies began befalling the actors in ‘The Poltergeist’ franchise, fans began to speculate that using real skeletons had something to do with it.” Some of the actors and actresses would go home after filming and find their stuff misplaced, pictures on the wall crooked, and books fallen off the shelf.

Not only was the idea of using real

skeletons weird, but four of the leading actors and actresses have died from weird circumstances. The lead actress Heather O’Rourke who plays Carol Anne died, “... of cardiac arrest and septic shock caused by a misdiagnosed intestinal issue...several months before the release of Poltergeist III,” according to Biography.com.

Along with Heather O’Rourke, Dominique Dunne, who plays Carol Ann’s sister, Dana, was strangely murdered outside of her house. Biography.com wrote, “In 1982, Dunne separated from her partner, John Sweeney. In November of that year, he showed up at Dunne’s house, pleading for her to take him back. When she refused, Sweeney

grabbed Dunne’s neck, choked her until she was unconscious.” The odd part about her death was that she was rehearsing lines with a friend before her ex-boyfriend came over. While Dunne was being murdered, the friend tried calling 911, but the operator wouldn’t help him.

The last actors that passed away during or after the movie are Julian Beck and Will Sampson. Julian Beck played the evil preacher Kane from “Poltergeist II.” Before he finished the second movie, Beck was diagnosed with stomach cancer. Will Sampson played Taylor the Native American shaman and died from heart complications.

Some people think that this is just a coincidence. But what do you think?

The Mandela Effect

By Kaitlynn Lamb
Times staff writer

What do you remember about Pikachu, Nintendo’s beloved Pokemon character? The stubby yellow body, rosy cheeks, and the black tipped tail is what might come to mind, right? Wrong. Pikachu never had a black-tipped tail. Ever since the character’s first public appearance in 1996, the tail has always been fully yellow. This is called “The Mandela Effect” and occurs when a large group of people have a false memory of a specific event.

The Mandela Effect was first introduced in 2009, when a self-proclaimed supernaturalist spoke about the death of

a South African politician, Nelson Mandela. Fiona Broome — said supernaturalist — believed that Mandela had died in a South African Prison sometime during the 1980’s, even though he actually died in December of 2013. Once Fiona Broome spoke about the topic, many others had reached out claiming to have the exact same memory. Not long after, people started to find other examples of the Mandela Effect, such as big brand logos, the appearance of various cartoon characters, and even Star Wars’ infamous line: “Luke, I am your father,” as false memories.

Since this information came to light, many have become curious as to how the phenomenon happens within our mem-

ory. For starters, there is no such thing as a “perfect memory.” Lyndsey Duerden, M.A., who is an Associate Marriage and Family Therapist with CHAC in Santa Clara, spoke about the brain and how memories work. “There are different parts of memories...We have long-term memory, short-term memory, explicit memory, and implicit memory,” she said. With all these memory types, the brain divides into separate parts to store each memory. Duerden added, “It’s also important to note that we... reconstruct memories each time we remember them.” This begins to show why our memories fade or change over time.

When asked how the Mandela Effect is possible, Duerden said, “It is possible

for two people to have witnessed the same events and report different things, and this can be especially difficult with eye witness accounts...Each person can genuinely believe that they are telling the truth, but still report different facts.” Duerden also linked the Mandela effect to what modern-day psychologists call “confirmation bias.

“This basically means that we have a tendency to search for and remember information that confirms our own beliefs,” Duerden said. “This can also lead to us reinforcing inaccurate memories with observations that support a specific memory while we disregard information that would contradict a memory or a belief.”

Are Ghosts Real?

By Shayla McCann
Times staff writer

When we think about ghosts, most people refer to ghost stories or spirits rising from the dead, but is there any proof that ghosts exist?

If you don’t know what a ghost is, it’s when someone passes away, but while their body is deceased, their spirit lives on and makes their presence known. According to Britannica.com, “Ghost, soul or spectre of a dead person, usually believed to inhabit the netherworld and to be capable of returning in some form to the world of the living.” Some people have felt the presence of a spirit and others have seen a figure of a human being or a shadow.

It was said that the first sighting of a ghost was in the first AD. History.com’s website states, “The great Roman author and statesman Pliny the Younger recorded one of the first notable ghost stories in his letters, which became famous for their vivid account of life during the heyday of the Roman Empire. Pliny reported that the specter of an old man with a long beard, rattling chains, was haunting his house in Athens.”

Many movies and shows are based on ghosts and if they’re real or not. Some of the most popular shows are “Paranormal State,” made in 2007 starring Ryan Buell, “Haunted Collectors,” made in 2011 starring John Zaffis, and “Ghost Adventures,” made in 2008 starring Zack Bagans and several others. While these shows are proving that ghosts are

real, there are some that are obviously fake such as “Ghost Whisperer,” made in 2005 starring Jennifer Love Hewitt, and “Poltergeist,” made in 1982 starring Heather O’Rourke.

In addition, haunted houses have been around for hundreds of years. The most famous haunted house is the White House. There are rumors saying past presidents such as Abraham Lincoln, Thomas Jefferson and Andrew Jackson, still roam the halls. According to the Washington Post, “One of them would be Abraham Lincoln. He reportedly received regular visits from his son Willie. There are also reports of her hearing Thomas Jefferson playing the violin and Andrew Jackson swearing.”

Another well known haunted house in California is the Winchester Mystery

house in San Jose. Mr. Winchester made a rifle company that was used in the wars and still is today. Once he died, Mrs. Winchester believed that all of the people that were killed with a rifle are coming to haunt her. So she kept building her house to confuse the ghosts. A couple of years ago, they found another room in the house. Travel and Leisure’s website states, “The house has 10,000 windows, 2,000 doors, 47 fireplaces, 40 staircases, 13 bathrooms, and nine kitchens.” During tours, some recalled having seen Mrs. Winchester in a window, watching them walk through her house.

Ghosts may be hard to believe in. But once you undergo weird experiences and mishaps, it starts to become easier to believe that ghosts really do exist. Or do they?

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Migrants

Continued from Page 3

can countries, specifically Central America, and Honduras is no exception. The Association for a More Just Society said, "Organized criminal groups like gangs and drug traffickers pay off police, prosecutors, and judges to get away with their crimes. This corrupts the criminal justice system. Without a functioning justice system, impunity runs

rampant for criminals and murderers: they are rarely held accountable for their actions. This, of course, leads to more violence and crime." The cycle of crime and violence, corruption, and a weak justice system, has caused Hondurans to flee their country in order to provide safety and security to their families.

A large population of Honduran migrants are women due to the high rate of domestic and sexual violence in Honduras. Emergency contraceptives

and abortions are banned, leaving women with few options to prevent pregnancy or react to rape; health care for the rural poor (a large portion of their population) is extremely limited. Furthermore, for Honduran women, economic instability and physical insecurity are correlated, and according to American attorney and author Jill Filipovic, they are both intensified by long-standing patriarchal social norms within the country, and has caused a surge

in Honduran migrant women.

Migrants coming to America are working towards better opportunities, but they contribute to the U.S economy in many ways. For example, according to Census data, they work at very high rates in jobs that are important to the community. Also, their geographic mobility helps economies respond to worker shortages, and children born to immigrant families promise future benefits to their family as well as the U.S economy.

Free Agents

Continued from Page 5

in new jerseys, but also exciting to see if they do good on their new team," he said.

Plenty of players, however, will be sticking with the team they played for last year. San

Francisco 49ers' tackle Trent Williams signed a huge six year, \$138.06 million contract with SF. Tampa Bay added back tight end Rob Gronkowski and linebacker Shaquill Barrett, who were both key players in their Super Bowl win. Jameis Winston is returning to the New Orleans Saints to

play quarterback for them after Drew Brees's retirement, and the Bears got their star wide receiver Allen Robinson back.

While all these players are happily sticking with their teams, other players around the league have not been offered the contract they are willing to sign. Players such as Richard Sher-

man, Antonio Brown, Jadaveon Clowney, and others are still on the market. Many of these players are unsure where they will get signed or how soon. Sherman spoke on how the process is going for him. "Well, it's been slow motion so far. I've gotten a couple of feelers calls... but nothing crazy," he said.



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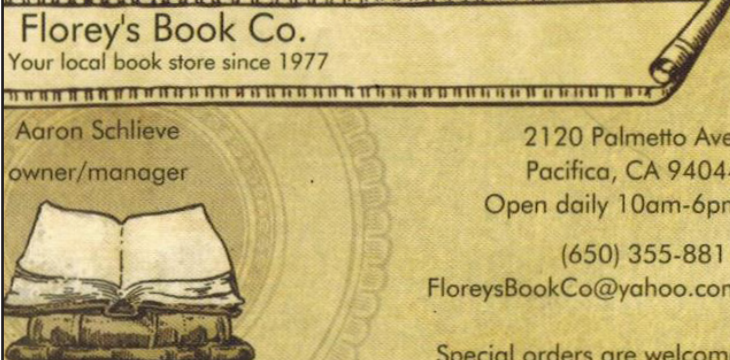
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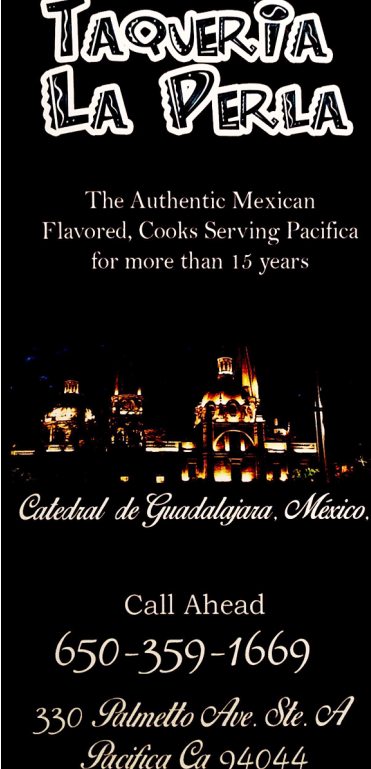


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